

Dutch National Food Consumption Survey Older adults 2010-2012|Part 2-B Foods, Version 1, based on dataset FCS_2012_elderly_20130716

Contents

1. Consumption Food Groups (NEVO-groups)

- 1.1 Food groups
- 1.2 Food groups - by gender (2 subgroups)
- 1.3.a Food groups - by age (2 subgroups)
- 1.3.b Food groups - by age and gender (4 subgroups)
- 1.4.a Food groups - by education (3 subgroups)
- 1.4.b Food groups - by education and gender (6 subgroups)
- 1.5.a Food groups - by BMI (2 subgroups)
- 1.5.b Food groups - by BMI and gender (4 subgroups)

2. Consumption Foods (NEVO-codes)

- 2.1 Foods
- 2.2 Foods - by gender (2 subgroups)
- 2.3.a Foods - by age (2 subgroups)
- 2.3.b Foods - by age and gender (4 subgroups)
- 2.4.a Foods - by education (3 subgroups)
- 2.4.b Foods - by education and gender (6 subgroups)
- 2.5.a Foods - by BMI (2 subgroups)
- 2.5.b Foods - by BMI and gender (4 subgroups)

Remarks:

- Please note that some figures are calculated from a small sample size
- A description of the groups and subgroups in the food group classification of EPIC-soft can be found in document 'List of NEVO-codes used in EPIC-Soft classification'
- All consumed amounts are presented with one decimal by default, but this is not always correct

Table 1.1 Food consumption (NEVO-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)

NEVO-group	Description	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
1	Potatoes	95.3	77.6	0.0	229.9	72.3	137.5	128.3	49.3	288.0
2	Alcoholic and non alcoholic beverages	1,538.5	1,411.4	810.6	2,617.2	100.0	1,526.9	1,428.8	734.0	2,688.4
3	Bread	129.7	119.8	55.4	227.1	98.7	132.1	119.7	49.6	239.9
4	Miscellaneous foods	0.6	0.0	0.0	4.0	7.3	11.7	5.0	1.0	24.8
5	Eggs	11.6	0.0	0.0	49.4	26.0	42.9	49.4	4.7	98.3
6	Fruits	157.2	146.1	0.0	376.1	83.1	195.1	170.0	34.2	421.5
7	Pastry and biscuits	45.5	35.2	0.0	119.6	82.6	53.1	40.8	9.1	144.4
8	Cereals and cereal products	27.8	0.9	0.0	118.4	34.6	75.7	45.3	2.5	239.3
9	Vegetables	143.8	135.5	25.2	275.3	92.5	164.7	157.5	33.1	335.7
10	Savoury bread spreads	2.1	0.0	0.0	14.9	10.6	21.9	19.1	4.1	46.1
11	Cheese	34.2	29.8	0.0	75.4	78.7	41.9	30.0	12.0	94.0
12	Herbs and spices	0.5	0.0	0.0	3.0	10.9	6.2	2.4	0.3	17.3
13	Milk and milk products	318.9	314.6	0.0	717.2	93.3	345.6	318.0	31.8	741.9
14	Nuts, seeds and snacks	4.6	0.0	0.0	7.5	6.7	87.7	35.7	0.4	301.4
15	Legumes	14.0	0.0	0.0	67.8	27.2	46.1	29.9	6.5	132.0
16	Clinical formulas	3.4	0.0	0.0	28.6	3.7	99.7	79.5	3.4	242.7
17	Mixed dishes	2.5	0.0	0.0	0.0	0.8	198.4	184.4	3.0	257.3
18	Soups	0.5	0.0	0.0	0.0	0.3	164.8	98.7	35.0	406.7
19	Soy products and vegetarian products	87.9	0.0	0.0	323.5	32.9	263.0	236.3	105.4	498.8
20	Sugar, sweets and sweet sauces	31.2	23.5	0.0	96.9	85.1	38.1	29.9	5.7	103.1
21	Fats, oils and savoury sauces	50.3	45.0	10.8	103.4	99.4	50.1	42.2	9.8	125.4
22	Fish	22.0	0.0	0.0	100.1	17.8	120.8	107.9	29.0	223.2
23	Meat, meat products and poultry	87.4	81.9	11.6	177.0	89.1	98.6	92.2	15.3	207.0

Table 1.2 Food consumption (NEVO-groups) of the Dutch population 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)

NEVO-group	Description	On consumption days								
		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
1	Potatoes	116.1	100.9	0.0	305.7	71.6	164.7	139.7	59.7	331.7
2	Alcoholic and non alcoholic beverages	1,486.9	1,401.8	805.2	2,387.2	100.0	1,491.5	1,400.5	736.6	2,557.9
3	Bread	148.3	136.5	57.5	279.1	98.7	152.1	139.3	55.0	276.3
4	Miscellaneous foods	0.7	0.0	0.0	2.4	7.7	13.1	4.3	0.8	41.8
5	Eggs	13.0	0.0	0.0	53.9	24.9	48.8	49.5	6.1	99.4
6	Fruits	146.0	138.7	0.0	380.7	81.3	184.4	154.4	25.9	413.9
7	Pastry and biscuits	45.8	36.9	0.0	118.8	78.6	57.4	44.3	8.6	154.8
8	Cereals and cereal products	38.0	6.1	0.0	140.9	36.9	87.1	58.2	4.0	239.4
9	Vegetables	149.7	138.9	22.0	287.9	93.0	170.1	161.4	38.1	349.7
10	Savoury bread spreads	2.8	0.0	0.0	18.0	11.6	24.1	19.4	5.8	47.5
11	Cheese	34.8	32.8	0.0	76.7	77.9	45.6	41.6	12.4	96.9
12	Herbs and spices	0.7	0.0	0.0	4.4	13.4	6.9	3.0	0.3	20.0
13	Milk and milk products	345.5	320.7	44.9	717.3	94.7	373.2	354.8	53.5	757.2
14	Nuts, seeds and snacks	1.8	0.0	0.0	2.3	5.1	46.0	5.1	0.8	132.0
15	Legumes	19.9	0.0	0.0	99.0	24.0	61.8	44.7	7.1	154.4
16	Clinical formulas	4.1	0.0	0.0	37.0	4.6	108.1	74.2	7.9	249.8
17	Mixed dishes	3.6	0.0	0.0	0.0	1.2	191.9	164.0	3.0	243.9
18	Soups	0.4	0.0	0.0	0.0	0.5	113.0	81.2	35.0	174.8
19	Soy products and vegetarian products	94.0	0.0	0.0	370.3	32.8	281.3	242.6	120.3	527.1
20	Sugar, sweets and sweet sauces	42.2	32.8	0.0	126.6	84.7	47.4	34.7	6.7	127.5
21	Fats, oils and savoury sauces	57.7	51.1	11.7	124.6	99.8	56.6	48.0	7.6	131.1
22	Fish	22.0	0.0	0.0	97.8	16.3	118.9	97.5	35.7	227.7
23	Meat, meat products and poultry	96.6	86.0	30.0	193.2	94.3	107.3	95.8	19.6	237.8

Group=Female older adults (n=366)

NEVO-group	Description	On consumption days								
		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
1	Potatoes	81.6	69.6	0.0	174.3	72.8	117.1	104.4	36.4	222.5
2	Alcoholic and non alcoholic beverages	1,572.4	1,436.1	807.1	2,617.9	100.0	1,554.0	1,456.9	717.8	2,775.1
3	Bread	117.4	118.0	54.9	188.7	98.7	116.8	105.0	44.7	194.7
4	Miscellaneous foods	0.6	0.0	0.0	4.7	7.0	10.4	8.0	1.0	19.7
5	Eggs	10.7	0.0	0.0	39.1	26.7	38.7	47.5	4.5	71.9
6	Fruits	164.6	156.0	0.0	365.1	84.6	202.9	182.5	33.3	434.9
7	Pastry and biscuits	45.4	34.5	0.0	119.9	85.7	50.2	39.7	8.0	144.0
8	Cereals and cereal products	21.1	0.0	0.0	85.8	32.9	65.9	39.9	2.0	224.3
9	Vegetables	139.9	128.5	26.3	270.5	92.0	160.5	151.5	29.1	317.0
10	Savoury bread spreads	1.7	0.0	0.0	13.3	9.8	19.9	17.3	3.6	36.4
11	Cheese	33.9	28.0	0.5	72.9	79.4	39.2	28.7	11.5	88.0
12	Herbs and spices	0.4	0.0	0.0	2.5	9.1	5.3	1.9	0.2	11.5
13	Milk and milk products	301.4	286.9	0.0	706.9	92.3	324.0	299.1	16.5	725.1
14	Nuts, seeds and snacks	6.4	0.0	0.0	26.5	8.0	107.9	63.9	0.3	311.1
15	Legumes	10.1	0.0	0.0	46.5	29.6	36.5	24.6	5.4	102.2
16	Clinical formulas	2.9	0.0	0.0	20.4	3.0	89.7	89.4	1.6	214.8
17	Mixed dishes	1.8	0.0	0.0	0.0	0.5	209.1	126.1	125.0	341.9
18	Soups	0.5	0.0	0.0	0.0	0.2	246.1	102.0	102.0	491.7

Group=Female older adults (n=366)

NEVO- group	Description	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
19	Soy products and vegetarian products	83.8	0.0	0.0	318.7	33.0	249.1	232.5	105.2	487.0
20	Sugar, sweets and sweet sauces	24.1	18.8	1.6	64.0	85.4	31.0	25.0	5.4	74.0
21	Fats, oils and savoury sauces	45.5	42.0	8.0	84.7	99.1	45.2	37.1	10.0	114.8
22	Fish	22.0	0.0	0.0	100.4	18.9	122.1	114.0	20.8	207.5
23	Meat, meat products and poultry	81.3	77.1	7.4	160.5	85.2	91.2	84.8	11.8	186.1

Table 1.3.a Food consumption (NEVO-groups) of the Dutch population 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)

NEVO-group	Description	On consumption days								
		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
1	Potatoes	96.4	85.2	0.0	226.9	71.1	140.0	133.4	49.0	290.3
2	Alcoholic and non alcoholic beverages	1,553.9	1,460.0	856.8	2,656.9	100.0	1,568.4	1,492.8	798.9	2,634.0
3	Bread	133.6	120.2	58.1	234.6	98.5	136.1	123.6	49.4	244.6
4	Miscellaneous foods	0.5	0.0	0.0	3.0	6.8	9.5	5.0	0.9	20.0
5	Eggs	13.2	0.0	0.0	49.7	27.7	43.6	49.4	4.4	98.4
6	Fruits	165.0	151.7	0.0	376.8	85.4	197.5	174.0	45.6	411.9
7	Pastry and biscuits	44.0	32.9	0.0	119.6	79.8	53.4	40.8	8.7	143.3
8	Cereals and cereal products	28.5	3.5	0.0	118.3	35.6	75.8	50.0	3.3	226.7
9	Vegetables	156.5	152.5	36.5	284.6	93.4	173.3	169.9	39.6	344.8
10	Savoury bread spreads	1.9	0.0	0.0	13.9	10.3	20.2	17.3	3.6	43.0
11	Cheese	34.6	29.9	0.0	81.2	77.9	44.1	32.1	11.9	100.9
12	Herbs and spices	0.6	0.0	0.0	3.4	13.4	5.5	2.1	0.2	16.6
13	Milk and milk products	343.2	316.5	42.6	722.9	93.4	353.8	323.2	38.9	780.7
14	Nuts, seeds and snacks	4.8	0.0	0.0	21.7	7.9	93.1	53.2	0.5	296.2
15	Legumes	15.5	0.0	0.0	68.0	29.6	46.4	29.9	6.5	138.6
16	Clinical formulas	3.4	0.0	0.0	25.8	4.0	100.1	74.1	3.8	241.3
17	Mixed dishes	3.7	0.0	0.0	0.0	1.1	198.2	194.7	3.0	258.7
18	Soups	0.6	0.0	0.0	0.0	0.4	109.7	84.7	35.0	172.0
19	Soy products and vegetarian products	92.2	0.0	0.0	328.1	33.1	273.1	252.9	105.6	498.0
20	Sugar, sweets and sweet sauces	31.5	23.5	0.0	99.8	82.6	39.1	30.8	5.4	103.4
21	Fats, oils and savoury sauces	48.5	45.0	10.4	103.5	99.2	48.8	41.2	8.1	120.6
22	Fish	24.6	0.0	0.0	100.9	17.7	126.7	117.3	35.4	227.4
23	Meat, meat products and poultry	89.1	82.8	11.6	179.2	91.1	100.1	92.2	14.4	213.2

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

NEVO-group	Description	On consumption days								
		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
1	Potatoes	93.1	70.9	0.0	257.0	74.8	132.9	120.0	52.3	273.7
2	Alcoholic and non alcoholic beverages	1,509.6	1,359.8	725.7	2,616.7	100.0	1,444.3	1,335.0	661.8	2,896.6
3	Bread	122.4	119.2	45.3	213.0	99.2	124.3	119.1	51.1	208.3
4	Miscellaneous foods	0.8	0.0	0.0	5.2	8.2	15.2	5.9	1.5	55.5
5	Eggs	8.6	0.0	0.0	36.7	22.5	41.0	45.7	4.6	86.3
6	Fruits	142.8	128.3	0.0	347.3	78.7	189.9	164.2	31.7	481.8
7	Pastry and biscuits	48.4	39.0	1.2	112.2	88.3	52.6	40.6	7.7	145.5
8	Cereals and cereal products	26.4	0.0	0.0	120.0	32.7	75.5	40.7	2.3	272.7
9	Vegetables	119.9	110.6	11.1	272.9	90.5	146.9	141.8	22.1	299.7
10	Savoury bread spreads	2.5	0.0	0.0	17.0	11.2	25.0	19.6	6.1	46.2
11	Cheese	33.4	29.1	0.0	71.4	80.3	37.9	28.7	12.2	84.2
12	Herbs and spices	0.4	0.0	0.0	2.4	6.1	9.1	3.1	0.4	21.5
13	Milk and milk products	273.4	267.5	0.0	653.8	93.3	329.3	313.6	13.1	712.2
14	Nuts, seeds and snacks	4.2	0.0	0.0	1.0	4.4	68.1	13.4	0.4	274.7
15	Legumes	11.2	0.0	0.0	65.8	22.4	45.5	25.0	5.5	127.1
16	Clinical formulas	3.3	0.0	0.0	36.4	3.1	98.6	93.9	4.6	219.5

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

NEVO- group	Description	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
17	Mixed dishes	0.3	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
18	Soups	0.2	0.0	0.0	0.0	0.1	566.5	566.5	566.5	566.5
19	Soy products and vegetarian products	79.7	0.0	0.0	287.6	32.5	242.6	203.4	94.9	517.1
20	Sugar, sweets and sweet sauces	30.8	23.7	3.6	84.8	90.0	36.2	27.0	6.8	102.2
21	Fats, oils and savoury sauces	53.8	44.8	12.6	102.9	99.8	52.8	44.1	14.4	126.2
22	Fish	17.0	0.0	0.0	92.5	17.9	109.2	88.5	13.8	200.5
23	Meat, meat products and poultry	84.3	78.9	10.6	155.9	85.1	95.4	90.7	18.3	199.7

Table 1.3.b Food consumption (NEVO-groups) of the Dutch population 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)

NEVO-group	Description	On consumption days								
		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
1	Potatoes	112.7	94.7	0.0	310.4	71.2	165.1	139.7	62.2	337.0
2	Alcoholic and non alcoholic beverages	1,536.9	1,446.2	806.6	2,622.2	100.0	1,551.4	1,456.5	811.2	2,627.8
3	Bread	152.3	138.0	54.5	308.2	98.6	155.8	139.8	54.5	277.8
4	Miscellaneous foods	0.6	0.0	0.0	2.2	7.8	10.4	4.1	0.8	28.7
5	Eggs	14.7	0.0	0.0	54.5	27.4	48.7	49.5	6.4	99.3
6	Fruits	144.6	140.6	0.0	328.0	83.3	182.8	153.1	25.9	407.6
7	Pastry and biscuits	43.7	34.1	0.0	116.3	76.0	57.5	42.7	9.1	152.2
8	Cereals and cereal products	37.1	3.5	0.0	119.7	33.5	93.5	79.0	4.6	235.6
9	Vegetables	154.5	150.1	16.9	283.6	93.2	174.9	170.9	39.7	359.6
10	Savoury bread spreads	2.4	0.0	0.0	17.4	11.5	23.3	18.0	3.6	47.0
11	Cheese	36.5	34.5	0.0	78.3	77.6	47.5	40.8	12.4	101.7
12	Herbs and spices	0.7	0.0	0.0	5.6	15.1	5.4	2.7	0.3	18.6
13	Milk and milk products	344.5	323.3	18.1	687.5	93.7	376.0	356.8	51.7	788.6
14	Nuts, seeds and snacks	2.3	0.0	0.0	2.6	6.0	52.1	5.4	0.7	131.9
15	Legumes	19.5	0.0	0.0	111.7	23.4	62.4	44.2	7.4	166.0
16	Clinical formulas	4.6	0.0	0.0	37.0	5.6	99.5	74.1	6.1	247.6
17	Mixed dishes	4.6	0.0	0.0	0.0	1.4	190.6	186.9	3.0	244.7
18	Soups	0.6	0.0	0.0	0.0	0.6	113.0	81.2	35.0	174.8
19	Soy products and vegetarian products	102.8	0.0	0.0	370.8	33.4	288.6	247.5	149.7	513.3
20	Sugar, sweets and sweet sauces	41.2	30.8	0.0	127.3	82.9	47.5	34.8	6.7	124.6
21	Fats, oils and savoury sauces	56.6	51.0	11.7	114.9	99.8	55.1	46.1	8.1	126.1
22	Fish	24.1	0.0	0.0	98.3	16.2	124.0	111.6	34.9	251.2
23	Meat, meat products and poultry	100.0	93.3	34.6	197.7	95.3	110.3	96.4	18.3	245.8

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

NEVO-group	Description	On consumption days								
		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
1	Potatoes	83.6	72.2	0.0	161.7	71.0	118.3	110.8	35.9	226.1
2	Alcoholic and non alcoholic beverages	1,567.4	1,466.3	897.1	2,666.0	100.0	1,583.0	1,499.1	776.2	2,636.8
3	Bread	118.8	111.8	58.5	189.5	98.4	119.0	105.0	44.9	205.1
4	Miscellaneous foods	0.4	0.0	0.0	3.5	6.0	8.6	8.1	0.9	18.0
5	Eggs	12.0	2.3	0.0	44.1	28.0	39.4	45.0	3.8	73.5
6	Fruits	181.0	174.2	19.3	381.8	87.1	209.7	192.8	53.9	428.0
7	Pastry and biscuits	44.2	32.4	0.0	120.8	83.1	50.2	39.9	8.2	136.0
8	Cereals and cereal products	21.7	3.3	0.0	84.8	37.5	62.1	39.5	2.5	172.0
9	Vegetables	158.2	154.7	54.9	278.1	93.6	171.9	165.2	38.5	330.2
10	Savoury bread spreads	1.5	0.0	0.0	12.3	9.3	16.9	13.2	3.2	33.7
11	Cheese	33.2	27.5	0.0	81.3	78.2	41.1	28.7	11.1	100.2
12	Herbs and spices	0.6	0.0	0.0	2.8	11.8	5.7	1.8	0.1	11.9
13	Milk and milk products	342.1	306.6	47.3	788.4	93.1	334.5	297.4	37.4	769.3
14	Nuts, seeds and snacks	6.7	0.0	0.0	46.5	9.6	115.3	78.1	0.2	306.2
15	Legumes	12.4	0.0	0.0	46.8	34.8	37.1	28.1	5.3	99.9
16	Clinical formulas	2.5	0.0	0.0	0.0	2.7	101.2	98.2	1.0	224.6

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

NEVO-group	Description						On consumption days			
		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
17	Mixed dishes	3.0	0.0	0.0	0.0	0.9	209.1	126.1	125.0	341.9
18	Soups	0.7	0.0	0.0	0.0	0.2	102.0	102.0	102.0	102.0
19	Soy products and vegetarian products	83.9	0.0	0.0	320.1	32.9	259.5	257.6	64.9	466.7
20	Sugar, sweets and sweet sauces	23.8	18.7	0.0	65.1	82.4	31.9	27.1	4.6	74.9
21	Fats, oils and savoury sauces	42.0	38.7	7.9	81.5	98.7	43.4	35.6	8.0	98.5
22	Fish	25.1	0.0	0.0	102.6	19.0	128.8	126.9	30.8	218.8
23	Meat, meat products and poultry	80.4	77.5	7.1	172.5	87.5	90.4	84.5	10.2	177.2

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

NEVO-group	Description						On consumption days			
		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
1	Potatoes	125.0	115.1	0.0	301.3	72.8	163.7	139.7	44.6	310.3
2	Alcoholic and non alcoholic beverages	1,354.2	1,326.6	760.4	1,969.4	100.0	1,343.6	1,284.3	721.6	2,126.5
3	Bread	137.8	129.6	60.1	229.8	99.1	142.9	138.1	50.6	253.2
4	Miscellaneous foods	0.8	0.0	0.0	3.2	7.3	20.2	7.1	1.3	132.0
5	Eggs	8.6	0.0	0.0	48.5	19.0	48.8	46.5	3.8	100.0
6	Fruits	149.7	125.3	0.0	416.5	76.2	188.9	156.5	23.1	489.3
7	Pastry and biscuits	51.2	45.8	0.0	123.6	85.1	57.0	46.9	6.6	152.7
8	Cereals and cereal products	40.4	8.9	0.0	183.6	45.3	75.5	34.8	3.4	275.1
9	Vegetables	137.2	118.9	32.7	291.0	92.5	158.1	149.1	23.8	334.2
10	Savoury bread spreads	3.8	0.0	0.0	19.6	12.0	25.8	19.7	7.4	46.7
11	Cheese	30.1	28.2	0.0	66.4	78.5	41.0	41.6	12.1	82.5
12	Herbs and spices	0.7	0.0	0.0	3.6	9.2	13.3	3.8	0.3	56.1
13	Milk and milk products	348.1	298.9	95.4	761.6	97.0	366.5	315.4	67.7	743.1
14	Nuts, seeds and snacks	0.3	0.0	0.0	0.7	2.8	13.2	2.4	1.2	22.3
15	Legumes	21.1	0.0	0.0	75.8	25.4	60.2	58.3	4.8	124.7
16	Clinical formulas	2.8	0.0	0.0	0.0	2.3	158.7	117.5	12.2	274.0
17	Mixed dishes	0.9	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
18	Soups	0.0	0.0	0.0	0.0	0.0
19	Soy products and vegetarian products	70.8	0.0	0.0	264.5	31.3	262.2	206.0	91.0	740.1
20	Sugar, sweets and sweet sauces	44.7	36.4	1.2	97.1	89.2	47.3	34.5	5.6	124.9
21	Fats, oils and savoury sauces	60.6	51.0	6.0	136.9	99.7	60.3	51.6	6.5	144.3
22	Fish	16.3	0.0	0.0	87.9	16.7	106.6	79.5	41.0	199.9
23	Meat, meat products and poultry	87.7	80.6	2.5	182.2	91.7	99.6	94.8	19.7	209.6

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

NEVO-group	Description						On consumption days			
		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
1	Potatoes	78.6	67.7	0.0	189.2	75.9	115.2	100.1	52.1	205.9
2	Alcoholic and non alcoholic beverages	1,579.9	1,365.2	694.8	2,617.1	100.0	1,504.4	1,341.9	656.5	2,892.2
3	Bread	115.4	118.6	34.5	175.2	99.3	113.2	104.8	35.0	188.9
4	Miscellaneous foods	0.8	0.0	0.0	6.0	8.7	12.6	4.2	1.9	27.6
5	Eggs	8.6	0.0	0.0	30.5	24.6	37.4	45.3	4.8	56.8
6	Fruits	139.7	128.4	0.0	308.0	80.2	190.5	164.9	29.3	440.6
7	Pastry and biscuits	47.1	35.5	6.0	104.3	90.1	50.2	38.4	7.9	145.1

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

NEVO-group	Description	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
8	Cereals and cereal products	20.0	0.0	0.0	89.8	25.2	75.4	43.3	1.4	263.0
9	Vegetables	112.1	93.2	9.4	232.2	89.3	140.0	140.1	18.4	291.3
10	Savoury bread spreads	2.0	0.0	0.0	15.0	10.8	24.4	19.0	3.9	43.4
11	Cheese	34.9	29.5	3.9	69.9	81.3	36.0	28.1	12.1	84.5
12	Herbs and spices	0.2	0.0	0.0	1.2	4.3	3.7	2.5	0.9	7.3
13	Milk and milk products	239.6	260.9	0.0	559.9	91.0	305.6	305.4	6.6	669.0
14	Nuts, seeds and snacks	6.0	0.0	0.0	2.8	5.3	85.1	34.4	0.4	306.6
15	Legumes	6.7	0.0	0.0	35.0	20.6	34.7	19.9	5.2	127.5
16	Clinical formulas	3.6	0.0	0.0	44.3	3.5	74.8	80.9	4.6	152.3
17	Mixed dishes	0.0	0.0	0.0	0.0	0.0
18	Soups	0.3	0.0	0.0	0.0	0.2	566.5	566.5	566.5	566.5
19	Soy products and vegetarian products	83.7	0.0	0.0	287.7	33.2	231.5	190.6	123.7	476.1
20	Sugar, sweets and sweet sauces	24.5	18.6	3.6	60.0	90.5	29.7	23.4	7.0	72.8
21	Fats, oils and savoury sauces	50.7	44.3	13.0	84.8	99.8	48.3	37.1	15.1	122.5
22	Fish	17.3	0.0	0.0	94.1	18.7	110.6	93.4	10.0	197.4
23	Meat, meat products and poultry	82.7	73.0	11.2	153.5	81.2	92.5	85.6	15.5	195.6

Table 1.4.a Food consumption (NEVO-groups) of the Dutch population 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)

NEVO-group	Description					On consumption days				
		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
1	Potatoes	101.7	85.4	0.0	229.7	80.2	133.6	117.7	49.1	299.3
2	Alcoholic and non alcoholic beverages	1,488.0	1,366.3	753.5	2,714.4	100.0	1,460.6	1,367.4	648.8	2,545.7
3	Bread	135.1	126.9	58.4	226.5	99.9	133.8	120.1	50.5	237.1
4	Miscellaneous foods	0.5	0.0	0.0	1.0	4.5	15.4	3.8	1.0	60.9
5	Eggs	12.7	2.8	0.0	45.2	27.6	42.0	49.4	4.7	88.6
6	Fruits	164.9	153.0	0.0	354.1	83.3	195.1	165.6	32.6	414.2
7	Pastry and biscuits	48.1	36.9	0.0	129.0	85.8	52.0	39.3	9.1	144.7
8	Cereals and cereal products	21.8	0.0	0.0	95.9	29.5	65.6	35.4	2.3	225.9
9	Vegetables	133.0	122.1	21.2	254.2	92.2	152.4	144.0	32.7	299.6
10	Savoury bread spreads	2.2	0.0	0.0	14.8	11.5	21.8	18.9	5.2	39.5
11	Cheese	29.9	25.1	0.0	72.7	74.0	37.6	28.7	11.9	86.2
12	Herbs and spices	0.3	0.0	0.0	2.0	6.4	4.9	3.2	0.5	14.9
13	Milk and milk products	344.1	315.4	39.8	786.6	96.8	337.1	302.0	27.1	742.5
14	Nuts, seeds and snacks	1.2	0.0	0.0	0.9	4.3	44.6	3.1	0.2	142.9
15	Legumes	12.7	0.0	0.0	62.3	22.2	44.8	29.9	7.9	125.6
16	Clinical formulas	2.3	0.0	0.0	1.4	3.5	88.6	74.1	4.6	198.5
17	Mixed dishes	2.4	0.0	0.0	0.0	1.0	183.6	132.1	30.0	238.2
18	Soups	0.1	0.0	0.0	0.0	0.2	93.3	50.0	35.0	125.6
19	Soy products and vegetarian products	119.1	92.2	0.0	399.8	43.8	263.1	230.5	107.0	502.7
20	Sugar, sweets and sweet sauces	31.4	22.3	0.0	86.3	86.1	37.3	29.4	5.1	104.9
21	Fats, oils and savoury sauces	53.6	44.9	11.6	121.0	99.7	52.8	44.1	12.1	128.2
22	Fish	19.6	0.0	0.0	99.2	13.5	132.8	133.5	49.4	220.2
23	Meat, meat products and poultry	87.0	84.8	11.6	171.6	92.6	99.8	95.1	15.4	206.0

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

NEVO-group	Description					On consumption days				
		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
1	Potatoes	99.7	77.8	0.0	244.5	72.6	139.5	137.7	48.8	283.6
2	Alcoholic and non alcoholic beverages	1,652.9	1,490.1	812.0	2,711.9	100.0	1,612.5	1,510.0	785.4	2,902.8
3	Bread	127.1	118.7	48.6	210.3	98.4	130.0	119.7	44.5	226.8
4	Miscellaneous foods	1.0	0.0	0.0	6.1	10.0	13.4	8.1	0.9	31.6
5	Eggs	11.7	0.0	0.0	48.7	29.7	42.6	49.3	4.0	95.3
6	Fruits	150.8	140.2	0.0	383.9	83.5	192.3	170.8	29.1	426.1
7	Pastry and biscuits	44.3	34.5	0.0	109.9	81.7	54.4	44.0	7.9	144.8
8	Cereals and cereal products	23.0	0.0	0.0	107.6	29.6	76.6	49.9	2.0	234.1
9	Vegetables	146.9	141.1	24.1	303.1	91.8	173.7	163.8	28.5	345.3
10	Savoury bread spreads	1.6	0.0	0.0	9.5	8.9	21.6	17.8	4.2	45.4
11	Cheese	36.6	30.9	0.0	73.4	78.2	43.4	34.2	12.3	86.8
12	Herbs and spices	0.7	0.0	0.0	2.8	11.8	6.9	1.7	0.2	18.2
13	Milk and milk products	280.0	277.3	0.0	649.9	90.6	338.6	314.9	28.4	679.0
14	Nuts, seeds and snacks	7.0	0.0	0.0	19.7	6.7	124.3	80.7	0.2	380.1
15	Legumes	11.2	0.0	0.0	50.3	25.9	46.5	24.5	5.1	149.9
16	Clinical formulas	4.8	0.0	0.0	44.8	3.3	111.0	88.7	32.4	247.0

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

NEVO-group	Description	On consumption days								
		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
17	Mixed dishes	1.7	0.0	0.0	0.0	0.4	292.2	257.5	257.5	370.8
18	Soups	0.9	0.0	0.0	0.0	0.4	246.1	102.0	102.0	491.7
19	Soy products and vegetarian products	69.1	0.0	0.0	299.8	24.9	266.2	246.4	81.4	491.0
20	Sugar, sweets and sweet sauces	28.6	24.3	0.0	75.1	87.0	36.5	29.8	5.7	97.3
21	Fats, oils and savoury sauces	51.3	45.7	11.5	92.7	99.3	49.9	42.0	7.5	125.7
22	Fish	21.3	0.0	0.0	100.1	20.2	112.0	98.3	14.2	201.6
23	Meat, meat products and poultry	93.4	82.8	17.0	179.3	86.4	100.6	92.6	17.2	237.0

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

NEVO-group	Description	On consumption days								
		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
1	Potatoes	81.4	70.0	0.0	226.1	62.5	142.3	131.0	50.9	255.8
2	Alcoholic and non alcoholic beverages	1,468.3	1,498.3	819.1	2,361.5	100.0	1,527.4	1,469.8	821.6	2,574.3
3	Bread	119.4	103.6	51.9	233.2	96.5	129.3	112.7	59.4	248.4
4	Miscellaneous foods	0.4	0.0	0.0	3.8	9.1	5.2	4.3	0.8	9.9
5	Eggs	10.1	0.0	0.0	55.0	18.8	44.4	45.6	6.3	93.0
6	Fruits	163.7	151.2	0.0	376.0	83.2	205.5	177.3	34.9	456.6
7	Pastry and biscuits	47.6	39.8	0.0	121.4	82.5	54.1	40.9	9.0	140.5
8	Cereals and cereal products	35.7	20.9	0.0	112.6	45.9	69.9	48.7	3.9	176.5
9	Vegetables	158.9	147.9	41.1	272.3	92.9	168.8	160.8	39.7	335.6
10	Savoury bread spreads	2.3	0.0	0.0	16.4	8.6	20.5	17.3	5.0	38.9
11	Cheese	38.1	32.3	6.2	92.5	87.9	45.7	30.0	12.0	138.8
12	Herbs and spices	0.8	0.0	0.0	3.7	18.2	6.9	2.1	0.3	16.9
13	Milk and milk products	325.5	304.0	3.3	690.7	90.3	357.5	321.7	76.4	742.7
14	Nuts, seeds and snacks	8.0	0.0	0.0	40.4	10.6	89.3	59.4	0.9	248.6
15	Legumes	21.5	9.9	0.0	83.3	36.7	45.2	29.3	6.6	113.4
16	Clinical formulas	3.7	0.0	0.0	27.6	4.3	111.5	110.1	27.3	213.5
17	Mixed dishes	5.3	0.0	0.0	0.0	1.4	166.4	81.2	3.0	188.1
18	Soups	0.0	0.0	0.0	0.0	0.0
19	Soy products and vegetarian products	58.6	0.0	0.0	227.1	26.7	238.9	225.1	7.0	390.6
20	Sugar, sweets and sweet sauces	26.4	22.1	0.0	77.8	80.8	36.4	30.0	6.5	80.7
21	Fats, oils and savoury sauces	40.3	36.5	5.0	73.5	98.7	44.8	36.7	5.8	106.4
22	Fish	27.2	0.0	0.0	112.6	20.2	132.6	122.7	28.0	261.1
23	Meat, meat products and poultry	79.3	71.5	6.3	171.3	87.1	95.6	85.3	14.4	190.4

Table 1.4.b Food consumption (NEVO-groups) of the Dutch population 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)

NEVO-group	Description						On consumption days			
		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
1	Potatoes	136.0	117.5	0.0	330.6	78.3	169.8	139.2	51.7	381.4
2	Alcoholic and non alcoholic beverages	1,506.2	1,432.8	761.9	2,369.7	100.0	1,448.0	1,359.6	633.5	2,369.1
3	Bread	163.3	147.5	64.5	284.8	99.8	161.3	141.0	59.4	282.5
4	Miscellaneous foods	0.7	0.0	0.0	2.7	3.7	30.2	10.3	2.0	133.3
5	Eggs	12.7	0.0	0.0	51.4	23.5	53.9	49.7	3.0	105.4
6	Fruits	130.1	119.8	0.0	298.2	80.8	169.2	129.9	22.4	406.9
7	Pastry and biscuits	47.7	37.6	0.0	119.5	79.4	54.5	39.8	7.6	135.8
8	Cereals and cereal products	25.3	0.0	0.0	120.4	32.5	75.7	34.3	4.0	242.0
9	Vegetables	133.6	123.4	9.2	260.3	89.2	154.1	157.1	32.8	284.0
10	Savoury bread spreads	2.8	0.0	0.0	17.7	12.9	26.5	19.6	6.5	50.1
11	Cheese	31.0	24.6	0.0	78.0	68.6	43.1	35.4	11.9	89.8
12	Herbs and spices	0.5	0.0	0.0	3.1	10.9	5.5	3.1	0.4	17.7
13	Milk and milk products	335.2	279.9	0.0	765.3	93.5	372.1	330.7	45.9	819.9
14	Nuts, seeds and snacks	0.1	0.0	0.0	1.1	2.9	3.1	2.2	0.7	5.3
15	Legumes	19.5	0.0	0.0	97.5	20.0	70.1	65.6	9.8	125.8
16	Clinical formulas	5.9	0.0	0.0	35.4	6.9	102.1	68.3	14.0	199.3
17	Mixed dishes	4.2	0.0	0.0	0.0	1.9	221.0	123.3	30.0	237.3
18	Soups	0.4	0.0	0.0	0.0	0.6	93.3	50.0	35.0	125.6
19	Soy products and vegetarian products	127.4	72.2	0.0	479.5	44.3	275.3	229.9	92.4	510.5
20	Sugar, sweets and sweet sauces	47.1	34.7	0.0	102.0	85.9	48.9	32.0	5.5	139.6
21	Fats, oils and savoury sauces	69.0	59.2	22.8	140.9	99.7	63.6	54.8	12.5	153.0
22	Fish	21.5	0.0	0.0	102.9	15.0	133.4	132.6	39.4	223.7
23	Meat, meat products and poultry	107.4	95.9	37.2	210.5	96.6	112.9	95.5	17.1	252.0

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

NEVO-group	Description						On consumption days			
		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
1	Potatoes	126.3	112.5	0.0	322.4	74.3	163.9	139.8	69.2	319.5
2	Alcoholic and non alcoholic beverages	1,546.2	1,403.7	800.1	3,083.8	100.0	1,564.5	1,468.8	749.0	2,830.7
3	Bread	147.9	138.4	43.3	281.2	99.2	151.7	144.4	44.1	273.1
4	Miscellaneous foods	1.1	0.0	0.0	3.6	10.6	14.1	4.4	0.9	39.9
5	Eggs	13.9	0.0	0.0	49.2	31.7	48.0	45.4	9.0	98.1
6	Fruits	172.6	151.0	0.0	401.4	84.7	199.9	172.8	47.8	459.6
7	Pastry and biscuits	46.6	35.3	0.0	129.0	75.4	64.7	50.8	8.7	166.8
8	Cereals and cereal products	31.8	0.0	0.0	142.1	28.2	93.5	78.9	3.0	234.8
9	Vegetables	155.8	150.6	26.5	283.6	94.2	177.2	166.7	37.6	365.7
10	Savoury bread spreads	2.4	0.0	0.0	16.4	9.7	20.0	17.1	3.4	37.3
11	Cheese	36.3	34.5	0.0	78.2	77.3	48.1	42.2	12.6	96.8
12	Herbs and spices	0.7	0.0	0.0	5.4	13.1	5.5	1.3	0.3	19.3
13	Milk and milk products	371.5	371.7	41.6	708.6	95.5	387.2	364.2	51.7	804.7
14	Nuts, seeds and snacks	1.5	0.0	0.0	0.6	4.7	60.3	99.8	1.3	126.2
15	Legumes	16.7	0.0	0.0	110.9	19.5	59.0	25.7	6.9	179.6
16	Clinical formulas	4.2	0.0	0.0	38.4	4.3	115.1	81.0	31.8	248.4

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

NEVO-group	Description						On consumption days			
		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
17	Mixed dishes	0.0	0.0	0.0	0.0	0.0
18	Soups	0.0	0.0	0.0	0.0	0.0
19	Soy products and vegetarian products	85.9	0.0	0.0	356.2	28.8	281.9	246.1	127.2	494.4
20	Sugar, sweets and sweet sauces	36.1	30.7	0.0	93.5	86.4	45.2	34.3	8.0	130.6
21	Fats, oils and savoury sauces	56.0	50.2	10.7	114.9	99.9	54.2	47.8	7.3	128.4
22	Fish	18.5	0.0	0.0	96.3	14.6	116.0	92.5	44.3	227.4
23	Meat, meat products and poultry	97.5	91.2	24.9	196.9	93.3	108.6	96.8	21.2	250.2

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

NEVO-group	Description						On consumption days			
		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
1	Potatoes	98.3	83.7	0.0	228.9	66.2	166.1	165.1	42.5	274.9
2	Alcoholic and non alcoholic beverages	1,433.8	1,401.7	844.9	2,150.2	100.0	1,469.8	1,389.6	801.9	2,526.7
3	Bread	131.2	109.6	40.7	245.8	96.1	143.3	127.6	59.0	261.7
4	Miscellaneous foods	0.3	0.0	0.0	1.9	9.3	4.9	4.0	0.7	8.4
5	Eggs	15.3	0.0	0.0	60.5	20.9	45.0	46.1	6.0	93.3
6	Fruits	135.8	120.4	0.0	375.7	78.1	184.5	164.8	18.2	422.3
7	Pastry and biscuits	50.6	44.1	5.4	116.2	86.1	53.6	41.6	8.2	140.3
8	Cereals and cereal products	44.5	39.2	0.0	111.9	44.7	77.7	51.2	4.0	190.0
9	Vegetables	161.7	145.9	41.0	294.5	94.2	177.6	161.5	39.3	343.3
10	Savoury bread spreads	2.0	0.0	0.0	15.6	7.5	21.1	15.1	5.0	41.5
11	Cheese	36.2	33.0	2.2	82.8	88.6	44.6	37.8	12.4	126.5
12	Herbs and spices	1.3	0.0	0.0	3.9	17.9	10.5	4.7	0.3	33.9
13	Milk and milk products	309.5	265.0	65.7	666.7	94.4	346.5	316.7	76.2	700.5
14	Nuts, seeds and snacks	3.4	0.0	0.0	26.1	7.7	25.9	4.9	0.5	79.8
15	Legumes	27.0	8.2	0.0	96.9	30.0	58.4	43.8	4.8	146.6
16	Clinical formulas	3.1	0.0	0.0	19.5	2.8	99.0	64.7	53.7	218.0
17	Mixed dishes	11.1	0.0	0.0	94.3	2.7	166.4	81.2	3.0	188.1
18	Soups	0.0	0.0	0.0	0.0	0.0
19	Soy products and vegetarian products	72.4	0.0	0.0	262.0	25.4	265.0	231.9	157.7	401.2
20	Sugar, sweets and sweet sauces	30.6	29.8	0.0	81.2	81.3	41.0	34.5	5.8	90.8
21	Fats, oils and savoury sauces	46.5	43.7	4.0	83.9	99.6	51.9	43.7	5.7	109.6
22	Fish	24.1	0.0	0.0	88.8	16.7	126.4	119.0	17.9	265.8
23	Meat, meat products and poultry	93.5	83.5	33.8	175.8	95.6	105.1	99.6	18.4	194.9

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

NEVO-group	Description						On consumption days			
		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
1	Potatoes	87.5	73.8	0.0	163.3	81.1	116.8	104.0	39.4	224.2
2	Alcoholic and non alcoholic beverages	1,480.4	1,363.1	650.4	2,757.7	100.0	1,466.6	1,368.6	651.3	2,575.1
3	Bread	123.3	121.3	57.5	189.5	100.0	120.7	114.2	41.0	208.3
4	Miscellaneous foods	0.4	0.0	0.0	0.0	4.8	10.0	2.3	1.0	21.5
5	Eggs	12.7	4.6	0.0	41.3	29.5	37.5	45.0	4.7	57.4
6	Fruits	179.4	173.4	0.0	368.1	84.5	207.0	183.2	50.9	457.6
7	Pastry and biscuits	48.2	33.6	1.8	126.0	88.8	51.0	39.0	8.0	144.9

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

NEVO-group	Description	On consumption days								
		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
8	Cereals and cereal products	20.3	0.0	0.0	88.1	28.0	60.0	34.2	2.0	177.3
9	Vegetables	132.7	122.1	25.3	253.2	93.7	151.6	137.4	26.2	301.7
10	Savoury bread spreads	2.0	0.0	0.0	13.3	10.9	19.1	16.7	5.0	31.8
11	Cheese	29.4	25.4	0.0	71.0	76.5	35.3	26.2	11.4	82.7
12	Herbs and spices	0.2	0.0	0.0	1.5	4.2	4.1	2.9	1.1	9.4
13	Milk and milk products	347.8	316.1	66.9	818.5	98.4	321.2	297.9	15.6	728.8
14	Nuts, seeds and snacks	1.7	0.0	0.0	0.6	5.1	55.8	3.1	0.2	144.0
15	Legumes	9.9	0.0	0.0	44.7	23.3	34.3	24.1	7.7	99.9
16	Clinical formulas	0.8	0.0	0.0	0.0	1.9	65.1	45.3	4.6	153.3
17	Mixed dishes	1.7	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
18	Soups	0.0	0.0	0.0	0.0	0.0
19	Soy products and vegetarian products	115.7	105.5	0.0	355.3	43.5	257.1	230.1	113.2	499.9
20	Sugar, sweets and sweet sauces	24.8	19.5	0.0	66.9	86.3	31.8	27.5	4.9	81.4
21	Fats, oils and savoury sauces	47.2	42.4	8.0	98.7	99.7	47.6	37.8	12.0	112.4
22	Fish	18.8	0.0	0.0	92.4	12.8	132.5	132.1	63.2	207.0
23	Meat, meat products and poultry	78.5	77.8	10.8	140.9	90.7	93.1	94.0	14.5	148.8

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

NEVO-group	Description	On consumption days								
		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
1	Potatoes	82.9	68.6	0.0	187.1	71.2	119.4	112.0	33.6	217.4
2	Alcoholic and non alcoholic beverages	1,720.3	1,516.9	901.7	2,690.3	100.0	1,650.3	1,545.8	788.8	2,902.8
3	Bread	113.9	118.0	51.1	159.8	97.8	112.5	104.2	44.3	186.7
4	Miscellaneous foods	0.9	0.0	0.0	6.1	9.5	12.8	8.9	1.0	18.8
5	Eggs	10.2	0.0	0.0	38.7	28.2	37.8	49.3	2.2	57.0
6	Fruits	137.1	128.6	0.0	351.6	82.6	186.2	164.9	26.7	417.8
7	Pastry and biscuits	42.9	33.9	6.0	100.6	86.7	47.3	40.6	7.7	115.3
8	Cereals and cereal products	17.4	0.0	0.0	76.5	30.7	64.4	39.6	1.1	205.6
9	Vegetables	141.2	126.1	10.2	316.8	89.9	170.7	162.1	24.4	327.5
10	Savoury bread spreads	1.0	0.0	0.0	5.3	8.2	23.1	17.9	2.4	46.9
11	Cheese	36.8	29.7	0.0	71.6	78.9	39.9	28.6	11.7	85.9
12	Herbs and spices	0.7	0.0	0.0	2.8	10.7	8.3	1.8	0.1	13.0
13	Milk and milk products	222.3	215.1	0.0	576.0	86.7	296.3	270.0	12.0	633.5
14	Nuts, seeds and snacks	10.4	0.0	0.0	46.9	8.3	153.1	76.4	0.2	397.5
15	Legumes	7.7	0.0	0.0	40.7	31.0	40.2	24.3	5.0	131.5
16	Clinical formulas	5.1	0.0	0.0	46.1	2.5	105.4	91.1	23.3	220.4
17	Mixed dishes	2.8	0.0	0.0	0.0	0.8	292.2	257.5	257.5	370.8
18	Soups	1.4	0.0	0.0	0.0	0.6	246.1	102.0	102.0	491.7
19	Soy products and vegetarian products	58.6	0.0	0.0	242.5	21.8	249.7	241.8	62.7	380.7
20	Sugar, sweets and sweet sauces	23.9	17.5	3.5	55.6	87.5	29.7	23.6	5.2	70.4
21	Fats, oils and savoury sauces	48.4	44.2	14.0	81.8	98.8	46.4	38.7	7.5	122.3
22	Fish	23.2	0.0	0.0	100.6	24.6	110.1	96.6	10.3	200.7
23	Meat, meat products and poultry	90.8	77.2	4.4	177.2	80.8	93.2	78.5	10.5	202.7

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

NEVO-group	Description	On consumption days								
		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
1	Potatoes	65.8	52.3	0.0	152.8	58.4	112.2	104.0	50.0	199.6
2	Alcoholic and non alcoholic beverages	1,500.0	1,563.2	539.5	2,360.8	100.0	1,591.9	1,536.8	864.2	2,628.7
3	Bread	108.6	99.7	45.6	212.9	97.0	113.8	103.9	59.5	204.6
4	Miscellaneous foods	0.4	0.0	0.0	4.0	8.7	5.6	5.3	1.1	10.8
5	Eggs	5.3	0.0	0.0	24.5	16.5	43.5	45.1	7.1	87.8
6	Fruits	189.3	159.0	26.5	371.1	88.9	226.1	193.5	55.6	470.9
7	Pastry and biscuits	44.9	38.4	0.0	122.3	78.4	54.7	39.7	14.2	138.8
8	Cereals and cereal products	27.6	18.9	0.0	85.7	47.1	61.6	41.7	2.4	141.0
9	Vegetables	156.3	153.0	63.5	258.6	91.4	158.7	160.6	39.0	284.3
10	Savoury bread spreads	2.7	0.0	0.0	16.0	9.9	20.0	17.2	5.0	33.4
11	Cheese	39.9	24.7	8.3	96.1	87.1	46.9	28.8	11.6	138.5
12	Herbs and spices	0.4	0.0	0.0	3.1	18.6	3.0	1.5	0.4	9.0
13	Milk and milk products	340.2	320.6	0.0	693.3	85.8	371.1	329.8	74.1	811.2
14	Nuts, seeds and snacks	12.2	0.0	0.0	89.9	13.8	129.1	113.8	1.6	248.8
15	Legumes	16.5	11.0	0.0	59.1	44.1	35.2	24.3	6.7	79.2
16	Clinical formulas	4.3	0.0	0.0	46.9	6.0	118.1	110.6	27.3	199.2
17	Mixed dishes	0.0	0.0	0.0	0.0	0.0
18	Soups	0.0	0.0	0.0	0.0	0.0
19	Soy products and vegetarian products	45.9	0.0	0.0	189.8	28.1	212.5	218.5	4.0	375.0
20	Sugar, sweets and sweet sauces	22.5	18.0	0.0	52.3	80.4	31.2	24.2	7.1	69.2
21	Fats, oils and savoury sauces	34.6	30.0	4.1	66.2	97.8	36.6	32.9	4.6	88.4
22	Fish	30.1	0.0	0.0	115.4	24.1	137.4	133.3	36.4	243.8
23	Meat, meat products and poultry	66.2	56.5	0.0	143.4	77.6	82.4	73.4	10.4	175.5

Table 1.5.a Food consumption (NEVO-groups) of the Dutch population 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)

NEVO-group	Description	On consumption days									
		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	
1	Potatoes	86.0	67.8	0.0	267.4	67.2	131.4	118.2	37.3	275.8	
2	Alcoholic and non alcoholic beverages	1,577.8	1,465.8	753.6	2,614.7	100.0	1,549.9	1,437.2	731.9	2,853.3	
3	Bread	130.4	119.9	62.1	215.5	99.7	127.0	109.8	52.6	237.3	
4	Miscellaneous foods	0.5	0.0	0.0	6.0	8.8	7.6	5.9	0.6	16.0	
5	Eggs	8.7	0.0	0.0	47.2	19.8	44.3	49.3	8.1	96.8	
6	Fruits	136.5	140.5	0.0	299.5	81.7	185.8	159.2	33.4	416.9	
7	Pastry and biscuits	40.6	32.3	0.0	104.3	79.9	51.7	42.4	7.5	143.0	
8	Cereals and cereal products	31.1	0.0	0.0	119.1	39.0	81.7	58.2	5.5	241.3	
9	Vegetables	136.6	122.3	35.7	263.9	92.3	160.6	152.5	39.4	296.1	
10	Savoury bread spreads	2.4	0.0	0.0	15.3	13.5	21.4	19.1	1.1	44.5	
11	Cheese	42.2	41.1	0.0	80.5	83.0	47.8	41.9	12.2	98.9	
12	Herbs and spices	0.5	0.0	0.0	4.4	14.9	3.8	1.7	0.1	11.9	
13	Milk and milk products	329.3	296.6	0.0	809.9	88.6	378.1	359.6	32.2	826.0	
14	Nuts, seeds and snacks	8.8	0.0	0.0	47.4	10.3	103.4	81.6	0.8	248.7	
15	Legumes	14.6	0.0	0.0	62.9	33.0	44.9	30.0	7.2	128.2	
16	Clinical formulas	2.5	0.0	0.0	24.7	3.8	82.6	72.2	1.0	196.4	
17	Mixed dishes	6.1	0.0	0.0	0.0	2.1	198.2	171.7	125.0	243.0	
18	Soups	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0	
19	Soy products and vegetarian products	76.3	0.0	0.0	318.9	29.5	271.5	247.3	110.0	495.5	
20	Sugar, sweets and sweet sauces	41.1	31.0	3.5	114.0	90.5	46.6	37.1	9.3	114.5	
21	Fats, oils and savoury sauces	53.1	46.6	9.5	88.2	98.6	49.3	42.1	9.3	125.6	
22	Fish	16.7	0.0	0.0	83.4	19.4	109.4	91.9	13.0	209.6	
23	Meat, meat products and poultry	89.5	83.7	2.0	155.9	84.9	95.2	87.5	18.7	194.7	

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

NEVO-group	Description	On consumption days									
		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	
1	Potatoes	99.7	87.5	0.0	226.6	74.2	140.5	138.0	60.2	289.7	
2	Alcoholic and non alcoholic beverages	1,542.1	1,431.1	858.7	2,715.7	100.0	1,534.2	1,462.1	770.4	2,644.8	
3	Bread	130.0	119.9	52.0	233.2	98.6	135.1	127.8	49.8	238.6	
4	Miscellaneous foods	0.6	0.0	0.0	3.0	6.9	12.4	4.6	1.0	24.5	
5	Eggs	13.4	2.3	0.0	49.0	28.2	42.7	49.4	4.3	94.4	
6	Fruits	168.7	152.7	0.0	385.9	84.5	199.1	174.1	28.1	443.7	
7	Pastry and biscuits	48.6	41.1	0.0	127.1	83.9	54.2	41.2	9.4	144.7	
8	Cereals and cereal products	25.8	1.1	0.0	106.0	33.3	72.4	41.4	2.3	219.3	
9	Vegetables	150.6	145.7	33.6	291.1	92.3	169.8	161.5	36.2	343.8	
10	Savoury bread spreads	2.2	0.0	0.0	16.7	9.9	22.4	18.3	6.1	46.1	
11	Cheese	31.3	28.0	0.0	75.0	78.1	39.6	28.9	11.9	86.7	
12	Herbs and spices	0.6	0.0	0.0	2.8	9.7	7.7	3.2	0.3	21.0	
13	Milk and milk products	317.7	315.9	52.0	664.4	95.0	335.6	310.1	39.7	712.7	
14	Nuts, seeds and snacks	2.8	0.0	0.0	1.7	5.2	77.1	8.6	0.2	313.8	
15	Legumes	13.1	0.0	0.0	68.5	25.6	45.3	28.7	5.3	133.7	
16	Clinical formulas	3.2	0.0	0.0	16.3	3.3	115.6	96.5	30.1	244.8	
17	Mixed dishes	1.0	0.0	0.0	0.0	0.4	198.8	104.4	3.0	356.0	
18	Soups	0.6	0.0	0.0	0.0	0.4	118.7	95.7	40.0	173.0	

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

NEVO-group	Description	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
19	Soy products and vegetarian products	92.4	0.0	0.0	325.8	33.7	263.6	244.5	97.3	498.1
20	Sugar, sweets and sweet sauces	27.1	19.5	0.0	72.4	82.8	34.5	27.1	5.0	89.9
21	Fats, oils and savoury sauces	49.7	44.0	11.4	105.5	99.7	50.9	43.1	10.0	123.3
22	Fish	25.1	0.0	0.0	105.5	17.7	126.0	123.6	40.4	223.3
23	Meat, meat products and poultry	87.5	79.0	14.5	179.3	91.2	100.4	94.0	14.8	213.3

Table 1.5.b Food consumption (NEVO-groups) of the Dutch population 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)

NEVO-group	Description					On consumption days				
		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
1	Potatoes	112.6	93.4	0.0	300.9	68.4	167.5	140.7	51.9	351.3
2	Alcoholic and non alcoholic beverages	1,496.5	1,400.9	796.8	2,474.5	100.0	1,515.6	1,451.3	740.5	2,777.4
3	Bread	137.3	128.6	59.8	242.3	99.9	141.6	120.2	59.5	265.4
4	Miscellaneous foods	0.2	0.0	0.0	0.3	6.0	5.9	3.4	0.7	15.4
5	Eggs	10.3	0.0	0.0	49.8	22.6	43.5	42.8	8.7	98.8
6	Fruits	127.8	134.0	0.0	296.9	81.0	172.2	150.7	34.1	403.5
7	Pastry and biscuits	43.9	36.9	0.0	106.6	76.2	61.2	48.3	11.4	140.8
8	Cereals and cereal products	51.6	32.3	0.0	119.9	47.3	89.7	61.4	8.6	238.0
9	Vegetables	145.9	128.0	7.4	273.0	93.6	163.7	156.3	41.7	302.7
10	Savoury bread spreads	2.7	0.0	0.0	15.4	12.6	19.4	19.0	0.8	36.2
11	Cheese	39.8	41.4	0.0	74.5	79.5	49.7	46.8	13.0	89.0
12	Herbs and spices	0.6	0.0	0.0	5.2	17.5	4.6	1.7	0.1	12.0
13	Milk and milk products	338.8	316.0	62.2	757.1	96.1	361.2	363.6	31.8	757.4
14	Nuts, seeds and snacks	4.0	0.0	0.0	26.4	8.4	67.6	81.3	1.2	127.6
15	Legumes	19.4	0.9	0.0	76.1	29.8	55.0	42.8	9.9	124.6
16	Clinical formulas	5.0	0.0	0.0	36.7	6.9	86.3	72.6	6.1	210.8
17	Mixed dishes	11.9	0.0	0.0	103.2	3.9	224.0	200.0	200.0	244.8
18	Soups	0.0	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
19	Soy products and vegetarian products	95.3	0.0	0.0	460.8	27.8	333.9	263.3	163.7	527.9
20	Sugar, sweets and sweet sauces	62.9	59.9	0.0	126.9	92.2	64.4	49.0	14.7	161.0
21	Fats, oils and savoury sauces	59.1	52.4	11.0	113.1	99.6	57.0	44.7	19.3	127.5
22	Fish	21.5	0.0	0.0	74.8	17.1	121.1	95.5	45.5	255.7
23	Meat, meat products and poultry	88.3	81.7	18.8	164.5	91.6	99.6	88.9	20.0	184.1

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

NEVO-group	Description					On consumption days				
		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
1	Potatoes	116.0	106.4	0.0	252.9	72.8	163.3	139.6	68.7	315.2
2	Alcoholic and non alcoholic beverages	1,497.9	1,411.9	805.4	2,376.5	100.0	1,492.6	1,399.5	727.2	2,544.8
3	Bread	151.4	140.0	47.2	279.3	98.3	155.9	145.6	52.4	275.9
4	Miscellaneous foods	0.7	0.0	0.0	3.5	8.3	12.6	4.3	0.9	28.4
5	Eggs	14.5	0.0	0.0	53.4	26.0	49.8	49.6	5.8	98.5
6	Fruits	152.5	132.5	0.0	385.9	81.5	188.4	164.0	20.7	434.6
7	Pastry and biscuits	46.7	37.9	0.0	124.5	79.3	56.0	41.1	8.5	157.2
8	Cereals and cereal products	30.7	0.0	0.0	135.3	33.5	83.9	53.9	3.8	238.3
9	Vegetables	151.8	145.0	32.5	300.3	92.9	173.3	163.7	37.5	359.8
10	Savoury bread spreads	2.9	0.0	0.0	19.7	11.5	26.2	18.9	7.5	48.4
11	Cheese	33.4	30.2	0.0	80.6	78.4	44.4	35.8	12.1	106.7
12	Herbs and spices	0.8	0.0	0.0	3.9	12.2	8.2	3.3	0.4	23.6
13	Milk and milk products	344.0	322.5	18.1	717.2	94.0	374.7	348.0	67.2	744.3
14	Nuts, seeds and snacks	0.9	0.0	0.0	1.3	4.0	30.4	3.7	0.5	196.5
15	Legumes	18.1	0.0	0.0	97.1	22.1	61.6	44.8	6.8	153.4
16	Clinical formulas	3.8	0.0	0.0	26.3	3.9	121.6	87.1	36.3	248.8
17	Mixed dishes	0.1	0.0	0.0	0.0	0.3	13.9	3.0	3.0	26.7

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

NEVO-group	Description	On consumption days								
		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
18	Soups	0.6	0.0	0.0	0.0	0.5	127.3	114.0	40.0	175.8
19	Soy products and vegetarian products	97.5	0.0	0.0	356.7	35.4	266.9	227.6	94.2	495.9
20	Sugar, sweets and sweet sauces	33.3	26.1	0.0	93.4	82.2	40.4	31.1	5.6	107.2
21	Fats, oils and savoury sauces	56.7	49.9	11.6	135.5	99.8	56.3	49.5	7.2	134.4
22	Fish	21.6	0.0	0.0	100.2	16.0	117.4	97.0	32.0	225.9
23	Meat, meat products and poultry	102.3	93.4	36.5	194.5	95.9	110.5	98.2	19.4	240.4

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

NEVO-group	Description	On consumption days								
		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
1	Potatoes	69.6	63.8	0.0	175.6	66.5	107.7	98.7	34.1	206.4
2	Alcoholic and non alcoholic beverages	1,628.0	1,475.8	715.1	2,614.9	100.0	1,571.7	1,407.9	715.1	2,764.0
3	Bread	126.2	119.7	62.7	188.8	99.6	117.6	104.7	34.8	208.8
4	Miscellaneous foods	0.8	0.0	0.0	6.1	10.5	8.3	7.8	0.5	14.8
5	Eggs	7.7	0.0	0.0	25.0	18.0	44.9	49.4	5.6	89.9
6	Fruits	141.9	153.7	0.0	299.5	82.2	194.3	166.9	25.8	425.2
7	Pastry and biscuits	38.6	32.1	0.0	100.4	82.2	46.0	34.5	7.3	142.7
8	Cereals and cereal products	18.4	0.0	0.0	72.8	33.7	74.6	44.3	3.8	238.0
9	Vegetables	130.8	107.4	57.1	261.5	91.5	158.5	149.6	39.2	292.8
10	Savoury bread spreads	2.2	0.0	0.0	13.7	14.0	22.6	18.3	1.8	44.4
11	Cheese	43.7	40.1	2.3	81.3	85.2	46.7	32.3	11.3	106.6
12	Herbs and spices	0.4	0.0	0.0	2.8	13.3	3.2	1.7	0.2	11.6
13	Milk and milk products	323.5	280.6	0.0	913.2	83.8	390.4	341.5	32.2	855.8
14	Nuts, seeds and snacks	11.7	0.0	0.0	71.6	11.4	120.1	78.6	0.7	297.6
15	Legumes	11.7	0.0	0.0	41.8	35.0	39.4	27.0	6.6	129.5
16	Clinical formulas	1.0	0.0	0.0	0.0	1.8	73.4	30.0	1.0	168.3
17	Mixed dishes	2.5	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
18	Soups	0.0	0.0	0.0	0.0	0.0
19	Soy products and vegetarian products	64.6	0.0	0.0	240.4	30.6	235.5	231.7	89.7	366.1
20	Sugar, sweets and sweet sauces	27.6	22.6	3.5	78.0	89.4	34.9	29.8	6.8	77.8
21	Fats, oils and savoury sauces	49.4	45.8	7.8	81.5	98.0	44.4	37.1	6.9	121.0
22	Fish	13.8	0.0	0.0	82.7	20.8	103.3	86.3	10.0	178.7
23	Meat, meat products and poultry	90.3	86.6	0.2	154.7	80.7	92.0	81.7	12.9	195.7

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

NEVO-group	Description	On consumption days								
		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
1	Potatoes	88.3	76.0	0.0	173.0	75.4	121.5	109.0	49.2	232.2
2	Alcoholic and non alcoholic beverages	1,573.2	1,453.6	902.8	2,794.9	100.0	1,570.0	1,494.3	800.9	2,738.7
3	Bread	115.0	114.0	53.2	186.4	98.9	117.3	111.1	47.7	193.4
4	Miscellaneous foods	0.5	0.0	0.0	2.6	5.8	12.2	5.8	1.0	21.0
5	Eggs	12.7	3.8	0.0	44.2	30.1	37.5	45.0	4.1	64.4
6	Fruits	180.2	160.9	0.0	381.4	87.1	207.8	191.7	37.1	455.4
7	Pastry and biscuits	50.0	42.0	3.9	126.2	87.8	52.8	41.2	9.5	144.2
8	Cereals and cereal products	22.4	1.9	0.0	99.5	33.2	62.4	36.5	1.5	198.7

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

NEVO-group	Description	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
9	Vegetables	149.8	148.0	33.3	274.0	91.9	166.7	159.2	34.0	327.7
10	Savoury bread spreads	1.6	0.0	0.0	13.3	8.5	17.9	16.4	5.0	33.2
11	Cheese	29.8	27.5	0.0	69.7	77.8	35.4	25.6	11.4	83.9
12	Herbs and spices	0.4	0.0	0.0	2.4	7.6	7.0	2.0	0.1	10.4
13	Milk and milk products	299.1	296.3	59.3	547.0	95.9	302.4	286.4	29.3	596.3
14	Nuts, seeds and snacks	4.2	0.0	0.0	1.4	6.2	102.9	37.9	0.2	310.7
15	Legumes	9.5	0.0	0.0	45.9	28.6	34.5	24.1	5.1	97.6
16	Clinical formulas	2.7	0.0	0.0	0.0	2.7	108.2	106.1	27.3	224.0
17	Mixed dishes	1.7	0.0	0.0	0.0	0.4	292.2	257.5	257.5	370.8
18	Soups	0.6	0.0	0.0	0.0	0.2	102.0	102.0	102.0	102.0
19	Soy products and vegetarian products	88.9	0.0	0.0	310.5	32.3	260.4	258.0	74.3	492.0
20	Sugar, sweets and sweet sauces	22.8	17.5	0.0	64.3	83.2	29.5	23.0	4.7	74.8
21	Fats, oils and savoury sauces	44.7	41.6	7.9	89.2	99.5	46.2	38.0	11.5	108.4
22	Fish	27.5	0.0	0.0	103.9	19.1	132.1	130.6	47.1	215.2
23	Meat, meat products and poultry	77.1	70.7	10.9	161.9	87.2	90.9	84.8	11.5	171.9

Table 2.1 Food consumption (foods) 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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.1	0.0	0.0	0.0	0.1	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.2	0.0	0.0	0.0	0.2	99.3	88.0	60.0	115.3
1	982	Potatoes wo skins boiled average	87.1	70.7	0.0	210.1	66.7	138.7	137.9	59.8	289.7
1	1150	Potatoes sliced frozen unprepared	1.4	0.0	0.0	0.0	0.8	170.2	109.2	11.5	256.7
1	1455	Potato puree powder av	0.5	0.0	0.0	0.0	1.3	44.1	28.3	11.4	87.4
1	1456	Chips pre-fried unprepared	4.3	0.0	0.0	0.0	1.9	141.1	95.0	30.0	263.4
1	1679	Chips oven frozen prepared	0.2	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	0.5	0.0	0.0	0.0	0.6	120.1	103.4	37.2	191.3
1	2326	Croquettes potato frozen unprepared	0.3	0.0	0.0	0.0	0.4	106.3	109.1	33.6	128.8
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.2	25.6	24.3	1.4	51.4
1	2834	Potato waffels/balls frozen unprepared	0.8	0.0	0.0	0.0	0.4	142.3	122.1	62.0	183.0
2	382	Advocaat liqueur	0.7	0.0	0.0	0.0	1.2	67.8	54.4	15.1	139.6
2	383	Juice apple	3.7	0.0	0.0	0.0	2.3	193.7	174.9	65.3	279.8
2	386	Gin Dutch red currant flavoured	0.1	0.0	0.0	0.0	0.4	68.9	72.4	11.0	90.4
2	387	Fruit drink blackcurrant	0.3	0.0	0.0	0.0	1.0	34.3	26.7	12.0	56.3
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.1	106.7	25.2	24.0	220.2
2	389	Beer brown	0.3	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
2	390	Beer pilsner	36.5	0.0	0.0	291.6	7.6	515.3	325.2	244.3	1,148.7
2	391	Brandy	0.0	0.0	0.0	0.0	0.0	54.2	54.2	54.2	54.2
2	392	Campari	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.1	0.0	0.0	0.0	0.1	126.8	78.1	71.3	210.4
2	394	Cognac	0.4	0.0	0.0	0.0	0.3	62.6	46.9	23.5	89.7
2	395	Soft drink cola with caffeine	4.7	0.0	0.0	0.0	2.0	285.6	191.3	83.3	543.7
2	396	Juice grape	0.4	0.0	0.0	0.0	0.3	117.8	122.8	12.5	216.9
2	399	Fruit juice drink raspberry	0.1	0.0	0.0	0.0	0.4	39.8	30.3	18.0	46.2
2	400	Soft drink wo caffeine	4.0	0.0	0.0	0.0	2.5	179.3	159.2	87.6	348.9
2	401	Gin young Dutch	5.7	0.0	0.0	34.7	6.3	76.1	66.5	27.1	166.9
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.1	93.8	46.8	38.0	151.8
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	30.0	11.9	5.0	58.8
2	407	Port wine	3.2	0.0	0.0	1.9	2.6	96.7	82.8	38.0	200.5
2	408	Rum	0.2	0.0	0.0	0.0	0.5	42.5	32.5	9.5	66.3
2	409	Sherry	3.2	0.0	0.0	0.0	2.3	123.3	113.1	4.2	244.6
2	410	Juice orange pasteurized	6.9	0.0	0.0	65.3	4.0	192.9	172.1	73.7	382.2
2	411	Mineral water Spa	7.1	0.0	0.0	0.0	2.1	362.4	258.0	100.0	1,067.8
2	413	Tomato juice	0.9	0.0	0.0	0.0	0.4	195.6	164.2	112.0	369.3
2	414	Soft drink tonic	2.4	0.0	0.0	0.0	1.0	242.3	155.6	65.1	539.1
2	415	Vermouth	0.4	0.0	0.0	0.0	0.8	66.5	49.6	35.1	85.0
2	416	Brandy Dutch vieux	0.2	0.0	0.0	0.0	0.6	53.7	45.0	38.0	74.2
2	417	Juice drink	2.2	0.0	0.0	0.0	1.5	210.8	147.0	82.4	477.9
2	421	Whisky	1.1	0.0	0.0	0.0	2.3	65.9	55.1	24.9	128.5
2	422	Wine red	40.8	0.0	0.0	246.6	18.6	216.0	148.6	77.4	571.6
2	423	Wine white dry	11.9	0.0	0.0	91.9	6.2	183.3	154.5	69.6	375.6
2	425	Whey drink light Rivella	1.9	0.0	0.0	0.0	0.8	279.2	260.1	151.3	395.2
2	463	Fruit drink concentrate undiluted	0.2	0.0	0.0	0.0	2.0	15.1	13.1	1.0	37.6

NEVO group	NEVO code	Description	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
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	1.3	14.8	9.5	5.1	28.3
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.4	27.8	20.4	9.0	42.6
2	500	Fruit drink conc Roosvicee Laxo	0.1	0.0	0.0	0.0	0.7	24.7	17.2	9.0	43.1
2	644	Coffee prepared	381.7	376.4	0.0	794.7	89.6	443.5	414.9	124.9	886.7
2	645	Tea prepared	431.5	331.9	0.0	1,240.9	77.8	538.6	442.2	138.2	1,206.4
2	664	Juice grapefruit	0.9	0.0	0.0	0.0	1.1	102.8	98.2	36.0	169.5
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.1	8.9	8.8	8.8	9.0
2	747	Mineral water average	7.6	0.0	0.0	0.0	2.0	431.9	392.7	82.9	708.8
2	805	Jagermeister herb liquor	0.3	0.0	0.0	0.0	0.8	51.7	39.4	38.0	105.6
2	857	Madeira	0.0	0.0	0.0	0.0	0.0	3.1	2.1	2.0	3.8
2	923	Juice pear	0.2	0.0	0.0	0.0	0.2	217.6	160.0	160.0	297.6
2	930	Wine medicinal pleegzusterbloedwijn	0.2	0.0	0.0	0.0	0.2	65.4	53.2	42.0	71.9
2	1134	Berenburg herb liquor	0.2	0.0	0.0	0.0	0.3	96.7	74.9	40.0	138.3
2	1462	Juice pineapple	0.1	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	2.4	0.0	0.0	0.0	2.1	159.0	152.5	24.1	208.8
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.2	70.0	33.0	33.0	118.7
2	1466	Liqueur >25 vol% alcohol	0.3	0.0	0.0	0.0	0.5	33.2	29.9	2.2	50.3
2	1468	Beer >7 vol% alcohol	1.7	0.0	0.0	0.0	0.5	403.8	294.9	251.1	627.6
2	1519	Beer alcohol free <0,1 vol%	3.2	0.0	0.0	0.0	0.8	344.6	248.5	150.0	638.6
2	1521	Juice drink light	0.7	0.0	0.0	0.0	0.1	318.9	295.8	150.0	427.4
2	1522	Soft drink light without caffeine	3.9	0.0	0.0	0.0	1.1	204.9	191.1	140.2	298.2
2	1523	Cola light soft drink with caffeine	10.0	0.0	0.0	0.0	2.2	309.8	240.2	78.2	691.9
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.3	9.1	5.0	5.0	16.5
2	1656	Juice carrot	0.3	0.0	0.0	0.0	0.3	134.6	72.9	20.0	253.3
2	1810	Fruit drink concentrate Karvan Cevitam	1.0	0.0	0.0	4.1	3.2	20.3	8.9	7.6	46.9
2	1878	Fruit juice drink Roosvicee Multivit	2.4	0.0	0.0	0.0	0.7	261.8	195.7	100.0	390.5
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.3	11.4	9.5	7.5	14.5
2	1885	Water average	463.1	393.3	0.0	1,185.2	86.5	514.1	397.1	75.0	1,301.5
2	1932	Juice orange with pulp	0.7	0.0	0.0	0.0	0.6	152.1	145.6	53.0	199.8
2	1933	Juice tomato/vegetable Appelsientje	0.1	0.0	0.0	0.0	0.1	175.2	131.1	125.0	301.5
2	1934	Juice tomato Appelsientje Zontomaat	0.1	0.0	0.0	0.0	0.2	158.6	129.5	110.0	175.0
2	2042	Sports drink AA High Energy	0.2	0.0	0.0	0.0	0.1	249.7	168.5	157.0	313.9
2	2074	Mineral water Bar le Duc	2.6	0.0	0.0	0.0	1.1	485.2	374.0	25.0	712.7
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.7	0.0	0.0	0.0	0.3	173.7	145.5	142.0	237.4
2	2086	Ice tea	1.1	0.0	0.0	0.0	0.4	207.0	182.6	137.0	354.2
2	2088	Ice tea with suiker and sweetner	0.2	0.0	0.0	0.0	0.1	184.2	182.0	180.0	184.7
2	2134	Juice drink Dubbelfrisss	3.0	0.0	0.0	0.0	1.2	223.9	173.9	146.1	524.8
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.2	0.0	0.0	0.0	0.1	176.7	173.0	173.0	184.6
2	2136	Lemonade squash Dubbelfrisss light	0.1	0.0	0.0	0.0	0.1	154.9	148.7	145.0	158.9
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.3	0.0	0.0	0.0	0.1	158.7	120.0	120.0	203.3
2	2138	Juice drink Spa&Fruit still	2.5	0.0	0.0	0.0	0.2	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	0.1	0.0	0.0	0.0	0.1	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	2.4	0.0	0.0	0.0	1.0	242.5	199.8	146.4	400.3
2	2142	Wine white sweet	2.0	0.0	0.0	0.0	1.5	143.1	126.8	55.5	295.1
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.1	44.0	44.0	44.0	44.0
2	2151	Juice fruit Coolbest Vitaday original	0.4	0.0	0.0	0.0	0.3	149.1	139.0	139.0	161.6
2	2152	Fruit juice dk Coolbest light orange	0.9	0.0	0.0	0.0	0.4	169.1	154.7	55.0	320.4
2	2153	Fruit drink Fruitzday	0.5	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0

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2	2218	Sports drink Extran Energy	0.5	0.0	0.0	0.0	0.1	330.0	330.0	330.0	330.0
2	2289	Fruit drink concentrate light	0.2	0.0	0.0	0.0	0.4	24.0	18.0	15.0	34.3
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.1	0.0	0.0	0.0	0.4	29.0	11.9	9.0	55.8
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.3	29.2	23.7	6.4	53.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.4	0.0	0.0	0.0	0.1	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.1	172.2	130.1	120.0	246.5
2	2438	Fruit drink conc diluted average	0.2	0.0	0.0	0.0	0.2	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.1	0.0	0.0	0.0	0.1	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	0.4	0.0	0.0	0.0	0.1	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	2.8	0.0	0.0	0.0	1.4	330.0	329.1	153.3	644.5
2	2476	Cappuccino freshly made	6.5	0.0	0.0	59.5	2.9	199.2	134.1	90.6	409.7
2	2477	Coffee cappuccino instant prepared	3.0	0.0	0.0	0.0	1.0	275.8	178.9	100.2	434.1
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.7	15.4	14.1	7.8	23.8
2	2490	Fruit juice drink 12fruit nectar light	0.3	0.0	0.0	0.0	0.2	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.5	0.0	0.0	0.0	0.2	329.2	300.0	300.0	407.8
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.1	0.0	0.0	0.0	0.1	86.2	60.9	24.0	117.9
2	2507	Juice multifruit	2.0	0.0	0.0	0.0	1.1	194.4	184.8	38.3	384.4
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.3	0.0	0.0	0.0	0.2	319.4	278.9	140.0	378.9
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.3	0.0	0.0	0.0	0.2	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.1	0.0	0.0	0.0	0.1	23.8	15.1	9.0	28.5
2	2564	Juice fruit Hero Fruit&Co	3.1	0.0	0.0	0.0	1.2	349.2	271.6	142.0	561.1
2	2610	Wine rose	1.9	0.0	0.0	0.0	1.3	203.7	149.8	85.2	358.8
2	2633	Coffee instant powder	0.2	0.0	0.0	0.4	3.4	6.4	3.2	0.6	30.7
2	2634	Fruit juice dk minimal 2 fruits w vit C	2.6	0.0	0.0	0.0	1.0	271.4	176.8	88.0	507.3
2	2635	Fruit juice drink diary Wicky fruitzacht	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.1	0.0	0.0	0.0	0.0	179.7	158.4	152.0	195.8
2	2637	Fruit juice dk Roosvicee Multivit light	0.8	0.0	0.0	0.0	0.2	248.3	179.9	150.0	330.7
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.1	0.0	0.0	0.0	0.1	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	0.4	0.0	0.0	0.0	0.2	236.7	254.0	109.0	278.3
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.3	0.0	0.0	0.0	0.1	386.2	302.0	302.0	476.7
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	0.6	0.0	0.0	0.0	0.2	225.0	170.6	118.0	298.3
2	2646	Sports drink Aquarius	0.3	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.2	0.0	0.0	0.0	0.2	178.9	140.0	140.0	241.5
2	2648	Coffee w milk vending machine	0.7	0.0	0.0	0.0	0.5	151.1	125.4	117.1	235.9
2	2649	Tea herbal instant powder	0.1	0.0	0.0	0.0	0.8	31.4	4.4	1.0	79.4
2	2663	Juice fruit Vruchtose multivit	1.1	0.0	0.0	0.0	0.2	416.3	284.0	170.0	680.7
2	2674	Energy drink Mxxed up	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.1	0.0	0.0	0.0	0.2	154.0	50.0	50.0	288.2
2	2755	Juice orange freshly squeezed	22.8	0.0	0.0	145.7	17.6	127.5	119.6	51.6	210.1

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.3	28.5	33.0	8.8	40.4
2	2837	Beer with fruit flavour	0.1	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
2	2841	Fruit drink Coolbest Vitaday light	0.3	0.0	0.0	0.0	0.1	145.3	125.0	125.0	168.1
2	2842	Fruit drink Coolbest Powerfruit	0.6	0.0	0.0	0.0	0.4	176.8	174.8	91.0	224.5
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.1	0.0	0.0	0.0	0.1	155.0	145.1	145.0	163.0
2	2854	Fruit drink light Papaya multivitamins	0.9	0.0	0.0	0.0	0.2	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.1	0.0	0.0	0.0	0.1	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.2	0.0	0.0	0.0	0.1	226.4	202.9	185.0	237.8
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.4	17.3	16.1	7.5	27.9
2	2881	Coffee wiener melange instant prepared	3.4	0.0	0.0	0.0	1.2	256.2	179.3	66.8	524.1
2	2896	Lemonade squash Spa&Fruit sparkling	6.3	0.0	0.0	0.0	1.4	223.2	239.0	80.5	443.2
2	2897	Juice Drink Ocean Spray	2.4	0.0	0.0	0.0	0.8	197.6	172.4	150.0	271.2
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.5	13.2	9.1	3.4	24.4
3	227	Crispbakes Dutch	1.7	0.0	0.0	9.5	14.2	12.2	10.0	1.2	28.0
3	228	Crackers cream	0.4	0.0	0.0	0.0	1.9	19.6	17.0	5.3	43.9
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	0.9	13.3	10.0	10.0	33.5
3	230	Roll white soft	1.8	0.0	0.0	16.6	3.6	51.5	40.5	23.3	86.5
3	233	Bread currant	1.0	0.0	0.0	0.0	3.1	44.8	33.5	27.6	68.3
3	236	Bread brown wheat	26.5	0.0	0.0	106.3	28.4	97.2	69.9	31.2	176.6
3	238	Crackers matzes	0.1	0.0	0.0	0.0	0.5	30.1	17.2	10.0	61.6
3	241	Bread white milk based	2.0	0.0	0.0	0.0	2.4	87.7	53.9	10.2	197.6
3	242	Bread rye dark	2.7	0.0	0.0	21.7	6.5	46.7	42.5	21.0	66.4
3	243	Bread rye light	1.2	0.0	0.0	8.1	3.1	36.1	24.4	13.3	49.6
3	244	Bread raisin	0.7	0.0	0.0	0.0	1.8	38.9	29.7	17.8	56.4
3	246	Bread wholemeal average	33.2	0.0	0.0	120.7	34.2	105.0	96.0	31.8	206.2
3	248	Bread white water based	7.2	0.0	0.0	50.8	7.3	73.4	59.3	26.7	118.4
3	249	Bread wheat malt Tarvo	1.1	0.0	0.0	0.0	0.9	129.3	120.3	35.0	191.7
3	565	Toast	0.0	0.0	0.0	0.0	0.1	14.8	14.0	14.0	17.8
3	596	Crispbread gold-brown	0.2	0.0	0.0	0.0	1.2	17.9	10.0	10.0	34.6
3	655	Crispbakes Dutch wholemeal	1.0	0.0	0.0	8.9	9.0	12.2	9.5	7.8	19.6
3	975	Crispbread sesame	1.3	0.0	0.0	5.5	4.1	22.7	12.8	9.3	47.6
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.6	9.8	9.4	5.0	12.5
3	1017	Bread wheatrye wholemeal	0.5	0.0	0.0	0.0	0.7	67.7	42.5	35.2	154.4
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.2	0.0	0.0	0.0	1.2	18.2	13.4	10.0	19.8
3	1312	Crispbread Cracottes	0.5	0.0	0.0	2.5	3.6	11.9	7.3	7.0	15.4
3	1322	Crispbread wholemeal Cracottes	0.4	0.0	0.0	0.0	2.5	11.9	7.0	7.0	34.2
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.2	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.3	0.0	0.0	0.0	1.0	46.5	31.4	12.0	66.1
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.2	40.4	35.7	35.0	52.3
3	1779	Crispbread wholemeal	0.6	0.0	0.0	3.0	4.1	15.3	10.0	10.0	26.9
3	1914	Dough for pizza and savoury pie	2.5	0.0	0.0	0.0	1.8	123.5	96.9	32.9	205.9
3	2229	Crackers VitaLU	0.1	0.0	0.0	0.0	0.2	21.5	12.2	7.0	37.9
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.5	14.4	9.7	7.0	25.2

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3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.4	70.8	60.0	60.0	103.4
3	2348	Bread wholemeal w pumpkin seeds	0.8	0.0	0.0	0.0	1.0	107.3	107.4	35.0	170.8
3	2349	Bread linseed	0.2	0.0	0.0	0.0	0.2	87.3	76.7	70.0	102.3
3	2350	Bread multigrain average w seeds	13.2	0.0	0.0	70.0	13.3	99.8	68.9	31.4	208.1
3	2351	Bread white average milk/water based	0.2	0.0	0.0	0.0	0.5	51.4	33.0	12.5	89.7
3	2352	Bread currant w almond paste	0.1	0.0	0.0	0.0	0.3	45.3	33.8	25.0	69.8
3	2353	Bread brown/wholemeal w muesli	0.6	0.0	0.0	0.0	1.2	45.5	47.1	20.0	60.0
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.1	33.9	31.8	30.0	34.7
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.6	46.4	36.4	21.7	78.8
3	2356	Baguette w cheese-onion	0.3	0.0	0.0	0.0	0.4	61.1	47.3	10.0	99.4
3	2357	Bread wholemeal w sunflower seeds	2.4	0.0	0.0	0.0	2.9	82.0	56.4	35.0	187.5
3	2358	Bread white w sunflower seeds	0.5	0.0	0.0	0.0	0.5	78.0	64.2	45.0	131.9
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.4	11.5	7.7	5.0	19.0
3	2382	Bread brown w sunflower seeds	1.6	0.0	0.0	0.0	1.8	83.4	57.0	35.0	157.4
3	2528	Croutons	0.0	0.0	0.0	0.0	0.4	8.9	6.1	2.0	20.1
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	0.8	0.0	0.0	0.0	0.8	91.3	77.9	35.0	174.0
3	2704	Bread brown w seeds	0.4	0.0	0.0	0.0	0.5	117.8	95.5	35.0	189.5
3	2707	Bread corn w sunflower seeds	0.1	0.0	0.0	0.0	0.2	100.4	50.0	35.0	207.5
3	2785	Bread corn	0.3	0.0	0.0	0.0	0.4	65.7	35.0	35.0	126.4
3	2788	Bread sourdough wholemeal	0.4	0.0	0.0	0.0	0.9	86.6	52.8	40.0	217.0
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	58.9	23.2	22.0	131.2
3	2790	Bread pita white	1.9	0.0	0.0	0.0	0.8	99.2	94.6	90.1	99.5
3	2791	Stollen w almond/imitat paste wo nuts	0.1	0.0	0.0	0.0	0.1	63.6	55.0	55.0	88.2
3	2792	Stollen w almond/imitat paste w nuts	0.1	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.9	0.0	0.0	0.0	1.4	60.3	57.9	5.0	99.4
3	2794	Baguette brown	0.4	0.0	0.0	0.0	0.5	71.1	64.5	10.0	96.4
3	2795	Roll white hard	1.3	0.0	0.0	0.0	1.9	63.8	48.0	27.5	98.1
3	2796	Roll brown hard	2.1	0.0	0.0	13.9	2.2	77.1	71.6	27.8	126.8
3	2797	Roll brown soft	2.6	0.0	0.0	24.5	3.5	64.6	49.3	30.0	99.4
3	2798	Roll wholemeal soft	0.1	0.0	0.0	0.0	0.3	58.4	47.0	45.0	87.3
3	2799	Roll multigrain hard	0.3	0.0	0.0	0.0	1.1	42.7	43.6	25.0	49.7
3	2800	Roll multigrain soft	0.2	0.0	0.0	0.0	0.3	60.0	50.0	50.0	87.5
3	2801	Croissant prepared w butter	0.1	0.0	0.0	0.0	0.1	62.7	40.0	40.0	84.5
3	2803	Bun currant/raisin	4.0	0.0	0.0	24.1	6.5	55.7	43.9	26.1	97.6
3	2804	Bun wholemeal w muesli	0.6	0.0	0.0	0.0	0.8	66.0	46.4	29.1	104.4
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.2	47.0	35.0	35.0	72.2
3	2813	Bread raisin/current average	0.6	0.0	0.0	0.0	1.2	41.7	35.0	35.0	66.1
3	2815	Bread Tijger brown wheat	0.7	0.0	0.0	0.0	0.7	90.5	70.0	70.0	163.1
3	2816	Bread Tijger white	0.5	0.0	0.0	0.0	1.0	62.2	47.0	30.0	84.3
3	2817	Stollen w almond/imitat paste average	0.3	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.4	0.0	0.0	0.0	1.1	42.7	40.0	40.0	54.1
3	2821	Bread brown w pumpkin seeds	0.6	0.0	0.0	0.0	0.9	73.7	61.3	52.5	101.7
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.1	0.0	0.0	0.0	0.3	26.8	23.2	17.0	33.1
3	2937	Toast Melba natural	0.5	0.0	0.0	3.8	3.5	12.6	8.8	4.0	23.7
3	2938	Toast Melba other varieties	0.2	0.0	0.0	0.0	1.6	15.3	14.2	6.0	26.5

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3	3054	Bread glutenfree bakmix Glutafin white	0.3	0.0	0.0	0.0	0.2	111.4	89.7	87.5	178.4
3	3055	Bread glutenfree bakmix Glutafin brown	0.3	0.0	0.0	0.0	0.3	170.8	121.5	100.0	242.8
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.1	44.8	40.0	40.0	60.6
3	3057	Bread fibre Brinta	0.1	0.0	0.0	0.0	0.2	92.4	82.0	60.0	116.7
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.2	12.9	9.2	7.2	15.3
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	4.5	4.0	2.0	5.8
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.6	5.5	3.6	2.5	9.3
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.4	12.7	10.3	8.2	22.6
4	595	Cocoa product powder Ovomaltine	0.1	0.0	0.0	0.0	0.7	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.2	0.0	0.0	0.0	0.2	131.3	124.7	49.4	247.2
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.2	1.4	0.6	0.6	4.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.1	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.1	15.6	12.3	9.5	16.9
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.2	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.3	14.7	11.3	4.1	23.4
4	2615	Vinegar	0.2	0.0	0.0	0.7	4.4	5.9	3.9	0.7	12.0
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.1	39.4	28.7	28.0	47.9
5	84	Eggs chicken boiled average	11.6	0.0	0.0	49.4	25.8	42.9	49.4	4.7	98.3
6	33	Raisins dried	0.2	0.0	0.0	0.0	1.7	14.2	6.1	2.0	32.2
6	137	Olives tinned/glass	0.3	0.0	0.0	0.0	1.7	15.1	7.4	1.6	51.9
6	147	Apple without skin average	33.0	0.0	0.0	140.0	28.2	118.0	127.6	37.5	256.7
6	148	Strawberries	9.1	0.0	0.0	67.1	9.3	84.3	70.4	18.5	196.5
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.1	12.4	12.4	12.4	12.4
6	150	Pineapple	0.6	0.0	0.0	0.0	0.6	90.4	87.9	30.0	151.2
6	151	Banana	18.9	0.0	0.0	119.3	16.2	122.2	113.4	48.4	164.8
6	152	Blueberries	0.1	0.0	0.0	0.0	0.2	105.4	56.0	26.0	181.6
6	153	Redcurrant	0.9	0.0	0.0	0.0	1.0	83.5	49.6	9.8	185.2
6	155	Bilberries	0.0	0.0	0.0	0.0	0.3	31.2	23.6	16.1	31.3
6	157	Blackberries	0.0	0.0	0.0	0.0	0.1	30.3	11.8	8.0	64.4
6	158	Lemon	0.1	0.0	0.0	0.0	0.3	26.4	12.4	3.1	55.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.2	0.0	0.0	0.0	0.4	54.3	50.5	14.3	75.4
6	161	Raspberries	0.4	0.0	0.0	0.0	0.4	58.9	60.4	18.0	94.7
6	162	Grapefruit	1.0	0.0	0.0	0.0	1.2	78.3	66.2	40.0	121.5
6	163	Cherries	1.3	0.0	0.0	0.0	1.9	72.6	58.1	18.7	143.4
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0	47.5	47.5	47.5	47.5
6	165	Manderins	14.8	0.0	0.0	71.6	19.2	74.3	62.5	32.2	134.1
6	166	Melon netted	1.2	0.0	0.0	0.0	1.7	138.1	107.1	31.3	294.8
6	168	Pear without skin	7.8	0.0	0.0	63.5	6.2	127.3	113.1	52.8	180.7
6	169	Peach without skin	2.3	0.0	0.0	0.0	2.1	122.7	76.3	74.5	228.6
6	170	Plums with skin	4.8	0.0	0.0	0.0	3.6	151.7	113.3	23.4	351.1
6	171	Orange	14.8	0.0	0.0	97.2	10.7	163.8	131.7	52.9	257.8
6	172	Fruit fresh citrus average	2.2	0.0	0.0	0.0	1.2	148.3	112.0	76.1	148.0
6	173	Fruit fresh average excluding citrus	0.1	0.0	0.0	0.0	0.2	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.4	7.6	4.7	3.0	15.6

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6	176	Apricots in syrup tinned	0.8	0.0	0.0	0.0	0.5	113.6	89.7	40.1	192.0
6	177	Pineapple in syrup tinned	0.6	0.0	0.0	0.0	1.2	33.2	27.8	4.0	69.5
6	179	Apple sauce tinned	5.3	0.0	0.0	39.9	8.1	73.9	51.7	20.5	177.6
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.1	25.2	18.1	10.0	36.6
6	181	Dates dried	0.2	0.0	0.0	0.0	0.9	22.1	15.8	3.3	28.2
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	1.1	0.0	0.0	0.0	1.2	65.0	39.6	24.0	134.2
6	184	Cherries in syrup tinned	0.6	0.0	0.0	0.0	0.7	67.9	9.5	2.7	261.9
6	185	Currants dried	0.0	0.0	0.0	0.0	0.1	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.1	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	1.4	0.0	0.0	0.0	1.8	131.2	126.1	23.3	250.7
6	189	Peaches in syrup tinned	0.4	0.0	0.0	0.0	0.8	49.4	35.8	28.7	101.2
6	190	Prunes dried	0.3	0.0	0.0	0.0	1.6	17.6	10.3	6.0	46.4
6	191	Plums in syrup tinned	0.3	0.0	0.0	0.0	0.7	50.1	27.3	13.0	107.5
6	192	Fruit mixed dried	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.2	41.3	31.2	17.5	69.6
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.5	9.3	4.6	0.4	27.6
6	689	Avocado	0.6	0.0	0.0	0.0	0.5	170.1	119.5	32.1	275.1
6	691	Lime	0.0	0.0	0.0	0.0	0.1	118.0	118.0	118.0	118.0
6	692	Mango	0.9	0.0	0.0	0.0	0.5	200.9	184.1	85.6	264.4
6	875	Apple with skin average	8.2	0.0	0.0	61.1	6.4	125.6	115.3	18.1	256.7
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.1	78.0	78.0	78.0	78.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	9.2	0.0	0.0	59.1	11.8	79.8	65.7	33.5	133.2
6	1057	Kaki / Sharon fruit	0.1	0.0	0.0	0.0	0.0	135.0	135.0	135.0	135.0
6	1090	Lychees	0.1	0.0	0.0	0.0	0.1	53.2	52.0	52.0	57.4
6	1105	Melon water	0.4	0.0	0.0	0.0	0.3	117.2	106.9	100.0	123.2
6	1106	Melon honeydew	0.1	0.0	0.0	0.0	0.1	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.2	0.0	0.0	0.0	3.1	9.3	6.4	0.4	24.5
6	1182	Apple sauce wo sugar tinned	0.6	0.0	0.0	0.0	0.7	93.6	60.2	25.9	280.8
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.1	79.7	41.5	0.2	135.4
6	1812	Nectarine	2.7	0.0	0.0	0.0	2.4	101.9	92.3	19.1	144.9
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.1	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.2	0.0	0.0	0.0	0.2	142.1	114.0	24.0	229.7
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.5	13.1	9.7	4.3	23.1
6	2685	Abricots dried and soaked	0.1	0.0	0.0	0.0	1.3	10.2	9.0	3.0	16.9
6	2686	Apple sauce wo sugar w sweetner tinned	0.2	0.0	0.0	0.0	0.4	66.5	45.8	25.9	132.7
6	2748	Pear with skin	1.0	0.0	0.0	0.0	0.7	156.5	121.9	100.0	183.8
6	2749	Grapes black with skin	1.4	0.0	0.0	0.0	2.0	88.1	79.9	10.3	170.0
6	2750	Grapes white with skin	4.8	0.0	0.0	35.1	4.2	93.0	71.1	14.7	250.1
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.2	24.4	24.1	23.9	24.7
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.3	33.2	24.2	8.7	49.1
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.3	7.3	5.0	4.0	11.9
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.3	0.0	0.0	0.0	0.7	28.4	23.8	4.1	47.2
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.2	149.3	99.6	57.2	190.0
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.2	54.9	43.3	37.5	62.8
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	4.8	0.0	0.0	27.7	18.2	28.3	19.7	18.1	54.3
7	250	Almond filled pastry	0.4	0.0	0.0	0.0	0.6	55.7	48.6	21.2	78.0

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7	251	Apple pie Dutch w shortbread w marg	2.9	0.0	0.0	26.5	3.6	77.7	78.5	34.6	113.0
7	252	Biscuit sweet	1.7	0.0	0.0	11.5	12.1	13.0	10.2	4.5	28.5
7	253	Cake wo butter	1.2	0.0	0.0	12.2	3.2	34.9	27.4	16.9	54.2
7	254	Cake sponge Dutch Eierkoek	1.0	0.0	0.0	0.0	2.1	45.4	40.0	25.0	75.4
7	255	Gateau with whipped cream	1.3	0.0	0.0	0.0	1.6	76.1	71.6	40.0	121.9
7	256	Gateau with butter-cream filling	0.7	0.0	0.0	0.0	0.9	60.3	46.9	30.0	130.8
7	257	Almond paste filled tarts average	1.5	0.0	0.0	0.0	3.1	62.2	50.4	29.0	122.1
7	258	Biscuits averaged	0.7	0.0	0.0	4.9	5.3	15.4	12.6	6.1	29.3
7	259	Macaroons	0.5	0.0	0.0	0.0	0.8	42.1	31.1	15.5	71.4
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.1	10.8	8.0	5.0	16.9
7	261	Biscuit spiced Speculaas	1.1	0.0	0.0	6.2	7.3	13.7	6.9	4.9	35.0
7	262	Biscuit Dutch shortbread spritsstukken	0.8	0.0	0.0	3.2	2.7	27.1	21.8	10.0	48.5
7	263	Biscuit brown/wholemeal	1.0	0.0	0.0	6.7	6.5	19.2	15.3	8.0	41.1
7	468	Cream slice Dutch Tompouce	0.2	0.0	0.0	0.0	0.3	90.1	84.1	50.0	98.4
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.3	40.6	35.0	35.0	59.1
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	1.2	13.7	8.9	5.0	20.5
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.4	113.7	98.8	85.0	145.4
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.2	0.0	0.0	0.0	1.3	15.7	10.0	10.0	30.5
7	634	Coconut flavoured cookies	0.1	0.0	0.0	0.0	0.5	28.9	15.1	10.0	60.4
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	1.1	21.4	12.5	12.0	42.7
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.5	27.9	19.9	10.0	50.1
7	713	Waffle syrup average	1.1	0.0	0.0	7.4	3.6	32.6	24.6	10.0	79.2
7	789	Cake butter Dutch Boterkoek	0.2	0.0	0.0	0.0	0.9	31.1	23.8	20.0	52.0
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.6	0.0	0.0	0.0	0.7	94.1	85.1	28.8	131.8
7	836	Shortbread	1.4	0.0	0.0	12.7	5.7	21.9	13.0	7.6	48.4
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.1	31.1	18.4	14.3	40.5
7	855	Biscuit spiced Speculaas w almnd paste	0.2	0.0	0.0	0.0	0.8	34.6	19.0	19.0	72.2
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	43.3	38.0	38.0	53.6
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.3	0.0	0.0	0.0	1.3	20.9	15.2	10.1	24.9
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.1	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.3	10.1	5.9	4.0	18.9
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.1	30.7	20.8	14.0	36.3
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.9	0.0	0.0	0.0	3.2	28.1	22.7	19.3	46.3
7	1470	Berliner pastry	0.1	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.2	0.0	0.0	0.0	1.3	16.5	13.3	5.4	26.6
7	1475	Eclair with whipped cream filling	0.4	0.0	0.0	0.0	1.0	35.1	30.7	15.0	44.0
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	0.5	44.0	31.9	14.0	66.3
7	1477	Biscuits sugar free	0.1	0.0	0.0	0.0	0.1	65.4	32.4	20.0	89.6
7	1478	Flan fruit and crumble topping	0.2	0.0	0.0	0.0	0.2	127.3	118.7	115.0	133.4
7	1479	Cheesecake made with cream cheese	0.1	0.0	0.0	0.0	0.3	59.2	28.0	28.0	122.4
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.1	16.2	13.0	13.0	23.4
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.4	12.7	7.0	7.0	32.3
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0

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7	1945	Bun with vanilla custard	0.3	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.5	0.0	0.0	0.0	1.3	41.6	27.3	15.8	76.4
7	1972	Biscuits assorted with butter	0.8	0.0	0.0	6.0	3.8	20.0	12.9	8.3	37.4
7	2162	Biscuit Cafe noir	0.3	0.0	0.0	0.0	1.2	14.5	9.4	6.0	24.5
7	2190	Brownies with nuts	0.1	0.0	0.0	0.0	0.2	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.1	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.3	0.0	0.0	0.0	1.6	17.8	13.7	10.0	29.0
7	2228	Biscuit with chocolate layer Scholiertje	0.0	0.0	0.0	0.0	0.5	14.4	11.2	10.0	25.7
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	0.7	0.0	0.0	0.0	2.2	27.5	20.3	8.4	54.6
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.3	0.0	0.0	0.0	1.1	44.5	26.6	20.0	87.2
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.2	31.0	25.0	25.0	44.8
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.4	0.0	0.0	0.0	1.1	25.8	20.0	20.0	47.1
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.1	0.0	0.0	0.0	0.5	29.9	19.2	8.3	41.1
7	2392	Cake apple-	0.7	0.0	0.0	0.0	1.2	40.7	30.0	30.0	67.9
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.4	32.5	30.0	30.0	42.3
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.2	0.0	0.0	0.0	0.2	56.4	55.8	17.0	73.8
7	2396	Chocolate pastry w whipped cream	0.1	0.0	0.0	0.0	0.3	72.9	46.1	25.0	91.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.3	28.6	25.0	25.0	41.3
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.8	0.0	0.0	0.0	2.1	34.4	22.6	17.6	61.8
7	2399	Spiced cake Indonesian- Spekkoek	0.2	0.0	0.0	0.0	0.1	68.2	40.3	15.0	76.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	0.7	0.0	0.0	0.0	0.8	53.6	37.8	20.0	74.9
7	2403	Cup cake iced	0.2	0.0	0.0	0.0	0.4	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	0.4	0.0	0.0	0.0	2.0	16.6	14.0	9.1	35.1
7	2408	Biscuit fortified Bridge fruit and grain	0.1	0.0	0.0	0.0	0.2	27.1	20.1	19.0	35.9
7	2409	Biscuit Dutch shortbread w chocolate	0.1	0.0	0.0	0.0	0.2	25.4	20.0	20.0	36.3
7	2410	Teacakes chocolate coated marshmellow	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	0.9	8.6	4.5	2.5	18.2
7	2413	Cake wrapped in marzipan and chocolate	0.6	0.0	0.0	0.0	0.8	61.5	41.9	30.0	101.6
7	2417	Cake Dutch w icing & cream 'Oranjekeok'	0.0	0.0	0.0	0.0	0.0	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	9.5	5.4	3.3	12.2
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.3	26.8	21.0	21.0	43.2
7	2430	Fritter banana	0.1	0.0	0.0	0.0	0.1	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.1	0.0	0.0	0.0	0.1	52.4	48.7	48.0	55.3
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.2	56.5	50.0	50.0	66.6
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.2	15.7	14.4	10.0	24.5

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7	2560	Apple turnover	1.1	0.0	0.0	0.0	1.1	106.5	113.9	41.5	130.0
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.1	36.6	30.3	25.0	39.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.1	0.0	0.0	0.0	0.6	17.8	15.0	15.0	26.1
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.1	38.8	32.9	30.0	42.9
7	2609	Biscuits with nuts	0.7	0.0	0.0	6.3	3.7	19.0	14.5	10.0	33.2
7	2622	Appel pie Dutch w shortbread w butter	1.2	0.0	0.0	0.0	0.5	107.7	106.4	25.0	152.9
7	2661	Waffle Luikse	0.3	0.0	0.0	0.0	0.4	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.2	0.0	0.0	0.0	0.7	29.5	23.8	4.0	46.6
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.1	0.0	0.0	0.0	1.1	14.6	7.3	3.3	33.5
7	2698	Cake chocolate made wo butter	0.1	0.0	0.0	0.0	0.4	30.6	29.3	28.0	32.6
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	1.7	9.6	8.8	6.0	13.4
7	2715	Meringue	0.0	0.0	0.0	0.0	0.3	13.8	8.5	4.0	21.9
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.3	0.0	0.0	0.0	0.9	40.7	28.7	22.5	63.1
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.6	22.6	18.4	7.0	34.5
7	2775	Biscuit digestive w chocolate	0.1	0.0	0.0	0.0	0.5	22.8	18.8	9.0	30.0
7	2776	Flan apple and crumble topping	0.8	0.0	0.0	0.0	0.5	148.0	115.0	115.0	213.5
7	2777	Flan hard shell with custard cream	0.3	0.0	0.0	0.0	0.3	79.8	56.0	56.0	118.5
7	2778	Flan sponge with custard cream	0.1	0.0	0.0	0.0	0.2	85.1	81.3	75.0	102.4
7	2820	Waffle syrup w butter	0.3	0.0	0.0	0.0	1.4	30.2	22.8	10.0	51.7
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	0.5	0.0	0.0	0.0	0.2	127.6	102.8	88.0	176.2
7	2864	Biscuit syrup with chocolate	0.1	0.0	0.0	0.0	0.3	17.4	12.4	10.0	26.9
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0	55.0	55.0	55.0	55.0
7	2891	Biscuit Dutch 'Jodekoek'	0.1	0.0	0.0	0.0	0.7	25.8	16.4	14.0	55.4
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.5	23.5	16.0	16.0	37.8
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.5	33.7	30.0	30.0	47.8
7	2894	Biscuit Dutch digestive	0.4	0.0	0.0	0.0	3.4	16.2	15.1	8.0	27.6
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	1.0	0.0	0.0	0.0	0.5	117.7	89.9	65.0	126.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.1	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.3	0.0	0.0	0.0	1.0	26.0	15.6	3.8	54.5
8	213	Oatmeal	0.5	0.0	0.0	0.0	1.7	27.0	22.6	2.0	50.3
8	215	Cornflour	0.0	0.0	0.0	0.0	1.5	2.9	2.3	0.6	5.6
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	1.8	5.7	4.3	1.2	14.6
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.1	48.6	32.0	20.3	57.4
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.3	10.8	11.6	3.7	16.6
8	225	Breakfast cereal Brinta	0.6	0.0	0.0	0.0	3.0	19.6	14.3	5.4	41.3
8	226	Starch potato	0.0	0.0	0.0	0.0	0.8	2.1	0.8	0.6	5.9
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.2	9.2	5.2	2.7	17.4
8	530	Flour for pancakes	0.7	0.0	0.0	0.0	0.9	58.0	57.0	13.0	113.2
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.5	6.1	5.5	0.4	10.5
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.3	15.2	10.5	3.6	28.3
8	658	Rice white boiled	7.4	0.0	0.0	58.1	6.6	107.3	95.2	15.7	236.2
8	659	Pasta white average boiled	12.5	0.0	0.0	86.2	8.2	126.4	109.2	31.2	252.2
8	955	Rice white parboiled boiled	0.2	0.0	0.0	0.0	0.1	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.2	0.0	0.0	0.0	2.2	10.7	5.9	1.1	38.0

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8	1014	Rice brown boiled	1.9	0.0	0.0	0.0	1.5	148.8	114.4	27.2	259.0
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.2	7.2	7.0	7.0	7.6
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.1	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.2	9.6	9.0	9.0	11.2
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.1	36.6	26.2	21.6	44.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.1	10.0	7.2	7.2	17.6
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.1	4.1	2.9	2.9	8.8
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.5	9.7	5.8	3.8	19.7
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.3	152.7	117.7	19.2	289.2
8	2158	Couscous boiled	0.1	0.0	0.0	0.0	0.4	50.8	35.9	20.0	115.6
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.1	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.1	0.0	0.0	0.0	0.3	22.5	17.5	17.5	37.7
8	2361	Breakfast prod Albona 7-cereals-energy	0.1	0.0	0.0	0.0	0.3	40.4	31.9	18.0	56.5
8	2366	Muesli crunchy plain/w fruit	0.8	0.0	0.0	0.0	2.8	28.4	21.6	6.2	56.7
8	2675	Muesli crunchy w nuts	0.1	0.0	0.0	0.0	0.6	27.6	26.7	7.4	39.9
8	2676	Muesli crunchy w chocolate	0.2	0.0	0.0	0.0	0.2	37.9	19.7	19.7	70.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.1	9.4	6.8	5.4	12.6
8	2809	Muesli w fruit	1.1	0.0	0.0	4.0	4.9	28.5	19.9	3.3	79.9
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.6	11.4	4.9	1.0	26.1
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.2	41.4	34.2	19.7	48.5
9	7	Endive raw	1.1	0.0	0.0	0.0	1.5	95.6	89.0	23.1	139.1
9	8	Endive boiled	3.5	0.0	0.0	23.7	3.1	138.4	126.3	47.4	241.1
9	11	Aubergine boiled	0.3	0.0	0.0	0.0	0.4	73.1	50.1	12.5	126.5
9	13	Celery boiled	0.5	0.0	0.0	0.0	1.0	54.3	21.5	1.7	203.5
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.1	41.0	41.0	41.0	41.0
9	15	Cauliflower boiled	8.0	0.0	0.0	61.3	5.4	146.6	122.1	46.4	242.9
9	16	Kale curly boiled	1.1	0.0	0.0	0.0	1.3	91.8	88.9	33.2	170.0
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.1	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	40.8	30.2	25.0	48.0
9	20	Mushrooms boiled	1.8	0.0	0.0	14.1	5.9	28.0	25.8	1.3	75.5
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
9	22	Cabbage Chinese boiled	0.2	0.0	0.0	0.0	0.2	116.7	98.0	98.0	141.9
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0	174.0	174.0	174.0	174.0
9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.5	23.2	12.9	2.9	55.5
9	27	Cucumber wo skin raw	4.0	0.0	0.0	25.7	7.0	66.4	51.0	10.3	148.0
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	0.7	45.5	29.2	9.1	84.4
9	29	Swede boiled	0.4	0.0	0.0	0.0	0.2	197.9	149.7	119.6	295.5
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.4	17.0	9.0	8.3	26.6
9	32	Sweet pepper green boiled	0.3	0.0	0.0	0.0	1.0	25.4	17.1	5.9	53.1
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0	145.0	145.0	145.0	145.0
9	37	Leek boiled	2.7	0.0	0.0	17.6	5.7	48.2	20.8	3.0	159.0
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0	158.8	158.8	158.8	158.8
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	0.8	0.0	0.0	0.0	0.7	114.2	117.3	25.0	201.0

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9	44	Cabbage Savoy boiled	0.3	0.0	0.0	0.0	0.3	111.1	73.2	66.3	229.0
9	46	Lettuce head raw	1.8	0.0	0.0	18.2	5.2	46.4	39.6	5.4	96.5
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.1	0.0	0.0	0.0	0.1	137.1	72.8	25.0	169.3
9	51	Spinach raw	0.1	0.0	0.0	0.0	0.0	113.3	113.3	113.3	113.3
9	52	Spinach boiled	2.4	0.0	0.0	0.0	2.2	113.9	93.2	20.5	195.6
9	54	Cabbage oxheart boiled	1.8	0.0	0.0	0.0	1.4	139.8	106.1	84.2	217.2
9	55	Brussel sprouts boiled	6.7	0.0	0.0	65.5	4.4	142.4	135.4	62.4	213.1
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.2	19.3	17.6	17.6	22.7
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.3	22.8	15.7	5.0	41.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.3	2.1	7.0	1.9	0.3	32.7
9	60	Tomatoes normal raw	4.4	0.0	0.0	33.2	10.2	47.1	33.5	7.9	84.3
9	61	Tomatoes normal boiled	0.8	0.0	0.0	0.7	2.9	28.1	8.5	0.9	82.1
9	63	Onions raw	1.2	0.0	0.0	5.4	6.6	21.8	13.5	2.3	52.8
9	64	Onions boiled	4.9	0.0	0.0	27.6	19.3	30.7	22.8	1.6	78.1
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.1	26.3	24.6	7.4	61.3
9	67	Chicory raw	1.2	0.0	0.0	0.0	1.3	98.4	76.0	25.0	192.8
9	68	Chicory boiled	7.3	0.0	0.0	79.1	4.2	162.2	160.1	67.1	315.1
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.6	18.7	11.4	2.8	37.8
9	70	Cabbage white cooked	0.3	0.0	0.0	1.1	2.8	8.6	4.0	0.9	27.7
9	71	Carrots raw average	0.1	0.0	0.0	0.0	0.6	14.5	8.9	2.5	35.9
9	72	Carrots boiled average	1.0	0.0	0.0	2.6	4.4	29.8	7.5	1.6	119.1
9	73	Cabbage sauerkraut raw	0.1	0.0	0.0	0.0	0.1	76.2	31.7	25.0	118.4
9	74	Cabbage sauerkraut cooked	3.0	0.0	0.0	0.0	2.0	145.6	140.1	40.5	245.1
9	75	Vegetable mix for soup raw	1.9	0.0	0.0	2.5	2.0	75.3	63.7	12.8	157.9
9	124	Radish red/white raw	0.4	0.0	0.0	0.0	1.4	32.8	28.1	1.9	63.5
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.4	8.9	6.1	0.7	17.0
9	127	Vegetables mixture raw	0.4	0.0	0.0	0.0	0.8	59.7	47.4	17.3	81.7
9	129	Endive tinned	0.5	0.0	0.0	0.0	0.1	340.0	340.0	340.0	340.0
9	130	Asparagus tinned	0.5	0.0	0.0	0.0	0.5	51.0	16.0	16.0	90.5
9	132	Gherkins sweet pickled	0.9	0.0	0.0	5.7	4.6	16.1	11.0	2.0	38.6
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	1.2	0.0	0.0	0.0	1.8	62.7	40.9	0.8	155.5
9	136	Peas and carrots tinned	1.7	0.0	0.0	0.0	1.2	118.2	112.4	27.3	216.4
9	138	Beans runner tinned	0.6	0.0	0.0	0.0	0.3	172.0	172.0	172.0	172.0
9	139	Beans French tinned	1.3	0.0	0.0	0.0	1.4	134.3	126.0	33.1	191.9
9	140	Spinach tinned	0.5	0.0	0.0	0.0	0.2	292.6	195.0	195.0	415.6
9	141	Tomato puree concentrated tinned	0.3	0.0	0.0	0.0	1.3	21.3	15.7	2.9	52.2
9	142	Beans broad tinned	0.9	0.0	0.0	0.0	0.7	176.2	204.5	60.0	236.4
9	143	Carrots tinned	0.3	0.0	0.0	0.0	0.3	158.8	161.9	120.0	176.4
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.4	2.2	5.3	2.7	0.6	15.7
9	145	Cabbage red glass	0.2	0.0	0.0	0.0	0.4	152.2	104.5	22.6	173.7
9	146	Spinach frozen boiled	2.4	0.0	0.0	0.0	1.6	146.2	149.0	14.8	329.8
9	538	Rhubarb puree w sugar	1.0	0.0	0.0	0.0	1.0	76.9	58.9	24.5	184.5
9	557	Celery raw	0.2	0.0	0.0	0.0	0.7	44.9	39.5	9.8	74.4
9	558	Celeriac raw	0.1	0.0	0.0	0.0	0.3	31.9	14.5	1.4	91.7
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0	5.2	4.0	4.0	6.6
9	562	Leek raw	0.1	0.0	0.0	0.0	0.4	15.9	11.3	4.6	29.1

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	Consumption % days	On consumption days			
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9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.1	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	0.9	0.0	0.0	0.0	0.9	208.9	201.4	88.9	247.3
9	651	Spinach creamed frozen boiled	1.3	0.0	0.0	0.0	0.9	130.3	101.6	27.2	245.5
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0	16.9	16.9	16.9	16.9
9	850	Vegetables mixed pickled Atjar tjampoer	0.2	0.0	0.0	0.0	0.4	69.1	43.7	9.6	130.6
9	851	Sweet pepper sweet/sour pickled	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.2	18.2	12.2	5.9	33.7
9	885	Sweet pepper red boiled	0.5	0.0	0.0	0.0	2.6	23.0	17.2	6.0	49.7
9	920	Broccoli boiled	5.9	0.0	0.0	52.2	4.4	144.6	126.1	28.5	294.8
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.1	55.2	39.9	13.9	82.8
9	951	Beans French boiled	8.3	0.0	0.0	85.8	9.7	119.2	113.6	2.6	234.7
9	952	Kale curly frozen boiled	0.1	0.0	0.0	0.0	0.1	142.6	132.6	105.2	153.4
9	953	Peas frozen boiled	0.5	0.0	0.0	0.0	0.8	98.5	105.6	8.3	174.2
9	954	Beans French frozen boiled	1.2	0.0	0.0	0.0	1.0	138.6	113.7	30.7	242.8
9	957	Asparagus boiled	1.9	0.0	0.0	0.0	1.0	215.9	223.9	16.0	331.8
9	958	Beetroot boiled	2.8	0.0	0.0	0.0	2.8	137.2	104.8	13.0	280.9
9	961	Beans runner boiled	4.0	0.0	0.0	39.8	2.2	142.5	116.0	57.0	234.7
9	962	Beans broad boiled	0.2	0.0	0.0	0.0	0.1	123.8	120.6	60.0	139.0
9	963	Peas fresh boiled	0.3	0.0	0.0	0.0	0.2	162.0	199.6	18.9	222.9
9	964	Mange-tout boiled	0.9	0.0	0.0	0.0	1.0	102.4	50.9	9.8	291.7
9	966	Courgettes boiled	1.3	0.0	0.0	0.0	2.5	54.5	29.6	1.9	151.9
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.1	98.2	79.6	25.0	121.2
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.1	0.0	0.0	0.0	0.1	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	0.4	83.7	50.0	50.0	169.6
9	1141	Vegetable mixed Mexico frozen unprepared	0.5	0.0	0.0	0.0	0.2	238.7	191.5	129.0	384.1
9	1143	Beans runner frozen unprepared	0.7	0.0	0.0	0.0	0.7	136.5	123.3	57.2	201.1
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.1	44.9	26.4	16.6	69.9
9	1147	Brussel sprouts frozen boiled	0.1	0.0	0.0	0.0	0.1	161.7	139.2	88.0	210.8
9	1148	Beans broad frozen unprepared	0.2	0.0	0.0	0.0	0.1	148.2	106.2	9.5	227.5
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	0.3	35.4	8.7	8.7	108.5
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.3	12.6	6.3	0.8	24.1
9	1399	Lettuce iceberg raw	4.0	0.0	0.0	29.6	6.2	56.1	48.3	14.9	126.0
9	1454	Beetroot pickled glass	0.3	0.0	0.0	0.0	0.3	97.1	77.7	23.3	180.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.4	5.0	3.1	1.5	9.0
9	1904	Vegetables average boiled	3.0	0.0	0.0	17.2	3.3	97.7	72.2	10.2	228.7
9	1905	Vegetables average raw	0.2	0.0	0.0	0.0	0.1	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.2	143.4	105.5	30.7	205.5
9	2293	Tomatoes tinned	0.4	0.0	0.0	0.0	0.4	115.3	82.3	30.6	219.3
9	2330	Mange-tout and carrots boiled	0.7	0.0	0.0	0.0	0.3	243.6	170.0	150.0	346.3
9	2331	Bami vegetables mixed boiled	0.4	0.0	0.0	0.0	0.6	50.9	32.2	16.0	117.9
9	2346	Lettuce green average raw	0.8	0.0	0.0	0.0	1.4	43.3	29.2	2.7	89.0
9	2377	Tomatoes dried in oil tin/glass	0.1	0.0	0.0	0.0	0.5	12.5	12.0	5.0	19.7
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.1	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.5	2.9	0.2	0.2	8.2
9	2498	Tomatoes sieved	1.2	0.0	0.0	0.0	2.0	52.4	40.7	9.1	131.7
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.2	3.5	2.0	0.4	6.8
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.5	28.3	14.5	7.5	59.2
9	2710	Cabbage red w apple pieces glass	0.2	0.0	0.0	0.0	0.2	141.3	95.9	87.0	230.5

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9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.5	23.4	17.9	10.4	48.6
9	2727	Carrot bunched boiled	8.5	0.0	0.0	87.7	4.5	155.4	164.3	25.4	227.1
9	2728	Carrot winter raw	0.5	0.0	0.0	0.0	0.9	66.1	58.0	9.8	113.2
9	2729	Carrot winter boiled	1.8	0.0	0.0	0.0	1.5	105.6	98.5	15.4	226.5
9	2730	Tomato vine raw	3.9	0.0	0.0	32.5	5.9	80.6	65.3	30.7	163.3
9	2731	Tomato cherry raw	1.9	0.0	0.0	18.5	4.7	37.7	31.7	10.0	77.4
9	2732	Tomato beef raw	0.2	0.0	0.0	0.0	0.3	92.1	73.6	27.8	154.7
9	2733	Tomato beef boiled	0.2	0.0	0.0	0.0	0.2	103.4	52.4	2.0	105.3
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.4	31.9	25.3	6.4	63.9
9	2735	Tomato average boiled	0.2	0.0	0.0	0.0	0.6	36.3	4.2	1.1	124.8
9	2736	Rocket raw	0.4	0.0	0.0	0.0	1.3	24.8	14.3	3.8	51.6
9	2737	Onion Welsh raw	0.1	0.0	0.0	0.0	0.7	15.7	11.8	4.2	24.5
9	2738	Onion Welsh boiled	0.1	0.0	0.0	0.0	0.3	28.5	16.9	4.0	52.1
9	2739	Cucumber w skin raw	0.9	0.0	0.0	0.0	2.5	38.2	30.8	5.0	88.4
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.2	11.7	9.0	9.0	20.8
9	2741	Sweet pepper yellow boiled	0.2	0.0	0.0	0.0	0.6	29.3	17.2	7.5	76.5
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.1	8.3	4.0	1.7	17.8
9	2743	Sweet pepper average boiled	0.4	0.0	0.0	2.1	3.3	11.9	5.2	0.9	43.4
9	2840	Cabbage red w apple pieces	0.6	0.0	0.0	0.0	0.5	187.6	165.0	116.0	238.6
9	2900	Sweetcorn tinned	0.3	0.0	0.0	0.0	0.8	44.4	44.3	7.9	70.5
10	455	Peanut butter	1.2	0.0	0.0	9.8	6.4	21.2	18.1	4.8	43.1
10	541	Peanut butter with nut pieces	0.4	0.0	0.0	0.0	1.2	27.7	19.4	10.0	48.5
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.1	34.0	30.0	30.0	38.7
10	575	Sandwich spread original	0.3	0.0	0.0	0.0	1.2	20.3	18.9	5.0	40.5
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.6	7.9	5.1	0.1	21.7
10	2367	Peanut butter light	0.2	0.0	0.0	0.0	1.0	28.5	24.7	10.0	45.5
11	304	Cheese Swiss dried	0.1	0.0	0.0	0.0	0.5	8.1	2.5	1.3	29.1
11	511	Cheese Edam 40+	1.2	0.0	0.0	8.8	3.8	30.2	22.2	5.3	61.2
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.1	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	5.1	0.0	0.0	28.3	15.6	34.2	28.1	10.1	65.8
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.4	0.0	0.0	0.0	1.7	31.4	26.4	10.4	66.6
11	515	Cheese spread 48+	0.4	0.0	0.0	0.0	1.8	21.9	18.0	2.0	37.5
11	517	Cheese spread 20+	1.0	0.0	0.0	6.5	3.0	34.9	19.8	6.3	93.2
11	556	Cheese Camembert 45+	0.2	0.0	0.0	0.0	0.4	50.0	35.3	10.5	156.7
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.4	19.1	16.6	7.0	21.5
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.2	29.3	21.2	15.0	44.5
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	16.9	14.0	14.0	20.1
11	715	Cheese cream 60+	0.1	0.0	0.0	0.0	0.3	24.3	22.1	8.0	26.2
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.2	25.4	13.7	7.0	32.9
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	0.7	14.4	8.7	2.2	32.0
11	719	Cheese cream soft Mon Chou	0.2	0.0	0.0	0.0	1.3	11.4	7.7	4.0	19.8
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.4	15.1	6.9	2.3	27.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.2	31.3	23.4	22.0	46.4
11	726	Cheese Bluefort	0.1	0.0	0.0	0.0	0.4	18.7	6.8	0.8	59.8
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.5	19.2	13.9	4.0	54.0
11	804	Cheese sheep fresh	0.5	0.0	0.0	0.0	1.9	26.6	16.5	5.5	86.8
11	881	Cheese 48+ low salt	0.5	0.0	0.0	0.0	1.9	30.6	22.7	12.0	66.5
11	883	Cheese Amsterdam 48+	0.4	0.0	0.0	0.0	1.5	25.1	26.2	10.3	39.4
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.2	35.3	22.0	22.0	71.6

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11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	1.1	0.0	0.0	0.0	2.4	44.0	39.8	8.4	83.0
11	1113	Cheese sodium reduced 48+	0.1	0.0	0.0	0.0	0.1	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.1	23.8	16.6	10.0	25.6
11	1382	Cheese 30+	6.9	0.0	0.0	42.9	17.9	31.9	23.7	11.6	66.7
11	1487	Cheese Brie 60+	0.7	0.0	0.0	0.0	2.5	31.6	20.2	5.5	105.4
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.1	21.3	20.0	20.0	23.4
11	1650	Cheese goat fresh	0.3	0.0	0.0	0.0	1.5	29.9	22.2	9.6	49.1
11	1723	Cheese 20+	0.3	0.0	0.0	0.0	1.2	23.1	18.6	6.5	47.1
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.2	21.9	13.0	13.0	46.5
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.3	41.5	29.1	22.0	86.1
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.3	0.0	0.0	0.0	1.3	24.3	24.2	13.0	35.5
11	1809	Cheese 45+	0.1	0.0	0.0	0.0	0.3	34.7	28.2	24.0	49.8
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.1	73.7	62.9	60.0	81.9
11	1955	Cheese Mozzarella	0.6	0.0	0.0	0.0	2.1	30.7	18.2	3.9	66.6
11	2518	Cheese goat hard	0.4	0.0	0.0	0.0	2.6	25.4	22.8	7.3	49.7
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.6	14.5	10.7	10.0	19.3
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.6	14.1	9.6	8.1	23.3
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.1	0.0	0.0	6.2	3.9	33.8	23.2	12.2	79.0
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	3.8	0.0	0.0	23.9	10.8	34.9	28.6	11.8	77.7
11	2758	Cheese Gouda 48+ age 4-7 mths	5.9	0.0	0.0	45.3	12.0	38.3	28.5	9.9	86.0
11	2759	Cheese Gouda 48+ age 10-12 mths	1.1	0.0	0.0	6.8	4.4	31.4	27.3	10.1	66.0
11	2824	Cheese 30+ low salt	0.4	0.0	0.0	0.0	1.4	27.0	23.4	12.0	42.2
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.2	2.9	2.3	0.2	6.7
12	824	Mustard	0.1	0.0	0.0	0.0	2.2	3.5	2.0	0.4	9.7
12	830	Garlic fresh	0.0	0.0	0.0	0.2	3.8	1.1	0.7	0.1	3.4
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	6.0	5.0	5.0	8.8
12	842	Stock powder	0.0	0.0	0.0	0.0	0.9	3.0	3.1	0.2	4.2
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.4	8.3	6.1	5.0	11.2
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	1.2	2.4	1.2	0.4	9.0
12	1883	Stock powder low sodium	0.1	0.0	0.0	0.0	0.1	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.1	0.5	0.5	0.5	0.5
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.1	13.5	10.8	10.5	19.4
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.2	4.1	3.1	2.2	6.2
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven-/dagschotel unprepared	0.0	0.0	0.0	0.0	0.2	19.4	16.0	12.9	24.7
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.1	0.0	0.0	0.0	0.8	10.9	6.8	3.3	23.4
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.8	6.3	7.2	2.4	10.1
13	270	Milk raw	0.3	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	1.5	0.0	0.0	11.1	6.9	20.2	17.2	7.0	41.0
13	272	Milk chocolate-flavoured full fat	0.9	0.0	0.0	0.0	0.8	217.0	201.8	158.9	283.3
13	273	Milk chocolate-flavoured low fat	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.3	0.0	0.0	0.0	4.0	8.0	4.0	1.5	18.6
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	20.1	13.4	9.0	38.3

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13	276	Custard chocolate full fat	2.8	0.0	0.0	0.0	1.3	156.2	147.1	43.2	268.7
13	278	Yoghurt full fat	7.7	0.0	0.0	67.2	4.8	191.0	181.8	52.1	415.7
13	279	Milk whole	16.2	0.0	0.0	124.2	8.9	218.4	199.4	22.8	506.3
13	280	Coffee creamer full fat	1.7	0.0	0.0	15.3	9.0	24.5	16.7	7.5	66.0
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.1	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	11.5	0.0	0.0	94.9	7.3	151.2	140.7	51.6	258.3
13	284	Yoghurt low fat with fruit	3.3	0.0	0.0	0.0	2.5	146.8	127.9	46.6	272.8
13	285	Coffee creamer half fat	6.8	0.0	0.0	33.4	27.7	22.2	17.7	6.4	52.1
13	286	Milk semi-skimmed	94.4	0.0	0.0	380.6	39.7	230.8	212.1	15.1	516.3
13	288	Porridge oatmeal	2.0	0.0	0.0	0.0	0.9	248.3	220.3	103.0	400.6
13	289	Buttermilk	30.1	0.0	0.0	236.8	14.4	234.0	206.7	126.1	473.6
13	290	Porridge buttermilk w wheat flour	0.2	0.0	0.0	0.0	0.2	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.2	0.0	0.0	0.0	1.6	14.7	10.9	4.8	29.9
13	294	Milk skimmed	19.2	0.0	0.0	0.0	2.8	429.7	261.6	31.0	1,029.7
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.1	3.8	3.8	2.0	4.9
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0	2.5	2.5	2.5	2.5
13	298	Porridge rice	1.9	0.0	0.0	0.0	1.4	185.3	181.9	78.1	299.9
13	299	Cream whipping	0.1	0.0	0.0	0.0	1.1	13.6	7.7	3.2	40.6
13	301	Yoghurt low fat	19.0	0.0	0.0	138.1	10.9	178.4	168.2	47.4	321.2
13	303	Ice cream dairy cream based	1.8	0.0	0.0	0.0	2.3	87.0	88.1	32.0	144.0
13	305	Fromage frais low fat	3.7	0.0	0.0	10.0	3.7	107.4	112.6	2.7	219.2
13	306	Fromage frais half fat	0.2	0.0	0.0	0.0	0.2	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.6	0.0	0.0	0.0	0.7	136.8	108.4	32.4	242.8
13	477	Custard vanilla low fat	0.8	0.0	0.0	0.0	0.5	127.6	114.2	103.0	167.9
13	478	Custard chocolate low fat	0.1	0.0	0.0	0.0	0.1	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	0.4	0.0	0.0	0.0	0.3	282.8	245.0	221.5	363.9
13	485	Ice cream dairy cornet	1.1	0.0	0.0	0.0	1.2	75.0	71.9	18.0	99.2
13	532	Blancmange chocolate	0.6	0.0	0.0	0.0	0.3	197.8	161.4	150.0	272.4
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	3.4	0.0	0.0	0.0	0.9	449.5	240.4	171.0	676.5
13	736	Pudding vanilla	0.3	0.0	0.0	0.0	0.3	84.0	40.0	31.3	175.8
13	767	Mousse chocolate	0.8	0.0	0.0	0.0	0.9	73.5	65.1	9.1	121.0
13	786	Pudding chipolata	0.7	0.0	0.0	0.0	0.4	115.8	103.2	60.0	148.8
13	812	Cream sour	0.0	0.0	0.0	0.0	0.4	10.2	8.3	3.1	16.5
13	863	Yoghurt full fat with fruit	1.1	0.0	0.0	0.0	0.9	170.1	145.4	41.7	292.3
13	912	Pudding raspberries w currant sauce	0.5	0.0	0.0	0.0	0.4	95.3	71.0	71.0	123.5
13	915	Chocolate pudding with sauce	0.7	0.0	0.0	0.0	0.3	152.5	150.5	49.4	198.7
13	916	Yoghurt Bulgarian low fat	0.2	0.0	0.0	0.0	0.2	112.4	102.6	51.8	146.9
13	917	Fromage frais half fat w fruit	3.5	0.0	0.0	0.0	2.7	132.5	123.6	33.3	239.7
13	931	Fromage frais low fat with fruit	1.9	0.0	0.0	0.0	1.0	212.2	210.5	75.6	231.0
13	933	Blancmange caramel	0.1	0.0	0.0	0.0	0.0	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	1.6	0.0	0.0	0.0	1.1	162.3	121.8	116.0	272.5
13	940	Blancmange vanilla w strawberry sauce	0.3	0.0	0.0	0.0	0.4	137.6	125.0	125.0	180.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.7	0.0	0.0	0.0	0.6	98.5	69.0	49.0	114.9
13	1008	Dairy dessert with cream averaged	1.1	0.0	0.0	0.0	0.6	175.8	162.5	37.1	196.3
13	1464	Milk chocolate-flavoured semi-skimmed	2.2	0.0	0.0	0.0	1.3	217.7	189.9	114.0	396.5
13	1474	Ice lolly/ Sorbet	0.3	0.0	0.0	0.0	0.6	57.1	42.5	32.0	91.2

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13	1502	Yoghurt half fat	8.5	0.0	0.0	82.7	5.1	178.0	148.2	23.8	404.3
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	1.1	10.3	7.7	3.7	28.9
13	1719	Milk semi-skimmed enriched w calcium	2.9	0.0	0.0	0.0	0.9	192.2	185.4	142.1	270.8
13	1720	Custard several flavours full fat	5.2	0.0	0.0	54.6	3.5	160.3	153.5	56.5	291.5
13	1721	Yoghurt vanilla half fat	3.0	0.0	0.0	0.0	2.6	144.0	131.9	62.1	257.2
13	1722	Porridge semolina	0.7	0.0	0.0	0.0	0.4	198.3	210.5	56.7	269.0
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	0.0	1.8	14.8	11.3	3.0	33.0
13	1808	Creme fraiche	0.1	0.0	0.0	0.0	0.7	16.8	9.4	4.0	44.7
13	1813	Yakult	1.0	0.0	0.0	0.0	1.4	65.6	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.5	0.0	0.0	0.0	0.4	164.7	156.3	100.9	194.5
13	1833	Yoghurt l fat w fruit/van w sw Optimel	2.9	0.0	0.0	0.0	1.6	135.8	136.4	34.4	201.3
13	1834	Yoghurt drink w sweeteners Optimel	4.6	0.0	0.0	0.0	2.1	221.6	206.9	149.8	331.3
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	2.0	3.5	15.4	11.2	3.0	37.2
13	1954	Coffee creamer Balance	0.2	0.0	0.0	0.0	0.9	15.6	8.7	4.0	34.6
13	1957	Custard with whipped cream	0.9	0.0	0.0	0.0	0.5	158.3	140.4	28.1	322.0
13	1958	Porridge buttermilk groats	0.5	0.0	0.0	0.0	0.3	252.5	217.3	185.0	271.5
13	1970	Milk chocolate-flavoured Chocomel light	0.4	0.0	0.0	0.0	0.3	203.6	184.1	161.7	238.9
13	2240	Milk goats- full fat	0.4	0.0	0.0	0.0	0.3	229.4	130.1	32.4	454.2
13	2244	Yoghurt cream- with fruit	3.7	0.0	0.0	0.0	2.5	147.6	143.0	36.4	242.0
13	2246	Fromage frais low fat w fruit w sw	1.0	0.0	0.0	0.0	0.8	145.1	111.4	72.0	239.8
13	2247	Fromage frais yoghurt w fruit	0.7	0.0	0.0	0.0	0.5	155.1	158.6	77.8	210.5
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.7	0.0	0.0	0.0	0.9	61.2	50.0	50.0	100.6
13	2252	Ice cream dairy w fruitcoating	0.1	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	0.5	0.0	0.0	0.0	0.2	183.2	86.6	25.0	240.4
13	2254	Yoghurt drink with sweeteners	0.2	0.0	0.0	0.0	0.2	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	1.2	0.0	0.0	0.0	0.6	265.4	231.4	203.0	346.3
13	2258	Actimel	0.3	0.0	0.0	0.0	0.3	103.7	100.0	100.0	114.6
13	2265	Yakult light	0.5	0.0	0.0	0.0	0.6	65.0	65.0	65.0	65.0
13	2267	Custard no fat w sweeteners Optimel	1.1	0.0	0.0	0.0	0.5	156.0	141.9	49.4	222.0
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.1	23.3	4.4	4.4	53.6
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.1	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	3.2	0.0	0.0	0.0	2.3	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0	65.0	65.0	65.0	65.0
13	2308	Yoghurt drink Becel pro-activ	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0	16.3	16.3	16.3	16.3
13	2416	Ice cream stracciatella-	0.4	0.0	0.0	0.0	0.6	66.0	51.5	32.0	131.6
13	2495	Drinking chocolate w s-sk milk	2.2	0.0	0.0	0.0	0.7	256.5	207.0	160.0	433.1
13	2496	Dairy drink Campina fruitmilk	0.4	0.0	0.0	0.0	0.2	245.9	209.9	188.5	316.6
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.2	0.0	0.0	0.0	0.1	247.5	217.3	217.3	363.1
13	2501	Yoghurt half fat w fruit	3.5	0.0	0.0	0.0	2.3	163.5	146.8	100.0	263.0
13	2503	Yoghurt Greek full fat	1.4	0.0	0.0	0.0	0.9	136.4	113.5	48.2	269.8
13	2504	Fromage frais full fat w fruit	0.8	0.0	0.0	0.0	0.8	85.9	69.4	48.0	148.0
13	2519	Custard half fat all flavours	1.9	0.0	0.0	0.0	1.1	154.1	150.7	90.8	211.0
13	2520	Pudding airy average	1.9	0.0	0.0	0.0	1.4	94.2	87.6	23.9	162.9

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13	2521	Porridge milk w flour Lammetjespap	0.3	0.0	0.0	0.0	0.2	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
13	2536	Yoghurt & custard Campina	0.4	0.0	0.0	0.0	0.4	215.2	178.9	137.8	289.6
13	2537	Dessert made of custard, yoghurt & syrup	0.5	0.0	0.0	0.0	0.5	192.0	199.0	154.5	214.3
13	2538	Blancmange home-made w semi-sk milk	0.6	0.0	0.0	0.0	0.5	105.8	96.3	24.7	149.8
13	2539	Custard soft & airy Campina	0.6	0.0	0.0	0.0	0.2	116.6	111.3	80.0	133.1
13	2655	Yoghurt 0% fat w fruit Activia	0.4	0.0	0.0	0.0	0.3	122.0	95.1	60.0	131.2
13	2689	Actimel light	0.6	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.1	9.5	6.0	6.0	13.1
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.1	101.3	100.0	100.0	102.6
13	2760	Hot chocolate from vending machine	2.8	0.0	0.0	0.0	1.4	191.9	155.2	22.6	368.2
13	2823	Yoghurt full fat stracciatella	0.5	0.0	0.0	0.0	0.2	181.4	168.7	133.0	214.0
13	2835	Coffee iced	0.1	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	0.3	0.0	0.0	0.0	0.2	176.3	125.0	125.0	258.8
13	2917	Dairy drink Milk&Fruit mango	0.5	0.0	0.0	0.0	0.2	209.4	177.1	170.0	296.3
13	2921	Yoghurt drink Fristi	0.1	0.0	0.0	0.0	0.0	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	0.4	0.0	0.0	0.0	0.2	205.5	169.1	144.2	245.6
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	1.8	0.0	0.0	0.0	0.8	258.4	254.2	128.8	454.0
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.6	11.2	9.2	8.0	15.5
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.2	11.5	9.9	8.0	14.7
13	3074	Yoghurt full fat w fruit Activia	1.1	0.0	0.0	0.0	0.9	157.2	104.7	62.5	230.4
14	687	Tahoe soya curd	0.3	0.0	0.0	0.0	0.4	73.8	74.1	18.8	116.2
14	688	Tempeh fermented soya beans	0.1	0.0	0.0	0.0	0.2	49.2	35.5	25.8	64.5
14	870	Milk soya natural	0.2	0.0	0.0	0.0	0.2	174.0	104.5	27.0	260.7
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.1	2.6	2.6	1.8	2.9
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.4	3.2	6.8	3.0	0.2	29.9
14	1380	Dessert soya Alpro	0.6	0.0	0.0	0.0	0.3	135.8	112.2	76.2	170.5
14	1381	Milk soya Natural Fresh Alpro	1.0	0.0	0.0	0.0	0.6	162.1	125.0	25.0	246.2
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	0.8	0.0	0.0	0.0	0.3	253.5	232.0	200.0	295.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.3	0.0	0.0	0.0	0.4	119.7	127.5	38.9	144.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.1	0.0	0.0	0.0	0.2	67.4	53.2	53.2	88.6
14	2047	Mincemeat vegetarian unprepared	0.1	0.0	0.0	0.0	0.2	57.5	55.9	51.8	59.6
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.2	91.5	79.2	70.5	127.9
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	0.3	0.0	0.0	0.0	0.3	147.7	89.5	32.0	270.4

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14	2888	Soya based yoghurt Yofu soja Alpro natur	0.3	0.0	0.0	0.0	0.6	154.6	124.4	31.1	248.6
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.2	0.0	0.0	0.0	1.0	29.5	16.0	10.3	72.7
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.1	16.9	11.3	7.5	31.4
15	199	Cashew nuts unsalted	0.4	0.0	0.0	0.0	1.7	31.2	19.9	5.1	69.9
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	20.3	17.6	12.0	26.8
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.3	12.9	11.8	11.8	16.6
15	204	Peanuts unsalted	0.3	0.0	0.0	0.0	0.5	35.3	14.3	7.5	103.2
15	205	Mixed nuts and raisins	0.2	0.0	0.0	0.0	0.4	52.9	30.9	15.0	92.4
15	206	Walnuts unsalted	0.8	0.0	0.0	5.0	3.2	22.6	16.8	6.0	60.1
15	207	Nuts mixed unsalted	0.2	0.0	0.0	0.0	0.8	37.7	28.7	7.5	71.4
15	264	Biscuit salted average	0.3	0.0	0.0	0.0	2.5	14.5	9.5	4.0	23.7
15	265	Puff pastry baked	0.3	0.0	0.0	0.0	1.0	37.2	28.0	11.0	66.2
15	266	Snack sausage roll puff pastry	0.7	0.0	0.0	0.0	1.1	84.4	51.4	17.9	138.2
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.1	20.6	14.3	10.0	23.9
15	269	Prawn crackers	0.2	0.0	0.0	0.0	0.5	22.5	18.4	10.0	38.0
15	546	Peanuts coated	0.7	0.0	0.0	0.0	0.6	53.9	38.5	20.2	93.4
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.5	12.8	7.6	5.0	25.4
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.3	3.5	3.1	0.7	3.9
15	852	Salad celeriac	0.3	0.0	0.0	0.0	0.6	33.6	21.6	14.3	77.2
15	867	Linseeds	0.1	0.0	0.0	0.0	2.1	9.0	6.3	1.6	21.8
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.3	3.8	3.7	1.6	4.9
15	876	Peanuts salted	0.5	0.0	0.0	0.0	1.6	34.9	29.9	15.0	65.3
15	901	Snack sausage roll w bread dough pastry	1.0	0.0	0.0	0.0	0.6	94.1	57.9	37.5	173.7
15	1496	Salad fish	1.4	0.0	0.0	7.2	2.3	41.0	35.3	11.4	99.9
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
15	1498	Salad chicken curry	0.2	0.0	0.0	0.0	0.5	34.7	25.2	10.0	65.8
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.7	26.0	14.9	14.3	44.6
15	1699	Biscuits & snacks cheesy averaged	0.6	0.0	0.0	0.0	1.2	35.8	24.6	8.0	60.7
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.3	18.2	15.0	15.0	26.5
15	1877	Salad meat	0.1	0.0	0.0	0.0	0.4	46.3	28.8	4.2	82.8
15	1895	Pecan nuts unsalted	0.1	0.0	0.0	0.0	0.3	20.5	15.3	12.0	30.1
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.4	16.8	11.6	10.0	26.2
15	1935	Nuts mixed salted	0.3	0.0	0.0	0.0	1.2	32.9	23.5	0.4	56.3
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.1	0.0	0.0	0.0	0.5	48.1	11.6	5.5	135.2
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0	21.4	11.5	6.5	28.2
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.4	19.2	14.4	10.0	26.4
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	0.9	6.9	4.9	1.0	14.4
15	2345	Peanuts sugar coated	0.1	0.0	0.0	0.0	0.2	39.3	22.9	15.0	64.4
15	2362	Sausage Dutch Frikandel frozen unprep	1.0	0.0	0.0	0.0	0.6	115.6	80.0	80.0	213.3
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.2	5.5	3.3	2.5	9.2
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	2.1	0.0	0.0	0.0	1.8	83.1	66.7	37.2	119.7

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15	2549	Springroll frozen unprepared	0.4	0.0	0.0	0.0	0.3	146.4	118.8	70.0	243.0
15	2550	Wrap shoarma roll prep wo fat	0.1	0.0	0.0	0.0	0.1	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	0.4	0.0	0.0	0.0	0.3	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.1	10.7	10.2	10.0	10.9
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.2	5.6	5.0	5.0	7.3
15	2830	Croissant with cheese	0.2	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.2	19.8	12.6	6.0	27.1
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.6	27.3	24.5	15.0	53.1
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.2	13.5	9.2	7.2	18.9
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.2	39.7	19.0	19.0	96.5
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.4	18.2	12.6	10.0	32.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	1.0	0.0	0.0	0.0	0.6	121.4	103.6	45.6	195.7
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.1	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	1.2	0.0	0.0	0.0	1.5	99.8	65.5	4.6	244.5
16	968	Beans white/brown boiled	0.2	0.0	0.0	0.0	0.3	105.5	80.3	39.3	125.1
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.1	183.9	66.6	50.0	276.7
16	972	Peas green boiled	0.1	0.0	0.0	0.0	0.1	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.2	0.0	0.0	0.0	0.4	28.6	12.7	1.0	78.6
16	3049	Beans white tinned	0.6	0.0	0.0	0.0	0.7	111.6	74.2	56.2	242.3
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.6	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
17	1997	Preparation Respifor p 100 ml	0.5	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.2	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.3	0.0	0.0	0.0	0.1	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.4	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.5	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.2	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.1	0.0	0.0	0.0	0.1	313.9	181.0	181.0	510.6
18	2411	Minced meat (50:50 pork beef) w veg raw	0.1	0.0	0.0	0.0	0.1	84.4	40.0	40.0	124.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	4.6	0.0	0.0	0.0	1.7	324.3	309.8	101.9	484.1
19	758	Soup clear with meat	0.6	0.0	0.0	0.0	0.5	211.8	198.1	194.3	242.4
19	759	Soup clear with vegetables	7.5	0.0	0.0	53.6	2.5	237.8	228.0	105.6	449.6
19	760	Soup clear with meat and noodles	4.6	0.0	0.0	0.0	1.7	276.2	203.2	112.4	546.2
19	761	Soup clear with meat and vegetables	5.7	0.0	0.0	0.0	2.8	238.6	237.5	95.6	323.5
19	762	Soup clear w meat vegetables and noodles	6.8	0.0	0.0	0.0	2.9	248.0	238.3	142.3	384.1
19	763	Soup thickened w vegetables	3.4	0.0	0.0	0.0	0.8	274.5	263.0	159.9	393.5
19	766	Soup main course w legumes and meat	0.3	0.0	0.0	0.0	0.1	273.6	181.5	181.5	544.3
19	791	Soup clear with noodles	0.2	0.0	0.0	0.0	0.1	249.7	204.4	157.0	317.0

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19	792	Soup thickened w meat and vegetables	3.2	0.0	0.0	0.0	1.1	316.9	238.3	91.0	473.1
19	797	Soup vegetable based dried packet prep	10.3	0.0	0.0	90.2	4.1	244.9	233.6	128.9	379.6
19	798	Soup meat based dried packet prepared	5.8	0.0	0.0	0.0	1.9	250.7	207.2	134.4	451.8
19	800	Soup vegetable based tinned prepared	7.6	0.0	0.0	44.5	2.7	260.9	261.2	75.5	418.9
19	801	Soup meat based ready made prepared	1.1	0.0	0.0	0.0	0.6	203.7	184.5	157.5	235.1
19	802	Soup legume based ready made prepared	0.5	0.0	0.0	0.0	0.1	182.7	149.6	149.6	299.1
19	1528	Stock from cube prepared	9.3	0.0	0.0	95.1	5.1	188.2	186.4	4.0	397.6
19	2487	Soup veg & meat based ready made prep	4.2	0.0	0.0	0.0	1.7	261.0	235.4	160.5	375.4
19	2488	Soup vegetable&meat based prepared pack	6.0	0.0	0.0	0.0	2.6	223.6	204.1	120.6	318.5
19	2561	Soup thickened no filling	1.0	0.0	0.0	0.0	0.5	211.9	211.3	130.2	276.2
19	2932	Soup cup-a-soup prepared	5.3	0.0	0.0	0.0	2.3	227.3	203.8	174.4	355.0
20	374	Sugar brown Basterdsuiker	0.3	0.0	0.0	0.0	3.0	11.2	8.0	1.7	31.1
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	0.9	8.4	5.7	2.8	16.7
20	377	Sugar granulated	5.5	0.0	0.0	29.9	32.6	17.2	11.7	1.7	48.3
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.5	17.3	14.8	2.6	20.1
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.4	12.6	11.5	3.0	21.4
20	427	Syrup apple	2.8	0.0	0.0	17.9	11.9	25.1	19.1	8.0	50.0
20	431	Chocolate milk	1.2	0.0	0.0	7.9	6.8	15.8	13.2	4.3	35.5
20	432	Chocolate plain	0.8	0.0	0.0	6.2	7.3	14.2	13.0	4.4	29.8
20	433	Chocolate flakes milk	0.1	0.0	0.0	0.0	0.7	17.9	8.7	5.0	35.3
20	435	Chocolate flakes plain	0.1	0.0	0.0	0.0	1.2	19.6	14.1	3.3	35.6
20	436	Spread chocolate hazelnut	0.2	0.0	0.0	0.0	1.0	24.3	18.4	10.0	44.4
20	442	Coloured confetti fruit-flavoured	0.4	0.0	0.0	3.3	4.1	12.4	8.8	3.4	30.5
20	443	Honey	1.8	0.0	0.0	12.2	12.8	17.6	13.2	2.8	39.3
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.9	19.9	14.3	10.0	29.9
20	445	Jam	8.0	0.0	0.0	34.6	29.1	26.3	19.4	6.4	59.6
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.1	2.9	2.1	1.0	4.6
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.1	14.4	11.8	10.0	18.8
20	450	Boiled sweets	0.3	0.0	0.0	1.5	4.4	5.9	4.3	1.4	14.9
20	453	Peppermint	0.2	0.0	0.0	1.1	4.4	5.2	2.8	2.1	9.7
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.3	27.4	22.1	15.0	42.4
20	461	Toffees	0.1	0.0	0.0	0.0	0.6	13.8	15.3	6.0	20.6
20	484	Jam reduced sugar	1.3	0.0	0.0	8.6	5.7	32.8	22.7	7.6	100.0
20	487	Candybar Mars	0.2	0.0	0.0	0.0	0.7	31.0	21.2	8.0	52.7
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	1.3	12.1	8.8	4.0	27.1
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.7	8.1	4.0	0.6	22.2
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.4	3.5	2.6	1.0	7.3
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.1	12.8	12.3	12.0	12.9
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.2	28.1	28.0	28.0	28.4
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.2	27.0	22.3	18.0	34.6
20	539	Sauce fruit for pudding	0.3	0.0	0.0	0.0	0.7	28.6	25.6	9.4	40.7
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.1	0.0	0.0	0.0	0.3	19.4	17.6	16.0	19.8

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20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.1	16.7	15.0	15.0	19.3
20	717	Chocolate bar milk with nuts	0.5	0.0	0.0	0.0	1.8	28.2	20.3	4.8	54.7
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.5	17.4	11.6	7.0	25.6
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.4	17.8	10.8	6.0	32.1
20	752	Wine gums	0.1	0.0	0.0	0.0	0.6	11.5	5.8	2.0	32.0
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.2	0.0	0.0	0.0	0.8	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.1	15.4	12.1	10.0	17.4
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.1	16.2	14.4	14.0	19.2
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.3	16.3	12.1	10.0	26.2
20	1508	Chocolates filled/Belguim chocolate	1.2	0.0	0.0	7.4	6.6	18.0	14.5	5.5	31.0
20	1962	Chocolate confetti milk	0.6	0.0	0.0	0.0	2.6	18.4	14.1	5.0	28.8
20	1963	Chocolate confetti plain	1.0	0.0	0.0	7.1	8.0	11.8	8.9	3.9	24.9
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.2	15.7	11.2	10.0	19.1
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.3	12.7	7.4	4.0	37.0
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.3	5.7	3.6	0.5	12.7
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.3	27.8	24.7	22.5	29.5
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.1	10.9	8.0	8.0	19.6
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	1.0	13.7	10.8	7.0	14.6
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.8	18.2	15.3	6.0	27.7
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.4	10.4	5.6	4.0	14.1
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	11.2	10.0	10.0	15.7
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	27.7	15.0	15.0	41.5
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.4	4.0	3.0	3.0	7.9
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.6	15.5	10.0	1.0	25.9
20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.1	21.7	17.5	17.5	31.4
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.6	6.6	6.4	4.0	7.8
20	2595	Candybar KitKat	0.9	0.0	0.0	0.0	0.7	67.1	25.9	12.0	120.2
20	2656	Chocolate confetti mix white and plain	0.1	0.0	0.0	0.0	0.7	8.2	6.1	5.0	9.6
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.3	15.7	10.0	10.0	30.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.1	0.0	0.0	0.0	0.2	50.5	41.1	30.0	58.1
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.2	3.5	2.0	2.0	5.5
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	1.2	0.0	0.0	3.4	5.3	20.8	11.2	1.9	72.7
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.1	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.3	5.3	5.2	5.2	5.6
20	3064	Syrup apple enriched w iron	0.1	0.0	0.0	0.0	0.3	15.5	8.6	7.5	32.7
20	3067	Sweets cream hard	0.1	0.0	0.0	0.0	0.9	9.1	6.0	6.0	14.2
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.3	9.9	5.0	4.1	19.5
21	310	Butter unsalted	3.9	0.0	0.0	26.4	20.5	17.0	13.7	3.0	40.6
21	312	Oil corn	0.0	0.0	0.0	0.0	0.3	3.4	0.6	0.6	8.5
21	313	Oil soya	0.0	0.0	0.0	0.0	0.9	6.6	3.1	0.9	14.8
21	314	Lard	0.0	0.0	0.0	0.0	0.1	8.4	4.6	2.6	17.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.1	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	1.2	0.0	0.0	6.4	9.6	9.8	6.3	1.0	29.4

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21	437	Sauce cocktail/party/table 25% oil	0.1	0.0	0.0	0.0	0.5	24.2	14.0	3.9	62.8
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.4	10.9	8.3	2.2	24.8
21	454	Picalilly	0.0	0.0	0.0	0.0	0.2	27.1	19.6	12.5	35.0
21	458	Salad cream 25% oil	0.3	0.0	0.0	1.4	3.7	10.6	5.8	1.7	23.9
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.6	11.2	5.7	1.5	28.2
21	465	Sauce for chips 25% oil	0.2	0.0	0.0	0.0	0.6	18.4	11.6	4.3	30.0
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	21.9	14.0	6.2	35.1
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.2	0.0	0.0	0.0	0.6	18.3	10.9	4.7	44.9
21	601	Oil olive	1.5	0.0	0.0	8.9	16.8	9.1	6.0	0.8	26.6
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.7	12.2	9.4	2.8	19.5
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	9.6	8.1	5.2	11.5
21	616	Peanut sauce jar prepared	0.6	0.0	0.0	0.0	1.3	64.1	58.4	9.3	108.2
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.7	5.2	3.3	0.5	8.6
21	844	Salad dressing naturel without oil	0.2	0.0	0.0	0.0	1.6	13.1	7.8	1.0	38.7
21	879	Butter salted	0.8	0.0	0.0	4.4	6.3	13.2	7.8	2.1	42.0
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.1	11.4	11.0	11.0	12.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.2	5.1	3.6	1.9	8.0
21	1515	Sauce based on roux prepared	0.4	0.0	0.0	0.0	0.9	40.2	32.3	14.9	76.8
21	1517	Sauce mix packet <3% fat prepared	0.8	0.0	0.0	0.0	0.8	70.0	35.2	9.3	174.6
21	1518	Sauce mix packet >3% fat prepared	2.4	0.0	0.0	17.8	4.9	42.4	34.7	7.8	120.0
21	1524	Sauce tomato ready made jar	1.2	0.0	0.0	0.0	1.6	67.1	61.6	14.7	140.4
21	1530	Butter product half fat	0.1	0.0	0.0	0.0	0.4	24.1	21.6	2.3	39.7
21	1803	Sauce oriental ready-made in jar/bag	1.3	0.0	0.0	0.0	1.4	70.0	47.1	2.0	148.2
21	1839	Low fat margarine product tub Becel Ligh	3.6	0.0	0.0	26.1	14.9	23.5	20.4	6.0	52.9
21	1847	Margarine product tub Becel Dieet	2.2	0.0	0.0	15.0	12.5	20.0	17.5	5.2	42.1
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.5	11.3	7.6	4.4	12.6
21	1938	Peanut sauce packet prepared	0.2	0.0	0.0	0.0	0.1	53.2	52.8	52.8	54.5
21	1956	Low fat spread Becel pro-activ	1.9	0.0	0.0	15.0	9.1	22.2	17.4	4.8	48.4
21	1961	Low fat marg prod Blue Band Goede Start	0.2	0.0	0.0	0.0	1.3	23.2	19.3	3.0	46.8
21	2059	Low fat margarine 40% fat <17 g sat	3.0	0.0	0.0	23.6	12.5	24.6	17.8	5.1	56.3
21	2060	Low fat margarine prod 35% fat <10 g sat	1.1	0.0	0.0	8.2	5.3	23.8	17.9	4.5	49.4
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.1	21.7	22.6	12.0	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.4	0.0	0.0	0.0	2.6	20.7	14.3	5.8	45.4
21	2063	Margarine 80% fat >24 g saturates	1.2	0.0	0.0	6.7	18.3	6.4	3.7	0.6	18.9
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	2.3	17.7	12.6	0.7	34.1
21	2066	Cooking fat liquid 97% fat <17 g sat	1.1	0.0	0.0	6.7	16.8	5.8	3.8	0.7	21.1
21	2067	Cooking fat solid 97% fat >17 g sat	0.7	0.0	0.0	1.7	8.3	7.6	1.7	0.6	45.3
21	2068	Frying fat liquid <24 g sat fatty acids	0.4	0.0	0.0	0.0	2.1	16.4	11.5	1.5	41.2
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.1	10.0	6.5	6.5	15.6
21	2072	Margarine product 60% fat <17 g sat	1.2	0.0	0.0	8.1	6.5	17.7	12.0	3.5	43.2
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.3	0.0	0.0	0.4	3.3	6.7	4.4	0.6	20.5
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.2	10.6	9.3	1.9	19.3
21	2178	Pesto	0.0	0.0	0.0	0.0	1.1	5.3	3.0	1.2	16.8
21	2294	Low fat margarine Twenty four Ultralight	0.2	0.0	0.0	0.0	0.6	20.8	16.6	8.1	31.2

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21	2295	Butter product 25% fat	0.1	0.0	0.0	0.0	0.9	17.2	11.5	4.5	37.5
21	2418	Sauce hot liquid ready made <12% fat	0.2	0.0	0.0	0.0	0.8	36.7	28.6	2.0	73.1
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.1	0.0	0.0	0.0	0.1	96.9	86.7	77.0	98.7
21	2421	Sauce Chicken Tonight low fat varieties	0.1	0.0	0.0	0.0	0.2	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.7	0.0	0.0	0.0	2.7	22.9	20.8	3.3	47.5
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.2	28.6	20.3	15.0	33.5
21	2445	Sauce butter-	0.1	0.0	0.0	0.0	0.2	34.9	20.9	18.3	50.3
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.1	84.1	70.2	60.0	91.2
21	2447	Sauce veg w semi-skimmed milk and maize	0.2	0.0	0.0	0.0	0.5	30.6	24.0	13.0	48.4
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.1	6.9	3.1	2.6	9.9
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.4	24.4	24.1	8.7	34.2
21	2451	Gravy 25% fat thickend prep w gravypowde	0.4	0.0	0.0	0.0	1.6	34.4	23.9	11.9	82.6
21	2452	Gravy 25% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.7	26.5	21.9	11.6	72.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.6	21.4	11.7	8.7	44.2
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.1	30.7	12.1	12.1	62.9
21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	29.7	19.6	11.6	47.4
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.5	27.8	24.3	1.9	49.0
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.3	44.2	38.3	12.6	71.3
21	2462	Gravy 5% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.0	25.6	22.7	11.8	42.0
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.1	11.5	10.8	10.8	13.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.5	10.2	1.9	1.9	38.4
21	2466	Salad dressing vinaigrette	0.1	0.0	0.0	0.0	0.6	11.6	9.6	1.9	18.1
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.8	11.3	9.7	1.9	22.9
21	2468	Salad dressing honey/mustard	0.1	0.0	0.0	0.0	0.4	11.3	10.5	3.0	19.9
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.5	21.3	18.7	5.1	35.9
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.2	9.5	4.6	1.9	19.5
21	2471	Mayonnaise product approx 35% oil	0.1	0.0	0.0	0.0	0.5	11.6	11.4	1.9	16.9
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.5	7.7	5.6	3.0	14.1
21	2525	Frying fat horeca	0.3	0.0	0.0	3.0	3.4	11.0	9.0	2.6	20.8
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.3	39.0	25.8	25.0	79.7
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.2	6.7	4.0	0.5	26.7
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.3	0.0	0.0	1.8	6.9	5.1	3.4	0.7	15.1
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.2	20.1	15.6	4.5	39.9
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.3	0.0	0.0	1.7	4.9	6.7	3.5	0.5	20.9
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.2	0.0	0.0	0.0	3.0	6.9	3.3	0.7	19.9
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.2	1.7	1.5	1.5	2.1

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21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.4	18.1	14.2	6.2	30.5
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	2.1	0.0	0.0	0.0	1.1	84.1	64.4	9.1	104.2
21	2580	Gravy 5% fat thickend w gravy powder	0.2	0.0	0.0	0.0	0.5	32.2	30.3	8.7	63.8
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.2	0.0	0.0	0.0	0.4	30.6	23.1	12.5	48.9
21	2585	Gravy 25% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.6	43.7	31.8	20.4	84.7
21	2586	Gravy 25% fat w margarine 2063	0.9	0.0	0.0	2.5	2.8	32.5	24.3	11.6	77.7
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	34.5	31.0	17.5	41.8
21	2588	Gravy 25% fat clear prep w gravy powder	0.5	0.0	0.0	0.0	1.6	35.0	29.5	11.0	74.1
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.7	17.5	9.4	6.0	35.8
21	2590	Gravy 25% fat w butter	0.2	0.0	0.0	0.0	0.8	26.9	16.3	11.6	51.1
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0	27.4	17.5	17.5	37.4
21	2592	Gravy 50% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.1	29.3	24.3	6.3	55.1
21	2593	Gravy 50% fat w margarine 2063	0.5	0.0	0.0	0.0	1.9	32.2	23.3	10.6	61.1
21	2594	Gravy 50% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.4	25.2	23.3	12.0	39.7
21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.9	28.9	24.3	9.1	64.2
21	2598	Gravy 75% fat w cooking fat 2067	0.2	0.0	0.0	0.0	0.8	33.0	23.9	12.1	75.4
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	19.3	13.6	9.7	32.3
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.4	34.3	29.6	17.5	47.1
21	2601	Gravy 25% fat thickend w cook fat 2067	0.2	0.0	0.0	0.0	0.4	24.3	24.6	16.5	27.8
21	2602	Gravy 25% fat thickend w olive oil	0.1	0.0	0.0	0.0	0.3	32.4	14.0	13.6	77.8
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.6	27.3	23.7	23.3	39.4
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	1.0	13.4	9.5	4.5	34.3
21	2612	Tapenade olive	0.3	0.0	0.0	0.0	0.2	60.4	39.8	20.0	94.5
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.6	41.2	32.8	12.6	83.7
21	2625	Gravy 25% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.6	44.6	32.8	12.1	81.9
21	2626	Gravy 25% fat w cooking fat liq 2562	0.3	0.0	0.0	0.0	0.8	33.1	24.3	12.1	63.7
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.6	29.4	24.1	12.1	46.9
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	0.4	34.5	34.9	12.6	45.8
21	2629	Gravy 50% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	42.3	26.7	15.6	70.8
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.1	22.3	11.6	11.6	44.7
21	2631	Gravy 75% fat w olive oil	0.1	0.0	0.0	0.0	0.1	22.8	12.1	12.1	42.3
21	2632	Gravy 75% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.3	40.8	22.0	17.5	68.5
21	2650	Gravy no fat prep w gravy powder	0.4	0.0	0.0	0.0	1.0	47.6	35.7	19.3	76.8
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.3	7.7	2.1	1.9	15.1
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	1.8	11.6	8.7	3.2	28.9
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.1	17.6	12.4	12.0	29.2
21	2711	Margarine product AlbertHeijn Bewust	0.2	0.0	0.0	0.0	1.1	24.5	19.3	4.5	49.3
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.3	8.2	7.7	1.1	13.5
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.2	3.6	2.2	2.2	7.7
21	2849	Low fat marg prod Becel calorie light	0.7	0.0	0.0	0.0	2.3	29.4	21.7	4.8	67.0

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21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.5	21.5	15.6	9.0	41.8
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.3	13.4	9.0	9.0	17.1
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.2	38.9	38.7	17.5	45.2
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.2	0.0	0.0	0.0	0.5	37.2	24.8	12.1	72.6
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.2	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.1	0.0	0.0	0.0	0.2	25.9	18.0	18.0	35.7
21	2934	Low fat spread Becel pro.activ light	0.1	0.0	0.0	0.0	0.8	19.9	14.8	6.0	41.6
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.1	43.9	23.3	23.3	66.9
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.5	9.2	9.2	1.8	10.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.2	23.8	9.7	6.0	51.3
21	3053	Margarine product tub Jumbo diet	0.1	0.0	0.0	0.0	0.2	37.5	40.1	18.0	43.2
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.5	29.3	24.4	24.3	34.9
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.6	19.1	15.1	11.6	27.8
22	111	Mussels boiled	0.2	0.0	0.0	0.0	0.2	156.1	140.7	135.0	186.8
22	114	Fish lean 0-2 g fat raw	0.9	0.0	0.0	0.0	0.8	128.1	116.7	37.5	193.6
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.2	44.0	30.0	30.0	69.9
22	348	Shrimps Dutch peeled boiled	0.5	0.0	0.0	0.0	0.9	62.7	40.9	12.4	141.9
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
22	350	Herring salted	2.7	0.0	0.0	7.7	2.8	89.8	67.1	5.0	183.3
22	352	Lobster boiled	0.1	0.0	0.0	0.0	0.3	58.4	53.4	21.1	65.4
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.1	84.9	83.3	42.0	98.4
22	602	Salmon tinned	0.5	0.0	0.0	0.0	0.6	46.8	21.1	5.0	106.3
22	603	Eel smoked	0.4	0.0	0.0	0.0	0.2	188.2	136.2	70.0	263.4
22	604	Mackerel steamed	0.1	0.0	0.0	0.0	0.1	68.2	46.8	30.0	105.7
22	815	Fish fingers unprepared	1.1	0.0	0.0	0.0	0.9	120.0	113.1	67.5	191.6
22	818	White fish fillet in batter deep-fried	0.2	0.0	0.0	0.0	0.1	201.0	201.0	201.0	201.0
22	819	Cod boiled	3.7	0.0	0.0	0.0	2.1	150.6	155.6	66.1	214.4
22	918	Plaice boiled	0.7	0.0	0.0	0.0	0.7	158.9	122.2	70.0	299.9
22	919	Pollack boiled	0.4	0.0	0.0	0.0	0.4	98.2	84.3	45.2	154.8
22	1096	Salmon smoked	1.6	0.0	0.0	0.0	2.0	57.1	46.4	10.0	139.7
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0	1.8	1.8	1.8	1.8
22	1100	Herring pickled (sweet)sour	0.4	0.0	0.0	0.0	0.8	75.1	60.3	9.1	122.0
22	1586	Mackerel fillet smoked	0.8	0.0	0.0	0.0	0.6	113.9	87.4	17.6	234.3
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
22	1589	Tuna in oil tinned	0.4	0.0	0.0	0.0	0.5	60.3	36.4	14.5	122.5
22	1590	Tuna in water tinned	0.2	0.0	0.0	0.0	0.3	57.2	43.0	19.4	84.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.2	0.0	0.0	0.0	0.1	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	50.6	44.3	43.2	55.5
22	1610	Salmon farmed prep in microwave oven	2.3	0.0	0.0	0.0	1.7	98.5	92.1	39.5	188.8
22	1611	Trout prepared in microwave oven	0.4	0.0	0.0	0.0	0.3	76.0	49.4	45.0	130.5
22	1616	Whiting prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	166.6	127.9	110.0	193.7

NEVO group	NEVO code	Description	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
22	1617	Plaice prepared in microwave oven	0.3	0.0	0.0	0.0	0.1	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	0.5	0.0	0.0	0.0	0.3	127.6	105.7	54.0	187.9
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	97.4	53.9	20.3	173.8
22	1621	Gurnard prepared in microwave oven	0.3	0.0	0.0	0.0	0.2	154.9	140.1	50.0	195.5
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.1	65.4	60.0	60.0	76.9
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.3	0.0	0.0	0.0	0.3	134.1	121.1	90.0	152.6
22	2474	Whitefish fillet batter deepfried wo fat	1.8	0.0	0.0	0.0	1.8	129.3	134.8	64.0	200.5
22	2765	Pangasius prep in microwave oven	0.7	0.0	0.0	0.0	0.5	117.9	129.9	18.0	206.8
23	106	Duck whole raw	0.2	0.0	0.0	0.0	0.2	63.2	57.3	42.0	74.2
23	108	Chicken with skin raw	2.3	0.0	0.0	0.0	1.8	96.9	101.3	21.6	191.0
23	109	Rabbit domesticated raw	0.1	0.0	0.0	0.0	0.2	101.9	101.9	101.9	101.9
23	319	Corned beef	0.1	0.0	0.0	0.0	1.3	14.9	11.0	7.5	21.1
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.2	35.8	25.0	17.6	58.5
23	328	Ham smoked raw	0.9	0.0	0.0	6.4	5.2	19.4	12.2	6.4	34.3
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.8	20.6	15.2	15.0	31.5
23	335	Liver pate	0.1	0.0	0.0	0.0	0.4	20.4	16.8	7.5	35.1
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.1	66.9	27.9	9.0	93.7
23	338	Beef salted cooked	0.1	0.0	0.0	0.0	1.0	17.3	15.0	15.0	25.1
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.3	0.0	0.0	1.3	3.2	9.8	7.0	5.0	14.1
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.2	15.8	14.6	7.2	17.7
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.2	12.8	10.0	10.0	16.5
23	566	Sausage frankfurter tinned	0.5	0.0	0.0	0.0	0.6	93.5	39.1	36.0	261.6
23	567	Sausage luncheon meat	0.4	0.0	0.0	0.0	2.3	21.3	15.1	8.0	55.1
23	568	Black pudding	0.2	0.0	0.0	0.0	0.8	27.6	16.7	14.0	43.0
23	638	Salami sausage saveloy	1.9	0.0	0.0	11.9	7.4	30.1	23.5	8.1	62.8
23	639	Bacon rashers streaky	0.7	0.0	0.0	0.0	2.7	23.7	18.3	5.9	55.0
23	640	Liver sausage	0.9	0.0	0.0	5.5	4.3	22.6	18.2	9.0	48.6
23	641	Bacon	0.2	0.0	0.0	0.0	0.7	19.8	13.1	4.2	63.1
23	642	Pate	0.6	0.0	0.0	0.0	2.2	30.1	19.2	7.7	58.9
23	643	Pork side cured and smoked	0.3	0.0	0.0	0.0	0.9	39.0	21.0	16.2	96.8
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.2	17.5	10.9	10.0	38.4
23	784	Ham lean boiled	2.6	0.0	0.0	15.8	11.1	25.0	19.2	3.3	62.4
23	785	Ham shoulder medium fat boiled	1.5	0.0	0.0	8.8	3.7	37.3	19.4	2.1	97.6
23	810	Beef steak tartare spiced filet americ	0.5	0.0	0.0	0.0	1.5	32.2	27.8	5.0	75.4
23	1152	Salami	0.4	0.0	0.0	0.0	1.8	23.4	20.9	9.0	31.9
23	1155	Minced meat loaf fried	0.3	0.0	0.0	0.0	1.2	35.7	27.8	15.0	76.3
23	1162	Sausage cooked	0.4	0.0	0.0	0.0	1.5	30.5	19.3	9.8	69.3
23	1238	Liver sausage coarse hausmacher	0.1	0.0	0.0	0.0	0.3	15.8	10.9	9.0	23.0
23	1239	Liver pate sausage	0.6	0.0	0.0	0.0	1.9	28.5	18.3	10.0	59.1
23	1305	Chicken without skin raw	1.9	0.0	0.0	0.0	2.2	93.7	88.2	18.6	135.4
23	1306	Chicken for soup w skin raw	0.3	0.0	0.0	0.0	0.4	101.2	88.2	75.0	120.1
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.1	21.9	16.4	10.0	28.7
23	1400	Beef rump steak raw	1.8	0.0	0.0	0.0	1.8	93.3	85.0	37.6	155.8
23	1401	Beef tenderloin steak raw	0.3	0.0	0.0	0.0	0.3	86.7	80.0	80.0	106.2
23	1402	Beef prime rib raw	0.7	0.0	0.0	0.0	0.4	159.8	102.8	76.0	244.6
23	1404	Beef frying steak raw	1.2	0.0	0.0	0.0	1.1	97.9	83.9	38.0	149.4
23	1405	Minced beef raw	9.2	0.0	0.0	63.5	9.5	77.6	67.8	19.5	172.2

NEVO group	NEVO code	Description	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
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.3	0.0	0.0	0.0	0.6	49.2	49.0	16.3	72.8
23	1409	Beef sirloin rolled raw	0.1	0.0	0.0	0.0	0.2	108.3	76.8	60.0	169.3
23	1410	Beef roast raw	0.1	0.0	0.0	0.0	0.2	32.4	23.6	21.0	46.2
23	1411	Beef shank raw	0.1	0.0	0.0	0.0	0.0	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	3.1	0.0	0.0	38.0	2.0	103.7	97.5	35.2	115.0
23	1413	Beef streaked/marbled raw	0.2	0.0	0.0	0.0	0.2	75.9	74.7	65.0	83.2
23	1414	Beef stewing steak raw	2.3	0.0	0.0	0.0	2.2	119.3	105.3	38.0	218.1
23	1415	Beef steak tartare raw	1.6	0.0	0.0	0.0	2.5	80.5	72.5	58.3	113.9
23	1416	Beef tongue raw	0.2	0.0	0.0	0.0	0.3	95.0	45.8	6.8	117.1
23	1417	Sausage pork Braadworst raw	1.7	0.0	0.0	0.0	3.0	73.8	67.6	41.3	98.0
23	1418	Pork fillet raw	0.9	0.0	0.0	0.0	1.4	84.8	74.4	11.4	186.9
23	1419	Pork fricandeau part of leg raw	0.1	0.0	0.0	0.0	0.1	96.1	74.5	60.0	108.3
23	1420	Pork chop raw	1.3	0.0	0.0	0.0	1.0	147.6	116.9	27.5	296.8
23	1421	Minced pork raw	0.1	0.0	0.0	0.0	0.2	47.8	50.6	20.9	70.7
23	1422	Pork tenderloin raw	0.7	0.0	0.0	0.0	0.8	90.9	69.8	52.5	170.2
23	1424	Pork loin chop raw	1.2	0.0	0.0	0.0	0.7	157.3	129.9	78.1	249.4
23	1425	Pork shoulder chop raw	3.2	0.0	0.0	37.7	2.9	123.4	109.1	36.0	220.5
23	1426	Liver pork raw	0.4	0.0	0.0	0.0	0.1	145.8	112.3	98.0	169.6
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	24.0	17.5	7.0	32.6
23	1428	Pork stir fry meat raw	0.5	0.0	0.0	2.2	2.1	16.4	10.6	2.0	39.9
23	1429	Pork tenderloin medaillon raw	0.1	0.0	0.0	0.0	0.3	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.5	0.0	0.0	0.0	0.9	67.6	63.7	38.0	97.8
23	1431	Kromesky meat filled raw	0.8	0.0	0.0	0.0	1.4	79.8	76.1	72.4	78.7
23	1432	Bacon rasher raw	1.2	0.0	0.0	2.0	3.0	44.8	39.6	3.7	115.7
23	1434	Minced beef/pork raw	3.8	0.0	0.0	35.8	6.4	68.3	66.1	10.1	129.9
23	1435	Hamburger raw	0.4	0.0	0.0	0.0	0.5	75.0	70.3	37.5	115.4
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.3	84.0	73.5	70.0	104.5
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.2	0.0	0.0	0.0	0.2	79.4	63.4	31.1	106.8
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.2	22.1	15.6	15.0	30.0
23	1545	Beef roast prepared	0.9	0.0	0.0	1.8	2.4	24.8	14.4	4.0	50.9
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.7	26.4	16.7	15.0	53.5
23	1568	Minced beef/pork ball prep w egg/crumbs	0.1	0.0	0.0	0.0	0.1	50.0	26.7	5.6	56.7
23	1634	Chicken fillet raw	5.2	0.0	0.0	40.4	6.5	82.4	75.0	9.4	183.3
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	1.0	0.0	0.0	0.0	1.5	89.0	75.6	48.3	117.3
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.1	65.2	34.0	18.2	86.3
23	1668	Pork 5-14% fat raw	1.6	0.0	0.0	0.0	2.0	69.9	74.7	22.1	115.4
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.1	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.2	0.0	0.0	0.0	0.1	97.1	84.8	76.0	113.3
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.9	23.1	13.8	7.5	56.8
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	0.9	22.1	17.7	8.0	33.1
23	1773	Brawn, pork pickled in vinegar	0.3	0.0	0.0	0.0	1.1	34.4	32.5	8.0	52.3
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.4	29.2	22.1	15.0	29.2
23	1776	Ham lean grilled	0.7	0.0	0.0	0.0	2.1	32.0	22.4	16.3	56.3
23	1777	Gammon boiled deboned	0.6	0.0	0.0	0.0	1.6	36.1	20.9	11.7	63.4
23	1788	Pork rib chop raw	1.3	0.0	0.0	0.0	1.0	99.8	92.6	46.3	151.0
23	1790	Pork schnitzel not breaded raw	1.0	0.0	0.0	0.0	1.0	94.7	76.5	70.6	135.9

NEVO group	NEVO code	Description	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
23	1907	Processed meat prod excl liver average	0.3	0.0	0.0	0.0	0.3	36.8	34.8	24.0	39.8
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	0.8	18.1	14.7	12.0	27.4
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.3	67.4	48.1	29.5	70.8
23	2057	Lamb <10 g fat raw av	0.1	0.0	0.0	0.0	0.2	79.2	52.5	52.5	110.2
23	2090	Chicken drumstick w skin raw	1.1	0.0	0.0	0.0	1.6	63.9	58.2	21.4	88.0
23	2300	Sausage smoked lean cooked	0.3	0.0	0.0	0.0	0.7	79.5	90.1	46.5	104.2
23	2301	Sausage smoked beef cooked	0.5	0.0	0.0	0.0	0.5	82.5	88.8	18.0	120.1
23	2303	Sausage cooked lean	0.1	0.0	0.0	0.0	0.2	25.3	11.5	10.0	51.7
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.3	25.7	19.7	10.0	30.8
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
23	2333	Minced meat raw average	1.2	0.0	0.0	0.0	2.0	51.1	35.6	9.4	136.9
23	2334	Minced meat beef/pork raw w egg/brcrums	0.2	0.0	0.0	0.0	0.2	69.8	59.2	50.0	73.4
23	2335	Meat average raw excl liver	0.4	0.0	0.0	0.0	0.6	82.8	66.5	14.0	131.1
23	2336	Beef average raw	1.0	0.0	0.0	0.0	1.0	103.8	88.3	9.6	123.7
23	2338	Beef for stewing averaged raw	0.5	0.0	0.0	0.0	1.5	56.2	49.4	18.3	103.8
23	2339	Beef olives raw	0.7	0.0	0.0	0.0	1.1	77.7	74.0	43.4	84.6
23	2340	Pork schnitzel breaded raw	3.0	0.0	0.0	0.0	1.5	118.8	87.7	43.8	237.4
23	2341	Chicken fillet breaded raw	0.1	0.0	0.0	0.0	0.0	60.7	46.9	46.9	72.9
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	84.6	69.7	52.5	113.8
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.4	97.5	80.0	80.0	118.5
23	2364	Chicken schnitzel raw	1.2	0.0	0.0	0.0	1.5	93.6	95.8	52.5	111.3
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.1	0.0	0.0	0.0	0.5	20.8	16.0	10.0	29.5
23	2654	Sandwich meat chicken	0.4	0.0	0.0	0.0	1.7	26.6	24.9	15.0	48.1
23	2766	Sausage smoked industrial cooked	1.7	0.0	0.0	0.0	1.7	88.5	84.3	24.5	168.2
23	2767	Sausage smoked traditional cooked	0.1	0.0	0.0	0.0	0.2	82.4	75.9	75.0	95.7
23	2768	Sausage raw beef	0.2	0.0	0.0	0.0	0.7	25.4	19.3	9.0	56.5
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.6	0.0	0.0	4.3	3.6	14.0	9.1	5.0	19.9
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.0	9.1	7.0	5.0	9.7
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.2	35.6	25.4	15.0	50.6
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.2	0.0	0.0	0.0	0.8	23.1	17.4	10.0	39.1
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.3	19.2	15.0	15.0	30.5
23	3002	Bacon smoked Katenspek	0.2	0.0	0.0	0.0	0.8	16.8	13.8	8.0	32.3
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0	51.6	48.2	48.2	54.3
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.1	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.2	0.0	0.0	0.0	0.1	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.1	0.0	0.0	0.0	0.1	44.8	8.5	8.5	138.4
23	3025	Bacon lean smoked raw	0.4	0.0	0.0	0.0	1.9	44.9	29.6	3.6	114.1
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.3	46.2	41.4	28.2	58.5
23	3030	Sausage beef Braadworst raw	0.8	0.0	0.0	0.0	2.2	47.7	56.1	0.7	95.7
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.2	0.0	0.0	0.0	0.1	161.2	122.4	120.0	192.2

Table 2.2 Food consumption (foods) of the Dutch population 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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.3	0.0	0.0	0.0	0.3	106.4	96.0	96.0	115.7
1	982	Potatoes wo skins boiled average	102.2	93.4	0.0	244.3	66.4	165.6	139.7	60.8	330.3
1	1150	Potatoes sliced frozen unprepared	2.3	0.0	0.0	0.0	0.5	234.1	173.4	160.0	422.3
1	1455	Potato puree powder av	0.3	0.0	0.0	0.0	0.8	28.3	18.3	11.4	63.1
1	1456	Chips pre-fried unprepared	8.6	0.0	0.0	55.7	2.5	173.0	114.1	41.3	369.4
1	1679	Chips oven frozen prepared	0.4	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.9	0.0	0.0	0.0	0.7	150.3	153.2	58.7	194.0
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.1	64.0	33.6	33.6	92.8
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.1	10.1	1.4	1.4	28.7
1	2834	Potato waffels/balls frozen unprepared	1.0	0.0	0.0	0.0	0.2	188.0	188.0	188.0	188.0
2	382	Advocaat liqueur	0.3	0.0	0.0	0.0	0.8	48.2	52.3	13.2	62.7
2	383	Juice apple	1.5	0.0	0.0	0.0	1.2	172.1	136.6	100.0	406.4
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
2	387	Fruit drink blackcurrant	0.3	0.0	0.0	0.0	0.3	37.3	12.0	12.0	85.7
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
2	389	Beer brown	0.9	0.0	0.0	0.0	0.5	300.0	300.0	300.0	300.0
2	390	Beer pilsner	79.4	0.0	0.0	457.0	15.9	532.0	324.0	247.7	1,160.7
2	391	Brandy	0.0	0.0	0.0	0.0	0.1	54.2	54.2	54.2	54.2
2	392	Campari	0.1	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.3	0.0	0.0	0.0	0.2	126.8	78.1	71.3	210.4
2	394	Cognac	0.8	0.0	0.0	0.0	0.6	61.0	45.5	20.6	85.4
2	395	Soft drink cola with caffeine	7.9	0.0	0.0	0.0	3.4	323.4	210.5	113.2	606.2
2	396	Juice grape	1.0	0.0	0.0	0.0	0.6	110.3	118.3	12.5	215.0
2	399	Fruit juice drink raspberry	0.3	0.0	0.0	0.0	0.8	43.8	33.5	24.0	46.5
2	400	Soft drink wo caffeine	6.3	0.0	0.0	15.5	2.9	200.3	162.2	85.1	409.3
2	401	Gin young Dutch	11.9	0.0	0.0	93.5	11.3	86.5	75.0	31.2	171.8
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.1	112.6	100.1	38.0	152.4
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	41.4	18.0	18.0	61.1
2	407	Port wine	2.6	0.0	0.0	0.7	2.2	85.3	82.3	38.0	153.2
2	408	Rum	0.5	0.0	0.0	0.0	0.7	50.1	39.1	23.8	68.1
2	409	Sherry	1.9	0.0	0.0	0.0	1.8	87.5	84.1	0.2	196.8
2	410	Juice orange pasteurized	9.5	0.0	0.0	80.4	4.6	190.9	171.8	71.1	343.0
2	411	Mineral water Spa	6.7	0.0	0.0	0.0	1.4	513.1	356.7	132.0	1,183.3
2	413	Tomato juice	1.3	0.0	0.0	0.0	0.4	181.4	157.4	120.0	265.3
2	414	Soft drink tonic	2.5	0.0	0.0	0.0	0.9	304.4	187.5	100.0	583.2
2	415	Vermouth	0.1	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
2	416	Brandy Dutch vieux	0.4	0.0	0.0	0.0	1.2	53.5	44.3	38.0	72.8
2	417	Juice drink	3.3	0.0	0.0	0.0	1.8	227.5	128.3	75.0	629.4
2	421	Whisky	2.7	0.0	0.0	21.8	5.1	67.0	53.9	24.7	129.6
2	422	Wine red	66.8	0.0	0.0	368.8	26.9	238.1	160.0	79.7	584.9
2	423	Wine white dry	10.5	0.0	0.0	74.8	6.0	183.7	166.9	57.8	363.5
2	425	Whey drink light Rivella	2.2	0.0	0.0	0.0	0.9	249.9	194.8	150.0	428.5
2	463	Fruit drink concentrate undiluted	0.4	0.0	0.0	0.0	3.4	14.1	11.4	0.9	37.5

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2	497	Fruit drink concentrate Roosvicee Origin	0.1	0.0	0.0	0.0	1.6	17.5	9.0	9.0	27.4
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.4	15.3	9.8	9.0	28.9
2	644	Coffee prepared	451.3	443.0	57.7	946.0	94.0	494.4	456.8	137.3	930.6
2	645	Tea prepared	340.8	269.6	0.0	1,087.8	71.7	476.0	379.9	123.4	1,124.2
2	664	Juice grapefruit	0.3	0.0	0.0	0.0	0.4	92.7	75.0	50.0	125.9
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.3	8.9	8.8	8.8	9.0
2	747	Mineral water average	14.2	0.0	0.0	0.0	2.7	470.9	387.9	156.9	886.6
2	805	Jagermeister herb liquor	0.7	0.0	0.0	0.0	1.3	53.9	39.9	39.9	88.7
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.1	43.1	42.2	42.0	43.8
2	1134	Berenburg herb liquor	0.4	0.0	0.0	0.0	0.8	96.7	74.9	40.0	138.3
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	2.7	0.0	0.0	0.0	2.2	183.9	165.5	20.5	314.7
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.1	132.0	132.0	132.0	132.0
2	1466	Liqueur >25 vol% alcohol	0.1	0.0	0.0	0.0	0.5	26.7	16.0	13.2	53.9
2	1468	Beer >7 vol% alcohol	4.2	0.0	0.0	0.0	1.2	403.8	294.9	251.1	627.6
2	1519	Beer alcohol free <0,1 vol%	5.6	0.0	0.0	0.0	1.1	402.1	300.0	300.0	647.5
2	1521	Juice drink light	1.7	0.0	0.0	0.0	0.1	435.0	435.0	435.0	435.0
2	1522	Soft drink light without caffeine	7.0	0.0	0.0	56.6	1.8	207.1	186.0	140.0	322.6
2	1523	Cola light soft drink with caffeine	20.3	0.0	0.0	69.9	3.7	353.8	248.7	87.0	701.1
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.2	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.9	0.0	0.0	3.4	2.7	18.5	10.0	9.0	49.0
2	1878	Fruit juice drink Roosvicee Multivit	2.6	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.1	13.0	11.3	11.3	14.6
2	1885	Water average	321.9	249.8	0.0	948.2	81.1	404.7	314.8	63.3	1,053.2
2	1932	Juice orange with pulp	0.5	0.0	0.0	0.0	0.6	147.3	151.5	53.0	183.8
2	1933	Juice tomato/vegetable Appelsientje	0.3	0.0	0.0	0.0	0.2	175.2	131.1	125.0	301.5
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.5	0.0	0.0	0.0	0.2	330.0	330.0	330.0	330.0
2	2074	Mineral water Bar le Duc	2.7	0.0	0.0	0.0	1.4	468.6	338.4	25.0	679.1
2	2079	Breakfast drink HeroFruitontbijt p 100ml	1.1	0.0	0.0	0.0	0.3	215.2	200.5	189.0	244.8
2	2086	Ice tea	0.5	0.0	0.0	0.0	0.3	137.0	137.0	137.0	137.0
2	2088	Ice tea with suiker and sweetner	0.4	0.0	0.0	0.0	0.2	185.0	185.0	185.0	185.0
2	2134	Juice drink Dubbelfrisss	1.4	0.0	0.0	0.0	0.6	251.3	201.6	140.0	449.8
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.2	0.0	0.0	0.0	0.3	154.9	148.7	145.0	158.9
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.3	0.0	0.0	0.0	0.1	215.0	215.0	215.0	215.0
2	2138	Juice drink Spa&Fruit still	6.4	0.0	0.0	0.0	0.6	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	0.3	0.0	0.0	0.0	0.2	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	4.2	0.0	0.0	0.0	1.8	232.9	192.9	145.7	410.6
2	2142	Wine white sweet	1.5	0.0	0.0	0.0	1.3	113.7	89.1	55.0	193.2
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.1	0.0	0.0	0.0	0.2	44.0	44.0	44.0	44.0
2	2151	Juice fruit Coolbest Vitaday original	0.9	0.0	0.0	0.0	0.7	149.1	139.0	139.0	161.6

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2	2152	Fruit juice dk Coolbest light orange	1.9	0.0	0.0	0.0	0.6	150.4	85.0	55.0	322.0
2	2153	Fruit drink Fruitzday	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	1.3	0.0	0.0	0.0	0.3	330.0	330.0	330.0	330.0
2	2289	Fruit drink concentrate light	0.4	0.0	0.0	0.0	0.6	27.3	23.0	18.0	34.7
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.2	0.0	0.0	0.0	0.5	46.4	28.0	18.8	59.0
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.6	30.8	22.1	6.3	54.9
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	1.1	0.0	0.0	0.0	0.2	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.2	0.0	0.0	0.0	0.1	236.7	206.0	186.0	254.6
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.1	0.0	0.0	0.0	0.0	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	0.5	0.0	0.0	0.0	0.6	179.0	156.2	152.0	254.7
2	2476	Cappuccino freshly made	10.7	0.0	0.0	64.5	3.1	263.8	213.3	116.8	461.7
2	2477	Coffee cappuccino instant prepared	2.4	0.0	0.0	0.0	0.4	375.1	352.3	171.0	510.1
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.4	14.7	13.6	4.0	19.5
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.2	0.0	0.0	0.0	0.0	378.0	378.0	378.0	378.0
2	2492	Lemonade fruit Wicky light	0.1	0.0	0.0	0.0	0.0	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.4	0.0	0.0	0.0	0.3	86.2	60.9	24.0	117.9
2	2507	Juice multifruit	0.7	0.0	0.0	0.0	0.4	175.8	132.0	132.0	282.7
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.4	0.0	0.0	0.0	0.2	333.0	333.0	333.0	333.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.1	0.0	0.0	0.0	0.1	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.2	0.0	0.0	0.0	0.3	23.8	15.1	9.0	28.5
2	2564	Juice fruit Hero Fruit&Co	0.7	0.0	0.0	0.0	0.4	198.5	150.0	150.0	259.6
2	2610	Wine rose	2.8	0.0	0.0	0.0	1.3	279.2	276.0	92.0	368.8
2	2633	Coffee instant powder	0.3	0.0	0.0	0.0	2.1	11.6	5.7	0.5	39.6
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.4	0.0	0.0	0.0	0.2	287.0	159.7	134.0	418.4
2	2635	Fruit juice drink diary Wicky fruitzacht	0.3	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.4	0.0	0.0	0.0	0.1	150.0	150.0	150.0	150.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.4	0.0	0.0	0.0	0.2	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.8	0.0	0.0	0.0	0.2	386.2	302.0	302.0	476.7
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	0.9	0.0	0.0	0.0	0.2	266.6	182.7	118.0	306.3
2	2646	Sports drink Aquarius	0.7	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.2	0.0	0.0	0.0	0.1	260.0	260.0	260.0	260.0
2	2648	Coffee w milk vending machine	0.7	0.0	0.0	0.0	0.6	168.5	129.0	116.7	287.6
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.8	3.3	2.2	1.0	5.4
2	2663	Juice fruit Vruchtoase multivit	0.2	0.0	0.0	0.0	0.1	170.0	170.0	170.0	170.0

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2	2674	Energy drink Mxxed up	0.2	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	27.2	0.0	0.0	147.3	17.1	129.8	117.5	60.0	222.7
2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	31.5	30.1	30.0	32.7
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.8	0.0	0.0	0.0	0.3	145.3	125.0	125.0	168.1
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.1	0.0	0.0	0.0	0.1	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.2	0.0	0.0	0.0	0.1	165.0	165.0	165.0	165.0
2	2854	Fruit drink light Papaya multivitamins	2.3	0.0	0.0	0.0	0.5	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.4	0.0	0.0	0.0	0.2	241.7	241.7	241.7	241.7
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
2	2881	Coffee wiener melange instant prepared	1.5	0.0	0.0	0.0	1.0	268.3	141.4	125.0	512.9
2	2896	Lemonade squash Spa&Fruit sparkling	4.8	0.0	0.0	0.0	1.1	269.6	243.2	230.0	340.1
2	2897	Juice Drink Ocean Spray	0.8	0.0	0.0	0.0	0.4	231.8	189.7	163.0	278.2
2	3068	Fruit drink concentrated Fruitmix	0.1	0.0	0.0	0.0	0.7	14.8	8.2	3.2	26.7
3	227	Crispbakes Dutch	1.6	0.0	0.0	6.6	13.1	11.7	10.0	1.3	30.2
3	228	Crackers cream	0.3	0.0	0.0	0.0	1.7	17.3	15.7	6.4	26.9
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	1.6	10.0	10.0	10.0	10.0
3	230	Roll white soft	2.6	0.0	0.0	20.5	3.3	63.7	46.5	30.6	94.1
3	233	Bread currant	1.3	0.0	0.0	0.0	4.4	44.6	33.9	22.2	67.8
3	236	Bread brown wheat	31.3	0.0	0.0	111.7	27.9	105.2	97.7	17.9	207.2
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.3	11.4	10.0	10.0	16.4
3	241	Bread white milk based	3.0	0.0	0.0	0.0	2.7	120.3	87.2	11.3	204.0
3	242	Bread rye dark	3.0	0.0	0.0	22.0	6.7	50.1	42.0	28.8	75.4
3	243	Bread rye light	2.1	0.0	0.0	10.7	5.1	38.4	30.4	25.0	49.4
3	244	Bread raisin	0.5	0.0	0.0	0.0	0.9	43.2	31.4	20.0	68.0
3	246	Bread wholemeal average	40.4	0.0	0.0	139.8	36.8	124.5	100.7	33.1	238.4
3	248	Bread white water based	5.5	0.0	0.0	35.2	7.0	71.1	56.9	24.2	119.7
3	249	Bread wheat malt Tarvo	0.5	0.0	0.0	0.0	0.5	106.7	35.0	35.0	195.0
3	565	Toast	0.0	0.0	0.0	0.0	0.2	14.8	14.0	14.0	17.8
3	596	Crispbread gold-brown	0.0	0.0	0.0	0.0	0.5	16.9	10.0	10.0	33.5
3	655	Crispbakes Dutch wholemeal	1.0	0.0	0.0	7.1	8.9	13.4	9.6	8.6	19.8
3	975	Crispbread sesame	0.6	0.0	0.0	0.0	2.8	20.7	17.0	6.7	35.5
3	976	Crispbread light	0.1	0.0	0.0	0.0	1.2	9.2	9.3	5.0	9.9
3	1017	Bread wheatrye wholemeal	0.7	0.0	0.0	0.0	0.8	78.8	45.0	45.0	154.5
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.1	0.0	0.0	0.0	0.8	22.8	20.0	20.0	33.0
3	1312	Crispbread Cracottes	0.3	0.0	0.0	0.0	2.1	15.3	7.0	7.0	36.2
3	1322	Crispbread wholemeal Cracottes	0.6	0.0	0.0	0.0	1.1	23.7	8.2	7.0	52.3
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.3	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.6	0.0	0.0	0.0	1.5	53.9	44.4	12.0	67.4
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0

Group=Male older adults (n=373)

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3	1779	Crispbread wholemeal	0.7	0.0	0.0	3.7	5.4	14.6	10.0	10.0	19.4
3	1914	Dough for pizza and savoury pie	4.4	0.0	0.0	0.0	2.9	134.4	97.0	25.2	287.5
3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.1	7.0	7.0	7.0	7.0
3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	0.3	23.8	21.0	21.0	27.1
3	2277	Bread Blue Band Goede Start white bread	0.2	0.0	0.0	0.0	0.3	93.3	65.9	60.0	114.6
3	2348	Bread wholemeal w pumpkin seeds	0.3	0.0	0.0	0.0	0.6	56.9	38.2	35.0	93.5
3	2349	Bread linseed	0.1	0.0	0.0	0.0	0.2	100.5	84.9	70.0	103.0
3	2350	Bread multigrain average w seeds	17.9	0.0	0.0	106.4	14.7	115.3	72.7	31.1	263.9
3	2351	Bread white average milk/water based	0.3	0.0	0.0	0.0	0.5	68.4	35.3	25.0	93.5
3	2352	Bread currant w almond paste	0.2	0.0	0.0	0.0	0.7	45.3	33.8	25.0	69.8
3	2353	Bread brown/wholemeal w muesli	0.4	0.0	0.0	0.0	0.7	52.4	44.9	35.0	65.0
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.1	33.9	31.8	30.0	34.7
3	2355	Bread white w sugar Suikerbrood	0.3	0.0	0.0	0.0	1.1	49.8	38.9	22.5	80.7
3	2356	Baguette w cheese-onion	0.4	0.0	0.0	0.0	0.4	77.5	51.5	10.0	97.0
3	2357	Bread wholemeal w sunflower seeds	3.8	0.0	0.0	1.1	2.7	109.9	95.2	35.0	189.5
3	2358	Bread white w sunflower seeds	0.5	0.0	0.0	0.0	0.5	69.0	45.0	45.0	122.1
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0	40.0	40.0	40.0	40.0
3	2382	Bread brown w sunflower seeds	2.5	0.0	0.0	0.0	2.0	85.5	47.8	35.0	166.5
3	2528	Croutons	0.1	0.0	0.0	0.0	0.7	9.6	4.3	2.0	20.6
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	0.9	0.0	0.0	0.0	0.6	113.2	84.5	35.0	222.8
3	2704	Bread brown w seeds	0.7	0.0	0.0	0.0	0.9	123.1	110.1	35.0	193.8
3	2707	Bread corn w sunflower seeds	0.2	0.0	0.0	0.0	0.4	100.4	50.0	35.0	207.5
3	2785	Bread corn	0.2	0.0	0.0	0.0	0.3	109.7	84.8	70.0	158.3
3	2788	Bread sourdough wholemeal	0.5	0.0	0.0	0.0	0.8	132.5	102.0	50.0	230.6
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	86.9	25.0	25.0	137.4
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.1	0.0	0.0	0.0	0.2	63.6	55.0	55.0	88.2
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.5	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.8	0.0	0.0	0.0	1.4	56.5	58.0	10.0	92.3
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	2.0	0.0	0.0	0.0	2.1	70.9	59.9	17.2	99.0
3	2796	Roll brown hard	2.2	0.0	0.0	0.0	1.9	89.7	83.6	28.9	136.4
3	2797	Roll brown soft	1.3	0.0	0.0	0.0	2.0	74.4	49.2	45.0	133.0
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.2	0.0	0.0	0.0	0.5	53.6	50.0	50.0	66.4
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
3	2803	Bun currant/raisin	3.6	0.0	0.0	23.6	6.8	58.6	44.5	26.8	98.9
3	2804	Bun wholemeal w muesli	0.7	0.0	0.0	0.0	1.1	70.5	58.0	58.0	102.6
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.3	35.6	35.0	35.0	37.9
3	2813	Bread raisin/current average	0.6	0.0	0.0	0.0	1.3	43.5	35.0	35.0	62.5
3	2815	Bread Tijger brown wheat	0.6	0.0	0.0	0.0	0.6	112.3	70.0	70.0	170.3
3	2816	Bread Tijger white	0.7	0.0	0.0	0.0	1.0	69.7	64.5	30.0	87.4
3	2817	Stollen w almond/imitat paste average	0.6	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.3	0.0	0.0	0.0	0.9	46.1	40.0	40.0	71.7
3	2821	Bread brown w pumpkin seeds	0.3	0.0	0.0	0.0	0.4	81.9	52.5	52.5	127.0

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3	2876	Bread brioche	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.9	0.0	0.0	6.7	4.9	13.7	11.4	4.0	26.4
3	2938	Toast Melba other varieties	0.5	0.0	0.0	0.0	1.9	20.3	17.3	12.0	25.8
3	3054	Bread glutenfree bakmix Glutafin white	0.1	0.0	0.0	0.0	0.1	225.0	225.0	225.0	225.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.6	0.0	0.0	0.0	0.7	170.8	121.5	100.0	242.8
3	3056	Bread brown wheat low sodium	0.1	0.0	0.0	0.0	0.2	44.8	40.0	40.0	60.6
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.2	109.1	96.4	90.0	117.6
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.1	7.2	7.2	7.2	7.2
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.3	4.2	3.6	2.0	5.5
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	1.2	4.2	3.0	2.5	4.9
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.1	36.7	36.7	36.7	36.7
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.3	0.0	0.0	0.0	0.4	121.4	83.4	49.4	207.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.1	5.4	5.4	5.4	5.4
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.2	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.1	15.6	12.3	9.5	16.9
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.5	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.4	14.5	7.5	4.1	22.7
4	2615	Vinegar	0.3	0.0	0.0	0.9	4.6	5.9	4.0	0.7	11.8
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
5	84	Eggs chicken boiled average	13.0	0.0	0.0	53.9	24.8	48.7	49.5	6.1	99.4
6	33	Raisins dried	0.2	0.0	0.0	0.0	1.7	16.6	6.1	3.3	35.3
6	137	Olives tinned/glass	0.2	0.0	0.0	0.0	2.1	12.2	5.9	2.1	38.2
6	147	Apple without skin average	30.5	0.0	0.0	134.8	25.9	110.2	125.7	31.6	152.8
6	148	Strawberries	7.5	0.0	0.0	60.5	6.1	100.8	79.8	26.7	279.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.1	0.0	0.0	0.0	0.3	66.2	37.5	33.3	156.9
6	151	Banana	16.1	0.0	0.0	121.6	14.0	124.3	113.2	47.6	164.9
6	152	Blueberries	0.1	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
6	153	Redcurrant	1.5	0.0	0.0	0.0	1.0	115.2	91.9	19.6	189.7
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0	16.1	16.1	16.1	16.1
6	157	Blackberries	0.1	0.0	0.0	0.0	0.2	47.0	40.8	8.0	67.2
6	158	Lemon	0.0	0.0	0.0	0.0	0.2	33.3	33.3	33.3	33.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.1	0.0	0.0	0.0	0.2	58.0	58.0	58.0	58.0
6	161	Raspberries	0.3	0.0	0.0	0.0	0.5	55.7	50.6	32.2	73.0
6	162	Grapefruit	1.5	0.0	0.0	0.0	1.6	84.2	67.7	58.0	129.2
6	163	Cherries	1.0	0.0	0.0	0.0	1.3	71.6	81.4	18.0	94.3
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	16.4	0.0	0.0	96.5	19.2	76.4	59.4	32.3	141.9
6	166	Melon netted	1.5	0.0	0.0	0.0	1.8	167.0	127.5	39.7	321.6
6	168	Pear without skin	7.0	0.0	0.0	63.4	5.9	134.7	120.7	51.4	177.7
6	169	Peach without skin	2.5	0.0	0.0	0.0	2.1	165.4	144.9	76.5	266.8

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6	170	Plums with skin	3.6	0.0	0.0	0.0	3.8	136.4	77.5	21.9	265.5
6	171	Orange	15.3	0.0	0.0	96.9	9.1	181.5	134.9	44.1	378.0
6	172	Fruit fresh citrus average	0.6	0.0	0.0	0.0	0.3	143.8	109.4	76.0	147.7
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.6	11.8	6.0	6.0	28.2
6	176	Apricots in syrup tinned	1.8	0.0	0.0	0.0	0.9	103.0	85.9	40.0	163.4
6	177	Pineapple in syrup tinned	1.2	0.0	0.0	2.5	1.6	36.9	34.0	5.0	65.3
6	179	Apple sauce tinned	7.0	0.0	0.0	51.6	8.4	82.6	60.5	14.6	200.5
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
6	181	Dates dried	0.1	0.0	0.0	0.0	0.8	16.3	14.8	3.3	23.1
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.2	0.0	0.0	0.0	0.8	26.4	24.0	24.0	31.1
6	184	Cherries in syrup tinned	0.1	0.0	0.0	0.0	0.3	37.8	34.8	13.0	53.4
6	185	Currants dried	0.0	0.0	0.0	0.0	0.2	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.1	0.0	0.0	0.0	1.9	111.9	105.5	23.3	212.3
6	189	Peaches in syrup tinned	0.8	0.0	0.0	0.0	1.3	51.7	40.0	40.0	86.8
6	190	Prunes dried	0.2	0.0	0.0	0.0	1.0	21.2	12.0	12.0	47.8
6	191	Plums in syrup tinned	0.3	0.0	0.0	0.0	1.2	32.1	19.4	13.0	37.6
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	1.1	3.9	2.2	0.4	10.9
6	689	Avocado	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	1.5	0.0	0.0	0.0	0.8	203.2	174.1	85.8	273.3
6	875	Apple with skin average	8.4	0.0	0.0	75.1	8.2	128.5	118.1	57.4	153.0
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	5.4	0.0	0.0	32.5	7.6	78.7	55.9	24.1	133.8
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.2	0.0	0.0	0.0	0.2	53.2	52.0	52.0	57.4
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.2	0.0	0.0	0.0	0.2	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.2	0.0	0.0	0.0	3.3	7.3	2.0	0.4	23.0
6	1182	Apple sauce wo sugar tinned	0.6	0.0	0.0	0.0	0.6	84.5	37.7	25.9	63.6
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.1	70.3	0.2	0.2	134.0
6	1812	Nectarine	2.0	0.0	0.0	0.0	2.5	83.7	63.5	19.1	144.7
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.2	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.5	0.0	0.0	0.0	0.3	148.2	110.4	24.0	184.2
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.5	14.1	7.7	7.0	25.7
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	0.3	10.0	6.0	6.0	17.5
6	2686	Apple sauce wo sugar w sweetner tinned	0.3	0.0	0.0	0.0	0.4	82.4	51.8	51.8	134.3
6	2748	Pear with skin	1.7	0.0	0.0	0.0	1.2	142.5	119.6	100.0	172.7
6	2749	Grapes black with skin	1.6	0.0	0.0	0.0	2.0	92.2	79.3	10.0	145.4
6	2750	Grapes white with skin	3.9	0.0	0.0	25.0	3.5	88.1	70.9	14.3	176.9
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.2	24.8	24.8	24.8	24.8
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.1	22.5	15.1	8.6	24.8
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.2	5.7	4.0	4.0	7.5
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0

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6	2956	Prunes dried soaked in water	0.1	0.0	0.0	0.0	0.2	56.1	20.7	20.0	126.5
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.2	65.7	57.2	57.2	73.1
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.3	46.6	37.5	37.5	60.8
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	4.2	0.0	0.0	19.6	16.9	29.5	19.5	18.1	64.0
7	250	Almond filled pastry	0.4	0.0	0.0	0.0	0.4	57.4	52.6	30.0	77.2
7	251	Apple pie Dutch w shortbread w marg	2.4	0.0	0.0	25.6	4.3	83.8	79.6	50.8	113.5
7	252	Biscuit sweet	1.0	0.0	0.0	8.0	8.6	13.6	9.7	5.0	30.1
7	253	Cake wo butter	1.0	0.0	0.0	0.0	2.4	39.0	30.0	30.0	63.4
7	254	Cake sponge Dutch Eierkoek	0.5	0.0	0.0	0.0	1.1	50.1	31.8	30.0	86.5
7	255	Gateau with whipped cream	0.6	0.0	0.0	0.0	0.9	100.6	89.9	40.0	131.6
7	256	Gateau with butter-cream filling	1.3	0.0	0.0	0.0	0.9	70.1	51.8	40.0	137.5
7	257	Almond paste filled tarts average	2.3	0.0	0.0	25.0	4.8	59.4	52.0	31.3	98.1
7	258	Biscuits averaged	1.0	0.0	0.0	7.2	7.0	15.7	14.0	6.3	28.9
7	259	Macaroons	0.6	0.0	0.0	0.0	0.6	48.7	30.7	15.5	104.5
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.0	10.5	6.6	5.0	18.5
7	261	Biscuit spiced Speculaas	1.8	0.0	0.0	8.5	9.9	14.3	6.9	3.0	34.9
7	262	Biscuit Dutch shortbread spritsstukken	0.3	0.0	0.0	0.0	1.9	22.3	20.9	10.0	41.8
7	263	Biscuit brown/wholemeal	0.9	0.0	0.0	4.3	4.6	26.6	21.3	8.3	58.1
7	468	Cream slice Dutch Tompouce	0.2	0.0	0.0	0.0	0.5	85.1	81.5	50.0	98.2
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.1	47.5	35.0	35.0	65.1
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.2	0.0	0.0	0.0	1.6	14.1	10.0	10.0	21.8
7	486	Flan with fruit filling	0.3	0.0	0.0	0.0	0.3	128.8	116.9	85.0	169.0
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.2	0.0	0.0	0.0	1.9	12.2	10.0	10.0	24.7
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	1.0	24.7	14.4	12.0	44.2
7	636	Biscuit muesli	0.2	0.0	0.0	0.0	0.6	35.4	23.2	19.0	53.9
7	713	Waffle syrup average	1.9	0.0	0.0	12.7	5.1	36.3	25.3	10.0	81.7
7	789	Cake butter Dutch Boterkoek	0.5	0.0	0.0	0.0	1.4	35.4	26.1	25.0	69.2
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.8	0.0	0.0	0.0	0.6	96.3	88.5	56.9	111.2
7	836	Shortbread	1.1	0.0	0.0	6.4	5.3	23.0	12.8	7.3	47.8
7	837	Biscuit oatmeal	0.1	0.0	0.0	0.0	0.2	43.0	43.0	43.0	43.0
7	855	Biscuit spiced Speculaas w almnd paste	0.1	0.0	0.0	0.0	0.3	26.2	19.0	19.0	48.3
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0	57.0	57.0	57.0	57.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.4	0.0	0.0	0.0	1.5	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.6	10.7	6.1	5.0	19.2
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.6	0.0	0.0	0.0	2.7	27.0	22.5	20.0	39.7
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.2	0.0	0.0	0.0	1.5	13.3	8.6	5.2	19.1

Group=Male older adults (n=373)

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7	1475	Eclair with whipped cream filling	0.1	0.0	0.0	0.0	0.2	38.1	31.1	30.0	43.6
7	1476	Meringue with butter-cream	0.1	0.0	0.0	0.0	0.2	40.8	35.0	35.0	59.5
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0
7	1478	Flan fruit and crumble topping	0.4	0.0	0.0	0.0	0.3	135.0	135.0	135.0	135.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.1	0.0	0.0	0.0	0.3	16.2	13.0	13.0	23.4
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.8	8.4	7.0	7.0	13.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	1945	Bun with vanilla custard	0.3	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	0.9	0.0	0.0	0.0	1.8	50.0	39.0	15.8	79.2
7	1972	Biscuits assorted with butter	0.8	0.0	0.0	2.9	3.4	22.6	15.3	10.0	43.4
7	2162	Biscuit Cafe noir	0.4	0.0	0.0	0.0	1.6	15.3	10.0	10.0	26.8
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.4	0.0	0.0	0.0	1.3	16.3	12.5	10.0	26.3
7	2228	Biscuit with chocolate layer Scholietje	0.1	0.0	0.0	0.0	0.8	13.6	12.0	12.0	19.6
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	1.1	0.0	0.0	3.7	2.4	33.0	21.4	7.5	57.4
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.2	0.0	0.0	0.0	0.5	38.9	26.5	25.0	65.3
7	2234	Cereal bar Hero B'tween	0.1	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.1	0.0	0.0	0.0	0.4	42.4	42.0	20.0	49.2
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	1.0	0.0	0.0	0.0	1.1	55.8	51.1	30.0	95.6
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.1	0.0	0.0	0.0	0.1	31.0	17.0	17.0	56.7
7	2396	Chocolate pastry w whipped cream	0.2	0.0	0.0	0.0	0.3	54.6	28.4	25.0	87.6
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.5	0.0	0.0	0.0	1.8	28.6	25.0	25.0	63.3
7	2399	Spiced cake Indonesian- Spekkoek	0.5	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	0.5	0.0	0.0	0.0	0.9	57.2	42.9	20.0	86.6
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.4	0.0	0.0	4.5	2.6	17.1	14.0	9.0	47.2
7	2408	Biscuit fortified Bridge fruit and grain	0.2	0.0	0.0	0.0	0.2	38.0	38.0	38.0	38.0
7	2409	Biscuit Dutch shortbread w chocolate	0.1	0.0	0.0	0.0	0.2	36.4	27.8	20.0	38.8
7	2410	Teacakes chocolate coated marshmellow	0.0	0.0	0.0	0.0	0.0

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7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.5	8.9	6.5	5.0	12.9
7	2413	Cake wrapped in marzipan and chocolate	0.8	0.0	0.0	0.0	1.3	50.8	38.4	30.0	57.8
7	2417	Cake Dutch w icing & cream 'Oranjeboek'	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.3	33.3	21.0	21.0	46.6
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.1	68.0	68.0	68.0	68.0
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	0.2	15.8	10.0	10.0	28.3
7	2560	Apple turnover	1.7	0.0	0.0	0.0	1.5	99.1	110.6	41.7	128.1
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.2	0.0	0.0	0.0	1.0	17.3	15.0	15.0	25.2
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.7	0.0	0.0	7.0	3.9	23.0	16.4	10.0	37.5
7	2622	Appel pie Dutch w shortbread w butter	1.3	0.0	0.0	0.0	0.6	89.2	86.5	25.0	158.0
7	2661	Waffle Luikse	0.2	0.0	0.0	0.0	0.6	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.1	0.0	0.0	0.0	0.3	24.0	6.6	4.0	55.9
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.2	0.0	0.0	0.0	2.1	14.2	10.0	10.0	34.2
7	2698	Cake chocolate made wo butter	0.2	0.0	0.0	0.0	0.5	31.4	30.0	30.0	32.7
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	1.9	9.8	7.9	6.0	11.9
7	2715	Meringue	0.0	0.0	0.0	0.0	0.3	8.5	7.9	7.5	8.9
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.7	0.0	0.0	0.0	1.3	50.1	41.8	30.0	73.3
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.6	18.9	11.5	7.0	34.0
7	2775	Biscuit digestive w chocolate	0.2	0.0	0.0	0.0	0.8	26.0	20.8	14.1	32.4
7	2776	Flan apple and crumble topping	0.9	0.0	0.0	0.0	0.2	230.0	230.0	230.0	230.0
7	2777	Flan hard shell with custard cream	0.3	0.0	0.0	0.0	0.5	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.1	98.5	84.7	80.0	111.8
7	2820	Waffle syrup w butter	0.6	0.0	0.0	0.0	2.2	31.1	20.2	10.0	54.9
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.4	0.0	0.0	0.0	0.2	95.5	90.4	88.0	99.0
7	2864	Biscuit syrup with chocolate	0.1	0.0	0.0	0.0	0.4	13.3	11.2	10.0	14.6
7	2869	Fritter apple	0.1	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
7	2891	Biscuit Dutch 'Jodeboek'	0.2	0.0	0.0	0.0	0.9	30.7	18.0	18.0	61.2
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.5	26.5	18.4	16.0	43.2
7	2893	Cake Indonesian	0.3	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.6	0.0	0.0	5.1	5.0	17.4	15.3	8.0	27.9
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	0.2	0.0	0.0	0.0	0.1	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.3	0.0	0.0	0.0	0.7	18.7	3.8	3.8	44.1
8	213	Oatmeal	0.2	0.0	0.0	0.0	1.6	21.4	13.3	6.5	45.9
8	215	Cornflour	0.0	0.0	0.0	0.0	1.2	2.6	2.0	0.4	6.3
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	1.8	7.5	5.7	1.3	15.1
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.2	60.3	60.3	60.3	60.3

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8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.2	10.3	5.1	3.7	20.2
8	225	Breakfast cereal Brinta	1.4	0.0	0.0	7.2	6.4	20.4	15.0	5.4	41.4
8	226	Starch potato	0.0	0.0	0.0	0.0	0.9	1.7	0.6	0.6	5.5
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	1.1	0.0	0.0	0.0	1.5	52.0	25.4	12.7	116.7
8	590	Wheat bran	0.1	0.0	0.0	0.0	1.8	6.9	5.8	1.8	10.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.1	0.0	0.0	0.0	0.3	22.1	18.3	11.5	28.5
8	658	Rice white boiled	10.7	0.0	0.0	80.6	7.8	129.3	110.9	58.8	264.0
8	659	Pasta white average boiled	16.9	0.0	0.0	113.3	8.7	141.2	126.6	32.6	242.6
8	955	Rice white parboiled boiled	0.6	0.0	0.0	0.0	0.3	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.4	0.0	0.0	0.0	3.2	12.5	7.1	2.0	43.5
8	1014	Rice brown boiled	2.7	0.0	0.0	0.0	1.1	144.7	128.0	40.0	253.0
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.1	7.8	7.8	7.8	7.8
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.2	46.0	46.0	46.0	46.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.2	10.0	7.2	7.2	17.6
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.6	10.9	9.0	3.8	20.8
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.3	108.4	113.0	19.2	159.7
8	2158	Couscous boiled	0.1	0.0	0.0	0.0	0.1	117.2	113.8	112.0	119.4
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.1	0.0	0.0	0.0	0.2	34.2	23.1	22.4	60.4
8	2361	Breakfast prod Albona 7-cereals-energy	0.1	0.0	0.0	0.0	0.4	39.4	35.5	18.0	57.1
8	2366	Muesli crunchy plain/w fruit	0.5	0.0	0.0	0.0	1.5	30.8	22.1	9.8	62.5
8	2675	Muesli crunchy w nuts	0.1	0.0	0.0	0.0	0.3	31.5	27.9	9.8	49.4
8	2676	Muesli crunchy w chocolate	0.1	0.0	0.0	0.0	0.4	19.7	19.7	19.7	19.7
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.3	9.4	6.8	5.4	12.6
8	2809	Muesli w fruit	2.1	0.0	0.0	9.5	6.4	38.4	26.8	6.6	80.0
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.2	47.4	43.3	40.0	49.3
9	7	Endive raw	1.0	0.0	0.0	0.0	1.9	111.5	102.4	64.2	137.1
9	8	Endive boiled	4.5	0.0	0.0	24.5	3.0	155.2	152.5	45.7	249.8
9	11	Aubergine boiled	0.9	0.0	0.0	0.0	0.8	76.4	51.7	25.2	126.5
9	13	Celery boiled	0.1	0.0	0.0	0.0	0.5	20.0	9.2	1.7	46.1
9	14	Cauliflower raw	0.1	0.0	0.0	0.0	0.2	41.0	41.0	41.0	41.0
9	15	Cauliflower boiled	5.5	0.0	0.0	52.3	3.7	177.8	171.8	45.9	245.3
9	16	Kale curly boiled	1.2	0.0	0.0	0.0	1.1	128.3	121.8	41.3	170.2
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.2	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	20	Mushrooms boiled	1.5	0.0	0.0	9.4	6.5	22.7	17.7	2.9	51.3
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0

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9	22	Cabbage Chinese boiled	0.1	0.0	0.0	0.0	0.3	98.0	98.0	98.0	98.0
9	25	Cabbage green boiled	0.1	0.0	0.0	0.0	0.1	174.0	174.0	174.0	174.0
9	26	Celeriac boiled	0.2	0.0	0.0	0.0	0.9	16.4	9.2	2.9	18.9
9	27	Cucumber wo skin raw	3.4	0.0	0.0	25.8	6.4	61.6	60.5	13.1	125.3
9	28	Cucumber boiled	0.2	0.0	0.0	0.0	1.2	27.7	21.0	9.1	49.2
9	29	Swede boiled	0.7	0.0	0.0	0.0	0.4	222.2	147.0	131.9	302.5
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.0	41.7	41.7	41.7	41.7
9	32	Sweet pepper green boiled	0.2	0.0	0.0	0.0	0.8	21.5	23.9	10.9	32.7
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	1.8	0.0	0.0	9.8	5.6	43.7	19.5	3.6	152.4
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	1.2	0.0	0.0	0.0	1.1	96.1	42.3	25.0	230.3
9	44	Cabbage Savoy boiled	0.6	0.0	0.0	0.0	0.4	116.7	88.9	88.9	185.5
9	46	Lettuce head raw	2.1	0.0	0.0	18.1	5.3	48.7	35.8	4.7	96.2
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.2	0.0	0.0	0.0	0.1	180.0	180.0	180.0	180.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	1.4	0.0	0.0	0.0	2.0	88.6	56.9	21.5	202.0
9	54	Cabbage oxheart boiled	1.1	0.0	0.0	0.0	0.8	161.9	155.6	93.6	221.4
9	55	Brussel sprouts boiled	4.1	0.0	0.0	0.0	3.2	145.4	141.6	68.1	212.7
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.2	34.5	25.0	25.0	46.7
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.5	2.2	4.9	3.8	0.6	14.0
9	60	Tomatoes normal raw	5.0	0.0	0.0	36.8	10.1	47.5	33.1	9.5	97.3
9	61	Tomatoes normal boiled	0.6	0.0	0.0	0.9	3.2	25.3	5.5	1.6	93.0
9	63	Onions raw	1.4	0.0	0.0	9.9	7.3	22.9	14.4	3.5	61.2
9	64	Onions boiled	6.3	0.0	0.0	37.8	20.8	33.5	23.7	2.9	83.0
9	65	Lettuce lambs raw	0.2	0.0	0.0	0.0	0.8	31.8	16.6	10.9	74.5
9	67	Chicory raw	1.3	0.0	0.0	0.0	1.3	128.5	92.4	49.8	193.6
9	68	Chicory boiled	7.0	0.0	0.0	67.7	3.6	178.9	161.2	76.0	354.8
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.3	26.2	22.3	21.0	29.2
9	70	Cabbage white cooked	0.4	0.0	0.0	2.8	2.7	9.5	5.4	2.1	27.7
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.1	48.1	35.6	25.3	69.0
9	72	Carrots boiled average	1.3	0.0	0.0	3.3	4.7	37.5	16.3	1.7	140.3
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.1	27.9	25.0	25.0	31.4
9	74	Cabbage sauerkraut cooked	2.8	0.0	0.0	0.0	1.8	154.7	134.0	73.4	237.5
9	75	Vegetable mix for soup raw	0.8	0.0	0.0	0.0	1.5	52.1	44.7	12.8	103.5
9	124	Radish red/white raw	0.2	0.0	0.0	0.0	0.8	30.4	20.0	10.3	71.6
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.5	8.0	8.0	8.0	8.0
9	127	Vegetables mixture raw	1.0	0.0	0.0	0.0	1.7	57.0	47.4	43.9	78.6
9	129	Endive tinned	1.2	0.0	0.0	0.0	0.1	340.0	340.0	340.0	340.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.7	16.0	16.0	16.0	16.0
9	132	Gherkins sweet pickled	1.1	0.0	0.0	6.6	5.1	16.3	12.9	1.9	37.6
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.1	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.2	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	1.4	0.0	0.0	0.0	1.5	93.1	110.7	0.5	176.3
9	136	Peas and carrots tinned	1.9	0.0	0.0	0.0	1.5	109.1	105.5	52.4	125.4
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	3.2	0.0	0.0	0.0	3.0	130.2	119.8	33.1	184.9

Group=Male older adults (n=373)

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9	140	Spinach tinned	1.1	0.0	0.0	0.0	0.1	448.5	448.5	448.5	448.5
9	141	Tomato puree concentrated tinned	0.4	0.0	0.0	0.0	2.2	18.5	15.5	1.8	40.0
9	142	Beans broad tinned	0.1	0.0	0.0	0.0	0.5	68.9	68.7	60.0	72.6
9	143	Carrots tinned	0.5	0.0	0.0	0.0	0.5	168.6	165.5	145.0	176.7
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.1	1.9	5.0	1.2	0.4	15.2
9	145	Cabbage red glass	0.5	0.0	0.0	0.0	0.9	151.1	99.1	22.1	168.8
9	146	Spinach frozen boiled	4.5	0.0	0.0	3.9	2.4	166.8	150.9	22.2	354.8
9	538	Rhubarb puree w sugar	2.1	0.0	0.0	0.0	1.5	79.9	66.1	31.9	194.9
9	557	Celery raw	0.1	0.0	0.0	0.0	0.4	46.3	37.7	30.0	48.8
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.1	3.0	3.0	3.0	3.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.1	5.2	4.0	4.0	6.6
9	562	Leek raw	0.1	0.0	0.0	0.0	0.6	12.0	7.8	4.6	20.6
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.7	0.0	0.0	0.0	0.7	243.3	243.0	243.0	243.0
9	651	Spinach creamed frozen boiled	1.2	0.0	0.0	0.0	0.7	183.5	196.4	80.0	244.9
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.1	16.9	16.9	16.9	16.9
9	850	Vegetables mixed pickled Atjar tjampoer	0.5	0.0	0.0	0.0	0.8	69.1	43.7	9.6	130.6
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.1	11.2	9.6	6.0	19.1
9	885	Sweet pepper red boiled	0.5	0.0	0.0	0.0	2.5	18.4	16.1	6.3	32.9
9	920	Broccoli boiled	4.7	0.0	0.0	6.3	2.7	187.8	157.6	69.5	312.1
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.1	19.7	13.9	13.9	24.3
9	951	Beans French boiled	11.2	0.0	0.0	85.9	10.9	134.3	167.5	5.9	233.2
9	952	Kale curly frozen boiled	0.2	0.0	0.0	0.0	0.2	142.6	132.6	105.2	153.4
9	953	Peas frozen boiled	0.6	0.0	0.0	0.0	1.1	104.3	85.8	11.3	130.9
9	954	Beans French frozen boiled	1.1	0.0	0.0	0.0	0.6	144.5	121.3	30.7	225.1
9	957	Asparagus boiled	1.5	0.0	0.0	0.0	1.0	173.4	154.6	52.0	261.0
9	958	Beetroot boiled	4.8	0.0	0.0	30.1	2.7	148.1	164.6	38.8	233.3
9	961	Beans runner boiled	3.9	0.0	0.0	31.5	2.0	162.3	122.2	56.2	256.6
9	962	Beans broad boiled	0.1	0.0	0.0	0.0	0.1	105.4	80.4	60.0	116.0
9	963	Peas fresh boiled	0.8	0.0	0.0	0.0	0.3	217.6	207.1	200.0	223.6
9	964	Mange-tout boiled	1.8	0.0	0.0	0.0	1.2	150.7	95.1	9.8	341.4
9	966	Courgettes boiled	1.0	0.0	0.0	0.0	2.1	51.2	23.9	3.8	133.6
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.5	0.0	0.0	0.0	0.5	100.3	57.7	50.0	180.7
9	1141	Vegetable mixed Mexico frozen unprepared	0.4	0.0	0.0	0.0	0.1	363.9	230.7	129.0	428.1
9	1143	Beans runner frozen unprepared	0.6	0.0	0.0	0.0	0.5	176.2	156.5	150.0	227.4
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0	16.6	16.6	16.6	16.6
9	1147	Brussel sprouts frozen boiled	0.3	0.0	0.0	0.0	0.2	199.0	181.1	176.0	212.5
9	1148	Beans broad frozen unprepared	0.6	0.0	0.0	0.0	0.3	148.2	106.2	9.5	227.5
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.3	7.5	3.2	0.8	15.7
9	1399	Lettuce iceberg raw	3.7	0.0	0.0	29.6	4.8	65.3	58.8	6.8	132.0
9	1454	Beetroot pickled glass	0.5	0.0	0.0	0.0	0.4	87.8	63.9	20.9	132.8

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9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.4	7.0	4.0	3.8	9.5
9	1904	Vegetables average boiled	4.9	0.0	0.0	32.0	3.6	116.3	77.5	33.1	259.5
9	1905	Vegetables average raw	0.5	0.0	0.0	0.0	0.1	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.2	91.1	60.3	30.7	96.0
9	2293	Tomatoes tinned	1.1	0.0	0.0	0.0	1.0	115.3	82.3	30.6	219.3
9	2330	Mange-tout and carrots boiled	1.2	0.0	0.0	0.0	0.4	312.9	235.0	182.0	356.5
9	2331	Bami vegetables mixed boiled	0.4	0.0	0.0	0.0	0.8	43.8	27.9	16.0	83.2
9	2346	Lettuce green average raw	0.7	0.0	0.0	0.0	1.2	61.1	31.4	8.3	93.1
9	2377	Tomatoes dried in oil tin/glass	0.1	0.0	0.0	0.0	0.4	15.7	13.1	5.0	19.3
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.2	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.3	9.4	4.1	2.2	22.4
9	2498	Tomatoes sieved	2.1	0.0	0.0	3.2	2.9	57.3	40.3	9.1	148.0
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.3	4.8	3.2	3.2	6.8
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.3	36.1	16.5	13.7	58.7
9	2710	Cabbage red w apple pieces glass	0.5	0.0	0.0	0.0	0.3	148.2	89.7	87.0	270.6
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.6	23.2	17.0	9.0	24.2
9	2727	Carrot bunched boiled	7.4	0.0	0.0	56.0	4.2	148.3	133.5	54.6	230.6
9	2728	Carrot winter raw	0.3	0.0	0.0	0.0	0.6	66.6	51.9	15.0	69.2
9	2729	Carrot winter boiled	1.1	0.0	0.0	0.0	1.5	88.6	50.9	15.4	208.1
9	2730	Tomato vine raw	3.6	0.0	0.0	24.8	5.2	91.3	61.7	28.7	189.0
9	2731	Tomato cherry raw	1.3	0.0	0.0	0.0	3.5	45.8	38.8	15.7	75.1
9	2732	Tomato beef raw	0.4	0.0	0.0	0.0	0.2	104.6	80.0	80.0	175.2
9	2733	Tomato beef boiled	0.4	0.0	0.0	0.0	0.5	103.4	52.4	2.0	105.3
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.5	35.2	22.6	22.0	59.7
9	2735	Tomato average boiled	0.4	0.0	0.0	0.0	0.8	36.3	3.4	1.1	128.3
9	2736	Rocket raw	0.2	0.0	0.0	0.0	1.1	32.1	23.3	4.9	52.5
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.2	19.2	19.2	19.2	19.2
9	2738	Onion Welsh boiled	0.4	0.0	0.0	0.0	0.7	28.5	16.9	4.0	52.1
9	2739	Cucumber w skin raw	0.3	0.0	0.0	0.0	1.6	28.1	16.3	4.5	81.4
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0	45.9	45.9	45.9	45.9
9	2741	Sweet pepper yellow boiled	0.1	0.0	0.0	0.0	0.5	19.5	12.2	10.9	30.6
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.1	7.4	4.9	3.6	10.0
9	2743	Sweet pepper average boiled	0.3	0.0	0.0	1.7	2.8	13.6	6.0	1.6	43.1
9	2840	Cabbage red w apple pieces	0.2	0.0	0.0	0.0	0.3	155.0	116.0	116.0	191.0
9	2900	Sweetcorn tinned	0.3	0.0	0.0	0.0	1.0	35.2	35.2	7.3	78.8
10	455	Peanut butter	1.5	0.0	0.0	9.8	6.6	21.4	17.8	7.5	40.0
10	541	Peanut butter with nut pieces	0.5	0.0	0.0	0.0	1.2	36.6	37.0	10.0	48.7
10	574	Sandwich spread cucumber	0.1	0.0	0.0	0.0	0.3	34.0	30.0	30.0	38.7
10	575	Sandwich spread original	0.4	0.0	0.0	0.0	1.6	21.8	19.1	5.0	41.7
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.6	11.4	2.7	0.8	29.4
10	2367	Peanut butter light	0.2	0.0	0.0	0.0	1.3	31.9	24.1	15.0	46.7
11	304	Cheese Swiss dried	0.2	0.0	0.0	0.0	0.8	10.1	2.3	1.3	35.6
11	511	Cheese Edam 40+	1.3	0.0	0.0	9.2	3.7	28.8	22.2	8.5	62.8
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	6.6	0.0	0.0	32.2	17.7	39.9	28.9	10.1	67.5
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.6	0.0	0.0	0.0	3.2	32.7	26.9	13.0	50.5
11	515	Cheese spread 48+	0.8	0.0	0.0	7.3	2.3	20.8	17.7	8.0	29.9
11	517	Cheese spread 20+	0.7	0.0	0.0	0.0	1.9	70.1	54.0	5.0	112.8
11	556	Cheese Camembert 45+	0.2	0.0	0.0	0.0	0.6	31.9	25.5	10.5	54.5

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11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.2	10.9	7.7	7.0	13.4
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.1	7.0	7.0	7.0	7.0
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	0.6	8.5	9.4	2.3	12.9
11	719	Cheese cream soft Mon Chou	0.2	0.0	0.0	0.0	1.1	10.7	4.9	4.0	26.6
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.1	0.0	0.0	0.0	0.5	21.4	16.8	2.3	27.8
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.2	44.1	33.3	25.0	49.2
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.3	8.5	3.5	2.5	18.7
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.4	22.4	4.2	4.0	52.3
11	804	Cheese sheep fresh	0.5	0.0	0.0	0.0	2.6	17.0	13.3	8.8	36.7
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
11	883	Cheese Amsterdam 48+	0.6	0.0	0.0	0.0	1.9	22.8	21.7	10.0	36.4
11	1104	Cheese smoked	0.2	0.0	0.0	0.0	0.2	48.3	24.7	22.0	79.7
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	1.3	0.0	0.0	0.0	2.8	50.9	45.5	14.9	82.6
11	1113	Cheese sodium reduced 48+	0.1	0.0	0.0	0.0	0.1	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.1	26.6	26.6	26.6	26.6
11	1382	Cheese 30+	6.3	0.0	0.0	43.3	18.0	31.6	24.2	13.5	51.7
11	1487	Cheese Brie 60+	1.4	0.0	0.0	10.0	3.6	32.8	21.0	7.0	73.7
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.4	0.0	0.0	0.0	1.8	33.3	27.3	10.0	53.6
11	1723	Cheese 20+	0.5	0.0	0.0	0.0	1.5	24.6	15.5	8.0	46.9
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.1	71.9	83.7	35.0	87.6
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.5	0.0	0.0	0.0	1.2	30.4	25.6	13.0	34.5
11	1809	Cheese 45+	0.2	0.0	0.0	0.0	0.6	31.0	25.2	24.0	46.1
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
11	1955	Cheese Mozzarella	0.7	0.0	0.0	0.1	2.8	27.6	19.6	3.9	57.9
11	2518	Cheese goat hard	0.3	0.0	0.0	0.0	1.2	29.6	21.7	10.0	60.2
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.8	12.0	10.5	10.0	11.0
11	2679	Dairy spread plain/herbs light	0.0	0.0	0.0	0.0	0.4	19.5	14.5	10.0	28.1
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.2	0.0	0.0	0.0	3.4	47.5	33.2	9.6	110.5
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.4	0.0	0.0	29.2	9.7	40.0	29.9	11.5	81.7
11	2758	Cheese Gouda 48+ age 4-7 mths	2.5	0.0	0.0	14.4	8.8	31.0	28.2	11.1	62.1
11	2759	Cheese Gouda 48+ age 10-12 mths	1.9	0.0	0.0	14.5	6.5	38.0	39.2	17.7	70.3
11	2824	Cheese 30+ low salt	0.5	0.0	0.0	0.0	1.7	32.1	30.8	22.0	44.9
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.5	2.8	2.5	0.7	5.1
12	824	Mustard	0.1	0.0	0.0	0.0	2.7	3.7	2.1	0.3	9.3
12	830	Garlic fresh	0.0	0.0	0.0	0.2	4.2	0.9	0.6	0.1	2.0
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	7.3	5.7	5.0	9.5
12	842	Stock powder	0.0	0.0	0.0	0.0	0.8	3.3	2.9	2.0	4.7
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.4	7.7	5.5	5.0	10.5
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	1.7	1.6	0.8	0.5	3.8
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0

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12	2473	Herb paste boemboe	0.1	0.0	0.0	0.0	0.3	13.5	10.8	10.5	19.4
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.4	4.1	3.1	2.2	6.2
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven/dagschotel unprepared	0.1	0.0	0.0	0.0	0.4	20.1	16.5	16.4	24.7
12	2669	Mix Maggi oven-/dagschotel prepared	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.2	0.0	0.0	0.0	1.5	12.3	9.7	3.3	24.6
12	2681	Mixed spices Wereldgerechten unprep	0.1	0.0	0.0	0.0	0.9	7.7	6.9	4.7	9.1
13	270	Milk raw	0.7	0.0	0.0	0.0	0.4	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	1.3	0.0	0.0	4.7	5.1	27.4	20.7	8.0	59.7
13	272	Milk chocolate-flavoured full fat	0.7	0.0	0.0	0.0	0.6	217.4	198.8	155.5	284.8
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.4	0.0	0.0	1.1	5.3	8.7	3.9	1.4	19.4
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	28.5	20.1	18.0	43.1
13	276	Custard chocolate full fat	4.7	0.0	0.0	0.0	2.2	162.3	153.1	48.9	228.2
13	278	Yoghurt full fat	8.9	0.0	0.0	52.3	4.1	265.6	223.1	114.3	502.0
13	279	Milk whole	26.4	0.0	0.0	203.7	11.5	251.6	223.7	24.4	507.6
13	280	Coffee creamer full fat	1.5	0.0	0.0	15.2	7.5	21.6	15.9	5.6	46.3
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.1	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	16.1	0.0	0.0	112.5	8.6	167.1	160.0	72.4	302.3
13	284	Yoghurt low fat with fruit	4.8	0.0	0.0	0.0	3.8	151.5	130.7	43.2	278.3
13	285	Coffee creamer half fat	8.1	0.0	0.0	37.1	28.3	24.6	22.9	6.6	58.3
13	286	Milk semi-skimmed	105.2	9.6	0.0	426.3	39.6	254.0	221.6	28.9	530.0
13	288	Porridge oatmeal	2.7	0.0	0.0	0.0	1.3	253.2	211.5	103.0	393.7
13	289	Buttermilk	27.2	0.0	0.0	222.4	14.2	238.4	221.3	149.7	509.4
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.2	0.0	0.0	0.0	1.0	13.4	6.8	4.1	28.8
13	294	Milk skimmed	7.3	0.0	0.0	0.0	2.7	320.4	258.1	71.6	523.0
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0	2.0	2.0	2.0	2.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0	2.5	2.5	2.5	2.5
13	298	Porridge rice	1.4	0.0	0.0	0.0	0.9	176.1	195.4	74.2	255.9
13	299	Cream whipping	0.1	0.0	0.0	0.0	1.3	9.8	4.1	3.1	33.9
13	301	Yoghurt low fat	17.7	0.0	0.0	121.9	11.5	181.7	160.9	46.8	416.5
13	303	Ice cream dairy cream based	2.1	0.0	0.0	0.0	2.5	98.5	82.0	32.0	148.5
13	305	Fromage frais low fat	2.2	0.0	0.0	0.0	2.9	89.9	64.9	3.4	182.5
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.7	0.0	0.0	0.0	0.5	109.1	74.5	70.0	157.3
13	477	Custard vanilla low fat	1.1	0.0	0.0	0.0	0.9	127.2	109.7	103.0	175.1
13	478	Custard chocolate low fat	0.4	0.0	0.0	0.0	0.2	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	1.0	0.0	0.0	0.0	0.7	282.8	245.0	221.5	363.9
13	485	Ice cream dairy cornet	1.4	0.0	0.0	0.0	1.0	88.9	75.0	75.0	112.7
13	532	Blancmange chocolate	0.4	0.0	0.0	0.0	0.2	251.0	202.0	200.0	290.2
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	7.6	0.0	0.0	0.0	1.9	490.6	296.2	212.2	683.3
13	736	Pudding vanilla	0.4	0.0	0.0	0.0	0.4	141.6	100.0	100.0	192.5

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13	767	Mousse chocolate	0.4	0.0	0.0	0.0	0.7	66.3	62.7	7.2	94.5
13	786	Pudding chipolata	0.6	0.0	0.0	0.0	0.3	116.3	130.6	60.0	149.6
13	812	Cream sour	0.1	0.0	0.0	0.0	0.5	8.9	3.5	3.5	16.3
13	863	Yoghurt full fat with fruit	0.8	0.0	0.0	0.0	0.9	161.2	129.7	111.8	244.7
13	912	Pudding raspberries w currant sauce	1.2	0.0	0.0	0.0	0.9	95.3	71.0	71.0	123.5
13	915	Chocolate pudding with sauce	0.2	0.0	0.0	0.0	0.2	158.0	130.8	105.1	163.1
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	3.1	0.0	0.0	0.0	2.0	141.2	128.7	31.7	235.3
13	931	Fromage frais low fat with fruit	3.5	0.0	0.0	0.0	1.7	229.1	143.5	62.7	224.3
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	3.1	0.0	0.0	0.0	0.9	225.5	171.0	125.0	383.1
13	940	Blancmange vanilla w strawberry sauce	0.5	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.8	0.0	0.0	0.0	0.7	71.3	49.0	49.0	108.7
13	1008	Dairy dessert with cream averaged	2.8	0.0	0.0	0.0	1.5	175.8	162.5	37.1	196.3
13	1464	Milk chocolate-flavoured semi-skimmed	2.5	0.0	0.0	0.0	1.4	250.7	204.8	114.0	461.3
13	1474	Ice lolly/ Sorbet	0.4	0.0	0.0	0.0	1.0	60.3	50.0	50.0	95.0
13	1502	Yoghurt half fat	6.6	0.0	0.0	75.3	4.9	160.7	163.8	13.0	257.9
13	1503	Cream 25% fat	0.0	0.0	0.0	0.0	0.2	25.6	18.0	10.0	36.1
13	1719	Milk semi-skimmed enriched w calcium	0.7	0.0	0.0	0.0	0.5	172.1	142.1	142.1	231.7
13	1720	Custard several flavours full fat	7.6	0.0	0.0	69.2	4.1	184.7	165.1	89.0	303.0
13	1721	Yoghurt vanilla half fat	3.0	0.0	0.0	0.0	1.8	160.3	137.8	97.2	305.4
13	1722	Porridge semolina	0.3	0.0	0.0	0.0	0.3	211.4	229.5	99.9	274.6
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	0.0	2.3	15.6	11.3	3.0	31.3
13	1808	Creme fraiche	0.1	0.0	0.0	0.0	0.6	18.7	9.9	4.7	37.4
13	1813	Yakult	0.6	0.0	0.0	0.0	1.0	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	1.0	0.0	0.0	0.0	0.5	185.2	176.1	176.1	195.2
13	1833	Yoghurt l fat w fruit/van w sw Optimel	4.8	0.0	0.0	61.9	2.1	128.2	137.1	51.8	180.2
13	1834	Yoghurt drink w sweeteners Optimel	4.3	0.0	0.0	0.0	1.5	240.4	208.9	154.7	345.1
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	0.4	3.5	18.8	11.6	3.0	40.5
13	1954	Coffee creamer Balance	0.2	0.0	0.0	0.0	1.0	16.4	11.2	5.0	31.4
13	1957	Custard with whipped cream	2.0	0.0	0.0	0.0	1.0	169.7	141.1	25.1	339.7
13	1958	Porridge buttermilk groats	0.4	0.0	0.0	0.0	0.2	187.6	185.0	185.0	190.0
13	1970	Milk chocolate-flavoured Chocomel light	0.3	0.0	0.0	0.0	0.1	212.2	212.2	212.2	212.2
13	2240	Milk goats- full fat	1.0	0.0	0.0	0.0	0.7	262.2	135.6	32.4	467.4
13	2244	Yoghurt cream- with fruit	3.7	0.0	0.0	0.0	1.3	204.6	173.8	103.7	317.3
13	2246	Fromage frais low fat w fruit w sw	0.2	0.0	0.0	0.0	0.2	148.0	148.0	148.0	148.0
13	2247	Fromage frais yoghurt w fruit	0.7	0.0	0.0	0.0	0.2	204.6	200.0	200.0	209.4
13	2248	Fromage frais w fruit Danoontje	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	1.1	0.0	0.0	0.0	1.2	52.5	50.0	50.0	66.4
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.5	0.0	0.0	0.0	0.4	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	0.4	0.0	0.0	0.0	0.3	286.2	259.1	210.6	332.3

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13	2258	Actimel	0.5	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.3	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
13	2267	Custard no fat w sweeteners Optimel	1.5	0.0	0.0	0.0	0.7	164.0	145.0	121.5	199.2
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.1	4.4	4.4	4.4	4.4
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.7	5.0	5.0	5.0	5.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	1.0	0.0	0.0	0.0	1.1	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2308	Yoghurt drink Becel pro-activ	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.7	0.0	0.0	0.0	0.9	77.8	53.8	48.0	135.1
13	2495	Drinking chocolate w s-sk milk	1.8	0.0	0.0	0.0	0.5	260.5	208.9	160.0	437.3
13	2496	Dairy drink Campina fruitmilk	0.6	0.0	0.0	0.0	0.1	188.5	188.5	188.5	188.5
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	4.9	0.0	0.0	0.0	2.2	147.9	128.2	125.0	220.5
13	2503	Yoghurt Greek full fat	2.6	0.0	0.0	0.0	1.3	152.3	121.5	70.3	283.3
13	2504	Fromage frais full fat w fruit	0.5	0.0	0.0	0.0	0.5	96.4	60.0	60.0	139.9
13	2519	Custard half fat all flavours	1.4	0.0	0.0	0.0	0.8	144.7	144.6	77.3	208.5
13	2520	Pudding airy average	0.9	0.0	0.0	0.0	0.9	97.4	96.3	50.0	155.9
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.3	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	2536	Yoghurt & custard Campina	0.3	0.0	0.0	0.0	0.3	296.8	296.8	296.8	296.8
13	2537	Dessert made of custard, yoghurt & syrup	0.9	0.0	0.0	0.0	0.7	209.8	204.5	195.7	214.9
13	2538	Blancmange home-made w semi-sk milk	1.4	0.0	0.0	0.0	1.0	107.4	98.8	24.7	157.8
13	2539	Custard soft & airy Campina	0.7	0.0	0.0	0.0	0.3	102.2	85.1	80.0	115.2
13	2655	Yoghurt 0% fat w fruit Activia	0.7	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
13	2689	Actimel light	0.4	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.2	9.5	6.0	6.0	13.1
13	2725	Milkdrink skimmed milk Becel pro-activ	0.2	0.0	0.0	0.0	0.2	101.4	100.0	100.0	102.7
13	2760	Hot chocolate from vending machine	3.1	0.0	0.0	0.0	2.0	177.0	151.8	130.0	283.3
13	2823	Yoghurt full fat stracciatella	0.1	0.0	0.0	0.0	0.1	216.0	216.0	216.0	216.0
13	2835	Coffee iced	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	0.8	0.0	0.0	0.0	0.4	176.3	125.0	125.0	258.8
13	2917	Dairy drink Milk&Fruit mango	1.4	0.0	0.0	0.0	0.4	209.4	177.1	170.0	296.3
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.1	0.0	0.0	0.0	0.0	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	0.4	0.0	0.0	0.0	0.2	170.2	144.2	144.2	229.9
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	3.4	0.0	0.0	0.0	1.0	306.7	273.0	128.8	482.9
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.7	9.8	8.0	8.0	14.9
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.2	13.5	12.0	12.0	15.5
13	3074	Yoghurt full fat w fruit Activia	0.8	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0

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14	687	Tahoe soya curd	0.7	0.0	0.0	0.0	0.6	82.5	77.9	17.8	109.7
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0	25.8	25.8	25.8	25.8
14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.1	2.9	2.9	2.9	2.9
14	1215	Soya sauce sweet	0.2	0.0	0.0	1.3	3.4	6.6	3.7	0.5	23.8
14	1380	Dessert soya Alpro	0.0	0.0	0.0	0.0	0.0	76.2	76.2	76.2	76.2
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.1	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.3	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	0.3	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.1	0.0	0.0	0.0	0.2	90.8	89.7	89.7	95.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.0	169.2	169.2	169.2	169.2
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.4	0.0	0.0	0.0	0.9	44.7	29.8	10.1	76.4
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.1	20.1	12.0	12.0	33.5
15	199	Cashew nuts unsalted	0.2	0.0	0.0	0.0	0.7	28.3	8.0	5.4	66.7
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
15	201	Chestnuts	0.1	0.0	0.0	0.0	0.6	12.9	11.8	11.8	16.6
15	204	Peanuts unsalted	0.6	0.0	0.0	0.0	0.2	98.5	58.4	30.0	140.8
15	205	Mixed nuts and raisins	0.3	0.0	0.0	0.0	0.3	89.4	58.8	30.0	95.9
15	206	Walnuts unsalted	0.8	0.0	0.0	3.4	3.4	26.2	16.2	5.2	63.3
15	207	Nuts mixed unsalted	0.4	0.0	0.0	0.0	1.2	42.2	29.1	7.9	77.4
15	264	Biscuit salted average	0.3	0.0	0.0	0.0	1.9	15.3	12.7	4.0	24.9
15	265	Puff pastry baked	0.3	0.0	0.0	0.0	0.5	32.7	24.8	11.0	61.0
15	266	Snack sausage roll puff pastry	1.0	0.0	0.0	0.0	1.8	91.0	57.6	17.5	140.4
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.2	20.6	14.3	10.0	23.9
15	269	Prawn crackers	0.1	0.0	0.0	0.0	0.3	18.8	16.6	12.5	19.8
15	546	Peanuts coated	0.5	0.0	0.0	0.0	0.2	113.7	70.0	70.0	180.7
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.3	21.2	19.0	19.0	25.6
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.4	0.0	0.0	0.0	0.6	27.8	16.1	14.3	62.1
15	867	Linseeds	0.0	0.0	0.0	0.0	0.8	6.5	5.2	1.0	10.0
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.1	1.6	1.6	1.6	1.6
15	876	Peanuts salted	0.9	0.0	0.0	0.0	1.9	36.2	29.9	15.5	63.5
15	901	Snack sausage roll w bread dough pastry	1.6	0.0	0.0	0.0	0.8	108.6	60.1	37.5	195.8
15	1496	Salad fish	1.9	0.0	0.0	20.0	2.5	34.5	29.5	10.1	45.9
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0

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15	1498	Salad chicken curry	0.3	0.0	0.0	0.0	0.6	37.6	25.5	10.0	78.8
15	1499	Salad egg	0.2	0.0	0.0	0.0	1.1	25.1	14.9	14.3	42.1
15	1699	Biscuits & snacks cheesy averaged	0.5	0.0	0.0	0.0	0.6	53.4	31.7	15.0	123.6
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
15	1877	Salad meat	0.3	0.0	0.0	0.0	0.5	65.7	49.7	30.0	86.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0	57.3	57.3	57.3	57.3
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.3	22.3	20.0	20.0	26.6
15	1935	Nuts mixed salted	0.2	0.0	0.0	0.0	0.6	39.2	36.2	25.0	49.4
15	1937	Crisps tortilla unflavoured	0.1	0.0	0.0	0.0	0.5	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0	80.0	80.0	80.0	80.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.4	10.6	3.3	0.8	31.5
15	2345	Peanuts sugar coated	0.3	0.0	0.0	0.0	0.3	43.2	16.3	15.0	64.6
15	2362	Sausage Dutch Frikandel frozen unprep	2.5	0.0	0.0	0.0	1.3	118.3	80.0	80.0	215.2
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	3.3	0.0	0.0	31.0	2.7	83.4	67.2	37.6	120.2
15	2549	Springroll frozen unprepared	0.6	0.0	0.0	0.0	0.2	155.8	70.0	70.0	267.4
15	2550	Wrap shoarma roll prep wo fat	0.3	0.0	0.0	0.0	0.2	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	0.9	0.0	0.0	0.0	0.6	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.5	23.4	16.7	15.0	28.7
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.3	35.4	19.0	19.0	88.4
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.3	17.6	11.8	10.0	27.5
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.8	0.0	0.0	0.0	0.4	158.3	123.9	74.0	193.4
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.4	0.0	0.0	0.0	2.3	95.6	64.0	36.4	247.6
16	968	Beans white/brown boiled	0.1	0.0	0.0	0.0	0.1	133.7	133.7	133.7	133.7
16	970	Lentils boiled	0.2	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
16	972	Peas green boiled	0.2	0.0	0.0	0.0	0.2	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.3	0.0	0.0	0.0	0.4	31.3	6.1	6.1	76.2
16	3049	Beans white tinned	1.1	0.0	0.0	0.0	1.1	109.0	60.4	34.0	251.5
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.1	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	1.3	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	1997	Preparation Respifor p 100 ml	1.2	0.0	0.0	0.0	0.5	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	1.0	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.2	0.0	0.0	0.0	0.2	181.0	181.0	181.0	181.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.2	0.0	0.0	0.0	0.2	84.4	40.0	40.0	124.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	1.8	0.0	0.0	0.0	1.0	244.1	233.7	154.4	323.5
19	758	Soup clear with meat	0.7	0.0	0.0	0.0	0.7	214.1	200.0	200.0	239.0
19	759	Soup clear with vegetables	6.2	0.0	0.0	0.0	2.0	301.6	252.2	147.0	519.1
19	760	Soup clear with meat and noodles	6.1	0.0	0.0	0.0	1.9	359.6	258.2	195.2	589.1
19	761	Soup clear with meat and vegetables	5.8	0.0	0.0	13.7	2.7	215.1	209.8	95.6	297.5
19	762	Soup clear w meat vegetables and noodles	7.1	0.0	0.0	74.8	3.1	266.5	259.6	123.5	391.1
19	763	Soup thickened w vegetables	7.8	0.0	0.0	82.6	1.7	275.4	264.5	159.4	381.5
19	766	Soup main course w legumes and meat	0.8	0.0	0.0	0.0	0.3	273.6	181.5	181.5	544.3
19	791	Soup clear with noodles	0.3	0.0	0.0	0.0	0.2	221.8	185.8	157.0	237.8
19	792	Soup thickened w meat and vegetables	6.3	0.0	0.0	0.0	2.3	316.3	226.8	91.0	473.9
19	797	Soup vegetable based dried packet prep	9.2	0.0	0.0	88.5	3.8	229.5	189.3	152.0	342.9
19	798	Soup meat based dried packet prepared	4.7	0.0	0.0	0.0	2.4	193.2	178.2	142.0	272.1
19	800	Soup vegetable based tinned prepared	5.9	0.0	0.0	0.0	2.6	271.2	247.4	153.0	447.9
19	801	Soup meat based ready made prepared	0.6	0.0	0.0	0.0	0.2	271.3	175.4	175.4	509.5
19	802	Soup legume based ready made prepared	1.1	0.0	0.0	0.0	0.2	180.2	149.6	149.6	290.1
19	1528	Stock from cube prepared	14.7	0.0	0.0	166.1	5.7	225.9	199.0	5.3	416.6
19	2487	Soup veg & meat based ready made prep	6.3	0.0	0.0	0.0	1.7	275.8	222.9	163.8	459.0
19	2488	Soup vegetable&meat based prepared pack	2.4	0.0	0.0	0.0	1.0	225.9	207.0	118.4	276.4
19	2561	Soup thickened no filling	1.8	0.0	0.0	0.0	0.7	203.6	180.7	130.2	294.4
19	2932	Soup cup-a-soup prepared	4.4	0.0	0.0	0.0	2.6	220.5	177.7	175.0	334.1
20	374	Sugar brown Basterdsuiker	0.6	0.0	0.0	2.5	4.5	13.0	8.8	1.9	31.5
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	0.8	9.6	8.6	2.8	18.6
20	377	Sugar granulated	8.7	0.0	0.0	38.3	37.3	21.3	14.8	1.9	58.6
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.5	21.0	16.5	10.0	32.8
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.5	19.5	17.3	15.0	22.3
20	427	Syrup apple	3.2	0.0	0.0	23.0	12.0	26.0	19.2	7.9	57.8
20	431	Chocolate milk	1.6	0.0	0.0	18.0	6.9	18.1	16.6	4.2	37.9
20	432	Chocolate plain	0.5	0.0	0.0	4.9	6.1	11.8	8.9	5.3	25.4
20	433	Chocolate flakes milk	0.2	0.0	0.0	0.0	0.8	27.7	17.9	5.0	66.8

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20	435	Chocolate flakes plain	0.2	0.0	0.0	0.0	1.5	30.4	26.0	10.0	36.5
20	436	Spread chocolate hazelnut	0.3	0.0	0.0	0.0	0.9	32.5	25.1	20.0	47.7
20	442	Coloured confetti fruit-flavoured	0.7	0.0	0.0	4.5	5.9	14.7	9.5	5.0	31.2
20	443	Honey	2.8	0.0	0.0	17.5	16.3	20.8	16.9	3.2	57.9
20	444	Spread chocolade plain	0.2	0.0	0.0	0.0	1.4	20.8	20.0	20.0	20.8
20	445	Jam	9.3	0.0	0.0	45.4	26.7	30.2	23.1	9.6	60.2
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.2	2.2	1.5	1.0	3.5
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.3	14.4	11.8	10.0	18.8
20	450	Boiled sweets	0.3	0.0	0.0	2.6	5.0	6.8	5.5	2.1	13.8
20	453	Peppermint	0.1	0.0	0.0	0.0	3.1	5.4	3.0	3.0	10.6
20	457	Jam rose hip	0.2	0.0	0.0	0.0	0.3	38.6	33.6	33.3	47.4
20	461	Toffees	0.1	0.0	0.0	0.0	1.0	15.9	14.1	6.0	21.6
20	484	Jam reduced sugar	1.7	0.0	0.0	9.2	6.7	40.7	31.3	8.4	102.5
20	487	Candybar Mars	0.3	0.0	0.0	0.0	0.9	35.5	27.4	18.0	52.7
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	0.7	15.8	6.7	4.0	28.7
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.2	0.0	0.0	0.0	2.0	10.0	4.4	0.3	28.9
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.4	5.2	3.8	3.0	8.2
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.1	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
20	528	Candybar Snickers	0.1	0.0	0.0	0.0	0.5	27.0	22.3	18.0	34.6
20	539	Sauce fruit for pudding	0.3	0.0	0.0	0.0	0.5	33.5	24.6	15.0	43.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.1	0.0	0.0	0.0	0.7	19.4	17.6	16.0	19.8
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	717	Chocolate bar milk with nuts	0.4	0.0	0.0	0.0	1.6	22.6	18.2	2.0	39.6
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.3	19.4	14.0	14.0	26.2
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.5	16.1	12.5	6.0	22.8
20	752	Wine gums	0.1	0.0	0.0	0.0	0.3	26.9	20.6	5.0	37.4
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.3	19.1	16.0	10.0	24.3
20	1508	Chocolates filled/Belguim chocolate	1.3	0.0	0.0	9.4	6.4	18.4	14.6	8.4	29.7
20	1962	Chocolate confetti milk	1.3	0.0	0.0	18.4	3.3	24.6	22.5	8.4	29.5
20	1963	Chocolate confetti plain	1.1	0.0	0.0	8.8	6.8	16.3	12.2	6.7	37.9
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	1.7	6.2	3.6	2.0	13.7
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.3	24.9	22.5	22.5	28.8
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.2	14.5	14.1	14.0	14.9
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.6	23.2	20.8	12.1	27.8
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.4	12.3	10.0	10.0	17.8
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0

Group=Male older adults (n=373)

NEVO group	NEVO code	Description	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
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.6	15.5	8.1	1.0	28.4
20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.2	17.5	17.5	17.5	17.5
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.3	4.8	4.0	4.0	5.7
20	2595	Candybar KitKat	2.2	0.0	0.0	0.0	1.0	92.8	53.1	12.0	124.1
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.4	20.6	13.9	10.0	32.3
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	2.6	0.0	0.0	15.0	8.3	24.8	12.0	1.5	73.5
20	2930	Chocolate spread white	0.1	0.0	0.0	0.0	0.2	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.6	5.2	5.2	5.2	5.2
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.3	7.2	6.0	6.0	11.9
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.3	10.7	5.2	4.1	26.6
21	310	Butter unsalted	2.6	0.0	0.0	15.0	18.1	15.7	13.5	2.8	42.3
21	312	Oil corn	0.0	0.0	0.0	0.0	0.5	0.6	0.6	0.6	0.6
21	313	Oil soya	0.0	0.0	0.0	0.0	0.5	7.9	2.9	0.9	20.9
21	314	Lard	0.0	0.0	0.0	0.0	0.2	8.4	4.6	2.6	17.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.9	0.0	0.0	10.2	12.0	11.3	6.5	1.1	29.5
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.4	20.3	20.6	7.1	23.2
21	451	Mayonnaise	0.3	0.0	0.0	1.4	3.9	10.0	9.6	2.0	22.8
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0	40.0	40.0	40.0	40.0
21	458	Salad cream 25% oil	0.5	0.0	0.0	2.9	4.1	10.6	5.9	1.4	19.2
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.3	13.3	6.6	0.3	30.8
21	465	Sauce for chips 25% oil	0.4	0.0	0.0	0.0	1.4	18.9	12.5	3.9	30.1
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.4	0.0	0.0	0.1	1.3	16.1	10.7	6.9	33.7
21	601	Oil olive	1.7	0.0	0.0	9.8	18.3	9.1	5.8	1.7	25.6
21	606	Oil Becel	0.1	0.0	0.0	0.0	1.0	17.1	14.2	2.7	19.9
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	11.0	11.0	11.0	11.0
21	616	Peanut sauce jar prepared	1.0	0.0	0.0	0.0	1.9	62.2	54.2	13.6	106.1
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.1	11.0	7.8	7.8	16.1
21	844	Salad dressing naturel without oil	0.4	0.0	0.0	0.0	2.4	16.6	8.5	1.0	39.2
21	879	Butter salted	0.7	0.0	0.0	2.4	5.2	13.2	5.9	0.9	39.8
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.2	11.4	11.0	11.0	12.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0	11.6	11.6	11.6	11.6
21	1515	Sauce based on roux prepared	0.5	0.0	0.0	0.0	0.5	47.5	29.5	14.9	90.8
21	1517	Sauce mix packet <3% fat prepared	0.1	0.0	0.0	0.0	0.5	48.6	34.6	12.0	109.5
21	1518	Sauce mix packet >3% fat prepared	3.2	0.0	0.0	18.0	4.9	49.1	35.0	7.9	119.0
21	1524	Sauce tomato ready made jar	2.0	0.0	0.0	0.0	1.6	86.9	96.7	14.4	155.6
21	1530	Butter product half fat	0.2	0.0	0.0	0.0	0.5	33.3	30.9	1.8	40.9
21	1803	Sauce oriental ready-made in jar/bag	1.5	0.0	0.0	0.0	1.0	79.1	26.1	13.8	172.9

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21	1839	Low fat margarine product tub Becel Ligh	4.0	0.0	0.0	29.4	13.4	28.3	23.2	6.0	73.6
21	1847	Margarine product tub Becel Dieet	3.0	0.0	0.0	22.5	12.3	24.7	21.5	6.8	61.4
21	1886	Mango chutney	0.1	0.0	0.0	0.0	0.8	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.4	0.0	0.0	0.0	0.3	53.2	52.8	52.8	54.5
21	1956	Low fat spread Becel pro-activ	2.3	0.0	0.0	15.0	9.0	30.3	27.1	9.6	60.8
21	1961	Low fat marg prod Blue Band Goede Start	0.3	0.0	0.0	0.0	1.5	25.0	17.7	3.4	49.9
21	2059	Low fat margarine 40% fat <17 g sat	3.5	0.0	0.0	24.2	14.2	29.6	24.0	0.7	64.6
21	2060	Low fat margarine prod 35% fat <10 g sat	1.4	0.0	0.0	13.7	6.4	29.7	27.1	4.7	57.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.1	0.0	0.0	0.0	0.3	23.5	22.9	22.5	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.5	0.0	0.0	0.0	2.2	25.5	18.6	2.6	50.7
21	2063	Margarine 80% fat >24 g saturates	1.5	0.0	0.0	7.1	15.6	7.4	3.5	0.5	26.0
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.5	0.0	0.0	0.1	3.3	14.4	7.5	0.7	33.7
21	2066	Cooking fat liquid 97% fat <17 g sat	1.0	0.0	0.0	7.8	16.1	6.0	4.0	0.6	17.7
21	2067	Cooking fat solid 97% fat >17 g sat	0.9	0.0	0.0	2.2	7.1	13.4	2.7	0.5	57.5
21	2068	Frying fat liquid <24 g sat fatty acids	0.8	0.0	0.0	4.5	2.9	16.7	12.3	4.6	31.4
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.1	10.0	6.5	6.5	15.6
21	2072	Margarine product 60% fat <17 g sat	2.1	0.0	0.0	18.1	8.1	22.0	17.0	4.4	44.8
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.5	0.0	0.0	4.5	4.3	7.7	4.9	0.5	23.6
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.2	7.4	5.6	5.6	10.3
21	2178	Pesto	0.0	0.0	0.0	0.0	0.6	5.4	2.4	2.4	15.5
21	2294	Low fat margarine Twenty four Ultralight	0.2	0.0	0.0	0.0	0.7	20.6	14.0	9.0	30.7
21	2295	Butter product 25% fat	0.2	0.0	0.0	0.0	0.9	26.8	22.5	6.0	39.7
21	2418	Sauce hot liquid ready made <12% fat	0.1	0.0	0.0	0.0	0.4	43.7	25.4	12.0	73.1
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.3	0.0	0.0	12.3	4.5	23.9	20.4	3.8	47.8
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
21	2445	Sauce butter-	0.2	0.0	0.0	0.0	0.4	32.0	20.3	18.3	49.3
21	2446	Sauce chasseur	0.1	0.0	0.0	0.0	0.3	84.1	70.2	60.0	91.2
21	2447	Sauce veg w semi-skimmed milk and maize	0.1	0.0	0.0	0.0	0.2	34.2	20.8	13.0	42.6
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.1	2.6	2.6	2.6	2.6
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.3	26.7	24.0	11.6	33.4
21	2451	Gravy 25% fat thickend prep w gravypowde	0.4	0.0	0.0	0.0	1.3	36.4	20.5	16.5	71.9
21	2452	Gravy 25% fat thick prep wo gravypowder	0.3	0.0	0.0	0.0	0.9	29.8	23.2	11.6	72.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.4	0.0	0.0	0.0	0.5	31.8	11.9	11.6	91.2

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21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.3	30.7	12.1	12.1	62.9
21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.7	23.3	23.3	23.3	23.3
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.5	32.8	24.3	8.7	48.8
21	2460	Gravy 75% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.3	63.7	53.7	12.6	84.3
21	2462	Gravy 5% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.9	27.1	21.5	12.0	43.3
21	2464	Sauce powder approx 10% fat	0.1	0.0	0.0	0.0	0.2	11.5	10.8	10.8	13.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.4	9.0	3.9	3.9	20.2
21	2466	Salad dressing vinaigrette	0.2	0.0	0.0	0.0	0.9	13.3	10.1	5.1	18.4
21	2467	Salad dressing./sauce approx 13% oil	0.2	0.0	0.0	0.0	0.9	14.0	11.6	11.6	20.7
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.3	10.5	9.0	5.8	14.3
21	2469	Sauce mayonnaise based average	0.0	0.0	0.0	0.0	0.2	19.3	13.0	4.6	30.2
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.2	7.8	7.8	7.8	7.8
21	2471	Mayonnaise product approx 35% oil	0.3	0.0	0.0	0.0	0.6	16.7	10.3	3.9	16.8
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.5	6.7	5.9	3.0	8.7
21	2525	Frying fat horeca	0.3	0.0	0.0	0.9	2.9	11.6	7.4	2.8	25.1
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.1	81.9	72.8	72.8	93.8
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.2	7.3	4.3	0.8	19.6
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.4	0.0	0.0	2.8	8.4	3.8	1.6	0.7	12.8
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.1	17.8	17.1	4.5	28.0
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.3	0.0	0.0	1.4	5.9	7.1	3.3	0.5	20.2
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.4	0.0	0.0	0.0	3.7	9.6	5.2	0.9	24.3
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.1	2.3	2.3	2.3	2.3
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.5	19.6	11.2	6.0	33.4
21	2567	Low fat margarine prod AH chol verlagend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.1	0.0	0.0	0.0	0.6	21.2	13.7	7.8	32.8
21	2580	Gravy 5% fat thickend w gravy powder	0.1	0.0	0.0	0.0	0.4	45.6	32.7	11.6	66.1
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.3	24.5	24.5	24.5	24.5
21	2585	Gravy 25% fat w cooking fat 2067	0.3	0.0	0.0	0.0	1.0	36.2	26.8	20.4	71.0
21	2586	Gravy 25% fat w margarine 2063	1.0	0.0	0.0	0.0	2.5	46.3	34.9	12.6	108.3
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	22.5	17.7	17.5	28.3
21	2588	Gravy 25% fat clear prep w gravy powder	0.8	0.0	0.0	0.0	2.2	36.4	34.5	11.1	72.5
21	2589	Gravy 25% fat w olive oil	0.2	0.0	0.0	0.0	0.5	32.9	31.7	24.3	43.1
21	2590	Gravy 25% fat w butter	0.2	0.0	0.0	0.0	0.8	34.9	35.3	11.6	57.9
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
21	2592	Gravy 50% fat w cooking fat 2067	0.3	0.0	0.0	0.0	1.3	33.6	27.5	5.8	69.5
21	2593	Gravy 50% fat w margarine 2063	0.4	0.0	0.0	0.0	1.7	35.8	24.0	14.8	78.5
21	2594	Gravy 50% fat w margarine liq 2077	0.2	0.0	0.0	0.0	0.6	20.7	22.8	11.6	23.3

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21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.6	43.5	34.1	8.7	68.2
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.6	18.8	12.1	12.1	32.8
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.3	22.1	14.9	9.7	33.3
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.6	34.5	28.0	23.3	45.8
21	2601	Gravy 25% fat thickend w cook fat 2067	0.4	0.0	0.0	0.0	0.9	24.3	23.5	16.5	27.7
21	2602	Gravy 25% fat thickend w olive oil	0.3	0.0	0.0	0.0	0.2	54.3	28.1	28.1	87.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.6	31.2	24.3	24.3	44.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.9	19.1	11.2	4.5	37.7
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	0.8	51.3	38.9	18.0	96.0
21	2625	Gravy 25% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.5	34.6	23.3	12.1	64.0
21	2626	Gravy 25% fat w cooking fat liq 2562	0.5	0.0	0.0	0.0	0.6	50.5	47.3	19.4	69.9
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.5	36.0	30.9	23.3	46.6
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.2	0.0	0.0	0.0	1.0	34.5	34.9	12.6	45.8
21	2629	Gravy 50% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.3	21.2	17.3	15.5	25.2
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.1	41.9	36.4	36.4	47.2
21	2631	Gravy 75% fat w olive oil	0.1	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
21	2650	Gravy no fat prep w gravy powder	0.9	0.0	0.0	0.0	1.8	53.9	46.5	21.9	77.0
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.3	13.1	6.6	3.9	30.3
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	1.5	18.0	10.9	3.4	38.7
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0	36.0	36.0	36.0	36.0
21	2711	Margarine product AlbertHeijn Bewust	0.3	0.0	0.0	0.0	1.1	32.4	34.4	12.0	51.9
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.3	7.2	6.8	1.0	12.3
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.5	2.2	2.2	2.2	2.2
21	2849	Low fat marg prod Becel calorie light	0.9	0.0	0.0	0.0	1.8	38.7	22.6	12.0	72.9
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.5	25.6	10.5	9.0	43.5
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.1	36.4	36.4	36.4	36.4
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.2	0.0	0.0	0.0	0.6	47.0	36.7	12.1	84.6
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.2	22.1	18.0	18.0	30.9
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	1.5	21.8	14.1	6.0	43.1
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.1	72.8	72.8	72.8	72.8
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
21	3053	Margarine product tub Jumbo diet	0.2	0.0	0.0	0.0	0.6	37.5	40.1	18.0	43.2

Group=Male older adults (n=373)

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21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.6	31.6	29.8	24.3	34.9
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.3	25.3	24.3	24.0	26.0
22	111	Mussels boiled	0.1	0.0	0.0	0.0	0.1	204.0	204.0	204.0	204.0
22	114	Fish lean 0-2 g fat raw	0.8	0.0	0.0	0.0	0.6	93.6	96.0	37.5	135.8
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.4	44.0	30.0	30.0	69.9
22	348	Shrimps Dutch peeled boiled	0.5	0.0	0.0	0.0	0.9	78.0	42.8	10.0	143.7
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
22	350	Herring salted	3.5	0.0	0.0	29.0	3.3	100.7	67.9	38.0	202.3
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.1	21.1	21.1	21.1	21.1
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.2	84.9	83.3	42.0	98.4
22	602	Salmon tinned	0.1	0.0	0.0	0.0	0.0	110.0	110.0	110.0	110.0
22	603	Eel smoked	1.1	0.0	0.0	0.0	0.4	188.2	136.2	70.0	263.4
22	604	Mackerel steamed	0.2	0.0	0.0	0.0	0.2	65.3	30.6	30.0	93.1
22	815	Fish fingers unprepared	0.7	0.0	0.0	0.0	0.6	131.3	86.8	67.5	209.1
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	1.8	0.0	0.0	0.0	1.3	159.7	157.0	90.0	196.2
22	918	Plaice boiled	0.8	0.0	0.0	0.0	0.9	100.9	70.0	70.0	210.5
22	919	Pollack boiled	0.8	0.0	0.0	0.0	0.5	78.9	65.9	50.0	113.7
22	1096	Salmon smoked	0.9	0.0	0.0	0.0	1.5	53.2	45.3	11.9	73.0
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.1	1.8	1.8	1.8	1.8
22	1100	Herring pickled (sweet)sour	0.7	0.0	0.0	0.0	0.9	75.1	56.9	8.0	135.1
22	1586	Mackerel fillet smoked	1.2	0.0	0.0	0.0	1.1	79.3	80.4	8.0	98.6
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
22	1589	Tuna in oil tinned	0.8	0.0	0.0	0.0	0.5	93.8	99.5	29.3	124.5
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.1	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	3.4	0.0	0.0	45.8	1.5	123.1	99.5	90.2	211.3
22	1611	Trout prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	77.4	50.0	50.0	159.0
22	1616	Whiting prepared in microwave oven	0.2	0.0	0.0	0.0	0.2	201.0	201.0	201.0	201.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.2	0.0	0.0	0.0	0.3	158.0	142.3	104.2	184.3
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.1	76.2	75.0	75.0	78.9
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.5	0.0	0.0	0.0	0.5	121.4	105.0	90.0	143.5
22	2474	Whitefish fillet batter deepfried wo fat	1.9	0.0	0.0	0.0	1.4	133.3	116.2	52.0	201.4
22	2765	Pangasius prep in microwave oven	1.1	0.0	0.0	0.0	0.6	119.3	129.1	31.4	151.5
23	106	Duck whole raw	0.1	0.0	0.0	0.0	0.3	51.3	44.0	42.0	56.8
23	108	Chicken with skin raw	2.3	0.0	0.0	6.1	2.3	77.3	54.0	26.3	146.3
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.1	0.0	0.0	0.0	0.6	13.1	10.0	7.5	14.5

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23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.1	32.6	32.6	32.6	32.6
23	328	Ham smoked raw	1.1	0.0	0.0	6.8	5.9	22.1	12.6	6.2	58.0
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.2	0.0	0.0	0.0	1.3	19.4	15.0	15.0	31.5
23	335	Liver pate	0.2	0.0	0.0	0.0	0.9	18.3	16.5	7.4	24.1
23	336	Luncheon meat tinned	0.1	0.0	0.0	0.0	0.2	101.0	101.0	101.0	101.0
23	338	Beef salted cooked	0.2	0.0	0.0	0.0	1.7	17.9	15.0	15.0	26.2
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.3	0.0	0.0	0.0	3.6	9.9	7.0	5.0	15.4
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
23	566	Sausage frankfurter tinned	1.1	0.0	0.0	0.0	0.3	217.3	81.7	36.0	365.4
23	567	Sausage luncheon meat	0.6	0.0	0.0	4.8	3.2	23.0	15.3	8.0	59.4
23	568	Black pudding	0.3	0.0	0.0	0.0	1.3	31.5	24.6	14.0	43.9
23	638	Salami sausage saveloy	3.1	0.0	0.0	23.1	9.0	35.5	30.1	7.0	63.6
23	639	Bacon rashers streaky	1.2	0.0	0.0	9.7	4.1	25.6	23.4	7.7	43.0
23	640	Liver sausage	1.4	0.0	0.0	8.9	5.8	25.8	18.9	10.0	61.8
23	641	Bacon	0.2	0.0	0.0	0.0	1.3	12.5	12.8	4.2	19.8
23	642	Pate	0.7	0.0	0.0	0.0	2.7	35.0	19.9	10.0	65.0
23	643	Pork side cured and smoked	0.6	0.0	0.0	0.0	1.0	50.9	30.9	16.0	110.8
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.3	12.2	10.4	10.0	13.6
23	784	Ham lean boiled	3.0	0.0	0.0	19.4	12.2	27.6	19.0	3.1	85.5
23	785	Ham shoulder medium fat boiled	2.7	0.0	0.0	24.4	4.6	39.8	19.8	2.1	83.7
23	810	Beef steak tartare spiced filet americ	0.8	0.0	0.0	0.0	1.6	36.1	29.6	7.5	65.8
23	1152	Salami	0.3	0.0	0.0	0.0	2.1	24.1	30.1	5.0	31.9
23	1155	Minced meat loaf fried	0.6	0.0	0.0	0.0	2.0	31.0	26.1	15.0	55.1
23	1162	Sausage cooked	0.7	0.0	0.0	0.0	2.0	38.7	22.8	10.0	71.8
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
23	1239	Liver pate sausage	0.9	0.0	0.0	0.0	1.7	27.4	18.4	10.0	63.6
23	1305	Chicken without skin raw	2.5	0.0	0.0	24.2	2.5	81.1	58.9	45.5	130.1
23	1306	Chicken for soup w skin raw	0.4	0.0	0.0	0.0	0.5	83.2	78.6	75.0	91.3
23	1391	Bacon lean prepared	0.1	0.0	0.0	0.0	0.3	21.9	16.4	10.0	28.7
23	1400	Beef rump steak raw	1.6	0.0	0.0	0.0	1.9	112.8	101.9	40.0	168.1
23	1401	Beef tenderloin steak raw	0.5	0.0	0.0	0.0	0.3	90.9	80.0	80.0	107.9
23	1402	Beef prime rib raw	0.2	0.0	0.0	0.0	0.1	92.0	92.0	92.0	92.0
23	1404	Beef frying steak raw	1.8	0.0	0.0	0.0	1.0	119.6	96.7	65.1	166.4
23	1405	Minced beef raw	6.2	0.0	0.0	51.9	8.2	78.3	78.4	18.2	129.8
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.1	0.0	0.0	0.0	0.7	28.5	19.5	16.3	66.9
23	1409	Beef sirloin rolled raw	0.3	0.0	0.0	0.0	0.2	123.4	90.7	60.0	172.6
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	0.7	0.0	0.0	0.0	0.6	126.1	112.4	50.0	229.8
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	3.0	0.0	0.0	0.0	2.8	121.6	100.1	51.6	238.9
23	1415	Beef steak tartare raw	1.9	0.0	0.0	0.0	2.6	81.4	70.1	40.0	132.3
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0	6.8	6.8	6.8	6.8
23	1417	Sausage pork Braadworst raw	2.8	0.0	0.0	33.5	3.6	82.0	77.7	56.0	97.9
23	1418	Pork fillet raw	0.8	0.0	0.0	0.0	1.3	101.1	68.0	10.6	216.6
23	1419	Pork fricandeau part of leg raw	0.1	0.0	0.0	0.0	0.2	112.0	112.0	112.0	112.0

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23	1420	Pork chop raw	2.7	0.0	0.0	0.0	1.5	176.4	141.5	27.5	313.2
23	1421	Minced pork raw	0.3	0.0	0.0	0.0	0.2	63.8	56.6	50.0	65.7
23	1422	Pork tenderloin raw	0.6	0.0	0.0	0.0	0.8	118.1	83.6	63.0	181.8
23	1424	Pork loin chop raw	1.1	0.0	0.0	0.0	0.7	124.5	111.0	78.1	199.6
23	1425	Pork shoulder chop raw	5.0	0.0	0.0	53.1	4.2	138.2	111.0	75.5	218.7
23	1426	Liver pork raw	1.0	0.0	0.0	0.0	0.3	145.8	112.3	98.0	169.6
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.2	29.6	24.0	21.0	33.3
23	1428	Pork stir fry meat raw	0.7	0.0	0.0	3.4	2.1	21.0	19.1	4.4	41.5
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.4	0.0	0.0	0.0	0.7	75.4	70.0	70.0	97.4
23	1431	Kromesky meat filled raw	0.5	0.0	0.0	0.0	0.6	84.1	75.7	39.4	130.1
23	1432	Bacon rasher raw	1.6	0.0	0.0	3.3	3.2	49.4	41.7	3.4	117.6
23	1434	Minced beef/pork raw	4.3	0.0	0.0	37.1	7.2	78.1	74.2	10.0	162.9
23	1435	Hamburger raw	0.6	0.0	0.0	0.0	0.5	93.4	71.8	37.5	137.2
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.1	78.8	78.8	78.8	78.8
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.1	0.0	0.0	0.0	0.1	66.1	66.1	66.1	66.1
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
23	1545	Beef roast prepared	0.8	0.0	0.0	2.1	3.4	21.0	12.0	4.0	47.8
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.6	21.3	15.0	15.0	40.4
23	1568	Minced beef/pork ball prep w egg/crumbs	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
23	1634	Chicken fillet raw	4.5	0.0	0.0	37.5	7.8	68.6	74.7	12.0	112.4
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.8	0.0	0.0	0.0	1.7	84.0	73.0	23.8	117.0
23	1667	Pork <5% fat raw	0.1	0.0	0.0	0.0	0.2	92.2	92.2	92.2	92.2
23	1668	Pork 5-14% fat raw	1.4	0.0	0.0	0.0	1.6	68.3	44.9	17.1	131.1
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.1	0.0	0.0	0.0	0.1	87.1	76.0	76.0	111.3
23	1771	Liver pate/Berliner liver sausage	0.2	0.0	0.0	0.0	1.0	33.2	16.1	10.7	59.7
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	0.8	22.0	17.1	8.0	36.6
23	1773	Brawn, pork pickled in vinegar	0.5	0.0	0.0	0.0	1.9	36.8	27.8	8.0	49.4
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	1.0	0.0	0.0	9.2	3.3	31.5	20.0	16.2	50.4
23	1777	Gammon boiled deboned	1.0	0.0	0.0	0.0	2.0	44.3	34.4	8.9	63.9
23	1788	Pork rib chop raw	0.8	0.0	0.0	0.0	1.0	99.7	75.5	38.0	161.1
23	1790	Pork schnitzel not breaded raw	1.0	0.0	0.0	0.0	0.8	112.2	105.2	76.0	162.2
23	1907	Processed meat prod excl liver average	0.7	0.0	0.0	0.0	0.8	36.8	34.8	24.0	39.8
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	0.7	21.1	19.2	12.2	23.8
23	1936	Turkey fillet raw	0.2	0.0	0.0	0.0	0.6	65.0	46.9	29.5	67.7
23	2057	Lamb <10 g fat raw av	0.1	0.0	0.0	0.0	0.0	100.0	100.0	100.0	100.0
23	2090	Chicken drumstick w skin raw	1.8	0.0	0.0	10.4	2.4	65.0	50.5	20.5	87.0
23	2300	Sausage smoked lean cooked	0.6	0.0	0.0	0.0	1.0	85.9	93.8	45.7	107.2
23	2301	Sausage smoked beef cooked	0.3	0.0	0.0	0.0	0.6	68.4	63.5	18.0	93.6
23	2303	Sausage cooked lean	0.2	0.0	0.0	0.0	0.4	25.3	11.5	10.0	51.7
23	2304	Salami sausage saveloy lean	0.1	0.0	0.0	0.0	0.5	27.2	17.9	10.0	30.6
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
23	2333	Minced meat raw average	1.3	0.0	0.0	7.8	3.0	50.6	35.8	8.6	115.6

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23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.7	0.0	0.0	0.0	1.1	77.8	61.3	14.0	136.9
23	2336	Beef average raw	0.9	0.0	0.0	0.0	0.8	87.5	79.7	9.6	123.0
23	2338	Beef for stewing averaged raw	0.9	0.0	0.0	0.0	1.9	61.1	55.7	13.2	108.3
23	2339	Beef olives raw	0.3	0.0	0.0	0.0	0.7	70.7	61.5	42.0	81.7
23	2340	Pork schnitzel breaded raw	1.4	0.0	0.0	0.0	1.6	89.8	72.0	58.3	150.7
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.0	119.0	119.0	119.0	119.0
23	2363	Minced meat w ham and cheese raw	0.2	0.0	0.0	0.0	0.4	104.4	90.2	80.0	112.0
23	2364	Chicken schnitzel raw	1.5	0.0	0.0	0.0	1.6	97.7	101.5	75.0	112.0
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.2	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
23	2654	Sandwich meat chicken	0.5	0.0	0.0	0.0	1.5	27.5	20.7	15.0	50.5
23	2766	Sausage smoked industrial cooked	1.5	0.0	0.0	0.0	1.7	103.7	85.8	26.4	192.7
23	2767	Sausage smoked traditional cooked	0.3	0.0	0.0	0.0	0.4	82.4	75.9	75.0	95.7
23	2768	Sausage raw beef	0.3	0.0	0.0	0.0	0.5	45.4	25.7	16.0	69.8
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.5	0.0	0.0	0.0	2.6	16.5	8.8	5.0	45.3
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.5	8.8	6.7	5.0	9.7
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.1	32.1	20.2	15.0	54.2
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.1	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.3	0.0	0.0	0.0	1.2	25.3	21.0	10.0	41.2
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.1	23.2	16.0	16.0	30.2
23	3002	Bacon smoked Katenspek	0.2	0.0	0.0	0.0	0.5	23.9	15.1	15.0	43.8
23	3019	Veal frying steak raw	0.1	0.0	0.0	0.0	0.0	48.2	48.2	48.2	48.2
23	3020	Veal rib steak raw	0.1	0.0	0.0	0.0	0.2	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.5	0.0	0.0	0.0	0.3	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.9	0.0	0.0	0.0	2.7	60.8	41.7	5.6	120.4
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.2	61.1	61.1	61.1	61.1
23	3030	Sausage beef Braadworst raw	1.7	0.0	0.0	1.7	3.5	58.3	57.6	1.6	95.1
23	3031	Pork sparerib raw	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.4	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0

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1	665	Plantain ripe raw	0.1	0.0	0.0	0.0	0.2	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.1	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
1	982	Potatoes wo skins boiled average	77.2	68.2	0.0	163.2	66.8	118.3	104.5	49.2	220.5
1	1150	Potatoes sliced frozen unprepared	0.7	0.0	0.0	0.0	1.1	147.0	80.2	11.5	230.6
1	1455	Potato puree powder av	0.6	0.0	0.0	0.0	1.6	50.2	29.9	22.6	85.4
1	1456	Chips pre-fried unprepared	1.4	0.0	0.0	0.0	1.4	98.5	89.7	30.0	140.8
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	0.3	0.0	0.0	0.0	0.6	90.9	71.6	29.4	128.6
1	2326	Croquettes potato frozen unprepared	0.5	0.0	0.0	0.0	0.7	108.5	89.4	33.6	129.5
1	2499	Potato puree powder w milkpowder w fat	0.1	0.0	0.0	0.0	0.2	35.6	28.3	21.6	53.1
1	2834	Potato waffels/balls frozen unprepared	0.7	0.0	0.0	0.0	0.6	129.2	101.7	62.0	178.7
2	382	Advocaat liqueur	1.0	0.0	0.0	0.0	1.6	75.0	54.6	16.0	159.4
2	383	Juice apple	5.2	0.0	0.0	0.0	3.2	199.8	184.2	58.3	278.5
2	386	Gin Dutch red currant flavoured	0.1	0.0	0.0	0.0	0.6	69.1	35.4	11.0	86.7
2	387	Fruit drink blackcurrant	0.4	0.0	0.0	0.0	1.4	33.7	27.8	12.0	46.0
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.1	188.5	147.0	147.0	230.9
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	8.3	0.0	0.0	0.0	1.3	360.2	326.5	29.1	566.5
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.1	0.0	0.0	0.0	0.1	68.4	49.7	38.0	79.7
2	395	Soft drink cola with caffeine	2.6	0.0	0.0	0.0	0.9	177.0	185.7	78.0	207.6
2	396	Juice grape	0.0	0.0	0.0	0.0	0.1	156.8	120.4	100.0	180.3
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.1	21.1	18.3	18.0	23.4
2	400	Soft drink wo caffeine	2.4	0.0	0.0	0.0	2.2	158.1	121.6	91.5	266.3
2	401	Gin young Dutch	1.6	0.0	0.0	5.9	2.5	40.8	28.5	28.5	85.6
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0	47.5	47.5	47.5	47.5
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0	5.0	5.0	5.0	5.0
2	407	Port wine	3.6	0.0	0.0	14.1	2.9	103.4	82.8	45.4	202.0
2	408	Rum	0.1	0.0	0.0	0.0	0.3	29.0	18.8	9.5	43.9
2	409	Sherry	4.0	0.0	0.0	0.0	2.7	141.6	121.7	51.4	248.2
2	410	Juice orange pasteurized	5.1	0.0	0.0	0.0	3.6	194.9	171.4	72.9	385.9
2	411	Mineral water Spa	7.4	0.0	0.0	0.0	2.5	296.5	216.0	100.0	556.9
2	413	Tomato juice	0.7	0.0	0.0	0.0	0.4	208.6	161.5	112.0	346.4
2	414	Soft drink tonic	2.3	0.0	0.0	0.0	1.1	205.2	107.6	45.9	371.2
2	415	Vermouth	0.7	0.0	0.0	0.0	1.2	64.5	46.5	35.1	78.4
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
2	417	Juice drink	1.6	0.0	0.0	0.0	1.3	192.4	149.4	82.3	462.9
2	421	Whisky	0.1	0.0	0.0	0.0	0.2	42.7	39.2	38.0	50.8
2	422	Wine red	23.8	0.0	0.0	134.1	12.3	179.2	126.2	60.6	362.3
2	423	Wine white dry	12.8	0.0	0.0	120.1	6.4	183.0	144.0	68.8	376.2
2	425	Whey drink light Rivella	1.7	0.0	0.0	0.0	0.8	301.8	264.6	240.0	369.1
2	463	Fruit drink concentrate undiluted	0.1	0.0	0.0	0.0	0.9	18.1	12.4	11.3	38.0
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	1.1	11.6	11.4	5.0	16.4
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	0.6	31.6	24.7	9.0	43.1

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2	500	Fruit drink conc Roosvicee Laxo	0.2	0.0	0.0	0.0	0.9	27.7	18.4	15.0	42.1
2	644	Coffee prepared	336.0	324.5	0.0	727.9	86.2	401.1	370.0	110.0	828.2
2	645	Tea prepared	491.0	352.6	0.0	1,861.4	82.4	580.1	508.9	149.5	1,316.7
2	664	Juice grapefruit	1.2	0.0	0.0	0.0	1.6	104.4	98.2	36.2	171.7
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	3.2	0.0	0.0	0.0	1.5	377.3	410.2	77.9	542.0
2	805	Jagermeister herb liquor	0.1	0.0	0.0	0.0	0.4	45.8	38.0	38.0	76.8
2	857	Madeira	0.0	0.0	0.0	0.0	0.1	3.1	2.1	2.0	3.8
2	923	Juice pear	0.3	0.0	0.0	0.0	0.3	217.6	160.0	160.0	297.6
2	930	Wine medicinal pleegzusterbloedwijn	0.3	0.0	0.0	0.0	0.2	74.0	74.0	74.0	74.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.1	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	2.1	0.0	0.0	0.0	2.1	138.9	139.1	90.1	185.7
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.2	33.0	33.0	33.0	33.0
2	1466	Liqueur >25 vol% alcohol	0.4	0.0	0.0	0.0	0.4	39.1	45.9	2.2	49.9
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	1.7	0.0	0.0	0.0	0.6	263.9	201.2	150.0	290.1
2	1521	Juice drink light	0.1	0.0	0.0	0.0	0.1	232.0	150.0	150.0	340.5
2	1522	Soft drink light without caffeine	1.9	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
2	1523	Cola light soft drink with caffeine	3.2	0.0	0.0	0.0	1.1	201.0	157.9	78.0	415.8
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.5	9.1	5.0	5.0	16.5
2	1656	Juice carrot	0.3	0.0	0.0	0.0	0.4	110.2	54.4	20.0	167.4
2	1810	Fruit drink concentrate Karvan Cevitam	1.1	0.0	0.0	4.0	3.6	21.4	8.9	7.6	45.3
2	1878	Fruit juice drink Roosvicee Multivit	2.3	0.0	0.0	0.0	0.8	294.0	259.2	100.0	393.8
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.4	11.0	8.6	7.5	14.2
2	1885	Water average	555.6	476.4	0.0	1,510.6	90.6	588.9	465.8	93.6	1,522.6
2	1932	Juice orange with pulp	0.7	0.0	0.0	0.0	0.6	155.2	131.7	115.0	203.1
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.2	0.0	0.0	0.0	0.3	158.6	129.5	110.0	175.0
2	2042	Sports drink AA High Energy	0.1	0.0	0.0	0.0	0.1	157.0	157.0	157.0	157.0
2	2074	Mineral water Bar le Duc	2.5	0.0	0.0	0.0	0.8	508.1	337.6	248.0	654.8
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.4	0.0	0.0	0.0	0.3	144.3	142.0	142.0	149.8
2	2086	Ice tea	1.5	0.0	0.0	0.0	0.5	234.0	184.8	165.0	439.4
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0	180.0	180.0	180.0	180.0
2	2134	Juice drink Dubbelfrisss	4.0	0.0	0.0	0.0	1.7	216.1	171.6	152.0	506.3
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.4	0.0	0.0	0.0	0.2	176.7	173.0	173.0	184.6
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.4	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	1.3	0.0	0.0	0.0	0.4	279.6	257.8	250.0	295.8
2	2142	Wine white sweet	2.4	0.0	0.0	0.0	1.6	161.8	127.7	96.0	311.2
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.3	0.0	0.0	0.0	0.2	205.1	179.4	170.0	224.0
2	2153	Fruit drink Fruit2day	0.9	0.0	0.0	0.0	0.5	200.0	200.0	200.0	200.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.1	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.3	10.5	9.5	9.0	11.1
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.1	23.8	22.7	22.5	24.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.1	129.4	123.9	120.0	132.4
2	2438	Fruit drink conc diluted average	0.4	0.0	0.0	0.0	0.3	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.2	0.0	0.0	0.0	0.1	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	0.7	0.0	0.0	0.0	0.2	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	4.2	0.0	0.0	0.0	2.0	363.2	343.6	164.9	645.5
2	2476	Cappuccino freshly made	3.7	0.0	0.0	7.2	2.7	143.8	126.8	76.0	217.0
2	2477	Coffee cappuccino instant prepared	3.3	0.0	0.0	0.0	1.5	257.1	177.2	90.1	420.1
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.9	15.7	13.2	8.2	23.9
2	2490	Fruit juice drink 12fruit nectar light	0.5	0.0	0.0	0.0	0.4	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.8	0.0	0.0	0.0	0.3	323.2	300.0	300.0	388.9
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	2.9	0.0	0.0	0.0	1.6	197.6	204.2	38.3	397.5
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.3	0.0	0.0	0.0	0.2	307.1	219.3	140.0	370.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.5	0.0	0.0	0.0	0.3	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	4.6	0.0	0.0	0.0	1.8	372.6	289.9	142.0	565.9
2	2610	Wine rose	1.3	0.0	0.0	0.0	1.3	145.1	127.8	78.4	213.7
2	2633	Coffee instant powder	0.2	0.0	0.0	0.9	4.4	4.5	2.9	0.6	7.8
2	2634	Fruit juice dk minimal 2 fruits w vit C	4.1	0.0	0.0	0.0	1.6	270.2	178.8	88.0	507.7
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.1	0.0	0.0	0.0	0.1	179.7	158.4	152.0	195.8
2	2637	Fruit juice dk Roosvicee Multivit light	1.0	0.0	0.0	0.0	0.3	273.8	197.1	188.0	334.7
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.7	0.0	0.0	0.0	0.3	236.7	254.0	109.0	278.3
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.4	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.1	0.0	0.0	0.0	0.2	140.0	140.0	140.0	140.0
2	2648	Coffee w milk vending machine	0.7	0.0	0.0	0.0	0.4	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.2	0.0	0.0	0.0	0.8	53.2	22.8	4.5	84.7
2	2663	Juice fruit Vruchtoase multivit	1.6	0.0	0.0	0.0	0.3	485.5	340.7	200.0	700.3
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.2	0.0	0.0	0.0	0.4	154.0	50.0	50.0	288.2
2	2755	Juice orange freshly squeezed	19.9	0.0	0.0	136.1	18.0	125.8	119.6	50.8	203.9

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.4	27.6	15.7	8.8	43.7
2	2837	Beer with fruit flavour	0.2	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	1.0	0.0	0.0	0.0	0.6	176.8	174.8	91.0	224.5
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.1	0.0	0.0	0.0	0.1	145.0	145.0	145.0	145.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.1	0.0	0.0	0.0	0.1	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.1	185.0	185.0	185.0	185.0
2	2880	Coffee wiener melange instant powder	0.1	0.0	0.0	0.0	0.7	17.2	15.9	7.5	28.2
2	2881	Coffee wiener melange instant prepared	4.7	0.0	0.0	0.0	1.4	249.2	179.6	63.0	444.4
2	2896	Lemonade squash Spa&Fruit sparkling	7.3	0.0	0.0	0.0	1.6	197.6	85.4	80.2	423.4
2	2897	Juice Drink Ocean Spray	3.4	0.0	0.0	0.0	1.1	189.5	168.7	150.0	250.1
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.4	11.0	9.3	9.0	14.1
3	227	Crispbakes Dutch	1.8	0.0	0.0	10.0	15.1	12.5	10.0	1.0	27.4
3	228	Crackers cream	0.5	0.0	0.0	0.0	2.1	21.0	13.8	4.8	60.5
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	0.3	27.9	15.6	10.0	47.0
3	230	Roll white soft	1.2	0.0	0.0	0.0	3.8	43.3	33.0	22.9	66.7
3	233	Bread currant	0.8	0.0	0.0	0.0	2.2	45.0	33.1	30.0	66.8
3	236	Bread brown wheat	23.4	0.0	0.0	103.6	28.7	91.2	69.3	30.9	170.4
3	238	Crackers matzes	0.2	0.0	0.0	0.0	0.7	36.2	23.8	10.0	63.7
3	241	Bread white milk based	1.3	0.0	0.0	0.0	2.2	56.9	33.5	30.0	116.9
3	242	Bread rye dark	2.5	0.0	0.0	21.5	6.4	44.0	42.2	22.5	48.2
3	243	Bread rye light	0.7	0.0	0.0	0.0	1.5	30.0	19.3	12.5	59.7
3	244	Bread raisin	0.9	0.0	0.0	0.0	2.4	37.7	28.5	17.5	49.6
3	246	Bread wholemeal average	28.5	0.0	0.0	100.6	32.3	88.0	68.0	35.0	165.0
3	248	Bread white water based	8.4	0.0	0.0	79.8	7.5	75.0	84.3	16.7	113.8
3	249	Bread wheat malt Tarvo	1.5	0.0	0.0	0.0	1.1	137.8	87.3	37.2	137.4
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.3	0.0	0.0	0.0	1.7	18.1	10.7	10.0	26.7
3	655	Crispbakes Dutch wholemeal	1.0	0.0	0.0	8.7	9.0	11.3	8.9	2.4	18.8
3	975	Crispbread sesame	1.8	0.0	0.0	7.0	5.1	23.5	12.6	10.0	48.8
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
3	1017	Bread wheatrye wholemeal	0.3	0.0	0.0	0.0	0.6	56.7	41.3	35.0	111.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.2	0.0	0.0	0.0	1.5	16.4	12.2	10.0	19.2
3	1312	Crispbread Cracottes	0.6	0.0	0.0	4.4	4.8	10.8	7.4	7.0	13.5
3	1322	Crispbread wholemeal Cracottes	0.2	0.0	0.0	0.0	3.6	9.1	7.0	7.0	13.7
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.1	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.2	0.0	0.0	0.0	0.6	32.4	24.7	17.5	34.0
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.3	42.3	37.0	35.0	56.9
3	1779	Crispbread wholemeal	0.6	0.0	0.0	2.5	3.1	16.3	10.0	10.0	29.8
3	1914	Dough for pizza and savoury pie	1.3	0.0	0.0	0.0	1.0	100.7	80.1	42.1	175.6
3	2229	Crackers VitalU	0.2	0.0	0.0	0.0	0.3	23.9	13.1	10.0	38.5

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3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.6	10.1	7.0	7.0	13.2
3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
3	2348	Bread wholemeal w pumpkin seeds	1.1	0.0	0.0	0.0	1.4	122.9	104.7	35.0	171.8
3	2349	Bread linseed	0.2	0.0	0.0	0.0	0.3	81.3	70.0	70.0	100.3
3	2350	Bread multigrain average w seeds	10.1	0.0	0.0	68.2	12.2	85.7	67.9	31.6	133.8
3	2351	Bread white average milk/water based	0.1	0.0	0.0	0.0	0.6	39.0	30.8	12.5	48.1
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	0.7	0.0	0.0	0.0	1.5	43.0	41.7	20.0	59.8
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.1	0.0	0.0	0.0	0.2	30.1	24.5	21.7	34.0
3	2356	Baguette w cheese-onion	0.2	0.0	0.0	0.0	0.4	48.0	23.9	10.0	123.4
3	2357	Bread wholemeal w sunflower seeds	1.5	0.0	0.0	0.0	3.2	64.0	35.0	35.0	181.3
3	2358	Bread white w sunflower seeds	0.4	0.0	0.0	0.0	0.5	84.3	66.0	54.0	132.4
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.7	10.3	7.5	5.0	15.7
3	2382	Bread brown w sunflower seeds	1.1	0.0	0.0	0.0	1.6	81.5	60.1	35.0	128.3
3	2528	Croutons	0.0	0.0	0.0	0.0	0.2	6.8	6.1	5.5	6.9
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.7	0.0	0.0	0.0	0.9	81.4	68.1	35.0	101.3
3	2704	Bread brown w seeds	0.2	0.0	0.0	0.0	0.2	97.9	83.1	70.0	102.8
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.4	0.0	0.0	0.0	0.5	42.6	35.0	35.0	62.0
3	2788	Bread sourdough wholemeal	0.4	0.0	0.0	0.0	0.9	55.1	46.6	40.0	74.6
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	45.0	22.0	22.0	78.5
3	2790	Bread pita white	3.2	0.0	0.0	45.9	1.4	99.2	94.6	90.1	99.5
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.1	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
3	2793	Baguette white	1.0	0.0	0.0	0.0	1.4	63.1	40.0	5.0	107.9
3	2794	Baguette brown	0.7	0.0	0.0	0.0	0.8	71.1	64.5	10.0	96.4
3	2795	Roll white hard	0.9	0.0	0.0	0.0	1.8	57.3	46.0	30.0	89.5
3	2796	Roll brown hard	2.0	0.0	0.0	15.3	2.4	69.8	49.6	27.2	96.8
3	2797	Roll brown soft	3.4	0.0	0.0	24.9	4.6	61.4	49.3	30.0	95.9
3	2798	Roll wholemeal soft	0.1	0.0	0.0	0.0	0.5	58.4	47.0	45.0	87.3
3	2799	Roll multigrain hard	0.4	0.0	0.0	0.0	1.5	39.9	42.6	25.0	48.8
3	2800	Roll multigrain soft	0.3	0.0	0.0	0.0	0.5	60.0	50.0	50.0	87.5
3	2801	Croissant prepared w butter	0.2	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
3	2803	Bun currant/raisin	4.3	0.0	0.0	24.4	6.2	53.3	41.7	25.7	96.4
3	2804	Bun wholemeal w muesli	0.5	0.0	0.0	0.0	0.6	59.7	44.7	29.0	78.6
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
3	2813	Bread raisin/current average	0.5	0.0	0.0	0.0	1.1	40.0	35.0	35.0	61.7
3	2815	Bread Tijger brown wheat	0.8	0.0	0.0	0.0	0.7	76.1	70.0	70.0	94.9
3	2816	Bread Tijger white	0.4	0.0	0.0	0.0	0.9	56.1	42.8	30.0	58.3
3	2817	Stollen w almond/imitat paste average	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.5	0.0	0.0	0.0	1.3	40.8	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	0.8	0.0	0.0	0.0	1.2	71.4	70.0	70.0	77.2
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.1	0.0	0.0	0.0	0.6	26.8	23.2	17.0	33.1
3	2937	Toast Melba natural	0.3	0.0	0.0	0.0	2.5	11.1	8.3	4.0	22.6

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3	2938	Toast Melba other varieties	0.0	0.0	0.0	0.0	1.3	9.5	6.8	6.0	22.1
3	3054	Bread glutenfree bakmix Glutafin white	0.5	0.0	0.0	0.0	0.3	93.9	87.8	87.5	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.1	0.0	0.0	0.0	0.2	77.6	60.0	60.0	109.8
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.0	6.1	6.1	6.1	6.1
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.6	10.4	9.3	8.2	12.2
4	595	Cocoa product powder Ovomaltine	0.1	0.0	0.0	0.0	1.3	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.1	0.0	0.0	0.0	0.1	155.4	123.6	123.6	218.9
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.1	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.2	0.6	0.6	0.6	0.6
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.2	15.0	12.2	12.2	17.7
4	2615	Vinegar	0.2	0.0	0.0	0.0	4.2	6.0	3.0	0.7	12.0
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.1	28.0	28.0	28.0	28.0
5	84	Eggs chicken boiled average	10.7	0.0	0.0	38.8	26.6	38.7	48.3	4.5	71.9
6	33	Raisins dried	0.1	0.0	0.0	0.0	1.8	12.4	5.1	1.4	24.5
6	137	Olives tinned/glass	0.4	0.0	0.0	0.0	1.4	18.6	16.1	1.3	50.4
6	147	Apple without skin average	34.6	0.0	0.0	140.4	29.9	123.2	127.7	39.9	256.7
6	148	Strawberries	10.2	0.0	0.0	68.3	11.8	77.7	68.9	15.6	143.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.1	12.4	12.4	12.4	12.4
6	150	Pineapple	0.9	0.0	0.0	0.0	0.9	97.0	87.1	30.0	141.8
6	151	Banana	20.8	0.0	0.0	116.5	17.8	120.9	110.2	49.4	157.9
6	152	Blueberries	0.1	0.0	0.0	0.0	0.2	126.9	50.0	26.0	185.0
6	153	Redcurrant	0.6	0.0	0.0	0.0	1.0	57.1	35.0	9.8	140.0
6	155	Bilberries	0.1	0.0	0.0	0.0	0.4	32.2	32.2	32.2	32.2
6	157	Blackberries	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.4	24.3	7.3	3.1	58.0
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.2	0.0	0.0	0.0	0.5	53.4	41.8	14.3	75.8
6	161	Raspberries	0.4	0.0	0.0	0.0	0.4	61.7	48.3	18.0	102.6
6	162	Grapefruit	0.7	0.0	0.0	0.0	0.8	69.5	52.3	40.0	74.7
6	163	Cherries	1.5	0.0	0.0	0.0	2.3	73.0	54.9	19.9	145.4
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
6	165	Mandarins	13.7	0.0	0.0	67.6	19.2	72.8	62.6	32.1	127.6
6	166	Melon netted	1.1	0.0	0.0	0.0	1.7	115.7	89.6	30.0	246.4
6	168	Pear without skin	8.3	0.0	0.0	63.5	6.5	122.2	108.9	64.0	180.6
6	169	Peach without skin	2.2	0.0	0.0	0.0	2.1	90.4	75.8	74.4	144.8
6	170	Plums with skin	5.5	0.0	0.0	0.0	3.4	164.8	129.9	40.0	360.6
6	171	Orange	14.4	0.0	0.0	96.8	12.0	153.4	130.1	52.1	191.9
6	172	Fruit fresh citrus average	3.3	0.0	0.0	0.0	1.8	148.9	112.4	76.7	148.0

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6	173	Fruit fresh average excluding citrus	0.1	0.0	0.0	0.0	0.3	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	2.0	6.7	4.6	3.0	15.0
6	176	Apricots in syrup tinned	0.1	0.0	0.0	0.0	0.1	180.0	180.0	180.0	180.0
6	177	Pineapple in syrup tinned	0.2	0.0	0.0	0.0	0.9	28.4	16.9	3.9	68.3
6	179	Apple sauce tinned	4.1	0.0	0.0	25.9	7.9	66.9	51.3	18.5	161.9
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.1	24.7	10.5	10.0	36.1
6	181	Dates dried	0.3	0.0	0.0	0.0	1.0	25.7	16.2	6.0	59.4
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.2	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	1.7	0.0	0.0	0.0	1.5	81.2	43.8	24.6	135.1
6	184	Cherries in syrup tinned	0.9	0.0	0.0	0.0	1.0	74.3	7.3	2.7	277.4
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.1	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	1.7	0.0	0.0	0.0	1.7	147.2	125.9	23.3	247.1
6	189	Peaches in syrup tinned	0.2	0.0	0.0	0.0	0.4	44.2	29.4	28.7	83.0
6	190	Prunes dried	0.4	0.0	0.0	0.0	2.0	16.2	8.9	6.0	35.2
6	191	Plums in syrup tinned	0.3	0.0	0.0	0.0	0.4	96.6	72.1	64.8	115.2
6	192	Fruit mixed dried	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.4	41.3	31.2	17.5	69.6
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.8	11.7	9.1	1.3	28.5
6	689	Avocado	1.1	0.0	0.0	0.0	0.8	175.9	123.8	50.6	276.1
6	691	Lime	0.0	0.0	0.0	0.0	0.1	118.0	118.0	118.0	118.0
6	692	Mango	0.5	0.0	0.0	0.0	0.3	196.1	181.2	93.8	262.6
6	875	Apple with skin average	8.1	0.0	0.0	48.3	5.0	121.9	100.2	18.1	207.9
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.1	78.0	78.0	78.0	78.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	11.8	0.0	0.0	65.2	15.1	80.2	65.8	34.6	118.6
6	1057	Kaki / Sharon fruit	0.2	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	0.7	0.0	0.0	0.0	0.6	117.2	106.9	100.0	123.2
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.2	0.0	0.0	0.0	2.9	11.0	10.1	0.2	25.3
6	1182	Apple sauce wo sugar tinned	0.5	0.0	0.0	0.0	0.8	99.4	64.1	32.1	285.8
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.1	87.5	87.5	87.5	87.5
6	1812	Nectarine	3.1	0.0	0.0	3.1	2.3	117.0	101.7	42.5	144.9
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.1	0.0	0.0	0.0	0.2	133.6	60.0	60.0	258.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.6	12.4	10.6	4.3	18.7
6	2685	Abricots dried and soaked	0.2	0.0	0.0	0.0	2.0	10.2	9.1	3.0	15.9
6	2686	Apple sauce wo sugar w sweetner tinned	0.2	0.0	0.0	0.0	0.4	56.3	39.1	25.9	99.1
6	2748	Pear with skin	0.6	0.0	0.0	0.0	0.4	192.2	131.0	128.0	327.9
6	2749	Grapes black with skin	1.3	0.0	0.0	0.0	2.0	85.1	71.5	13.5	170.0
6	2750	Grapes white with skin	5.4	0.0	0.0	36.3	4.7	95.8	72.2	11.3	250.3
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.1	23.9	23.9	23.9	23.9
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.4	36.3	20.2	10.0	48.7
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.4	7.8	5.0	4.0	12.1
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.4	0.0	0.0	0.0	1.2	25.5	16.3	4.0	44.7
6	2957	Fruit mixed dried soaked in water	0.2	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
7	234	Biscuit fortified Liga Tweede Stap	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	5.2	0.0	0.0	30.0	19.2	27.5	19.8	18.0	51.2
7	250	Almond filled pastry	0.5	0.0	0.0	0.0	0.8	55.1	45.3	20.0	77.2
7	251	Apple pie Dutch w shortbread w marg	3.2	0.0	0.0	24.2	3.2	71.4	56.5	33.3	112.3
7	252	Biscuit sweet	2.2	0.0	0.0	11.7	14.8	12.7	10.4	4.2	26.2
7	253	Cake wo butter	1.4	0.0	0.0	13.0	3.8	32.9	26.9	15.2	49.6
7	254	Cake sponge Dutch Eierkoek	1.3	0.0	0.0	3.3	2.9	44.1	40.4	25.0	70.9
7	255	Gateau with whipped cream	1.8	0.0	0.0	3.7	2.1	67.6	60.2	40.0	79.2
7	256	Gateau with butter-cream filling	0.3	0.0	0.0	0.0	0.8	52.5	44.3	30.0	87.5
7	257	Almond paste filled tarts average	1.0	0.0	0.0	0.0	1.8	68.1	47.5	15.0	130.8
7	258	Biscuits averaged	0.6	0.0	0.0	4.5	4.1	15.1	9.8	5.9	29.4
7	259	Macaroons	0.5	0.0	0.0	0.0	1.0	39.0	31.2	25.0	48.1
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.2	11.1	8.7	5.0	15.3
7	261	Biscuit spiced Speculaas	0.6	0.0	0.0	3.4	5.2	12.7	6.9	5.1	35.1
7	262	Biscuit Dutch shortbread spritsstukken	1.1	0.0	0.0	9.4	3.3	29.3	22.3	10.0	49.9
7	263	Biscuit brown/wholemeal	1.0	0.0	0.0	7.0	7.9	15.9	12.3	8.0	29.1
7	468	Cream slice Dutch Tompouce	0.2	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.4	39.0	35.0	35.0	54.5
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	0.9	13.2	8.8	5.0	18.7
7	486	Flan with fruit filling	0.5	0.0	0.0	0.0	0.5	106.7	93.4	85.0	116.4
7	489	Flan filled with rice pudding	0.1	0.0	0.0	0.0	0.0	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.3	0.0	0.0	0.0	0.9	21.2	14.6	10.0	34.0
7	634	Coconut flavoured cookies	0.2	0.0	0.0	0.0	0.7	31.3	17.5	10.0	61.9
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	1.2	19.3	12.0	12.0	40.0
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.4	20.6	15.9	10.0	28.7
7	713	Waffle syrup average	0.6	0.0	0.0	0.0	2.4	26.7	21.8	10.0	35.7
7	789	Cake butter Dutch Boterkoek	0.0	0.0	0.0	0.0	0.6	23.6	20.0	20.0	36.7
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.5	0.0	0.0	0.0	0.7	92.5	73.1	28.8	129.3
7	836	Shortbread	1.6	0.0	0.0	12.7	5.9	21.1	14.7	10.0	44.8
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.1	14.3	14.3	14.3	14.3
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.2	36.2	21.4	19.0	73.3
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	38.0	38.0	38.0	38.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.3	0.0	0.0	0.0	1.2	21.8	15.5	10.0	29.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.2	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	5.5	4.0	4.0	6.7
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.3	30.7	20.8	14.0	36.3
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.1	0.0	0.0	10.1	3.5	28.7	22.9	19.3	46.4
7	1470	Berliner pastry	0.1	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.2	0.0	0.0	0.0	1.1	19.8	16.7	10.0	27.4
7	1475	Eclair with whipped cream filling	0.6	0.0	0.0	0.0	1.7	34.9	30.7	15.0	44.0
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	0.7	44.7	18.9	14.0	64.9
7	1477	Biscuits sugar free	0.1	0.0	0.0	0.0	0.1	65.4	32.4	20.0	89.6

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7	1478	Flan fruit and crumble topping	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	1479	Cheesecake made with cream cheese	0.2	0.0	0.0	0.0	0.5	59.2	28.0	28.0	122.4
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.0	18.2	7.0	7.0	35.3
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.3	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.3	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.2	0.0	0.0	0.0	1.0	30.0	30.0	30.0	30.0
7	1972	Biscuits assorted with butter	0.8	0.0	0.0	5.4	4.1	18.3	12.9	8.1	28.9
7	2162	Biscuit Cafe noir	0.2	0.0	0.0	0.0	0.9	13.4	9.1	6.0	18.7
7	2190	Brownies with nuts	0.1	0.0	0.0	0.0	0.3	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.2	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.3	0.0	0.0	0.0	1.7	18.7	15.4	10.0	28.8
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.2	16.4	11.2	10.0	26.5
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	0.5	0.0	0.0	0.0	2.0	22.5	19.3	13.0	31.4
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.4	0.0	0.0	0.0	1.6	46.0	26.4	20.0	90.6
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.5	0.0	0.0	0.0	1.7	23.0	20.0	20.0	36.9
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.1	0.0	0.0	0.0	0.9	29.9	19.2	8.3	41.1
7	2392	Cake apple-	0.5	0.0	0.0	0.0	1.3	31.5	30.0	30.0	34.2
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.4	34.4	30.0	30.0	49.8
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.2	0.0	0.0	0.0	0.3	65.9	66.4	32.5	74.1
7	2396	Chocolate pastry w whipped cream	0.1	0.0	0.0	0.0	0.2	96.0	96.0	96.0	96.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.6	28.6	25.0	25.0	41.3
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	1.0	0.0	0.0	0.0	2.3	37.8	22.9	15.2	50.0
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.7	0.0	0.0	0.0	0.7	50.2	50.0	50.0	50.0
7	2403	Cup cake iced	0.3	0.0	0.0	0.0	0.6	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	0.3	0.0	0.0	0.0	1.5	15.9	11.1	10.0	29.3
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.2	19.7	19.0	19.0	20.7
7	2409	Biscuit Dutch shortbread w chocolate	0.1	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.2	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	1.1	8.5	4.1	2.5	17.9
7	2413	Cake wrapped in marzipan and chocolate	0.5	0.0	0.0	0.0	0.4	87.1	66.0	30.0	114.6

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.3	21.8	21.0	21.0	24.0
7	2430	Fritter banana	0.2	0.0	0.0	0.0	0.2	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.1	0.0	0.0	0.0	0.2	51.2	48.0	48.0	55.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.2	51.8	50.0	50.0	57.3
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.2	15.5	14.7	14.0	15.9
7	2560	Apple turnover	0.7	0.0	0.0	0.0	0.8	118.0	91.4	41.0	154.0
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.1	36.6	30.3	25.0	39.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.3	19.0	15.0	15.0	31.9
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.1	38.8	32.9	30.0	42.9
7	2609	Biscuits with nuts	0.7	0.0	0.0	6.3	3.5	15.6	13.1	10.0	16.8
7	2622	Appel pie Dutch w shortbread w butter	1.2	0.0	0.0	0.0	0.5	125.8	119.1	80.0	143.3
7	2661	Waffle Luikse	0.4	0.0	0.0	0.0	0.3	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.3	0.0	0.0	0.0	0.9	30.8	24.4	21.0	40.5
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.1	0.0	0.0	0.0	0.3	16.8	7.6	3.3	23.3
7	2698	Cake chocolate made w butter	0.1	0.0	0.0	0.0	0.3	29.4	28.0	28.0	32.1
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	1.5	9.5	8.7	6.0	13.7
7	2715	Meringue	0.1	0.0	0.0	0.0	0.4	16.6	9.9	4.0	22.6
7	2719	Biscuit Bridge ommetjes	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.1	0.0	0.0	0.0	0.6	25.2	22.5	22.5	29.0
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.6	25.3	21.0	21.0	34.0
7	2775	Biscuit digestive w chocolate	0.1	0.0	0.0	0.0	0.3	14.6	10.1	9.0	24.3
7	2776	Flan apple and crumble topping	0.7	0.0	0.0	0.0	0.7	130.0	115.0	115.0	186.2
7	2777	Flan hard shell with custard cream	0.3	0.0	0.0	0.0	0.2	116.9	85.1	56.0	125.5
7	2778	Flan sponge with custard cream	0.1	0.0	0.0	0.0	0.3	80.7	76.2	75.0	84.1
7	2820	Waffle syrup w butter	0.1	0.0	0.0	0.0	0.8	28.3	19.1	10.0	28.9
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	0.6	0.0	0.0	0.0	0.2	156.5	144.0	144.0	187.5
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.1	0.0	0.0	0.0	0.5	18.2	15.5	14.0	22.8
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.4	20.8	16.0	16.0	29.3
7	2893	Cake Indonesian	0.1	0.0	0.0	0.0	0.4	37.6	30.0	30.0	54.1
7	2894	Biscuit Dutch digestive	0.3	0.0	0.0	0.0	2.2	14.1	11.1	8.0	25.4
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.5	0.0	0.0	0.0	0.7	116.0	88.5	65.0	125.9
8	78	Semolina	0.1	0.0	0.0	0.0	0.2	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.4	0.0	0.0	0.0	1.2	29.1	19.7	10.0	55.5
8	213	Oatmeal	0.8	0.0	0.0	0.0	1.8	30.9	38.2	1.5	47.9
8	215	Cornflour	0.0	0.0	0.0	0.0	1.7	3.1	2.3	0.9	5.4
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	1.9	4.4	2.2	1.0	11.3
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0	20.3	20.3	20.3	20.3
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.3	11.1	8.3	4.0	15.6
8	225	Breakfast cereal Brinta	0.1	0.0	0.0	0.0	0.5	12.2	10.4	10.0	16.9

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8	226	Starch potato	0.0	0.0	0.0	0.0	0.7	2.4	1.4	0.8	5.9
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.4	9.2	5.2	2.7	17.4
8	530	Flour for pancakes	0.5	0.0	0.0	0.0	0.4	74.7	58.2	38.0	103.6
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.3	5.3	4.7	0.4	8.7
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.2	7.7	3.6	3.6	21.2
8	658	Rice white boiled	5.2	0.0	0.0	55.1	5.7	84.4	74.9	9.4	170.7
8	659	Pasta white average boiled	9.5	0.0	0.0	68.5	7.8	113.9	102.4	31.0	270.9
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	1.5	7.9	4.1	0.9	22.7
8	1014	Rice brown boiled	1.5	0.0	0.0	0.0	1.9	150.7	95.0	25.6	258.9
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.2	7.0	7.0	7.0	7.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.1	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.1	21.6	21.6	21.6	21.6
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.2	2.9	2.9	2.9	2.9
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.4	8.3	5.1	3.8	16.8
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.3	187.2	111.8	60.0	306.2
8	2158	Couscous boiled	0.2	0.0	0.0	0.0	0.5	39.8	33.1	20.0	50.1
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.1	0.0	0.0	0.0	0.4	17.5	17.5	17.5	17.5
8	2361	Breakfast prod Albona 7-cereals-energy	0.1	0.0	0.0	0.0	0.2	42.0	42.0	42.0	42.0
8	2366	Muesli crunchy plain/w fruit	0.9	0.0	0.0	0.0	3.7	27.6	21.0	5.5	50.9
8	2675	Muesli crunchy w nuts	0.2	0.0	0.0	0.0	0.8	26.6	19.9	7.4	39.8
8	2676	Muesli crunchy w chocolate	0.2	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.4	0.0	0.0	0.0	3.7	15.2	9.0	1.0	37.2
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	1.0	11.7	4.5	1.0	26.3
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.2	36.3	27.6	19.7	38.8
9	7	Endive raw	1.2	0.0	0.0	0.0	1.2	76.8	65.1	14.8	119.0
9	8	Endive boiled	2.9	0.0	0.0	0.0	3.1	125.8	108.9	51.0	213.0
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0	12.5	12.5	12.5	12.5
9	13	Celery boiled	0.8	0.0	0.0	0.0	1.4	64.2	22.1	5.2	216.6
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	9.7	0.0	0.0	61.9	6.7	133.5	107.8	42.9	238.1
9	16	Kale curly boiled	1.0	0.0	0.0	0.0	1.4	69.3	42.3	34.2	141.3
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	20	Mushrooms boiled	2.1	0.0	0.0	14.6	5.4	32.9	27.9	1.1	80.5
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
9	22	Cabbage Chinese boiled	0.2	0.0	0.0	0.0	0.1	148.8	148.8	148.8	148.8
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.2	41.6	21.4	3.1	92.7
9	27	Cucumber wo skin raw	4.5	0.0	0.0	25.4	7.5	69.6	50.6	8.4	159.5
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	0.4	86.5	73.1	60.2	88.3
9	29	Swede boiled	0.1	0.0	0.0	0.0	0.1	145.6	127.4	119.6	158.5
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.7	16.2	9.0	8.3	25.9
9	32	Sweet pepper green boiled	0.4	0.0	0.0	0.0	1.1	27.5	16.9	5.9	57.2
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0	145.0	145.0	145.0	145.0
9	37	Leek boiled	3.2	0.0	0.0	25.9	5.7	51.5	20.8	1.8	159.1
9	38	Turnip tops raw	0.1	0.0	0.0	0.0	0.0	158.8	158.8	158.8	158.8
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	0.4	0.0	0.0	0.0	0.4	151.0	147.9	98.0	171.4
9	44	Cabbage Savoy boiled	0.1	0.0	0.0	0.0	0.3	105.1	66.3	66.3	202.7
9	46	Lettuce head raw	1.7	0.0	0.0	10.4	5.2	44.7	39.3	5.3	96.0
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.1	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
9	51	Spinach raw	0.1	0.0	0.0	0.0	0.1	113.3	113.3	113.3	113.3
9	52	Spinach boiled	3.1	0.0	0.0	0.0	2.4	130.3	149.1	15.1	173.5
9	54	Cabbage oxheart boiled	2.3	0.0	0.0	0.0	1.8	131.7	95.0	84.2	212.3
9	55	Brussel sprouts boiled	8.5	0.0	0.0	66.6	5.3	141.0	134.5	50.3	213.3
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.3	19.3	17.6	17.6	22.7
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.3	16.0	9.8	5.0	19.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.1	2.1	8.6	1.0	0.2	37.8
9	60	Tomatoes normal raw	4.0	0.0	0.0	33.0	10.2	46.7	44.2	5.3	66.0
9	61	Tomatoes normal boiled	1.0	0.0	0.0	0.5	2.6	30.9	11.6	0.9	51.2
9	63	Onions raw	1.1	0.0	0.0	5.0	6.0	20.8	13.2	1.6	47.4
9	64	Onions boiled	4.0	0.0	0.0	22.2	18.2	28.2	21.7	1.3	76.9
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.3	23.8	24.9	7.4	41.7
9	67	Chicory raw	1.1	0.0	0.0	0.0	1.2	73.6	64.2	25.0	165.6
9	68	Chicory boiled	7.5	0.0	0.0	80.6	4.6	152.2	155.7	60.5	244.6
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.9	16.4	8.7	2.2	46.4
9	70	Cabbage white cooked	0.2	0.0	0.0	0.8	2.8	8.0	2.9	0.8	25.7
9	71	Carrots raw average	0.1	0.0	0.0	0.0	0.9	11.6	8.3	2.4	23.9
9	72	Carrots boiled average	0.8	0.0	0.0	2.2	4.3	23.3	4.9	1.4	106.7
9	73	Cabbage sauerkraut raw	0.1	0.0	0.0	0.0	0.1	128.4	128.4	128.4	128.4
9	74	Cabbage sauerkraut cooked	3.1	0.0	0.0	0.0	2.1	139.7	143.6	40.4	240.8
9	75	Vegetable mix for soup raw	2.7	0.0	0.0	22.5	2.4	86.5	66.1	13.3	165.8
9	124	Radish red/white raw	0.5	0.0	0.0	0.0	1.8	33.7	31.3	1.7	60.6
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.3	9.9	3.0	0.7	18.2
9	127	Vegetables mixture raw	0.0	0.0	0.0	0.0	0.1	100.7	12.7	12.7	186.1
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.8	0.0	0.0	0.0	0.4	100.8	100.8	100.8	100.8
9	132	Gherkins sweet pickled	0.7	0.0	0.0	4.6	4.2	16.0	9.8	2.1	39.6
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.0	0.0	0.0	0.0	2.1	45.5	17.2	0.9	142.2
9	136	Peas and carrots tinned	1.7	0.0	0.0	0.0	1.0	129.2	113.7	27.3	244.5
9	138	Beans runner tinned	0.9	0.0	0.0	0.0	0.6	172.0	172.0	172.0	172.0
9	139	Beans French tinned	0.1	0.0	0.0	0.0	0.1	201.0	185.0	185.0	216.2
9	140	Spinach tinned	0.2	0.0	0.0	0.0	0.2	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.2	0.0	0.0	0.0	0.5	30.2	12.6	2.3	62.6

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9	142	Beans broad tinned	1.4	0.0	0.0	0.0	0.8	223.5	215.3	130.0	237.5
9	143	Carrots tinned	0.2	0.0	0.0	0.0	0.1	124.6	120.0	120.0	128.9
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.4	2.5	5.4	3.0	0.6	18.0
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0	170.0	170.0	170.0	170.0
9	146	Spinach frozen boiled	0.9	0.0	0.0	0.0	1.0	108.8	111.0	14.8	199.5
9	538	Rhubarb puree w sugar	0.4	0.0	0.0	0.0	0.6	71.0	45.9	12.0	137.9
9	557	Celery raw	0.2	0.0	0.0	0.0	0.9	44.4	33.0	9.1	94.6
9	558	Celeriac raw	0.1	0.0	0.0	0.0	0.4	35.2	17.8	1.4	94.7
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	0.3	21.1	14.4	7.6	30.6
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.2	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	1.1	0.0	0.0	0.0	1.0	191.3	149.6	85.3	242.7
9	651	Spinach creamed frozen boiled	1.4	0.0	0.0	0.0	1.1	105.3	72.8	26.8	216.4
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.2	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.2	23.0	23.2	6.2	33.8
9	885	Sweet pepper red boiled	0.5	0.0	0.0	0.0	2.7	26.2	19.1	4.6	70.7
9	920	Broccoli boiled	6.6	0.0	0.0	57.8	5.7	129.3	117.5	20.0	235.0
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.2	64.2	51.0	51.0	84.2
9	951	Beans French boiled	6.4	0.0	0.0	48.6	8.8	104.9	95.6	1.5	225.3
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.4	0.0	0.0	0.0	0.6	89.3	29.1	20.0	186.7
9	954	Beans French frozen boiled	1.2	0.0	0.0	0.0	1.2	136.4	110.3	33.4	234.0
9	957	Asparagus boiled	2.2	0.0	0.0	0.0	1.0	248.7	224.3	16.0	347.1
9	958	Beetroot boiled	1.5	0.0	0.0	0.0	2.8	129.3	95.1	11.5	285.3
9	961	Beans runner boiled	4.1	0.0	0.0	37.8	2.4	130.3	114.4	52.0	198.5
9	962	Beans broad boiled	0.2	0.0	0.0	0.0	0.1	141.0	141.0	141.0	141.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.1	18.9	18.9	18.9	18.9
9	964	Mange-tout boiled	0.3	0.0	0.0	0.0	0.8	45.2	49.7	26.0	51.8
9	966	Courgettes boiled	1.5	0.0	0.0	0.0	2.8	56.4	34.2	1.9	151.6
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.2	98.2	79.6	25.0	121.2
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.2	0.0	0.0	0.0	0.1	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.1	0.0	0.0	0.0	0.2	54.7	50.0	50.0	73.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.6	0.0	0.0	0.0	0.2	194.9	190.0	190.0	199.0
9	1143	Beans runner frozen unprepared	0.8	0.0	0.0	0.0	0.8	117.4	104.6	57.2	160.5
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.2	49.3	31.6	20.0	70.6
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	0.6	35.4	8.7	8.7	108.5
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.3	17.2	7.8	0.9	23.3
9	1399	Lettuce iceberg raw	4.2	0.0	0.0	27.7	7.2	51.4	44.4	14.9	98.8
9	1454	Beetroot pickled glass	0.1	0.0	0.0	0.0	0.2	114.6	100.0	100.0	158.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.3	3.2	2.2	1.5	4.8
9	1904	Vegetables average boiled	1.7	0.0	0.0	0.0	3.0	80.7	59.4	8.1	160.9

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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.2	181.8	136.7	108.0	211.7
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.4	0.0	0.0	0.0	0.2	152.0	150.0	150.0	158.3
9	2331	Bami vegetables mixed boiled	0.5	0.0	0.0	0.0	0.4	60.7	33.9	16.5	113.5
9	2346	Lettuce green average raw	0.8	0.0	0.0	0.0	1.6	33.6	24.6	1.9	57.1
9	2377	Tomatoes dried in oil tin/glass	0.1	0.0	0.0	0.0	0.6	10.8	5.0	5.0	19.6
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.6	0.2	0.2	0.2	0.2
9	2498	Tomatoes sieved	0.6	0.0	0.0	0.0	1.2	43.4	41.4	11.7	71.9
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.2	2.3	0.4	0.4	4.7
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.6	25.0	10.7	7.5	53.0
9	2710	Cabbage red w apple pieces glass	0.1	0.0	0.0	0.0	0.1	129.3	98.0	98.0	164.8
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.5	23.6	14.8	12.5	60.9
9	2727	Carrot bunched boiled	9.2	0.0	0.0	89.3	4.7	160.3	173.8	23.3	225.2
9	2728	Carrot winter raw	0.6	0.0	0.0	0.0	1.2	65.9	73.1	7.9	113.5
9	2729	Carrot winter boiled	2.2	0.0	0.0	0.0	1.6	117.3	108.8	27.8	220.4
9	2730	Tomato vine raw	4.0	0.0	0.0	32.7	6.5	74.0	65.0	27.9	127.5
9	2731	Tomato cherry raw	2.3	0.0	0.0	18.2	5.6	33.9	28.0	10.0	67.5
9	2732	Tomato beef raw	0.1	0.0	0.0	0.0	0.4	86.2	55.8	27.8	134.3
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.1	0.0	0.0	0.0	0.4	28.8	23.4	6.4	70.5
9	2735	Tomato average boiled	0.1	0.0	0.0	0.0	0.5	36.3	26.5	2.2	78.8
9	2736	Rocket raw	0.4	0.0	0.0	0.0	1.5	20.7	12.6	5.0	46.0
9	2737	Onion Welsh raw	0.1	0.0	0.0	0.0	1.1	15.2	11.4	4.1	23.6
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	1.3	0.0	0.0	10.1	3.1	42.3	37.0	9.0	90.0
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.4	9.0	9.0	9.0	9.0
9	2741	Sweet pepper yellow boiled	0.2	0.0	0.0	0.0	0.6	35.5	18.7	6.5	92.8
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.1	9.0	3.9	1.7	18.1
9	2743	Sweet pepper average boiled	0.5	0.0	0.0	2.0	3.7	10.9	4.3	0.8	43.0
9	2840	Cabbage red w apple pieces	0.8	0.0	0.0	0.0	0.6	200.3	174.0	174.0	241.8
9	2900	Sweetcorn tinned	0.3	0.0	0.0	0.0	0.6	56.5	49.4	14.6	69.1
10	455	Peanut butter	1.0	0.0	0.0	9.6	6.3	21.1	17.8	4.0	40.6
10	541	Peanut butter with nut pieces	0.3	0.0	0.0	0.0	1.1	20.5	17.8	10.0	34.3
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.3	0.0	0.0	0.0	0.8	18.2	13.3	7.5	27.9
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.7	5.7	4.7	0.1	11.0
10	2367	Peanut butter light	0.1	0.0	0.0	0.0	0.8	24.2	14.4	10.0	32.9
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.3	3.6	2.7	2.0	3.9
11	511	Cheese Edam 40+	1.1	0.0	0.0	7.5	3.8	31.2	21.9	5.1	57.7
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.1	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	4.1	0.0	0.0	21.6	14.1	28.8	24.0	10.0	60.0
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.2	0.0	0.0	0.0	0.6	26.3	12.7	7.4	62.7
11	515	Cheese spread 48+	0.2	0.0	0.0	0.0	1.3	23.4	15.9	2.0	37.6
11	517	Cheese spread 20+	1.2	0.0	0.0	10.9	3.9	21.9	14.8	6.7	40.5
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.2	94.9	52.4	30.0	196.8
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.5	22.0	22.0	22.0	22.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.3	34.4	23.6	20.0	45.4

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.1	21.0	21.0	21.0	21.0
11	715	Cheese cream 60+	0.1	0.0	0.0	0.0	0.4	25.4	16.7	8.0	25.7
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
11	718	Cheese Parmesan	0.2	0.0	0.0	0.0	0.8	17.9	8.5	2.2	42.9
11	719	Cheese cream soft Mon Chou	0.2	0.0	0.0	0.0	1.4	11.8	10.6	6.0	18.6
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.3	5.1	4.6	4.5	5.5
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.2	23.5	22.0	22.0	24.7
11	726	Cheese Bluefort	0.2	0.0	0.0	0.0	0.4	24.6	7.2	0.8	63.0
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.5	17.2	13.9	13.3	28.8
11	804	Cheese sheep fresh	0.5	0.0	0.0	0.0	1.4	39.8	25.5	3.0	94.5
11	881	Cheese 48+ low salt	0.8	0.0	0.0	0.0	3.3	31.1	22.8	12.0	68.0
11	883	Cheese Amsterdam 48+	0.2	0.0	0.0	0.0	1.1	28.2	26.5	22.2	34.0
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	0.9	0.0	0.0	0.0	2.1	37.0	27.9	5.7	69.8
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
11	1382	Cheese 30+	7.3	0.0	0.0	42.7	17.8	32.1	23.5	11.0	84.6
11	1487	Cheese Brie 60+	0.2	0.0	0.0	0.0	1.7	29.6	12.3	5.5	93.9
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.1	21.3	20.0	20.0	23.4
11	1650	Cheese goat fresh	0.2	0.0	0.0	0.0	1.3	26.3	21.0	5.4	45.3
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	1.0	21.3	19.5	6.5	32.6
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.2	20.9	13.0	13.0	50.6
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.4	33.3	22.0	22.0	54.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.2	0.0	0.0	0.0	1.3	19.7	13.7	13.0	33.5
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.2	45.0	34.5	25.3	48.5
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
11	1955	Cheese Mozzarella	0.5	0.0	0.0	0.0	1.5	35.1	16.9	2.7	100.9
11	2518	Cheese goat hard	0.5	0.0	0.0	0.0	3.7	24.3	22.9	6.5	49.3
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.4	18.0	13.7	10.0	19.4
11	2679	Dairy spread plain/herbs light	0.2	0.0	0.0	0.0	0.8	11.9	9.3	8.0	18.2
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.0	0.0	0.0	6.4	4.2	25.4	22.5	13.0	55.3
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	3.5	0.0	0.0	23.3	11.7	31.7	23.8	11.6	60.4
11	2758	Cheese Gouda 48+ age 4-7 mths	8.2	0.0	0.0	66.8	14.5	41.7	27.7	9.3	87.3
11	2759	Cheese Gouda 48+ age 10-12 mths	0.6	0.0	0.0	5.9	2.8	19.9	13.6	10.1	34.1
11	2824	Cheese 30+ low salt	0.4	0.0	0.0	0.0	1.2	21.4	21.0	12.0	34.8
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.1	3.0	1.2	0.4	7.2
12	824	Mustard	0.1	0.0	0.0	0.0	1.9	3.2	1.8	0.6	8.0
12	830	Garlic fresh	0.0	0.0	0.0	0.0	3.4	1.3	0.8	0.0	4.7
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.0	2.9	2.6	0.2	3.9
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.3	9.1	6.7	5.6	10.8
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.7	3.8	2.0	0.3	9.9
12	1883	Stock powder low sodium	0.1	0.0	0.0	0.0	0.2	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.1	0.5	0.5	0.5	0.5
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0	12.9	12.9	12.9	12.9
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.3	6.0	4.1	3.4	10.9
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.7	5.1	2.4	2.4	10.4
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.7	0.0	0.0	16.2	8.3	16.8	14.1	6.9	27.8
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	1.0	216.9	202.6	200.0	282.5
13	273	Milk chocolate-flavoured low fat	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.0	3.0	7.0	4.3	1.2	14.8
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	13.2	9.0	9.0	17.0
13	276	Custard chocolate full fat	1.5	0.0	0.0	0.0	0.6	139.6	101.0	51.5	254.1
13	278	Yoghurt full fat	7.0	0.0	0.0	67.6	5.4	147.1	144.4	46.3	244.4
13	279	Milk whole	9.6	0.0	0.0	81.3	6.9	176.0	151.2	8.5	405.4
13	280	Coffee creamer full fat	1.7	0.0	0.0	13.9	10.1	26.1	16.8	7.5	75.3
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	8.5	0.0	0.0	67.3	6.3	134.6	125.4	51.5	237.7
13	284	Yoghurt low fat with fruit	2.2	0.0	0.0	0.0	1.5	138.0	122.5	64.8	220.5
13	285	Coffee creamer half fat	6.0	0.0	0.0	30.6	27.2	20.3	15.9	5.1	41.7
13	286	Milk semi-skimmed	87.4	0.0	0.0	320.9	39.7	213.1	203.1	11.0	463.7
13	288	Porridge oatmeal	1.6	0.0	0.0	0.0	0.7	241.2	216.1	110.2	319.8
13	289	Buttermilk	31.9	0.0	0.0	237.8	14.5	230.8	204.4	78.6	469.7
13	290	Porridge buttermilk w wheat flour	0.3	0.0	0.0	0.0	0.4	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	2.1	15.2	11.8	8.0	30.4
13	294	Milk skimmed	27.0	0.0	0.0	0.4	2.8	509.0	258.9	23.7	1,132.8
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.2	4.1	4.1	2.0	4.9
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	2.3	0.0	0.0	0.0	1.8	188.8	163.9	138.8	303.4
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.9	18.2	10.4	6.3	45.9
13	301	Yoghurt low fat	19.8	0.0	0.0	151.0	10.4	175.7	169.6	28.2	302.7
13	303	Ice cream dairy cream based	1.6	0.0	0.0	0.0	2.1	76.3	68.1	32.0	113.1
13	305	Fromage frais low fat	4.8	0.0	0.0	29.4	4.3	116.4	119.5	2.0	228.7
13	306	Fromage frais half fat	0.3	0.0	0.0	0.0	0.3	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.5	0.0	0.0	0.0	0.9	148.4	111.7	8.6	244.9
13	477	Custard vanilla low fat	0.6	0.0	0.0	0.0	0.2	128.8	128.8	128.8	128.8
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	0.9	0.0	0.0	0.0	1.4	67.6	70.8	18.0	74.6
13	532	Blancmange chocolate	0.8	0.0	0.0	0.0	0.3	168.5	150.0	150.0	193.2
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.6	0.0	0.0	0.0	0.2	188.2	171.0	171.0	202.4
13	736	Pudding vanilla	0.2	0.0	0.0	0.0	0.3	37.4	32.9	31.3	40.8
13	767	Mousse chocolate	1.1	0.0	0.0	0.0	1.1	76.9	58.5	22.8	122.0
13	786	Pudding chipolata	0.7	0.0	0.0	0.0	0.5	115.5	101.3	97.7	139.9

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13	812	Cream sour	0.0	0.0	0.0	0.0	0.4	11.5	9.2	3.1	15.9
13	863	Yoghurt full fat with fruit	1.4	0.0	0.0	0.0	1.0	175.9	144.5	41.7	295.3
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	1.0	0.0	0.0	0.0	0.4	150.1	138.3	49.4	200.9
13	916	Yoghurt Bulgarian low fat	0.4	0.0	0.0	0.0	0.3	112.4	102.6	51.8	146.9
13	917	Fromage frais half fat w fruit	3.8	0.0	0.0	20.7	3.2	128.3	122.9	31.5	240.1
13	931	Fromage frais low fat with fruit	0.9	0.0	0.0	0.0	0.4	161.9	171.6	100.0	198.1
13	933	Blancmange caramel	0.1	0.0	0.0	0.0	0.0	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	0.7	0.0	0.0	0.0	1.2	126.5	116.0	116.0	160.8
13	940	Blancmange vanilla w strawberry sauce	0.1	0.0	0.0	0.0	0.1	206.0	206.0	206.0	206.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.6	0.0	0.0	0.0	0.6	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	2.1	0.0	0.0	0.0	1.2	189.8	182.3	139.8	282.3
13	1474	Ice lolly/ Sorbet	0.2	0.0	0.0	0.0	0.2	46.9	39.8	32.0	52.7
13	1502	Yoghurt half fat	9.8	0.0	0.0	106.5	5.2	190.3	147.3	77.2	437.9
13	1503	Cream 25% fat	0.2	0.0	0.0	0.0	1.8	9.0	7.1	3.7	27.4
13	1719	Milk semi-skimmed enriched w calcium	4.3	0.0	0.0	0.0	1.2	198.8	186.8	154.5	249.5
13	1720	Custard several flavours full fat	3.6	0.0	0.0	16.2	3.1	135.3	129.2	49.4	193.7
13	1721	Yoghurt vanilla half fat	3.0	0.0	0.0	0.0	3.1	136.7	129.8	57.0	244.4
13	1722	Porridge semolina	1.0	0.0	0.0	0.0	0.5	192.5	185.9	54.6	252.5
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	0.1	1.5	13.8	11.1	3.0	33.4
13	1808	Creme fraiche	0.2	0.0	0.0	0.0	0.8	15.8	9.2	4.0	38.4
13	1813	Yakult	1.2	0.0	0.0	0.0	1.8	65.9	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.2	0.0	0.0	0.0	0.3	137.6	117.7	100.9	171.6
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.7	0.0	0.0	0.0	1.2	145.6	106.7	25.9	327.4
13	1834	Yoghurt drink w sweeteners Optimel	4.7	0.0	0.0	0.0	2.4	212.6	201.4	144.2	304.3
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	2.2	3.6	12.8	9.3	3.0	36.1
13	1954	Coffee creamer Balance	0.2	0.0	0.0	0.0	0.8	14.9	6.3	4.0	30.9
13	1957	Custard with whipped cream	0.2	0.0	0.0	0.0	0.2	108.6	61.8	61.8	207.4
13	1958	Porridge buttermilk groats	0.5	0.0	0.0	0.0	0.4	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	0.4	0.0	0.0	0.0	0.3	201.0	161.7	161.7	234.7
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.1	81.0	81.0	81.0	81.0
13	2244	Yoghurt cream- with fruit	3.6	0.0	0.0	0.0	3.4	130.6	132.5	35.9	197.8
13	2246	Fromage frais low fat w fruit w sw	1.5	0.0	0.0	0.0	1.3	144.8	104.4	72.0	240.9
13	2247	Fromage frais yoghurt w fruit	0.6	0.0	0.0	0.0	0.8	143.7	147.1	77.8	181.7
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.5	0.0	0.0	0.0	0.6	73.3	51.2	50.0	111.9
13	2252	Ice cream dairy w fruitcoating	0.2	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	0.9	0.0	0.0	0.0	0.3	183.2	86.6	25.0	240.4
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	1.7	0.0	0.0	0.0	0.8	260.2	220.2	203.0	330.8
13	2258	Actimel	0.1	0.0	0.0	0.0	0.2	109.5	100.0	100.0	117.9
13	2265	Yakult light	0.7	0.0	0.0	0.0	1.0	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	0.8	0.0	0.0	0.0	0.3	144.0	109.2	49.4	219.8
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0	62.5	62.5	62.5	62.5
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.1	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	4.6	0.0	0.0	4.6	3.2	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.1	16.3	16.3	16.3	16.3
13	2416	Ice cream stracciatella-	0.2	0.0	0.0	0.0	0.4	46.5	32.0	32.0	76.1
13	2495	Drinking chocolate w s-sk milk	2.5	0.0	0.0	0.0	0.9	254.6	184.8	168.9	395.0
13	2496	Dairy drink Campina fruitmilk	0.2	0.0	0.0	0.0	0.2	271.7	252.4	252.4	330.1
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.3	0.0	0.0	0.0	0.2	247.5	217.3	217.3	363.1
13	2501	Yoghurt half fat w fruit	2.6	0.0	0.0	0.0	2.3	174.7	153.7	100.0	265.9
13	2503	Yoghurt Greek full fat	0.6	0.0	0.0	0.0	0.7	114.1	68.2	48.2	221.5
13	2504	Fromage frais full fat w fruit	0.9	0.0	0.0	0.0	1.1	82.4	69.7	48.0	148.1
13	2519	Custard half fat all flavours	2.2	0.0	0.0	0.0	1.4	158.3	148.8	120.5	190.8
13	2520	Pudding airy average	2.5	0.0	0.0	1.7	1.7	92.9	86.6	23.9	161.1
13	2521	Porridge milk w flour Lammetjespap	0.4	0.0	0.0	0.0	0.3	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.5	0.0	0.0	0.0	0.5	172.7	139.0	137.8	243.4
13	2537	Dessert made of custard, yoghurt & syrup	0.1	0.0	0.0	0.0	0.3	154.5	154.5	154.5	154.5
13	2538	Blancmange home-made w semi-sk milk	0.1	0.0	0.0	0.0	0.1	96.1	96.1	96.1	96.1
13	2539	Custard soft & airy Campina	0.5	0.0	0.0	0.0	0.2	135.0	135.0	135.0	135.0
13	2655	Yoghurt 0% fat w fruit Activia	0.2	0.0	0.0	0.0	0.4	120.9	96.5	60.0	132.2
13	2689	Actimel light	0.7	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.1	101.1	100.0	100.0	102.6
13	2760	Hot chocolate from vending machine	2.6	0.0	0.0	0.0	0.9	217.6	162.8	18.5	379.0
13	2823	Yoghurt full fat stracciatella	0.7	0.0	0.0	0.0	0.4	176.7	157.6	133.0	213.1
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.1	0.0	0.0	0.0	0.1	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.3	0.0	0.0	0.0	0.2	236.9	236.9	236.9	236.9
13	3047	Yoghurt Turkish 10% fat	0.1	0.0	0.0	0.0	0.1	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	0.7	0.0	0.0	0.0	0.7	204.8	159.7	159.7	255.0
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.5	12.7	12.0	12.0	14.5
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.2	10.0	8.8	8.0	11.6
13	3074	Yoghurt full fat w fruit Activia	1.3	0.0	0.0	0.0	1.2	168.5	114.4	62.5	235.5
14	687	Tahoe soya curd	0.1	0.0	0.0	0.0	0.3	57.8	39.0	39.0	129.1
14	688	Tempeh fermented soya beans	0.1	0.0	0.0	0.0	0.4	50.7	37.7	37.7	64.7

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14	870	Milk soya natural	0.4	0.0	0.0	0.0	0.4	174.0	104.5	27.0	260.7
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.1	2.3	2.1	1.8	2.6
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.3	3.1	7.0	1.5	0.2	24.2
14	1380	Dessert soya Alpro	1.0	0.0	0.0	0.0	0.5	139.6	118.4	100.0	174.0
14	1381	Milk soya Natural Fresh Alpro	1.6	0.0	0.0	0.0	1.1	162.1	125.0	25.0	246.2
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	1.1	0.0	0.0	0.0	0.4	254.6	241.0	200.0	296.2
14	1953	Soya based yoghurt Yofu soja Alpro	0.4	0.0	0.0	0.0	0.6	133.0	130.8	38.9	144.3
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.1	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.2	0.0	0.0	0.0	0.2	53.2	53.2	53.2	53.2
14	2047	Mincemeat vegetarian unprepared	0.1	0.0	0.0	0.0	0.3	57.5	55.9	51.8	59.6
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.2	0.0	0.0	0.0	0.3	83.7	77.8	70.5	92.1
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	0.5	0.0	0.0	0.0	0.5	147.7	89.5	32.0	270.4
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.6	0.0	0.0	0.0	1.1	154.6	124.4	31.1	248.6
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.1	0.0	0.0	0.0	1.0	18.5	14.8	11.0	19.6
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.1	13.4	9.0	7.5	16.6
15	199	Cashew nuts unsalted	0.5	0.0	0.0	0.0	2.4	31.8	20.9	6.3	64.4
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	19.3	12.0	12.0	25.5
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.2	0.0	0.0	0.0	0.8	19.9	12.8	7.5	30.8
15	205	Mixed nuts and raisins	0.1	0.0	0.0	0.0	0.4	30.0	23.5	15.0	41.3
15	206	Walnuts unsalted	0.7	0.0	0.0	5.0	3.1	19.6	16.5	3.7	31.8
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.4	28.3	22.7	7.5	47.6
15	264	Biscuit salted average	0.3	0.0	0.0	0.0	2.9	14.1	8.0	4.0	22.6
15	265	Puff pastry baked	0.3	0.0	0.0	0.0	1.4	38.5	26.9	11.0	68.3
15	266	Snack sausage roll puff pastry	0.4	0.0	0.0	0.0	0.6	70.0	70.0	70.0	70.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.2	0.0	0.0	0.0	0.7	23.8	18.0	10.0	39.2
15	546	Peanuts coated	0.7	0.0	0.0	0.0	0.8	40.6	35.2	20.1	48.5
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.7	10.3	5.6	5.0	20.6
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.6	3.5	3.1	0.7	3.9
15	852	Salad celeriac	0.2	0.0	0.0	0.0	0.6	38.3	21.3	16.6	86.6
15	867	Linseeds	0.2	0.0	0.0	0.0	3.2	9.4	6.4	3.6	25.9
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.4	4.3	3.9	3.0	4.9
15	876	Peanuts salted	0.3	0.0	0.0	0.0	1.3	33.5	27.0	15.0	60.2
15	901	Snack sausage roll w bread dough pastry	0.6	0.0	0.0	0.0	0.5	75.0	75.0	75.0	75.0
15	1496	Salad fish	1.1	0.0	0.0	0.0	2.2	46.8	36.7	12.5	100.0
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.1	0.0	0.0	0.0	0.5	31.9	25.0	15.0	52.3
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.4	27.7	15.0	15.0	61.6

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15	1699	Biscuits & snacks cheesy averaged	0.6	0.0	0.0	0.0	1.6	30.4	24.2	8.0	55.5
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.3	21.7	15.9	4.2	38.4
15	1895	Pecan nuts unsalted	0.1	0.0	0.0	0.0	0.5	17.8	15.0	12.0	18.4
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.5	13.8	10.0	10.0	23.7
15	1935	Nuts mixed salted	0.3	0.0	0.0	0.0	1.6	31.2	22.2	0.4	65.6
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.2	0.0	0.0	0.0	0.9	47.1	11.4	5.5	122.3
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0	6.5	6.5	6.5	6.5
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.6	17.2	13.4	10.0	18.4
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	1.3	6.0	4.9	1.9	12.9
15	2345	Peanuts sugar coated	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.4	5.5	3.3	2.5	9.2
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	1.4	0.0	0.0	0.0	1.2	82.5	63.0	63.0	117.8
15	2549	Springroll frozen unprepared	0.3	0.0	0.0	0.0	0.3	141.2	122.6	106.3	147.3
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.1	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.2	11.0	11.0	11.0	11.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
15	2830	Croissant with cheese	0.3	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.3	19.8	12.6	6.0	27.1
15	2886	Cashew nuts salted	0.2	0.0	0.0	0.0	0.6	29.5	24.3	15.0	59.4
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.3	13.5	9.2	7.2	18.9
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.1	59.0	59.0	59.0	59.0
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.6	18.5	13.0	10.0	31.5
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	1.1	0.0	0.0	0.0	0.7	102.5	82.2	45.6	156.0
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.1	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	1.0	0.0	0.0	0.0	0.9	107.8	65.3	4.6	232.2
16	968	Beans white/brown boiled	0.3	0.0	0.0	0.0	0.4	101.2	74.7	39.3	107.6
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.2	0.0	0.0	0.0	0.4	26.9	15.9	1.0	57.9
16	3049	Beans white tinned	0.3	0.0	0.0	0.0	0.3	118.1	86.7	74.0	155.5
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.3	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.5	0.0	0.0	0.0	0.2	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.8	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.4	0.0	0.0	0.0	0.2	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.1	0.0	0.0	0.0	0.1	566.5	566.5	566.5	566.5
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	6.3	0.0	0.0	0.0	2.3	350.7	326.0	101.9	486.3
19	758	Soup clear with meat	0.5	0.0	0.0	0.0	0.4	208.6	197.5	194.3	226.3
19	759	Soup clear with vegetables	8.3	0.0	0.0	72.4	2.9	203.8	210.0	105.4	292.8
19	760	Soup clear with meat and noodles	3.6	0.0	0.0	0.0	1.5	196.7	150.5	112.4	392.5
19	761	Soup clear with meat and vegetables	5.6	0.0	0.0	0.0	2.8	256.0	269.3	106.0	323.4
19	762	Soup clear w meat vegetables and noodles	6.7	0.0	0.0	0.0	2.7	232.2	207.9	151.0	330.0
19	763	Soup thickened w vegetables	0.5	0.0	0.0	0.0	0.2	268.3	194.3	194.3	387.6
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.1	0.0	0.0	0.0	0.0	336.0	336.0	336.0	336.0
19	792	Soup thickened w meat and vegetables	1.2	0.0	0.0	0.0	0.2	323.8	323.8	323.8	323.8
19	797	Soup vegetable based dried packet prep	11.0	0.0	0.0	120.6	4.4	255.1	264.5	119.4	367.3
19	798	Soup meat based dried packet prepared	6.6	0.0	0.0	0.0	1.4	324.2	259.4	134.4	485.6
19	800	Soup vegetable based tinned prepared	8.8	0.0	0.0	78.6	2.8	253.5	267.3	12.7	354.3
19	801	Soup meat based ready made prepared	1.4	0.0	0.0	0.0	0.9	190.5	175.4	157.5	203.7
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
19	1528	Stock from cube prepared	5.7	0.0	0.0	16.9	4.6	152.4	172.9	4.0	261.2
19	2487	Soup veg & meat based ready made prep	2.9	0.0	0.0	0.0	1.6	249.0	227.6	157.4	315.2
19	2488	Soup vegetable&meat based prepared pack	8.3	0.0	0.0	86.0	3.9	223.2	199.0	131.0	318.7
19	2561	Soup thickened no filling	0.5	0.0	0.0	0.0	0.4	223.6	197.2	165.9	252.0
19	2932	Soup cup-a-soup prepared	5.9	0.0	0.0	0.0	2.0	234.0	218.8	174.4	295.7
20	374	Sugar brown Basterdsuiker	0.1	0.0	0.0	0.0	1.8	7.9	5.7	1.4	14.9
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	0.9	7.5	4.9	3.3	15.2
20	377	Sugar granulated	3.4	0.0	0.0	20.0	29.0	13.2	8.1	1.5	35.9
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.5	14.5	12.3	2.0	19.6
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.4	4.8	3.0	3.0	8.8
20	427	Syrup apple	2.6	0.0	0.0	17.4	11.8	24.4	19.0	7.3	40.4
20	431	Chocolate milk	0.9	0.0	0.0	6.3	6.7	14.1	11.3	4.3	29.2
20	432	Chocolate plain	0.9	0.0	0.0	6.7	8.2	15.6	13.3	4.3	33.7
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	0.7	8.7	7.5	7.5	9.7
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.9	6.1	4.3	3.3	11.1
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	1.0	18.6	14.6	10.0	31.9

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20	442	Coloured confetti fruit-flavoured	0.2	0.0	0.0	0.0	2.8	8.6	7.0	2.9	14.9
20	443	Honey	1.2	0.0	0.0	9.8	10.1	13.6	11.5	2.6	25.6
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.6	18.3	10.0	10.0	31.2
20	445	Jam	7.1	0.0	0.0	33.0	30.9	23.7	18.8	5.8	53.2
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.9	3.6	2.9	2.0	4.9
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.2	0.0	0.0	1.3	4.0	5.0	3.4	1.1	13.5
20	453	Peppermint	0.2	0.0	0.0	1.2	5.5	5.1	2.8	2.1	8.7
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.4	21.6	15.0	15.0	32.0
20	461	Toffees	0.0	0.0	0.0	0.0	0.3	8.7	6.0	6.0	14.5
20	484	Jam reduced sugar	1.0	0.0	0.0	6.4	4.9	24.6	18.9	10.0	51.3
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.4	23.6	16.6	8.0	46.2
20	520	Liquorice Dutch type salted	0.2	0.0	0.0	0.0	1.8	11.0	9.2	4.0	20.9
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.5	6.3	3.8	1.1	15.0
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.4	1.8	1.0	1.0	2.7
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0	12.0	12.0	12.0	12.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.2	28.2	28.0	28.0	28.4
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.3	0.0	0.0	0.0	0.9	26.3	18.4	9.0	28.8
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
20	717	Chocolate bar milk with nuts	0.5	0.0	0.0	0.0	1.9	31.9	17.8	7.4	54.9
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.7	16.7	11.2	7.0	25.3
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.4	19.7	12.0	12.0	32.3
20	752	Wine gums	0.1	0.0	0.0	0.0	0.8	6.8	5.3	2.0	10.0
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.3	0.0	0.0	0.7	1.3	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.2	15.4	12.1	10.0	17.4
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.1	0.0	0.0	0.0	0.1	17.5	15.0	15.0	19.5
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.3	14.3	10.0	10.0	25.7
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.4	6.8	17.7	14.5	3.6	33.7
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	2.0	10.3	7.2	5.0	18.2
20	1963	Chocolate confetti plain	0.9	0.0	0.0	7.1	8.9	9.1	8.1	3.8	14.1
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.3	15.7	11.2	10.0	19.1
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.5	11.8	7.3	4.0	33.5
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.0	5.0	3.4	0.5	10.7
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.2	10.9	8.0	8.0	19.6
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	1.6	13.6	10.5	7.0	14.4
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.9	15.6	14.4	6.0	23.4
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.7	10.4	5.6	4.0	14.1
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0	45.0	45.0	45.0	45.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.6	3.8	3.0	3.0	6.4
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.7	15.5	11.0	10.0	19.1

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20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.1	0.0	0.0	0.0	0.8	7.2	5.5	4.0	7.7
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.4	15.8	13.6	12.0	18.9
20	2656	Chocolate confetti mix white and plain	0.1	0.0	0.0	0.0	1.0	7.9	5.6	5.0	9.6
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.2	0.0	0.0	0.0	0.3	55.8	45.0	35.0	58.5
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.3	3.5	2.0	2.0	5.5
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	0.3	0.0	0.0	0.0	3.0	12.6	7.7	1.9	40.2
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0	7.5	7.5	7.5	7.5
20	3064	Syrup apple enriched w iron	0.2	0.0	0.0	0.0	0.5	16.2	8.6	7.5	33.5
20	3067	Sweets cream hard	0.1	0.0	0.0	0.0	1.3	9.5	6.0	6.0	14.0
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.3	9.3	4.5	4.5	14.2
21	310	Butter unsalted	4.7	0.0	0.0	26.6	22.3	17.8	13.9	3.2	39.6
21	312	Oil corn	0.0	0.0	0.0	0.0	0.2	8.7	7.4	7.4	12.8
21	313	Oil soya	0.0	0.0	0.0	0.0	1.2	6.1	1.6	1.1	13.2
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.1	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	0.7	0.0	0.0	4.5	7.8	8.0	5.5	0.9	26.3
21	437	Sauce cocktail/party/table 25% oil	0.1	0.0	0.0	0.0	0.5	26.8	7.9	3.9	66.8
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.1	11.9	8.0	2.2	26.5
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.3	25.6	18.3	12.5	28.8
21	458	Salad cream 25% oil	0.3	0.0	0.0	0.1	3.4	10.6	5.8	1.2	29.6
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.8	10.0	5.3	2.1	22.9
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	21.0	6.2	6.2	34.1
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.1	0.0	0.0	0.0	0.1	37.1	15.8	4.6	51.3
21	601	Oil olive	1.3	0.0	0.0	8.2	15.6	9.1	6.0	0.7	32.3
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.4	3.6	3.4	3.4	4.2
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	8.4	5.2	5.2	11.0
21	616	Peanut sauce jar prepared	0.4	0.0	0.0	0.0	0.8	67.6	67.3	7.5	100.9
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	1.2	4.9	2.9	0.5	8.1
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	1.0	6.8	3.9	2.0	12.3
21	879	Butter salted	0.9	0.0	0.0	4.4	7.2	13.1	8.9	3.0	42.1
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.3	4.7	3.4	1.9	6.4
21	1515	Sauce based on roux prepared	0.2	0.0	0.0	0.0	1.1	37.5	31.7	30.0	57.4
21	1517	Sauce mix packet <3% fat prepared	1.3	0.0	0.0	0.0	1.0	77.3	34.9	9.0	185.0
21	1518	Sauce mix packet >3% fat prepared	1.9	0.0	0.0	12.4	4.9	37.3	24.8	5.5	85.7
21	1524	Sauce tomato ready made jar	0.7	0.0	0.0	0.0	1.6	51.8	48.6	10.4	72.3
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.4	15.9	16.3	6.0	23.2
21	1803	Sauce oriental ready-made in jar/bag	1.2	0.0	0.0	0.0	1.7	66.2	48.8	2.0	125.4
21	1839	Low fat margarine product tub Becel Ligh	3.3	0.0	0.0	23.0	16.1	20.5	18.1	5.2	40.8

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21	1847	Margarine product tub Becel Dieet	1.7	0.0	0.0	14.9	12.6	16.5	14.8	4.8	30.0
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.3	6.6	4.4	4.4	11.4
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.7	0.0	0.0	14.8	9.2	16.2	13.5	4.1	34.0
21	1961	Low fat marg prod Blue Band Goede Start	0.2	0.0	0.0	0.0	1.2	21.4	19.4	3.0	36.6
21	2059	Low fat margarine 40% fat <17 g sat	2.6	0.0	0.0	23.3	11.3	19.9	16.6	5.2	48.5
21	2060	Low fat margarine prod 35% fat <10 g sat	1.0	0.0	0.0	7.3	4.5	17.3	14.4	4.5	29.6
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0	12.0	12.0	12.0	12.0
21	2062	Margarine 80% fat 17-24 g saturates	0.4	0.0	0.0	0.0	2.8	17.8	13.6	7.6	27.2
21	2063	Margarine 80% fat >24 g saturates	1.0	0.0	0.0	5.3	20.3	5.8	3.8	0.6	17.8
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
21	2065	Margarine product 70% fat >17 g sat	0.2	0.0	0.0	0.0	1.6	23.0	23.3	9.9	36.4
21	2066	Cooking fat liquid 97% fat <17 g sat	1.1	0.0	0.0	6.5	17.3	5.6	3.3	0.7	20.9
21	2067	Cooking fat solid 97% fat >17 g sat	0.6	0.0	0.0	1.3	9.3	4.2	1.1	0.6	20.0
21	2068	Frying fat liquid <24 g sat fatty acids	0.1	0.0	0.0	0.0	1.4	15.9	9.3	1.2	38.8
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.6	0.0	0.0	5.0	5.2	12.6	11.4	1.9	23.6
21	2076	Low fat margarine product Benecol light	0.1	0.0	0.0	0.0	0.5	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	0.0	2.6	5.6	3.9	0.6	19.9
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.2	13.0	9.2	1.9	21.0
21	2178	Pesto	0.1	0.0	0.0	0.0	1.5	5.3	2.4	1.2	16.2
21	2294	Low fat margarine Twenty four Ultralight	0.1	0.0	0.0	0.0	0.5	21.0	21.2	8.0	25.4
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.9	10.3	9.0	4.5	17.4
21	2418	Sauce hot liquid ready made <12% fat	0.2	0.0	0.0	0.0	1.1	34.8	28.1	2.0	66.1
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.2	0.0	0.0	0.0	0.2	96.9	86.7	77.0	98.7
21	2421	Sauce Chicken Tonight low fat varieties	0.2	0.0	0.0	0.0	0.3	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.2	0.0	0.0	0.0	1.3	20.4	22.7	3.0	33.2
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0	54.0	54.0	54.0	54.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.2	0.0	0.0	0.0	0.8	30.0	23.7	20.9	45.6
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.1	10.7	10.7	10.7	10.7
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.4	23.3	21.6	8.7	28.7
21	2451	Gravy 25% fat thickend prep w gravypowde	0.4	0.0	0.0	0.0	1.8	33.3	24.1	11.8	73.7
21	2452	Gravy 25% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	21.8	14.6	11.6	33.5
21	2453	Gravy 50% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.6	14.9	10.7	8.7	23.1
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.3	39.2	41.3	11.6	48.1
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.6	24.4	24.3	1.9	61.9
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.3	24.8	14.6	14.6	42.2
21	2462	Gravy 5% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.0	24.6	19.9	12.1	39.3
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.0	0.7	10.6	1.9	1.9	36.4
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.4	8.6	6.9	1.9	12.6
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.8	8.9	4.3	1.9	21.6
21	2468	Salad dressing honey/mustard	0.1	0.0	0.0	0.0	0.5	11.7	9.9	3.0	21.0
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.8	21.8	14.8	11.5	36.1
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.1	11.4	1.9	1.9	20.9
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.4	6.0	3.9	1.9	10.6
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.5	8.4	4.8	3.6	17.6
21	2525	Frying fat horeca	0.3	0.0	0.0	3.1	3.8	10.6	9.9	1.6	15.6
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.4	29.1	25.0	25.0	33.7
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.3	6.3	2.9	0.5	17.3
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.3	0.0	0.0	1.8	5.7	6.6	4.8	0.3	16.8
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.2	21.7	13.5	9.0	45.7
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.3	0.0	0.0	3.5	4.2	6.3	7.1	0.4	16.9
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.0	2.5	3.9	2.1	0.5	11.0
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.2	1.5	1.5	1.5	1.5
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.4	16.8	12.8	8.0	22.8
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	3.4	0.0	0.0	28.3	1.4	103.6	74.9	46.6	105.2
21	2580	Gravy 5% fat thickend w gravy powder	0.2	0.0	0.0	0.0	0.7	26.8	21.8	8.7	46.2
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.2	0.0	0.0	0.0	0.5	33.6	21.3	12.5	49.2
21	2585	Gravy 25% fat w cooking fat 2067	0.4	0.0	0.0	0.0	2.1	46.5	34.9	24.3	88.8
21	2586	Gravy 25% fat w margarine 2063	0.8	0.0	0.0	7.4	3.1	23.9	24.3	11.6	36.6
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	41.1	32.6	24.3	42.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.3	0.0	0.0	0.0	1.2	32.9	24.1	8.0	64.1
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.8	10.1	8.2	5.9	11.0
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.8	20.7	15.5	12.1	31.3
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0	40.0	40.0	40.0	40.0
21	2592	Gravy 50% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.0	25.4	19.9	8.7	43.8
21	2593	Gravy 50% fat w margarine 2063	0.6	0.0	0.0	0.0	2.1	30.0	22.2	10.1	56.2
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	33.7	23.3	23.3	59.5
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.2	22.9	18.6	11.6	38.5
21	2598	Gravy 75% fat w cooking fat 2067	0.3	0.0	0.0	0.0	0.9	41.0	24.3	24.3	76.5

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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	14.6	14.6	14.6	14.6
21	2600	Gravy 25% fat thickend w marg 2063	0.2	0.0	0.0	0.0	0.4	34.1	26.1	17.5	42.8
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2602	Gravy 25% fat thickend w olive oil	0.1	0.0	0.0	0.0	0.3	21.5	13.6	13.6	44.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.6	23.9	23.4	23.3	24.2
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	1.1	9.7	8.6	5.5	13.2
21	2612	Tapenade olive	0.4	0.0	0.0	0.0	0.2	90.8	68.4	48.0	96.8
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.4	24.5	19.4	12.6	36.4
21	2625	Gravy 25% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.7	50.4	31.4	23.3	82.3
21	2626	Gravy 25% fat w cooking fat liq 2562	0.1	0.0	0.0	0.0	1.0	24.9	24.3	12.1	39.3
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.7	25.4	18.9	12.1	40.1
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	56.4	36.7	23.3	73.5
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.2	12.1	12.1	12.1	12.1
21	2632	Gravy 75% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	46.4	31.8	22.3	69.3
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.3	22.8	23.5	17.5	24.2
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.2	1.9	1.9	1.9	1.9
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	2.1	8.3	8.1	1.9	15.0
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.2	14.7	12.0	12.0	17.3
21	2711	Margarine product AlbertHeijn Bewust	0.1	0.0	0.0	0.0	1.0	18.3	18.4	4.5	26.2
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.3	8.9	9.9	1.1	13.3
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.1	9.6	9.6	9.6	9.6
21	2849	Low fat marg prod Becel calorie light	0.5	0.0	0.0	0.0	2.6	24.5	20.4	3.4	40.6
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.4	18.0	15.5	14.3	25.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.5	13.2	9.0	9.0	17.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.2	0.0	0.0	0.0	0.4	39.2	29.0	17.5	45.7
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.1	0.0	0.0	0.0	0.5	27.0	23.4	17.5	42.4
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.4	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.1	0.0	0.0	0.0	0.2	27.9	19.6	18.0	34.4
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.3	13.7	9.6	9.0	16.9
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.9	9.2	9.2	1.8	10.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.2	30.7	12.5	12.0	52.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.3	25.9	24.3	24.3	31.3
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	0.9	17.5	13.9	11.6	27.4

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22	111	Mussels boiled	0.3	0.0	0.0	0.0	0.3	149.2	137.4	135.0	158.5
22	114	Fish lean 0-2 g fat raw	1.0	0.0	0.0	0.0	0.9	147.8	138.8	60.0	196.3
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.5	0.0	0.0	0.0	0.9	50.9	27.3	13.0	109.5
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	2.2	0.0	0.0	1.4	2.3	78.0	57.0	5.0	144.0
22	352	Lobster boiled	0.1	0.0	0.0	0.0	0.5	62.2	54.7	48.6	65.5
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.7	0.0	0.0	0.0	1.1	44.6	19.0	5.0	105.2
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.1	73.4	50.0	50.0	101.4
22	815	Fish fingers unprepared	1.3	0.0	0.0	0.0	1.2	115.5	113.8	67.5	132.9
22	818	White fish fillet in batter deep-fried	0.3	0.0	0.0	0.0	0.2	201.0	201.0	201.0	201.0
22	819	Cod boiled	5.0	0.0	0.0	44.3	2.8	147.4	134.4	60.0	215.5
22	918	Plaice boiled	0.6	0.0	0.0	0.0	0.5	237.2	176.2	94.5	301.0
22	919	Pollack boiled	0.1	0.0	0.0	0.0	0.3	119.5	101.3	45.2	168.0
22	1096	Salmon smoked	2.0	0.0	0.0	0.1	2.4	59.0	38.3	10.0	141.4
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.2	0.0	0.0	0.0	0.6	75.0	75.0	75.0	75.0
22	1586	Mackerel fillet smoked	0.5	0.0	0.0	0.0	0.3	196.3	105.8	60.0	280.6
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.2	0.0	0.0	0.0	0.5	33.5	25.1	14.5	57.0
22	1590	Tuna in water tinned	0.3	0.0	0.0	0.0	0.6	57.2	43.0	19.4	84.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.4	0.0	0.0	0.0	0.1	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	50.6	44.3	43.2	55.5
22	1610	Salmon farmed prep in microwave oven	1.6	0.0	0.0	0.0	1.9	84.2	80.4	39.5	145.5
22	1611	Trout prepared in microwave oven	0.5	0.0	0.0	0.0	0.4	75.4	59.5	45.0	115.5
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
22	1617	Plaice prepared in microwave oven	0.5	0.0	0.0	0.0	0.2	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	0.6	0.0	0.0	0.0	0.3	109.4	72.0	54.0	170.5
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.4	97.4	53.9	20.3	173.8
22	1621	Gurnard prepared in microwave oven	0.5	0.0	0.0	0.0	0.3	142.1	117.4	50.0	174.4
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.1	0.0	0.0	0.0	0.2	156.0	156.0	156.0	156.0
22	2474	Whitefish fillet batter deepfried wo fat	1.8	0.0	0.0	0.0	2.2	127.4	136.0	78.0	175.1
22	2765	Pangasius prep in microwave oven	0.4	0.0	0.0	0.0	0.5	116.5	84.4	18.0	215.6
23	106	Duck whole raw	0.3	0.0	0.0	0.0	0.2	76.0	76.0	76.0	76.0
23	108	Chicken with skin raw	2.3	0.0	0.0	0.0	1.4	121.9	107.7	22.4	220.9
23	109	Rabbit domesticated raw	0.2	0.0	0.0	0.0	0.3	101.9	101.9	101.9	101.9
23	319	Corned beef	0.2	0.0	0.0	0.0	1.8	15.4	11.2	7.5	22.9
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.2	37.5	17.6	17.6	59.0
23	328	Ham smoked raw	0.8	0.0	0.0	6.2	4.6	16.8	11.9	6.5	23.4
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.5	22.6	21.4	16.0	30.5

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23	335	Liver pate	0.0	0.0	0.0	0.0	0.0	50.0	50.0	50.0	50.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
23	339	Venison raw	0.1	0.0	0.0	0.0	0.0	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.3	0.0	0.0	1.7	2.9	9.7	7.0	5.0	12.1
23	343	Bacon fat raw	0.1	0.0	0.0	0.0	0.2	16.5	11.7	7.2	17.4
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
23	566	Sausage frankfurter tinned	0.2	0.0	0.0	0.0	0.8	58.3	38.7	36.0	111.5
23	567	Sausage luncheon meat	0.2	0.0	0.0	0.0	1.6	18.7	13.6	8.0	46.2
23	568	Black pudding	0.1	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0
23	638	Salami sausage saveloy	1.2	0.0	0.0	10.3	6.1	24.0	19.4	9.8	43.3
23	639	Bacon rashers streaky	0.3	0.0	0.0	0.0	1.6	20.1	9.9	4.8	51.3
23	640	Liver sausage	0.5	0.0	0.0	2.6	3.2	18.3	12.9	9.0	36.1
23	641	Bacon	0.2	0.0	0.0	0.0	0.1	78.7	60.0	60.0	94.1
23	642	Pate	0.6	0.0	0.0	0.0	1.9	24.9	18.3	6.7	38.3
23	643	Pork side cured and smoked	0.1	0.0	0.0	0.0	0.8	27.9	20.0	20.0	49.8
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0	55.0	55.0	55.0	55.0
23	784	Ham lean boiled	2.2	0.0	0.0	15.4	10.2	22.6	19.0	4.1	59.1
23	785	Ham shoulder medium fat boiled	0.8	0.0	0.0	0.0	3.0	34.4	19.2	1.6	94.2
23	810	Beef steak tartare spiced filet americ	0.3	0.0	0.0	0.0	1.5	29.2	19.9	5.0	61.9
23	1152	Salami	0.4	0.0	0.0	0.0	1.6	22.7	19.5	10.0	32.9
23	1155	Minced meat loaf fried	0.2	0.0	0.0	0.0	0.6	47.9	26.9	15.0	81.6
23	1162	Sausage cooked	0.2	0.0	0.0	0.0	1.2	19.6	18.6	9.0	23.7
23	1238	Liver sausage coarse hausmacher	0.1	0.0	0.0	0.0	0.5	15.1	10.0	9.0	22.1
23	1239	Liver pate sausage	0.5	0.0	0.0	0.0	2.1	29.3	17.8	10.1	54.7
23	1305	Chicken without skin raw	1.5	0.0	0.0	0.0	1.9	106.0	113.8	18.6	135.7
23	1306	Chicken for soup w skin raw	0.2	0.0	0.0	0.0	0.3	123.2	123.2	123.2	123.2
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	1.8	0.0	0.0	0.0	1.8	77.7	78.8	20.0	106.7
23	1401	Beef tenderloin steak raw	0.2	0.0	0.0	0.0	0.2	82.1	80.0	80.0	90.3
23	1402	Beef prime rib raw	1.0	0.0	0.0	0.0	0.6	167.9	103.5	76.0	246.7
23	1404	Beef frying steak raw	0.8	0.0	0.0	0.0	1.1	83.3	80.7	38.0	106.2
23	1405	Minced beef raw	11.2	0.0	0.0	73.2	10.4	77.2	61.8	14.7	175.0
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.1	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.4	0.0	0.0	0.0	0.6	67.7	60.0	59.6	74.5
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
23	1410	Beef roast raw	0.2	0.0	0.0	0.0	0.4	32.4	23.6	21.0	46.2
23	1411	Beef shank raw	0.1	0.0	0.0	0.0	0.1	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	4.7	0.0	0.0	48.4	3.1	100.3	97.3	34.6	110.5
23	1413	Beef streaked/marbled raw	0.4	0.0	0.0	0.0	0.4	75.9	74.7	65.0	83.2
23	1414	Beef stewing steak raw	1.8	0.0	0.0	0.0	1.7	116.5	106.6	38.0	173.8
23	1415	Beef steak tartare raw	1.5	0.0	0.0	0.0	2.4	79.7	73.8	60.0	97.7
23	1416	Beef tongue raw	0.3	0.0	0.0	0.0	0.4	101.9	51.5	6.8	117.7
23	1417	Sausage pork Braadworst raw	0.9	0.0	0.0	0.0	2.5	64.9	51.6	22.4	97.9
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.4	73.7	75.1	38.0	97.1
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1420	Pork chop raw	0.4	0.0	0.0	0.0	0.6	93.9	78.4	52.5	159.3
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.2	31.6	20.9	20.9	61.2
23	1422	Pork tenderloin raw	0.8	0.0	0.0	0.0	0.8	69.9	66.1	52.5	99.0
23	1424	Pork loin chop raw	1.2	0.0	0.0	0.0	0.6	186.7	148.6	112.0	238.5

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23	1425	Pork shoulder chop raw	2.1	0.0	0.0	0.0	1.8	97.5	97.1	35.0	188.2
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	15.8	9.8	7.0	19.9
23	1428	Pork stir fry meat raw	0.3	0.0	0.0	1.7	2.1	13.0	7.9	1.8	20.3
23	1429	Pork tenderloin medaillon raw	0.2	0.0	0.0	0.0	0.5	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.6	0.0	0.0	0.0	1.1	64.0	53.6	38.0	76.9
23	1431	Kromesky meat filled raw	1.0	0.0	0.0	0.0	1.9	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.9	0.0	0.0	0.0	2.8	40.7	32.9	3.9	75.8
23	1434	Minced beef/pork raw	3.4	0.0	0.0	31.1	5.7	58.9	59.6	8.8	112.2
23	1435	Hamburger raw	0.3	0.0	0.0	0.0	0.6	64.2	48.9	37.5	72.4
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.3	85.5	72.1	70.0	105.1
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.2	0.0	0.0	0.0	0.2	85.2	64.9	31.1	107.3
23	1544	Beef rolled prepared	0.1	0.0	0.0	0.0	0.2	25.9	19.1	16.0	30.7
23	1545	Beef roast prepared	0.9	0.0	0.0	0.0	1.7	30.8	19.5	15.0	53.5
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.8	29.3	19.7	15.0	49.7
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0	5.6	5.6	5.6	5.6
23	1634	Chicken fillet raw	5.7	0.0	0.0	43.5	5.5	97.3	78.7	4.9	248.2
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	1.1	0.0	0.0	0.0	1.4	93.5	80.0	59.3	117.5
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.1	18.2	18.2	18.2	18.2
23	1668	Pork 5-14% fat raw	1.6	0.0	0.0	0.0	2.3	70.7	75.3	30.3	106.8
23	1673	Veal <5% fat raw average	0.1	0.0	0.0	0.0	0.1	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.3	0.0	0.0	0.0	0.1	105.1	105.1	105.1	105.1
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.8	13.3	10.9	7.5	23.6
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.0	22.2	18.3	15.0	30.8
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	0.5	26.7	16.3	8.0	45.7
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.7	29.1	22.0	15.0	29.2
23	1776	Ham lean grilled	0.6	0.0	0.0	0.0	1.2	33.1	28.6	20.0	52.8
23	1777	Gammon boiled deboned	0.3	0.0	0.0	0.0	1.2	26.3	18.9	15.0	54.3
23	1788	Pork rib chop raw	1.6	0.0	0.0	0.0	1.0	99.8	92.0	76.0	127.9
23	1790	Pork schnitzel not breaded raw	0.9	0.0	0.0	0.0	1.1	84.2	75.7	70.0	109.3
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	0.9	16.1	11.7	8.0	23.8
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.0	112.0	112.0	112.0	112.0
23	2057	Lamb <10 g fat raw av	0.1	0.0	0.0	0.0	0.2	75.8	52.5	52.5	104.4
23	2090	Chicken drumstick w skin raw	0.6	0.0	0.0	0.0	1.0	62.0	55.7	45.5	68.0
23	2300	Sausage smoked lean cooked	0.2	0.0	0.0	0.0	0.4	68.0	49.8	49.0	96.3
23	2301	Sausage smoked beef cooked	0.6	0.0	0.0	0.0	0.3	102.3	85.3	56.0	120.9
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.2	0.0	0.0	0.0	1.1	52.1	30.6	7.0	144.2
23	2334	Minced meat beef/pork raw w egg/brcrums	0.3	0.0	0.0	0.0	0.3	69.8	59.2	50.0	73.4
23	2335	Meat average raw excl liver	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
23	2336	Beef average raw	1.2	0.0	0.0	0.0	1.1	112.4	90.4	38.5	124.5

Group=Female older adults (n=366)

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.2	0.0	0.0	0.0	1.2	50.0	44.0	28.9	70.0
23	2339	Beef olives raw	0.9	0.0	0.0	0.0	1.4	80.3	75.0	56.0	85.5
23	2340	Pork schnitzel breaded raw	4.0	0.0	0.0	9.5	1.4	143.2	97.3	43.8	238.5
23	2341	Chicken fillet breaded raw	0.1	0.0	0.0	0.0	0.1	60.7	46.9	46.9	72.9
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.2	79.3	66.1	52.5	98.8
23	2363	Minced meat w ham and cheese raw	0.4	0.0	0.0	0.0	0.4	92.8	80.0	80.0	113.7
23	2364	Chicken schnitzel raw	0.9	0.0	0.0	0.0	1.4	90.2	85.9	52.5	104.2
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.1	0.0	0.0	0.0	0.6	15.3	10.0	10.0	24.0
23	2654	Sandwich meat chicken	0.3	0.0	0.0	0.0	2.0	26.0	26.8	15.0	40.0
23	2766	Sausage smoked industrial cooked	1.7	0.0	0.0	0.0	1.7	77.2	72.9	18.4	113.5
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.1	0.0	0.0	0.0	0.9	17.5	17.9	9.0	23.5
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.6	0.0	0.0	4.5	4.4	12.8	8.7	5.0	19.3
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	0.7	9.6	7.3	5.0	9.7
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.3	36.6	30.0	30.0	46.9
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.1	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.4	18.5	15.0	15.0	26.8
23	3002	Bacon smoked Katenspek	0.1	0.0	0.0	0.0	1.0	14.2	13.2	8.0	16.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0	55.0	55.0	55.0	55.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.1	0.0	0.0	0.0	0.2	44.8	8.5	8.5	138.4
23	3025	Bacon lean smoked raw	0.1	0.0	0.0	0.0	1.4	20.8	14.8	4.3	37.1
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.4	40.4	38.1	28.2	45.6
23	3030	Sausage beef Braadworst raw	0.2	0.0	0.0	0.0	1.1	22.0	2.0	1.0	95.5
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0

Table 2.3.a Food consumption (foods) of the Dutch population 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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.2	0.0	0.0	0.0	0.3	99.3	88.0	60.0	115.3
1	982	Potatoes wo skins boiled average	87.9	72.7	0.0	216.7	65.1	141.1	137.6	60.5	290.3
1	1150	Potatoes sliced frozen unprepared	1.6	0.0	0.0	0.0	1.0	179.2	118.0	11.5	300.4
1	1455	Potato puree powder av	0.3	0.0	0.0	0.0	1.0	29.6	23.0	19.9	48.3
1	1456	Chips pre-fried unprepared	3.8	0.0	0.0	0.0	1.7	149.6	96.8	62.0	321.5
1	1679	Chips oven frozen prepared	0.2	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	0.7	0.0	0.0	0.0	0.8	120.1	101.8	33.9	192.0
1	2326	Croquettes potato frozen unprepared	0.3	0.0	0.0	0.0	0.6	107.2	109.5	33.6	126.1
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.2	16.6	11.6	1.4	29.7
1	2834	Potato waffles/balls frozen unprepared	1.3	0.0	0.0	0.0	0.6	142.3	122.1	62.0	183.0
2	382	Advocaat liqueur	0.8	0.0	0.0	0.0	1.3	72.8	54.0	11.8	158.8
2	383	Juice apple	3.9	0.0	0.0	0.0	2.1	201.2	173.2	44.8	279.0
2	386	Gin Dutch red currant flavoured	0.1	0.0	0.0	0.0	0.4	92.4	92.4	92.4	92.4
2	387	Fruit drink blackcurrant	0.4	0.0	0.0	0.0	0.7	41.1	23.1	12.0	85.9
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.1	90.8	24.0	24.0	206.2
2	389	Beer brown	0.3	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
2	390	Beer pilsner	49.1	0.0	0.0	427.1	9.3	540.0	454.4	242.5	1,166.7
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.1	71.3	71.3	71.3	71.3
2	394	Cognac	0.5	0.0	0.0	0.0	0.5	62.6	46.9	23.5	89.7
2	395	Soft drink cola with caffeine	3.7	0.0	0.0	0.0	1.8	306.3	180.2	144.0	624.4
2	396	Juice grape	0.6	0.0	0.0	0.0	0.2	163.3	144.3	100.0	235.7
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.2	22.4	19.9	18.0	23.6
2	400	Soft drink wo caffeine	4.2	0.0	0.0	0.0	2.3	211.5	187.0	100.0	398.8
2	401	Gin young Dutch	5.1	0.0	0.0	34.5	5.1	86.3	78.5	31.5	169.7
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.1	93.8	46.8	38.0	151.8
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	36.5	6.9	5.0	60.1
2	407	Port wine	3.5	0.0	0.0	6.2	2.8	102.6	94.9	38.0	201.6
2	408	Rum	0.3	0.0	0.0	0.0	0.5	40.9	22.6	9.5	67.5
2	409	Sherry	4.8	0.0	0.0	0.0	3.1	134.5	117.9	50.0	246.4
2	410	Juice orange pasteurized	7.2	0.0	0.0	61.9	4.2	192.4	171.4	70.7	383.0
2	411	Mineral water Spa	8.6	0.0	0.0	0.0	2.4	380.5	271.4	100.0	1,106.6
2	413	Tomato juice	1.0	0.0	0.0	0.0	0.4	223.3	169.9	120.0	378.7
2	414	Soft drink tonic	1.5	0.0	0.0	0.0	0.8	128.9	112.8	68.0	183.3
2	415	Vermouth	0.7	0.0	0.0	0.0	1.0	70.2	53.6	37.5	85.6
2	416	Brandy Dutch vieux	0.1	0.0	0.0	0.0	0.4	68.0	61.7	46.0	76.3
2	417	Juice drink	2.1	0.0	0.0	0.0	1.4	210.8	127.4	81.8	472.6
2	421	Whisky	1.5	0.0	0.0	0.0	3.0	69.4	60.9	24.2	131.7
2	422	Wine red	53.7	0.0	0.0	315.5	21.9	223.9	148.3	85.3	572.2
2	423	Wine white dry	12.3	0.0	0.0	110.7	6.8	196.5	166.2	78.7	377.5
2	425	Whey drink light Rivella	2.7	0.0	0.0	0.0	1.2	276.2	259.9	151.1	372.0
2	463	Fruit drink concentrate undiluted	0.2	0.0	0.0	0.0	2.3	14.6	11.1	0.9	37.6

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

NEVO group	NEVO code	Description	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
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	1.7	15.5	9.2	5.0	28.6
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	0.5	31.3	24.4	15.0	43.0
2	500	Fruit drink conc Roosvicee Laxo	0.2	0.0	0.0	0.0	0.9	25.3	17.5	9.0	43.2
2	644	Coffee prepared	437.5	438.0	0.0	860.6	92.6	478.7	446.4	139.6	888.7
2	645	Tea prepared	354.5	321.2	0.0	909.1	74.1	511.1	435.2	149.1	1,082.3
2	664	Juice grapefruit	1.0	0.0	0.0	0.0	1.1	105.7	92.0	34.8	174.2
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.2	8.9	8.8	8.8	9.0
2	747	Mineral water average	8.5	0.0	0.0	0.0	2.2	450.9	449.6	68.6	823.4
2	805	Jagermeister herb liquor	0.4	0.0	0.0	0.0	0.7	51.7	39.9	39.9	82.8
2	857	Madeira	0.0	0.0	0.0	0.0	0.1	3.1	2.1	2.0	3.8
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
2	930	Wine medicinal pleegzusterbloedwijn	0.2	0.0	0.0	0.0	0.2	74.0	74.0	74.0	74.0
2	1134	Berenburg herb liquor	0.1	0.0	0.0	0.0	0.3	59.7	55.8	40.0	74.9
2	1462	Juice pineapple	0.1	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	2.8	0.0	0.0	0.0	2.4	142.9	150.8	28.7	197.4
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.1	33.0	33.0	33.0	33.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	28.1	7.9	2.2	60.1
2	1468	Beer >7 vol% alcohol	2.4	0.0	0.0	0.0	0.7	416.7	301.7	250.8	631.2
2	1519	Beer alcohol free <0,1 vol%	3.3	0.0	0.0	0.0	0.9	305.9	219.5	150.0	603.4
2	1521	Juice drink light	1.1	0.0	0.0	0.0	0.2	318.9	295.8	150.0	427.4
2	1522	Soft drink light without caffeine	3.0	0.0	0.0	0.0	1.0	184.7	187.8	140.0	198.9
2	1523	Cola light soft drink with caffeine	13.0	0.0	0.0	0.0	2.6	344.4	247.3	87.0	698.9
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.4	9.1	5.0	5.0	16.5
2	1656	Juice carrot	0.2	0.0	0.0	0.0	0.2	206.6	180.0	180.0	272.9
2	1810	Fruit drink concentrate Karvan Cevitam	0.7	0.0	0.0	4.1	2.8	15.4	8.6	7.5	38.0
2	1878	Fruit juice drink Roosvicee Multivit	1.5	0.0	0.0	0.0	0.5	346.7	357.6	200.0	395.8
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	10.4	7.8	7.5	14.2
2	1885	Water average	453.9	385.4	0.0	1,184.6	84.5	523.1	415.0	83.3	1,265.3
2	1932	Juice orange with pulp	0.4	0.0	0.0	0.0	0.4	153.1	113.2	92.0	205.1
2	1933	Juice tomato/vegetable Appelsientje	0.1	0.0	0.0	0.0	0.0	372.0	372.0	372.0	372.0
2	1934	Juice tomato Appelsientje Zontomaat	0.2	0.0	0.0	0.0	0.3	158.6	129.5	110.0	175.0
2	2042	Sports drink AA High Energy	0.4	0.0	0.0	0.0	0.2	249.7	168.5	157.0	313.9
2	2074	Mineral water Bar le Duc	3.6	0.0	0.0	0.0	1.5	507.8	449.7	25.0	713.1
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.5	0.0	0.0	0.0	0.3	163.2	142.0	142.0	196.3
2	2086	Ice tea	1.5	0.0	0.0	0.0	0.6	169.4	182.0	137.0	190.1
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	1.2	0.0	0.0	0.0	0.6	227.3	185.1	145.0	375.8
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.1	187.5	187.5	187.5	187.5
2	2136	Lemonade squash Dubbelfrisss light	0.2	0.0	0.0	0.0	0.2	154.9	148.7	145.0	158.9
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.2	0.0	0.0	0.0	0.1	215.0	215.0	215.0	215.0
2	2138	Juice drink Spa&Fruit still	3.9	0.0	0.0	0.0	0.4	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	0.2	0.0	0.0	0.0	0.1	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	3.1	0.0	0.0	0.0	1.0	263.9	219.7	145.5	415.4
2	2142	Wine white sweet	1.9	0.0	0.0	0.0	1.4	153.8	125.9	55.0	315.7
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.1	44.0	44.0	44.0	44.0
2	2151	Juice fruit Coolbest Vitaday original	0.1	0.0	0.0	0.0	0.3	139.0	139.0	139.0	139.0

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

NEVO group	NEVO code	Description	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
2	2152	Fruit juice dk Coolbest light orange	1.3	0.0	0.0	0.0	0.5	186.0	149.5	55.0	329.9
2	2153	Fruit drink Fruitzday	0.8	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0
2	2289	Fruit drink concentrate light	0.3	0.0	0.0	0.0	0.5	24.0	18.0	15.0	34.3
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.1	0.0	0.0	0.0	0.5	31.3	10.7	9.0	56.1
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.5	29.2	23.7	6.4	53.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.7	0.0	0.0	0.0	0.1	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.1	170.2	128.1	120.0	239.7
2	2438	Fruit drink conc diluted average	0.3	0.0	0.0	0.0	0.2	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.1	0.0	0.0	0.0	0.1	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	0.6	0.0	0.0	0.0	0.1	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.1	0.0	0.0	0.0	0.0	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	2.1	0.0	0.0	0.0	1.1	312.9	195.0	152.0	647.2
2	2476	Cappuccino freshly made	8.7	0.0	0.0	63.8	3.2	215.1	137.3	120.2	425.5
2	2477	Coffee cappuccino instant prepared	4.2	0.0	0.0	0.0	1.1	290.5	175.0	160.0	450.1
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.8	15.6	14.1	4.8	23.9
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.7	0.0	0.0	0.0	0.2	323.2	300.0	300.0	388.9
2	2492	Lemonade fruit Wicky light	0.1	0.0	0.0	0.0	0.0	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0	24.0	24.0	24.0	24.0
2	2507	Juice multifruit	2.7	0.0	0.0	0.0	1.3	212.9	219.2	113.0	402.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.2	0.0	0.0	0.0	0.1	386.7	386.7	386.7	386.7
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.1	0.0	0.0	0.0	0.1	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.5	0.0	0.0	0.0	0.2	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.1	0.0	0.0	0.0	0.2	23.8	15.1	9.0	28.5
2	2564	Juice fruit Hero Fruit&Co	4.7	0.0	0.0	0.0	1.6	360.5	275.4	142.0	563.5
2	2610	Wine rose	2.5	0.0	0.0	0.0	1.5	211.5	154.3	86.6	358.1
2	2633	Coffee instant powder	0.2	0.0	0.0	0.9	3.7	4.0	2.7	0.5	8.6
2	2634	Fruit juice dk minimal 2 fruits w vit C	3.1	0.0	0.0	0.0	1.1	301.5	216.5	88.0	508.5
2	2635	Fruit juice drink diary Wicky fruitzacht	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
2	2637	Fruit juice dk Roosvicee Multivit light	1.2	0.0	0.0	0.0	0.4	248.3	179.9	150.0	330.7
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.2	0.0	0.0	0.0	0.1	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	0.6	0.0	0.0	0.0	0.2	276.5	273.7	272.5	278.5
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.5	0.0	0.0	0.0	0.1	386.2	302.0	302.0	476.7
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.5	0.0	0.0	0.0	0.1	266.6	182.7	118.0	306.3
2	2646	Sports drink Aquarius	0.4	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.2	0.0	0.0	0.0	0.2	178.9	140.0	140.0	241.5
2	2648	Coffee w milk vending machine	0.8	0.0	0.0	0.0	0.4	129.4	123.0	116.7	129.3
2	2649	Tea herbal instant powder	0.2	0.0	0.0	0.0	1.2	31.4	4.4	1.0	79.4
2	2663	Juice fruit Vruchtoase multivit	0.4	0.0	0.0	0.0	0.2	362.6	246.4	170.0	429.6

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.2	0.0	0.0	0.0	0.3	154.0	50.0	50.0	288.2
2	2755	Juice orange freshly squeezed	22.8	0.0	0.0	145.7	17.7	124.9	119.4	38.5	210.1
2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.3	23.3	10.6	8.8	45.8
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.2	0.0	0.0	0.0	0.1	174.0	174.0	174.0	174.0
2	2842	Fruit drink Coolbest Powerfruit	0.5	0.0	0.0	0.0	0.4	172.1	167.5	91.0	253.7
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.1	0.0	0.0	0.0	0.1	165.0	165.0	165.0	165.0
2	2854	Fruit drink light Papaya multivitamins	1.4	0.0	0.0	0.0	0.3	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.3	0.0	0.0	0.0	0.2	226.4	202.9	185.0	237.8
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.2	8.1	7.5	7.5	10.6
2	2881	Coffee wiener melange instant prepared	4.6	0.0	0.0	0.0	1.3	239.7	179.5	63.8	322.4
2	2896	Lemonade squash Spa&Fruit sparkling	9.7	0.0	0.0	0.0	2.1	223.2	239.0	80.5	443.2
2	2897	Juice Drink Ocean Spray	2.7	0.0	0.0	0.0	0.9	205.9	184.6	150.0	275.8
2	3068	Fruit drink concentrated Fruitmix	0.1	0.0	0.0	0.0	0.6	13.8	9.5	3.4	25.1
3	227	Crispbakes Dutch	1.6	0.0	0.0	9.4	14.0	11.9	10.0	1.6	25.5
3	228	Crackers cream	0.5	0.0	0.0	0.0	2.3	21.0	18.0	6.5	52.7
3	229	Crispbread averaged	0.2	0.0	0.0	0.0	1.3	13.3	10.0	10.0	33.5
3	230	Roll white soft	2.2	0.0	0.0	18.6	3.8	51.0	40.4	25.0	86.4
3	233	Bread currant	1.1	0.0	0.0	0.0	3.4	43.1	33.5	29.3	67.5
3	236	Bread brown wheat	27.4	0.0	0.0	108.6	26.4	100.2	82.2	31.0	202.9
3	238	Crackers matzes	0.1	0.0	0.0	0.0	0.5	33.9	11.6	10.0	63.3
3	241	Bread white milk based	1.3	0.0	0.0	0.0	1.7	65.3	40.6	8.5	120.0
3	242	Bread rye dark	2.7	0.0	0.0	21.6	6.8	47.7	42.6	22.5	66.7
3	243	Bread rye light	1.3	0.0	0.0	2.8	3.0	40.0	31.4	25.0	60.3
3	244	Bread raisin	0.6	0.0	0.0	0.0	1.5	38.4	28.6	17.5	61.0
3	246	Bread wholemeal average	37.4	0.0	0.0	134.5	38.0	107.3	92.9	31.7	208.8
3	248	Bread white water based	3.3	0.0	0.0	14.9	5.6	64.9	54.1	26.2	118.9
3	249	Bread wheat malt Tarvo	0.3	0.0	0.0	0.0	0.4	105.9	35.0	35.0	204.2
3	565	Toast	0.0	0.0	0.0	0.0	0.2	14.8	14.0	14.0	17.8
3	596	Crispbread gold-brown	0.2	0.0	0.0	0.0	1.2	16.3	10.0	10.0	32.0
3	655	Crispbakes Dutch wholemeal	0.9	0.0	0.0	5.4	8.1	12.0	9.4	5.8	19.4
3	975	Crispbread sesame	1.9	0.0	0.0	11.5	5.2	24.7	19.6	10.1	48.3
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.3	9.5	7.2	5.0	14.1
3	1017	Bread wheatrye wholemeal	0.6	0.0	0.0	0.0	1.0	66.2	45.0	45.0	136.6
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.2	0.0	0.0	0.0	1.1	20.5	14.9	10.0	23.8
3	1312	Crispbread Cracottes	0.4	0.0	0.0	1.4	2.8	13.7	8.6	7.0	19.2
3	1322	Crispbread wholemeal Cracottes	0.5	0.0	0.0	0.0	2.7	13.9	7.0	7.0	42.5
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.3	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.2	0.0	0.0	0.0	0.5	53.4	41.2	35.0	67.1
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.1	43.6	35.0	35.0	62.9

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

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3	1779	Crispbread wholemeal	0.6	0.0	0.0	1.9	3.3	18.2	14.0	10.0	29.7
3	1914	Dough for pizza and savoury pie	3.7	0.0	0.0	12.5	2.4	125.4	96.6	35.4	238.6
3	2229	Crackers VitaLU	0.2	0.0	0.0	0.0	0.3	23.9	13.1	10.0	38.5
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.2	23.8	21.0	21.0	27.1
3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.1	92.7	64.9	60.0	114.5
3	2348	Bread wholemeal w pumpkin seeds	1.1	0.0	0.0	0.0	1.3	118.8	116.7	35.0	171.5
3	2349	Bread linseed	0.3	0.0	0.0	0.0	0.4	87.3	76.7	70.0	102.3
3	2350	Bread multigrain average w seeds	15.8	0.0	0.0	85.4	14.8	103.5	69.0	31.2	246.1
3	2351	Bread white average milk/water based	0.1	0.0	0.0	0.0	0.5	35.1	24.8	12.5	47.5
3	2352	Bread currant w almond paste	0.1	0.0	0.0	0.0	0.3	47.9	34.8	25.0	73.1
3	2353	Bread brown/wholemeal w muesli	0.8	0.0	0.0	0.0	1.5	47.1	49.2	20.0	61.0
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.1	33.9	31.8	30.0	34.7
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.4	42.0	22.6	21.7	80.4
3	2356	Baguette w cheese-onion	0.2	0.0	0.0	0.0	0.3	57.2	15.7	10.0	163.6
3	2357	Bread wholemeal w sunflower seeds	2.4	0.0	0.0	0.0	2.6	82.9	35.0	35.0	197.8
3	2358	Bread white w sunflower seeds	0.6	0.0	0.0	0.0	0.5	90.9	64.6	54.0	129.8
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.6	11.5	7.7	5.0	19.0
3	2382	Bread brown w sunflower seeds	1.7	0.0	0.0	0.0	1.7	87.7	61.4	35.0	154.6
3	2528	Croutons	0.0	0.0	0.0	0.0	0.6	8.9	6.1	2.0	20.1
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	1.1	0.0	0.0	0.0	1.0	89.2	67.7	35.0	185.2
3	2704	Bread brown w seeds	0.5	0.0	0.0	0.0	0.5	119.8	82.7	70.0	190.0
3	2707	Bread corn w sunflower seeds	0.1	0.0	0.0	0.0	0.2	128.3	70.0	70.0	218.7
3	2785	Bread corn	0.4	0.0	0.0	0.0	0.4	59.4	35.0	35.0	119.6
3	2788	Bread sourdough wholemeal	0.5	0.0	0.0	0.0	1.0	90.6	53.8	50.0	204.5
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	58.9	23.2	22.0	131.2
3	2790	Bread pita white	0.2	0.0	0.0	0.0	0.1	90.1	90.1	90.1	90.1
3	2791	Stollen w almond/imitat paste wo nuts	0.1	0.0	0.0	0.0	0.2	63.6	55.0	55.0	88.2
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
3	2793	Baguette white	1.1	0.0	0.0	0.0	1.8	53.3	42.8	5.0	96.4
3	2794	Baguette brown	0.6	0.0	0.0	0.0	0.5	89.2	72.6	60.0	97.3
3	2795	Roll white hard	1.7	0.0	0.0	0.0	2.4	66.2	48.8	25.7	98.6
3	2796	Roll brown hard	2.0	0.0	0.0	0.0	2.3	78.0	69.7	29.2	128.0
3	2797	Roll brown soft	2.2	0.0	0.0	24.3	3.4	67.0	49.5	31.3	115.0
3	2798	Roll wholemeal soft	0.1	0.0	0.0	0.0	0.3	63.9	50.0	50.0	91.0
3	2799	Roll multigrain hard	0.4	0.0	0.0	0.0	1.5	42.8	43.4	25.0	49.7
3	2800	Roll multigrain soft	0.3	0.0	0.0	0.0	0.4	61.2	50.0	50.0	88.8
3	2801	Croissant prepared w butter	0.2	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
3	2803	Bun currant/raisin	4.0	0.0	0.0	23.4	6.2	53.9	43.6	25.7	96.7
3	2804	Bun wholemeal w muesli	0.7	0.0	0.0	0.0	0.7	72.7	50.8	29.0	109.7
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.2	56.0	35.0	35.0	75.2
3	2813	Bread raisin/current average	0.3	0.0	0.0	0.0	0.8	36.5	35.0	35.0	39.2
3	2815	Bread Tijger brown wheat	0.4	0.0	0.0	0.0	0.5	101.9	70.0	70.0	168.7
3	2816	Bread Tijger white	0.4	0.0	0.0	0.0	0.7	64.3	59.6	30.0	87.0
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.5	0.0	0.0	0.0	0.9	44.9	40.0	40.0	68.0
3	2821	Bread brown w pumpkin seeds	0.7	0.0	0.0	0.0	0.9	78.9	70.0	70.0	113.6

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3	2876	Bread brioche	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.6	0.0	0.0	4.1	3.8	14.6	13.0	4.0	25.1
3	2938	Toast Melba other varieties	0.3	0.0	0.0	0.0	2.0	16.4	18.4	6.0	27.4
3	3054	Bread glutenfree bakmix Glutafin white	0.1	0.0	0.0	0.0	0.0	225.0	225.0	225.0	225.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.1	0.0	0.0	0.0	0.2	109.6	100.0	100.0	146.3
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.3	92.4	82.0	60.0	116.7
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.1	7.2	7.2	7.2	7.2
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.3	4.5	4.0	2.0	5.8
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	1.0	5.5	3.6	2.5	9.3
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.5	10.4	9.3	8.2	12.2
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.1	0.0	0.0	0.0	0.1	115.7	49.4	49.4	242.8
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.2	1.4	0.6	0.6	4.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.1	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.1	15.6	12.3	9.5	16.9
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.2	15.0	12.2	12.2	17.7
4	2615	Vinegar	0.3	0.0	0.0	0.8	4.5	6.8	4.1	0.7	13.7
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.1	28.0	28.0	28.0	28.0
5	84	Eggs chicken boiled average	13.2	0.0	0.0	49.7	27.6	43.7	49.4	4.4	98.4
6	33	Raisins dried	0.2	0.0	0.0	0.0	1.5	11.9	4.8	1.4	28.3
6	137	Olives tinned/glass	0.5	0.0	0.0	0.0	2.4	15.5	6.9	1.5	53.2
6	147	Apple without skin average	36.6	0.0	0.0	137.4	30.3	117.8	127.6	38.3	256.7
6	148	Strawberries	8.6	0.0	0.0	66.5	9.3	81.7	79.8	16.5	146.3
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.9	0.0	0.0	0.0	0.9	88.1	86.4	30.0	146.6
6	151	Banana	15.5	0.0	0.0	81.6	15.2	119.1	107.5	48.1	164.7
6	152	Blueberries	0.1	0.0	0.0	0.0	0.2	126.9	50.0	26.0	185.0
6	153	Redcurrant	0.8	0.0	0.0	0.0	0.9	72.2	46.7	9.8	167.4
6	155	Bilberries	0.1	0.0	0.0	0.0	0.4	32.2	32.2	32.2	32.2
6	157	Blackberries	0.0	0.0	0.0	0.0	0.2	28.6	11.1	8.0	60.1
6	158	Lemon	0.1	0.0	0.0	0.0	0.4	24.9	7.9	3.1	57.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.2	0.0	0.0	0.0	0.4	45.8	39.6	14.3	57.4
6	161	Raspberries	0.2	0.0	0.0	0.0	0.4	54.5	40.9	18.0	104.6
6	162	Grapefruit	1.2	0.0	0.0	0.0	1.3	84.5	67.7	58.0	129.5
6	163	Cherries	1.2	0.0	0.0	0.0	1.9	73.0	58.1	18.0	145.6
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
6	165	Manderins	13.7	0.0	0.0	79.2	17.0	77.3	63.4	32.1	127.6
6	166	Melon netted	1.1	0.0	0.0	0.0	1.8	116.0	104.2	30.0	239.6
6	168	Pear without skin	8.8	0.0	0.0	90.1	6.5	123.3	109.8	53.1	180.6
6	169	Peach without skin	3.1	0.0	0.0	0.0	2.8	114.3	76.2	74.5	210.8

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

NEVO group	NEVO code	Description	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
6	170	Plums with skin	5.7	0.0	0.0	13.7	4.1	149.5	89.0	23.4	337.6
6	171	Orange	14.5	0.0	0.0	98.5	11.2	161.4	128.4	40.9	293.7
6	172	Fruit fresh citrus average	1.3	0.0	0.0	0.0	1.0	147.1	111.4	76.0	147.9
6	173	Fruit fresh average excluding citrus	0.1	0.0	0.0	0.0	0.2	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.0	8.2	3.7	3.0	21.8
6	176	Apricots in syrup tinned	0.9	0.0	0.0	0.0	0.3	129.5	100.0	100.0	189.6
6	177	Pineapple in syrup tinned	0.4	0.0	0.0	0.0	1.5	26.5	24.0	3.9	43.4
6	179	Apple sauce tinned	5.8	0.0	0.0	40.4	8.3	75.4	49.7	13.0	191.8
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
6	181	Dates dried	0.3	0.0	0.0	0.0	0.9	25.3	16.3	3.3	55.3
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	1.2	0.0	0.0	0.0	0.9	68.8	26.5	24.0	136.0
6	184	Cherries in syrup tinned	0.3	0.0	0.0	0.0	0.8	61.8	9.1	2.7	242.9
6	185	Currants dried	0.0	0.0	0.0	0.0	0.1	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.1	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	0.8	0.0	0.0	0.0	1.0	137.5	95.2	23.3	272.7
6	189	Peaches in syrup tinned	0.6	0.0	0.0	0.0	1.1	49.7	34.9	28.7	104.8
6	190	Prunes dried	0.4	0.0	0.0	0.0	2.1	17.4	10.4	6.0	45.8
6	191	Plums in syrup tinned	0.4	0.0	0.0	0.0	0.7	61.6	38.9	38.9	110.8
6	192	Fruit mixed dried	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.2	50.5	34.2	24.8	83.8
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.4	8.3	6.5	0.4	17.7
6	689	Avocado	0.7	0.0	0.0	0.0	0.6	128.8	91.2	20.6	171.1
6	691	Lime	0.0	0.0	0.0	0.0	0.1	118.0	118.0	118.0	118.0
6	692	Mango	1.4	0.0	0.0	0.0	0.8	200.9	184.1	85.6	264.4
6	875	Apple with skin average	11.6	0.0	0.0	76.0	8.3	133.6	118.7	36.1	256.7
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.1	78.0	78.0	78.0	78.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	10.1	0.0	0.0	63.4	12.2	82.1	66.1	33.4	137.1
6	1057	Kaki / Sharon fruit	0.2	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
6	1090	Lychees	0.1	0.0	0.0	0.0	0.1	53.2	52.0	52.0	57.4
6	1105	Melon water	0.0	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.3	0.0	0.0	0.1	4.1	8.7	3.9	0.3	23.2
6	1182	Apple sauce wo sugar tinned	0.7	0.0	0.0	0.0	0.9	86.9	62.0	25.9	127.8
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.1	79.7	41.5	0.2	135.4
6	1812	Nectarine	3.9	0.0	0.0	34.1	3.4	102.2	83.3	19.1	144.3
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.2	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.4	0.0	0.0	0.0	0.3	157.0	134.4	60.0	235.4
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.6	12.8	8.0	6.9	24.2
6	2685	Abricots dried and soaked	0.2	0.0	0.0	0.0	1.1	10.5	9.8	3.0	14.8
6	2686	Apple sauce wo sugar w sweetner tinned	0.3	0.0	0.0	0.0	0.5	66.9	41.9	25.9	128.3
6	2748	Pear with skin	1.1	0.0	0.0	0.0	0.9	154.9	119.0	100.0	227.8
6	2749	Grapes black with skin	1.6	0.0	0.0	0.0	2.1	91.9	70.6	11.9	165.0
6	2750	Grapes white with skin	5.8	0.0	0.0	40.1	4.6	91.0	58.1	11.4	250.3
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.2	24.4	24.1	23.9	24.7
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.3	35.3	28.5	10.0	49.5
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.4	5.6	4.9	4.0	8.4
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0

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6	2956	Prunes dried soaked in water	0.4	0.0	0.0	0.0	0.6	36.6	23.9	10.0	43.2
6	2957	Fruit mixed dried soaked in water	0.2	0.0	0.0	0.0	0.2	165.6	106.0	57.2	190.6
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	5.2	0.0	0.0	29.1	18.4	27.6	19.7	18.0	53.4
7	250	Almond filled pastry	0.2	0.0	0.0	0.0	0.3	41.1	32.0	20.0	68.2
7	251	Apple pie Dutch w shortbread w marg	3.6	0.0	0.0	27.8	4.7	78.0	78.8	34.2	111.8
7	252	Biscuit sweet	1.4	0.0	0.0	9.5	11.0	13.2	10.0	4.4	30.9
7	253	Cake wo butter	1.1	0.0	0.0	3.3	2.8	35.9	30.0	30.0	55.3
7	254	Cake sponge Dutch Eierkoek	0.8	0.0	0.0	0.0	1.9	45.5	39.2	25.3	71.2
7	255	Gateau with whipped cream	1.5	0.0	0.0	0.0	1.8	84.2	74.2	40.0	122.8
7	256	Gateau with butter-cream filling	0.8	0.0	0.0	0.0	0.8	61.4	44.7	30.0	136.5
7	257	Almond paste filled tarts average	1.7	0.0	0.0	0.0	3.2	59.5	51.3	23.0	105.4
7	258	Biscuits averaged	0.5	0.0	0.0	3.9	3.8	15.4	11.3	5.8	29.7
7	259	Macaroons	0.6	0.0	0.0	0.0	0.8	48.7	35.8	25.0	78.1
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.7	13.7	15.0	5.0	18.7
7	261	Biscuit spiced Speculaas	1.0	0.0	0.0	5.6	5.5	14.6	8.1	5.1	30.0
7	262	Biscuit Dutch shortbread spritsstukken	0.5	0.0	0.0	0.0	2.2	25.7	22.2	10.0	45.8
7	263	Biscuit brown/wholemeal	0.9	0.0	0.0	5.0	6.2	18.7	14.3	8.0	41.2
7	468	Cream slice Dutch Tompouce	0.1	0.0	0.0	0.0	0.2	98.2	86.5	75.0	98.7
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.3	38.6	35.0	35.0	53.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.2	0.0	0.0	0.0	1.3	14.5	9.6	5.0	20.9
7	486	Flan with fruit filling	0.5	0.0	0.0	0.0	0.5	113.3	97.6	85.0	154.3
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.2	0.0	0.0	0.0	0.8	19.5	13.8	10.0	29.9
7	634	Coconut flavoured cookies	0.1	0.0	0.0	0.0	0.5	23.0	12.5	10.0	52.8
7	635	Biscuits Dutch krakeling	0.4	0.0	0.0	0.0	1.5	21.1	12.0	12.0	43.1
7	636	Biscuit muesli	0.0	0.0	0.0	0.0	0.3	21.8	19.2	19.0	27.7
7	713	Waffle syrup average	1.1	0.0	0.0	10.3	3.8	27.2	23.2	10.0	53.6
7	789	Cake butter Dutch Boterkoek	0.2	0.0	0.0	0.0	1.0	28.7	21.4	20.0	51.8
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.8	0.0	0.0	0.0	0.9	94.3	86.0	28.8	132.1
7	836	Shortbread	0.7	0.0	0.0	5.7	4.5	17.2	12.2	7.0	30.3
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.1	43.0	43.0	43.0	43.0
7	855	Biscuit spiced Speculaas w almnd paste	0.2	0.0	0.0	0.0	0.5	44.0	20.3	19.0	88.1
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	43.3	38.0	38.0	53.6
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.3	0.0	0.0	0.0	1.3	21.4	15.3	10.0	27.8
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.2	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	19.3	14.5	10.0	20.4
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.2	30.7	20.8	14.0	36.3
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.9	0.0	0.0	0.0	2.9	28.0	22.8	20.0	45.7
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	0.4	17.6	15.2	5.0	22.1

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7	1475	Eclair with whipped cream filling	0.6	0.0	0.0	0.0	1.2	33.2	27.7	15.0	44.0
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	0.5	61.5	46.9	35.0	67.7
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
7	1478	Flan fruit and crumble topping	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0	26.0	26.0	26.0	26.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.4	14.0	7.0	7.0	31.5
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	1945	Bun with vanilla custard	0.3	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.2	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.5	0.0	0.0	0.0	1.5	39.7	25.4	15.5	74.7
7	1972	Biscuits assorted with butter	0.6	0.0	0.0	4.6	3.7	18.7	12.3	8.2	29.8
7	2162	Biscuit Cafe noir	0.2	0.0	0.0	0.0	0.9	14.5	9.0	6.0	27.4
7	2190	Brownies with nuts	0.1	0.0	0.0	0.0	0.3	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.2	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.3	0.0	0.0	0.0	1.1	20.0	17.5	10.0	29.1
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.7	13.2	11.1	10.0	18.4
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	0.6	0.0	0.0	0.0	2.5	24.7	19.8	13.0	43.1
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.4	0.0	0.0	0.0	1.3	37.3	24.0	20.0	65.7
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.1	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.6	0.0	0.0	0.0	1.7	25.1	20.0	20.0	46.6
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.1	0.0	0.0	0.0	0.8	29.9	19.2	8.3	41.1
7	2392	Cake apple-	0.7	0.0	0.0	0.0	1.1	46.8	32.5	30.0	83.7
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.3	0.0	0.0	0.0	0.3	56.4	55.8	17.0	73.8
7	2396	Chocolate pastry w whipped cream	0.2	0.0	0.0	0.0	0.4	72.9	46.1	25.0	91.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.4	0.0	0.0	0.0	1.9	26.3	19.1	12.9	31.1
7	2399	Spiced cake Indonesian- Spekkoek	0.3	0.0	0.0	0.0	0.2	68.2	40.3	15.0	76.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	0.8	0.0	0.0	0.0	0.9	51.9	36.2	20.0	78.1
7	2403	Cup cake iced	0.3	0.0	0.0	0.0	0.5	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	0.4	0.0	0.0	4.5	2.1	15.5	10.1	9.0	33.7
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.2	19.7	19.0	19.0	20.7
7	2409	Biscuit Dutch shortbread w chocolate	0.1	0.0	0.0	0.0	0.3	25.8	20.0	20.0	36.5
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0

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7	2412	Gingersnap	0.1	0.0	0.0	0.0	1.2	8.5	4.3	2.5	18.4
7	2413	Cake wrapped in marzipan and chocolate	0.4	0.0	0.0	0.0	0.6	46.4	32.6	30.0	57.3
7	2417	Cake Dutch w icing & cream 'Oranjeboek'	0.0	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	6.4	3.3	3.3	11.5
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.4	26.8	21.0	21.0	43.2
7	2430	Fritter banana	0.2	0.0	0.0	0.0	0.2	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.2	56.5	50.0	50.0	66.6
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	0.3	15.7	14.4	10.0	24.5
7	2560	Apple turnover	1.3	0.0	0.0	0.0	0.9	109.8	115.0	41.0	147.8
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.1	0.0	0.0	0.0	0.7	18.2	15.0	15.0	27.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.1	38.8	32.9	30.0	42.9
7	2609	Biscuits with nuts	0.5	0.0	0.0	0.0	3.4	21.1	16.4	10.0	34.9
7	2622	Appel pie Dutch w shortbread w butter	1.2	0.0	0.0	0.0	0.5	93.7	93.5	25.0	152.4
7	2661	Waffle Luikse	0.1	0.0	0.0	0.0	0.4	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.3	0.0	0.0	0.0	0.9	30.5	25.9	4.0	48.3
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.2	0.0	0.0	0.0	1.4	14.8	10.0	10.0	36.3
7	2698	Cake chocolate made wo butter	0.2	0.0	0.0	0.0	0.5	30.2	28.9	28.0	32.5
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	1.0	9.1	8.5	6.0	11.7
7	2715	Meringue	0.0	0.0	0.0	0.0	0.3	8.2	8.0	4.0	8.9
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.2	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
7	2763	Biscuit spiced Speculaas w butter	0.2	0.0	0.0	0.0	0.5	23.6	21.7	7.0	35.0
7	2775	Biscuit digestive w chocolate	0.1	0.0	0.0	0.0	0.3	23.1	17.7	14.0	36.5
7	2776	Flan apple and crumble topping	0.3	0.0	0.0	0.0	0.5	119.1	115.0	115.0	133.7
7	2777	Flan hard shell with custard cream	0.5	0.0	0.0	0.0	0.4	81.5	56.0	56.0	119.3
7	2778	Flan sponge with custard cream	0.1	0.0	0.0	0.0	0.2	85.3	75.0	75.0	108.3
7	2820	Waffle syrup w butter	0.4	0.0	0.0	0.0	1.8	31.4	23.4	10.6	51.1
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.8	0.0	0.0	0.0	0.3	117.9	98.7	88.0	139.2
7	2864	Biscuit syrup with chocolate	0.1	0.0	0.0	0.0	0.4	17.4	12.4	10.0	26.9
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodeboek'	0.1	0.0	0.0	0.0	0.5	22.7	18.0	18.0	32.5
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.3	27.8	21.4	16.0	43.5
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.4	36.1	30.0	30.0	52.6
7	2894	Biscuit Dutch digestive	0.4	0.0	0.0	0.0	3.9	17.3	15.3	8.0	27.8
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	1.0	0.0	0.0	0.0	0.5	111.9	85.0	65.0	125.5
8	78	Semolina	0.1	0.0	0.0	0.0	0.2	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.5	0.0	0.0	0.0	1.2	30.8	27.6	10.0	56.2
8	213	Oatmeal	0.4	0.0	0.0	0.0	1.4	27.7	20.8	2.6	48.6
8	215	Cornflour	0.0	0.0	0.0	0.0	1.2	2.6	1.2	0.4	6.2
8	220	Flour wheat white 75% extraction	0.0	0.0	0.0	0.0	1.1	5.7	2.1	1.3	15.8
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.1	48.6	32.0	20.3	57.4

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

NEVO group	NEVO code	Description	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
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.1	8.8	5.6	5.6	13.6
8	225	Breakfast cereal Brinta	0.6	0.0	0.0	0.0	2.5	18.2	14.4	9.0	37.1
8	226	Starch potato	0.0	0.0	0.0	0.0	0.7	2.0	0.6	0.6	5.6
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.3	9.2	5.2	2.7	17.4
8	530	Flour for pancakes	0.6	0.0	0.0	0.0	0.7	71.8	64.5	12.7	116.9
8	590	Wheat bran	0.1	0.0	0.0	0.0	1.7	5.6	5.3	0.4	10.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.3	13.0	3.6	3.6	26.0
8	658	Rice white boiled	7.6	0.0	0.0	66.6	7.8	97.2	86.2	12.8	171.9
8	659	Pasta white average boiled	12.9	0.0	0.0	90.2	8.2	124.5	107.9	31.2	242.0
8	955	Rice white parboiled boiled	0.4	0.0	0.0	0.0	0.2	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.3	0.0	0.0	0.0	2.3	12.6	6.6	1.0	42.8
8	1014	Rice brown boiled	1.5	0.0	0.0	0.0	1.6	153.7	103.5	25.6	259.5
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.3	7.2	7.0	7.0	7.6
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.2	36.6	26.2	21.6	44.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.1	10.0	7.2	7.2	17.6
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.1	4.1	2.9	2.9	8.8
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.6	8.7	5.4	3.8	20.0
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.4	108.3	101.2	19.2	168.2
8	2158	Couscous boiled	0.1	0.0	0.0	0.0	0.4	43.0	35.4	30.0	51.5
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.2	0.0	0.0	0.0	0.4	19.3	17.5	17.5	24.6
8	2361	Breakfast prod Albona 7-cereals-energy	0.1	0.0	0.0	0.0	0.3	33.9	23.9	18.0	45.1
8	2366	Muesli crunchy plain/w fruit	0.9	0.0	0.0	0.0	3.4	29.2	21.3	5.6	56.3
8	2675	Muesli crunchy w nuts	0.2	0.0	0.0	0.0	0.8	28.6	27.7	7.4	39.9
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.2	19.7	19.7	19.7	19.7
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.1	6.2	5.4	5.4	7.0
8	2809	Muesli w fruit	1.3	0.0	0.0	5.1	5.6	26.1	19.2	2.5	79.9
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.4	20.8	13.6	1.0	28.4
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.3	41.5	35.3	19.7	48.7
9	7	Endive raw	1.3	0.0	0.0	0.0	1.4	96.9	88.5	45.5	130.8
9	8	Endive boiled	4.0	0.0	0.0	32.3	3.1	132.2	115.9	45.8	247.7
9	11	Aubergine boiled	0.5	0.0	0.0	0.0	0.6	73.1	50.1	12.5	126.5
9	13	Celery boiled	0.7	0.0	0.0	0.0	1.2	62.7	22.6	1.7	216.5
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.1	41.0	41.0	41.0	41.0
9	15	Cauliflower boiled	7.1	0.0	0.0	56.4	4.8	146.7	120.0	62.4	239.1
9	16	Kale curly boiled	1.2	0.0	0.0	0.0	1.5	87.9	88.1	24.0	154.7
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.1	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	40.8	30.2	25.0	48.0
9	20	Mushrooms boiled	2.4	0.0	0.0	16.5	7.2	29.3	27.0	1.2	77.5
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0

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

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
9	22	Cabbage Chinese boiled	0.2	0.0	0.0	0.0	0.1	148.8	148.8	148.8	148.8
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0
9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.2	24.8	2.9	2.9	92.2
9	27	Cucumber wo skin raw	4.6	0.0	0.0	25.8	8.1	64.6	50.7	8.4	150.8
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	0.5	22.5	20.5	9.1	48.1
9	29	Swede boiled	0.4	0.0	0.0	0.0	0.3	213.1	149.9	119.6	301.8
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.5	18.8	15.1	8.3	26.8
9	32	Sweet pepper green boiled	0.5	0.0	0.0	0.0	1.1	28.2	25.7	5.9	56.5
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0	145.0	145.0	145.0	145.0
9	37	Leek boiled	2.7	0.0	0.0	21.6	5.9	44.7	17.6	1.8	157.5
9	38	Turnip tops raw	0.1	0.0	0.0	0.0	0.0	158.8	158.8	158.8	158.8
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	0.9	0.0	0.0	0.0	0.6	157.5	155.3	80.0	180.3
9	44	Cabbage Savoy boiled	0.4	0.0	0.0	0.0	0.3	125.9	66.3	66.3	234.6
9	46	Lettuce head raw	2.2	0.0	0.0	19.9	5.9	47.7	39.9	5.1	95.0
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.1	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.2	0.0	0.0	0.0	0.1	137.1	72.8	25.0	169.3
9	51	Spinach raw	0.1	0.0	0.0	0.0	0.1	113.3	113.3	113.3	113.3
9	52	Spinach boiled	0.8	0.0	0.0	0.0	0.9	97.1	67.6	15.1	199.9
9	54	Cabbage oxheart boiled	2.4	0.0	0.0	0.0	1.6	139.2	97.6	84.2	223.3
9	55	Brussel sprouts boiled	4.1	0.0	0.0	24.6	3.6	139.3	135.5	47.5	222.4
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.1	23.9	23.9	23.9	23.9
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.3	22.1	12.0	5.0	41.7
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.2	2.4	8.7	2.7	0.2	41.8
9	60	Tomatoes normal raw	6.0	0.0	0.0	38.5	12.6	49.2	66.5	6.9	92.9
9	61	Tomatoes normal boiled	0.9	0.0	0.0	0.6	2.9	28.5	4.9	0.8	87.7
9	63	Onions raw	1.6	0.0	0.0	10.5	8.5	21.3	12.3	1.8	48.0
9	64	Onions boiled	5.6	0.0	0.0	29.0	20.5	31.4	23.0	1.6	77.9
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.2	27.6	24.6	8.6	63.6
9	67	Chicory raw	0.9	0.0	0.0	0.0	1.1	93.3	76.3	31.7	184.2
9	68	Chicory boiled	9.0	0.0	0.0	83.3	4.3	178.1	166.0	66.9	350.5
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.7	15.8	9.7	2.0	40.0
9	70	Cabbage white cooked	0.3	0.0	0.0	0.9	3.1	9.5	4.0	0.9	30.2
9	71	Carrots raw average	0.1	0.0	0.0	0.0	0.7	15.9	10.1	2.0	40.9
9	72	Carrots boiled average	0.6	0.0	0.0	1.8	4.0	25.9	10.4	1.3	116.1
9	73	Cabbage sauerkraut raw	0.1	0.0	0.0	0.0	0.1	76.2	31.7	25.0	118.4
9	74	Cabbage sauerkraut cooked	3.5	0.0	0.0	0.0	2.1	144.4	146.9	54.0	223.7
9	75	Vegetable mix for soup raw	2.7	0.0	0.0	31.8	2.6	84.0	64.0	12.8	160.3
9	124	Radish red/white raw	0.4	0.0	0.0	0.0	1.6	34.6	30.8	1.7	65.2
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.3	9.9	3.0	0.7	18.2
9	127	Vegetables mixture raw	0.4	0.0	0.0	0.0	0.7	65.8	48.0	12.7	145.3
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.8	0.0	0.0	0.0	0.7	51.0	16.0	16.0	90.5
9	132	Gherkins sweet pickled	1.0	0.0	0.0	6.3	4.7	17.4	12.0	1.8	43.2
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.1	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	1.5	0.0	0.0	0.0	1.8	74.4	48.6	0.8	158.7
9	136	Peas and carrots tinned	1.7	0.0	0.0	0.0	1.2	124.8	106.2	50.5	233.9
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	1.6	0.0	0.0	0.0	1.8	127.9	105.8	33.1	194.1

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9	140	Spinach tinned	0.1	0.0	0.0	0.0	0.1	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.3	0.0	0.0	0.0	1.3	17.6	12.2	1.0	49.8
9	142	Beans broad tinned	1.4	0.0	0.0	0.0	1.0	176.2	204.5	60.0	236.4
9	143	Carrots tinned	0.3	0.0	0.0	0.0	0.3	169.3	155.6	145.0	175.8
9	144	Silver-skin onions sweet pickled glass	0.2	0.0	0.0	0.4	2.4	5.6	3.3	0.6	14.8
9	145	Cabbage red glass	0.3	0.0	0.0	0.0	0.6	152.2	104.5	22.6	173.7
9	146	Spinach frozen boiled	2.2	0.0	0.0	0.0	1.2	223.0	168.5	109.9	364.1
9	538	Rhubarb puree w sugar	1.3	0.0	0.0	0.0	1.1	75.9	62.0	31.9	105.1
9	557	Celery raw	0.2	0.0	0.0	0.0	0.7	44.4	33.0	9.1	94.6
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.3	16.1	11.8	1.4	24.3
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.1	5.2	4.0	4.0	6.6
9	562	Leek raw	0.1	0.0	0.0	0.0	0.4	15.3	13.5	4.6	22.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.2	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	1.0	0.0	0.0	0.0	1.1	202.9	170.9	87.4	241.4
9	651	Spinach creamed frozen boiled	1.8	0.0	0.0	0.0	0.9	162.7	110.9	64.7	247.2
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0	16.9	16.9	16.9	16.9
9	850	Vegetables mixed pickled Atjar tjampoer	0.3	0.0	0.0	0.0	0.5	69.1	43.7	9.6	130.6
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.4	21.3	16.1	8.9	33.7
9	885	Sweet pepper red boiled	0.6	0.0	0.0	0.0	2.8	21.1	16.5	3.5	35.9
9	920	Broccoli boiled	5.8	0.0	0.0	54.7	4.2	133.4	120.4	9.8	236.4
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.1	69.4	37.8	13.9	84.8
9	951	Beans French boiled	9.1	0.0	0.0	85.8	10.1	128.5	135.4	2.9	239.1
9	952	Kale curly frozen boiled	0.1	0.0	0.0	0.0	0.1	135.4	119.5	105.2	139.9
9	953	Peas frozen boiled	0.3	0.0	0.0	0.0	0.9	80.2	67.8	7.3	114.8
9	954	Beans French frozen boiled	1.3	0.0	0.0	0.0	0.9	130.5	109.2	33.4	226.4
9	957	Asparagus boiled	1.2	0.0	0.0	0.0	0.7	203.2	157.3	80.4	329.9
9	958	Beetroot boiled	3.3	0.0	0.0	0.4	3.1	118.7	96.9	12.1	227.2
9	961	Beans runner boiled	3.6	0.0	0.0	33.4	1.9	134.2	113.9	52.0	227.6
9	962	Beans broad boiled	0.2	0.0	0.0	0.0	0.2	123.8	120.6	60.0	139.0
9	963	Peas fresh boiled	0.5	0.0	0.0	0.0	0.2	162.0	199.6	18.9	222.9
9	964	Mange-tout boiled	1.1	0.0	0.0	0.0	1.4	102.7	50.6	9.8	300.8
9	966	Courgettes boiled	1.8	0.0	0.0	0.0	3.2	57.1	30.1	1.9	152.0
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.1	96.5	55.2	25.0	117.6
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.2	0.0	0.0	0.0	0.1	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.3	0.0	0.0	0.0	0.2	134.9	90.4	50.0	188.9
9	1141	Vegetable mixed Mexico frozen unprepared	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
9	1143	Beans runner frozen unprepared	0.8	0.0	0.0	0.0	0.7	139.8	111.5	57.2	215.5
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.2	44.9	26.4	16.6	69.9
9	1147	Brussel sprouts frozen boiled	0.1	0.0	0.0	0.0	0.1	216.0	216.0	216.0	216.0
9	1148	Beans broad frozen unprepared	0.3	0.0	0.0	0.0	0.1	172.4	72.5	9.5	232.2
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	0.1	104.7	90.8	90.0	115.7
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.4	13.5	7.3	0.8	24.2
9	1399	Lettuce iceberg raw	5.1	0.0	0.0	35.3	7.9	57.6	47.9	14.1	127.5
9	1454	Beetroot pickled glass	0.3	0.0	0.0	0.0	0.3	115.4	100.0	100.0	184.9

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

NEVO group	NEVO code	Description	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
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.3	3.2	2.2	1.5	4.8
9	1904	Vegetables average boiled	3.6	0.0	0.0	17.4	3.8	101.6	60.2	9.2	241.1
9	1905	Vegetables average raw	0.3	0.0	0.0	0.0	0.1	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.2	168.9	128.8	30.7	210.9
9	2293	Tomatoes tinned	0.7	0.0	0.0	0.0	0.6	115.3	82.3	30.6	219.3
9	2330	Mange-tout and carrots boiled	1.0	0.0	0.0	0.0	0.5	249.7	169.3	150.0	348.0
9	2331	Bami vegetables mixed boiled	0.5	0.0	0.0	0.0	0.7	51.1	32.1	16.5	107.2
9	2346	Lettuce green average raw	1.0	0.0	0.0	0.0	1.9	43.1	28.4	1.9	88.5
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.2	12.9	12.2	5.0	16.8
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.1	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.7	2.9	0.2	0.2	8.2
9	2498	Tomatoes sieved	1.8	0.0	0.0	5.1	2.7	52.4	40.6	8.8	137.5
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.4	3.5	2.0	0.4	6.8
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.7	26.5	13.5	7.5	55.9
9	2710	Cabbage red w apple pieces glass	0.3	0.0	0.0	0.0	0.3	125.0	94.5	87.0	164.4
9	2726	Carrot bunched raw	0.2	0.0	0.0	0.0	0.8	23.7	18.1	9.4	49.5
9	2727	Carrot bunched boiled	10.0	0.0	0.0	89.4	4.6	160.8	175.8	24.0	227.2
9	2728	Carrot winter raw	0.6	0.0	0.0	0.0	0.9	74.2	74.4	7.9	117.7
9	2729	Carrot winter boiled	2.2	0.0	0.0	0.0	1.9	95.5	91.6	15.4	219.3
9	2730	Tomato vine raw	4.5	0.0	0.0	32.9	7.3	80.3	65.2	30.4	165.4
9	2731	Tomato cherry raw	2.6	0.0	0.0	19.4	6.1	38.4	32.0	10.0	77.5
9	2732	Tomato beef raw	0.4	0.0	0.0	0.0	0.4	94.3	64.2	27.8	158.9
9	2733	Tomato beef boiled	0.2	0.0	0.0	0.0	0.3	103.4	52.4	2.0	105.3
9	2734	Tomato average raw	0.3	0.0	0.0	0.0	0.6	31.9	25.3	6.4	63.9
9	2735	Tomato average boiled	0.3	0.0	0.0	0.0	0.6	37.7	3.8	1.1	125.8
9	2736	Rocket raw	0.3	0.0	0.0	0.0	1.7	23.0	13.4	3.3	50.9
9	2737	Onion Welsh raw	0.1	0.0	0.0	0.0	1.0	15.7	11.9	4.1	24.5
9	2738	Onion Welsh boiled	0.1	0.0	0.0	0.0	0.3	12.1	7.2	4.0	19.9
9	2739	Cucumber w skin raw	1.0	0.0	0.0	4.8	3.2	34.8	27.8	4.8	79.0
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
9	2741	Sweet pepper yellow boiled	0.1	0.0	0.0	0.0	0.5	19.9	13.5	10.9	34.0
9	2742	Sweet pepper average raw	0.2	0.0	0.0	0.0	1.4	7.8	3.8	1.7	17.4
9	2743	Sweet pepper average boiled	0.4	0.0	0.0	1.5	2.9	10.5	3.6	0.8	34.8
9	2840	Cabbage red w apple pieces	0.6	0.0	0.0	0.0	0.3	212.2	191.5	174.0	244.4
9	2900	Sweetcorn tinned	0.5	0.0	0.0	0.0	1.1	45.3	45.0	9.7	70.8
10	455	Peanut butter	1.1	0.0	0.0	10.2	6.6	20.1	17.6	5.0	37.1
10	541	Peanut butter with nut pieces	0.3	0.0	0.0	0.0	0.8	32.1	24.6	10.0	50.0
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.2	34.0	30.0	30.0	38.7
10	575	Sandwich spread original	0.4	0.0	0.0	0.0	1.4	20.3	14.8	5.0	41.1
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.8	8.2	3.7	0.1	24.5
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.5	14.1	12.2	10.0	18.7
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.4	3.1	2.5	2.0	3.8
11	511	Cheese Edam 40+	1.7	0.0	0.0	12.1	4.9	31.9	24.7	5.2	62.5
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	4.9	0.0	0.0	27.7	15.8	34.1	25.0	10.1	65.2
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.3	0.0	0.0	0.0	1.9	28.2	24.7	10.3	43.5
11	515	Cheese spread 48+	0.6	0.0	0.0	2.2	2.3	23.8	19.3	2.0	37.8
11	517	Cheese spread 20+	1.1	0.0	0.0	7.0	2.9	43.3	28.2	6.7	102.6
11	556	Cheese Camembert 45+	0.2	0.0	0.0	0.0	0.4	54.7	28.1	10.5	176.0

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

NEVO group	NEVO code	Description	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
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.6	19.1	16.6	7.0	21.5
11	654	Cheese cottage	0.1	0.0	0.0	0.0	0.4	29.3	21.2	15.0	44.5
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	16.9	14.0	14.0	20.1
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.1	17.6	12.5	8.0	19.2
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.3	25.4	13.7	7.0	32.9
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	0.5	10.1	6.2	2.0	19.5
11	719	Cheese cream soft Mon Chou	0.2	0.0	0.0	0.0	1.6	11.0	7.1	5.0	17.6
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.1	0.0	0.0	0.0	0.4	16.7	5.6	4.5	26.6
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.1	51.0	51.0	51.0	51.0
11	726	Cheese Bluefort	0.2	0.0	0.0	0.0	0.4	22.9	6.9	0.8	61.8
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.4	14.8	8.4	4.0	29.6
11	804	Cheese sheep fresh	0.6	0.0	0.0	0.0	2.5	27.9	16.3	4.9	88.8
11	881	Cheese 48+ low salt	0.3	0.0	0.0	0.0	1.7	31.5	17.2	12.0	50.7
11	883	Cheese Amsterdam 48+	0.4	0.0	0.0	0.0	1.8	23.9	24.9	10.1	32.5
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.3	35.3	22.0	22.0	71.6
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	1.1	0.0	0.0	0.0	2.6	44.2	37.3	9.0	81.6
11	1113	Cheese sodium reduced 48+	0.1	0.0	0.0	0.0	0.1	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.1	23.8	16.6	10.0	25.6
11	1382	Cheese 30+	7.7	0.0	0.0	43.5	18.2	32.7	23.7	11.2	78.6
11	1487	Cheese Brie 60+	1.0	0.0	0.0	1.9	3.2	34.2	20.5	5.5	123.1
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.1	21.3	20.0	20.0	23.4
11	1650	Cheese goat fresh	0.2	0.0	0.0	0.0	1.4	30.6	21.0	6.8	53.9
11	1723	Cheese 20+	0.4	0.0	0.0	0.0	1.1	30.3	25.9	13.0	47.9
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.3	21.9	13.0	13.0	46.5
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.3	47.8	39.1	22.0	78.9
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.4	0.0	0.0	0.0	1.2	28.5	26.4	13.0	34.1
11	1809	Cheese 45+	0.1	0.0	0.0	0.0	0.5	34.7	28.2	24.0	49.8
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.1	73.7	62.9	60.0	81.9
11	1955	Cheese Mozzarella	0.9	0.0	0.0	1.8	2.6	33.0	18.2	4.0	75.8
11	2518	Cheese goat hard	0.5	0.0	0.0	0.0	2.5	27.4	21.9	12.0	53.8
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.9	14.5	10.7	10.0	19.3
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.7	13.2	9.3	8.0	24.6
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.1	0.0	0.0	6.2	3.5	32.7	23.4	12.1	81.6
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.0	0.0	0.0	23.6	11.0	35.1	28.8	11.4	77.1
11	2758	Cheese Gouda 48+ age 4-7 mths	3.4	0.0	0.0	21.2	10.2	35.0	28.3	9.5	97.5
11	2759	Cheese Gouda 48+ age 10-12 mths	1.3	0.0	0.0	8.0	5.2	31.6	27.1	10.1	69.6
11	2824	Cheese 30+ low salt	0.5	0.0	0.0	0.0	1.6	27.0	23.3	12.0	43.7
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.3	2.4	2.0	0.2	4.8
12	824	Mustard	0.1	0.0	0.0	0.0	2.4	3.7	2.1	0.4	9.8
12	830	Garlic fresh	0.0	0.0	0.0	0.3	4.9	1.0	0.7	0.1	3.2
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.4	6.2	5.0	5.0	9.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.9	3.0	3.1	0.2	3.9
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.4	8.9	8.0	5.0	11.2
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.0	1.5	2.3	1.0	0.4	9.4
12	1883	Stock powder low sodium	0.1	0.0	0.0	0.0	0.1	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.1	0.5	0.5	0.5	0.5

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12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.2	13.5	10.8	10.5	19.4
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.2	4.1	3.1	2.2	6.2
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven/dagschotel unprepared	0.1	0.0	0.0	0.0	0.3	19.4	16.0	12.9	24.7
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.1	0.0	0.0	0.0	1.1	11.2	6.8	3.4	24.1
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	1.0	6.0	7.0	2.4	10.5
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.8	0.0	0.0	18.1	7.3	22.4	17.8	7.3	47.8
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	0.8	218.3	199.6	155.5	291.8
13	273	Milk chocolate-flavoured low fat	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.3	0.0	0.0	0.6	3.5	9.6	7.0	1.3	16.0
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
13	276	Custard chocolate full fat	2.7	0.0	0.0	0.0	1.5	150.7	150.2	40.0	209.3
13	278	Yoghurt full fat	8.1	0.0	0.0	68.2	5.1	175.3	183.3	48.3	297.9
13	279	Milk whole	14.7	0.0	0.0	108.1	8.0	200.7	188.8	25.5	393.0
13	280	Coffee creamer full fat	1.5	0.0	0.0	9.9	9.1	27.1	21.9	7.4	75.7
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	11.8	0.0	0.0	95.6	6.3	166.4	158.6	57.8	274.2
13	284	Yoghurt low fat with fruit	3.9	0.0	0.0	0.0	3.1	140.2	123.2	43.2	270.2
13	285	Coffee creamer half fat	7.6	0.0	0.0	35.7	26.7	24.1	23.7	6.6	57.9
13	286	Milk semi-skimmed	101.8	3.6	0.0	393.5	40.2	240.4	212.8	12.3	558.9
13	288	Porridge oatmeal	0.7	0.0	0.0	0.0	0.4	249.6	200.3	110.2	505.6
13	289	Buttermilk	31.9	0.0	0.0	242.6	14.5	234.9	206.5	124.7	510.5
13	290	Porridge buttermilk w wheat flour	0.2	0.0	0.0	0.0	0.4	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.2	0.0	0.0	0.0	1.2	11.4	8.5	4.1	23.7
13	294	Milk skimmed	28.1	0.0	0.0	68.4	3.6	466.8	327.4	48.4	1,065.7
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.1	2.7	2.0	2.0	3.7
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0	2.5	2.5	2.5	2.5
13	298	Porridge rice	1.9	0.0	0.0	0.0	1.3	172.9	145.2	74.2	280.2
13	299	Cream whipping	0.1	0.0	0.0	0.0	1.0	9.9	7.2	4.1	29.6
13	301	Yoghurt low fat	24.1	0.0	0.0	151.8	11.9	192.7	177.9	83.3	363.8
13	303	Ice cream dairy cream based	2.3	0.0	0.0	0.0	3.0	91.0	89.4	41.9	145.1
13	305	Fromage frais low fat	4.3	0.0	0.0	21.4	4.0	108.9	118.1	2.1	199.3
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.9	0.0	0.0	0.0	1.1	136.8	108.4	32.4	242.8
13	477	Custard vanilla low fat	1.2	0.0	0.0	0.0	0.7	127.6	114.2	103.0	167.9
13	478	Custard chocolate low fat	0.2	0.0	0.0	0.0	0.1	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	0.6	0.0	0.0	0.0	0.4	282.8	245.0	221.5	363.9
13	485	Ice cream dairy cornet	1.3	0.0	0.0	0.0	1.5	75.0	71.6	18.0	103.2
13	532	Blancmange chocolate	0.7	0.0	0.0	0.0	0.2	230.5	200.0	200.0	283.6
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	5.1	0.0	0.0	0.0	1.3	466.9	259.5	171.0	679.9
13	736	Pudding vanilla	0.4	0.0	0.0	0.0	0.4	78.1	35.7	31.3	171.9

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13	767	Mousse chocolate	1.0	0.0	0.0	0.0	0.8	87.5	94.0	7.2	121.9
13	786	Pudding chipolata	0.6	0.0	0.0	0.0	0.5	107.6	99.6	60.0	149.0
13	812	Cream sour	0.0	0.0	0.0	0.0	0.3	4.8	3.2	3.1	9.5
13	863	Yoghurt full fat with fruit	1.6	0.0	0.0	0.0	1.2	175.1	145.9	120.1	293.3
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
13	915	Chocolate pudding with sauce	0.5	0.0	0.0	0.0	0.1	189.0	145.3	105.1	199.9
13	916	Yoghurt Bulgarian low fat	0.1	0.0	0.0	0.0	0.2	108.1	64.4	51.8	141.4
13	917	Fromage frais half fat w fruit	3.7	0.0	0.0	0.0	2.6	141.0	124.8	36.1	246.7
13	931	Fromage frais low fat with fruit	2.9	0.0	0.0	0.0	1.5	212.2	210.5	75.6	231.0
13	933	Blancmange caramel	0.1	0.0	0.0	0.0	0.0	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	1.2	0.0	0.0	0.0	1.0	146.0	116.0	116.0	216.3
13	940	Blancmange vanilla w strawberry sauce	0.3	0.0	0.0	0.0	0.3	151.1	125.0	125.0	193.4
13	1002	Ice cream dairy Delight Line wo ad sugar	1.0	0.0	0.0	0.0	0.7	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	0.7	0.0	0.0	0.0	0.6	162.2	156.4	37.1	195.6
13	1464	Milk chocolate-flavoured semi-skimmed	2.1	0.0	0.0	0.0	1.3	219.6	191.0	145.7	354.7
13	1474	Ice lolly/ Sorbet	0.5	0.0	0.0	0.0	0.8	55.7	42.2	32.0	82.6
13	1502	Yoghurt half fat	8.8	0.0	0.0	77.0	5.7	186.9	149.6	51.8	441.0
13	1503	Cream 25% fat	0.0	0.0	0.0	0.0	0.2	12.1	7.0	7.0	21.8
13	1719	Milk semi-skimmed enriched w calcium	4.1	0.0	0.0	0.0	1.3	193.3	186.4	142.1	272.4
13	1720	Custard several flavours full fat	5.3	0.0	0.0	61.7	3.0	152.8	134.5	49.4	291.7
13	1721	Yoghurt vanilla half fat	3.2	0.0	0.0	0.0	2.3	149.9	128.1	55.3	285.6
13	1722	Porridge semolina	0.5	0.0	0.0	0.0	0.3	170.8	141.5	54.6	273.1
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	0.0	1.6	17.7	11.7	3.0	35.4
13	1808	Creme fraiche	0.2	0.0	0.0	0.0	0.8	18.8	9.2	4.7	47.2
13	1813	Yakult	0.5	0.0	0.0	0.0	0.6	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	3.6	0.0	0.0	0.0	1.8	146.1	138.4	55.0	201.1
13	1834	Yoghurt drink w sweeteners Optimel	6.1	0.0	0.0	0.0	2.5	222.4	207.4	153.2	297.3
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	2.7	3.6	16.4	10.7	3.0	38.8
13	1954	Coffee creamer Balance	0.1	0.0	0.0	0.0	1.1	11.3	7.4	4.0	23.7
13	1957	Custard with whipped cream	0.6	0.0	0.0	0.0	0.4	184.0	128.1	24.7	435.8
13	1958	Porridge buttermilk groats	0.2	0.0	0.0	0.0	0.1	187.6	185.0	185.0	190.0
13	1970	Milk chocolate-flavoured Chocomel light	0.5	0.0	0.0	0.0	0.2	231.1	217.8	212.2	240.6
13	2240	Milk goats- full fat	0.4	0.0	0.0	0.0	0.3	242.0	65.0	32.4	470.3
13	2244	Yoghurt cream- with fruit	2.8	0.0	0.0	0.0	1.8	131.3	102.7	38.9	248.5
13	2246	Fromage frais low fat w fruit w sw	0.7	0.0	0.0	0.0	0.7	119.2	108.0	108.0	149.0
13	2247	Fromage frais yoghurt w fruit	0.5	0.0	0.0	0.0	0.4	138.6	106.7	77.8	228.0
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.7	0.0	0.0	0.0	0.7	51.9	50.0	50.0	59.4
13	2252	Ice cream dairy w fruitcoating	0.2	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	0.8	0.0	0.0	0.0	0.2	183.2	86.6	25.0	240.4
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	1.6	0.0	0.0	0.0	0.7	260.2	220.2	203.0	330.8

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

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13	2258	Actimel	0.2	0.0	0.0	0.0	0.3	106.3	100.0	100.0	116.8
13	2265	Yakult light	0.7	0.0	0.0	0.0	0.8	65.0	65.0	65.0	65.0
13	2267	Custard no fat w sweeteners Optimel	1.6	0.0	0.0	0.0	0.6	158.9	147.8	49.4	223.4
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.1	23.3	4.4	4.4	53.6
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.1	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	2.1	0.0	0.0	0.0	1.5	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2308	Yoghurt drink Becel pro-activ	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.6	0.0	0.0	0.0	0.8	51.2	49.3	32.0	63.9
13	2495	Drinking chocolate w s-sk milk	0.9	0.0	0.0	0.0	0.4	274.1	222.5	160.0	446.9
13	2496	Dairy drink Campina fruitmilk	0.5	0.0	0.0	0.0	0.2	229.8	202.9	188.5	247.5
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.2	0.0	0.0	0.0	0.0	317.4	220.4	220.4	436.1
13	2501	Yoghurt half fat w fruit	2.3	0.0	0.0	0.0	1.5	150.1	137.2	100.0	258.1
13	2503	Yoghurt Greek full fat	1.7	0.0	0.0	0.0	1.1	135.7	114.8	48.2	277.4
13	2504	Fromage frais full fat w fruit	0.7	0.0	0.0	0.0	0.8	83.5	61.0	48.0	160.0
13	2519	Custard half fat all flavours	2.4	0.0	0.0	0.0	1.3	157.0	147.2	110.2	224.1
13	2520	Pudding airy average	1.5	0.0	0.0	0.0	1.1	88.0	93.0	23.9	148.1
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
13	2536	Yoghurt & custard Campina	0.4	0.0	0.0	0.0	0.2	195.0	150.2	141.0	244.9
13	2537	Dessert made of custard, yoghurt & syrup	0.7	0.0	0.0	0.0	0.7	192.0	199.0	154.5	214.3
13	2538	Blancmange home-made w semi-sk milk	0.6	0.0	0.0	0.0	0.6	101.2	95.9	24.7	155.1
13	2539	Custard soft & airy Campina	0.4	0.0	0.0	0.0	0.2	102.2	85.1	80.0	115.2
13	2655	Yoghurt 0% fat w fruit Activia	0.6	0.0	0.0	0.0	0.5	122.0	95.1	60.0	131.2
13	2689	Actimel light	0.3	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.1	9.5	6.0	6.0	13.1
13	2725	Milkdrink skimmed milk Becel pro-activ	0.2	0.0	0.0	0.0	0.2	101.3	100.0	100.0	102.6
13	2760	Hot chocolate from vending machine	1.9	0.0	0.0	0.0	1.0	214.0	193.7	18.5	361.0
13	2823	Yoghurt full fat stracciatella	0.6	0.0	0.0	0.0	0.1	207.7	204.1	204.1	214.1
13	2835	Coffee iced	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	0.5	0.0	0.0	0.0	0.2	176.3	125.0	125.0	258.8
13	2917	Dairy drink Milk&Fruit mango	0.6	0.0	0.0	0.0	0.2	184.4	184.4	184.4	184.4
13	2921	Yoghurt drink Fristi	0.1	0.0	0.0	0.0	0.1	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	0.6	0.0	0.0	0.0	0.3	205.5	169.1	144.2	245.6
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	0.3	0.0	0.0	0.0	0.3	223.7	203.6	128.8	270.1
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.5	10.0	8.0	8.0	14.4
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.1	11.0	8.7	8.0	14.9
13	3074	Yoghurt full fat w fruit Activia	1.1	0.0	0.0	0.0	0.9	187.1	125.0	125.0	237.4

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14	687	Tahoe soya curd	0.5	0.0	0.0	0.0	0.6	73.8	74.1	18.8	116.2
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.2	36.5	31.1	25.8	37.1
14	870	Milk soya natural	0.2	0.0	0.0	0.0	0.3	150.4	73.3	27.0	198.1
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.1	2.3	2.1	1.8	2.6
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.4	3.6	7.6	3.8	0.2	31.8
14	1380	Dessert soya Alpro	0.7	0.0	0.0	0.0	0.4	144.5	132.5	76.2	182.2
14	1381	Milk soya Natural Fresh Alpro	1.0	0.0	0.0	0.0	0.7	168.5	121.1	100.0	249.9
14	1511	Hamburger vegetarian unprep	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.2	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	0.7	0.0	0.0	0.0	0.4	254.3	237.5	200.0	296.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.3	0.0	0.0	0.0	0.5	119.0	112.8	38.9	142.5
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.1	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.1	0.0	0.0	0.0	0.1	90.8	89.7	89.7	95.0
14	2047	Mincemeat vegetarian unprepared	0.1	0.0	0.0	0.0	0.2	57.5	55.9	51.8	59.6
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.1	82.7	71.4	70.5	91.7
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	0.2	0.0	0.0	0.0	0.3	154.8	69.7	32.0	286.7
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.5	0.0	0.0	0.0	0.9	154.6	124.4	31.1	248.6
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.3	0.0	0.0	0.0	1.3	31.3	16.2	10.5	73.5
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.1	19.5	11.9	7.5	33.6
15	199	Cashew nuts unsalted	0.4	0.0	0.0	0.0	1.8	27.0	19.5	6.0	56.3
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	20.3	17.6	12.0	26.8
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.4	0.0	0.0	0.0	0.5	43.0	14.5	7.5	121.2
15	205	Mixed nuts and raisins	0.3	0.0	0.0	0.0	0.5	61.7	37.8	30.0	94.0
15	206	Walnuts unsalted	0.8	0.0	0.0	5.0	3.2	20.7	15.1	3.1	38.3
15	207	Nuts mixed unsalted	0.2	0.0	0.0	0.0	0.8	39.6	32.2	7.5	77.2
15	264	Biscuit salted average	0.4	0.0	0.0	1.6	3.0	15.3	9.3	4.0	23.8
15	265	Puff pastry baked	0.3	0.0	0.0	0.0	0.8	35.5	25.7	11.0	74.7
15	266	Snack sausage roll puff pastry	0.7	0.0	0.0	0.0	1.2	81.8	50.0	17.5	139.8
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
15	269	Prawn crackers	0.3	0.0	0.0	0.0	0.7	22.5	18.0	10.0	38.2
15	546	Peanuts coated	0.6	0.0	0.0	0.0	0.6	51.3	39.1	20.6	64.3
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.7	11.0	6.5	5.0	21.6
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.4	4.0	3.2	2.6	4.3
15	852	Salad celeriac	0.3	0.0	0.0	0.0	0.8	34.9	21.3	14.3	79.1
15	867	Linseeds	0.1	0.0	0.0	0.0	2.3	8.4	5.7	1.2	29.1
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.3	4.0	4.0	1.6	4.9
15	876	Peanuts salted	0.6	0.0	0.0	0.0	1.9	35.5	29.9	15.0	65.4
15	901	Snack sausage roll w bread dough pastry	1.3	0.0	0.0	0.0	0.6	108.5	75.0	75.0	191.4
15	1496	Salad fish	1.5	0.0	0.0	11.5	2.3	40.7	36.1	10.6	72.5
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0

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15	1498	Salad chicken curry	0.2	0.0	0.0	0.0	0.6	37.8	23.2	15.0	74.7
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.8	20.0	14.7	14.3	36.6
15	1699	Biscuits & snacks cheesy averaged	0.7	0.0	0.0	0.0	1.4	34.6	24.4	8.0	61.4
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	0.4	18.2	15.0	15.0	26.5
15	1877	Salad meat	0.1	0.0	0.0	0.0	0.3	32.2	26.5	25.0	42.3
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.1	31.4	16.8	12.0	52.3
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.3	19.7	15.7	12.0	26.3
15	1935	Nuts mixed salted	0.3	0.0	0.0	0.0	1.2	36.5	24.3	13.1	70.8
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.2	0.0	0.0	0.0	0.8	48.1	11.6	5.5	135.2
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0	6.5	6.5	6.5	6.5
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.4	19.2	14.3	10.0	27.5
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	1.0	6.9	4.9	1.9	21.5
15	2345	Peanuts sugar coated	0.2	0.0	0.0	0.0	0.3	39.3	22.9	15.0	64.4
15	2362	Sausage Dutch Frikandel frozen unprep	1.5	0.0	0.0	0.0	0.9	115.6	80.0	80.0	213.3
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.4	5.5	3.3	2.5	9.2
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	1.9	0.0	0.0	0.0	2.0	80.5	63.7	36.4	115.6
15	2549	Springroll frozen unprepared	0.5	0.0	0.0	0.0	0.4	152.4	103.1	70.0	250.1
15	2550	Wrap shoarma roll prep wo fat	0.2	0.0	0.0	0.0	0.1	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.1	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
15	2830	Croissant with cheese	0.2	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.2	24.8	24.0	24.0	27.9
15	2886	Cashew nuts salted	0.2	0.0	0.0	0.0	0.5	32.1	24.2	15.0	59.4
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.1	15.4	10.7	10.0	19.1
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.1	84.2	59.0	59.0	111.8
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.4	15.3	10.0	10.0	25.7
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	0.5	0.0	0.0	0.0	0.4	128.5	99.6	45.6	198.7
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.6	0.0	0.0	0.0	1.7	109.2	63.5	42.4	247.3
16	968	Beans white/brown boiled	0.3	0.0	0.0	0.0	0.4	109.9	82.9	49.2	125.7
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
16	972	Peas green boiled	0.1	0.0	0.0	0.0	0.1	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.2	0.0	0.0	0.0	0.5	23.0	5.3	1.0	69.0
16	3049	Beans white tinned	0.7	0.0	0.0	0.0	0.8	110.6	74.1	49.0	247.5
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.1	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.8	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0

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

NEVO group	NEVO code	Description	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
17	1997	Preparation Respifor p 100 ml	0.7	0.0	0.0	0.0	0.3	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.3	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.4	0.0	0.0	0.0	0.2	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.6	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.7	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.4	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.1	0.0	0.0	0.0	0.1	181.0	181.0	181.0	181.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.1	0.0	0.0	0.0	0.1	84.4	40.0	40.0	124.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	6.6	0.0	0.0	0.0	2.3	334.4	317.0	101.9	485.8
19	758	Soup clear with meat	0.5	0.0	0.0	0.0	0.3	226.6	217.8	200.0	244.7
19	759	Soup clear with vegetables	10.0	0.0	0.0	104.6	3.3	244.2	232.0	105.5	462.6
19	760	Soup clear with meat and noodles	3.5	0.0	0.0	0.0	1.1	231.7	190.8	112.4	389.0
19	761	Soup clear with meat and vegetables	7.9	0.0	0.0	51.6	3.6	255.4	243.2	106.0	324.7
19	762	Soup clear w meat vegetables and noodles	7.2	0.0	0.0	0.0	2.7	252.2	246.2	131.1	383.6
19	763	Soup thickened w vegetables	3.6	0.0	0.0	0.0	1.0	246.8	209.7	159.0	341.1
19	766	Soup main course w legumes and meat	0.5	0.0	0.0	0.0	0.2	273.6	181.5	181.5	544.3
19	791	Soup clear with noodles	0.3	0.0	0.0	0.0	0.2	249.7	204.4	157.0	317.0
19	792	Soup thickened w meat and vegetables	3.5	0.0	0.0	0.0	1.1	382.9	329.8	245.7	479.0
19	797	Soup vegetable based dried packet prep	6.9	0.0	0.0	0.0	2.5	278.8	246.7	153.9	387.4
19	798	Soup meat based dried packet prepared	7.6	0.0	0.0	26.5	2.1	265.2	211.3	134.4	459.3
19	800	Soup vegetable based tinned prepared	7.8	0.0	0.0	0.0	2.3	301.0	305.9	164.7	418.0
19	801	Soup meat based ready made prepared	1.0	0.0	0.0	0.0	0.7	213.6	187.9	175.4	247.4
19	802	Soup legume based ready made prepared	0.7	0.0	0.0	0.0	0.2	180.2	149.6	149.6	290.1
19	1528	Stock from cube prepared	11.3	0.0	0.0	112.6	5.7	190.7	195.0	3.7	409.5
19	2487	Soup veg & meat based ready made prep	5.4	0.0	0.0	0.0	2.4	253.5	231.0	163.8	357.1
19	2488	Soup vegetable&meat based prepared pack	4.2	0.0	0.0	0.0	2.0	215.6	217.2	114.6	308.0
19	2561	Soup thickened no filling	1.2	0.0	0.0	0.0	0.6	211.9	211.0	130.2	284.8
19	2932	Soup cup-a-soup prepared	2.6	0.0	0.0	0.0	1.6	210.0	177.4	174.3	272.1
20	374	Sugar brown Basterdsuiker	0.3	0.0	0.0	0.0	2.7	10.3	8.1	1.9	23.9
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	0.8	9.7	6.4	3.3	17.8
20	377	Sugar granulated	5.8	0.0	0.0	31.7	31.1	17.8	11.9	1.6	55.5
20	378	Syrup Keukenstroop	0.1	0.0	0.0	0.0	1.3	16.0	14.8	10.0	19.5
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.4	10.4	6.2	3.0	19.1
20	427	Syrup apple	3.1	0.0	0.0	18.7	13.8	25.0	19.0	8.1	53.2
20	431	Chocolate milk	1.1	0.0	0.0	7.4	4.8	16.3	11.5	4.2	38.8
20	432	Chocolate plain	0.8	0.0	0.0	6.3	6.9	15.0	12.4	4.7	30.3
20	433	Chocolate flakes milk	0.1	0.0	0.0	0.0	0.3	27.5	8.4	5.0	79.9

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

NEVO group	NEVO code	Description	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
20	435	Chocolate flakes plain	0.1	0.0	0.0	0.0	1.5	21.4	18.7	3.3	35.9
20	436	Spread chocolate hazelnut	0.2	0.0	0.0	0.0	0.7	26.4	20.6	15.0	41.6
20	442	Coloured confetti fruit-flavoured	0.4	0.0	0.0	4.1	4.3	10.6	8.5	3.7	19.2
20	443	Honey	2.0	0.0	0.0	14.9	13.4	18.1	16.7	3.6	39.5
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.9	20.9	20.0	20.0	22.7
20	445	Jam	6.8	0.0	0.0	33.6	26.2	24.9	19.2	5.4	57.1
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.1	3.1	2.4	1.0	4.8
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.2	14.4	11.8	10.0	18.8
20	450	Boiled sweets	0.3	0.0	0.0	1.7	5.5	5.8	4.1	1.3	14.5
20	453	Peppermint	0.2	0.0	0.0	0.5	4.3	5.3	3.0	3.0	9.7
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.2	34.3	33.5	33.3	34.9
20	461	Toffees	0.1	0.0	0.0	0.0	0.4	12.9	9.2	6.0	22.4
20	484	Jam reduced sugar	1.4	0.0	0.0	8.5	5.6	36.3	25.3	8.6	97.4
20	487	Candybar Mars	0.2	0.0	0.0	0.0	0.7	34.0	24.1	14.0	53.1
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	1.7	10.8	8.8	4.0	20.6
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.6	6.3	3.9	0.3	14.4
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.4	3.5	1.6	1.0	8.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0	12.0	12.0	12.0	12.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.3	28.1	28.0	28.0	28.4
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.2	21.4	18.0	18.0	24.3
20	539	Sauce fruit for pudding	0.4	0.0	0.0	0.0	0.9	29.7	26.0	9.8	40.1
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.1	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	717	Chocolate bar milk with nuts	0.6	0.0	0.0	0.0	1.8	33.1	27.5	7.7	55.4
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.8	17.4	11.6	7.0	25.6
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.5	20.5	12.8	12.0	32.8
20	752	Wine gums	0.0	0.0	0.0	0.0	0.3	7.7	6.3	2.0	14.9
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.1	15.4	12.1	10.0	17.4
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.3	20.5	17.9	10.0	27.7
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.3	6.0	18.9	14.5	6.1	39.2
20	1962	Chocolate confetti milk	0.8	0.0	0.0	0.0	2.7	21.1	22.8	5.0	29.1
20	1963	Chocolate confetti plain	0.6	0.0	0.0	4.8	7.1	12.1	8.8	3.8	26.7
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.2	17.1	4.7	4.0	48.6
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	1.7	5.7	3.4	0.5	13.0
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.5	27.8	24.7	22.5	29.5
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	1.3	13.6	10.4	7.0	14.1
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	1.0	17.5	14.8	6.0	27.2
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.6	10.4	5.6	4.0	14.1
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.4	11.5	10.0	10.0	16.6
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	27.7	15.0	15.0	41.5
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.5	4.0	3.0	3.0	7.9

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

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20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.8	15.1	8.9	1.0	26.7
20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.4	6.5	6.1	4.0	7.8
20	2595	Candybar KitKat	1.3	0.0	0.0	0.0	0.7	88.2	45.3	12.0	123.3
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.4	12.3	10.0	10.0	17.9
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.3	3.5	2.0	2.0	5.5
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	1.6	0.0	0.0	5.6	5.9	24.2	11.5	1.6	73.4
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.1	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.4	5.3	5.2	5.2	5.6
20	3064	Syrup apple enriched w iron	0.1	0.0	0.0	0.0	0.3	9.2	8.2	7.5	9.8
20	3067	Sweets cream hard	0.1	0.0	0.0	0.0	0.7	11.4	8.6	6.0	15.4
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.2	12.9	7.8	4.1	24.5
21	310	Butter unsalted	2.5	0.0	0.0	12.6	17.7	14.7	11.3	3.0	39.1
21	312	Oil corn	0.0	0.0	0.0	0.0	0.5	3.4	0.6	0.6	8.5
21	313	Oil soya	0.1	0.0	0.0	0.0	1.3	6.7	3.4	0.9	14.8
21	314	Lard	0.0	0.0	0.0	0.0	0.1	3.6	3.0	2.6	4.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.1	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	1.4	0.0	0.0	8.7	10.6	10.1	5.3	0.7	29.9
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.5	15.9	13.5	3.9	27.0
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.4	12.1	8.7	2.0	24.8
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.2	31.3	30.0	30.0	36.2
21	458	Salad cream 25% oil	0.4	0.0	0.0	2.1	4.1	11.4	6.0	1.1	24.3
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.4	9.2	5.1	0.3	19.9
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.6	12.7	11.4	2.3	21.3
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	15.3	7.2	6.2	21.7
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.3	0.0	0.0	0.0	0.6	21.2	11.3	6.9	48.4
21	601	Oil olive	1.8	0.0	0.0	9.2	19.6	9.2	5.9	0.9	29.4
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.7	16.5	13.8	3.4	19.8
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	9.0	6.5	5.2	10.6
21	616	Peanut sauce jar prepared	0.9	0.0	0.0	0.0	1.8	65.7	64.8	8.1	108.2
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	1.1	5.2	3.3	0.5	8.6
21	844	Salad dressing naturel without oil	0.2	0.0	0.0	0.0	1.9	15.6	11.7	2.0	39.0
21	879	Butter salted	0.9	0.0	0.0	4.4	7.0	11.9	7.6	1.9	35.9
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0	12.1	12.1	12.1	12.1
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.1	4.8	1.9	1.9	10.0
21	1515	Sauce based on roux prepared	0.5	0.0	0.0	0.0	1.1	38.4	30.5	14.9	80.6
21	1517	Sauce mix packet <3% fat prepared	0.5	0.0	0.0	0.0	0.9	56.8	35.1	9.0	122.0
21	1518	Sauce mix packet >3% fat prepared	2.1	0.0	0.0	17.0	4.1	42.2	35.4	5.6	102.8
21	1524	Sauce tomato ready made jar	1.1	0.0	0.0	0.0	1.8	60.2	48.4	6.4	110.1
21	1530	Butter product half fat	0.1	0.0	0.0	0.0	0.4	24.0	19.0	1.8	38.4
21	1803	Sauce oriental ready-made in jar/bag	1.5	0.0	0.0	0.0	1.5	76.1	46.8	4.6	158.9

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

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
21	1839	Low fat margarine product tub Becel Ligh	4.0	0.0	0.0	27.0	14.7	22.0	19.5	6.0	44.7
21	1847	Margarine product tub Becel Dieet	2.0	0.0	0.0	15.2	11.0	18.8	17.4	5.0	35.9
21	1886	Mango chutney	0.1	0.0	0.0	0.0	0.6	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.3	0.0	0.0	0.0	0.2	53.2	52.8	52.8	54.5
21	1956	Low fat spread Becel pro-activ	2.0	0.0	0.0	14.4	9.1	24.8	17.9	3.9	72.2
21	1961	Low fat marg prod Blue Band Goede Start	0.3	0.0	0.0	0.0	1.9	22.8	19.0	3.0	46.5
21	2059	Low fat margarine 40% fat <17 g sat	3.7	0.0	0.0	24.8	15.1	26.0	18.9	5.0	58.8
21	2060	Low fat margarine prod 35% fat <10 g sat	1.3	0.0	0.0	11.7	5.3	26.4	26.2	4.9	50.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.2	21.7	22.6	12.0	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.5	0.0	0.0	0.0	2.1	18.7	13.7	3.3	29.2
21	2063	Margarine 80% fat >24 g saturates	1.2	0.0	0.0	6.6	17.0	6.1	3.9	0.6	17.6
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.2	8.0	8.0	8.0	8.0
21	2065	Margarine product 70% fat >17 g sat	0.4	0.0	0.0	0.0	2.0	21.3	21.3	5.1	35.4
21	2066	Cooking fat liquid 97% fat <17 g sat	1.1	0.0	0.0	6.4	16.3	5.5	3.5	0.6	17.3
21	2067	Cooking fat solid 97% fat >17 g sat	0.8	0.0	0.0	1.2	5.8	12.6	2.7	0.5	51.6
21	2068	Frying fat liquid <24 g sat fatty acids	0.3	0.0	0.0	0.0	2.1	17.6	11.9	4.7	43.0
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0	14.7	12.3	11.0	16.2
21	2072	Margarine product 60% fat <17 g sat	1.2	0.0	0.0	7.5	6.2	19.7	15.6	3.6	44.7
21	2076	Low fat margarine product Benecol light	0.1	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.3	0.0	0.0	1.1	3.8	7.2	4.9	0.5	20.6
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.2	8.2	4.3	1.9	18.1
21	2178	Pesto	0.0	0.0	0.0	0.0	0.9	7.1	3.3	1.2	18.9
21	2294	Low fat margarine Twenty four Ultralight	0.2	0.0	0.0	0.0	0.6	22.8	21.0	8.0	33.3
21	2295	Butter product 25% fat	0.1	0.0	0.0	0.0	1.0	14.2	10.0	4.5	35.1
21	2418	Sauce hot liquid ready made <12% fat	0.1	0.0	0.0	0.0	0.5	20.8	10.2	2.0	49.7
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.2	0.0	0.0	0.0	0.2	96.9	86.7	77.0	98.7
21	2421	Sauce Chicken Tonight low fat varieties	0.2	0.0	0.0	0.0	0.3	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.8	0.0	0.0	6.1	3.0	19.4	20.0	3.0	37.2
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
21	2445	Sauce butter-	0.2	0.0	0.0	0.0	0.2	39.9	25.3	21.6	51.1
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.2	0.0	0.0	0.0	0.6	33.3	27.8	20.9	49.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.2	6.9	3.1	2.6	9.9
21	2449	Gravy 25% fat clear prep w gravypowder	0.0	0.0	0.0	0.0	0.2	25.3	23.8	11.6	35.3
21	2451	Gravy 25% fat thickend prep w gravypowde	0.3	0.0	0.0	0.0	1.1	33.4	26.7	12.1	55.8
21	2452	Gravy 25% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.3	29.3	11.6	11.6	72.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.3	0.0	0.0	0.0	0.7	23.4	11.1	8.7	58.1

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

NEVO group	NEVO code	Description	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
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.2	30.7	12.1	12.1	62.9
21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	26.5	23.3	23.3	37.4
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.5	28.5	24.1	8.7	68.1
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.3	29.0	14.3	12.6	59.9
21	2462	Gravy 5% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	1.3	25.9	19.7	11.7	43.0
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.2	11.5	10.8	10.8	13.0
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.0	0.8	10.3	1.9	1.9	38.7
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.5	12.7	11.5	1.9	19.0
21	2467	Salad dressing./sauce approx 13% oil	0.2	0.0	0.0	0.0	1.2	11.3	9.7	1.9	22.9
21	2468	Salad dressing honey/mustard	0.1	0.0	0.0	0.0	0.7	11.3	10.5	3.0	19.9
21	2469	Sauce mayonnaise based average	0.1	0.0	0.0	0.0	0.4	22.6	19.3	4.6	34.5
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.2	5.9	3.4	1.9	7.4
21	2471	Mayonnaise product approx 35% oil	0.2	0.0	0.0	0.0	0.7	12.3	11.9	3.9	16.9
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.3	10.0	8.6	3.0	18.8
21	2525	Frying fat horeca	0.3	0.0	0.0	2.7	3.6	11.2	9.5	2.6	23.9
21	2526	Gravy 25% fat thickened w gravypowder	0.0	0.0	0.0	0.0	0.2	45.5	34.9	34.9	78.8
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	0.9	9.3	4.2	1.2	26.8
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.5	0.0	0.0	3.2	8.3	5.5	3.5	0.7	15.3
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	0.8	28.7	23.5	12.0	47.6
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	3.9	6.2	6.2	3.4	0.4	19.6
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.3	0.0	0.0	0.4	3.3	7.4	2.6	0.7	22.3
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.2	1.5	1.5	1.5	1.5
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.6	18.6	14.6	8.0	30.7
21	2567	Low fat margarine prod AH chol verlagend	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	0.2	0.0	0.0	0.0	0.4	27.3	18.8	7.8	44.0
21	2580	Gravy 5% fat thickend w gravy powder	0.3	0.0	0.0	0.0	0.7	35.2	32.4	8.7	65.0
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0	12.5	12.5	12.5	12.5
21	2585	Gravy 25% fat w cooking fat 2067	0.3	0.0	0.0	0.0	1.1	38.0	34.3	20.4	69.8
21	2586	Gravy 25% fat w margarine 2063	0.6	0.0	0.0	0.0	1.9	29.6	24.1	11.6	47.5
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.4	35.2	28.7	17.5	41.6
21	2588	Gravy 25% fat clear prep w gravy powder	0.3	0.0	0.0	0.0	1.3	33.4	29.4	10.7	67.1
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.7	12.1	8.0	5.8	21.4
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.4	37.8	27.5	23.3	49.5
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0	17.5	17.5	17.5	17.5
21	2592	Gravy 50% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.1	30.2	23.7	8.8	61.5
21	2593	Gravy 50% fat w margarine 2063	0.6	0.0	0.0	0.0	1.9	37.7	34.9	10.1	65.8
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	28.4	15.6	11.6	58.7

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

NEVO group	NEVO code	Description	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
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.0	26.8	16.4	8.9	55.8
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.5	20.0	20.8	12.1	29.0
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.3	20.1	13.8	12.1	32.5
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.3	31.2	22.1	17.5	46.2
21	2601	Gravy 25% fat thickend w cook fat 2067	0.1	0.0	0.0	0.0	0.3	19.7	17.0	16.5	23.8
21	2602	Gravy 25% fat thickend w olive oil	0.2	0.0	0.0	0.0	0.4	32.4	14.0	13.6	77.8
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.5	24.3	24.3	24.3	24.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	1.2	12.9	7.6	4.5	32.4
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0	48.0	48.0	48.0	48.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.5	38.2	21.6	12.6	91.7
21	2625	Gravy 25% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.5	54.5	33.8	24.3	82.4
21	2626	Gravy 25% fat w cooking fat liq 2562	0.3	0.0	0.0	0.0	1.1	33.0	24.3	12.1	65.0
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.5	35.2	27.6	23.3	52.5
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	0.4	37.9	32.5	11.6	46.9
21	2629	Gravy 50% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.4	49.0	25.7	17.5	72.3
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.1	41.9	36.4	36.4	47.2
21	2631	Gravy 75% fat w olive oil	0.1	0.0	0.0	0.0	0.2	22.8	12.1	12.1	42.3
21	2632	Gravy 75% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	40.8	22.0	17.5	68.5
21	2650	Gravy no fat prep w gravy powder	0.3	0.0	0.0	0.0	0.8	36.0	32.3	17.9	60.1
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.1	15.3	3.9	3.9	38.6
21	2667	Salad dressing 20% oil w yogurt	0.3	0.0	0.0	0.0	2.5	11.8	8.8	2.8	30.1
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.2	17.6	12.4	12.0	29.2
21	2711	Margarine product AlbertHeijn Bewust	0.3	0.0	0.0	0.0	1.2	27.3	21.2	12.0	50.4
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.5	7.8	7.3	1.0	13.6
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.4	3.6	2.2	2.2	7.7
21	2849	Low fat marg prod Becel calorie light	0.7	0.0	0.0	0.0	2.2	25.8	23.9	3.4	42.7
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.4	24.4	15.6	14.3	41.6
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.4	13.2	9.0	9.0	17.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.3	38.2	27.3	17.5	41.4
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.2	0.0	0.0	0.0	0.7	38.7	26.5	12.1	75.1
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.3	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.1	0.0	0.0	0.0	0.2	27.9	19.6	18.0	34.4
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	1.0	17.4	14.0	6.0	23.7
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.6	8.7	9.0	1.8	10.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0

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

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.4	26.5	24.3	24.3	34.3
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.3	20.3	14.9	11.6	28.4
22	111	Mussels boiled	0.3	0.0	0.0	0.0	0.3	156.1	140.7	135.0	186.8
22	114	Fish lean 0-2 g fat raw	1.3	0.0	0.0	0.0	1.1	131.6	121.8	37.5	194.1
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.1	63.6	54.6	50.0	72.9
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	1.0	73.8	49.2	12.9	142.7
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
22	350	Herring salted	3.2	0.0	0.0	12.0	2.6	103.6	69.4	38.0	199.5
22	352	Lobster boiled	0.1	0.0	0.0	0.0	0.4	61.3	40.8	21.1	64.2
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.1	85.4	61.2	42.0	96.1
22	602	Salmon tinned	0.4	0.0	0.0	0.0	0.4	66.6	53.2	24.2	108.0
22	603	Eel smoked	0.6	0.0	0.0	0.0	0.2	188.2	136.2	70.0	263.4
22	604	Mackerel steamed	0.1	0.0	0.0	0.0	0.1	79.9	58.1	50.0	95.8
22	815	Fish fingers unprepared	1.2	0.0	0.0	0.0	0.9	129.8	107.9	67.5	199.6
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	3.9	0.0	0.0	0.0	1.7	167.2	157.1	93.0	219.3
22	918	Plaice boiled	0.6	0.0	0.0	0.0	0.5	239.4	207.5	94.5	307.6
22	919	Pollack boiled	0.5	0.0	0.0	0.0	0.4	93.6	71.2	50.0	159.8
22	1096	Salmon smoked	1.9	0.0	0.0	0.0	1.9	62.3	48.3	10.0	135.3
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.1	1.8	1.8	1.8	1.8
22	1100	Herring pickled (sweet)sour	0.4	0.0	0.0	0.0	0.5	80.3	63.6	8.0	137.3
22	1586	Mackerel fillet smoked	1.1	0.0	0.0	0.0	0.8	122.9	85.2	10.7	248.1
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
22	1589	Tuna in oil tinned	0.6	0.0	0.0	0.0	0.5	70.1	50.5	21.1	123.4
22	1590	Tuna in water tinned	0.2	0.0	0.0	0.0	0.5	57.2	43.0	19.4	84.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.4	0.0	0.0	0.0	0.1	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	50.6	44.3	43.2	55.5
22	1610	Salmon farmed prep in microwave oven	2.5	0.0	0.0	0.0	1.5	103.3	93.4	63.0	156.0
22	1611	Trout prepared in microwave oven	0.5	0.0	0.0	0.0	0.5	76.0	49.4	45.0	130.5
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.0	0.0	0.0	0.0	0.1	93.7	90.0	90.0	101.5
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.2	60.5	39.8	20.3	64.7
22	1621	Gurnard prepared in microwave oven	0.5	0.0	0.0	0.0	0.3	154.9	140.1	50.0	195.5
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.2	65.4	60.0	60.0	76.9
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.2	0.0	0.0	0.0	0.2	130.6	126.0	126.0	146.3
22	2474	Whitefish fillet batter deepfried wo fat	2.0	0.0	0.0	0.0	2.1	130.1	137.5	59.2	188.2
22	2765	Pangasius prep in microwave oven	0.9	0.0	0.0	0.0	0.5	138.4	133.8	31.4	207.1
23	106	Duck whole raw	0.1	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
23	108	Chicken with skin raw	2.8	0.0	0.0	0.0	1.7	114.8	104.9	22.4	219.0
23	109	Rabbit domesticated raw	0.2	0.0	0.0	0.0	0.2	101.9	101.9	101.9	101.9
23	319	Corned beef	0.2	0.0	0.0	0.0	1.6	14.9	10.9	7.5	22.5

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

NEVO group	NEVO code	Description	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
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.1	40.4	32.6	32.6	55.2
23	328	Ham smoked raw	1.1	0.0	0.0	6.8	6.2	20.5	12.5	6.3	41.3
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.2	0.0	0.0	0.0	0.9	23.1	22.7	15.0	31.7
23	335	Liver pate	0.0	0.0	0.0	0.0	0.4	15.9	14.3	7.0	19.5
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.1	0.0	0.0	0.0	0.8	19.4	15.0	15.0	27.4
23	339	Venison raw	0.1	0.0	0.0	0.0	0.0	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.4	0.0	0.0	2.4	3.8	9.5	6.8	5.0	14.2
23	343	Bacon fat raw	0.1	0.0	0.0	0.0	0.2	16.5	11.7	7.2	17.4
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
23	566	Sausage frankfurter tinned	0.2	0.0	0.0	0.0	0.7	61.1	39.0	36.0	110.2
23	567	Sausage luncheon meat	0.3	0.0	0.0	0.0	2.0	19.7	14.7	8.0	53.7
23	568	Black pudding	0.1	0.0	0.0	0.0	0.7	15.9	14.0	14.0	17.6
23	638	Salami sausage saveloy	2.3	0.0	0.0	12.7	8.0	32.3	23.8	8.0	61.3
23	639	Bacon rashers streaky	0.7	0.0	0.0	2.0	2.8	24.1	26.0	4.8	52.7
23	640	Liver sausage	0.8	0.0	0.0	4.9	4.7	20.4	15.0	9.0	36.6
23	641	Bacon	0.3	0.0	0.0	0.0	0.8	23.5	13.1	7.0	71.0
23	642	Pate	0.8	0.0	0.0	5.9	3.0	30.9	19.1	7.9	59.2
23	643	Pork side cured and smoked	0.3	0.0	0.0	0.0	1.0	28.5	19.1	16.1	39.5
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.3	17.5	10.9	10.0	38.4
23	784	Ham lean boiled	3.0	0.0	0.0	19.6	11.3	26.6	18.7	2.5	62.3
23	785	Ham shoulder medium fat boiled	1.3	0.0	0.0	8.1	4.0	32.2	18.2	1.9	119.3
23	810	Beef steak tartare spiced filet americ	0.7	0.0	0.0	0.0	2.1	34.7	29.1	5.0	75.8
23	1152	Salami	0.3	0.0	0.0	0.0	1.5	21.3	17.6	5.3	31.8
23	1155	Minced meat loaf fried	0.5	0.0	0.0	0.0	1.6	36.6	28.1	15.0	77.5
23	1162	Sausage cooked	0.5	0.0	0.0	0.0	1.8	34.1	21.2	9.4	70.7
23	1238	Liver sausage coarse hausmacher	0.1	0.0	0.0	0.0	0.5	15.8	10.9	9.0	23.0
23	1239	Liver pate sausage	0.4	0.0	0.0	0.0	1.8	27.7	17.8	10.0	57.5
23	1305	Chicken without skin raw	2.4	0.0	0.0	18.5	2.3	99.5	83.0	37.8	138.0
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0	95.0	95.0	95.0	95.0
23	1391	Bacon lean prepared	0.1	0.0	0.0	0.0	0.1	26.3	25.0	25.0	29.0
23	1400	Beef rump steak raw	2.0	0.0	0.0	0.0	2.1	86.5	82.4	38.9	111.8
23	1401	Beef tenderloin steak raw	0.4	0.0	0.0	0.0	0.4	83.8	80.0	80.0	96.3
23	1402	Beef prime rib raw	1.0	0.0	0.0	0.0	0.6	159.8	102.8	76.0	244.6
23	1404	Beef frying steak raw	0.8	0.0	0.0	0.0	0.7	112.6	91.7	65.2	166.2
23	1405	Minced beef raw	6.7	0.0	0.0	43.5	10.3	69.2	65.7	17.9	128.3
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.3	0.0	0.0	0.0	0.5	63.4	60.9	16.3	129.9
23	1409	Beef sirloin rolled raw	0.1	0.0	0.0	0.0	0.1	108.3	60.0	60.0	163.6
23	1410	Beef roast raw	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	1.0	0.0	0.0	0.0	0.9	119.7	93.6	32.5	185.1
23	1413	Beef streaked/marbled raw	0.2	0.0	0.0	0.0	0.2	68.3	65.0	65.0	74.2
23	1414	Beef stewing steak raw	2.3	0.0	0.0	0.0	2.1	98.9	79.3	38.0	168.5
23	1415	Beef steak tartare raw	2.2	0.0	0.0	0.0	3.2	79.1	72.8	38.2	99.6
23	1416	Beef tongue raw	0.3	0.0	0.0	0.0	0.4	95.0	45.8	6.8	117.1
23	1417	Sausage pork Braadworst raw	1.9	0.0	0.0	0.0	3.4	72.2	58.9	41.6	98.0
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.4	89.2	71.1	10.6	195.5
23	1419	Pork fricandeau part of leg raw	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0

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

NEVO group	NEVO code	Description	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
23	1420	Pork chop raw	1.9	0.0	0.0	0.0	1.3	156.9	128.5	27.5	303.0
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.2	34.3	20.9	20.9	67.5
23	1422	Pork tenderloin raw	0.8	0.0	0.0	0.0	1.0	98.9	75.0	56.0	174.0
23	1424	Pork loin chop raw	1.5	0.0	0.0	0.0	0.8	170.4	137.7	78.1	252.3
23	1425	Pork shoulder chop raw	4.1	0.0	0.0	35.4	2.9	137.8	112.5	76.0	221.7
23	1426	Liver pork raw	0.6	0.0	0.0	0.0	0.2	145.8	112.3	98.0	169.6
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	34.3	34.3	34.3	34.3
23	1428	Pork stir fry meat raw	0.5	0.0	0.0	3.3	2.3	17.1	14.1	1.9	38.1
23	1429	Pork tenderloin medaillon raw	0.2	0.0	0.0	0.0	0.4	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.5	0.0	0.0	0.0	0.8	71.8	68.2	38.5	106.4
23	1431	Kromesky meat filled raw	0.7	0.0	0.0	0.0	1.3	80.6	59.1	39.7	78.6
23	1432	Bacon rasher raw	1.4	0.0	0.0	7.9	2.9	48.7	36.9	9.4	106.4
23	1434	Minced beef/pork raw	3.7	0.0	0.0	31.5	6.4	69.3	63.8	9.3	147.1
23	1435	Hamburger raw	0.5	0.0	0.0	0.0	0.6	80.5	55.9	37.5	126.6
23	1437	Veal olive raw	0.1	0.0	0.0	0.0	0.1	76.5	74.2	73.5	78.3
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.2	0.0	0.0	0.0	0.2	100.4	75.3	53.0	108.3
23	1544	Beef rolled prepared	0.1	0.0	0.0	0.0	0.2	22.1	15.6	15.0	30.0
23	1545	Beef roast prepared	0.9	0.0	0.0	2.2	2.4	23.8	13.2	4.0	66.6
23	1558	Pork loin chop prepared	0.1	0.0	0.0	0.0	0.3	33.1	17.7	15.0	55.5
23	1568	Minced beef/pork ball prep w egg/crums	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1634	Chicken fillet raw	6.6	0.0	0.0	53.0	8.1	83.8	74.4	8.6	235.9
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	1.3	0.0	0.0	0.0	1.8	90.5	78.9	28.8	117.8
23	1667	Pork <5% fat raw	0.1	0.0	0.0	0.0	0.2	65.2	34.0	18.2	86.3
23	1668	Pork 5-14% fat raw	1.2	0.0	0.0	0.0	1.5	77.4	77.5	19.1	127.2
23	1673	Veal <5% fat raw average	0.1	0.0	0.0	0.0	0.1	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.3	0.0	0.0	0.0	0.2	97.1	84.8	76.0	113.3
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.8	16.1	12.0	8.0	31.1
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.2	22.8	19.2	8.0	33.9
23	1773	Brawn, pork pickled in vinegar	0.2	0.0	0.0	0.0	0.9	29.6	20.5	8.0	50.1
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.2	26.8	20.5	15.0	29.0
23	1776	Ham lean grilled	1.0	0.0	0.0	9.1	2.8	29.8	22.3	16.3	40.5
23	1777	Gammon boiled deboned	0.6	0.0	0.0	0.0	1.5	30.0	19.1	9.5	58.8
23	1788	Pork rib chop raw	1.8	0.0	0.0	0.0	1.1	109.4	97.7	69.1	158.5
23	1790	Pork schnitzel not breaded raw	0.8	0.0	0.0	0.0	0.8	98.2	78.8	70.0	154.3
23	1907	Processed meat prod excl liver average	0.4	0.0	0.0	0.0	0.5	37.1	30.2	24.0	39.7
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	0.9	16.3	14.0	10.8	30.3
23	1936	Turkey fillet raw	0.2	0.0	0.0	0.0	0.4	67.4	48.1	29.5	70.8
23	2057	Lamb <10 g fat raw av	0.1	0.0	0.0	0.0	0.2	79.2	52.5	52.5	110.2
23	2090	Chicken drumstick w skin raw	0.6	0.0	0.0	0.0	1.3	47.2	32.1	20.3	68.0
23	2300	Sausage smoked lean cooked	0.3	0.0	0.0	0.0	0.4	87.9	90.6	45.1	109.0
23	2301	Sausage smoked beef cooked	0.7	0.0	0.0	0.0	0.6	88.3	91.4	18.0	121.2
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.2	12.0	10.0	10.0	13.6
23	2304	Salami sausage saveloy lean	0.1	0.0	0.0	0.0	0.4	25.7	19.7	10.0	30.8
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
23	2333	Minced meat raw average	0.9	0.0	0.0	0.0	1.3	41.8	30.6	7.5	119.6

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

NEVO group	NEVO code	Description	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
23	2334	Minced meat beef/pork raw w egg/brcrums	0.2	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
23	2335	Meat average raw excl liver	0.2	0.0	0.0	0.0	0.3	57.3	44.1	14.0	100.8
23	2336	Beef average raw	0.7	0.0	0.0	0.0	0.8	96.5	93.5	9.6	121.7
23	2338	Beef for stewing averaged raw	0.4	0.0	0.0	0.0	1.2	59.6	58.1	14.9	102.3
23	2339	Beef olives raw	0.4	0.0	0.0	0.0	0.9	72.5	70.2	42.0	83.2
23	2340	Pork schnitzel breaded raw	2.0	0.0	0.0	0.0	1.6	93.1	85.1	43.8	135.5
23	2341	Chicken fillet breaded raw	0.1	0.0	0.0	0.0	0.1	60.7	46.9	46.9	72.9
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.1	78.2	52.5	52.5	99.6
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.5	98.2	80.5	80.0	118.2
23	2364	Chicken schnitzel raw	1.0	0.0	0.0	0.0	0.9	102.5	102.2	75.0	111.5
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.2	0.0	0.0	0.0	0.8	20.8	16.0	10.0	29.5
23	2654	Sandwich meat chicken	0.6	0.0	0.0	0.0	2.4	27.4	28.1	15.0	48.6
23	2766	Sausage smoked industrial cooked	2.1	0.0	0.0	0.0	1.9	89.6	74.6	20.0	185.9
23	2767	Sausage smoked traditional cooked	0.2	0.0	0.0	0.0	0.3	82.4	75.9	75.0	95.7
23	2768	Sausage raw beef	0.3	0.0	0.0	0.0	1.0	25.9	19.7	9.0	57.8
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.7	0.0	0.0	4.7	4.7	13.4	8.9	5.0	19.5
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.4	9.0	6.9	5.0	9.7
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.3	38.0	30.0	30.0	52.1
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.1	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.2	0.0	0.0	0.0	1.1	23.1	17.4	10.0	39.1
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.4	19.2	15.0	15.0	30.5
23	3002	Bacon smoked Katenspek	0.1	0.0	0.0	0.0	0.9	14.8	12.3	8.0	21.1
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0	51.6	48.2	48.2	54.3
23	3020	Veal rib steak raw	0.1	0.0	0.0	0.0	0.1	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.3	0.0	0.0	0.0	0.2	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.1	8.5	8.5	8.5	8.5
23	3025	Bacon lean smoked raw	0.6	0.0	0.0	0.0	2.4	47.8	25.2	5.6	116.7
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.3	46.1	36.9	28.2	58.5
23	3030	Sausage beef Braadworst raw	1.0	0.0	0.0	0.0	2.3	55.4	58.3	1.6	97.2
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.3	0.0	0.0	0.0	0.2	161.2	122.4	120.0	192.2

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.1	0.0	0.0	0.0	0.3	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	85.7	69.0	0.0	195.9	69.8	134.2	134.4	58.5	273.3
1	1150	Potatoes sliced frozen unprepared	0.9	0.0	0.0	0.0	0.5	138.4	120.0	120.0	170.2
1	1455	Potato puree powder av	0.7	0.0	0.0	0.0	1.8	60.5	55.7	11.4	87.0
1	1456	Chips pre-fried unprepared	5.2	0.0	0.0	26.0	2.2	128.0	89.6	30.0	241.6
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.2	0.0	0.0	0.0	0.3	120.2	104.4	98.8	136.2
1	2326	Croquettes potato frozen unprepared	0.3	0.0	0.0	0.0	0.2	99.5	67.2	67.2	133.4
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.1	49.5	39.9	35.3	56.2
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	0.6	0.0	0.0	0.0	0.9	53.6	52.3	26.4	65.0
2	383	Juice apple	3.5	0.0	0.0	0.0	2.7	182.2	173.0	120.0	266.0
2	386	Gin Dutch red currant flavoured	0.1	0.0	0.0	0.0	0.4	23.3	11.0	11.0	53.7
2	387	Fruit drink blackcurrant	0.2	0.0	0.0	0.0	1.4	26.9	16.6	12.0	44.2
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.1	147.0	147.0	147.0	147.0
2	389	Beer brown	0.4	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
2	390	Beer pilsner	12.7	0.0	0.0	0.0	4.2	406.8	301.9	250.0	887.4
2	391	Brandy	0.0	0.0	0.0	0.0	0.1	54.2	54.2	54.2	54.2
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.2	0.0	0.0	0.0	0.2	173.9	115.9	115.9	220.2
2	394	Cognac	0.0	0.0	0.0	0.0	0.0
2	395	Soft drink cola with caffeine	6.5	0.0	0.0	18.9	2.4	253.6	190.9	78.0	538.4
2	396	Juice grape	0.2	0.0	0.0	0.0	0.4	62.2	20.1	12.5	156.9
2	399	Fruit juice drink raspberry	0.3	0.0	0.0	0.0	0.9	48.0	48.0	48.0	48.0
2	400	Soft drink wo caffeine	3.7	0.0	0.0	0.0	3.0	130.2	104.0	83.9	269.1
2	401	Gin young Dutch	6.7	0.0	0.0	34.0	8.7	64.1	51.8	28.5	129.4
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
2	407	Port wine	2.5	0.0	0.0	0.0	2.2	81.4	51.8	45.0	151.1
2	408	Rum	0.0	0.0	0.0	0.0	0.3	47.5	47.5	47.5	47.5
2	409	Sherry	0.1	0.0	0.0	0.0	0.7	26.3	9.4	9.0	79.8
2	410	Juice orange pasteurized	6.2	0.0	0.0	64.9	3.6	194.3	188.1	92.5	244.9
2	411	Mineral water Spa	4.4	0.0	0.0	0.0	1.4	301.5	178.1	132.0	671.2
2	413	Tomato juice	0.8	0.0	0.0	0.0	0.4	139.1	121.0	112.0	157.0
2	414	Soft drink tonic	3.9	0.0	0.0	0.0	1.4	379.1	287.7	40.0	608.9
2	415	Vermouth	0.0	0.0	0.0	0.0	0.2	35.1	35.1	35.1	35.1
2	416	Brandy Dutch vieux	0.2	0.0	0.0	0.0	0.9	42.7	39.4	38.0	46.1
2	417	Juice drink	2.5	0.0	0.0	0.0	1.7	210.8	150.1	71.1	445.1
2	421	Whisky	0.3	0.0	0.0	0.0	1.0	43.7	39.2	33.3	54.9
2	422	Wine red	16.8	0.0	0.0	117.0	12.0	187.0	139.6	60.5	379.3
2	423	Wine white dry	11.0	0.0	0.0	60.0	5.1	147.9	122.1	78.0	247.7
2	425	Whey drink light Rivella	0.4	0.0	0.0	0.0	0.2	314.8	169.7	153.0	430.1
2	463	Fruit drink concentrate undiluted	0.2	0.0	0.0	0.0	1.3	16.9	14.4	11.3	21.7
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	0.7	10.9	9.0	9.0	14.1
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
2	644	Coffee prepared	277.2	266.7	0.0	678.1	83.5	365.6	336.1	110.8	766.9
2	645	Tea prepared	575.8	403.6	0.0	1,905.0	85.1	586.3	444.0	123.6	1,770.1
2	664	Juice grapefruit	0.6	0.0	0.0	0.0	1.0	96.1	97.8	50.0	121.1
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	5.8	0.0	0.0	0.0	1.6	380.0	374.0	241.7	507.0
2	805	Jagermeister herb liquor	0.2	0.0	0.0	0.0	0.9	51.7	38.0	38.0	92.8
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.4	0.0	0.0	0.0	0.5	219.7	160.0	160.0	294.1
2	930	Wine medicinal pleegzusterbloedwijn	0.1	0.0	0.0	0.0	0.1	43.1	42.2	42.0	43.8
2	1134	Berenburg herb liquor	0.3	0.0	0.0	0.0	0.5	137.7	136.8	136.8	138.5
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	1.6	0.0	0.0	0.0	1.6	207.4	155.8	24.0	352.5
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.2	132.0	132.0	132.0	132.0
2	1466	Liqueur >25 vol% alcohol	0.7	0.0	0.0	0.0	1.0	34.9	26.7	13.2	47.9
2	1468	Beer >7 vol% alcohol	0.2	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
2	1519	Beer alcohol free <0,1 vol%	3.0	0.0	0.0	0.0	0.6	457.4	323.9	300.0	618.1
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	5.6	0.0	0.0	0.0	1.4	232.9	172.5	145.0	346.3
2	1523	Cola light soft drink with caffeine	4.3	0.0	0.0	0.0	1.4	182.8	131.9	78.0	352.5
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.3	0.0	0.0	0.0	0.3	35.3	20.5	20.0	47.1
2	1810	Fruit drink concentrate Karvan Cevitam	1.6	0.0	0.0	3.4	3.9	27.4	15.2	9.0	46.8
2	1878	Fruit juice drink Roosvicee Multivit	4.2	0.0	0.0	0.0	1.2	193.3	157.9	100.0	224.5
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.5	12.1	9.3	9.0	14.4
2	1885	Water average	480.2	415.9	0.0	1,206.2	90.5	497.5	372.2	69.2	1,307.9
2	1932	Juice orange with pulp	1.2	0.0	0.0	0.0	1.0	151.4	145.7	53.0	178.9
2	1933	Juice tomato/vegetable Appelsientje	0.2	0.0	0.0	0.0	0.2	138.5	126.8	125.0	147.7
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	0.7	0.0	0.0	0.0	0.3	257.3	257.3	257.3	257.3
2	2079	Breakfast drink HeroFruitontbijt p 100ml	1.1	0.0	0.0	0.0	0.3	195.8	171.4	152.0	245.9
2	2086	Ice tea	0.4	0.0	0.0	0.0	0.1	660.0	660.0	660.0	660.0
2	2088	Ice tea with suiker and sweetner	0.5	0.0	0.0	0.0	0.3	184.2	182.0	180.0	184.7
2	2134	Juice drink Dubbelfrisss	6.3	0.0	0.0	0.0	2.5	222.2	172.7	162.6	516.0
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.6	0.0	0.0	0.0	0.3	173.0	173.0	173.0	173.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.7	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	1.1	0.0	0.0	0.0	0.9	193.3	193.3	193.3	193.3
2	2142	Wine white sweet	2.3	0.0	0.0	0.0	1.6	124.4	126.8	75.0	173.5
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.8	0.0	0.0	0.0	0.4	165.0	165.0	165.0	165.0
2	2152	Fruit juice dk Coolbest light orange	0.2	0.0	0.0	0.0	0.2	104.8	88.0	88.0	147.4
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	1.5	0.0	0.0	0.0	0.4	330.0	330.0	330.0	330.0

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

NEVO group	NEVO code	Description	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
2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.2	18.8	18.8	18.8	18.8
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0	186.0	186.0	186.0	186.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	4.1	0.0	0.0	0.0	2.0	348.4	343.8	160.0	423.3
2	2476	Cappuccino freshly made	2.3	0.0	0.0	0.0	2.4	157.0	124.7	70.0	240.1
2	2477	Coffee cappuccino instant prepared	0.7	0.0	0.0	0.0	0.7	230.7	158.0	75.0	339.9
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.6	14.9	13.3	6.0	20.8
2	2490	Fruit juice drink 12fruit nectar light	0.9	0.0	0.0	0.0	0.7	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.2	0.0	0.0	0.0	0.1	378.0	378.0	378.0	378.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.4	0.0	0.0	0.0	0.3	96.1	78.0	78.0	118.9
2	2507	Juice multifruit	0.8	0.0	0.0	0.0	0.6	120.1	74.1	38.3	225.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.5	0.0	0.0	0.0	0.4	283.8	218.0	140.0	321.5
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	0.1	0.0	0.0	0.0	0.2	190.4	187.7	187.0	192.5
2	2610	Wine rose	0.9	0.0	0.0	0.0	0.8	175.3	106.7	92.0	271.0
2	2633	Coffee instant powder	0.2	0.0	0.0	0.0	2.9	12.7	4.7	2.0	41.3
2	2634	Fruit juice dk minimal 2 fruits w vit C	1.6	0.0	0.0	0.0	0.7	179.9	138.8	90.0	346.3
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.1	0.0	0.0	0.0	0.1	152.0	152.0	152.0	152.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.1	0.0	0.0	0.0	0.1	109.0	109.0	109.0	109.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	0.8	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.5	0.0	0.0	0.0	0.6	181.2	130.9	130.0	302.3
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.0
2	2663	Juice fruit Vruchtoase multivit	2.3	0.0	0.0	0.0	0.2	543.2	296.6	200.0	722.7
2	2674	Energy drink Mxxed up	0.2	0.0	0.0	0.0	0.3	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	22.8	0.0	0.0	143.2	17.4	132.8	119.6	51.5	206.5

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NEVO group	NEVO code	Description	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
2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.4	35.2	35.2	35.2	35.2
2	2837	Beer with fruit flavour	0.3	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
2	2841	Fruit drink Coolbest Vitaday light	0.6	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
2	2842	Fruit drink Coolbest Powerfruit	0.8	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.2	0.0	0.0	0.0	0.2	145.0	145.0	145.0	145.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.2	0.0	0.0	0.0	0.2	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.1	0.0	0.0	0.0	0.9	21.6	17.6	15.0	28.6
2	2881	Coffee wiener melange instant prepared	1.2	0.0	0.0	0.0	1.0	297.6	141.4	125.0	523.2
2	2896	Lemonade squash Spa&Fruit sparkling	0.0	0.0	0.0	0.0	0.0
2	2897	Juice Drink Ocean Spray	1.9	0.0	0.0	0.0	0.7	176.1	168.7	163.0	179.8
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
3	227	Crispbakes Dutch	2.1	0.0	0.0	9.6	14.7	12.7	10.0	0.8	35.2
3	228	Crackers cream	0.2	0.0	0.0	0.0	1.1	13.8	9.8	6.0	21.8
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	1.0	0.0	0.0	0.0	3.0	52.6	36.9	22.7	85.3
3	233	Bread currant	1.0	0.0	0.0	0.0	2.6	49.3	33.7	30.0	69.7
3	236	Bread brown wheat	24.7	0.0	0.0	102.6	32.4	92.3	69.6	35.0	170.5
3	238	Crackers matzes	0.2	0.0	0.0	0.0	0.6	23.4	22.0	10.0	29.2
3	241	Bread white milk based	3.4	0.0	0.0	0.0	3.8	108.5	56.3	30.0	203.6
3	242	Bread rye dark	2.7	0.0	0.0	21.8	5.9	44.6	32.4	20.0	65.7
3	243	Bread rye light	1.1	0.0	0.0	8.7	3.4	29.2	21.2	12.5	44.0
3	244	Bread raisin	0.9	0.0	0.0	0.0	2.2	39.6	35.0	35.0	50.9
3	246	Bread wholemeal average	25.3	0.0	0.0	115.8	26.6	98.7	79.8	35.0	191.0
3	248	Bread white water based	14.6	0.0	0.0	97.7	10.6	82.3	77.6	17.4	115.0
3	249	Bread wheat malt Tarvo	2.6	0.0	0.0	0.0	1.8	140.0	140.0	140.0	140.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.3	0.0	0.0	0.0	1.1	21.3	10.1	10.0	53.6
3	655	Crispbakes Dutch wholemeal	1.2	0.0	0.0	8.9	10.6	12.4	7.9	2.7	19.4
3	975	Crispbread sesame	0.2	0.0	0.0	0.0	1.9	11.8	10.7	9.0	12.8
3	976	Crispbread light	0.1	0.0	0.0	0.0	1.1	10.0	10.0	10.0	10.0
3	1017	Bread wheatrye wholemeal	0.3	0.0	0.0	0.0	0.1	87.4	35.0	35.0	129.5
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.1	0.0	0.0	0.0	1.3	14.2	10.0	10.0	18.8
3	1312	Crispbread Cracottes	0.6	0.0	0.0	3.3	5.3	10.1	7.0	7.0	13.5
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	2.2	7.1	7.0	7.0	7.0
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.6	0.0	0.0	0.0	1.9	43.1	29.0	12.0	64.5
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.5	38.7	36.6	35.0	39.7
3	1779	Crispbread wholemeal	0.7	0.0	0.0	6.5	5.8	12.2	10.0	10.0	18.2
3	1914	Dough for pizza and savoury pie	0.3	0.0	0.0	0.0	0.6	108.6	74.4	17.6	162.7
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.1	7.0	7.0	7.0	7.0

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

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3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	1.0	10.1	7.0	7.0	13.2
3	2277	Bread Blue Band Goede Start white bread	0.2	0.0	0.0	0.0	0.8	64.7	60.0	60.0	81.3
3	2348	Bread wholemeal w pumpkin seeds	0.2	0.0	0.0	0.0	0.5	40.7	36.2	35.0	44.1
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	8.2	0.0	0.0	52.0	10.3	89.4	66.0	32.3	134.4
3	2351	Bread white average milk/water based	0.3	0.0	0.0	0.0	0.7	71.6	54.0	25.0	95.4
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
3	2353	Bread brown/wholemeal w muesli	0.1	0.0	0.0	0.0	0.6	37.2	35.0	35.0	40.9
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.9	50.7	39.8	35.0	76.7
3	2356	Baguette w cheese-onion	0.4	0.0	0.0	0.0	0.6	65.0	53.6	10.0	84.1
3	2357	Bread wholemeal w sunflower seeds	2.5	0.0	0.0	0.0	3.6	80.6	75.7	35.0	128.1
3	2358	Bread white w sunflower seeds	0.2	0.0	0.0	0.0	0.6	56.2	45.0	45.0	87.3
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0
3	2382	Bread brown w sunflower seeds	1.6	0.0	0.0	0.0	2.0	76.4	40.4	35.0	160.7
3	2528	Croutons	0.0	0.0	0.0	0.0	0.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.2	0.0	0.0	0.0	0.4	102.9	85.9	70.0	128.2
3	2704	Bread brown w seeds	0.2	0.0	0.0	0.0	0.5	114.1	70.3	35.0	133.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
3	2785	Bread corn	0.1	0.0	0.0	0.0	0.3	85.6	56.6	35.0	100.2
3	2788	Bread sourdough wholemeal	0.4	0.0	0.0	0.0	0.6	72.9	40.0	40.0	163.7
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.0
3	2790	Bread pita white	5.2	0.0	0.0	25.8	2.3	100.0	100.0	100.0	100.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.1	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.7	0.0	0.0	0.0	0.7	94.0	76.7	75.0	119.8
3	2794	Baguette brown	0.1	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
3	2795	Roll white hard	0.6	0.0	0.0	0.0	1.1	53.0	45.0	45.0	73.7
3	2796	Roll brown hard	2.2	0.0	0.0	9.7	2.0	75.2	55.0	45.0	113.6
3	2797	Roll brown soft	3.2	0.0	0.0	27.8	3.7	60.2	40.7	30.0	92.2
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.2	45.0	45.0	45.0	45.0
3	2799	Roll multigrain hard	0.1	0.0	0.0	0.0	0.4	42.3	31.9	25.0	48.2
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
3	2803	Bun currant/raisin	4.0	0.0	0.0	28.5	7.0	59.0	43.1	26.7	98.3
3	2804	Bun wholemeal w muesli	0.4	0.0	0.0	0.0	1.1	58.0	58.0	58.0	58.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.2	36.0	35.0	35.0	38.7
3	2813	Bread raisin/current average	1.0	0.0	0.0	0.0	1.8	46.3	35.0	35.0	67.9
3	2815	Bread Tijger brown wheat	1.3	0.0	0.0	0.0	0.9	77.7	70.0	70.0	97.1
3	2816	Bread Tijger white	0.8	0.0	0.0	0.0	1.6	60.5	45.3	30.0	67.9
3	2817	Stollen w almond/imitat paste average	0.9	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.3	0.0	0.0	0.0	1.5	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	0.4	0.0	0.0	0.0	0.8	62.0	53.9	52.5	68.4
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.2	0.0	0.0	0.0	1.0	26.8	23.2	17.0	33.1
3	2937	Toast Melba natural	0.3	0.0	0.0	3.6	2.9	7.4	7.6	4.0	10.2

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

NEVO group	NEVO code	Description	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
3	2938	Toast Melba other varieties	0.0	0.0	0.0	0.0	0.7	8.5	8.0	8.0	10.4
3	3054	Bread glutenfree bakmix Glutafin white	0.8	0.0	0.0	0.0	0.4	93.9	87.8	87.5	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.5	0.0	0.0	0.0	0.5	230.6	211.2	210.0	246.1
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.3	16.0	16.0	16.0	16.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.1	36.7	36.7	36.7	36.7
4	595	Cocoa product powder Ovomaltine	0.2	0.0	0.0	0.0	2.2	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.3	0.0	0.0	0.0	0.4	141.6	125.1	123.6	197.7
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.1	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.6	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.6	14.5	7.5	4.1	22.7
4	2615	Vinegar	0.1	0.0	0.0	0.0	4.0	4.0	2.0	1.3	10.7
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
5	84	Eggs chicken boiled average	8.6	0.0	0.0	36.7	22.3	40.9	45.6	4.6	86.6
6	33	Raisins dried	0.2	0.0	0.0	0.0	2.2	17.2	7.1	2.5	33.1
6	137	Olives tinned/glass	0.1	0.0	0.0	0.0	0.3	9.7	5.8	2.3	16.2
6	147	Apple without skin average	26.3	0.0	0.0	139.9	24.0	118.3	120.0	33.2	227.1
6	148	Strawberries	10.0	0.0	0.0	64.3	9.4	89.4	53.8	22.4	247.5
6	149	Apricots with skin	0.1	0.0	0.0	0.0	0.2	12.4	12.4	12.4	12.4
6	150	Pineapple	0.1	0.0	0.0	0.0	0.2	116.2	116.2	116.2	116.2
6	151	Banana	25.2	0.0	0.0	125.8	18.1	127.2	116.4	49.7	160.3
6	152	Blueberries	0.1	0.0	0.0	0.0	0.3	75.0	75.0	75.0	75.0
6	153	Redcurrant	1.3	0.0	0.0	0.0	1.2	99.9	39.5	9.8	178.0
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0	16.1	16.1	16.1	16.1
6	157	Blackberries	0.0	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
6	158	Lemon	0.0	0.0	0.0	0.0	0.2	33.3	33.3	33.3	33.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.1	0.0	0.0	0.0	0.3	79.8	79.8	79.8	79.8
6	161	Raspberries	0.8	0.0	0.0	0.0	0.5	65.9	62.5	62.5	72.7
6	162	Grapefruit	0.7	0.0	0.0	0.0	1.0	62.5	47.7	40.0	72.3
6	163	Cherries	1.4	0.0	0.0	0.0	1.8	71.8	45.4	21.0	119.7
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	16.8	0.0	0.0	63.8	23.7	70.1	55.8	32.2	164.3
6	166	Melon netted	1.4	0.0	0.0	0.0	1.6	187.6	134.1	60.0	334.5
6	168	Pear without skin	5.8	0.0	0.0	58.7	5.7	136.5	119.9	35.6	178.5
6	169	Peach without skin	0.9	0.0	0.0	0.0	0.8	180.9	118.2	76.5	277.9
6	170	Plums with skin	3.0	0.0	0.0	0.0	2.6	158.3	129.2	40.0	312.8
6	171	Orange	15.2	0.0	0.0	94.1	9.9	169.1	144.2	70.0	197.2
6	172	Fruit fresh citrus average	4.0	0.0	0.0	0.0	1.6	149.7	112.8	77.5	148.1

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

NEVO group	NEVO code	Description	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
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	2.2	7.1	5.0	3.0	11.5
6	176	Apricots in syrup tinned	0.7	0.0	0.0	0.0	0.8	103.8	77.4	40.0	161.8
6	177	Pineapple in syrup tinned	1.0	0.0	0.0	0.0	0.7	60.3	48.3	8.4	67.8
6	179	Apple sauce tinned	4.2	0.0	0.0	26.0	7.7	70.7	52.0	25.9	111.4
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.3	31.1	25.9	25.9	37.3
6	181	Dates dried	0.1	0.0	0.0	0.0	0.8	15.7	10.9	6.0	23.2
6	182	Raspberries in syrup tinned	0.1	0.0	0.0	0.0	0.3	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	1.0	0.0	0.0	0.0	1.7	60.8	48.0	48.0	101.8
6	184	Cherries in syrup tinned	1.1	0.0	0.0	0.0	0.6	83.2	15.8	3.0	162.9
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	2.5	0.0	0.0	0.0	3.2	127.2	114.8	23.3	234.1
6	189	Peaches in syrup tinned	0.1	0.0	0.0	0.0	0.3	47.3	42.1	40.0	61.0
6	190	Prunes dried	0.2	0.0	0.0	0.0	0.5	18.9	10.0	10.0	34.9
6	191	Plums in syrup tinned	0.1	0.0	0.0	0.0	0.8	29.8	13.0	13.0	56.8
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.3	27.6	19.9	17.5	33.5
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.7	11.1	4.1	1.3	35.2
6	689	Avocado	0.6	0.0	0.0	0.0	0.4	300.0	300.0	300.0	300.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.0	0.0	0.0	0.0	0.0
6	875	Apple with skin average	1.9	0.0	0.0	8.1	2.5	73.6	61.8	18.1	149.4
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	7.6	0.0	0.0	37.4	11.1	74.7	55.2	31.5	74.4
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	1.1	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
6	1106	Melon honeydew	0.2	0.0	0.0	0.0	0.3	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.1	0.0	0.0	0.0	1.1	13.5	8.5	1.5	25.9
6	1182	Apple sauce wo sugar tinned	0.3	0.0	0.0	0.0	0.3	139.3	32.1	32.1	300.4
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	0.5	0.0	0.0	0.0	0.5	98.8	70.4	57.4	176.0
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.4	13.8	10.3	4.3	19.4
6	2685	Abricots dried and soaked	0.1	0.0	0.0	0.0	1.5	9.5	7.1	3.9	18.5
6	2686	Apple sauce wo sugar w sweetner tinned	0.1	0.0	0.0	0.0	0.3	65.4	38.9	38.9	99.0
6	2748	Pear with skin	0.8	0.0	0.0	0.0	0.5	162.2	140.0	128.0	176.7
6	2749	Grapes black with skin	1.1	0.0	0.0	0.0	1.7	78.7	78.1	10.0	104.8
6	2750	Grapes white with skin	3.0	0.0	0.0	0.0	3.4	98.7	91.2	28.5	169.2
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.1	20.5	13.3	8.6	24.6
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.3	10.8	7.3	4.0	11.6
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.2	0.0	0.0	0.0	1.0	19.1	8.8	3.9	43.8
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.2	37.5	37.5	37.5	37.5

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

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
7	234	Biscuit fortified Liga Tweede Stap	0.1	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	4.2	0.0	0.0	20.0	17.8	29.6	18.8	14.4	56.8
7	250	Almond filled pastry	1.0	0.0	0.0	0.0	1.4	61.3	59.3	40.0	78.2
7	251	Apple pie Dutch w shortbread w marg	1.4	0.0	0.0	0.0	1.6	75.9	57.1	56.0	126.5
7	252	Biscuit sweet	2.3	0.0	0.0	11.8	14.4	12.7	11.1	4.6	23.0
7	253	Cake wo butter	1.4	0.0	0.0	12.7	4.1	33.5	26.7	15.0	53.5
7	254	Cake sponge Dutch Eierkoek	1.4	0.0	0.0	12.9	2.5	45.3	29.6	25.0	83.8
7	255	Gateau with whipped cream	1.0	0.0	0.0	0.0	1.1	49.7	40.0	40.0	88.6
7	256	Gateau with butter-cream filling	0.5	0.0	0.0	0.0	1.0	58.4	50.2	50.0	81.8
7	257	Almond paste filled tarts average	1.3	0.0	0.0	0.0	2.8	68.5	48.8	26.0	125.9
7	258	Biscuits averaged	1.1	0.0	0.0	7.2	8.4	15.4	13.9	6.8	29.2
7	259	Macaroons	0.4	0.0	0.0	0.0	0.9	31.5	20.6	15.5	59.4
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.9	8.7	5.0	5.0	14.5
7	261	Biscuit spiced Speculaas	1.3	0.0	0.0	6.6	10.9	12.8	6.6	3.0	37.5
7	262	Biscuit Dutch shortbread spritsstukken	1.3	0.0	0.0	9.5	3.7	28.8	21.2	10.0	54.1
7	263	Biscuit brown/wholemeal	1.1	0.0	0.0	7.3	7.1	20.1	16.8	8.1	36.7
7	468	Cream slice Dutch Tompouce	0.4	0.0	0.0	0.0	0.5	82.9	62.0	50.0	96.2
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.3	44.6	35.0	35.0	63.7
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	0.9	11.4	10.0	10.0	16.5
7	486	Flan with fruit filling	0.3	0.0	0.0	0.0	0.3	115.0	115.0	115.0	115.0
7	489	Flan filled with rice pudding	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.3	0.0	0.0	0.0	2.4	13.3	10.0	10.0	26.3
7	634	Coconut flavoured cookies	0.3	0.0	0.0	0.0	0.5	40.5	29.8	25.0	48.0
7	635	Biscuits Dutch krakeling	0.1	0.0	0.0	0.0	0.3	24.0	24.0	24.0	24.0
7	636	Biscuit muesli	0.3	0.0	0.0	0.0	0.8	32.9	27.8	10.0	53.6
7	713	Waffle syrup average	1.2	0.0	0.0	0.0	3.2	45.4	27.0	16.3	86.0
7	789	Cake butter Dutch Boterkoek	0.3	0.0	0.0	0.0	0.7	37.7	30.0	30.0	50.1
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.3	0.0	0.0	0.0	0.1	91.4	80.0	80.0	109.6
7	836	Shortbread	2.8	0.0	0.0	12.3	8.0	27.1	22.3	10.2	49.3
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.1	14.3	14.3	14.3	14.3
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.3	27.1	19.0	19.0	54.2
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.3	0.0	0.0	0.0	1.4	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.6	5.9	5.0	4.0	6.8
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.0	0.0	0.0	7.9	3.7	28.3	22.7	18.8	41.6
7	1470	Berliner pastry	0.2	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.4	0.0	0.0	0.0	3.0	16.2	10.0	10.0	26.4
7	1475	Eclair with whipped cream filling	0.1	0.0	0.0	0.0	0.8	40.7	34.5	30.0	44.0
7	1476	Meringue with butter-cream	0.1	0.0	0.0	0.0	0.5	14.0	14.0	14.0	14.0
7	1477	Biscuits sugar free	0.3	0.0	0.0	0.0	0.1	96.0	96.0	96.0	96.0

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

NEVO group	NEVO code	Description	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
7	1478	Flan fruit and crumble topping	0.5	0.0	0.0	0.0	0.4	131.9	123.1	115.0	133.8
7	1479	Cheesecake made with cream cheese	0.3	0.0	0.0	0.0	0.9	59.2	28.0	28.0	122.4
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.1	0.0	0.0	0.0	0.3	13.0	13.0	13.0	13.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.2	9.6	7.0	7.0	18.9
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.3	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.4	0.0	0.0	0.0	0.9	48.3	37.4	30.0	72.9
7	1972	Biscuits assorted with butter	1.2	0.0	0.0	13.3	4.0	22.2	18.9	8.4	37.9
7	2162	Biscuit Cafe noir	0.5	0.0	0.0	3.3	1.9	14.5	9.7	6.2	18.9
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.1	0.0	0.0	0.0	0.8	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.4	0.0	0.0	0.0	2.5	15.9	12.4	10.0	25.1
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.9	0.0	0.0	0.0	1.5	37.4	26.8	7.0	56.9
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.2	0.0	0.0	0.0	0.8	67.9	49.4	20.0	97.6
7	2234	Cereal bar Hero B'tween	0.1	0.0	0.0	0.0	0.6	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.7	0.0	0.0	0.0	1.5	31.6	30.0	30.0	34.2
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.2	43.1	30.0	30.0	56.6
7	2394	Eclair filled w banana and whipped cream	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.0
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.6	30.7	25.0	25.0	44.6
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	1.5	0.0	0.0	0.0	2.5	46.6	24.2	18.8	113.4
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.4	0.0	0.0	0.0	0.5	59.1	50.0	50.0	71.6
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.3	0.0	0.0	0.0	1.7	19.1	12.6	10.0	34.2
7	2408	Biscuit fortified Bridge fruit and grain	0.2	0.0	0.0	0.0	0.3	38.0	38.0	38.0	38.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
7	2413	Cake wrapped in marzipan and chocolate	1.0	0.0	0.0	0.0	1.3	75.3	50.2	30.0	110.4

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

NEVO group	NEVO code	Description	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
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.2	0.0	0.0	0.0	0.3	51.2	48.0	48.0	55.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	0.8	0.0	0.0	0.0	1.5	102.5	73.7	65.0	124.4
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.5	16.7	15.0	15.0	23.5
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	1.0	0.0	0.0	6.7	4.3	15.6	12.6	10.0	16.9
7	2622	Appel pie Dutch w shortbread w butter	1.3	0.0	0.0	0.0	0.6	133.8	111.2	58.0	142.5
7	2661	Waffle Luikse	0.6	0.0	0.0	0.0	0.4	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.0	0.0	0.0	0.0	0.2	22.0	16.3	11.0	23.2
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.1	0.0	0.0	0.0	0.4	12.9	3.5	3.3	23.2
7	2698	Cake chocolate made wo butter	0.0	0.0	0.0	0.0	0.1	33.0	33.0	33.0	33.0
7	2699	Biscuit Dutch Frou frou	0.3	0.0	0.0	3.1	3.0	10.0	8.0	6.0	14.0
7	2715	Meringue	0.1	0.0	0.0	0.0	0.4	20.9	14.6	9.0	23.1
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.7	0.0	0.0	0.0	2.2	35.3	26.1	22.5	58.4
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.6	21.0	21.0	21.0	21.0
7	2775	Biscuit digestive w chocolate	0.2	0.0	0.0	0.0	0.9	22.6	16.7	9.0	28.7
7	2776	Flan apple and crumble topping	1.6	0.0	0.0	0.0	0.4	230.0	230.0	230.0	230.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.3	85.0	85.0	85.0	85.0
7	2820	Waffle syrup w butter	0.1	0.0	0.0	0.0	0.5	22.2	10.0	10.0	50.3
7	2832	Cake chocolate made w butter	0.1	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.1	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
7	2891	Biscuit Dutch 'Jodekoek'	0.2	0.0	0.0	0.0	1.1	28.4	16.1	14.0	57.8
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.8	20.2	16.0	16.0	28.9
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.3	0.0	0.0	0.0	2.4	12.8	9.8	8.0	19.1
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	0.9	0.0	0.0	0.0	0.4	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.0	0.0	0.0	0.0	0.5	3.8	3.8	3.8	3.8
8	213	Oatmeal	0.9	0.0	0.0	0.0	2.3	26.1	21.0	1.5	48.3
8	215	Cornflour	0.0	0.0	0.0	0.0	2.2	3.3	2.5	2.5	5.3
8	220	Flour wheat white 75% extraction	0.2	0.0	0.0	0.6	3.2	5.7	4.6	1.0	11.0
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.1	0.0	0.0	0.0	0.6	11.4	8.3	3.7	17.9
8	225	Breakfast cereal Brinta	0.5	0.0	0.0	0.0	4.2	21.2	11.9	5.4	38.9

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

NEVO group	NEVO code	Description	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
8	226	Starch potato	0.0	0.0	0.0	0.0	0.9	2.2	0.8	0.6	5.9
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.8	0.0	0.0	0.0	1.2	42.3	19.7	19.0	102.3
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.1	7.9	6.1	2.6	10.2
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.1	0.0	0.0	0.0	0.3	19.1	11.5	11.5	25.2
8	658	Rice white boiled	7.0	0.0	0.0	52.2	4.2	144.3	107.2	50.7	343.7
8	659	Pasta white average boiled	11.7	0.0	0.0	74.6	8.3	130.2	113.9	29.1	263.6
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	2.2	6.6	4.1	1.4	15.9
8	1014	Rice brown boiled	2.7	0.0	0.0	0.0	1.4	138.4	112.8	45.0	250.7
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.3	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.6	9.0	9.0	9.0	9.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.3	13.6	7.1	5.8	18.7
8	2157	Pasta wholemeal boiled	0.3	0.0	0.0	0.0	0.2	328.0	328.0	328.0	328.0
8	2158	Couscous boiled	0.1	0.0	0.0	0.0	0.3	72.8	40.7	20.0	118.9
8	2159	Millet boiled	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.1	0.0	0.0	0.0	0.2	58.0	58.0	58.0	58.0
8	2366	Muesli crunchy plain/w fruit	0.5	0.0	0.0	0.0	1.6	24.8	20.7	9.9	40.8
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
8	2676	Muesli crunchy w chocolate	0.4	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.2	13.3	13.3	13.3	13.3
8	2809	Muesli w fruit	0.6	0.0	0.0	0.0	3.4	36.2	19.9	5.7	74.1
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	1.0	4.7	3.0	3.0	7.1
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
9	7	Endive raw	0.8	0.0	0.0	0.0	1.6	93.3	88.4	14.8	132.5
9	8	Endive boiled	2.6	0.0	0.0	0.0	3.1	150.6	152.1	73.5	230.2
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0
9	13	Celery boiled	0.3	0.0	0.0	0.0	0.7	24.9	7.2	5.2	67.2
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	9.8	0.0	0.0	83.6	6.5	146.5	123.6	31.2	272.8
9	16	Kale curly boiled	0.9	0.0	0.0	0.0	0.8	106.1	50.4	34.2	169.7
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	0.8	0.0	0.0	1.7	3.3	22.5	17.2	2.5	49.6
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.1	0.0	0.0	0.0	0.4	98.0	98.0	98.0	98.0
9	25	Cabbage green boiled	0.1	0.0	0.0	0.0	0.1	174.0	174.0	174.0	174.0

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

NEVO group	NEVO code	Description	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
9	26	Celeriac boiled	0.2	0.0	0.0	0.0	1.1	22.6	14.4	7.1	33.9
9	27	Cucumber wo skin raw	3.1	0.0	0.0	25.1	5.0	72.3	51.9	22.9	129.0
9	28	Cucumber boiled	0.3	0.0	0.0	0.0	1.1	68.2	53.2	20.3	86.3
9	29	Swede boiled	0.2	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
9	32	Sweet pepper green boiled	0.1	0.0	0.0	0.0	0.7	16.1	14.7	6.5	25.8
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.6	0.0	0.0	15.6	5.1	56.1	31.6	4.6	152.2
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.5	0.0	0.0	0.0	1.1	71.4	25.0	25.0	180.2
9	44	Cabbage Savoy boiled	0.1	0.0	0.0	0.0	0.4	88.9	88.9	88.9	88.9
9	46	Lettuce head raw	1.2	0.0	0.0	0.0	3.8	42.7	34.9	10.5	104.8
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	5.5	0.0	0.0	47.6	4.8	120.1	115.4	32.7	189.9
9	54	Cabbage oxheart boiled	0.8	0.0	0.0	0.0	1.0	141.9	124.3	98.0	169.0
9	55	Brussel sprouts boiled	11.6	0.0	0.0	69.1	6.0	146.1	131.0	94.0	210.2
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.4	17.6	17.6	17.6	17.6
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.2	1.6	2.2	0.9	0.5	4.8
9	60	Tomatoes normal raw	1.4	0.0	0.0	11.0	5.3	37.0	30.6	4.7	63.1
9	61	Tomatoes normal boiled	0.5	0.0	0.0	2.0	2.8	27.5	17.7	4.3	51.7
9	63	Onions raw	0.5	0.0	0.0	0.0	2.7	25.3	18.4	5.0	56.7
9	64	Onions boiled	3.5	0.0	0.0	23.3	16.9	29.0	19.3	1.5	77.7
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	0.8	22.1	13.9	7.4	42.7
9	67	Chicory raw	1.6	0.0	0.0	0.0	1.7	104.6	69.0	25.0	193.0
9	68	Chicory boiled	4.2	0.0	0.0	42.9	4.0	128.7	126.5	30.2	179.4
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.5	26.7	21.4	4.0	32.6
9	70	Cabbage white cooked	0.3	0.0	0.0	1.5	2.2	6.3	4.9	1.8	9.6
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.3	6.9	5.1	4.0	8.0
9	72	Carrots boiled average	1.7	0.0	0.0	3.7	5.3	35.7	7.2	2.3	127.6
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	2.1	0.0	0.0	0.0	1.6	148.7	120.3	40.4	247.5
9	75	Vegetable mix for soup raw	0.4	0.0	0.0	0.0	0.9	26.1	13.3	13.3	56.2
9	124	Radish red/white raw	0.4	0.0	0.0	0.0	1.0	27.5	25.4	15.8	37.6
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.6	8.0	8.0	8.0	8.0
9	127	Vegetables mixture raw	0.5	0.0	0.0	0.0	0.9	50.0	50.0	50.0	50.0
9	129	Endive tinned	1.3	0.0	0.0	0.0	0.2	340.0	340.0	340.0	340.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	0.6	0.0	0.0	2.3	4.3	13.4	9.8	4.0	29.1
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	0.6	0.0	0.0	0.0	1.9	40.5	2.9	0.9	132.8
9	136	Peas and carrots tinned	1.7	0.0	0.0	0.0	1.1	103.7	112.8	27.3	124.6
9	138	Beans runner tinned	1.6	0.0	0.0	0.0	1.0	172.0	172.0	172.0	172.0
9	139	Beans French tinned	0.7	0.0	0.0	0.0	0.5	177.2	143.2	110.0	180.8
9	140	Spinach tinned	1.3	0.0	0.0	0.0	0.3	356.1	249.0	195.0	428.6
9	141	Tomato puree concentrated tinned	0.2	0.0	0.0	0.0	1.3	28.9	20.7	6.1	44.1

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

NEVO group	NEVO code	Description	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
9	142	Beans broad tinned	0.0	0.0	0.0	0.0	0.0
9	143	Carrots tinned	0.3	0.0	0.0	0.0	0.2	133.7	122.8	120.0	155.0
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	1.9	4.5	1.2	0.9	19.4
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	2.6	0.0	0.0	0.4	2.4	65.8	18.4	14.8	148.9
9	538	Rhubarb puree w sugar	0.4	0.0	0.0	0.0	0.7	80.2	45.4	12.0	184.4
9	557	Celery raw	0.1	0.0	0.0	0.0	0.5	46.3	37.7	30.0	48.8
9	558	Celeriac raw	0.1	0.0	0.0	0.0	0.2	75.1	24.4	3.0	111.3
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	0.5	16.7	9.2	9.2	29.2
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.9	0.0	0.0	0.0	0.4	244.8	234.2	225.0	248.4
9	651	Spinach creamed frozen boiled	0.5	0.0	0.0	0.0	1.0	73.1	33.1	33.1	149.1
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.4	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	0.8	7.9	6.6	6.0	10.8
9	885	Sweet pepper red boiled	0.4	0.0	0.0	0.0	2.1	27.9	19.8	5.9	72.7
9	920	Broccoli boiled	6.1	0.0	0.0	38.9	4.7	164.9	140.2	30.9	309.9
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.2	47.0	35.8	25.5	49.5
9	951	Beans French boiled	6.8	0.0	0.0	49.4	9.0	98.3	85.6	2.0	182.0
9	952	Kale curly frozen boiled	0.1	0.0	0.0	0.0	0.1	155.1	155.1	155.1	155.1
9	953	Peas frozen boiled	0.8	0.0	0.0	0.0	0.7	145.8	133.5	36.1	192.9
9	954	Beans French frozen boiled	1.0	0.0	0.0	0.0	1.1	152.4	124.7	30.7	228.0
9	957	Asparagus boiled	3.4	0.0	0.0	0.0	1.7	225.6	201.3	16.0	299.8
9	958	Beetroot boiled	1.9	0.0	0.0	0.0	2.0	194.4	174.7	75.1	292.2
9	961	Beans runner boiled	4.9	0.0	0.0	52.0	2.8	153.7	130.1	55.5	227.9
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	0.4	0.0	0.0	0.0	0.2	98.0	98.0	98.0	98.0
9	966	Courgettes boiled	0.3	0.0	0.0	0.0	1.2	40.6	6.0	4.9	120.7
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	0.7	54.5	50.0	50.0	61.9
9	1141	Vegetable mixed Mexico frozen unprepared	1.2	0.0	0.0	0.0	0.3	261.1	169.3	129.0	406.6
9	1143	Beans runner frozen unprepared	0.5	0.0	0.0	0.0	0.8	130.9	104.9	98.0	166.7
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.2	0.0	0.0	0.0	0.2	128.3	88.0	88.0	166.4
9	1148	Beans broad frozen unprepared	0.1	0.0	0.0	0.0	0.3	136.4	97.0	60.0	144.7
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.7	8.7	8.7	8.7	8.7
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
9	1399	Lettuce iceberg raw	1.9	0.0	0.0	17.3	2.7	47.6	48.8	14.8	75.5
9	1454	Beetroot pickled glass	0.2	0.0	0.0	0.0	0.3	65.5	43.0	20.9	67.3
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.5	7.0	4.0	3.8	9.5
9	1904	Vegetables average boiled	1.7	0.0	0.0	0.0	2.3	84.5	76.0	44.7	106.3

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.2	0.0	0.0	0.0	0.1	162.0	162.0	162.0	162.0
9	2331	Bami vegetables mixed boiled	0.3	0.0	0.0	0.0	0.4	50.3	35.4	16.0	95.5
9	2346	Lettuce green average raw	0.4	0.0	0.0	0.0	0.6	44.5	23.7	20.0	86.4
9	2377	Tomatoes dried in oil tin/glass	0.2	0.0	0.0	0.0	1.1	12.3	5.0	5.0	18.5
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.0
9	2498	Tomatoes sieved	0.1	0.0	0.0	0.0	0.5	52.5	40.8	40.8	68.9
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.1	72.0	72.0	72.0	72.0
9	2710	Cabbage red w apple pieces glass	0.1	0.0	0.0	0.0	0.0	340.0	340.0	340.0	340.0
9	2726	Carrot bunched raw	0.0	0.0	0.0	0.0	0.0	11.0	11.0	11.0	11.0
9	2727	Carrot bunched boiled	5.7	0.0	0.0	56.0	4.4	144.1	137.8	50.6	225.9
9	2728	Carrot winter raw	0.2	0.0	0.0	0.0	0.9	50.0	43.6	15.0	67.0
9	2729	Carrot winter boiled	1.0	0.0	0.0	0.0	0.8	151.1	124.8	83.1	213.9
9	2730	Tomato vine raw	2.6	0.0	0.0	19.5	3.1	81.9	55.6	33.3	142.7
9	2731	Tomato cherry raw	0.5	0.0	0.0	0.0	1.8	33.3	24.6	16.7	49.4
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.1	66.5	66.5	66.5	66.5
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.0	0.0	0.0	0.0	0.0
9	2735	Tomato average boiled	0.2	0.0	0.0	0.0	0.7	33.8	21.5	2.2	76.7
9	2736	Rocket raw	0.4	0.0	0.0	0.0	0.5	36.7	21.8	7.4	53.5
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.1	12.8	12.8	12.8	12.8
9	2738	Onion Welsh boiled	0.3	0.0	0.0	0.0	0.4	57.0	57.0	57.0	57.0
9	2739	Cucumber w skin raw	0.8	0.0	0.0	0.0	1.0	61.4	47.3	17.0	94.7
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.1	45.9	45.9	45.9	45.9
9	2741	Sweet pepper yellow boiled	0.3	0.0	0.0	0.0	0.8	41.5	19.6	6.5	100.2
9	2742	Sweet pepper average raw	0.0	0.0	0.0	0.0	0.6	10.6	9.2	9.2	14.5
9	2743	Sweet pepper average boiled	0.5	0.0	0.0	3.0	4.2	13.8	7.0	1.6	44.8
9	2840	Cabbage red w apple pieces	0.6	0.0	0.0	0.0	0.7	163.5	142.4	116.0	194.9
9	2900	Sweetcorn tinned	0.0	0.0	0.0	0.0	0.1	7.2	7.2	7.2	7.2
10	455	Peanut butter	1.4	0.0	0.0	9.7	6.2	23.5	18.7	4.6	45.0
10	541	Peanut butter with nut pieces	0.6	0.0	0.0	0.0	1.8	23.8	19.1	10.0	35.6
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.2	0.0	0.0	0.0	0.7	20.5	17.6	13.3	28.3
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.4	6.8	4.5	1.5	9.4
10	2367	Peanut butter light	0.4	0.0	0.0	0.0	2.1	35.4	31.4	20.0	47.0
11	304	Cheese Swiss dried	0.2	0.0	0.0	0.0	0.7	14.7	2.5	1.3	41.0
11	511	Cheese Edam 40+	0.2	0.0	0.0	0.0	1.5	19.0	16.0	4.2	31.0
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.2	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	5.5	0.0	0.0	28.9	15.3	34.6	27.4	10.0	65.5
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.4	0.0	0.0	0.0	1.4	40.2	37.5	13.0	74.6
11	515	Cheese spread 48+	0.1	0.0	0.0	0.0	0.7	9.6	8.7	8.0	9.9
11	517	Cheese spread 20+	0.8	0.0	0.0	5.3	3.2	19.6	13.3	6.7	45.8
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.3	36.4	38.0	30.0	39.8
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.2	0.0	0.0	0.0	0.7	26.7	26.7	26.7	26.7
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.3	0.0	0.0	0.0	1.1	18.6	7.4	2.3	46.5
11	719	Cheese cream soft Mon Chou	0.1	0.0	0.0	0.0	0.6	13.3	7.9	4.0	25.3
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.3	10.0	5.0	2.3	13.4
11	725	Cheese Cheddar	0.1	0.0	0.0	0.0	0.4	23.7	22.4	22.0	24.7
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.3	8.8	2.5	2.5	19.3
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.6	25.6	13.3	13.3	51.8
11	804	Cheese sheep fresh	0.3	0.0	0.0	0.0	0.9	19.0	15.6	9.0	28.6
11	881	Cheese 48+ low salt	0.8	0.0	0.0	8.5	2.4	29.2	23.0	14.4	55.3
11	883	Cheese Amsterdam 48+	0.2	0.0	0.0	0.0	0.8	30.7	26.6	24.0	38.6
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	0.9	0.0	0.0	0.0	2.0	43.4	40.9	13.0	70.9
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	5.4	0.0	0.0	27.9	17.3	30.2	23.7	12.9	51.7
11	1487	Cheese Brie 60+	0.2	0.0	0.0	0.0	1.3	18.7	11.1	7.0	40.6
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.4	0.0	0.0	0.0	1.8	28.8	25.6	11.0	38.5
11	1723	Cheese 20+	0.1	0.0	0.0	0.0	1.3	11.1	7.8	6.5	14.9
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.3	30.0	22.0	22.0	60.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.2	0.0	0.0	0.0	1.4	16.8	13.0	13.0	30.9
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.1	0.0	0.0	0.0	1.0	18.2	18.2	2.3	29.5
11	2518	Cheese goat hard	0.3	0.0	0.0	0.0	2.9	22.0	24.7	6.5	29.9
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.4	17.5	15.0	15.0	19.5
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.1	0.0	0.0	10.5	4.5	35.6	23.1	13.0	62.8
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	3.5	0.0	0.0	28.1	10.5	34.6	25.4	11.9	71.1
11	2758	Cheese Gouda 48+ age 4-7 mths	10.6	0.0	0.0	68.1	15.7	42.6	28.8	10.2	80.4
11	2759	Cheese Gouda 48+ age 10-12 mths	0.7	0.0	0.0	6.2	2.9	30.8	37.7	11.5	43.8
11	2824	Cheese 30+ low salt	0.3	0.0	0.0	0.0	1.1	27.1	23.2	22.0	37.9
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.0	4.3	3.3	1.0	7.0
12	824	Mustard	0.1	0.0	0.0	0.0	1.9	2.7	1.8	0.6	5.8
12	830	Garlic fresh	0.0	0.0	0.0	0.0	1.4	1.8	1.1	0.2	4.7
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.8	3.1	2.2	0.9	4.8
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.2	5.6	5.6	5.6	5.6
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.4	2.8	1.9	1.4	3.8
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.3	8.4	3.3	3.3	16.8
12	2681	Mixed spices Wereldgerechten unprep	0.1	0.0	0.0	0.0	0.5	7.6	7.4	7.4	8.1
13	270	Milk raw	0.8	0.0	0.0	0.0	0.5	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	1.0	0.0	0.0	4.7	6.1	14.8	9.1	4.4	35.7
13	272	Milk chocolate-flavoured full fat	0.8	0.0	0.0	0.0	0.8	214.4	202.5	200.0	263.7
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.0	4.8	5.5	3.4	1.5	18.2
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.1	0.0	0.0	0.0	0.7	24.7	18.0	18.0	40.8
13	276	Custard chocolate full fat	3.0	0.0	0.0	0.0	1.0	173.8	114.2	91.7	300.1
13	278	Yoghurt full fat	7.1	0.0	0.0	65.1	4.3	228.2	162.3	79.5	449.8
13	279	Milk whole	19.1	0.0	0.0	160.8	10.7	244.8	212.3	8.3	509.4
13	280	Coffee creamer full fat	2.0	0.0	0.0	16.2	8.7	19.0	15.6	5.3	45.1
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.2	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	11.0	0.0	0.0	80.6	9.3	130.5	126.5	50.0	205.2
13	284	Yoghurt low fat with fruit	2.0	0.0	0.0	0.0	1.4	176.3	154.3	97.2	318.1
13	285	Coffee creamer half fat	5.3	0.0	0.0	24.2	29.5	18.8	15.7	4.3	40.4
13	286	Milk semi-skimmed	80.6	0.0	0.0	287.0	38.5	210.7	210.5	15.8	457.4
13	288	Porridge oatmeal	4.4	0.0	0.0	0.0	1.9	247.7	221.8	103.0	373.4
13	289	Buttermilk	26.6	0.0	0.0	186.8	14.1	232.2	207.2	104.4	390.4
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	2.4	18.0	13.7	8.0	33.0
13	294	Milk skimmed	2.5	0.0	0.0	0.0	1.2	214.3	190.3	23.0	439.8
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	2.0	0.0	0.0	0.0	1.7	203.6	186.9	82.4	325.3
13	299	Cream whipping	0.2	0.0	0.0	0.0	1.2	19.5	10.0	3.1	52.3
13	301	Yoghurt low fat	9.3	0.0	0.0	80.2	8.8	139.9	133.1	20.1	262.8
13	303	Ice cream dairy cream based	0.9	0.0	0.0	0.0	0.9	59.0	40.0	32.0	96.2
13	305	Fromage frais low fat	2.6	0.0	0.0	0.0	3.1	103.5	94.6	6.8	213.8
13	306	Fromage frais half fat	0.5	0.0	0.0	0.0	0.5	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.0	0.0	0.0	0.0	0.0
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	0.7	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
13	532	Blancmange chocolate	0.4	0.0	0.0	0.0	0.3	150.0	150.0	150.0	150.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.2	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
13	736	Pudding vanilla	0.2	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
13	767	Mousse chocolate	0.5	0.0	0.0	0.0	1.2	55.9	41.6	28.8	98.2
13	786	Pudding chipolata	0.9	0.0	0.0	0.0	0.3	146.5	146.5	146.5	146.5

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

NEVO group	NEVO code	Description	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	812	Cream sour	0.1	0.0	0.0	0.0	0.7	14.8	14.6	8.2	16.4
13	863	Yoghurt full fat with fruit	0.2	0.0	0.0	0.0	0.4	135.3	41.7	41.7	226.8
13	912	Pudding raspberries w currant sauce	1.3	0.0	0.0	0.0	1.0	91.8	71.0	71.0	118.0
13	915	Chocolate pudding with sauce	0.9	0.0	0.0	0.0	0.7	140.0	136.9	49.4	173.4
13	916	Yoghurt Bulgarian low fat	0.4	0.0	0.0	0.0	0.1	124.2	124.2	124.2	124.2
13	917	Fromage frais half fat w fruit	3.2	0.0	0.0	0.0	2.8	116.3	122.1	31.3	159.0
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	2.4	0.0	0.0	0.0	1.4	185.4	164.6	125.0	270.8
13	940	Blancmange vanilla w strawberry sauce	0.3	0.0	0.0	0.0	0.5	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.1	0.0	0.0	0.0	0.6	49.0	49.0	49.0	49.0
13	1008	Dairy dessert with cream averaged	1.9	0.0	0.0	0.0	0.7	200.0	200.0	200.0	200.0
13	1464	Milk chocolate-flavoured semi-skimmed	2.4	0.0	0.0	0.0	1.3	213.9	181.6	114.0	383.7
13	1474	Ice lolly/ Sorbet	0.0	0.0	0.0	0.0	0.0	110.0	110.0	110.0	110.0
13	1502	Yoghurt half fat	7.9	0.0	0.0	94.7	3.9	151.6	134.9	13.0	250.0
13	1503	Cream 25% fat	0.3	0.0	0.0	0.2	2.9	10.1	7.5	3.7	29.3
13	1719	Milk semi-skimmed enriched w calcium	0.6	0.0	0.0	0.0	0.3	181.3	181.3	181.3	181.3
13	1720	Custard several flavours full fat	5.0	0.0	0.0	49.0	4.6	169.8	160.4	92.9	275.1
13	1721	Yoghurt vanilla half fat	2.7	0.0	0.0	0.0	3.2	135.6	145.6	77.8	166.4
13	1722	Porridge semolina	1.1	0.0	0.0	0.0	0.6	225.4	226.8	144.2	254.4
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	1.2	2.3	10.6	10.8	3.0	21.2
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.6	11.4	8.0	4.0	17.0
13	1813	Yakult	1.8	0.0	0.0	0.0	3.2	65.8	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	1.4	0.0	0.0	0.0	1.1	164.7	156.3	100.9	194.5
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.7	0.0	0.0	0.0	1.3	108.3	62.0	51.8	235.8
13	1834	Yoghurt drink w sweeteners Optimel	1.7	0.0	0.0	0.0	1.1	218.1	175.9	144.2	326.2
13	1916	Cream whipped with added sugar	0.4	0.0	0.0	0.0	3.4	13.3	9.8	3.0	23.9
13	1954	Coffee creamer Balance	0.3	0.0	0.0	0.0	0.5	33.8	31.8	27.0	35.6
13	1957	Custard with whipped cream	1.3	0.0	0.0	0.0	0.8	133.4	106.8	82.4	140.5
13	1958	Porridge buttermilk groats	0.9	0.0	0.0	0.0	0.7	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	0.2	0.0	0.0	0.0	0.3	161.7	161.7	161.7	161.7
13	2240	Milk goats- full fat	0.4	0.0	0.0	0.0	0.5	214.2	214.2	214.2	214.2
13	2244	Yoghurt cream- with fruit	5.3	0.0	0.0	11.7	3.9	162.4	170.6	43.7	199.7
13	2246	Fromage frais low fat w fruit w sw	1.5	0.0	0.0	0.0	1.0	185.3	167.6	72.0	246.0
13	2247	Fromage frais yoghurt w fruit	0.9	0.0	0.0	0.0	0.9	168.6	162.9	150.0	195.9
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.9	0.0	0.0	0.0	1.2	71.5	51.3	50.0	110.8
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.6	0.0	0.0	0.0	0.5	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	0.5	0.0	0.0	0.0	0.4	286.2	259.1	210.6	332.3
13	2258	Actimel	0.4	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.3	0.0	0.0	0.0	0.4	65.0	65.0	65.0	65.0

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

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13	2267	Custard no fat w sweeteners Optimel	0.2	0.0	0.0	0.0	0.2	139.1	123.6	123.6	169.7
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.9	5.0	5.0	5.0	5.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	5.1	0.0	0.0	0.0	3.8	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.1	16.3	16.3	16.3	16.3
13	2416	Ice cream stracciatella-	0.2	0.0	0.0	0.0	0.3	141.4	119.8	100.0	147.0
13	2495	Drinking chocolate w s-sk milk	4.8	0.0	0.0	0.0	1.4	247.4	183.0	168.9	395.8
13	2496	Dairy drink Campina fruitmilk	0.1	0.0	0.0	0.0	0.1	360.0	360.0	360.0	360.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.1	0.0	0.0	0.0	0.2	217.3	217.3	217.3	217.3
13	2501	Yoghurt half fat w fruit	5.7	0.0	0.0	1.7	3.9	173.4	150.7	125.0	264.6
13	2503	Yoghurt Greek full fat	0.8	0.0	0.0	0.0	0.7	139.0	75.3	58.3	225.2
13	2504	Fromage frais full fat w fruit	0.9	0.0	0.0	0.0	0.8	90.8	72.9	72.0	127.6
13	2519	Custard half fat all flavours	1.0	0.0	0.0	0.0	0.7	143.5	150.8	77.3	154.1
13	2520	Pudding airy average	2.6	0.0	0.0	0.0	1.9	101.3	67.5	55.6	202.3
13	2521	Porridge milk w flour Lammetjespap	0.8	0.0	0.0	0.0	0.6	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.5	0.0	0.0	0.0	0.7	228.8	157.9	137.8	282.9
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	0.5	0.0	0.0	0.0	0.4	120.0	120.0	120.0	120.0
13	2539	Custard soft & airy Campina	0.9	0.0	0.0	0.0	0.3	135.0	135.0	135.0	135.0
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	1.1	0.0	0.0	0.0	1.2	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	4.4	0.0	0.0	0.0	2.1	170.1	130.0	130.0	298.3
13	2823	Yoghurt full fat stracciatella	0.3	0.0	0.0	0.0	0.4	164.1	139.3	133.0	205.8
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.4	0.0	0.0	0.0	0.2	253.4	170.0	170.0	322.7
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.1	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.1	0.0	0.0	0.0	0.1	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	4.5	0.0	0.0	0.0	1.9	268.7	253.9	159.7	468.0
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.8	12.7	12.0	12.0	15.3
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
13	3074	Yoghurt full fat w fruit Activia	1.2	0.0	0.0	0.0	1.0	103.5	77.4	62.5	120.2
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.2	0.0	0.0	0.0	0.3	68.3	68.3	68.3	68.3

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14	870	Milk soya natural	0.3	0.0	0.0	0.0	0.1	279.0	279.0	279.0	279.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.2	2.9	2.9	2.9	2.9
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.2	2.3	4.2	1.2	0.4	15.4
14	1380	Dessert soya Alpro	0.4	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
14	1381	Milk soya Natural Fresh Alpro	0.9	0.0	0.0	0.0	0.5	144.2	104.9	25.0	214.8
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	1.0	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.2	0.0	0.0	0.0	0.2	124.2	124.2	124.2	124.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.3	0.0	0.0	0.0	0.4	53.2	53.2	53.2	53.2
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.3	0.0	0.0	0.0	0.3	98.4	84.6	84.6	143.2
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.5	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.1	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.0	0.0	0.0	0.0	0.4	17.5	13.7	11.0	23.8
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
15	199	Cashew nuts unsalted	0.2	0.0	0.0	0.0	1.3	42.4	33.1	5.4	66.3
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.1	0.0	0.0	0.0	0.8	12.9	11.8	11.8	16.6
15	204	Peanuts unsalted	0.2	0.0	0.0	0.0	0.6	23.0	15.0	15.0	37.0
15	205	Mixed nuts and raisins	0.1	0.0	0.0	0.0	0.2	19.2	15.0	15.0	27.3
15	206	Walnuts unsalted	0.8	0.0	0.0	3.1	3.2	26.3	17.3	4.3	54.3
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.7	33.7	27.9	25.0	45.0
15	264	Biscuit salted average	0.1	0.0	0.0	0.0	1.4	10.9	8.0	4.0	18.1
15	265	Puff pastry baked	0.3	0.0	0.0	0.0	1.4	39.2	45.1	11.0	60.5
15	266	Snack sausage roll puff pastry	0.5	0.0	0.0	0.0	0.9	91.6	70.0	70.0	128.7
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
15	546	Peanuts coated	0.8	0.0	0.0	0.0	0.5	59.3	25.8	21.1	155.8
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.2	0.7	0.7	0.7	0.7
15	852	Salad celeriac	0.1	0.0	0.0	0.0	0.2	25.0	18.7	15.0	28.9
15	867	Linseeds	0.2	0.0	0.0	0.0	1.9	10.3	9.5	4.0	14.8
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
15	876	Peanuts salted	0.4	0.0	0.0	0.0	0.9	32.5	24.1	15.0	49.7
15	901	Snack sausage roll w bread dough pastry	0.4	0.0	0.0	0.0	0.6	66.8	51.0	37.5	72.6
15	1496	Salad fish	1.2	0.0	0.0	0.0	2.5	41.7	15.0	15.0	106.1
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.4	26.1	17.5	10.0	28.8
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.5	47.7	35.9	30.0	71.7

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15	1699	Biscuits & snacks cheesy averaged	0.3	0.0	0.0	0.0	0.8	40.1	18.4	10.0	55.8
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.0
15	1877	Salad meat	0.3	0.0	0.0	0.0	0.6	61.9	31.2	4.2	84.1
15	1895	Pecan nuts unsalted	0.2	0.0	0.0	0.0	0.7	18.0	18.0	18.0	18.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.6	13.6	10.0	10.0	23.6
15	1935	Nuts mixed salted	0.2	0.0	0.0	0.0	1.1	25.7	20.2	0.4	48.5
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.4	19.0	19.0	19.0	19.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	0.9	6.9	3.1	0.8	13.6
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	2.6	0.0	0.0	5.3	1.6	89.6	67.3	63.0	119.8
15	2549	Springroll frozen unprepared	0.3	0.0	0.0	0.0	0.1	106.3	106.3	106.3	106.3
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	1.0	0.0	0.0	0.0	0.8	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.1	0.0	0.0	0.0	0.3	11.0	11.0	11.0	11.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.6	18.9	15.0	15.0	28.6
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.4	12.9	7.2	7.2	18.6
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.3	19.0	19.0	19.0	19.0
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.6	21.5	17.4	10.0	34.2
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	1.9	0.0	0.0	0.0	0.9	115.2	100.0	100.0	144.3
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.2	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	0.4	0.0	0.0	0.0	1.2	72.4	51.1	4.6	150.1
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.1	39.3	39.3	39.3	39.3
16	970	Lentils boiled	0.2	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.3	0.0	0.0	0.0	0.2	52.7	30.6	12.2	61.4
16	3049	Beans white tinned	0.5	0.0	0.0	0.0	0.3	116.8	83.1	79.0	174.1
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.3	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.2	0.0	0.0	0.0	0.1	566.5	566.5	566.5	566.5
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	0.8	0.0	0.0	0.0	0.6	244.7	225.1	220.5	258.8
19	758	Soup clear with meat	0.8	0.0	0.0	0.0	0.8	198.8	196.4	194.3	199.6
19	759	Soup clear with vegetables	2.8	0.0	0.0	0.0	0.9	192.4	156.8	109.2	258.9
19	760	Soup clear with meat and noodles	6.5	0.0	0.0	0.0	2.8	312.3	187.9	150.0	576.6
19	761	Soup clear with meat and vegetables	1.5	0.0	0.0	0.0	1.0	121.4	95.6	95.6	247.5
19	762	Soup clear w meat vegetables and noodles	6.2	0.0	0.0	48.8	3.2	241.2	192.8	151.0	387.6
19	763	Soup thickened w vegetables	3.1	0.0	0.0	0.0	0.5	377.5	313.6	220.5	411.1
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	2.6	0.0	0.0	0.0	1.0	161.1	91.0	91.0	292.9
19	797	Soup vegetable based dried packet prep	16.7	0.0	0.0	138.0	7.3	221.7	201.4	119.2	315.1
19	798	Soup meat based dried packet prepared	2.5	0.0	0.0	0.0	1.3	204.2	196.2	142.0	276.5
19	800	Soup vegetable based tinned prepared	7.2	0.0	0.0	47.7	3.5	206.9	165.5	12.7	386.0
19	801	Soup meat based ready made prepared	1.1	0.0	0.0	0.0	0.3	157.5	157.5	157.5	157.5
19	802	Soup legume based ready made prepared	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
19	1528	Stock from cube prepared	5.3	0.0	0.0	0.0	3.9	180.7	175.6	71.9	194.1
19	2487	Soup veg & meat based ready made prep	2.0	0.0	0.0	0.0	0.3	396.0	224.0	154.4	734.3
19	2488	Soup vegetable&meat based prepared pack	9.3	0.0	0.0	97.6	3.8	232.2	196.1	157.5	308.1
19	2561	Soup thickened no filling	0.6	0.0	0.0	0.0	0.3	212.2	164.8	157.5	249.6
19	2932	Soup cup-a-soup prepared	10.4	0.0	0.0	108.5	3.5	243.1	214.2	175.0	348.5
20	374	Sugar brown Basterdsuiker	0.4	0.0	0.0	0.7	3.6	12.6	7.8	1.4	30.8
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.9	6.1	5.4	2.8	9.5
20	377	Sugar granulated	5.0	0.0	0.0	23.6	35.6	16.3	9.9	1.7	45.3
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.9	19.0	14.9	1.9	33.5
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.4	16.8	12.5	6.4	22.6
20	427	Syrup apple	2.4	0.0	0.0	16.5	8.0	25.5	18.3	6.8	46.2
20	431	Chocolate milk	1.4	0.0	0.0	8.5	10.8	15.4	13.8	3.1	27.7
20	432	Chocolate plain	0.8	0.0	0.0	5.8	8.0	12.8	7.9	5.0	27.8
20	433	Chocolate flakes milk	0.1	0.0	0.0	0.0	1.7	14.7	8.5	7.5	31.2
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.6	10.3	8.2	7.5	14.0
20	436	Spread chocolate hazelnut	0.3	0.0	0.0	0.0	1.4	22.1	11.3	10.0	45.8

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

NEVO group	NEVO code	Description	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
20	442	Coloured confetti fruit-flavoured	0.4	0.0	0.0	0.0	3.8	16.4	9.9	5.0	32.0
20	443	Honey	1.4	0.0	0.0	9.3	11.6	16.5	12.2	2.8	38.2
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	1.1	18.3	10.0	10.0	32.4
20	445	Jam	10.1	0.0	0.0	55.2	34.9	28.4	19.5	9.6	65.6
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.1	2.6	2.0	2.0	3.7
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.1	0.0	0.0	0.0	2.2	6.4	5.1	2.0	11.8
20	453	Peppermint	0.2	0.0	0.0	1.1	4.8	4.9	2.9	2.1	9.8
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.6	23.5	15.0	15.0	45.2
20	461	Toffees	0.0	0.0	0.0	0.0	1.0	14.7	13.4	6.0	17.5
20	484	Jam reduced sugar	1.1	0.0	0.0	7.5	5.9	26.3	19.9	10.0	46.3
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.6	24.0	18.6	8.0	31.6
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	0.6	19.3	8.8	4.0	29.7
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	2.0	10.9	4.3	4.0	30.0
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.4	3.4	3.3	1.0	3.9
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.1	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.1	0.0	0.0	0.0	0.2	36.0	36.0	36.0	36.0
20	539	Sauce fruit for pudding	0.1	0.0	0.0	0.0	0.3	21.4	11.3	11.3	39.4
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	717	Chocolate bar milk with nuts	0.3	0.0	0.0	0.0	1.8	18.8	14.2	2.0	38.8
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.0
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	752	Wine gums	0.2	0.0	0.0	0.0	1.1	13.9	5.7	5.0	34.7
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.5	0.0	0.0	2.3	2.3	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.1	0.0	0.0	0.0	0.2	17.5	15.0	15.0	19.5
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	1508	Chocolates filled/Belguim chocolate	1.4	0.0	0.0	8.4	7.8	16.5	14.6	3.0	28.8
20	1962	Chocolate confetti milk	0.3	0.0	0.0	0.0	2.3	12.1	7.8	5.0	23.1
20	1963	Chocolate confetti plain	1.5	0.0	0.0	7.0	9.9	11.4	7.9	5.0	18.2
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.5	9.2	8.0	7.0	9.8
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	0.4	5.8	4.5	4.0	8.7
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.3	14.6	14.2	14.0	14.9
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	0.4	22.1	20.1	20.0	25.8
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.6	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.3	17.7	13.5	10.0	19.3

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

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.1	0.0	0.0	0.0	1.0	6.8	5.1	4.0	7.7
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.6	19.6	14.4	12.0	27.8
20	2656	Chocolate confetti mix white and plain	0.1	0.0	0.0	0.0	1.8	7.9	5.6	5.0	9.6
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.2	32.0	30.0	30.0	34.4
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.1	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	0.5	0.0	0.0	0.9	4.2	11.4	8.3	1.9	26.6
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.2	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
20	3067	Sweets cream hard	0.1	0.0	0.0	0.0	1.2	6.4	6.0	6.0	6.0
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.3	5.4	4.5	4.5	7.8
21	310	Butter unsalted	6.4	0.0	0.0	26.8	25.9	20.2	16.3	2.9	41.2
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.0	0.0	0.0	0.0	0.1	1.3	1.3	1.3	1.3
21	314	Lard	0.0	0.0	0.0	0.0	0.2	12.4	7.9	7.9	18.4
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	0.8	0.0	0.0	6.1	7.7	8.9	8.3	1.1	23.5
21	437	Sauce cocktail/party/table 25% oil	0.2	0.0	0.0	0.0	0.4	43.6	14.4	11.6	66.9
21	451	Mayonnaise	0.2	0.0	0.0	0.0	3.5	8.8	6.8	2.0	21.2
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
21	458	Salad cream 25% oil	0.2	0.0	0.0	0.0	2.7	8.0	5.2	2.5	13.0
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	2.1	13.6	5.6	3.0	32.6
21	465	Sauce for chips 25% oil	0.4	0.0	0.0	0.0	0.6	29.5	20.4	11.6	30.2
21	466	Sauce for chips 35% oil	0.1	0.0	0.0	0.0	0.2	37.4	37.4	37.4	37.4
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.2	0.0	0.0	0.0	0.7	12.8	8.6	4.6	13.3
21	601	Oil olive	0.9	0.0	0.0	6.7	11.0	8.6	6.4	0.8	22.2
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.7	3.3	3.0	2.7	3.4
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	616	Peanut sauce jar prepared	0.2	0.0	0.0	0.0	0.2	34.2	13.2	13.2	52.0
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	1.1	4.5	3.4	1.0	8.2
21	879	Butter salted	0.7	0.0	0.0	2.4	5.0	16.7	7.4	2.2	46.8
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.1	11.0	11.0	11.0	11.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.4	5.2	4.0	4.0	6.4
21	1515	Sauce based on roux prepared	0.1	0.0	0.0	0.0	0.4	49.6	44.0	44.0	57.7
21	1517	Sauce mix packet <3% fat prepared	1.5	0.0	0.0	0.0	0.6	107.7	32.6	12.0	194.1
21	1518	Sauce mix packet >3% fat prepared	3.0	0.0	0.0	19.8	6.6	42.7	30.9	7.3	119.1
21	1524	Sauce tomato ready made jar	1.4	0.0	0.0	0.0	1.2	87.9	62.9	15.3	161.6
21	1530	Butter product half fat	0.1	0.0	0.0	0.0	0.6	24.2	24.2	6.0	34.9
21	1803	Sauce oriental ready-made in jar/bag	1.0	0.0	0.0	0.0	1.3	56.1	43.6	2.0	97.7
21	1839	Low fat margarine product tub Becel Ligh	2.9	0.0	0.0	20.5	15.3	26.5	22.6	5.3	64.6

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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21	1847	Margarine product tub Becel Dieet	2.5	0.0	0.0	15.0	15.6	21.7	17.2	3.0	55.5
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.3	4.4	4.4	4.4	4.4
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.8	0.0	0.0	18.2	9.0	17.2	15.4	3.9	33.7
21	1961	Low fat marg prod Blue Band Goede Start	0.0	0.0	0.0	0.0	0.3	29.6	19.0	12.0	47.3
21	2059	Low fat margarine 40% fat <17 g sat	1.6	0.0	0.0	13.7	7.5	19.0	15.1	5.2	35.7
21	2060	Low fat margarine prod 35% fat <10 g sat	0.8	0.0	0.0	5.4	5.2	18.5	15.7	3.3	37.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.3	0.0	0.0	0.0	3.4	23.2	14.3	12.0	50.1
21	2063	Margarine 80% fat >24 g saturates	1.2	0.0	0.0	6.8	20.8	6.9	3.1	0.5	21.0
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.2	0.0	0.0	0.0	2.9	12.8	7.0	0.7	29.6
21	2066	Cooking fat liquid 97% fat <17 g sat	1.2	0.0	0.0	8.9	17.6	6.2	3.9	0.8	20.7
21	2067	Cooking fat solid 97% fat >17 g sat	0.4	0.0	0.0	2.2	13.3	3.2	1.3	0.6	8.1
21	2068	Frying fat liquid <24 g sat fatty acids	0.6	0.0	0.0	1.3	2.0	14.0	7.3	1.2	29.2
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.1	6.5	6.5	6.5	6.5
21	2072	Margarine product 60% fat <17 g sat	1.2	0.0	0.0	7.2	7.1	14.1	10.8	1.9	29.0
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	0.0	2.5	5.4	3.3	0.6	12.4
21	2083	Mayonnaise product w olive oil	0.1	0.0	0.0	0.0	0.3	14.7	13.3	13.3	16.8
21	2178	Pesto	0.0	0.0	0.0	0.0	1.4	2.9	1.8	1.8	6.3
21	2294	Low fat margarine Twenty four Ultralight	0.0	0.0	0.0	0.0	0.4	14.2	10.2	9.0	17.2
21	2295	Butter product 25% fat	0.1	0.0	0.0	0.0	0.7	25.5	19.5	6.0	34.7
21	2418	Sauce hot liquid ready made <12% fat	0.4	0.0	0.0	0.0	1.5	46.6	31.8	12.0	75.7
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	0.4	0.0	0.0	0.0	2.1	33.2	23.7	6.1	48.0
21	2423	Low fat margarine prod Blue Band Idee	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.1	18.3	18.3	18.3	18.3
21	2446	Sauce chasseur	0.1	0.0	0.0	0.0	0.3	93.5	93.5	93.5	93.5
21	2447	Sauce veg w semi-skimmed milk and maize	0.1	0.0	0.0	0.0	0.4	21.2	16.6	13.0	23.3
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.7	23.8	24.4	8.7	32.2
21	2451	Gravy 25% fat thickend prep w gravypowde	0.6	0.0	0.0	0.0	2.6	35.3	23.4	12.0	94.7
21	2452	Gravy 25% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	1.4	25.1	22.8	11.6	33.7
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.3	12.1	12.1	12.1	12.1
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
21	2456	Gravy 5% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.3	40.0	24.6	11.6	46.1
21	2459	Gravy 50% fat clear prep wo gravypowder	0.2	0.0	0.0	0.0	1.5	26.5	22.8	1.9	48.7
21	2460	Gravy 75% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.4	66.3	62.1	62.1	70.8
21	2462	Gravy 5% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.4	23.7	23.3	23.3	24.6
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.1	8.2	8.2	8.2	8.2
21	2466	Salad dressing vinaigrette	0.2	0.0	0.0	0.0	0.9	10.5	8.5	6.8	11.1
21	2467	Salad dressing./sauce approx 13% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.0
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.9	20.4	11.5	11.5	36.7
21	2470	Sauce for chips 5% oil	0.1	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.8	6.0	4.8	3.6	8.7
21	2525	Frying fat horeca	0.3	0.0	0.0	2.3	3.0	10.4	7.9	1.5	18.1
21	2526	Gravy 25% fat thickened w gravypowder	0.2	0.0	0.0	0.0	0.5	34.5	25.0	25.0	60.7
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.8	4.1	2.9	0.5	8.3
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.1	0.0	0.0	0.7	4.2	3.6	2.0	0.3	8.4
21	2559	Low fat margarine prod AH Bewust light	0.3	0.0	0.0	0.0	1.9	12.9	8.5	4.5	20.9
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.1	0.0	0.0	0.0	2.3	9.6	3.4	0.5	19.8
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.0	2.5	5.7	4.1	0.4	16.6
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.1	2.3	2.3	2.3	2.3
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.0	6.0	6.0	6.0	6.0
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	5.6	0.0	0.0	33.7	2.3	105.2	64.3	24.4	104.2
21	2580	Gravy 5% fat thickend w gravy powder	0.0	0.0	0.0	0.0	0.3	19.9	11.6	11.6	31.6
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.4	0.0	0.0	0.0	1.2	31.6	23.3	22.0	48.9
21	2585	Gravy 25% fat w cooking fat 2067	0.6	0.0	0.0	0.0	2.6	48.3	24.9	24.3	92.7
21	2586	Gravy 25% fat w margarine 2063	1.5	0.0	0.0	10.6	4.8	34.7	24.3	13.1	82.1
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	29.1	29.1	29.1	29.1
21	2588	Gravy 25% fat clear prep w gravy powder	0.9	0.0	0.0	0.0	2.2	36.9	28.3	11.6	68.0
21	2589	Gravy 25% fat w olive oil	0.2	0.0	0.0	0.0	0.7	26.9	20.6	11.6	42.5
21	2590	Gravy 25% fat w butter	0.3	0.0	0.0	0.0	1.7	21.8	13.8	11.6	53.7
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
21	2592	Gravy 50% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.1	27.5	22.5	5.8	45.7
21	2593	Gravy 50% fat w margarine 2063	0.4	0.0	0.0	0.0	2.0	21.8	21.7	14.6	24.1
21	2594	Gravy 50% fat w margarine liq 2077	0.2	0.0	0.0	0.0	0.8	23.3	23.3	23.3	23.3
21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.9	33.2	26.5	21.3	51.1
21	2598	Gravy 75% fat w cooking fat 2067	0.5	0.0	0.0	0.0	1.2	44.1	24.3	24.3	76.9

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

NEVO group	NEVO code	Description	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
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0	9.7	9.7	9.7	9.7
21	2600	Gravy 25% fat thickend w marg 2063	0.3	0.0	0.0	0.0	0.7	37.1	33.7	24.3	43.6
21	2601	Gravy 25% fat thickend w cook fat 2067	0.4	0.0	0.0	0.0	0.7	28.1	28.1	28.1	28.1
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	0.7	31.7	23.3	23.3	44.8
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.6	15.4	10.0	8.5	31.7
21	2612	Tapenade olive	0.7	0.0	0.0	0.0	0.5	61.8	23.5	20.0	92.4
21	2624	Gravy 25% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.8	45.0	38.9	34.9	53.2
21	2625	Gravy 25% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.8	32.5	23.8	12.1	62.0
21	2626	Gravy 25% fat w cooking fat liq 2562	0.2	0.0	0.0	0.0	0.4	33.4	23.0	22.0	47.6
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.8	22.5	17.0	12.1	33.8
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	0.5	29.2	22.4	18.7	33.7
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.3	26.9	24.5	15.5	30.7
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.3	11.6	11.6	11.6	11.6
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	0.5	0.0	0.0	0.0	1.2	63.4	62.4	24.3	76.1
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.7	5.7	1.9	1.9	10.4
21	2667	Salad dressing 20% oil w yogurt	0.1	0.0	0.0	0.0	0.6	9.8	7.1	6.8	17.7
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	0.7	14.9	7.6	4.5	42.1
21	2712	Margarine product liquid light unsalted	0.0	0.0	0.0	0.0	0.9	9.6	7.8	7.8	11.5
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.6	0.0	0.0	0.0	2.3	36.5	19.7	18.0	73.0
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.6	18.0	9.1	9.0	33.2
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.2	41.1	36.4	36.4	46.9
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.0	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.2	22.1	18.0	18.0	30.9
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.6	28.0	13.6	9.0	46.5
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.1	72.8	72.8	72.8	72.8
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.3	11.0	11.0	11.0	11.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.4	30.7	12.5	12.0	52.0
21	3053	Margarine product tub Jumbo diet	0.2	0.0	0.0	0.0	0.7	37.5	40.1	18.0	43.2
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.6	33.0	33.1	25.0	34.8
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	1.3	18.5	14.9	12.1	25.6

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.3	0.0	0.0	0.0	0.2	81.7	65.9	52.5	87.6
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
22	348	Shrimps Dutch peeled boiled	0.2	0.0	0.0	0.0	0.7	30.3	14.6	10.0	88.4
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	1.9	0.0	0.0	2.3	3.0	65.5	52.2	5.0	112.2
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.2	48.6	48.6	48.6	48.6
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
22	602	Salmon tinned	0.6	0.0	0.0	0.0	1.1	33.1	5.0	5.0	94.2
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.1	0.0	0.0	0.0	0.2	54.6	30.0	30.0	96.2
22	815	Fish fingers unprepared	0.9	0.0	0.0	0.0	0.9	99.8	86.5	67.5	147.6
22	818	White fish fillet in batter deep-fried	0.5	0.0	0.0	0.0	0.4	201.0	201.0	201.0	201.0
22	819	Cod boiled	3.3	0.0	0.0	0.0	3.0	131.6	123.3	53.4	181.7
22	918	Plaice boiled	0.8	0.0	0.0	0.0	1.1	81.4	70.0	70.0	139.9
22	919	Pollack boiled	0.2	0.0	0.0	0.0	0.5	105.5	91.1	45.2	130.6
22	1096	Salmon smoked	0.9	0.0	0.0	0.0	2.3	48.5	29.4	14.5	90.4
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.4	0.0	0.0	0.0	1.3	70.7	57.5	45.0	73.2
22	1586	Mackerel fillet smoked	0.1	0.0	0.0	0.0	0.4	80.4	57.2	45.0	95.7
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.1	0.0	0.0	0.0	0.3	26.6	14.5	14.5	57.3
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.1	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	1.9	0.0	0.0	0.0	2.1	91.4	86.0	39.5	180.7
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.2	0.0	0.0	0.0	0.3	201.0	201.0	201.0	201.0
22	1617	Plaice prepared in microwave oven	0.9	0.0	0.0	0.0	0.3	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	1.2	0.0	0.0	0.0	0.6	141.5	150.2	54.0	188.3
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	169.8	159.2	156.0	177.9
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.3	0.0	0.0	0.0	0.5	137.5	110.2	90.0	151.4
22	2474	Whitefish fillet batter deepfried wo fat	1.5	0.0	0.0	0.0	1.3	127.0	96.0	90.0	191.3
22	2765	Pangasius prep in microwave oven	0.3	0.0	0.0	0.0	0.6	85.4	18.0	18.0	172.0
23	106	Duck whole raw	0.6	0.0	0.0	0.0	0.5	69.3	61.7	58.2	74.6
23	108	Chicken with skin raw	1.3	0.0	0.0	0.0	1.9	65.1	41.2	26.3	129.0
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.0	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.2	31.9	17.6	17.6	50.8
23	328	Ham smoked raw	0.5	0.0	0.0	0.0	3.3	15.2	12.0	12.0	22.4
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.0	0.0	0.0	0.0	0.8	15.0	15.0	15.0	15.0

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

NEVO group	NEVO code	Description	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
23	335	Liver pate	0.1	0.0	0.0	0.0	0.5	26.5	20.0	20.0	43.6
23	336	Luncheon meat tinned	0.1	0.0	0.0	0.0	0.4	66.9	27.9	9.0	93.7
23	338	Beef salted cooked	0.1	0.0	0.0	0.0	1.4	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.2	0.0	0.0	0.0	2.0	10.9	7.5	5.0	12.0
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.2	13.8	13.8	13.8	13.8
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
23	566	Sausage frankfurter tinned	1.1	0.0	0.0	0.0	0.3	274.7	122.5	36.0	372.3
23	567	Sausage luncheon meat	0.5	0.0	0.0	0.0	2.7	23.6	15.7	8.0	49.6
23	568	Black pudding	0.3	0.0	0.0	0.0	0.9	44.8	33.8	23.0	44.8
23	638	Salami sausage saveloy	1.3	0.0	0.0	7.8	6.1	24.2	15.7	7.9	49.8
23	639	Bacon rashers streaky	0.6	0.0	0.0	0.0	2.5	22.8	17.4	9.0	49.7
23	640	Liver sausage	1.1	0.0	0.0	9.1	3.6	28.4	20.6	10.0	49.1
23	641	Bacon	0.0	0.0	0.0	0.0	0.4	7.6	4.7	4.2	11.7
23	642	Pate	0.3	0.0	0.0	0.0	0.7	22.7	17.3	10.0	28.7
23	643	Pork side cured and smoked	0.3	0.0	0.0	0.0	0.6	73.6	54.6	40.0	99.1
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	1.7	0.0	0.0	9.9	10.7	21.5	19.0	5.0	49.8
23	785	Ham shoulder medium fat boiled	2.0	0.0	0.0	20.3	3.1	50.2	44.9	10.1	89.4
23	810	Beef steak tartare spiced filet americ	0.0	0.0	0.0	0.0	0.5	10.9	6.2	5.0	18.4
23	1152	Salami	0.6	0.0	0.0	0.0	2.3	26.2	23.5	15.0	34.6
23	1155	Minced meat loaf fried	0.1	0.0	0.0	0.0	0.3	26.6	24.0	24.0	30.7
23	1162	Sausage cooked	0.3	0.0	0.0	0.0	1.1	18.8	17.3	12.2	23.1
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	1.0	0.0	0.0	0.0	2.3	29.9	19.3	10.0	55.9
23	1305	Chicken without skin raw	1.0	0.0	0.0	0.0	1.9	79.9	80.1	18.6	125.7
23	1306	Chicken for soup w skin raw	0.7	0.0	0.0	0.0	1.1	101.7	83.7	75.0	119.2
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
23	1400	Beef rump steak raw	1.2	0.0	0.0	0.0	1.3	116.2	102.4	20.0	170.9
23	1401	Beef tenderloin steak raw	0.2	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	2.0	0.0	0.0	0.0	1.9	87.6	81.0	38.0	108.3
23	1405	Minced beef raw	14.0	0.0	0.0	84.6	7.8	99.8	68.1	21.6	188.9
23	1407	Liver ox raw	0.1	0.0	0.0	0.0	0.1	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.2	0.0	0.0	0.0	0.9	34.6	22.4	20.0	54.6
23	1409	Beef sirloin rolled raw	0.3	0.0	0.0	0.0	0.3	108.4	84.0	84.0	141.1
23	1410	Beef roast raw	0.2	0.0	0.0	0.0	0.4	24.0	22.3	21.0	24.7
23	1411	Beef shank raw	0.2	0.0	0.0	0.0	0.1	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	7.1	0.0	0.0	50.8	4.3	97.1	96.1	38.0	112.8
23	1413	Beef streaked/marbled raw	0.2	0.0	0.0	0.0	0.3	84.0	84.0	84.0	84.0
23	1414	Beef stewing steak raw	2.3	0.0	0.0	0.0	2.4	154.0	149.6	38.0	241.7
23	1415	Beef steak tartare raw	0.6	0.0	0.0	0.0	1.2	87.6	69.2	57.8	129.3
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	1.2	0.0	0.0	0.0	2.2	79.0	90.1	32.7	97.4
23	1418	Pork fillet raw	0.8	0.0	0.0	0.0	1.2	74.5	70.9	70.0	74.9
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1420	Pork chop raw	0.2	0.0	0.0	0.0	0.4	86.6	74.9	33.5	154.7
23	1421	Minced pork raw	0.3	0.0	0.0	0.0	0.3	66.7	66.7	66.7	66.7
23	1422	Pork tenderloin raw	0.5	0.0	0.0	0.0	0.4	53.0	52.5	52.5	53.8
23	1424	Pork loin chop raw	0.5	0.0	0.0	0.0	0.4	105.3	100.2	91.1	116.5

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	1.7	0.0	0.0	0.0	2.8	94.2	97.1	35.0	183.3
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.2	17.6	11.7	7.0	20.1
23	1428	Pork stir fry meat raw	0.4	0.0	0.0	2.1	1.7	14.6	7.3	4.0	47.6
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.4	0.0	0.0	0.0	1.2	62.3	51.5	38.0	81.0
23	1431	Kromesky meat filled raw	0.9	0.0	0.0	0.0	1.5	78.5	76.0	73.5	78.5
23	1432	Bacon rasher raw	0.7	0.0	0.0	0.3	3.1	37.3	23.9	3.4	86.0
23	1434	Minced beef/pork raw	3.9	0.0	0.0	41.8	6.3	66.5	72.9	10.3	112.3
23	1435	Hamburger raw	0.4	0.0	0.0	0.0	0.5	63.5	68.2	38.0	74.3
23	1437	Veal olive raw	0.3	0.0	0.0	0.0	0.5	88.9	72.7	70.0	106.2
23	1443	Lamb leg raw	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.1	0.0	0.0	0.0	0.3	54.3	39.7	31.1	63.5
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	0.8	0.0	0.0	0.0	2.5	26.7	17.6	8.0	49.2
23	1558	Pork loin chop prepared	0.4	0.0	0.0	0.0	1.5	23.8	15.6	15.0	32.8
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.1	5.6	5.6	5.6	5.6
23	1634	Chicken fillet raw	2.5	0.0	0.0	24.6	3.4	75.8	74.9	12.1	111.8
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.3	0.0	0.0	0.0	1.0	83.2	72.1	58.5	105.5
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	2.2	0.0	0.0	16.4	3.0	62.5	48.5	29.3	105.1
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.2	0.0	0.0	0.0	1.0	34.7	21.6	7.5	68.1
23	1772	Pork fricandeau fried	0.0	0.0	0.0	0.0	0.3	17.2	15.0	15.0	22.1
23	1773	Brawn, pork pickled in vinegar	0.4	0.0	0.0	0.0	1.6	39.7	30.5	20.0	45.3
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	1.0	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.2	0.0	0.0	0.0	0.7	51.3	21.2	12.0	88.0
23	1777	Gammon boiled deboned	0.5	0.0	0.0	0.0	1.6	47.4	41.6	20.0	61.8
23	1788	Pork rib chop raw	0.3	0.0	0.0	0.0	0.8	74.8	73.4	38.0	92.3
23	1790	Pork schnitzel not breaded raw	1.2	0.0	0.0	0.0	1.3	90.1	76.0	76.0	107.4
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0	32.0	32.0	32.0	32.0
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	0.5	24.0	24.0	24.0	24.0
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	2.0	0.0	0.0	0.0	2.2	84.0	73.4	48.8	89.2
23	2300	Sausage smoked lean cooked	0.4	0.0	0.0	0.0	1.2	73.4	50.0	49.0	99.1
23	2301	Sausage smoked beef cooked	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
23	2303	Sausage cooked lean	0.2	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.8	0.0	0.0	12.2	3.2	58.7	36.9	7.4	126.3
23	2334	Minced meat beef/pork raw w egg/brcrums	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	2335	Meat average raw excl liver	0.7	0.0	0.0	0.0	1.1	95.9	76.0	76.0	147.0
23	2336	Beef average raw	1.7	0.0	0.0	0.0	1.2	114.1	78.2	76.0	200.3

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.6	0.0	0.0	0.0	2.1	52.0	45.6	19.5	97.9
23	2339	Beef olives raw	1.1	0.0	0.0	0.0	1.5	84.4	84.0	84.0	86.1
23	2340	Pork schnitzel breaded raw	4.8	0.0	0.0	0.0	1.3	182.1	121.9	58.3	249.8
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.2	88.1	80.0	80.0	109.6
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.2	94.1	80.0	80.0	114.3
23	2364	Chicken schnitzel raw	1.5	0.0	0.0	0.0	2.6	87.3	81.3	52.5	108.1
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.1	0.0	0.0	0.0	0.5	18.9	15.3	15.0	23.9
23	2766	Sausage smoked industrial cooked	0.8	0.0	0.0	0.0	1.3	85.2	80.9	25.0	98.9
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.3	0.0	0.0	0.0	1.5	17.9	11.4	5.0	22.5
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.1	22.5	15.0	15.0	28.5
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.3	0.0	0.0	0.0	0.7	22.0	12.7	8.0	40.2
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.2	0.0	0.0	0.0	0.1	178.0	178.0	178.0	178.0
23	3025	Bacon lean smoked raw	0.1	0.0	0.0	0.0	0.9	30.2	30.4	2.5	42.3
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.4	46.4	46.4	46.4	46.4
23	3030	Sausage beef Braadworst raw	0.4	0.0	0.0	0.0	1.9	29.1	11.9	1.0	59.6
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

Table 2.3.b Food consumption (foods) of the Dutch population aged 70 years and older stratified by age gender groups (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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.4	0.0	0.0	0.0	0.5	106.4	96.0	96.0	115.7
1	982	Potatoes wo skins boiled average	99.2	86.2	0.0	242.9	65.6	165.6	139.7	64.6	332.6
1	1150	Potatoes sliced frozen unprepared	2.3	0.0	0.0	0.0	0.5	252.8	165.1	160.0	446.3
1	1455	Potato puree powder av	0.3	0.0	0.0	0.0	0.5	39.4	20.9	19.9	70.4
1	1456	Chips pre-fried unprepared	7.3	0.0	0.0	38.4	2.5	164.4	93.3	64.1	389.0
1	1679	Chips oven frozen prepared	0.5	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	1.2	0.0	0.0	0.0	0.9	153.4	155.1	58.7	194.2
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.1	64.0	33.6	33.6	92.8
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.1	1.4	1.4	1.4	1.4
1	2834	Potato waffels/balls frozen unprepared	1.4	0.0	0.0	0.0	0.3	188.0	188.0	188.0	188.0
2	382	Advocaat liqueur	0.3	0.0	0.0	0.0	0.8	43.9	43.3	13.2	54.7
2	383	Juice apple	1.4	0.0	0.0	0.0	1.2	164.1	153.9	100.0	260.2
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.4	0.0	0.0	0.0	0.4	39.7	12.0	12.0	86.0
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
2	389	Beer brown	0.7	0.0	0.0	0.0	0.6	300.0	300.0	300.0	300.0
2	390	Beer pilsner	93.9	0.0	0.0	573.0	17.8	564.3	435.8	247.5	1,173.2
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.1	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.1	0.0	0.0	0.0	0.1	71.3	71.3	71.3	71.3
2	394	Cognac	1.1	0.0	0.0	0.0	0.8	61.0	45.5	20.6	85.4
2	395	Soft drink cola with caffeine	8.1	0.0	0.0	0.0	3.6	317.5	174.2	144.0	667.5
2	396	Juice grape	1.2	0.0	0.0	0.0	0.5	170.5	149.3	118.0	239.7
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
2	400	Soft drink wo caffeine	6.2	0.0	0.0	70.4	2.3	245.5	188.7	140.7	441.8
2	401	Gin young Dutch	10.1	0.0	0.0	79.9	9.6	89.7	82.3	30.6	171.6
2	402	Gin old Dutch	0.1	0.0	0.0	0.0	0.1	112.6	100.1	38.0	152.4
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
2	407	Port wine	3.3	0.0	0.0	8.0	2.9	80.3	77.7	38.0	141.4
2	408	Rum	0.6	0.0	0.0	0.0	0.6	51.5	30.6	23.8	67.2
2	409	Sherry	2.4	0.0	0.0	0.0	1.8	114.4	89.9	0.2	202.7
2	410	Juice orange pasteurized	7.6	0.0	0.0	52.7	4.3	195.2	160.3	64.9	364.8
2	411	Mineral water Spa	8.2	0.0	0.0	0.0	1.2	628.3	425.3	147.0	1,215.0
2	413	Tomato juice	1.7	0.0	0.0	0.0	0.5	194.1	172.5	120.0	276.6
2	414	Soft drink tonic	1.9	0.0	0.0	0.0	0.6	150.9	127.1	100.0	194.4
2	415	Vermouth	0.2	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
2	416	Brandy Dutch vieux	0.2	0.0	0.0	0.0	0.7	69.6	56.3	46.0	75.7
2	417	Juice drink	2.6	0.0	0.0	0.0	2.1	195.9	126.4	98.0	374.3
2	421	Whisky	3.3	0.0	0.0	22.9	6.2	70.8	62.0	24.0	132.8
2	422	Wine red	77.2	0.0	0.0	382.7	28.6	251.9	184.5	102.0	578.9
2	423	Wine white dry	12.8	0.0	0.0	98.1	6.9	198.6	188.6	93.5	363.5
2	425	Whey drink light Rivella	2.6	0.0	0.0	0.0	1.0	235.4	193.9	150.0	360.1
2	463	Fruit drink concentrate undiluted	0.3	0.0	0.0	0.5	3.4	13.0	3.5	0.9	37.6

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

NEVO group	NEVO code	Description	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
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	2.3	17.5	9.0	9.0	27.4
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.5	15.3	9.8	9.0	28.9
2	644	Coffee prepared	495.9	454.1	116.7	953.9	95.7	535.0	492.3	205.2	1,007.5
2	645	Tea prepared	317.0	252.4	0.0	999.2	65.8	491.3	399.9	156.3	1,143.8
2	664	Juice grapefruit	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.5	8.9	8.8	8.8	9.0
2	747	Mineral water average	16.3	0.0	0.0	0.0	2.8	508.8	432.9	50.0	951.7
2	805	Jagermeister herb liquor	0.9	0.0	0.0	0.0	1.5	48.8	39.9	39.9	77.1
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.2	0.0	0.0	0.0	0.6	59.7	55.8	40.0	74.9
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	2.2	0.0	0.0	0.0	1.7	150.4	153.6	20.0	196.9
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	52.4	41.8	41.8	63.2
2	1468	Beer >7 vol% alcohol	5.5	0.0	0.0	0.0	1.5	416.7	301.7	250.8	631.2
2	1519	Beer alcohol free <0,1 vol%	4.2	0.0	0.0	0.0	0.9	355.6	300.0	300.0	633.4
2	1521	Juice drink light	2.3	0.0	0.0	0.0	0.2	435.0	435.0	435.0	435.0
2	1522	Soft drink light without caffeine	5.0	0.0	0.0	74.1	1.8	181.2	186.0	140.0	193.0
2	1523	Cola light soft drink with caffeine	28.0	0.0	0.0	253.3	5.2	353.8	248.7	87.0	701.1
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.3	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
2	1810	Fruit drink concentrate Karvan Cevitam	1.0	0.0	0.0	4.1	3.1	17.9	9.0	9.0	45.6
2	1878	Fruit juice drink Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	13.0	11.3	11.3	14.6
2	1885	Water average	314.2	220.0	0.0	961.2	77.2	428.3	335.7	65.1	1,139.7
2	1932	Juice orange with pulp	0.2	0.0	0.0	0.0	0.1	92.0	92.0	92.0	92.0
2	1933	Juice tomato/vegetable Appelsientje	0.2	0.0	0.0	0.0	0.1	372.0	372.0	372.0	372.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.6	0.0	0.0	0.0	0.2	330.0	330.0	330.0	330.0
2	2074	Mineral water Bar le Duc	2.9	0.0	0.0	0.0	1.7	507.6	397.3	25.0	685.0
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.4	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
2	2086	Ice tea	0.7	0.0	0.0	0.0	0.4	137.0	137.0	137.0	137.0
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	1.7	0.0	0.0	0.0	0.6	276.3	202.8	145.0	508.9
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.3	0.0	0.0	0.0	0.5	154.9	148.7	145.0	158.9
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.4	0.0	0.0	0.0	0.2	215.0	215.0	215.0	215.0
2	2138	Juice drink Spa&Fruit still	8.8	0.0	0.0	0.0	0.8	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	0.4	0.0	0.0	0.0	0.3	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	4.4	0.0	0.0	0.0	1.5	257.3	204.9	145.0	425.6
2	2142	Wine white sweet	1.4	0.0	0.0	0.0	1.2	125.5	102.2	55.0	233.7
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.1	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.1	0.0	0.0	0.0	0.2	44.0	44.0	44.0	44.0
2	2151	Juice fruit Coolbest Vitaday original	0.3	0.0	0.0	0.0	0.6	139.0	139.0	139.0	139.0

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

NEVO group	NEVO code	Description	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
2	2152	Fruit juice dk Coolbest light orange	2.3	0.0	0.0	0.0	0.6	171.5	72.7	55.0	326.6
2	2153	Fruit drink Fruitzday	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0
2	2289	Fruit drink concentrate light	0.5	0.0	0.0	0.0	0.9	27.3	23.0	18.0	34.7
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.2	0.0	0.0	0.0	0.4	62.5	62.5	62.5	62.5
2	2390	Fruit drink conc with 15-20 mg vit C	0.2	0.0	0.0	0.0	0.8	30.8	22.1	6.3	54.9
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	1.5	0.0	0.0	0.0	0.3	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.2	0.0	0.0	0.0	0.1	260.0	260.0	260.0	260.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.2	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	0.3	0.0	0.0	0.0	0.5	155.4	153.3	152.0	156.6
2	2476	Cappuccino freshly made	13.9	0.0	0.0	80.8	3.6	266.4	190.0	116.7	479.4
2	2477	Coffee cappuccino instant prepared	3.3	0.0	0.0	0.0	0.5	375.1	352.3	171.0	510.1
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.4	13.8	13.6	4.0	15.6
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.1	0.0	0.0	0.0	0.1	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0	24.0	24.0	24.0	24.0
2	2507	Juice multifruit	0.1	0.0	0.0	0.0	0.1	288.0	288.0	288.0	288.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.1	0.0	0.0	0.0	0.2	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.3	0.0	0.0	0.0	0.4	23.8	15.1	9.0	28.5
2	2564	Juice fruit Hero Fruit&Co	1.0	0.0	0.0	0.0	0.5	198.5	150.0	150.0	259.6
2	2610	Wine rose	3.4	0.0	0.0	0.0	1.1	333.2	324.5	160.0	367.3
2	2633	Coffee instant powder	0.2	0.0	0.0	0.0	1.7	7.5	4.3	0.5	21.3
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.0	0.0	0.0	0.0	0.0
2	2635	Fruit juice drink diary Wicky fruitzacht	0.4	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.5	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.5	0.0	0.0	0.0	0.3	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	1.1	0.0	0.0	0.0	0.3	386.2	302.0	302.0	476.7
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	1.2	0.0	0.0	0.0	0.2	266.6	182.7	118.0	306.3
2	2646	Sports drink Aquarius	1.0	0.0	0.0	0.0	0.2	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.3	0.0	0.0	0.0	0.2	260.0	260.0	260.0	260.0
2	2648	Coffee w milk vending machine	0.3	0.0	0.0	0.0	0.2	127.2	121.6	116.7	129.2
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	1.1	3.3	2.2	1.0	5.4
2	2663	Juice fruit Vruchtoase multivit	0.3	0.0	0.0	0.0	0.1	170.0	170.0	170.0	170.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	26.1	0.0	0.0	145.7	15.3	127.2	117.3	60.0	225.4
2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.2	31.5	30.1	30.0	32.7
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.4	0.0	0.0	0.0	0.2	174.0	174.0	174.0	174.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.1	0.0	0.0	0.0	0.1	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.2	0.0	0.0	0.0	0.2	165.0	165.0	165.0	165.0
2	2854	Fruit drink light Papaya multivitamins	3.2	0.0	0.0	0.0	0.7	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.5	0.0	0.0	0.0	0.3	241.7	241.7	241.7	241.7
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	0.5	0.0	0.0	0.0	0.3	164.4	125.0	125.0	196.1
2	2896	Lemonade squash Spa&Fruit sparkling	6.6	0.0	0.0	0.0	1.6	269.6	243.2	230.0	340.1
2	2897	Juice Drink Ocean Spray	0.7	0.0	0.0	0.0	0.3	275.5	227.9	182.0	282.0
2	3068	Fruit drink concentrated Fruitmix	0.1	0.0	0.0	0.0	0.7	16.2	10.0	3.1	27.4
3	227	Crispbakes Dutch	1.0	0.0	0.0	5.7	12.3	10.1	10.0	1.6	19.1
3	228	Crackers cream	0.4	0.0	0.0	0.0	2.2	17.5	15.8	6.4	27.1
3	229	Crispbread averaged	0.2	0.0	0.0	0.0	2.3	10.0	10.0	10.0	10.0
3	230	Roll white soft	2.9	0.0	0.0	21.3	3.5	59.4	43.0	30.2	98.8
3	233	Bread currant	1.5	0.0	0.0	9.1	5.1	43.8	33.8	17.5	67.6
3	236	Bread brown wheat	33.9	0.0	0.0	117.7	28.2	109.2	89.9	16.8	208.8
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
3	241	Bread white milk based	1.2	0.0	0.0	0.0	1.9	64.2	43.8	7.5	134.9
3	242	Bread rye dark	2.7	0.0	0.0	21.1	6.1	50.5	42.0	38.2	73.7
3	243	Bread rye light	2.5	0.0	0.0	11.3	5.5	39.8	33.3	25.0	49.9
3	244	Bread raisin	0.6	0.0	0.0	0.0	1.1	42.2	31.0	20.0	68.0
3	246	Bread wholemeal average	39.4	0.0	0.0	155.0	35.8	131.8	123.2	33.6	241.3
3	248	Bread white water based	4.5	0.0	0.0	29.4	6.8	71.9	55.8	13.1	133.8
3	249	Bread wheat malt Tarvo	0.6	0.0	0.0	0.0	0.8	106.7	35.0	35.0	195.0
3	565	Toast	0.0	0.0	0.0	0.0	0.3	14.8	14.0	14.0	17.8
3	596	Crispbread gold-brown	0.1	0.0	0.0	0.0	0.7	16.9	10.0	10.0	33.5
3	655	Crispbakes Dutch wholemeal	1.1	0.0	0.0	8.1	9.9	13.5	9.6	8.6	19.7
3	975	Crispbread sesame	0.7	0.0	0.0	0.0	3.4	22.3	20.0	6.5	36.1
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.5	7.5	5.7	5.0	9.5
3	1017	Bread wheatrye wholemeal	1.0	0.0	0.0	0.0	1.1	78.8	45.0	45.0	154.5
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.1	0.0	0.0	0.0	1.1	22.8	20.0	20.0	33.0
3	1312	Crispbread Cracottes	0.4	0.0	0.0	0.0	2.3	17.7	9.4	7.0	43.8
3	1322	Crispbread wholemeal Cracottes	0.8	0.0	0.0	0.0	1.5	24.9	9.7	7.0	52.5
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.5	0.0	0.0	0.0	0.4	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.4	0.0	0.0	0.0	1.0	53.4	41.2	35.0	67.1
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0

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

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
3	1779	Crispbread wholemeal	0.7	0.0	0.0	4.0	4.3	16.2	11.6	10.0	19.3
3	1914	Dough for pizza and savoury pie	5.7	0.0	0.0	41.1	3.3	139.8	96.8	33.0	321.7
3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.0
3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	0.5	23.8	21.0	21.0	27.1
3	2277	Bread Blue Band Goede Start white bread	0.2	0.0	0.0	0.0	0.3	92.7	64.9	60.0	114.5
3	2348	Bread wholemeal w pumpkin seeds	0.2	0.0	0.0	0.0	0.3	83.5	54.4	35.0	99.9
3	2349	Bread linseed	0.2	0.0	0.0	0.0	0.2	100.5	84.9	70.0	103.0
3	2350	Bread multigrain average w seeds	21.3	0.0	0.0	126.8	16.4	123.3	89.8	31.3	270.4
3	2351	Bread white average milk/water based	0.2	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
3	2352	Bread currant w almond paste	0.2	0.0	0.0	0.0	0.7	47.9	34.8	25.0	73.1
3	2353	Bread brown/wholemeal w muesli	0.6	0.0	0.0	0.0	1.0	52.4	44.9	35.0	65.0
3	2354	Bread wholemeal w nuts	0.1	0.0	0.0	0.0	0.2	33.9	31.8	30.0	34.7
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.6	48.3	22.5	22.5	83.7
3	2356	Baguette w cheese-onion	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
3	2357	Bread wholemeal w sunflower seeds	3.1	0.0	0.0	0.0	1.7	135.2	122.6	70.0	200.4
3	2358	Bread white w sunflower seeds	0.6	0.0	0.0	0.0	0.3	103.4	70.0	70.0	132.7
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
3	2382	Bread brown w sunflower seeds	2.0	0.0	0.0	0.0	0.9	124.6	105.9	35.0	169.8
3	2528	Croutons	0.1	0.0	0.0	0.0	0.9	9.6	4.3	2.0	20.6
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	1.1	0.0	0.0	0.0	0.6	116.3	67.2	35.0	226.8
3	2704	Bread brown w seeds	0.8	0.0	0.0	0.0	0.7	130.1	82.0	70.0	196.4
3	2707	Bread corn w sunflower seeds	0.3	0.0	0.0	0.0	0.4	128.3	70.0	70.0	218.7
3	2785	Bread corn	0.2	0.0	0.0	0.0	0.2	114.4	70.0	70.0	162.6
3	2788	Bread sourdough wholemeal	0.6	0.0	0.0	0.0	1.0	128.6	92.5	50.0	222.9
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	86.9	25.0	25.0	137.4
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.2	0.0	0.0	0.0	0.3	63.6	55.0	55.0	88.2
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.4	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.9	0.0	0.0	0.0	1.4	44.6	37.9	10.0	77.8
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	2.5	0.0	0.0	1.2	2.4	75.3	66.3	15.0	99.6
3	2796	Roll brown hard	2.4	0.0	0.0	14.0	1.7	87.6	78.7	27.7	137.7
3	2797	Roll brown soft	1.8	0.0	0.0	0.0	2.8	74.4	49.2	45.0	133.0
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.2	0.0	0.0	0.0	0.7	53.6	50.0	50.0	66.4
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	3.4	0.0	0.0	23.2	6.4	56.8	44.2	26.0	98.0
3	2804	Bun wholemeal w muesli	0.4	0.0	0.0	0.0	0.3	116.0	116.0	116.0	116.0
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
3	2813	Bread raisin/current average	0.3	0.0	0.0	0.0	0.8	38.5	36.5	35.0	39.6
3	2815	Bread Tijger brown wheat	0.9	0.0	0.0	0.0	0.8	112.3	70.0	70.0	170.3
3	2816	Bread Tijger white	0.8	0.0	0.0	0.0	1.2	70.6	64.6	30.0	87.5
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.3	0.0	0.0	0.0	0.5	54.5	40.0	40.0	82.3
3	2821	Bread brown w pumpkin seeds	0.2	0.0	0.0	0.0	0.2	140.0	140.0	140.0	140.0

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

NEVO group	NEVO code	Description	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
3	2876	Bread brioche	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	1.2	0.0	0.0	9.4	5.5	15.3	14.0	4.0	27.5
3	2938	Toast Melba other varieties	0.6	0.0	0.0	6.3	2.6	20.5	17.5	12.0	25.9
3	3054	Bread glutenfree bakmix Glutafin white	0.1	0.0	0.0	0.0	0.1	225.0	225.0	225.0	225.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.3	0.0	0.0	0.0	0.5	109.6	100.0	100.0	146.3
3	3056	Bread brown wheat low sodium	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.3	109.1	96.4	90.0	117.6
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.2	7.2	7.2	7.2	7.2
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.5	4.2	3.6	2.0	5.5
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	1.6	4.2	3.0	2.5	4.9
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.0
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.2	0.0	0.0	0.0	0.3	115.7	49.4	49.4	242.8
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.1	5.4	5.4	5.4	5.4
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.2	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.2	15.6	12.3	9.5	16.9
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.3	0.0	0.0	0.9	5.0	6.1	4.1	0.7	11.9
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	14.7	0.0	0.0	54.5	27.4	48.7	49.5	6.4	99.3
6	33	Raisins dried	0.2	0.0	0.0	0.0	0.8	20.7	13.9	5.0	43.8
6	137	Olives tinned/glass	0.3	0.0	0.0	0.0	2.9	12.5	6.0	2.1	38.8
6	147	Apple without skin average	32.1	0.0	0.0	136.6	27.8	110.1	125.8	34.1	152.6
6	148	Strawberries	6.7	0.0	0.0	56.1	6.5	87.9	61.0	25.7	181.2
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.2	0.0	0.0	0.0	0.4	66.2	37.5	33.3	156.9
6	151	Banana	14.6	0.0	0.0	102.3	13.5	117.9	104.9	45.3	164.8
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	0.9	0.0	0.0	0.0	0.7	75.8	50.0	19.6	125.8
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.1	0.0	0.0	0.0	0.2	48.7	22.8	8.0	65.3
6	158	Lemon	0.1	0.0	0.0	0.0	0.2	33.3	33.3	33.3	33.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.1	0.0	0.0	0.0	0.2	58.0	58.0	58.0	58.0
6	161	Raspberries	0.2	0.0	0.0	0.0	0.5	49.9	41.5	32.2	71.0
6	162	Grapefruit	1.9	0.0	0.0	0.0	2.0	85.6	68.0	58.0	132.0
6	163	Cherries	0.5	0.0	0.0	0.0	1.1	55.5	44.3	18.0	90.8
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	15.3	0.0	0.0	96.2	18.1	80.8	58.6	32.3	136.5
6	166	Melon netted	1.3	0.0	0.0	0.0	1.8	125.2	118.5	39.7	215.3
6	168	Pear without skin	6.2	0.0	0.0	54.7	6.2	133.2	121.3	52.7	177.2
6	169	Peach without skin	2.4	0.0	0.0	0.0	2.1	158.9	136.1	76.5	223.0

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

NEVO group	NEVO code	Description	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
6	170	Plums with skin	2.2	0.0	0.0	0.0	2.9	126.5	71.8	20.7	233.7
6	171	Orange	14.9	0.0	0.0	98.2	9.1	179.4	130.6	37.1	376.1
6	172	Fruit fresh citrus average	0.7	0.0	0.0	0.0	0.4	152.0	152.0	152.0	152.0
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.6	13.9	6.0	6.0	30.3
6	176	Apricots in syrup tinned	2.0	0.0	0.0	0.0	0.6	129.5	100.0	100.0	189.6
6	177	Pineapple in syrup tinned	0.5	0.0	0.0	0.0	1.5	24.6	19.1	5.0	42.3
6	179	Apple sauce tinned	7.6	0.0	0.0	51.6	9.6	80.5	51.7	13.4	201.1
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.1	0.0	0.0	0.0	0.6	12.1	12.3	3.3	17.4
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.3	0.0	0.0	0.0	1.1	26.4	24.0	24.0	31.1
6	184	Cherries in syrup tinned	0.2	0.0	0.0	0.0	0.3	39.1	36.0	13.0	54.7
6	185	Currants dried	0.0	0.0	0.0	0.0	0.2	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	0.7	0.0	0.0	0.0	0.8	178.0	149.8	82.8	257.0
6	189	Peaches in syrup tinned	0.9	0.0	0.0	0.0	1.5	52.7	40.0	40.0	92.1
6	190	Prunes dried	0.3	0.0	0.0	0.0	1.4	21.2	12.0	12.0	47.8
6	191	Plums in syrup tinned	0.4	0.0	0.0	0.0	1.1	41.9	38.9	38.9	38.9
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	1.3	2.3	2.1	0.4	3.3
6	689	Avocado	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	2.1	0.0	0.0	0.0	1.1	203.2	174.1	85.8	273.3
6	875	Apple with skin average	10.2	0.0	0.0	75.9	10.1	131.3	120.6	59.3	153.0
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	5.6	0.0	0.0	33.9	8.1	80.0	55.9	22.3	137.5
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.2	0.0	0.0	0.0	0.2	53.2	52.0	52.0	57.4
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.3	0.0	0.0	0.1	4.5	7.4	2.0	0.4	23.1
6	1182	Apple sauce wo sugar tinned	0.8	0.0	0.0	0.0	0.9	84.5	37.7	25.9	63.6
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.1	70.3	0.2	0.2	134.0
6	1812	Nectarine	2.4	0.0	0.0	0.0	3.4	81.8	63.3	19.1	135.2
6	1887	Dates fresh	0.1	0.0	0.0	0.0	0.3	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.7	0.0	0.0	0.0	0.4	177.7	173.0	173.0	184.7
6	2379	Raisins soaked in water	0.2	0.0	0.0	0.0	0.7	14.1	7.7	7.0	25.7
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	0.0
6	2686	Apple sauce wo sugar w sweetner tinned	0.5	0.0	0.0	0.0	0.5	82.4	51.8	51.8	134.3
6	2748	Pear with skin	1.5	0.0	0.0	0.0	1.4	139.3	117.7	100.0	171.3
6	2749	Grapes black with skin	2.0	0.0	0.0	0.0	2.2	100.8	94.4	14.3	144.8
6	2750	Grapes white with skin	4.0	0.0	0.0	32.0	3.7	74.3	53.5	14.3	163.0
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.3	24.8	24.8	24.8	24.8
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.3	5.7	4.0	4.0	7.5
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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6	2956	Prunes dried soaked in water	0.1	0.0	0.0	0.0	0.1	150.0	150.0	150.0	150.0
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.1	57.2	57.2	57.2	57.2
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	3.3	0.0	0.0	19.0	15.3	26.6	19.4	18.1	60.9
7	250	Almond filled pastry	0.3	0.0	0.0	0.0	0.3	49.2	30.0	30.0	73.5
7	251	Apple pie Dutch w shortbread w marg	3.3	0.0	0.0	33.2	6.0	83.8	79.6	50.8	113.5
7	252	Biscuit sweet	0.9	0.0	0.0	7.7	7.2	14.4	10.0	5.1	31.4
7	253	Cake wo butter	1.3	0.0	0.0	1.6	2.7	41.1	30.0	30.0	68.5
7	254	Cake sponge Dutch Eierkoek	0.5	0.0	0.0	0.0	1.1	51.2	37.0	30.0	90.5
7	255	Gateau with whipped cream	0.8	0.0	0.0	0.0	1.3	100.6	89.9	40.0	131.6
7	256	Gateau with butter-cream filling	1.2	0.0	0.0	0.0	0.5	95.9	96.1	40.0	139.0
7	257	Almond paste filled tarts average	2.7	0.0	0.0	26.2	5.6	59.4	52.1	33.3	98.8
7	258	Biscuits averaged	0.8	0.0	0.0	7.0	5.1	14.4	11.7	5.4	28.7
7	259	Macaroons	0.5	0.0	0.0	0.0	0.3	67.8	29.2	25.0	109.8
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	0.8	14.6	11.9	10.0	19.2
7	261	Biscuit spiced Speculaas	1.5	0.0	0.0	6.8	6.3	17.7	11.2	7.0	32.7
7	262	Biscuit Dutch shortbread spritsstukken	0.4	0.0	0.0	0.0	1.8	23.9	21.4	10.0	44.4
7	263	Biscuit brown/wholemeal	0.9	0.0	0.0	4.1	4.0	26.5	23.2	8.2	59.9
7	468	Cream slice Dutch Tompouce	0.1	0.0	0.0	0.0	0.3	96.7	85.6	75.0	98.6
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.2	47.5	35.0	35.0	65.1
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.3	0.0	0.0	0.0	2.0	14.8	10.0	10.0	23.0
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.4	128.8	116.9	85.0	169.0
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.1	0.0	0.0	0.0	0.7	18.6	10.0	10.0	36.1
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	1.2	24.9	14.0	12.0	44.3
7	636	Biscuit muesli	0.0	0.0	0.0	0.0	0.3	19.0	19.0	19.0	19.0
7	713	Waffle syrup average	1.6	0.0	0.0	12.6	5.2	28.5	23.6	10.0	54.9
7	789	Cake butter Dutch Boterkoek	0.3	0.0	0.0	0.0	1.1	33.8	25.0	25.0	84.4
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	1.0	0.0	0.0	0.0	0.8	95.1	87.6	56.4	110.2
7	836	Shortbread	0.9	0.0	0.0	6.3	5.6	19.6	12.6	7.0	36.3
7	837	Biscuit oatmeal	0.1	0.0	0.0	0.0	0.2	43.0	43.0	43.0	43.0
7	855	Biscuit spiced Speculaas w almnd paste	0.0	0.0	0.0	0.0	0.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.5	0.0	0.0	0.0	1.7	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.3	19.3	14.5	10.0	20.4
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.7	0.0	0.0	0.0	3.3	27.4	22.6	20.0	49.8
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
7	1475	Eclair with whipped cream filling	0.2	0.0	0.0	0.0	0.3	38.1	31.1	30.0	43.6
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	0.3	40.8	35.0	35.0	59.5
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0
7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.1	26.0	26.0	26.0	26.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.2	9.8	7.0	7.0	15.1
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	1945	Bun with vanilla custard	0.4	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	0.8	0.0	0.0	0.0	1.6	49.5	38.5	15.0	77.4
7	1972	Biscuits assorted with butter	0.3	0.0	0.0	0.0	2.0	22.5	13.1	10.0	53.0
7	2162	Biscuit Cafe noir	0.3	0.0	0.0	0.0	1.0	19.1	15.4	10.0	28.6
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.2	0.0	0.0	0.0	0.3	25.6	20.1	10.0	29.0
7	2228	Biscuit with chocolate layer Scholietje	0.1	0.0	0.0	0.0	1.1	13.6	12.0	12.0	19.6
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.4	0.0	0.0	0.0	1.8	29.1	19.0	15.0	53.7
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.3	0.0	0.0	0.0	0.8	38.9	26.5	25.0	65.3
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.1	0.0	0.0	0.0	0.4	40.6	40.6	20.0	49.1
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	1.4	0.0	0.0	4.8	1.5	55.8	51.1	30.0	95.6
7	2393	Cake raisins-	0.2	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.1	0.0	0.0	0.0	0.2	31.0	17.0	17.0	56.7
7	2396	Chocolate pastry w whipped cream	0.3	0.0	0.0	0.0	0.5	54.6	28.4	25.0	87.6
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.3	0.0	0.0	0.0	1.5	25.6	25.0	25.0	25.0
7	2399	Spiced cake Indonesian- Spekkoeke	0.6	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	0.6	0.0	0.0	0.0	0.9	53.7	37.2	20.0	89.5
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.5	0.0	0.0	4.7	3.1	15.7	9.9	9.0	37.6
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.1	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.6	8.5	5.3	5.0	13.1
7	2413	Cake wrapped in marzipan and chocolate	0.7	0.0	0.0	0.0	1.1	44.1	30.0	30.0	56.8
7	2417	Cake Dutch w icing & cream 'Oranjeboek'	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.4	33.3	21.0	21.0	46.6
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.1	68.0	68.0	68.0	68.0
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	0.3	15.8	10.0	10.0	28.3
7	2560	Apple turnover	1.8	0.0	0.0	0.0	1.2	107.1	114.2	41.0	128.4
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.3	0.0	0.0	0.0	1.4	16.8	15.0	15.0	23.8
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.8	0.0	0.0	7.7	4.7	23.4	16.5	10.0	37.0
7	2622	Appel pie Dutch w shortbread w butter	1.8	0.0	0.0	0.0	0.8	91.4	89.5	25.0	160.2
7	2661	Waffle Luikse	0.2	0.0	0.0	0.0	0.8	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.2	0.0	0.0	0.0	0.4	25.4	4.0	4.0	56.1
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.2	0.0	0.0	0.0	2.9	14.2	10.0	10.0	34.4
7	2698	Cake chocolate made wo butter	0.3	0.0	0.0	0.0	0.7	31.4	30.0	30.0	32.7
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	0.7	11.4	10.0	10.0	13.5
7	2715	Meringue	0.0	0.0	0.0	0.0	0.4	8.5	7.9	7.5	8.9
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.4	0.0	0.0	0.0	0.7	60.0	60.0	60.0	60.0
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.8	18.9	11.5	7.0	34.0
7	2775	Biscuit digestive w chocolate	0.1	0.0	0.0	0.0	0.6	22.4	17.1	14.0	34.1
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	0.5	0.0	0.0	0.0	0.6	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.2	101.0	88.3	80.0	112.3
7	2820	Waffle syrup w butter	0.7	0.0	0.0	0.0	2.5	33.2	21.2	20.0	54.3
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.6	0.0	0.0	0.0	0.3	95.5	90.4	88.0	99.0
7	2864	Biscuit syrup with chocolate	0.2	0.0	0.0	0.0	0.6	13.3	11.2	10.0	14.6
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodeboek'	0.1	0.0	0.0	0.0	0.6	24.5	18.0	18.0	33.5
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.3	30.7	18.5	16.0	44.8
7	2893	Cake Indonesian	0.4	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.7	0.0	0.0	6.5	5.8	17.9	15.3	8.0	28.0
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	0.0	0.0	0.0	0.0	0.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.3	0.0	0.0	0.0	0.4	41.9	41.5	26.7	44.6
8	213	Oatmeal	0.1	0.0	0.0	0.0	0.7	22.2	16.4	13.0	36.0
8	215	Cornflour	0.0	0.0	0.0	0.0	0.9	2.2	0.8	0.4	6.4
8	220	Flour wheat white 75% extraction	0.0	0.0	0.0	0.0	1.0	8.8	4.3	1.3	18.1
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.2	60.3	60.3	60.3	60.3

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

NEVO group	NEVO code	Description	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
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.2	8.8	5.6	5.6	13.6
8	225	Breakfast cereal Brinta	1.3	0.0	0.0	12.1	4.6	19.2	15.0	9.0	37.8
8	226	Starch potato	0.0	0.0	0.0	0.0	0.8	0.6	0.6	0.6	0.6
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.8	0.0	0.0	0.0	1.1	64.1	63.6	12.7	115.9
8	590	Wheat bran	0.1	0.0	0.0	0.0	1.4	5.8	5.5	1.8	10.0
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.1	28.8	28.8	28.8	28.8
8	658	Rice white boiled	9.6	0.0	0.0	78.0	8.7	112.7	102.5	58.6	176.6
8	659	Pasta white average boiled	18.1	0.0	0.0	113.7	8.1	153.4	127.8	36.3	243.7
8	955	Rice white parboiled boiled	0.8	0.0	0.0	0.0	0.4	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.5	0.0	0.0	0.5	3.2	13.9	7.0	1.8	45.2
8	1014	Rice brown boiled	1.5	0.0	0.0	0.0	1.0	121.9	73.4	40.0	254.1
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.1	7.8	7.8	7.8	7.8
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.1	0.0	0.0	0.0	0.2	46.0	46.0	46.0	46.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.3	10.0	7.2	7.2	17.6
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.8	10.9	9.0	3.8	20.8
8	2157	Pasta wholemeal boiled	0.3	0.0	0.0	0.0	0.5	108.4	113.0	19.2	159.7
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.1	0.0	0.0	0.0	0.2	24.7	22.9	22.4	28.6
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.3	23.9	18.0	18.0	41.3
8	2366	Muesli crunchy plain/w fruit	0.6	0.0	0.0	0.0	1.9	30.9	22.7	9.8	59.4
8	2675	Muesli crunchy w nuts	0.1	0.0	0.0	0.0	0.4	31.5	27.9	9.8	49.4
8	2676	Muesli crunchy w chocolate	0.1	0.0	0.0	0.0	0.5	19.7	19.7	19.7	19.7
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.2	6.2	5.4	5.4	7.0
8	2809	Muesli w fruit	2.3	0.0	0.0	14.9	6.2	38.6	27.6	16.1	80.0
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.0
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
9	7	Endive raw	0.5	0.0	0.0	0.0	1.1	123.9	123.4	123.4	126.0
9	8	Endive boiled	4.6	0.0	0.0	24.0	3.1	147.7	142.3	45.7	246.5
9	11	Aubergine boiled	1.2	0.0	0.0	0.0	1.1	76.4	51.7	25.2	126.5
9	13	Celery boiled	0.2	0.0	0.0	0.0	0.6	20.6	5.3	1.7	46.6
9	14	Cauliflower raw	0.1	0.0	0.0	0.0	0.2	41.0	41.0	41.0	41.0
9	15	Cauliflower boiled	6.0	0.0	0.0	56.9	3.4	192.3	179.9	78.0	249.6
9	16	Kale curly boiled	1.5	0.0	0.0	0.0	1.4	123.5	116.5	38.1	163.7
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.2	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	20	Mushrooms boiled	1.6	0.0	0.0	13.3	7.2	23.7	21.6	2.7	53.9
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0

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

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0
9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.3	2.9	2.9	2.9	2.9
9	27	Cucumber wo skin raw	3.3	0.0	0.0	25.6	6.8	55.2	49.9	12.9	98.2
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	1.1	19.6	20.5	9.1	22.8
9	29	Swede boiled	0.7	0.0	0.0	0.0	0.4	261.5	182.6	131.9	308.1
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.0	41.7	41.7	41.7	41.7
9	32	Sweet pepper green boiled	0.3	0.0	0.0	0.0	0.9	20.7	12.6	10.9	32.3
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	1.7	0.0	0.0	7.8	5.9	38.2	15.6	3.4	131.5
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	1.3	0.0	0.0	0.0	0.8	148.0	136.3	80.0	221.5
9	44	Cabbage Savoy boiled	0.7	0.0	0.0	0.0	0.1	213.3	213.3	213.3	213.3
9	46	Lettuce head raw	2.2	0.0	0.0	19.5	6.5	48.4	35.1	4.7	95.8
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.3	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	0.9	0.0	0.0	0.0	1.0	73.2	52.1	20.0	92.8
9	54	Cabbage oxheart boiled	1.4	0.0	0.0	0.0	1.1	166.9	162.9	93.6	223.7
9	55	Brussel sprouts boiled	4.4	0.0	0.0	0.0	3.7	146.0	144.3	66.6	214.7
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	59	Bean sprouts boiled	0.2	0.0	0.0	0.5	2.5	5.0	4.3	0.8	9.5
9	60	Tomatoes normal raw	5.7	0.0	0.0	46.3	10.9	49.7	47.1	7.7	119.5
9	61	Tomatoes normal boiled	0.4	0.0	0.0	0.0	3.0	23.4	4.9	1.1	86.6
9	63	Onions raw	1.8	0.0	0.0	11.4	9.3	22.9	14.7	3.4	56.5
9	64	Onions boiled	6.6	0.0	0.0	37.9	21.9	31.5	23.5	2.8	76.8
9	65	Lettuce lambs raw	0.2	0.0	0.0	0.0	0.7	38.7	19.3	10.9	76.3
9	67	Chicory raw	0.8	0.0	0.0	0.0	1.1	93.2	70.9	46.5	175.6
9	68	Chicory boiled	6.8	0.0	0.0	53.8	3.2	202.0	161.4	76.6	356.7
9	69	Cabbage white raw	0.0	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
9	70	Cabbage white cooked	0.4	0.0	0.0	2.1	3.0	9.6	4.9	2.5	28.5
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.1	48.1	35.6	25.3	69.0
9	72	Carrots boiled average	0.7	0.0	0.0	0.0	4.1	28.4	14.6	1.6	121.8
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.2	27.9	25.0	25.0	31.4
9	74	Cabbage sauerkraut cooked	3.2	0.0	0.0	0.0	1.8	150.1	138.0	71.8	217.4
9	75	Vegetable mix for soup raw	1.0	0.0	0.0	0.0	2.0	51.7	44.4	12.8	103.6
9	124	Radish red/white raw	0.1	0.0	0.0	0.0	0.4	44.4	10.3	10.3	88.1
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.0
9	127	Vegetables mixture raw	0.8	0.0	0.0	0.0	1.4	61.9	48.1	43.9	79.7
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.1	0.0	0.0	0.0	0.9	16.0	16.0	16.0	16.0
9	132	Gherkins sweet pickled	0.9	0.0	0.0	5.8	4.7	16.2	11.0	1.8	43.0
9	133	Mushrooms tinned	0.1	0.0	0.0	0.0	0.1	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.2	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	1.5	0.0	0.0	0.0	1.4	106.2	123.3	0.4	193.7
9	136	Peas and carrots tinned	2.5	0.0	0.0	0.0	2.1	108.2	105.2	52.2	122.2
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	3.5	0.0	0.0	0.6	3.6	122.9	100.0	33.1	186.4

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

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9	140	Spinach tinned	0.0	0.0	0.0	0.0	0.0
9	141	Tomato puree concentrated tinned	0.5	0.0	0.0	0.0	2.1	16.0	14.0	0.7	32.8
9	142	Beans broad tinned	0.2	0.0	0.0	0.0	0.7	68.9	68.7	60.0	72.6
9	143	Carrots tinned	0.7	0.0	0.0	0.0	0.6	169.3	155.6	145.0	175.8
9	144	Silver-skin onions sweet pickled glass	0.2	0.0	0.0	0.2	2.0	6.0	1.3	0.4	15.1
9	145	Cabbage red glass	0.7	0.0	0.0	0.0	1.2	151.1	99.1	22.1	168.8
9	146	Spinach frozen boiled	3.1	0.0	0.0	0.0	1.6	252.4	190.4	125.0	378.4
9	538	Rhubarb puree w sugar	2.6	0.0	0.0	12.7	1.9	80.0	66.7	31.9	139.1
9	557	Celery raw	0.0	0.0	0.0	0.0	0.0
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.1	5.2	4.0	4.0	6.6
9	562	Leek raw	0.1	0.0	0.0	0.0	0.4	14.6	10.2	4.6	21.7
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	1.0	0.0	0.0	0.0	1.0	243.3	243.0	243.0	243.0
9	651	Spinach creamed frozen boiled	1.5	0.0	0.0	0.0	0.9	181.1	189.5	80.0	245.2
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.1	16.9	16.9	16.9	16.9
9	850	Vegetables mixed pickled Atjar tjampoer	0.7	0.0	0.0	0.0	1.2	69.1	43.7	9.6	130.6
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.0	13.0	10.0	9.1	20.2
9	885	Sweet pepper red boiled	0.5	0.0	0.0	3.8	3.0	17.9	15.9	5.2	33.0
9	920	Broccoli boiled	3.5	0.0	0.0	0.0	2.5	154.9	138.3	69.5	251.3
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.0	13.9	13.9	13.9	13.9
9	951	Beans French boiled	11.3	0.0	0.0	85.9	11.3	141.5	171.5	18.5	237.6
9	952	Kale curly frozen boiled	0.2	0.0	0.0	0.0	0.2	135.4	119.5	105.2	139.9
9	953	Peas frozen boiled	0.5	0.0	0.0	0.0	1.3	104.0	83.2	9.7	116.3
9	954	Beans French frozen boiled	1.3	0.0	0.0	0.0	0.4	141.7	129.0	129.0	164.7
9	957	Asparagus boiled	1.7	0.0	0.0	0.0	1.0	163.5	146.6	80.4	213.2
9	958	Beetroot boiled	5.4	0.0	0.0	43.0	3.0	137.7	98.9	36.5	224.6
9	961	Beans runner boiled	4.4	0.0	0.0	35.1	1.9	143.2	91.1	54.5	249.6
9	962	Beans broad boiled	0.1	0.0	0.0	0.0	0.2	105.4	80.4	60.0	116.0
9	963	Peas fresh boiled	1.0	0.0	0.0	0.0	0.4	217.6	207.1	200.0	223.6
9	964	Mange-tout boiled	2.0	0.0	0.0	0.0	1.5	160.3	99.0	9.8	350.4
9	966	Courgettes boiled	1.2	0.0	0.0	0.0	2.2	56.2	24.8	3.8	137.2
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.5	0.0	0.0	0.0	0.4	140.5	102.1	50.0	190.2
9	1141	Vegetable mixed Mexico frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1143	Beans runner frozen unprepared	0.5	0.0	0.0	0.0	0.3	205.1	186.3	172.0	235.2
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.1	16.6	16.6	16.6	16.6
9	1147	Brussel sprouts frozen boiled	0.2	0.0	0.0	0.0	0.1	216.0	216.0	216.0	216.0
9	1148	Beans broad frozen unprepared	0.6	0.0	0.0	0.0	0.1	172.4	72.5	9.5	232.2
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.5	7.5	3.2	0.8	15.7
9	1399	Lettuce iceberg raw	3.9	0.0	0.0	32.4	5.7	68.4	80.1	6.4	132.7
9	1454	Beetroot pickled glass	0.4	0.0	0.0	0.0	0.3	116.5	100.0	100.0	166.9

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

NEVO group	NEVO code	Description	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
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.0
9	1904	Vegetables average boiled	5.7	0.0	0.0	27.8	3.3	135.7	136.2	24.8	273.2
9	1905	Vegetables average raw	0.6	0.0	0.0	0.0	0.2	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0	30.7	30.7	30.7	30.7
9	2293	Tomatoes tinned	1.5	0.0	0.0	0.0	1.3	115.3	82.3	30.6	219.3
9	2330	Mange-tout and carrots boiled	1.7	0.0	0.0	0.0	0.6	312.9	235.0	182.0	356.5
9	2331	Bami vegetables mixed boiled	0.3	0.0	0.0	0.0	0.6	39.0	32.9	32.9	53.3
9	2346	Lettuce green average raw	0.9	0.0	0.0	0.0	1.5	57.3	28.0	8.1	92.4
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.3	11.8	8.2	5.0	13.0
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.2	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.4	9.4	4.1	2.2	22.4
9	2498	Tomatoes sieved	2.8	0.0	0.0	19.1	3.5	58.1	40.1	7.8	151.8
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.4	4.8	3.2	3.2	6.8
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.4	36.1	16.5	13.7	58.7
9	2710	Cabbage red w apple pieces glass	0.6	0.0	0.0	0.0	0.4	122.2	89.3	87.0	163.2
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.8	23.8	16.4	9.0	24.1
9	2727	Carrot bunched boiled	7.5	0.0	0.0	53.0	3.6	157.4	132.3	56.0	229.0
9	2728	Carrot winter raw	0.2	0.0	0.0	0.0	0.0	288.7	288.7	288.7	288.7
9	2729	Carrot winter boiled	1.2	0.0	0.0	0.0	1.7	67.6	49.8	15.4	121.3
9	2730	Tomato vine raw	4.4	0.0	0.0	29.2	6.4	90.2	61.3	28.0	193.4
9	2731	Tomato cherry raw	1.6	0.0	0.0	12.3	4.6	46.2	36.9	14.7	76.9
9	2732	Tomato beef raw	0.6	0.0	0.0	0.0	0.3	104.6	80.0	80.0	175.2
9	2733	Tomato beef boiled	0.5	0.0	0.0	0.0	0.7	103.4	52.4	2.0	105.3
9	2734	Tomato average raw	0.3	0.0	0.0	0.0	0.7	35.2	22.6	22.0	59.7
9	2735	Tomato average boiled	0.6	0.0	0.0	0.0	1.1	36.3	3.4	1.1	128.3
9	2736	Rocket raw	0.3	0.0	0.0	0.0	1.5	30.5	21.3	4.4	51.3
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.3	19.2	19.2	19.2	19.2
9	2738	Onion Welsh boiled	0.2	0.0	0.0	0.0	0.7	12.1	7.2	4.0	19.9
9	2739	Cucumber w skin raw	0.4	0.0	0.0	0.0	2.3	28.1	16.3	4.5	81.4
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.2	0.0	0.0	0.0	0.7	19.5	12.2	10.9	30.6
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.1	6.6	3.6	3.6	10.1
9	2743	Sweet pepper average boiled	0.2	0.0	0.0	0.0	2.3	12.7	4.0	1.6	33.6
9	2840	Cabbage red w apple pieces	0.0	0.0	0.0	0.0	0.0
9	2900	Sweetcorn tinned	0.5	0.0	0.0	0.0	1.3	36.4	35.5	9.7	79.7
10	455	Peanut butter	1.3	0.0	0.0	9.9	7.3	21.1	17.1	7.5	39.4
10	541	Peanut butter with nut pieces	0.4	0.0	0.0	0.0	1.1	41.8	42.0	10.0	49.2
10	574	Sandwich spread cucumber	0.1	0.0	0.0	0.0	0.5	34.0	30.0	30.0	38.7
10	575	Sandwich spread original	0.5	0.0	0.0	0.0	1.8	23.3	17.2	5.0	42.0
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.5	13.0	0.8	0.8	31.2
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.4	17.6	15.2	15.0	19.5
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.4	2.6	2.6	2.6	2.6
11	511	Cheese Edam 40+	1.7	0.0	0.0	11.1	4.4	29.7	22.4	6.8	64.0
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	5.8	0.0	0.0	29.8	16.7	39.6	28.2	10.8	68.2
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.6	0.0	0.0	0.0	3.1	31.4	26.5	13.0	43.9
11	515	Cheese spread 48+	1.1	0.0	0.0	14.1	2.8	22.5	19.0	12.0	29.9
11	517	Cheese spread 20+	0.9	0.0	0.0	0.0	2.3	77.8	58.4	5.0	113.7
11	556	Cheese Camembert 45+	0.2	0.0	0.0	0.0	0.7	29.4	13.7	10.5	54.8

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

NEVO group	NEVO code	Description	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
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.3	10.9	7.7	7.0	13.4
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.2	7.0	7.0	7.0	7.0
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	0.5	11.5	10.5	5.0	13.0
11	719	Cheese cream soft Mon Chou	0.2	0.0	0.0	0.0	1.1	10.8	5.0	5.0	20.0
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.1	0.0	0.0	0.0	0.4	29.0	29.0	29.0	29.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.2	51.0	51.0	51.0	51.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.2	7.0	7.0	7.0	7.0
11	728	Cheese cream soft Boursin	0.0	0.0	0.0	0.0	0.5	9.3	4.0	4.0	17.7
11	804	Cheese sheep fresh	0.6	0.0	0.0	4.4	3.1	17.4	13.7	8.8	36.9
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
11	883	Cheese Amsterdam 48+	0.9	0.0	0.0	6.9	2.7	22.8	22.3	10.0	36.6
11	1104	Cheese smoked	0.3	0.0	0.0	0.0	0.3	48.3	24.7	22.0	79.7
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	1.6	0.0	0.0	11.7	3.4	51.5	48.2	14.2	82.5
11	1113	Cheese sodium reduced 48+	0.2	0.0	0.0	0.0	0.2	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.2	26.6	26.6	26.6	26.6
11	1382	Cheese 30+	5.8	0.0	0.0	33.8	18.5	30.1	23.5	13.4	50.2
11	1487	Cheese Brie 60+	1.9	0.0	0.0	11.0	4.2	34.6	21.1	7.0	76.7
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.3	0.0	0.0	0.0	1.1	33.6	18.6	10.0	70.4
11	1723	Cheese 20+	0.6	0.0	0.0	0.0	1.1	35.5	30.6	13.0	47.4
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.2	68.6	46.2	35.0	83.8
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.6	0.0	0.0	0.0	1.7	30.4	25.6	13.0	34.5
11	1809	Cheese 45+	0.3	0.0	0.0	0.0	0.8	31.0	25.2	24.0	46.1
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
11	1955	Cheese Mozzarella	0.9	0.0	0.0	5.4	3.3	28.5	21.2	3.6	58.0
11	2518	Cheese goat hard	0.2	0.0	0.0	0.0	0.7	34.0	22.0	22.0	80.5
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	1.1	12.0	10.5	10.0	11.0
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.5	19.5	14.5	10.0	28.1
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.4	0.0	0.0	6.1	3.6	41.5	28.3	6.5	95.9
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.2	0.0	0.0	23.9	9.5	37.7	29.6	10.6	78.0
11	2758	Cheese Gouda 48+ age 4-7 mths	2.8	0.0	0.0	17.0	8.1	34.8	28.6	11.2	77.7
11	2759	Cheese Gouda 48+ age 10-12 mths	1.9	0.0	0.0	14.4	6.8	38.6	33.2	15.9	73.6
11	2824	Cheese 30+ low salt	0.6	0.0	0.0	0.0	2.1	33.1	31.7	22.0	45.3
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.5	2.6	2.4	0.4	4.5
12	824	Mustard	0.1	0.0	0.0	0.0	2.9	4.3	3.1	0.3	9.6
12	830	Garlic fresh	0.0	0.0	0.0	0.3	5.4	0.9	0.7	0.1	2.0
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	8.1	6.2	6.0	9.6
12	842	Stock powder	0.0	0.0	0.0	0.0	0.4	2.8	2.8	2.0	3.0
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.6	7.7	5.5	5.0	10.5
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	2.2	1.5	0.8	0.5	3.8
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
12	2473	Herb paste boemboe	0.1	0.0	0.0	0.0	0.4	13.5	10.8	10.5	19.4
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.5	4.1	3.1	2.2	6.2
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.1	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven/dagschotel unprepared	0.1	0.0	0.0	0.0	0.5	20.1	16.5	16.4	24.7
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.2	0.0	0.0	0.0	1.7	13.2	9.9	4.8	25.3
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.7	7.8	8.3	4.7	9.1
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.3	0.0	0.0	4.9	5.2	30.8	23.9	9.8	64.3
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	0.8	217.4	198.8	155.5	284.8
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.4	0.0	0.0	0.6	4.0	10.8	7.7	1.3	17.7
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.0
13	276	Custard chocolate full fat	5.7	0.0	0.0	0.0	3.0	159.5	153.4	46.3	213.1
13	278	Yoghurt full fat	9.3	0.0	0.0	94.4	4.0	237.3	208.6	118.1	330.6
13	279	Milk whole	19.4	0.0	0.0	173.2	8.9	216.5	215.0	24.3	383.5
13	280	Coffee creamer full fat	1.2	0.0	0.0	11.8	6.7	24.0	22.3	6.8	48.5
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	14.2	0.0	0.0	109.4	6.4	183.2	204.1	81.5	303.2
13	284	Yoghurt low fat with fruit	4.6	0.0	0.0	0.0	4.1	142.5	127.0	43.2	274.7
13	285	Coffee creamer half fat	8.6	0.0	0.0	36.2	27.8	26.1	23.8	7.2	59.2
13	286	Milk semi-skimmed	110.2	18.8	0.0	428.7	39.4	271.4	237.8	36.9	554.0
13	288	Porridge oatmeal	0.9	0.0	0.0	0.0	0.7	232.1	191.6	138.8	288.0
13	289	Buttermilk	25.9	0.0	0.0	222.2	13.7	242.1	217.2	156.1	513.3
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	1.0	11.5	6.5	4.1	24.6
13	294	Milk skimmed	9.3	0.0	0.0	0.0	3.6	314.4	253.4	67.4	525.6
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0	2.0	2.0	2.0	2.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.1	2.5	2.5	2.5	2.5
13	298	Porridge rice	1.1	0.0	0.0	0.0	0.7	173.1	135.3	74.2	204.6
13	299	Cream whipping	0.1	0.0	0.0	0.0	1.1	9.6	4.1	4.1	30.2
13	301	Yoghurt low fat	21.9	0.0	0.0	123.5	13.8	188.5	174.5	36.6	425.0
13	303	Ice cream dairy cream based	2.8	0.0	0.0	5.8	3.2	105.1	85.3	32.0	148.9
13	305	Fromage frais low fat	2.1	0.0	0.0	0.0	2.6	93.9	59.4	2.8	188.1
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.9	0.0	0.0	0.0	0.7	109.1	74.5	70.0	157.3
13	477	Custard vanilla low fat	1.5	0.0	0.0	0.0	1.2	127.2	109.7	103.0	175.1
13	478	Custard chocolate low fat	0.5	0.0	0.0	0.0	0.2	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	1.4	0.0	0.0	0.0	0.9	282.8	245.0	221.5	363.9
13	485	Ice cream dairy cornet	1.4	0.0	0.0	0.0	0.9	96.1	75.0	75.0	115.2
13	532	Blancmange chocolate	0.5	0.0	0.0	0.0	0.3	251.0	202.0	200.0	290.2
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	10.5	0.0	0.0	0.0	2.6	490.6	296.2	212.2	683.3
13	736	Pudding vanilla	0.4	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0

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

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13	767	Mousse chocolate	0.1	0.0	0.0	0.0	0.3	57.0	56.4	7.2	86.9
13	786	Pudding chipolata	0.9	0.0	0.0	0.0	0.4	116.3	130.6	60.0	149.6
13	812	Cream sour	0.0	0.0	0.0	0.0	0.5	5.5	3.5	3.5	13.3
13	863	Yoghurt full fat with fruit	0.9	0.0	0.0	0.0	1.0	146.4	125.7	111.5	202.9
13	912	Pudding raspberries w currant sauce	0.1	0.0	0.0	0.0	0.2	115.0	115.0	115.0	115.0
13	915	Chocolate pudding with sauce	0.0	0.0	0.0	0.0	0.0	105.1	105.1	105.1	105.1
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	3.7	0.0	0.0	0.0	2.0	148.6	130.9	43.7	239.5
13	931	Fromage frais low fat with fruit	4.8	0.0	0.0	0.0	2.4	229.1	143.5	62.7	224.3
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	2.0	0.0	0.0	0.0	0.4	263.8	142.0	125.0	451.0
13	940	Blancmange vanilla w strawberry sauce	0.3	0.0	0.0	0.0	0.4	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.9	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	1.7	0.0	0.0	0.0	1.3	162.2	156.4	37.1	195.6
13	1464	Milk chocolate-flavoured semi-skimmed	2.6	0.0	0.0	0.0	1.3	251.4	203.5	154.5	407.6
13	1474	Ice lolly/ Sorbet	0.5	0.0	0.0	0.0	1.3	58.6	50.0	50.0	85.4
13	1502	Yoghurt half fat	8.5	0.0	0.0	80.9	5.9	177.0	188.7	51.8	260.9
13	1503	Cream 25% fat	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
13	1719	Milk semi-skimmed enriched w calcium	0.9	0.0	0.0	0.0	0.8	172.1	142.1	142.1	231.7
13	1720	Custard several flavours full fat	6.9	0.0	0.0	65.6	3.5	186.1	159.8	86.1	303.5
13	1721	Yoghurt vanilla half fat	3.4	0.0	0.0	0.0	1.9	164.8	140.3	95.8	311.6
13	1722	Porridge semolina	0.3	0.0	0.0	0.0	0.3	216.4	257.7	99.9	275.2
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	0.0	2.0	17.7	11.4	8.3	34.2
13	1808	Creme fraiche	0.1	0.0	0.0	0.0	0.6	21.5	9.1	4.7	42.5
13	1813	Yakult	0.5	0.0	0.0	0.0	0.7	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	6.2	0.0	0.0	29.2	2.2	147.9	138.4	127.4	181.2
13	1834	Yoghurt drink w sweeteners Optimel	5.6	0.0	0.0	0.0	2.0	233.4	202.9	154.0	308.7
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	5.0	3.6	19.9	11.6	3.0	49.9
13	1954	Coffee creamer Balance	0.2	0.0	0.0	0.0	1.2	14.9	10.1	5.0	27.5
13	1957	Custard with whipped cream	1.1	0.0	0.0	0.0	0.5	229.8	139.8	24.7	468.4
13	1958	Porridge buttermilk groats	0.5	0.0	0.0	0.0	0.3	187.6	185.0	185.0	190.0
13	1970	Milk chocolate-flavoured Chocomel light	0.4	0.0	0.0	0.0	0.2	212.2	212.2	212.2	212.2
13	2240	Milk goats- full fat	0.9	0.0	0.0	0.0	0.4	321.4	103.5	32.4	485.0
13	2244	Yoghurt cream- with fruit	3.8	0.0	0.0	0.0	1.4	197.6	142.7	103.7	322.5
13	2246	Fromage frais low fat w fruit w sw	0.2	0.0	0.0	0.0	0.3	148.0	148.0	148.0	148.0
13	2247	Fromage frais yoghurt w fruit	0.9	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	2248	Fromage frais w fruit Danoontje	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	1.4	0.0	0.0	2.5	1.3	52.2	50.0	50.0	60.6
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	0.0	0.0	0.0	0.0	0.0

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

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13	2258	Actimel	0.2	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.4	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
13	2267	Custard no fat w sweeteners Optimel	2.0	0.0	0.0	0.0	0.9	164.0	145.0	121.5	199.2
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.2	4.4	4.4	4.4	4.4
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	0.4	0.0	0.0	0.0	0.5	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2308	Yoghurt drink Becel pro-activ	0.2	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.8	0.0	0.0	0.0	1.0	57.7	49.8	48.0	70.2
13	2495	Drinking chocolate w s-sk milk	1.4	0.0	0.0	0.0	0.6	259.1	176.2	160.0	453.8
13	2496	Dairy drink Campina fruitmilk	0.8	0.0	0.0	0.0	0.2	188.5	188.5	188.5	188.5
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	1.6	0.0	0.0	0.0	0.8	152.3	139.3	125.0	189.1
13	2503	Yoghurt Greek full fat	3.3	0.0	0.0	0.0	1.6	161.1	127.3	70.0	285.3
13	2504	Fromage frais full fat w fruit	0.4	0.0	0.0	0.0	0.5	76.3	60.0	60.0	128.4
13	2519	Custard half fat all flavours	1.5	0.0	0.0	0.0	0.7	151.1	119.1	110.2	228.6
13	2520	Pudding airy average	0.4	0.0	0.0	0.0	0.5	102.4	103.9	50.0	151.1
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.4	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	2536	Yoghurt & custard Campina	0.0	0.0	0.0	0.0	0.0
13	2537	Dessert made of custard, yoghurt & syrup	1.3	0.0	0.0	0.0	1.0	209.8	204.5	195.7	214.9
13	2538	Blancmange home-made w semi-sk milk	1.3	0.0	0.0	0.0	1.0	102.4	84.1	24.7	164.7
13	2539	Custard soft & airy Campina	1.0	0.0	0.0	0.0	0.4	102.2	85.1	80.0	115.2
13	2655	Yoghurt 0% fat w fruit Activia	1.0	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
13	2689	Actimel light	0.0	0.0	0.0	0.0	0.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.2	9.5	6.0	6.0	13.1
13	2725	Milkdrink skimmed milk Becel pro-activ	0.3	0.0	0.0	0.0	0.2	101.4	100.0	100.0	102.7
13	2760	Hot chocolate from vending machine	2.4	0.0	0.0	0.0	1.3	220.5	180.0	148.7	326.1
13	2823	Yoghurt full fat stracciatella	0.1	0.0	0.0	0.0	0.1	216.0	216.0	216.0	216.0
13	2835	Coffee iced	0.2	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	1.1	0.0	0.0	0.0	0.5	176.3	125.0	125.0	258.8
13	2917	Dairy drink Milk&Fruit mango	1.5	0.0	0.0	0.0	0.4	184.4	184.4	184.4	184.4
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.1	0.0	0.0	0.0	0.1	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	0.5	0.0	0.0	0.0	0.3	170.2	144.2	144.2	229.9
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	0.7	0.0	0.0	0.0	0.6	223.7	203.6	128.8	270.1
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.9	8.8	8.0	8.0	11.1
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
13	3074	Yoghurt full fat w fruit Activia	0.2	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0

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14	687	Tahoe soya curd	0.9	0.0	0.0	0.0	0.9	82.5	77.9	17.8	109.7
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0	25.8	25.8	25.8	25.8
14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.2	0.0	0.0	1.6	3.8	7.0	3.8	0.5	24.8
14	1380	Dessert soya Alpro	0.0	0.0	0.0	0.0	0.1	76.2	76.2	76.2	76.2
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.1	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.4	0.0	0.0	0.0	0.9	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	0.4	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.1	0.0	0.0	0.0	0.3	90.8	89.7	89.7	95.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.0
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.5	0.0	0.0	0.0	1.0	53.4	53.1	10.0	77.0
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0	37.5	37.5	37.5	37.5
15	199	Cashew nuts unsalted	0.3	0.0	0.0	0.0	0.4	63.9	45.2	30.0	72.0
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.7	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
15	205	Mixed nuts and raisins	0.4	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
15	206	Walnuts unsalted	0.5	0.0	0.0	0.0	2.4	23.0	11.2	6.6	49.9
15	207	Nuts mixed unsalted	0.4	0.0	0.0	0.0	1.0	48.1	33.2	7.6	82.8
15	264	Biscuit salted average	0.3	0.0	0.0	0.0	1.6	18.4	15.9	8.0	27.0
15	265	Puff pastry baked	0.3	0.0	0.0	0.0	0.4	45.9	29.5	22.0	61.3
15	266	Snack sausage roll puff pastry	0.8	0.0	0.0	0.0	1.5	90.6	59.5	17.5	144.2
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	269	Prawn crackers	0.2	0.0	0.0	0.0	0.5	18.8	16.6	12.5	19.8
15	546	Peanuts coated	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.4	21.2	19.0	19.0	25.6
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.4	0.0	0.0	0.0	0.6	28.9	14.4	14.3	64.6
15	867	Linseeds	0.0	0.0	0.0	0.0	1.0	6.8	3.8	1.0	10.4
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.2	1.6	1.6	1.6	1.6
15	876	Peanuts salted	0.9	0.0	0.0	0.0	1.9	38.5	30.0	15.6	63.2
15	901	Snack sausage roll w bread dough pastry	1.7	0.0	0.0	0.0	0.4	173.1	110.3	75.0	213.5
15	1496	Salad fish	2.3	0.0	0.0	18.9	2.9	36.9	34.6	10.0	47.6
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0

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15	1498	Salad chicken curry	0.4	0.0	0.0	0.0	0.7	42.4	25.8	25.0	83.4
15	1499	Salad egg	0.2	0.0	0.0	0.0	1.2	20.3	14.7	14.3	38.0
15	1699	Biscuits & snacks cheesy averaged	0.7	0.0	0.0	0.0	0.9	53.4	31.7	15.0	123.6
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0
15	1877	Salad meat	0.1	0.0	0.0	0.0	0.3	35.0	30.0	30.0	42.7
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.1	57.3	57.3	57.3	57.3
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
15	1935	Nuts mixed salted	0.3	0.0	0.0	0.0	0.8	39.2	36.2	25.0	49.4
15	1937	Crisps tortilla unflavoured	0.1	0.0	0.0	0.0	0.8	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.1	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	0.4	13.3	3.4	1.9	32.6
15	2345	Peanuts sugar coated	0.4	0.0	0.0	0.0	0.5	43.2	16.3	15.0	64.6
15	2362	Sausage Dutch Frikandel frozen unprep	3.4	0.0	0.0	0.0	1.8	118.3	80.0	80.0	215.2
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	2.2	0.0	0.0	19.1	2.5	76.5	63.2	36.1	107.2
15	2549	Springroll frozen unprepared	0.9	0.0	0.0	0.0	0.3	155.8	70.0	70.0	267.4
15	2550	Wrap shoarma roll prep wo fat	0.4	0.0	0.0	0.0	0.2	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.1	119.0	119.0	119.0	119.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.3	17.2	10.0	10.0	28.1
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.7	0.0	0.0	0.0	0.3	184.2	127.8	74.0	193.9
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.8	0.0	0.0	0.0	2.9	94.1	58.6	35.8	247.8
16	968	Beans white/brown boiled	0.1	0.0	0.0	0.0	0.1	133.7	133.7	133.7	133.7
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.2	0.0	0.0	0.0	0.3	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.4	0.0	0.0	0.0	0.5	33.7	6.1	6.1	76.8
16	3049	Beans white tinned	1.4	0.0	0.0	0.0	1.4	102.9	58.4	33.8	253.2
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	1.4	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
17	1997	Preparation Respifor p 100 ml	1.7	0.0	0.0	0.0	0.7	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	1.4	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.3	0.0	0.0	0.0	0.2	181.0	181.0	181.0	181.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.3	0.0	0.0	0.0	0.3	84.4	40.0	40.0	124.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	2.0	0.0	0.0	0.0	1.3	243.3	238.2	153.6	320.2
19	758	Soup clear with meat	0.4	0.0	0.0	0.0	0.3	246.8	246.8	246.8	246.8
19	759	Soup clear with vegetables	8.3	0.0	0.0	0.0	2.5	315.8	252.6	183.9	527.8
19	760	Soup clear with meat and noodles	5.7	0.0	0.0	0.0	1.3	315.2	259.1	194.3	412.2
19	761	Soup clear with meat and vegetables	7.4	0.0	0.0	103.9	2.8	254.9	233.9	189.0	346.5
19	762	Soup clear w meat vegetables and noodles	7.8	0.0	0.0	85.4	3.3	246.0	231.6	118.6	386.4
19	763	Soup thickened w vegetables	7.4	0.0	0.0	83.0	1.9	251.4	259.7	158.7	342.0
19	766	Soup main course w legumes and meat	1.1	0.0	0.0	0.0	0.4	273.6	181.5	181.5	544.3
19	791	Soup clear with noodles	0.4	0.0	0.0	0.0	0.2	221.8	185.8	157.0	237.8
19	792	Soup thickened w meat and vegetables	8.0	0.0	0.0	0.0	2.5	382.9	329.8	245.7	479.0
19	797	Soup vegetable based dried packet prep	7.8	0.0	0.0	82.2	2.6	236.9	180.9	149.4	398.9
19	798	Soup meat based dried packet prepared	4.6	0.0	0.0	0.0	2.3	195.0	166.5	150.0	274.2
19	800	Soup vegetable based tinned prepared	4.4	0.0	0.0	0.0	1.6	309.7	257.5	186.0	415.6
19	801	Soup meat based ready made prepared	0.8	0.0	0.0	0.0	0.3	271.3	175.4	175.4	509.5
19	802	Soup legume based ready made prepared	1.5	0.0	0.0	0.0	0.3	180.2	149.6	149.6	290.1
19	1528	Stock from cube prepared	19.5	0.0	0.0	199.0	7.4	230.9	227.2	4.8	419.5
19	2487	Soup veg & meat based ready made prep	7.0	0.0	0.0	70.3	2.4	259.0	221.8	163.8	401.8
19	2488	Soup vegetable&meat based prepared pack	2.5	0.0	0.0	0.0	1.0	229.7	209.8	110.0	301.7
19	2561	Soup thickened no filling	1.7	0.0	0.0	0.0	0.7	199.9	179.2	130.2	287.9
19	2932	Soup cup-a-soup prepared	4.7	0.0	0.0	0.0	2.6	202.5	177.1	175.0	253.4
20	374	Sugar brown Basterdsuiker	0.5	0.0	0.0	2.1	4.3	11.6	8.9	1.9	25.0
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	0.5	15.0	11.9	11.0	19.4
20	377	Sugar granulated	9.1	0.3	0.0	38.3	36.2	22.1	14.7	2.0	63.3
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.7	17.1	15.9	10.0	19.6
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.4	18.1	16.0	15.0	19.6
20	427	Syrup apple	2.8	0.0	0.0	18.1	12.1	25.0	18.9	7.8	60.1
20	431	Chocolate milk	1.3	0.0	0.0	12.2	3.8	19.9	13.8	4.2	39.4
20	432	Chocolate plain	0.4	0.0	0.0	4.0	5.4	12.4	9.7	6.0	20.9
20	433	Chocolate flakes milk	0.2	0.0	0.0	0.0	0.6	27.5	8.4	5.0	79.9

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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20	435	Chocolate flakes plain	0.2	0.0	0.0	0.0	1.9	32.6	27.4	15.6	36.6
20	436	Spread chocolate hazelnut	0.2	0.0	0.0	0.0	0.6	32.7	28.5	20.0	46.7
20	442	Coloured confetti fruit-flavoured	0.6	0.0	0.0	4.1	4.7	12.3	8.9	6.7	22.3
20	443	Honey	2.9	0.0	0.0	24.3	15.9	21.8	19.9	3.3	57.4
20	444	Spread chocolade plain	0.2	0.0	0.0	0.0	1.8	20.0	20.0	20.0	20.0
20	445	Jam	7.6	0.0	0.0	39.7	25.7	28.3	22.2	7.2	57.9
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.0	2.5	1.6	1.0	3.7
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.4	14.4	11.8	10.0	18.8
20	450	Boiled sweets	0.4	0.0	0.0	3.1	5.4	6.8	5.5	3.0	11.7
20	453	Peppermint	0.1	0.0	0.0	0.0	2.5	5.0	3.0	3.0	9.1
20	457	Jam rose hip	0.2	0.0	0.0	0.0	0.3	33.9	33.3	33.3	34.8
20	461	Toffees	0.1	0.0	0.0	0.0	0.6	14.4	10.6	6.0	23.0
20	484	Jam reduced sugar	1.8	0.0	0.0	9.0	6.1	46.3	33.6	7.6	101.2
20	487	Candybar Mars	0.3	0.0	0.0	0.0	1.0	36.3	21.5	18.0	53.0
20	520	Liquorice Dutch type salted	0.0	0.0	0.0	0.0	0.6	6.8	5.1	4.0	7.7
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.5	5.3	3.2	0.3	10.8
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.2	7.5	6.1	6.0	8.7
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.4	21.4	18.0	18.0	24.3
20	539	Sauce fruit for pudding	0.4	0.0	0.0	0.0	0.6	31.7	22.1	15.0	42.7
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.2	0.0	0.0	0.0	0.8	20.0	20.0	20.0	20.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
20	717	Chocolate bar milk with nuts	0.4	0.0	0.0	0.0	0.9	25.6	17.5	14.0	45.8
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.4	19.4	14.0	14.0	26.2
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.5	21.7	16.6	12.0	23.3
20	752	Wine gums	0.0	0.0	0.0	0.0	0.0
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.4	19.1	16.0	10.0	24.3
20	1508	Chocolates filled/Belguim chocolate	1.0	0.0	0.0	7.0	5.5	18.8	13.6	7.7	33.6
20	1962	Chocolate confetti milk	1.7	0.0	0.0	18.2	4.2	25.5	22.6	10.8	29.5
20	1963	Chocolate confetti plain	0.9	0.0	0.0	7.2	7.9	15.8	9.9	6.8	33.3
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	2.4	6.1	3.6	2.0	13.7
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.4	24.9	22.5	22.5	28.8
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.5	24.2	25.3	12.0	27.7
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	13.9	10.0	10.0	18.7
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0

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20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.8	15.5	8.1	1.0	28.4
20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.2	17.5	17.5	17.5	17.5
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2595	Candybar KitKat	3.0	0.0	0.0	6.0	1.2	103.8	55.8	12.0	124.4
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.4	15.1	10.2	10.0	19.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	3.1	0.0	0.0	16.3	10.2	25.6	11.8	1.4	73.8
20	2930	Chocolate spread white	0.1	0.0	0.0	0.0	0.2	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.8	5.2	5.2	5.2	5.2
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.3	11.1	4.8	4.1	27.6
21	310	Butter unsalted	2.5	0.0	0.0	12.6	17.8	15.5	14.0	3.0	32.0
21	312	Oil corn	0.0	0.0	0.0	0.0	0.7	0.6	0.6	0.6	0.6
21	313	Oil soya	0.1	0.0	0.0	0.0	0.7	7.9	2.9	0.9	20.9
21	314	Lard	0.0	0.0	0.0	0.0	0.2	3.6	3.0	2.6	4.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	2.0	0.0	0.0	12.7	12.5	11.7	6.2	0.5	29.8
21	437	Sauce cocktail/party/table 25% oil	0.1	0.0	0.0	0.0	0.6	20.3	20.6	7.1	23.2
21	451	Mayonnaise	0.3	0.0	0.0	1.0	3.9	9.9	6.9	1.7	23.6
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
21	458	Salad cream 25% oil	0.5	0.0	0.0	2.7	4.2	11.1	5.6	1.1	19.5
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.3	8.1	2.9	0.3	18.9
21	465	Sauce for chips 25% oil	0.1	0.0	0.0	0.0	1.3	12.8	11.4	2.1	21.4
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.3	0.0	0.0	0.0	1.2	17.3	10.3	6.9	36.3
21	601	Oil olive	1.8	0.0	0.0	9.4	19.9	8.8	5.7	1.4	27.8
21	606	Oil Becel	0.1	0.0	0.0	0.0	1.3	18.0	14.5	3.4	19.9
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	11.0	11.0	11.0	11.0
21	616	Peanut sauce jar prepared	1.3	0.0	0.0	0.0	2.6	64.3	55.0	26.4	106.3
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.1	11.0	7.8	7.8	16.1
21	844	Salad dressing naturel without oil	0.5	0.0	0.0	1.7	2.7	19.7	10.9	6.1	39.3
21	879	Butter salted	0.7	0.0	0.0	3.3	5.8	12.7	5.8	0.9	37.5
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.1	12.1	12.1	12.1	12.1
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0	11.6	11.6	11.6	11.6
21	1515	Sauce based on roux prepared	0.7	0.0	0.0	0.0	0.8	47.5	29.5	14.9	90.8
21	1517	Sauce mix packet <3% fat prepared	0.2	0.0	0.0	0.0	0.7	48.6	34.6	12.0	109.5
21	1518	Sauce mix packet >3% fat prepared	2.7	0.0	0.0	17.7	4.0	51.9	35.5	5.0	108.9
21	1524	Sauce tomato ready made jar	1.6	0.0	0.0	0.0	1.6	74.9	94.9	16.1	118.8
21	1530	Butter product half fat	0.2	0.0	0.0	0.0	0.2	33.7	16.7	1.8	39.5
21	1803	Sauce oriental ready-made in jar/bag	2.0	0.0	0.0	0.0	1.3	82.6	26.0	13.8	173.6

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21	1839	Low fat margarine product tub Becel Ligh	3.7	0.0	0.0	25.7	12.7	24.8	20.8	6.0	52.8
21	1847	Margarine product tub Becel Dieet	2.5	0.0	0.0	22.4	9.7	22.2	22.9	5.4	41.0
21	1886	Mango chutney	0.1	0.0	0.0	0.0	1.1	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.6	0.0	0.0	0.0	0.5	53.2	52.8	52.8	54.5
21	1956	Low fat spread Becel pro-activ	2.9	0.0	0.0	17.4	10.8	31.2	27.2	9.5	64.0
21	1961	Low fat marg prod Blue Band Goede Start	0.4	0.0	0.0	0.0	1.9	24.3	16.5	3.0	46.5
21	2059	Low fat margarine 40% fat <17 g sat	4.2	0.0	0.0	31.7	16.5	31.4	28.9	0.7	65.5
21	2060	Low fat margarine prod 35% fat <10 g sat	1.4	0.0	0.0	13.7	6.3	32.0	28.5	6.0	55.8
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.1	0.0	0.0	0.0	0.4	23.5	22.9	22.5	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.4	0.0	0.0	0.0	1.5	17.1	16.2	2.0	28.1
21	2063	Margarine 80% fat >24 g saturates	1.6	0.0	0.0	8.5	13.1	8.3	4.8	0.7	24.1
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.6	0.0	0.0	0.0	2.8	20.9	16.4	4.9	34.6
21	2066	Cooking fat liquid 97% fat <17 g sat	1.0	0.0	0.0	7.8	15.3	6.0	4.2	0.5	17.4
21	2067	Cooking fat solid 97% fat >17 g sat	1.0	0.0	0.0	0.9	6.6	18.0	3.8	0.6	68.0
21	2068	Frying fat liquid <24 g sat fatty acids	0.5	0.0	0.0	3.2	3.3	13.9	11.2	4.4	24.3
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.1	14.7	12.3	11.0	16.2
21	2072	Margarine product 60% fat <17 g sat	1.8	0.0	0.0	17.4	7.5	23.9	17.5	6.7	48.3
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.6	0.0	0.0	6.5	4.6	8.7	6.7	0.5	24.0
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.3	7.4	5.6	5.6	10.3
21	2178	Pesto	0.0	0.0	0.0	0.0	0.2	12.2	3.0	3.0	19.9
21	2294	Low fat margarine Twenty four Ultralight	0.3	0.0	0.0	0.0	0.5	25.9	18.0	18.0	40.1
21	2295	Butter product 25% fat	0.2	0.0	0.0	0.0	0.6	22.7	15.3	6.0	43.1
21	2418	Sauce hot liquid ready made <12% fat	0.0	0.0	0.0	0.0	0.2	25.2	25.0	25.0	25.8
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.1	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.4	0.0	0.0	12.4	5.0	18.4	17.8	3.6	38.4
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
21	2445	Sauce butter-	0.3	0.0	0.0	0.0	0.4	36.9	21.6	21.6	50.6
21	2446	Sauce chasseur	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.1	0.0	0.0	0.0	0.2	45.0	45.0	45.0	45.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.2	2.6	2.6	2.6	2.6
21	2449	Gravy 25% fat clear prep w gravypowder	0.0	0.0	0.0	0.0	0.1	16.9	11.6	11.6	22.0
21	2451	Gravy 25% fat thickend prep w gravypowde	0.4	0.0	0.0	0.0	1.2	35.1	18.2	16.5	58.6
21	2452	Gravy 25% fat thick prep wo gravypowder	0.3	0.0	0.0	0.0	0.3	57.8	72.8	24.3	72.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.5	0.0	0.0	0.0	0.4	49.8	16.7	11.6	105.1

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

NEVO group	NEVO code	Description	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
21	2454	Gravy 75% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.4	30.7	12.1	12.1	62.9
21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.9	23.3	23.3	23.3	23.3
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.4	28.6	23.1	8.7	48.0
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.1	52.3	12.6	12.6	95.5
21	2462	Gravy 5% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	1.2	27.2	20.4	11.9	43.7
21	2464	Sauce powder approx 10% fat	0.1	0.0	0.0	0.0	0.3	11.5	10.8	10.8	13.0
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.0	0.5	9.0	3.9	3.9	20.2
21	2466	Salad dressing vinaigrette	0.1	0.0	0.0	0.0	0.5	16.1	13.5	1.9	19.4
21	2467	Salad dressing./sauce approx 13% oil	0.3	0.0	0.0	0.0	1.2	14.2	11.6	11.6	20.9
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.4	10.5	9.0	5.8	14.3
21	2469	Sauce mayonnaise based average	0.1	0.0	0.0	0.0	0.3	19.1	11.7	4.6	30.1
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.3	7.8	7.8	7.8	7.8
21	2471	Mayonnaise product approx 35% oil	0.4	0.0	0.0	0.0	0.9	16.7	10.3	3.9	16.8
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.5	7.1	8.5	3.0	8.7
21	2525	Frying fat horeca	0.3	0.0	0.0	1.2	2.5	10.9	7.3	2.8	27.4
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.1	97.0	97.0	97.0	97.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.2	8.3	4.1	1.0	21.4
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.5	0.0	0.0	3.4	9.6	4.0	1.6	0.7	13.1
21	2559	Low fat margarine prod AH Bewust light	0.1	0.0	0.0	0.0	0.5	25.7	23.7	12.0	29.4
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	1.7	6.9	7.2	3.3	0.4	20.7
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.5	0.0	0.0	0.0	3.9	10.8	5.6	0.9	27.9
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.6	20.7	12.0	12.0	33.6
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.1	0.0	0.0	0.0	0.7	21.7	11.8	7.8	33.0
21	2580	Gravy 5% fat thickend w gravy powder	0.1	0.0	0.0	0.0	0.5	45.6	32.7	11.6	66.1
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.3	36.4	24.7	20.4	71.2
21	2586	Gravy 25% fat w margarine 2063	0.5	0.0	0.0	0.0	1.2	42.7	30.5	12.6	93.3
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	19.4	17.5	17.5	23.1
21	2588	Gravy 25% fat clear prep w gravy powder	0.4	0.0	0.0	0.0	1.8	37.2	29.0	10.4	73.2
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.1	34.9	34.9	34.9	34.9
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.4	45.4	40.0	23.3	49.8
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
21	2592	Gravy 50% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.4	38.1	29.6	12.1	74.7
21	2593	Gravy 50% fat w margarine 2063	0.5	0.0	0.0	0.0	1.8	39.7	34.9	14.8	83.2
21	2594	Gravy 50% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	16.7	14.1	11.6	17.2

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

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21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.8	41.0	32.3	8.7	63.6
21	2598	Gravy 75% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.8	18.0	12.1	12.1	34.6
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.4	23.6	18.1	12.1	33.5
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.6	34.3	24.7	23.3	46.7
21	2601	Gravy 25% fat thickend w cook fat 2067	0.1	0.0	0.0	0.0	0.5	18.7	16.5	16.5	21.8
21	2602	Gravy 25% fat thickend w olive oil	0.4	0.0	0.0	0.0	0.3	54.3	28.1	28.1	87.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.6	24.3	24.3	24.3	24.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	1.0	18.5	12.9	4.5	35.4
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.3	67.0	18.0	18.0	106.5
21	2625	Gravy 25% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.2	24.3	24.3	24.3	24.3
21	2626	Gravy 25% fat w cooking fat liq 2562	0.4	0.0	0.0	0.0	0.6	57.1	53.3	19.4	70.9
21	2627	Gravy 50% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	0.8	36.0	30.9	23.3	46.6
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.2	0.0	0.0	0.0	0.9	37.9	32.5	11.6	46.9
21	2629	Gravy 50% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.4	21.9	17.5	17.5	25.3
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.2	41.9	36.4	36.4	47.2
21	2631	Gravy 75% fat w olive oil	0.2	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.2	17.5	17.5	17.5	17.5
21	2650	Gravy no fat prep w gravy powder	0.7	0.0	0.0	0.0	1.5	39.0	35.1	20.9	62.1
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.2	15.3	3.9	3.9	38.6
21	2667	Salad dressing 20% oil w yogurt	0.3	0.0	0.0	0.0	2.0	18.0	10.9	3.4	38.7
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0	36.0	36.0	36.0	36.0
21	2711	Margarine product AlbertHeijn Bewust	0.3	0.0	0.0	0.0	1.4	31.6	30.6	12.0	52.1
21	2712	Margarine product liquid light unsalted	0.0	0.0	0.0	0.0	1.2	7.0	5.9	1.0	13.5
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.6	2.2	2.2	2.2	2.2
21	2849	Low fat marg prod Becel calorie light	0.7	0.0	0.0	0.0	1.7	23.7	20.0	12.0	44.1
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.2	45.0	45.0	45.0	45.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.3	0.0	0.0	0.0	0.9	47.0	36.7	12.1	84.6
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.0
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	1.7	17.3	12.2	6.0	23.9
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0

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

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21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.2	28.1	24.3	24.3	41.4
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0
22	111	Mussels boiled	0.1	0.0	0.0	0.0	0.1	204.0	204.0	204.0	204.0
22	114	Fish lean 0-2 g fat raw	0.8	0.0	0.0	0.0	0.7	96.5	113.6	37.5	136.5
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.2	63.6	54.6	50.0	72.9
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	1.1	77.7	42.2	14.4	143.9
22	349	Herring fillet in tomato sauce tinned	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
22	350	Herring salted	4.0	0.0	0.0	28.2	3.6	101.5	66.5	38.0	208.2
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.1	21.1	21.1	21.1	21.1
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.2	85.4	61.2	42.0	96.1
22	602	Salmon tinned	0.0	0.0	0.0	0.0	0.0
22	603	Eel smoked	1.5	0.0	0.0	0.0	0.5	188.2	136.2	70.0	263.4
22	604	Mackerel steamed	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
22	815	Fish fingers unprepared	0.5	0.0	0.0	0.0	0.3	209.6	194.1	180.0	213.8
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	2.5	0.0	0.0	0.0	1.8	159.7	157.0	90.0	196.2
22	918	Plaice boiled	0.1	0.0	0.0	0.0	0.1	253.3	253.3	253.3	253.3
22	919	Pollack boiled	1.1	0.0	0.0	0.0	0.7	78.9	65.9	50.0	113.7
22	1096	Salmon smoked	0.5	0.0	0.0	0.0	0.9	45.4	39.9	10.2	71.3
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.2	1.8	1.8	1.8	1.8
22	1100	Herring pickled (sweet)sour	1.0	0.0	0.0	0.0	1.1	80.3	63.6	8.0	137.3
22	1586	Mackerel fillet smoked	1.5	0.0	0.0	0.0	1.0	78.9	77.6	3.0	97.8
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
22	1589	Tuna in oil tinned	1.1	0.0	0.0	0.0	0.6	101.5	112.7	29.3	124.8
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	4.0	0.0	0.0	46.3	1.7	114.2	95.6	90.1	167.6
22	1611	Trout prepared in microwave oven	0.1	0.0	0.0	0.0	0.3	77.4	50.0	50.0	159.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.0	0.0	0.0	0.0	0.1	104.2	104.2	104.2	104.2
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.2	76.2	75.0	75.0	78.9
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.6	0.0	0.0	0.0	0.5	130.6	126.0	126.0	146.3
22	2474	Whitefish fillet batter deepfried wo fat	2.1	0.0	0.0	0.0	1.5	116.4	98.8	52.0	231.9
22	2765	Pangasius prep in microwave oven	1.4	0.0	0.0	0.0	0.8	119.3	130.1	31.4	151.6
23	106	Duck whole raw	0.1	0.0	0.0	0.0	0.2	42.0	42.0	42.0	42.0
23	108	Chicken with skin raw	2.6	0.0	0.0	14.4	2.1	94.5	102.8	28.0	150.6
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.1	0.0	0.0	0.0	0.7	12.8	9.7	7.5	14.5

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

NEVO group	NEVO code	Description	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
23	324	Sausage smoked cooked average	0.1	0.0	0.0	0.0	0.2	32.6	32.6	32.6	32.6
23	328	Ham smoked raw	1.3	0.0	0.0	7.3	7.0	23.7	14.6	6.2	66.2
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.2	0.0	0.0	0.0	0.9	23.6	17.5	15.0	31.8
23	335	Liver pate	0.1	0.0	0.0	0.0	0.8	15.9	14.3	7.0	19.5
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.2	0.0	0.0	0.0	1.2	20.9	15.0	15.0	28.1
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.4	0.0	0.0	0.0	4.4	10.0	7.0	5.0	16.8
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.0
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.2	17.5	17.5	17.5	17.5
23	566	Sausage frankfurter tinned	0.1	0.0	0.0	0.0	0.2	68.6	45.3	36.0	85.5
23	567	Sausage luncheon meat	0.6	0.0	0.0	3.2	2.9	21.5	15.2	8.0	62.4
23	568	Black pudding	0.0	0.0	0.0	0.0	0.8	14.0	14.0	14.0	14.0
23	638	Salami sausage saveloy	3.6	0.0	0.0	23.7	10.9	37.1	30.9	8.0	62.8
23	639	Bacon rashers streaky	1.1	0.0	0.0	14.4	3.9	25.5	28.4	5.7	38.1
23	640	Liver sausage	1.1	0.0	0.0	8.4	5.6	24.5	18.9	10.0	61.4
23	641	Bacon	0.2	0.0	0.0	0.0	1.4	14.2	12.2	7.0	20.1
23	642	Pate	0.9	0.0	0.0	7.8	3.3	37.4	22.4	10.6	69.3
23	643	Pork side cured and smoked	0.6	0.0	0.0	0.0	1.0	38.5	26.4	16.0	80.9
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.5	12.2	10.4	10.0	13.6
23	784	Ham lean boiled	3.7	0.0	0.0	19.8	14.5	28.0	18.6	2.7	76.3
23	785	Ham shoulder medium fat boiled	2.0	0.0	0.0	9.2	4.6	34.6	17.6	1.8	117.4
23	810	Beef steak tartare spiced filet americ	1.0	0.0	0.0	0.0	2.1	37.7	30.3	7.5	66.3
23	1152	Salami	0.3	0.0	0.0	0.0	2.0	23.0	19.4	5.0	31.9
23	1155	Minced meat loaf fried	0.8	0.0	0.0	0.0	2.4	31.6	22.6	15.0	56.2
23	1162	Sausage cooked	0.9	0.0	0.0	0.0	2.5	42.0	28.1	10.0	72.3
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
23	1239	Liver pate sausage	0.3	0.0	0.0	0.0	0.9	23.7	14.2	10.0	36.4
23	1305	Chicken without skin raw	3.1	0.0	0.0	27.6	2.7	78.1	51.9	45.5	148.3
23	1306	Chicken for soup w skin raw	0.1	0.0	0.0	0.0	0.1	95.0	95.0	95.0	95.0
23	1391	Bacon lean prepared	0.2	0.0	0.0	0.0	0.3	26.3	25.0	25.0	29.0
23	1400	Beef rump steak raw	1.4	0.0	0.0	0.0	1.8	92.8	91.8	40.0	123.1
23	1401	Beef tenderloin steak raw	0.4	0.0	0.0	0.0	0.4	85.7	80.0	80.0	93.8
23	1402	Beef prime rib raw	0.3	0.0	0.0	0.0	0.1	92.0	92.0	92.0	92.0
23	1404	Beef frying steak raw	0.6	0.0	0.0	0.0	0.6	129.0	113.4	61.8	172.8
23	1405	Minced beef raw	7.5	0.0	0.0	56.0	9.4	82.6	84.3	20.5	136.3
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.1	0.0	0.0	0.0	0.3	42.7	16.3	16.3	107.3
23	1409	Beef sirloin rolled raw	0.2	0.0	0.0	0.0	0.2	108.3	60.0	60.0	163.6
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	0.3	0.0	0.0	0.0	0.3	212.2	154.2	76.0	253.0
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	2.4	0.0	0.0	0.0	2.7	94.1	64.4	60.0	145.6
23	1415	Beef steak tartare raw	2.0	0.0	0.0	0.0	2.7	77.8	70.0	30.1	109.6
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.1	6.8	6.8	6.8	6.8
23	1417	Sausage pork Braadworst raw	3.2	0.0	0.0	36.2	3.9	82.2	74.2	56.0	110.4
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.2	114.1	106.7	10.6	231.9
23	1419	Pork fricandeau part of leg raw	0.2	0.0	0.0	0.0	0.3	112.0	112.0	112.0	112.0

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

NEVO group	NEVO code	Description	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
23	1420	Pork chop raw	3.5	0.0	0.0	0.0	1.7	199.1	154.4	27.5	319.4
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	1422	Pork tenderloin raw	0.8	0.0	0.0	0.0	1.1	118.1	83.6	63.0	181.8
23	1424	Pork loin chop raw	0.9	0.0	0.0	0.0	0.7	134.8	96.8	78.1	209.8
23	1425	Pork shoulder chop raw	6.0	0.0	0.0	55.2	4.6	148.6	119.5	88.4	219.9
23	1426	Liver pork raw	1.4	0.0	0.0	0.0	0.4	145.8	112.3	98.0	169.6
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	34.3	34.3	34.3	34.3
23	1428	Pork stir fry meat raw	0.7	0.0	0.0	2.0	2.4	19.5	19.1	5.8	36.4
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.4	0.0	0.0	0.0	0.6	73.4	70.0	70.0	86.8
23	1431	Kromesky meat filled raw	0.5	0.0	0.0	0.0	0.7	86.3	59.3	39.4	136.1
23	1432	Bacon rasher raw	1.8	0.0	0.0	7.4	3.3	55.0	43.0	6.5	110.2
23	1434	Minced beef/pork raw	5.0	0.0	0.0	39.7	7.6	84.2	74.3	10.7	168.8
23	1435	Hamburger raw	0.7	0.0	0.0	0.0	0.6	98.0	65.0	37.5	139.1
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.2	78.8	78.8	78.8	78.8
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.0
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
23	1545	Beef roast prepared	0.8	0.0	0.0	1.4	3.6	20.0	11.2	4.0	47.6
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.3	22.2	16.0	16.0	28.4
23	1568	Minced beef/pork ball prep w egg/crums	0.2	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
23	1634	Chicken fillet raw	5.1	0.0	0.0	37.8	9.1	67.6	57.8	12.9	112.5
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.8	0.0	0.0	0.0	1.7	87.9	86.5	23.8	117.9
23	1667	Pork <5% fat raw	0.1	0.0	0.0	0.0	0.3	92.2	92.2	92.2	92.2
23	1668	Pork 5-14% fat raw	1.7	0.0	0.0	0.0	1.3	88.2	80.2	18.6	134.8
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.1	0.0	0.0	0.0	0.2	87.1	76.0	76.0	111.3
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.9	20.7	14.7	10.7	40.9
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	0.9	24.0	20.5	8.0	37.4
23	1773	Brawn, pork pickled in vinegar	0.3	0.0	0.0	0.0	1.2	34.8	18.3	8.0	52.4
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	1.3	0.0	0.0	11.0	4.2	27.7	19.9	16.2	39.1
23	1777	Gammon boiled deboned	0.8	0.0	0.0	0.0	1.3	33.4	18.6	8.0	73.2
23	1788	Pork rib chop raw	1.0	0.0	0.0	0.0	1.0	115.6	98.2	69.1	166.6
23	1790	Pork schnitzel not breaded raw	0.9	0.0	0.0	0.0	0.8	112.3	81.9	76.0	165.8
23	1907	Processed meat prod excl liver average	0.9	0.0	0.0	0.0	1.1	37.1	30.2	24.0	39.7
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	0.4	17.2	14.7	12.0	22.2
23	1936	Turkey fillet raw	0.2	0.0	0.0	0.0	0.9	65.0	46.9	29.5	67.7
23	2057	Lamb <10 g fat raw av	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
23	2090	Chicken drumstick w skin raw	0.5	0.0	0.0	0.0	1.5	33.5	25.9	19.8	36.9
23	2300	Sausage smoked lean cooked	0.5	0.0	0.0	0.0	0.6	84.3	79.2	45.0	110.2
23	2301	Sausage smoked beef cooked	0.3	0.0	0.0	0.0	0.7	76.0	82.8	18.0	98.5
23	2303	Sausage cooked lean	0.1	0.0	0.0	0.0	0.4	12.0	10.0	10.0	13.6
23	2304	Salami sausage saveloy lean	0.2	0.0	0.0	0.0	0.7	27.2	17.9	10.0	30.6
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
23	2333	Minced meat raw average	0.6	0.0	0.0	0.0	1.4	36.2	36.2	11.2	65.6

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

NEVO group	NEVO code	Description	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
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.4	0.0	0.0	0.0	0.6	57.3	44.1	14.0	100.8
23	2336	Beef average raw	1.1	0.0	0.0	0.0	0.9	89.5	91.6	9.6	123.3
23	2338	Beef for stewing averaged raw	0.8	0.0	0.0	0.0	1.8	64.1	62.2	11.8	105.6
23	2339	Beef olives raw	0.4	0.0	0.0	0.0	0.8	68.5	58.6	42.0	81.5
23	2340	Pork schnitzel breaded raw	1.4	0.0	0.0	0.0	1.6	94.7	72.4	70.0	157.5
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.0
23	2363	Minced meat w ham and cheese raw	0.1	0.0	0.0	0.0	0.4	114.4	114.4	114.4	114.4
23	2364	Chicken schnitzel raw	1.6	0.0	0.0	0.0	1.2	100.9	101.8	75.0	116.9
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.3	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
23	2654	Sandwich meat chicken	0.6	0.0	0.0	0.0	2.0	28.1	21.6	15.0	50.9
23	2766	Sausage smoked industrial cooked	1.8	0.0	0.0	0.0	1.6	108.9	89.2	26.4	195.0
23	2767	Sausage smoked traditional cooked	0.4	0.0	0.0	0.0	0.5	82.4	75.9	75.0	95.7
23	2768	Sausage raw beef	0.4	0.0	0.0	0.0	0.7	45.4	25.7	16.0	69.8
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.6	0.0	0.0	0.0	3.4	17.5	8.9	7.6	47.5
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	2.0	8.8	6.7	5.0	9.7
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.1	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.3	0.0	0.0	0.0	1.7	25.3	21.0	10.0	41.2
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.1	23.2	16.0	16.0	30.2
23	3002	Bacon smoked Katenspek	0.0	0.0	0.0	0.0	0.5	17.3	15.0	15.0	25.5
23	3019	Veal frying steak raw	0.1	0.0	0.0	0.0	0.1	48.2	48.2	48.2	48.2
23	3020	Veal rib steak raw	0.1	0.0	0.0	0.0	0.2	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.7	0.0	0.0	0.0	0.4	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	1.2	0.0	0.0	0.0	3.6	62.2	44.8	5.6	121.0
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.3	61.1	61.1	61.1	61.1
23	3030	Sausage beef Braadworst raw	1.9	0.0	0.0	2.6	4.1	59.9	59.2	1.4	97.1
23	3031	Pork sparerib raw	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.6	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
1	982	Potatoes wo skins boiled average	78.9	69.5	0.0	159.6	64.6	119.6	110.2	48.6	224.6
1	1150	Potatoes sliced frozen unprepared	1.0	0.0	0.0	0.0	1.3	154.1	86.7	11.5	236.3
1	1455	Potato puree powder av	0.3	0.0	0.0	0.0	1.4	26.8	23.9	22.6	33.0
1	1456	Chips pre-fried unprepared	1.0	0.0	0.0	0.0	1.0	118.9	122.1	60.0	141.6
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.1	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	0.4	0.0	0.0	0.0	0.6	78.1	58.4	29.4	97.8
1	2326	Croquettes potato frozen unprepared	0.5	0.0	0.0	0.0	1.0	109.9	78.1	33.6	123.0
1	2499	Potato puree powder w milkpowder w fat	0.1	0.0	0.0	0.0	0.2	26.9	24.8	21.6	29.8
1	2834	Potato waffels/balls frozen unprepared	1.1	0.0	0.0	0.0	0.9	129.2	101.7	62.0	178.7
2	382	Advocaat liqueur	1.2	0.0	0.0	0.0	1.8	83.2	49.7	13.5	173.3
2	383	Juice apple	5.8	0.0	0.0	0.0	2.9	214.0	249.7	40.0	278.8
2	386	Gin Dutch red currant flavoured	0.2	0.0	0.0	0.0	0.7	92.4	92.4	92.4	92.4
2	387	Fruit drink blackcurrant	0.4	0.0	0.0	0.0	1.0	41.6	36.0	36.0	36.0
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.1	241.7	241.7	241.7	241.7
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	13.8	0.0	0.0	0.0	2.1	360.2	326.5	29.1	566.5
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.1	0.0	0.0	0.0	0.2	68.4	49.7	38.0	79.7
2	395	Soft drink cola with caffeine	0.3	0.0	0.0	0.0	0.3	188.0	188.0	188.0	188.0
2	396	Juice grape	0.0	0.0	0.0	0.0	0.0	100.0	100.0	100.0	100.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.2	21.1	18.3	18.0	23.4
2	400	Soft drink wo caffeine	2.6	0.0	0.0	0.0	2.3	182.1	177.0	100.0	288.8
2	401	Gin young Dutch	1.1	0.0	0.0	0.0	1.3	64.8	53.1	38.0	91.6
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0	47.5	47.5	47.5	47.5
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
2	407	Port wine	3.8	0.0	0.0	0.0	2.8	122.4	108.4	45.6	212.4
2	408	Rum	0.1	0.0	0.0	0.0	0.5	29.0	18.8	9.5	43.9
2	409	Sherry	6.7	0.0	0.0	42.0	4.3	141.6	121.7	51.4	248.2
2	410	Juice orange pasteurized	6.9	0.0	0.0	67.3	4.2	189.9	170.8	71.0	365.3
2	411	Mineral water Spa	8.9	0.0	0.0	0.0	3.4	303.0	231.0	100.0	559.1
2	413	Tomato juice	0.5	0.0	0.0	0.0	0.3	265.5	167.4	167.4	370.9
2	414	Soft drink tonic	1.2	0.0	0.0	0.0	1.0	117.7	88.7	60.0	117.8
2	415	Vermouth	1.1	0.0	0.0	0.0	1.7	68.2	50.5	37.5	78.8
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
2	417	Juice drink	1.7	0.0	0.0	0.0	0.9	240.6	141.2	75.0	474.7
2	421	Whisky	0.1	0.0	0.0	0.0	0.3	42.7	39.2	38.0	50.8
2	422	Wine red	35.1	0.0	0.0	180.4	16.2	181.6	126.1	60.9	367.3
2	423	Wine white dry	11.9	0.0	0.0	121.7	6.8	194.6	142.7	68.6	380.3
2	425	Whey drink light Rivella	2.8	0.0	0.0	0.0	1.3	301.8	264.6	240.0	369.1
2	463	Fruit drink concentrate undiluted	0.2	0.0	0.0	0.0	1.4	18.1	12.4	11.3	38.0
2	497	Fruit drink concentrate Roosvicee Origin	0.3	0.0	0.0	0.0	1.1	12.0	10.4	5.0	18.5
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	0.7	37.6	30.2	30.0	43.5

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.3	0.0	0.0	0.0	1.3	28.9	20.4	18.0	42.3
2	644	Coffee prepared	391.4	391.2	0.0	751.7	90.0	427.2	402.5	128.4	813.2
2	645	Tea prepared	384.1	331.9	0.0	891.4	81.3	524.8	495.1	137.4	1,058.1
2	664	Juice grapefruit	1.7	0.0	0.0	0.0	2.0	106.0	92.8	34.5	174.8
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	2.4	0.0	0.0	0.0	1.7	367.7	395.1	71.8	533.0
2	805	Jagermeister herb liquor	0.0	0.0	0.0	0.0	0.1	114.4	114.4	114.4	114.4
2	857	Madeira	0.0	0.0	0.0	0.0	0.1	3.1	2.1	2.0	3.8
2	923	Juice pear	0.0	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
2	930	Wine medicinal pleegzusterbloedwijn	0.4	0.0	0.0	0.0	0.3	74.0	74.0	74.0	74.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.2	0.0	0.0	0.0	0.2	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	3.2	0.0	0.0	0.0	3.0	139.3	143.7	81.5	193.3
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.3	33.0	33.0	33.0	33.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	10.0	2.2	2.2	32.8
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	2.7	0.0	0.0	0.0	0.9	261.9	199.5	150.0	289.9
2	1521	Juice drink light	0.2	0.0	0.0	0.0	0.2	232.0	150.0	150.0	340.5
2	1522	Soft drink light without caffeine	1.5	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
2	1523	Cola light soft drink with caffeine	1.2	0.0	0.0	0.0	0.5	253.5	177.0	177.0	369.6
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.8	9.1	5.0	5.0	16.5
2	1656	Juice carrot	0.2	0.0	0.0	0.0	0.4	180.0	180.0	180.0	180.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.4	0.0	0.0	3.9	2.6	12.8	8.4	7.5	34.4
2	1878	Fruit juice drink Roosvicee Multivit	2.6	0.0	0.0	0.0	0.9	346.7	357.6	200.0	395.8
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	7.5	7.5	7.5	7.5
2	1885	Water average	564.2	531.9	0.0	1,481.0	90.8	592.5	500.4	99.3	1,431.5
2	1932	Juice orange with pulp	0.5	0.0	0.0	0.0	0.6	160.7	119.9	115.0	205.7
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.4	0.0	0.0	0.0	0.5	158.6	129.5	110.0	175.0
2	2042	Sports drink AA High Energy	0.1	0.0	0.0	0.0	0.2	157.0	157.0	157.0	157.0
2	2074	Mineral water Bar le Duc	4.1	0.0	0.0	0.0	1.3	508.1	337.6	248.0	654.8
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.5	0.0	0.0	0.0	0.4	142.0	142.0	142.0	142.0
2	2086	Ice tea	2.1	0.0	0.0	0.0	0.7	183.5	184.2	165.0	190.6
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	0.8	0.0	0.0	0.0	0.6	182.0	152.0	152.0	256.4
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.1	0.0	0.0	0.0	0.1	187.5	187.5	187.5	187.5
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	2.1	0.0	0.0	0.0	0.6	279.6	257.8	250.0	295.8
2	2142	Wine white sweet	2.3	0.0	0.0	0.0	1.6	172.9	125.7	101.0	335.4
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.5	0.0	0.0	0.0	0.4	205.1	179.4	170.0	224.0
2	2153	Fruit drink Fruit2day	1.4	0.0	0.0	0.0	0.8	200.0	200.0	200.0	200.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2289	Fruit drink concentrate light	0.1	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.1	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.1	0.0	0.0	0.0	0.6	10.5	9.5	9.0	11.1
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.2	23.8	22.7	22.5	24.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.2	129.4	123.9	120.0	132.4
2	2438	Fruit drink conc diluted average	0.6	0.0	0.0	0.0	0.4	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.3	0.0	0.0	0.0	0.2	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	1.1	0.0	0.0	0.0	0.3	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	3.5	0.0	0.0	0.0	1.6	351.1	228.0	163.6	647.7
2	2476	Cappuccino freshly made	4.6	0.0	0.0	19.6	2.8	158.1	130.5	130.0	273.9
2	2477	Coffee cappuccino instant prepared	4.8	0.0	0.0	0.0	1.7	268.0	171.9	160.0	405.6
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	1.1	16.2	13.1	12.0	23.9
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	1.2	0.0	0.0	0.0	0.4	323.2	300.0	300.0	388.9
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	4.8	0.0	0.0	0.0	2.3	211.5	217.8	113.0	403.3
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.4	0.0	0.0	0.0	0.2	386.7	386.7	386.7	386.7
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.8	0.0	0.0	0.0	0.5	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	7.5	0.0	0.0	0.0	2.6	387.7	312.5	142.0	568.3
2	2610	Wine rose	1.8	0.0	0.0	0.0	1.8	148.2	131.3	76.0	215.1
2	2633	Coffee instant powder	0.3	0.0	0.0	1.7	5.4	3.0	2.6	0.5	5.0
2	2634	Fruit juice dk minimal 2 fruits w vit C	5.6	0.0	0.0	0.0	2.1	301.5	216.5	88.0	508.5
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
2	2637	Fruit juice dk Roosvicee Multivit light	1.7	0.0	0.0	0.0	0.5	273.8	197.1	188.0	334.7
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	1.1	0.0	0.0	0.0	0.4	276.5	273.7	272.5	278.5
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.2	0.0	0.0	0.0	0.3	140.0	140.0	140.0	140.0
2	2648	Coffee w milk vending machine	1.1	0.0	0.0	0.0	0.6	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.3	0.0	0.0	0.0	1.3	53.2	22.8	4.5	84.7
2	2663	Juice fruit Vruchtoase multivit	0.5	0.0	0.0	0.0	0.3	450.0	450.0	450.0	450.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.4	0.0	0.0	0.0	0.6	154.0	50.0	50.0	288.2
2	2755	Juice orange freshly squeezed	20.3	0.0	0.0	138.2	19.8	123.4	119.4	37.2	200.0

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

NEVO group	NEVO code	Description	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
2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.3	17.9	8.8	8.8	43.3
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	0.8	0.0	0.0	0.0	0.8	172.1	167.5	91.0	253.7
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.1	185.0	185.0	185.0	185.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.4	8.1	7.5	7.5	10.6
2	2881	Coffee wiener melange instant prepared	7.8	0.0	0.0	31.2	2.2	249.2	179.6	63.0	444.4
2	2896	Lemonade squash Spa&Fruit sparkling	12.1	0.0	0.0	82.0	2.5	197.6	85.4	80.2	423.4
2	2897	Juice Drink Ocean Spray	4.2	0.0	0.0	0.0	1.3	192.3	159.2	150.0	250.8
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.6	11.0	9.3	9.0	14.1
3	227	Crispbakes Dutch	2.0	0.0	0.0	10.9	15.5	13.1	10.0	0.9	26.5
3	228	Crackers cream	0.6	0.0	0.0	0.0	2.4	23.7	15.7	4.6	63.1
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	0.4	27.9	15.6	10.0	47.0
3	230	Roll white soft	1.6	0.0	0.0	2.7	4.2	45.0	34.1	25.0	67.7
3	233	Bread currant	0.7	0.0	0.0	0.0	2.0	41.4	35.0	35.0	60.5
3	236	Bread brown wheat	22.4	0.0	0.0	96.8	24.8	91.4	69.3	30.5	171.5
3	238	Crackers matzes	0.2	0.0	0.0	0.0	0.7	41.6	19.7	10.0	64.9
3	241	Bread white milk based	1.3	0.0	0.0	0.1	1.6	66.3	30.0	30.0	118.5
3	242	Bread rye dark	2.7	0.0	0.0	21.7	7.4	45.6	42.4	22.5	53.6
3	243	Bread rye light	0.4	0.0	0.0	0.0	0.7	41.4	25.0	25.0	90.2
3	244	Bread raisin	0.7	0.0	0.0	0.0	1.9	36.4	26.8	17.5	51.5
3	246	Bread wholemeal average	35.9	14.1	0.0	102.5	39.9	88.3	68.0	35.0	151.2
3	248	Bread white water based	2.3	0.0	0.0	10.4	4.6	55.8	52.0	30.0	88.8
3	249	Bread wheat malt Tarvo	0.1	0.0	0.0	0.0	0.1	100.5	35.0	35.0	160.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.3	0.0	0.0	0.0	1.6	16.1	10.6	10.0	24.1
3	655	Crispbakes Dutch wholemeal	0.7	0.0	0.0	4.5	6.6	10.1	8.6	2.3	14.4
3	975	Crispbread sesame	2.8	0.0	0.0	16.0	6.8	25.7	14.7	10.3	49.3
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
3	1017	Bread wheatrye wholemeal	0.3	0.0	0.0	0.0	0.9	51.8	45.0	45.0	71.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.2	0.0	0.0	0.0	1.2	18.7	14.3	10.0	19.4
3	1312	Crispbread Cracottes	0.5	0.0	0.0	4.0	3.2	11.2	8.2	7.0	13.4
3	1322	Crispbread wholemeal Cracottes	0.3	0.0	0.0	0.0	3.7	10.1	7.0	7.0	17.2
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.2	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.0	0.0	0.0	0.0	0.0
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
3	1779	Crispbread wholemeal	0.5	0.0	0.0	1.0	2.3	21.3	11.9	10.0	42.5
3	1914	Dough for pizza and savoury pie	2.2	0.0	0.0	0.0	1.7	100.7	80.1	42.1	175.6
3	2229	Crackers VitalU	0.3	0.0	0.0	0.0	0.5	23.9	13.1	10.0	38.5

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

NEVO group	NEVO code	Description	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
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.0	0.0	0.0	0.0	0.0
3	2348	Bread wholemeal w pumpkin seeds	1.8	0.0	0.0	0.0	2.2	122.9	104.7	35.0	171.8
3	2349	Bread linseed	0.4	0.0	0.0	0.0	0.4	81.3	70.0	70.0	100.3
3	2350	Bread multigrain average w seeds	11.5	0.0	0.0	68.4	13.4	82.5	67.0	31.1	134.2
3	2351	Bread white average milk/water based	0.1	0.0	0.0	0.0	0.6	39.8	24.2	12.5	47.4
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	1.0	0.0	0.0	0.0	1.9	44.6	52.6	20.0	59.9
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.1	0.0	0.0	0.0	0.3	30.1	24.5	21.7	34.0
3	2356	Baguette w cheese-onion	0.3	0.0	0.0	0.0	0.5	47.3	10.0	10.0	153.5
3	2357	Bread wholemeal w sunflower seeds	1.9	0.0	0.0	0.0	3.3	59.4	35.0	35.0	192.7
3	2358	Bread white w sunflower seeds	0.6	0.0	0.0	0.0	0.6	86.3	62.6	54.0	128.1
3	2369	Breadsticks	0.1	0.0	0.0	0.0	1.1	10.3	7.5	5.0	15.7
3	2382	Bread brown w sunflower seeds	1.4	0.0	0.0	0.0	2.3	75.1	57.3	35.0	109.1
3	2528	Croutons	0.0	0.0	0.0	0.0	0.2	6.8	6.1	5.5	6.9
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	1.1	0.0	0.0	0.0	1.3	77.3	63.5	35.0	100.9
3	2704	Bread brown w seeds	0.3	0.0	0.0	0.0	0.3	97.9	83.1	70.0	102.8
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.6	0.0	0.0	0.0	0.6	43.5	35.0	35.0	62.8
3	2788	Bread sourdough wholemeal	0.3	0.0	0.0	0.0	1.0	55.6	50.0	50.0	70.5
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	45.0	22.0	22.0	78.5
3	2790	Bread pita white	0.4	0.0	0.0	0.0	0.2	90.1	90.1	90.1	90.1
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
3	2793	Baguette white	1.2	0.0	0.0	0.0	2.1	58.3	36.8	5.0	97.0
3	2794	Baguette brown	1.1	0.0	0.0	0.0	1.0	89.2	72.6	60.0	97.3
3	2795	Roll white hard	1.2	0.0	0.0	0.0	2.4	58.3	45.8	30.0	89.1
3	2796	Roll brown hard	1.7	0.0	0.0	0.0	2.8	73.1	63.7	25.4	97.1
3	2797	Roll brown soft	2.6	0.0	0.0	24.4	3.9	62.4	49.4	30.0	98.3
3	2798	Roll wholemeal soft	0.2	0.0	0.0	0.0	0.5	63.9	50.0	50.0	91.0
3	2799	Roll multigrain hard	0.5	0.0	0.0	0.0	2.1	39.5	42.3	25.0	47.9
3	2800	Roll multigrain soft	0.5	0.0	0.0	0.0	0.7	61.2	50.0	50.0	88.8
3	2801	Croissant prepared w butter	0.3	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
3	2803	Bun currant/raisin	4.5	0.0	0.0	23.5	6.1	51.2	41.4	25.4	95.9
3	2804	Bun wholemeal w muesli	0.9	0.0	0.0	0.0	1.0	59.7	44.7	29.0	78.6
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
3	2813	Bread raisin/current average	0.3	0.0	0.0	0.0	0.9	35.0	35.0	35.0	35.0
3	2815	Bread Tijger brown wheat	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
3	2816	Bread Tijger white	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.7	0.0	0.0	0.0	1.2	41.4	40.0	40.0	46.6
3	2821	Bread brown w pumpkin seeds	1.1	0.0	0.0	0.0	1.5	71.8	70.0	70.0	78.9
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.2	0.0	0.0	0.0	2.4	13.3	8.6	4.0	23.2

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

NEVO group	NEVO code	Description	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
3	2938	Toast Melba other varieties	0.1	0.0	0.0	0.0	1.5	10.0	6.0	6.0	23.7
3	3054	Bread glutenfree bakmix Glutafin white	0.0	0.0	0.0	0.0	0.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.1	0.0	0.0	0.0	0.3	77.6	60.0	60.0	109.8
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.1	6.1	6.1	6.1	6.1
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
4	535	Cocoa powder sweetened Benco	0.1	0.0	0.0	0.0	1.0	10.4	9.3	8.2	12.2
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.0	0.0	0.0	0.0	0.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.4	0.6	0.6	0.6	0.6
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.4	15.0	12.2	12.2	17.7
4	2615	Vinegar	0.2	0.0	0.0	0.0	4.1	7.5	5.8	0.3	15.5
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
5	84	Eggs chicken boiled average	12.0	2.3	0.0	44.1	27.8	39.4	45.0	3.8	73.8
6	33	Raisins dried	0.1	0.0	0.0	0.0	2.1	9.2	3.2	1.4	22.5
6	137	Olives tinned/glass	0.6	0.0	0.0	0.0	1.9	19.3	18.1	1.3	51.8
6	147	Apple without skin average	40.1	0.0	0.0	139.0	32.4	123.6	127.7	39.2	256.7
6	148	Strawberries	10.2	0.0	0.0	71.4	11.6	78.7	78.0	12.2	135.5
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	1.4	0.0	0.0	0.0	1.2	94.7	85.0	30.0	137.9
6	151	Banana	16.2	0.0	0.0	79.8	16.7	120.0	108.8	50.8	158.7
6	152	Blueberries	0.1	0.0	0.0	0.0	0.4	126.9	50.0	26.0	185.0
6	153	Redcurrant	0.7	0.0	0.0	0.0	1.0	70.2	37.8	9.8	157.3
6	155	Bilberries	0.1	0.0	0.0	0.0	0.7	32.2	32.2	32.2	32.2
6	157	Blackberries	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.5	21.5	5.4	3.1	55.1
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.3	0.0	0.0	0.0	0.6	41.4	30.9	14.3	52.6
6	161	Raspberries	0.2	0.0	0.0	0.0	0.3	60.9	29.7	18.0	108.6
6	162	Grapefruit	0.6	0.0	0.0	0.0	0.6	81.7	75.0	75.0	107.7
6	163	Cherries	1.7	0.0	0.0	0.0	2.7	79.1	57.8	19.2	146.7
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
6	165	Manderins	12.4	0.0	0.0	70.6	16.0	73.8	63.9	32.0	127.1
6	166	Melon netted	1.0	0.0	0.0	0.0	1.8	108.0	89.0	30.0	258.0
6	168	Pear without skin	10.9	0.0	0.0	90.4	6.8	115.6	103.9	64.0	180.5
6	169	Peach without skin	3.6	0.0	0.0	37.5	3.4	90.4	75.8	74.4	144.8
6	170	Plums with skin	8.5	0.0	0.0	15.6	5.1	160.8	124.9	40.0	358.0
6	171	Orange	14.2	0.0	0.0	98.2	13.0	150.5	127.3	47.0	191.8
6	172	Fruit fresh citrus average	1.7	0.0	0.0	0.0	1.5	145.8	110.6	76.0	147.9

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

NEVO group	NEVO code	Description	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
6	173	Fruit fresh average excluding citrus	0.2	0.0	0.0	0.0	0.4	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.3	6.0	3.0	3.0	13.6
6	176	Apricots in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	177	Pineapple in syrup tinned	0.3	0.0	0.0	0.0	1.4	28.2	16.1	3.9	68.4
6	179	Apple sauce tinned	4.4	0.0	0.0	25.8	7.2	69.6	45.5	13.0	169.3
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
6	181	Dates dried	0.5	0.0	0.0	0.0	1.2	30.7	18.1	18.0	71.7
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	1.9	0.0	0.0	0.0	0.8	123.5	81.1	24.0	138.2
6	184	Cherries in syrup tinned	0.5	0.0	0.0	0.0	1.1	67.4	7.2	2.7	250.0
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.2	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	1.0	0.0	0.0	0.0	1.3	117.3	75.1	23.3	259.1
6	189	Peaches in syrup tinned	0.3	0.0	0.0	0.0	0.7	44.2	29.4	28.7	83.0
6	190	Prunes dried	0.5	0.0	0.0	0.0	2.8	15.7	9.0	6.0	23.5
6	191	Plums in syrup tinned	0.4	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
6	192	Fruit mixed dried	0.1	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.4	50.5	34.2	24.8	83.8
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.5	13.0	9.9	6.6	18.7
6	689	Avocado	1.2	0.0	0.0	0.0	1.0	134.4	95.6	47.5	171.6
6	691	Lime	0.1	0.0	0.0	0.0	0.2	118.0	118.0	118.0	118.0
6	692	Mango	0.9	0.0	0.0	0.0	0.5	196.1	181.2	93.8	262.6
6	875	Apple with skin average	12.7	0.0	0.0	78.5	6.7	136.4	108.2	18.1	214.9
6	1007	Pomegranate	0.1	0.0	0.0	0.0	0.2	78.0	78.0	78.0	78.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	13.7	0.0	0.0	64.5	15.7	83.1	66.4	36.8	126.1
6	1057	Kaki / Sharon fruit	0.3	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.3	0.0	0.0	0.0	3.7	10.2	10.3	0.1	23.3
6	1182	Apple sauce wo sugar tinned	0.6	0.0	0.0	0.0	1.0	88.9	64.2	64.0	136.0
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.1	87.5	87.5	87.5	87.5
6	1812	Nectarine	5.0	0.0	0.0	49.5	3.3	120.2	100.3	41.6	145.4
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.1	0.0	0.0	0.0	0.3	133.6	60.0	60.0	258.0
6	2379	Raisins soaked in water	0.0	0.0	0.0	0.0	0.6	11.4	8.8	6.9	15.9
6	2685	Abricots dried and soaked	0.3	0.0	0.0	0.0	2.1	10.5	9.8	3.0	14.8
6	2686	Apple sauce wo sugar w sweetner tinned	0.2	0.0	0.0	0.0	0.4	49.1	34.3	25.9	73.5
6	2748	Pear with skin	0.8	0.0	0.0	0.0	0.5	195.7	128.0	128.0	340.9
6	2749	Grapes black with skin	1.2	0.0	0.0	0.0	2.1	83.9	45.2	11.1	181.7
6	2750	Grapes white with skin	7.1	0.0	0.0	45.1	5.4	100.7	63.1	9.5	250.5
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.2	23.9	23.9	23.9	23.9
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.6	36.3	20.2	10.0	48.7
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.4	5.6	4.9	4.9	8.2
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.6	0.0	0.0	0.0	1.0	30.8	22.9	10.0	42.0
6	2957	Fruit mixed dried soaked in water	0.3	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.3	65.0	65.0	65.0	65.0

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

NEVO group	NEVO code	Description	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
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	6.6	0.0	0.0	31.5	21.0	28.3	19.9	17.6	51.4
7	250	Almond filled pastry	0.1	0.0	0.0	0.0	0.3	34.7	26.4	20.0	38.6
7	251	Apple pie Dutch w shortbread w marg	3.9	0.0	0.0	25.6	3.5	69.5	56.1	33.3	108.9
7	252	Biscuit sweet	1.9	0.0	0.0	11.3	14.2	12.7	10.0	4.2	28.0
7	253	Cake wo butter	1.0	0.0	0.0	4.1	2.8	31.6	30.0	30.0	36.8
7	254	Cake sponge Dutch Eierkoek	0.9	0.0	0.0	0.0	2.7	43.5	33.1	25.2	60.8
7	255	Gateau with whipped cream	2.1	0.0	0.0	21.9	2.3	75.9	65.5	56.0	78.6
7	256	Gateau with butter-cream filling	0.4	0.0	0.0	0.0	1.1	48.2	43.4	30.0	61.3
7	257	Almond paste filled tarts average	0.8	0.0	0.0	0.0	1.2	60.1	37.0	15.0	113.4
7	258	Biscuits averaged	0.3	0.0	0.0	0.0	2.8	17.2	10.7	7.0	42.0
7	259	Macaroons	0.6	0.0	0.0	0.0	1.1	44.1	36.2	31.0	48.6
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.7	12.8	8.2	5.0	15.2
7	261	Biscuit spiced Speculaas	0.5	0.0	0.0	3.0	4.7	10.9	6.6	5.0	27.0
7	262	Biscuit Dutch shortbread spritsstukken	0.7	0.0	0.0	2.4	2.5	26.9	22.9	10.0	46.6
7	263	Biscuit brown/wholemeal	0.9	0.0	0.0	6.7	8.1	15.4	11.0	8.0	28.8
7	468	Cream slice Dutch Tompouce	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	0.8	14.0	10.5	5.0	19.0
7	486	Flan with fruit filling	0.5	0.0	0.0	0.0	0.5	101.7	85.0	85.0	126.8
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.3	0.0	0.0	0.0	0.9	20.0	20.0	20.0	20.0
7	634	Coconut flavoured cookies	0.1	0.0	0.0	0.0	0.6	25.1	12.2	10.0	56.9
7	635	Biscuits Dutch krakeling	0.5	0.0	0.0	0.0	1.8	19.0	12.0	12.0	40.3
7	636	Biscuit muesli	0.0	0.0	0.0	0.0	0.4	23.9	20.0	20.0	28.7
7	713	Waffle syrup average	0.7	0.0	0.0	0.0	2.6	24.9	20.2	10.0	29.9
7	789	Cake butter Dutch Boterkoek	0.1	0.0	0.0	0.0	1.0	23.6	20.0	20.0	36.7
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.7	0.0	0.0	0.0	1.0	93.7	75.4	28.8	129.9
7	836	Shortbread	0.5	0.0	0.0	1.8	3.5	14.0	10.9	10.0	25.4
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.0	44.0	20.3	19.0	88.1
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	38.0	38.0	38.0	38.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.2	0.0	0.0	0.0	0.9	23.6	16.4	10.0	40.4
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.3	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.4	30.7	20.8	14.0	36.3
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.0	0.0	0.0	0.0	2.6	28.6	22.9	20.0	45.3
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	0.7	18.4	15.5	10.0	22.5
7	1475	Eclair with whipped cream filling	0.9	0.0	0.0	2.1	1.9	32.6	27.0	15.0	44.0
7	1476	Meringue with butter-cream	0.3	0.0	0.0	0.0	0.6	70.0	70.0	70.0	70.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0

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7	1478	Flan fruit and crumble topping	0.1	0.0	0.0	0.0	0.2	115.0	115.0	115.0	115.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.6	16.9	7.0	7.0	31.9
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.2	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.3	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.4	0.0	0.0	0.0	1.4	30.0	30.0	30.0	30.0
7	1972	Biscuits assorted with butter	0.8	0.0	0.0	5.7	5.2	17.5	12.2	8.2	28.8
7	2162	Biscuit Cafe noir	0.1	0.0	0.0	0.0	0.8	9.1	7.4	6.0	9.7
7	2190	Brownies with nuts	0.2	0.0	0.0	0.0	0.5	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.3	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.3	0.0	0.0	0.0	1.7	19.1	17.0	10.0	26.3
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.3	11.6	10.8	10.0	11.9
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	0.8	0.0	0.0	3.3	3.2	22.5	19.3	13.0	31.4
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.5	0.0	0.0	0.0	1.7	36.7	23.5	20.0	65.8
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.9	0.0	0.0	2.5	2.7	23.0	20.0	20.0	36.9
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.2	0.0	0.0	0.0	1.5	29.9	19.2	8.3	41.1
7	2392	Cake apple-	0.1	0.0	0.0	0.0	0.8	31.4	30.0	30.0	34.1
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.4	0.0	0.0	0.0	0.4	65.9	66.4	32.5	74.1
7	2396	Chocolate pastry w whipped cream	0.1	0.0	0.0	0.0	0.3	96.0	96.0	96.0	96.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.4	0.0	0.0	0.0	2.2	26.7	19.2	12.8	34.9
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.9	0.0	0.0	0.0	0.9	50.2	50.0	50.0	50.0
7	2403	Cup cake iced	0.5	0.0	0.0	0.0	1.0	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	0.3	0.0	0.0	0.0	1.2	15.2	11.0	10.0	28.7
7	2408	Biscuit fortified Bridge fruit and grain	0.1	0.0	0.0	0.0	0.4	19.7	19.0	19.0	20.7
7	2409	Biscuit Dutch shortbread w chocolate	0.2	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.2	0.0	0.0	0.0	1.7	8.5	4.1	2.5	17.9
7	2413	Cake wrapped in marzipan and chocolate	0.2	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0

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

NEVO group	NEVO code	Description	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
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.4	21.8	21.0	21.0	24.0
7	2430	Fritter banana	0.3	0.0	0.0	0.0	0.3	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.3	51.8	50.0	50.0	57.3
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.2	15.5	14.7	14.0	15.9
7	2560	Apple turnover	0.9	0.0	0.0	0.0	0.7	114.1	88.1	41.0	161.4
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.1	29.2	15.0	15.0	59.4
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.2	38.8	32.9	30.0	42.9
7	2609	Biscuits with nuts	0.4	0.0	0.0	0.0	2.2	16.9	16.1	10.0	17.0
7	2622	Appel pie Dutch w shortbread w butter	0.7	0.0	0.0	0.0	0.3	98.3	89.3	80.0	109.7
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.1	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.4	0.0	0.0	0.0	1.3	31.7	26.9	21.0	40.7
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	2698	Cake chocolate made w butter	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	1.2	7.8	6.0	6.0	10.1
7	2715	Meringue	0.0	0.0	0.0	0.0	0.2	7.7	5.7	4.0	8.7
7	2719	Biscuit Bridge ommetjes	0.1	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.0	0.0	0.0	0.0	0.0
7	2763	Biscuit spiced Speculaas w butter	0.2	0.0	0.0	0.0	0.3	32.7	28.9	27.0	35.3
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.1	28.0	28.0	28.0	28.0
7	2776	Flan apple and crumble topping	0.6	0.0	0.0	0.0	0.9	119.1	115.0	115.0	133.7
7	2777	Flan hard shell with custard cream	0.5	0.0	0.0	0.0	0.3	130.0	130.0	130.0	130.0
7	2778	Flan sponge with custard cream	0.1	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
7	2820	Waffle syrup w butter	0.2	0.0	0.0	0.0	1.2	28.3	19.1	10.0	28.9
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	1.0	0.0	0.0	0.0	0.3	144.0	144.0	144.0	144.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.1	0.0	0.0	0.0	0.4	20.4	18.0	18.0	29.2
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.3	25.7	18.9	16.0	30.7
7	2893	Cake Indonesian	0.1	0.0	0.0	0.0	0.2	52.0	39.6	30.0	58.0
7	2894	Biscuit Dutch digestive	0.2	0.0	0.0	0.0	2.3	15.9	14.4	8.0	26.3
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.8	0.0	0.0	0.0	0.9	111.9	85.0	65.0	125.5
8	78	Semolina	0.1	0.0	0.0	0.0	0.4	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.6	0.0	0.0	0.0	1.9	29.1	19.7	10.0	55.5
8	213	Oatmeal	0.6	0.0	0.0	0.0	2.1	29.3	31.7	2.6	48.5
8	215	Cornflour	0.1	0.0	0.0	0.0	1.4	2.8	1.8	0.9	5.1
8	220	Flour wheat white 75% extraction	0.0	0.0	0.0	0.0	1.3	3.7	1.6	1.6	9.6
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.1	20.3	20.3	20.3	20.3
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.0
8	225	Breakfast cereal Brinta	0.1	0.0	0.0	0.0	0.7	12.2	10.1	10.0	17.7

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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8	226	Starch potato	0.0	0.0	0.0	0.0	0.6	3.6	1.5	1.5	6.5
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.6	9.2	5.2	2.7	17.4
8	530	Flour for pancakes	0.5	0.0	0.0	0.0	0.4	91.5	71.8	59.5	103.5
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.9	5.4	5.2	0.4	8.7
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.4	7.7	3.6	3.6	21.2
8	658	Rice white boiled	6.0	0.0	0.0	55.6	7.0	80.6	62.6	9.1	170.7
8	659	Pasta white average boiled	8.7	0.0	0.0	64.7	8.2	100.0	95.7	30.8	200.5
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	1.4	10.1	4.1	0.9	25.3
8	1014	Rice brown boiled	1.5	0.0	0.0	0.0	2.1	166.5	131.1	24.5	259.4
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.4	7.0	7.0	7.0	7.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.1	21.6	21.6	21.6	21.6
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.2	2.9	2.9	2.9	2.9
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.4	4.8	3.8	3.8	5.6
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.3	108.3	85.0	60.0	157.6
8	2158	Couscous boiled	0.2	0.0	0.0	0.0	0.7	43.0	35.4	30.0	51.5
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.2	0.0	0.0	0.0	0.6	17.5	17.5	17.5	17.5
8	2361	Breakfast prod Albona 7-cereals-energy	0.2	0.0	0.0	0.0	0.3	42.0	42.0	42.0	42.0
8	2366	Muesli crunchy plain/w fruit	1.1	0.0	0.0	4.1	4.7	28.6	20.0	4.9	53.3
8	2675	Muesli crunchy w nuts	0.3	0.0	0.0	0.0	1.1	27.6	23.6	7.4	39.9
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.1	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.6	0.0	0.0	4.2	5.0	12.8	8.2	0.8	28.4
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.7	20.8	13.6	1.0	28.4
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.3	36.3	27.6	19.7	38.8
9	7	Endive raw	2.0	0.0	0.0	0.0	1.7	82.8	68.9	45.5	121.0
9	8	Endive boiled	3.6	0.0	0.0	33.5	3.0	118.2	102.0	50.0	219.6
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
9	13	Celery boiled	1.1	0.0	0.0	0.0	1.6	76.7	25.0	12.5	227.7
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	8.1	0.0	0.0	55.8	6.1	124.6	102.8	61.2	217.1
9	16	Kale curly boiled	1.0	0.0	0.0	0.0	1.6	60.3	45.6	45.6	96.5
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	20	Mushrooms boiled	3.0	0.0	0.0	17.0	7.2	34.0	28.2	1.1	80.3
9	21	Cabbage Chinese raw	0.1	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
9	22	Cabbage Chinese boiled	0.3	0.0	0.0	0.0	0.2	148.8	148.8	148.8	148.8
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.2	51.6	20.0	3.1	100.6
9	27	Cucumber wo skin raw	5.5	0.0	0.0	43.0	9.2	70.6	50.6	6.9	160.5
9	28	Cucumber boiled	0.0	0.0	0.0	0.0	0.1	60.2	60.2	60.2	60.2
9	29	Swede boiled	0.2	0.0	0.0	0.0	0.2	145.6	127.4	119.6	158.5
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.8	17.8	13.1	8.3	26.1
9	32	Sweet pepper green boiled	0.6	0.0	0.0	0.0	1.3	32.8	21.6	5.9	60.1
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.1	145.0	145.0	145.0	145.0
9	37	Leek boiled	3.5	0.0	0.0	26.3	6.0	50.3	19.1	1.8	160.4
9	38	Turnip tops raw	0.1	0.0	0.0	0.0	0.1	158.8	158.8	158.8	158.8
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.2	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	0.6	0.0	0.0	0.0	0.4	174.0	174.0	174.0	174.0
9	44	Cabbage Savoy boiled	0.2	0.0	0.0	0.0	0.4	105.1	66.3	66.3	202.7
9	46	Lettuce head raw	2.1	0.0	0.0	19.9	5.5	46.9	40.6	4.0	92.8
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.1	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	51	Spinach raw	0.2	0.0	0.0	0.0	0.1	113.3	113.3	113.3	113.3
9	52	Spinach boiled	0.7	0.0	0.0	0.0	0.8	121.3	111.9	15.1	221.6
9	54	Cabbage oxheart boiled	3.1	0.0	0.0	42.5	2.0	126.4	93.2	84.2	221.1
9	55	Brussel sprouts boiled	3.9	0.0	0.0	25.2	3.5	133.1	132.5	42.2	217.6
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.1	23.9	23.9	23.9	23.9
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.5	16.0	9.8	5.0	19.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.1	2.2	12.2	1.1	0.2	47.8
9	60	Tomatoes normal raw	6.2	0.0	0.0	33.2	14.0	48.9	46.5	5.2	66.2
9	61	Tomatoes normal boiled	1.4	0.0	0.0	1.1	2.8	33.0	2.2	0.9	61.7
9	63	Onions raw	1.4	0.0	0.0	6.5	7.9	19.6	10.7	1.2	47.0
9	64	Onions boiled	4.9	0.0	0.0	23.2	19.3	31.2	23.0	1.4	83.5
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.7	23.3	24.2	8.6	38.0
9	67	Chicory raw	1.0	0.0	0.0	0.0	1.1	93.4	75.9	29.4	182.5
9	68	Chicory boiled	10.7	0.0	0.0	83.9	5.2	165.5	163.6	63.6	249.4
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	1.1	15.0	7.8	1.9	40.4
9	70	Cabbage white cooked	0.2	0.0	0.0	0.7	3.1	9.4	2.5	0.8	27.9
9	71	Carrots raw average	0.1	0.0	0.0	0.0	1.2	12.5	8.8	2.0	25.9
9	72	Carrots boiled average	0.6	0.0	0.0	2.1	4.0	23.8	4.6	1.4	108.6
9	73	Cabbage sauerkraut raw	0.1	0.0	0.0	0.0	0.1	128.4	128.4	128.4	128.4
9	74	Cabbage sauerkraut cooked	3.7	0.0	0.0	16.7	2.4	140.7	143.0	50.1	224.5
9	75	Vegetable mix for soup raw	4.1	0.0	0.0	32.2	3.0	102.8	73.7	31.9	173.4
9	124	Radish red/white raw	0.6	0.0	0.0	0.0	2.6	33.4	31.4	1.7	59.5
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.5	9.9	3.0	0.7	18.2
9	127	Vegetables mixture raw	0.1	0.0	0.0	0.0	0.1	100.7	12.7	12.7	186.1
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	1.3	0.0	0.0	0.0	0.6	100.8	100.8	100.8	100.8
9	132	Gherkins sweet pickled	1.0	0.0	0.0	7.1	4.7	18.5	10.2	2.0	41.4
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.4	0.0	0.0	0.0	2.1	55.5	35.4	1.0	137.1
9	136	Peas and carrots tinned	1.1	0.0	0.0	0.0	0.5	186.3	152.5	50.0	258.4
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.1	0.0	0.0	0.0	0.2	201.0	185.0	185.0	216.2
9	140	Spinach tinned	0.2	0.0	0.0	0.0	0.2	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.2	0.0	0.0	0.0	0.6	22.7	5.6	2.2	58.1

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9	142	Beans broad tinned	2.4	0.0	0.0	0.0	1.3	223.5	215.3	130.0	237.5
9	143	Carrots tinned	0.0	0.0	0.0	0.0	0.0
9	144	Silver-skin onions sweet pickled glass	0.2	0.0	0.0	1.6	2.8	5.3	3.7	0.6	13.2
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.1	170.0	170.0	170.0	170.0
9	146	Spinach frozen boiled	1.5	0.0	0.0	0.0	0.9	178.7	144.6	104.9	210.4
9	538	Rhubarb puree w sugar	0.3	0.0	0.0	0.0	0.4	56.9	43.5	31.9	61.8
9	557	Celery raw	0.4	0.0	0.0	0.0	1.4	44.4	33.0	9.1	94.6
9	558	Celeriac raw	0.1	0.0	0.0	0.0	0.5	16.1	11.8	1.4	24.3
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	0.4	16.0	11.5	7.6	17.7
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.4	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	1.0	0.0	0.0	0.0	1.3	176.6	134.3	84.2	207.6
9	651	Spinach creamed frozen boiled	2.0	0.0	0.0	0.0	0.9	146.2	98.7	26.5	222.8
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.3	0.0	0.0	0.0	1.7	25.7	27.1	6.4	33.8
9	885	Sweet pepper red boiled	0.6	0.0	0.0	0.0	2.7	24.2	19.0	3.0	48.5
9	920	Broccoli boiled	7.6	0.0	0.0	63.2	5.7	125.2	115.2	7.3	199.7
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
9	951	Beans French boiled	7.3	0.0	0.0	56.1	9.0	114.6	120.3	0.9	228.7
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.1	0.0	0.0	0.0	0.5	23.5	20.0	20.0	31.1
9	954	Beans French frozen boiled	1.3	0.0	0.0	0.0	1.3	127.3	106.0	33.4	217.3
9	957	Asparagus boiled	0.7	0.0	0.0	0.0	0.4	292.1	202.4	152.9	350.5
9	958	Beetroot boiled	1.7	0.0	0.0	0.0	3.2	103.5	94.4	10.9	226.0
9	961	Beans runner boiled	2.9	0.0	0.0	0.0	1.9	126.5	115.1	52.0	174.9
9	962	Beans broad boiled	0.4	0.0	0.0	0.0	0.2	141.0	141.0	141.0	141.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.1	18.9	18.9	18.9	18.9
9	964	Mange-tout boiled	0.5	0.0	0.0	0.0	1.3	45.2	49.7	26.0	51.8
9	966	Courgettes boiled	2.3	0.0	0.0	1.5	4.0	57.5	33.8	1.9	154.5
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.2	96.5	55.2	25.0	117.6
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.3	0.0	0.0	0.0	0.2	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.1	0.0	0.0	0.0	0.0	91.0	91.0	91.0	91.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.1	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
9	1143	Beans runner frozen unprepared	1.0	0.0	0.0	0.0	1.0	123.8	94.9	57.2	163.3
9	1144	Vegetables mixture for soup frozen	0.1	0.0	0.0	0.0	0.3	49.3	31.6	20.0	70.6
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	0.3	104.7	90.8	90.0	115.7
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.4	20.1	9.9	0.9	23.5
9	1399	Lettuce iceberg raw	6.1	0.0	0.0	29.9	9.9	52.2	44.7	14.5	100.0
9	1454	Beetroot pickled glass	0.2	0.0	0.0	0.0	0.3	114.6	100.0	100.0	158.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.5	3.2	2.2	1.5	4.8
9	1904	Vegetables average boiled	2.0	0.0	0.0	4.2	4.1	77.9	58.7	7.8	160.7

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

NEVO group	NEVO code	Description	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
9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.2	0.0	0.0	0.0	0.3	181.8	136.7	108.0	211.7
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.5	0.0	0.0	0.0	0.3	150.0	150.0	150.0	150.0
9	2331	Bami vegetables mixed boiled	0.8	0.0	0.0	0.0	0.7	60.7	33.9	16.5	113.5
9	2346	Lettuce green average raw	1.0	0.0	0.0	0.0	2.1	34.5	24.8	1.9	57.6
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.1	14.7	13.6	10.7	17.3
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.9	0.2	0.2	0.2	0.2
9	2498	Tomatoes sieved	1.0	0.0	0.0	0.0	1.9	43.4	41.4	11.7	71.9
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.4	2.3	0.4	0.4	4.7
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.9	22.1	9.6	7.5	44.2
9	2710	Cabbage red w apple pieces glass	0.1	0.0	0.0	0.0	0.2	129.3	98.0	98.0	164.8
9	2726	Carrot bunched raw	0.2	0.0	0.0	0.0	0.8	23.6	14.8	12.5	60.9
9	2727	Carrot bunched boiled	12.0	0.0	0.0	89.7	5.4	162.8	178.4	22.0	225.9
9	2728	Carrot winter raw	1.0	0.0	0.0	0.0	1.7	69.9	74.2	7.9	114.4
9	2729	Carrot winter boiled	3.0	0.0	0.0	13.9	2.0	116.2	99.3	25.8	222.1
9	2730	Tomato vine raw	4.6	0.0	0.0	33.0	8.1	73.6	64.9	28.0	128.8
9	2731	Tomato cherry raw	3.4	0.0	0.0	23.9	7.4	34.2	29.4	10.0	67.3
9	2732	Tomato beef raw	0.2	0.0	0.0	0.0	0.5	88.8	36.5	27.8	131.9
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.6	28.8	23.4	6.4	70.5
9	2735	Tomato average boiled	0.0	0.0	0.0	0.0	0.1	51.9	51.9	51.9	51.9
9	2736	Rocket raw	0.3	0.0	0.0	0.0	2.0	18.1	12.5	5.0	32.4
9	2737	Onion Welsh raw	0.2	0.0	0.0	0.0	1.6	15.3	11.4	4.0	23.7
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	1.5	0.0	0.0	11.8	4.0	38.0	36.6	9.0	74.7
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.6	9.0	9.0	9.0	9.0
9	2741	Sweet pepper yellow boiled	0.0	0.0	0.0	0.0	0.3	20.8	17.3	17.3	30.5
9	2742	Sweet pepper average raw	0.2	0.0	0.0	0.0	1.7	8.6	3.7	1.7	17.7
9	2743	Sweet pepper average boiled	0.5	0.0	0.0	2.0	3.4	9.2	3.3	0.7	30.8
9	2840	Cabbage red w apple pieces	1.0	0.0	0.0	0.0	0.6	212.2	191.5	174.0	244.4
9	2900	Sweetcorn tinned	0.5	0.0	0.0	0.0	0.9	56.5	49.4	14.6	69.1
10	455	Peanut butter	0.9	0.0	0.0	10.2	5.9	19.1	16.7	5.0	33.2
10	541	Peanut butter with nut pieces	0.2	0.0	0.0	0.0	0.6	18.2	11.4	10.0	38.9
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.3	0.0	0.0	0.0	1.2	16.4	12.2	7.5	25.9
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.9	5.8	4.3	0.1	11.2
10	2367	Peanut butter light	0.1	0.0	0.0	0.0	0.6	12.2	10.8	10.0	13.1
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.4	3.6	2.7	2.0	3.9
11	511	Cheese Edam 40+	1.7	0.0	0.0	12.2	5.3	33.5	26.0	5.4	58.0
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	4.2	0.0	0.0	21.8	15.0	28.8	24.0	10.0	56.9
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.1	0.0	0.0	0.0	0.8	17.8	12.2	7.0	28.4
11	515	Cheese spread 48+	0.3	0.0	0.0	0.0	1.8	25.6	19.6	2.0	38.0
11	517	Cheese spread 20+	1.2	0.0	0.0	13.8	3.5	23.5	21.3	6.9	37.9
11	556	Cheese Camembert 45+	0.2	0.0	0.0	0.0	0.2	122.1	77.0	77.0	200.7
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.8	22.0	22.0	22.0	22.0
11	654	Cheese cottage	0.1	0.0	0.0	0.0	0.5	34.4	23.6	20.0	45.4

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.0	8.0	8.0	8.0	8.0
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.6	9.1	4.9	2.0	19.8
11	719	Cheese cream soft Mon Chou	0.3	0.0	0.0	0.0	2.1	11.2	10.2	6.0	17.4
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.4	5.1	4.6	4.5	5.5
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.4	0.0	0.0	0.0	0.6	26.5	7.3	0.8	64.2
11	728	Cheese cream soft Boursin	0.2	0.0	0.0	0.0	0.4	19.9	15.0	15.0	36.8
11	804	Cheese sheep fresh	0.7	0.0	0.0	0.0	2.0	42.2	23.9	2.7	95.3
11	881	Cheese 48+ low salt	0.6	0.0	0.0	0.0	2.9	32.5	21.5	12.0	55.5
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	1.1	26.3	25.1	22.0	28.3
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.2	22.0	22.0	22.0	22.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	0.7	0.0	0.0	0.0	1.8	32.6	26.9	4.9	47.8
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
11	1382	Cheese 30+	9.2	0.0	0.0	50.3	17.9	35.0	24.0	10.6	82.9
11	1487	Cheese Brie 60+	0.3	0.0	0.0	0.0	2.2	33.6	12.1	5.5	101.5
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.1	21.3	20.0	20.0	23.4
11	1650	Cheese goat fresh	0.2	0.0	0.0	0.0	1.6	28.8	21.2	5.6	46.2
11	1723	Cheese 20+	0.3	0.0	0.0	0.0	1.2	26.1	23.3	13.0	37.1
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.4	20.9	13.0	13.0	50.6
11	1725	Cheese Leerdammer/Maasdammer 45+	0.1	0.0	0.0	0.0	0.4	40.5	33.8	22.0	55.6
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.1	0.0	0.0	0.0	0.8	24.8	22.0	22.0	28.3
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.3	45.0	34.5	25.3	48.5
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
11	1955	Cheese Mozzarella	0.9	0.0	0.0	0.0	2.0	39.7	17.1	5.4	105.0
11	2518	Cheese goat hard	0.7	0.0	0.0	0.0	4.0	26.3	22.5	12.0	51.3
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.7	18.0	13.7	10.0	19.4
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.9	9.9	8.9	8.0	9.9
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.9	0.0	0.0	2.5	3.5	24.8	22.7	13.0	44.9
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	3.9	0.0	0.0	23.0	12.3	33.3	27.9	11.0	66.2
11	2758	Cheese Gouda 48+ age 4-7 mths	4.0	0.0	0.0	25.8	12.0	35.1	26.2	1.7	102.5
11	2759	Cheese Gouda 48+ age 10-12 mths	0.8	0.0	0.0	6.6	3.8	20.9	13.8	10.1	34.7
11	2824	Cheese 30+ low salt	0.4	0.0	0.0	0.0	1.1	16.4	12.2	12.0	25.1
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.2	2.1	0.4	0.4	6.0
12	824	Mustard	0.1	0.0	0.0	0.0	2.0	3.1	1.6	0.6	7.4
12	830	Garlic fresh	0.0	0.0	0.0	0.2	4.5	1.1	0.6	0.0	3.4
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.4	3.0	1.9	0.2	3.8
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.3	11.2	11.2	11.2	11.2
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.0	0.9	4.2	1.6	0.2	10.0
12	1883	Stock powder low sodium	0.2	0.0	0.0	0.0	0.3	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.2	0.5	0.5	0.5	0.5
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0	12.9	12.9	12.9	12.9
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.5	6.0	4.1	3.4	10.9
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	1.2	5.1	2.4	2.4	10.4
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	2.1	0.0	0.0	17.6	9.2	18.4	15.9	6.9	27.0
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	0.8	219.1	200.7	200.0	261.1
13	273	Milk chocolate-flavoured low fat	0.2	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.0	3.1	8.4	6.4	1.2	15.2
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
13	276	Custard chocolate full fat	0.3	0.0	0.0	0.0	0.3	64.4	51.5	51.5	92.7
13	278	Yoghurt full fat	7.1	0.0	0.0	52.1	6.1	139.9	129.6	41.5	230.8
13	279	Milk whole	11.0	0.0	0.0	79.3	7.3	184.1	148.4	23.5	439.3
13	280	Coffee creamer full fat	1.7	0.0	0.0	8.9	11.2	28.7	16.9	4.5	76.2
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	9.8	0.0	0.0	74.9	6.3	151.9	131.1	43.5	265.0
13	284	Yoghurt low fat with fruit	3.5	0.0	0.0	33.3	2.2	136.4	121.3	64.8	223.3
13	285	Coffee creamer half fat	6.8	0.0	0.0	35.5	25.8	22.2	16.0	6.4	47.1
13	286	Milk semi-skimmed	95.1	2.6	0.0	381.6	41.0	214.7	193.8	8.0	545.4
13	288	Porridge oatmeal	0.7	0.0	0.0	0.0	0.2	300.6	195.2	110.2	476.5
13	289	Buttermilk	36.7	0.0	0.0	241.5	15.1	229.3	204.2	119.1	421.9
13	290	Porridge buttermilk w wheat flour	0.4	0.0	0.0	0.0	0.7	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.1	0.0	0.0	0.0	1.3	11.4	9.4	8.0	15.7
13	294	Milk skimmed	42.9	0.0	0.0	87.1	3.5	602.6	373.2	24.7	1,164.3
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.1	2.9	2.0	2.0	3.8
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	2.4	0.0	0.0	0.0	1.7	172.8	139.1	138.8	287.5
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.9	10.2	7.7	6.3	13.7
13	301	Yoghurt low fat	25.9	0.0	0.0	170.7	10.3	197.5	180.7	110.2	304.7
13	303	Ice cream dairy cream based	1.9	0.0	0.0	0.0	2.8	77.3	67.1	49.1	115.3
13	305	Fromage frais low fat	6.1	0.0	0.0	33.4	5.2	115.3	124.0	2.0	195.6
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.9	0.0	0.0	0.0	1.5	148.4	111.7	8.6	244.9
13	477	Custard vanilla low fat	1.0	0.0	0.0	0.0	0.3	128.8	128.8	128.8	128.8
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	1.2	0.0	0.0	0.0	2.0	66.6	70.5	18.0	74.5
13	532	Blancmange chocolate	0.9	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.8	0.0	0.0	0.0	0.2	171.0	171.0	171.0	171.0
13	736	Pudding vanilla	0.3	0.0	0.0	0.0	0.5	37.4	32.9	31.3	40.8
13	767	Mousse chocolate	1.7	0.0	0.0	0.0	1.2	95.0	56.7	22.8	118.2
13	786	Pudding chipolata	0.3	0.0	0.0	0.0	0.5	101.7	97.7	97.7	105.0

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

NEVO group	NEVO code	Description	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	812	Cream sour	0.0	0.0	0.0	0.0	0.2	3.1	3.1	3.1	3.1
13	863	Yoghurt full fat with fruit	2.2	0.0	0.0	0.0	1.4	192.8	149.3	118.6	295.8
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	0.9	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
13	916	Yoghurt Bulgarian low fat	0.2	0.0	0.0	0.0	0.4	108.1	64.4	51.8	141.4
13	917	Fromage frais half fat w fruit	3.7	0.0	0.0	18.0	3.2	136.9	108.8	35.6	252.0
13	931	Fromage frais low fat with fruit	1.5	0.0	0.0	0.0	0.7	161.9	171.6	100.0	198.1
13	933	Blancmange caramel	0.2	0.0	0.0	0.0	0.1	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	0.6	0.0	0.0	0.0	1.5	121.4	116.0	116.0	140.3
13	940	Blancmange vanilla w strawberry sauce	0.2	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
13	1002	Ice cream dairy Delight Line wo ad sugar	1.0	0.0	0.0	0.0	1.0	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	1.7	0.0	0.0	0.0	1.3	191.2	177.7	138.4	275.4
13	1474	Ice lolly/ Sorbet	0.4	0.0	0.0	0.0	0.4	46.9	39.8	32.0	52.7
13	1502	Yoghurt half fat	9.1	0.0	0.0	73.1	5.6	195.9	147.2	87.1	466.1
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.3	12.3	7.0	7.0	22.0
13	1719	Milk semi-skimmed enriched w calcium	6.6	0.0	0.0	0.0	1.7	201.3	174.1	154.5	254.3
13	1720	Custard several flavours full fat	4.0	0.0	0.0	42.2	2.5	112.9	117.3	49.4	151.7
13	1721	Yoghurt vanilla half fat	3.0	0.0	0.0	0.0	2.5	140.2	127.2	51.8	267.5
13	1722	Porridge semolina	0.7	0.0	0.0	0.0	0.3	128.1	116.0	54.6	174.5
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	0.0	1.3	17.7	12.2	3.0	34.6
13	1808	Creme fraiche	0.3	0.0	0.0	0.0	0.9	17.3	9.1	9.0	40.0
13	1813	Yakult	0.5	0.0	0.0	0.0	0.4	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.6	0.0	0.0	0.0	1.3	143.4	117.8	25.9	262.4
13	1834	Yoghurt drink w sweeteners Optimel	6.5	0.0	0.0	0.0	3.0	216.0	194.5	156.6	294.4
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	2.6	3.6	13.3	6.5	3.0	37.5
13	1954	Coffee creamer Balance	0.1	0.0	0.0	0.0	0.9	6.9	5.3	4.0	7.7
13	1957	Custard with whipped cream	0.3	0.0	0.0	0.0	0.3	108.6	61.8	61.8	207.4
13	1958	Porridge buttermilk groats	0.0	0.0	0.0	0.0	0.0
13	1970	Milk chocolate-flavoured Chocomel light	0.5	0.0	0.0	0.0	0.3	243.1	243.1	243.1	243.1
13	2240	Milk goats- full fat	0.1	0.0	0.0	0.0	0.2	81.0	81.0	81.0	81.0
13	2244	Yoghurt cream- with fruit	2.0	0.0	0.0	0.0	2.2	94.8	70.4	38.9	192.3
13	2246	Fromage frais low fat w fruit w sw	1.0	0.0	0.0	0.0	1.1	113.0	108.0	108.0	132.5
13	2247	Fromage frais yoghurt w fruit	0.3	0.0	0.0	0.0	0.5	119.7	85.4	77.8	208.8
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
13	2252	Ice cream dairy w fruitcoating	0.3	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	1.5	0.0	0.0	0.0	0.4	183.2	86.6	25.0	240.4
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	2.9	0.0	0.0	0.0	1.3	260.2	220.2	203.0	330.8
13	2258	Actimel	0.2	0.0	0.0	0.0	0.3	111.6	102.7	100.0	118.3
13	2265	Yakult light	0.9	0.0	0.0	0.0	1.2	65.0	65.0	65.0	65.0

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

NEVO group	NEVO code	Description	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	2267	Custard no fat w sweeteners Optimel	1.2	0.0	0.0	0.0	0.3	146.9	65.6	49.4	210.5
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.1	62.5	62.5	62.5	62.5
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.1	0.0	0.0	0.0	0.2	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	3.5	0.0	0.0	0.8	2.4	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.3	0.0	0.0	0.0	0.6	42.1	32.0	32.0	61.3
13	2495	Drinking chocolate w s-sk milk	0.4	0.0	0.0	0.0	0.2	320.3	320.3	320.3	320.3
13	2496	Dairy drink Campina fruitmilk	0.3	0.0	0.0	0.0	0.3	252.4	252.4	252.4	252.4
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.4	0.0	0.0	0.0	0.1	317.4	220.4	220.4	436.1
13	2501	Yoghurt half fat w fruit	2.9	0.0	0.0	0.0	2.0	149.3	127.3	100.0	261.3
13	2503	Yoghurt Greek full fat	0.4	0.0	0.0	0.0	0.6	81.1	63.5	48.2	166.6
13	2504	Fromage frais full fat w fruit	0.9	0.0	0.0	0.0	1.2	85.9	62.6	48.0	151.3
13	2519	Custard half fat all flavours	3.1	0.0	0.0	0.0	1.9	158.8	148.5	120.5	196.3
13	2520	Pudding airy average	2.4	0.0	0.0	11.8	1.6	84.3	89.8	23.9	119.8
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.7	0.0	0.0	0.0	0.4	195.0	150.2	141.0	244.9
13	2537	Dessert made of custard, yoghurt & syrup	0.2	0.0	0.0	0.0	0.4	154.5	154.5	154.5	154.5
13	2538	Blancmange home-made w semi-sk milk	0.1	0.0	0.0	0.0	0.2	96.1	96.1	96.1	96.1
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	0.4	0.0	0.0	0.0	0.7	120.9	96.5	60.0	132.2
13	2689	Actimel light	0.5	0.0	0.0	0.0	0.8	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.2	101.1	100.0	100.0	102.6
13	2760	Hot chocolate from vending machine	1.6	0.0	0.0	0.0	0.8	204.6	145.5	18.5	337.7
13	2823	Yoghurt full fat stracciatella	0.9	0.0	0.0	0.0	0.2	204.1	204.1	204.1	204.1
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.2	0.0	0.0	0.0	0.1	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.6	0.0	0.0	0.0	0.3	236.9	236.9	236.9	236.9
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	0.0	0.0	0.0	0.0	0.0
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.2	15.3	15.3	15.3	15.3
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.2	8.8	8.4	8.0	8.9
13	3074	Yoghurt full fat w fruit Activia	1.8	0.0	0.0	0.0	1.4	199.9	145.7	125.0	239.6
14	687	Tahoe soya curd	0.1	0.0	0.0	0.0	0.4	57.8	39.0	39.0	129.1
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.4	37.7	37.7	37.7	37.7

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

NEVO group	NEVO code	Description	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	870	Milk soya natural	0.3	0.0	0.0	0.0	0.5	150.4	73.3	27.0	198.1
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.2	2.3	2.1	1.8	2.6
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.3	3.5	8.3	2.3	0.2	27.3
14	1380	Dessert soya Alpro	1.2	0.0	0.0	0.0	0.6	149.9	138.6	103.0	185.7
14	1381	Milk soya Natural Fresh Alpro	1.8	0.0	0.0	0.0	1.2	168.5	121.1	100.0	249.9
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.9	0.0	0.0	0.0	0.5	256.2	239.3	200.0	297.2
14	1953	Soya based yoghurt Yofu soja Alpro	0.5	0.0	0.0	0.0	0.8	134.7	119.7	38.9	143.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.1	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.1	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.2	0.0	0.0	0.0	0.4	57.5	55.9	51.8	59.6
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.2	82.7	71.4	70.5	91.7
14	2542	Pate vegetarian	0.1	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	0.4	0.0	0.0	0.0	0.6	154.8	69.7	32.0	286.7
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.9	0.0	0.0	0.0	1.7	154.6	124.4	31.1	248.6
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.2	0.0	0.0	0.0	1.5	18.2	14.5	11.0	18.6
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.1	13.4	9.0	7.5	16.6
15	199	Cashew nuts unsalted	0.5	0.0	0.0	0.0	3.1	23.4	18.7	5.8	29.9
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	19.3	12.0	12.0	25.5
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.1	0.0	0.0	0.0	0.8	20.5	13.0	7.5	37.9
15	205	Mixed nuts and raisins	0.2	0.0	0.0	0.0	0.5	34.8	30.0	30.0	43.4
15	206	Walnuts unsalted	1.0	0.0	0.0	7.7	4.0	19.5	15.0	1.8	31.1
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.6	28.5	16.5	7.5	47.8
15	264	Biscuit salted average	0.5	0.0	0.0	3.1	4.2	14.3	7.6	4.0	22.8
15	265	Puff pastry baked	0.2	0.0	0.0	0.0	1.2	32.5	19.9	11.0	69.1
15	266	Snack sausage roll puff pastry	0.7	0.0	0.0	0.0	1.0	70.0	70.0	70.0	70.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.3	0.0	0.0	0.0	0.9	24.1	15.9	10.0	39.5
15	546	Peanuts coated	1.0	0.0	0.0	0.0	0.9	47.3	36.2	20.0	48.6
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.9	7.3	5.0	5.0	9.4
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.8	4.0	3.2	2.6	4.3
15	852	Salad celeriac	0.3	0.0	0.0	0.0	0.9	38.3	21.3	16.6	86.6
15	867	Linseeds	0.1	0.0	0.0	0.0	3.4	8.8	5.5	3.6	29.7
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.4	4.8	4.2	3.7	4.9
15	876	Peanuts salted	0.3	0.0	0.0	0.0	1.9	33.0	23.8	15.0	60.5
15	901	Snack sausage roll w bread dough pastry	1.1	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
15	1496	Salad fish	0.9	0.0	0.0	0.0	1.7	46.1	40.9	12.5	74.3
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.1	0.0	0.0	0.0	0.5	32.7	20.7	15.0	53.8
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.6	19.5	15.0	15.0	27.5

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

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15	1699	Biscuits & snacks cheesy averaged	0.7	0.0	0.0	0.0	1.8	26.5	23.7	8.0	52.2
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.3	29.8	25.0	25.0	40.8
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.1	16.0	12.0	12.0	19.2
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.3	19.5	12.0	12.0	26.3
15	1935	Nuts mixed salted	0.3	0.0	0.0	0.0	1.5	35.2	22.8	12.8	80.1
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.3	0.0	0.0	0.0	1.5	47.1	11.4	5.5	122.3
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0	6.5	6.5	6.5	6.5
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.6	16.2	12.4	10.0	18.3
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	1.4	5.4	4.9	1.9	9.2
15	2345	Peanuts sugar coated	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.1	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.1	0.0	0.0	0.0	0.7	5.5	3.3	2.5	9.2
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	1.7	0.0	0.0	0.0	1.5	86.0	64.9	63.0	119.4
15	2549	Springroll frozen unprepared	0.2	0.0	0.0	0.0	0.4	150.0	150.0	150.0	150.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.2	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
15	2830	Croissant with cheese	0.4	0.0	0.0	0.0	0.6	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.1	0.0	0.0	0.0	0.3	24.8	24.0	24.0	27.9
15	2886	Cashew nuts salted	0.3	0.0	0.0	0.0	0.8	32.7	23.7	15.0	61.5
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.1	15.4	10.7	10.0	19.1
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.1	59.0	59.0	59.0	59.0
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.4	13.8	10.0	10.0	17.9
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	0.4	0.0	0.0	0.0	0.4	91.1	54.3	45.6	155.2
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.4	0.0	0.0	0.0	0.6	172.4	134.5	49.4	237.3
16	968	Beans white/brown boiled	0.5	0.0	0.0	0.0	0.6	106.1	77.4	49.2	107.8
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.5	15.2	4.0	1.0	30.5
16	3049	Beans white tinned	0.1	0.0	0.0	0.0	0.3	140.1	102.8	74.0	157.6
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.5	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0

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

NEVO group	NEVO code	Description	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
17	2545	Meal replacer mlkshk prep s-sk milk	0.8	0.0	0.0	0.0	0.3	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	1.3	0.0	0.0	0.0	0.4	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.7	0.0	0.0	0.0	0.2	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	10.1	0.0	0.0	0.0	3.2	365.3	345.4	101.9	487.8
19	758	Soup clear with meat	0.6	0.0	0.0	0.0	0.4	214.2	200.0	200.0	227.6
19	759	Soup clear with vegetables	11.3	0.0	0.0	117.2	4.0	205.4	210.7	105.3	299.9
19	760	Soup clear with meat and noodles	1.8	0.0	0.0	0.0	1.0	135.9	117.1	112.4	150.3
19	761	Soup clear with meat and vegetables	8.3	0.0	0.0	37.8	4.3	255.8	268.6	106.0	323.5
19	762	Soup clear w meat vegetables and noodles	6.7	0.0	0.0	0.0	2.2	260.4	251.4	172.4	326.7
19	763	Soup thickened w vegetables	0.6	0.0	0.0	0.0	0.1	194.3	194.3	194.3	194.3
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.2	0.0	0.0	0.0	0.1	336.0	336.0	336.0	336.0
19	792	Soup thickened w meat and vegetables	0.0	0.0	0.0	0.0	0.0
19	797	Soup vegetable based dried packet prep	6.1	0.0	0.0	0.0	2.4	317.8	312.0	180.8	381.1
19	798	Soup meat based dried packet prepared	9.9	0.0	0.0	93.1	2.0	332.1	258.0	134.4	485.0
19	800	Soup vegetable based tinned prepared	10.6	0.0	0.0	114.0	3.0	297.1	311.8	158.3	370.5
19	801	Soup meat based ready made prepared	1.2	0.0	0.0	0.0	1.1	199.3	194.3	194.3	204.4
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	4.9	0.0	0.0	5.9	4.2	129.8	61.7	4.0	268.2
19	2487	Soup veg & meat based ready made prep	4.1	0.0	0.0	0.0	2.4	248.9	226.4	192.2	315.5
19	2488	Soup vegetable&meat based prepared pack	5.5	0.0	0.0	0.0	2.9	211.2	210.6	131.0	308.9
19	2561	Soup thickened no filling	0.9	0.0	0.0	0.0	0.6	223.6	197.2	165.9	252.0
19	2932	Soup cup-a-soup prepared	1.0	0.0	0.0	0.0	0.7	232.7	182.5	174.3	311.8
20	374	Sugar brown Basterdsuiker	0.0	0.0	0.0	0.0	1.3	6.7	5.8	2.8	9.5
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	1.1	7.8	4.6	3.3	15.3
20	377	Sugar granulated	3.2	0.0	0.0	19.5	26.6	12.7	8.1	1.1	35.3
20	378	Syrup Keukenstroop	0.1	0.0	0.0	0.0	0.9	14.2	11.7	10.0	19.1
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.4	4.3	3.0	3.0	8.2
20	427	Syrup apple	3.3	0.0	0.0	19.0	15.3	25.0	19.1	6.4	45.0
20	431	Chocolate milk	0.9	0.0	0.0	6.2	5.7	14.2	11.1	4.2	29.3
20	432	Chocolate plain	1.0	0.0	0.0	7.8	8.2	16.6	13.0	4.4	32.5
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	0.0
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	1.1	4.7	3.9	3.3	4.9
20	436	Spread chocolate hazelnut	0.2	0.0	0.0	0.0	0.8	22.5	18.3	15.0	32.1

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20	442	Coloured confetti fruit-flavoured	0.3	0.0	0.0	3.5	4.0	8.9	7.2	3.1	15.0
20	443	Honey	1.4	0.0	0.0	9.8	11.3	13.6	11.3	3.2	31.8
20	444	Spread chocolade plain	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	445	Jam	6.2	0.0	0.0	27.8	26.5	22.0	18.6	5.0	50.7
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.1	3.5	2.6	2.0	5.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.3	0.0	0.0	1.6	5.7	4.9	3.2	1.0	12.6
20	453	Peppermint	0.2	0.0	0.0	1.0	5.8	5.4	3.0	3.0	10.1
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	461	Toffees	0.0	0.0	0.0	0.0	0.3	10.4	6.0	6.0	15.4
20	484	Jam reduced sugar	1.0	0.0	0.0	6.5	5.2	26.1	19.0	10.0	57.6
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.4	29.4	18.0	14.0	49.2
20	520	Liquorice Dutch type salted	0.2	0.0	0.0	0.0	2.6	11.6	9.6	4.0	21.2
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.7	7.1	4.2	1.0	16.0
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.5	1.9	1.0	1.0	2.8
20	524	M&M's chocolate	0.1	0.0	0.0	0.0	0.3	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.3	28.2	28.0	28.0	28.4
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.4	0.0	0.0	0.0	1.2	28.8	18.8	9.0	28.9
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.1	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.7	0.0	0.0	0.0	2.5	35.4	43.0	7.2	55.1
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	1.0	16.7	11.2	7.0	25.3
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.6	19.7	12.0	12.0	32.3
20	752	Wine gums	0.0	0.0	0.0	0.0	0.6	7.7	6.3	2.0	14.9
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.2	15.4	12.1	10.0	17.4
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.2	23.7	20.0	20.0	28.6
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.3	6.3	19.0	14.5	5.3	39.7
20	1962	Chocolate confetti milk	0.1	0.0	0.0	0.0	1.4	9.3	5.0	5.0	14.8
20	1963	Chocolate confetti plain	0.4	0.0	0.0	3.0	6.4	8.2	5.9	3.3	14.0
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.3	15.3	4.6	4.0	47.6
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.2	4.9	1.8	0.5	10.7
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
20	2374	Chocolate milk w raisins	0.2	0.0	0.0	0.0	2.3	13.5	10.2	7.0	13.6
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	1.5	15.6	14.4	6.0	23.4
20	2376	Chocolate milk w puffed rice	0.1	0.0	0.0	0.0	1.2	10.4	5.6	4.0	14.1
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.9	3.8	3.0	3.0	6.4
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.8	14.7	10.0	10.0	18.9

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20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.6	6.6	4.9	4.0	7.7
20	2595	Candybar KitKat	0.0	0.0	0.0	0.0	0.2	17.7	16.0	16.0	22.1
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.2	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.5	3.5	2.0	2.0	5.5
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	0.4	0.0	0.0	0.0	2.2	18.8	6.6	2.0	44.1
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0	7.5	7.5	7.5	7.5
20	3064	Syrup apple enriched w iron	0.1	0.0	0.0	0.0	0.6	9.1	8.0	7.5	9.8
20	3067	Sweets cream hard	0.1	0.0	0.0	0.0	1.1	12.2	9.2	6.0	15.8
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.2	15.4	15.4	15.4	15.4
21	310	Butter unsalted	2.6	0.0	0.0	12.5	17.7	14.0	9.9	2.8	39.2
21	312	Oil corn	0.0	0.0	0.0	0.0	0.3	8.7	7.4	7.4	12.8
21	313	Oil soya	0.1	0.0	0.0	0.0	1.8	6.3	1.8	1.1	13.2
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.2	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	0.9	0.0	0.0	4.5	8.9	8.1	4.7	0.7	30.0
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.4	9.8	3.9	3.9	29.8
21	451	Mayonnaise	0.4	0.0	0.0	0.0	2.9	14.5	10.3	2.1	33.4
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
21	458	Salad cream 25% oil	0.4	0.0	0.0	1.5	4.1	11.8	7.1	1.0	30.9
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.4	10.1	7.1	1.4	19.3
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.0	11.6	11.6	11.6	11.6
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	6.2	6.2	6.2	6.2
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.2	0.0	0.0	0.0	0.1	55.2	55.2	55.2	55.2
21	601	Oil olive	1.7	0.0	0.0	8.8	19.4	9.5	6.0	0.7	32.4
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.1	4.4	4.4	4.4	4.4
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	5.2	5.2	5.2	5.2
21	616	Peanut sauce jar prepared	0.6	0.0	0.0	0.0	1.2	68.5	64.8	7.5	101.3
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	2.0	4.9	2.9	0.5	8.1
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	1.2	7.5	4.0	2.0	12.4
21	879	Butter salted	1.0	0.0	0.0	4.5	8.1	11.4	8.9	3.3	25.0
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
21	1515	Sauce based on roux prepared	0.3	0.0	0.0	0.0	1.4	34.0	30.0	30.0	35.9
21	1517	Sauce mix packet <3% fat prepared	0.7	0.0	0.0	0.0	1.1	61.1	34.6	9.0	122.2
21	1518	Sauce mix packet >3% fat prepared	1.6	0.0	0.0	12.1	4.1	34.1	24.2	7.4	73.7
21	1524	Sauce tomato ready made jar	0.8	0.0	0.0	0.0	1.9	49.1	42.8	2.3	73.0
21	1530	Butter product half fat	0.1	0.0	0.0	0.0	0.5	19.7	17.7	15.0	23.5
21	1803	Sauce oriental ready-made in jar/bag	1.1	0.0	0.0	0.0	1.6	71.9	44.1	4.6	128.2
21	1839	Low fat margarine product tub Becel Ligh	4.2	0.0	0.0	28.0	16.5	20.2	18.2	5.0	36.0

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21	1847	Margarine product tub Becel Dieet	1.7	0.0	0.0	14.4	12.0	16.4	15.0	3.6	29.8
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.1	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.3	0.0	0.0	10.9	7.7	17.0	13.0	3.2	40.7
21	1961	Low fat marg prod Blue Band Goede Start	0.3	0.0	0.0	0.0	1.9	21.4	19.4	3.0	36.6
21	2059	Low fat margarine 40% fat <17 g sat	3.3	0.0	0.0	24.5	13.8	20.5	16.3	5.2	49.2
21	2060	Low fat margarine prod 35% fat <10 g sat	1.3	0.0	0.0	8.5	4.5	19.6	16.3	4.9	38.3
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2062	Margarine 80% fat 17-24 g saturates	0.6	0.0	0.0	0.0	2.6	19.6	13.4	6.4	28.6
21	2063	Margarine 80% fat >24 g saturates	0.9	0.0	0.0	5.1	20.3	4.9	3.8	0.5	14.1
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.4	8.0	8.0	8.0	8.0
21	2065	Margarine product 70% fat >17 g sat	0.2	0.0	0.0	0.0	1.3	22.0	20.1	9.9	37.5
21	2066	Cooking fat liquid 97% fat <17 g sat	1.1	0.0	0.0	6.1	17.3	5.2	2.9	0.6	15.1
21	2067	Cooking fat solid 97% fat >17 g sat	0.7	0.0	0.0	1.3	5.1	6.6	0.8	0.4	23.0
21	2068	Frying fat liquid <24 g sat fatty acids	0.1	0.0	0.0	0.0	1.0	27.6	15.8	7.4	43.0
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.7	0.0	0.0	4.1	5.1	14.4	11.9	2.6	25.3
21	2076	Low fat margarine product Benecol light	0.1	0.0	0.0	0.0	0.7	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.1	0.0	0.0	0.0	3.1	5.3	3.7	0.8	19.7
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.1	9.8	1.9	1.9	20.3
21	2178	Pesto	0.1	0.0	0.0	0.0	1.5	6.4	2.9	1.2	18.1
21	2294	Low fat margarine Twenty four Ultralight	0.2	0.0	0.0	0.0	0.8	21.0	21.2	8.0	25.4
21	2295	Butter product 25% fat	0.1	0.0	0.0	0.0	1.3	10.8	9.7	4.5	17.4
21	2418	Sauce hot liquid ready made <12% fat	0.1	0.0	0.0	0.0	0.7	19.9	7.7	2.0	50.9
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.4	0.0	0.0	0.0	0.3	96.9	86.7	77.0	98.7
21	2421	Sauce Chicken Tonight low fat varieties	0.3	0.0	0.0	0.0	0.5	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.3	0.0	0.0	0.0	1.2	22.6	23.3	3.0	34.2
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.1	54.0	54.0	54.0	54.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.2	0.0	0.0	0.0	1.0	31.4	25.7	20.9	46.6
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.2	10.7	10.7	10.7	10.7
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.3	26.9	24.3	24.3	36.7
21	2451	Gravy 25% fat thickend prep w gravypowde	0.2	0.0	0.0	0.0	1.1	31.6	26.6	12.1	50.4
21	2452	Gravy 25% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.4	13.4	11.6	11.6	19.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	1.0	14.9	10.7	8.7	23.1
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.2	37.9	29.0	23.3	43.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.7	28.4	24.3	11.6	62.5
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.4	24.8	14.6	14.6	42.2
21	2462	Gravy 5% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	1.3	24.9	17.5	12.1	41.1
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.0	1.0	10.8	1.9	1.9	35.3
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.5	9.2	9.0	1.9	12.8
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	1.2	8.9	4.3	1.9	21.6
21	2468	Salad dressing honey/mustard	0.2	0.0	0.0	0.0	0.9	11.7	9.9	3.0	21.0
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.4	24.7	20.7	20.7	32.1
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.6	6.6	4.0	3.8	10.7
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.1	18.3	13.3	10.0	21.2
21	2525	Frying fat horeca	0.3	0.0	0.0	3.1	4.4	11.3	10.9	2.1	15.8
21	2526	Gravy 25% fat thickened w gravypowder	0.0	0.0	0.0	0.0	0.3	34.9	34.9	34.9	34.9
21	2557	Margarine 80% fat > 24 g sat unsalted	0.0	0.0	0.0	0.0	0.7	10.7	3.9	1.3	23.3
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.5	0.0	0.0	2.5	7.1	7.2	5.0	0.4	17.3
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.1	29.9	23.3	12.0	49.4
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	4.1	5.7	5.1	4.9	0.4	10.7
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.4	2.8	3.3	2.2	0.6	7.3
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.4	1.5	1.5	1.5	1.5
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.7	16.8	12.8	8.0	22.8
21	2567	Low fat margarine prod AH chol verlegend	0.1	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	0.2	0.0	0.0	0.0	0.2	46.6	46.6	46.6	46.6
21	2580	Gravy 5% fat thickend w gravy powder	0.4	0.0	0.0	0.0	0.8	29.5	24.3	8.7	47.9
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
21	2585	Gravy 25% fat w cooking fat 2067	0.2	0.0	0.0	0.0	0.9	39.9	34.9	24.3	48.3
21	2586	Gravy 25% fat w margarine 2063	0.6	0.0	0.0	0.0	2.4	23.9	22.6	11.6	38.1
21	2587	Gravy 25% fat w margarine liq 2077	0.2	0.0	0.0	0.0	0.5	41.1	32.6	24.3	42.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.2	0.0	0.0	0.0	0.9	27.1	25.3	6.4	41.5
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	1.1	9.8	7.8	5.8	9.8
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.4	30.3	24.3	24.3	43.7
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.3	0.0	0.0	0.0	0.9	20.0	12.4	8.7	40.3
21	2593	Gravy 50% fat w margarine 2063	0.7	0.0	0.0	0.0	2.0	36.2	34.1	9.8	58.5
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	53.8	34.7	24.3	66.3
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.1	18.0	11.6	11.6	39.7
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.3	24.3	24.3	24.3	24.3

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

NEVO group	NEVO code	Description	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
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	14.6	14.6	14.6	14.6
21	2600	Gravy 25% fat thickend w marg 2063	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
21	2601	Gravy 25% fat thickend w cook fat 2067	0.1	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2602	Gravy 25% fat thickend w olive oil	0.1	0.0	0.0	0.0	0.5	21.5	13.6	13.6	44.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.4	24.3	24.3	24.3	24.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	1.4	9.5	6.6	5.5	11.3
21	2612	Tapenade olive	0.1	0.0	0.0	0.0	0.1	48.0	48.0	48.0	48.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.6	24.5	19.4	12.6	36.4
21	2625	Gravy 25% fat w cooking fat 2563	0.4	0.0	0.0	0.0	0.7	62.7	48.1	34.9	82.5
21	2626	Gravy 25% fat w cooking fat liq 2562	0.2	0.0	0.0	0.0	1.5	25.0	24.3	12.1	39.8
21	2627	Gravy 50% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.3	33.4	24.3	24.3	56.4
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	77.6	77.6	77.6	77.6
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.3	12.1	12.1	12.1	12.1
21	2632	Gravy 75% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.6	46.4	31.8	22.3	69.3
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.3	21.0	18.9	17.5	24.0
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.0
21	2667	Salad dressing 20% oil w yogurt	0.3	0.0	0.0	1.9	2.9	8.1	8.2	1.9	13.4
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.3	14.7	12.0	12.0	17.3
21	2711	Margarine product AlbertHeijn Bewust	0.2	0.0	0.0	0.0	1.1	22.5	19.7	18.0	28.6
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.7	8.3	9.2	1.1	13.3
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.1	9.6	9.6	9.6	9.6
21	2849	Low fat marg prod Becel calorie light	0.7	0.0	0.0	0.0	2.7	27.0	20.6	2.5	41.9
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.5	17.1	14.8	14.3	25.5
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.8	13.2	9.0	9.0	17.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.2	0.0	0.0	0.0	0.5	38.2	27.3	17.5	41.4
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.2	0.0	0.0	0.0	0.6	28.0	20.1	17.5	43.6
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.6	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.2	0.0	0.0	0.0	0.4	27.9	19.6	18.0	34.4
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.3	17.7	17.7	17.7	17.7
21	3036	Gravy 75%fat thick prep w gravy powder	0.1	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	3051	Oil linseed	0.0	0.0	0.0	0.0	1.2	8.7	9.0	1.8	10.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.5	25.9	24.3	24.3	31.3
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.6	20.3	14.9	11.6	28.4

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.5	0.0	0.0	0.0	0.5	149.2	137.4	135.0	158.5
22	114	Fish lean 0-2 g fat raw	1.7	0.0	0.0	0.0	1.4	147.8	138.8	60.0	196.3
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.1	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	1.0	69.8	52.7	13.0	113.1
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	2.5	0.0	0.0	0.0	1.8	107.2	76.0	76.0	150.1
22	352	Lobster boiled	0.2	0.0	0.0	0.0	0.6	66.8	66.8	66.8	66.8
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.8	0.0	0.0	0.0	0.7	66.6	53.2	24.2	108.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
22	815	Fish fingers unprepared	1.7	0.0	0.0	0.0	1.5	117.6	103.0	67.5	131.8
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	5.1	0.0	0.0	20.7	1.7	174.1	159.4	126.0	221.5
22	918	Plaice boiled	1.0	0.0	0.0	0.0	0.8	237.2	176.2	94.5	301.0
22	919	Pollack boiled	0.1	0.0	0.0	0.0	0.1	180.0	180.0	180.0	180.0
22	1096	Salmon smoked	3.0	0.0	0.0	9.7	2.7	67.4	46.3	10.0	141.5
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.0	0.0	0.0	0.0	0.0
22	1586	Mackerel fillet smoked	0.8	0.0	0.0	0.0	0.5	196.3	105.8	60.0	280.6
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.3	0.0	0.0	0.0	0.5	40.8	28.9	21.1	59.3
22	1590	Tuna in water tinned	0.4	0.0	0.0	0.0	0.9	57.2	43.0	19.4	84.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.7	0.0	0.0	0.0	0.2	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.2	50.6	44.3	43.2	55.5
22	1610	Salmon farmed prep in microwave oven	1.3	0.0	0.0	0.0	1.4	92.1	76.8	63.0	141.5
22	1611	Trout prepared in microwave oven	0.9	0.0	0.0	0.0	0.7	75.4	59.5	45.0	115.5
22	1616	Whiting prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	110.0	110.0	110.0	110.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.1	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.4	60.5	39.8	20.3	64.7
22	1621	Gurnard prepared in microwave oven	0.9	0.0	0.0	0.0	0.5	142.1	117.4	50.0	174.4
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
22	2297	Tuna raw	0.1	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.0	0.0	0.0	0.0	0.0
22	2474	Whitefish fillet batter deepfried wo fat	2.0	0.0	0.0	0.0	2.6	136.8	144.4	78.0	178.5
22	2765	Pangasius prep in microwave oven	0.4	0.0	0.0	0.0	0.2	195.3	132.4	77.0	215.7
23	106	Duck whole raw	0.0	0.0	0.0	0.0	0.0
23	108	Chicken with skin raw	3.0	0.0	0.0	0.0	1.3	142.1	111.9	20.0	239.1
23	109	Rabbit domesticated raw	0.3	0.0	0.0	0.0	0.5	101.9	101.9	101.9	101.9
23	319	Corned beef	0.3	0.0	0.0	0.0	2.4	15.4	11.2	7.5	24.0
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	328	Ham smoked raw	1.0	0.0	0.0	6.4	5.4	16.9	11.6	6.4	23.3
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.8	22.6	21.4	16.0	30.5

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

NEVO group	NEVO code	Description	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
23	335	Liver pate	0.0	0.0	0.0	0.0	0.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
23	339	Venison raw	0.1	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.4	0.0	0.0	2.7	3.3	8.9	6.6	5.0	11.5
23	343	Bacon fat raw	0.1	0.0	0.0	0.0	0.4	16.5	11.7	7.2	17.4
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.3	0.0	0.0	0.0	1.2	59.9	40.0	40.0	112.4
23	567	Sausage luncheon meat	0.1	0.0	0.0	0.0	1.3	16.0	12.3	8.0	28.9
23	568	Black pudding	0.1	0.0	0.0	0.0	0.6	18.0	18.0	18.0	18.0
23	638	Salami sausage saveloy	1.3	0.0	0.0	11.0	5.6	24.3	21.1	12.7	31.4
23	639	Bacon rashers streaky	0.4	0.0	0.0	0.0	1.8	21.5	8.5	4.8	52.6
23	640	Liver sausage	0.5	0.0	0.0	3.0	3.9	15.2	9.8	9.0	27.3
23	641	Bacon	0.3	0.0	0.0	0.0	0.2	78.7	60.0	60.0	94.1
23	642	Pate	0.7	0.0	0.0	4.4	2.8	24.4	17.6	6.7	38.5
23	643	Pork side cured and smoked	0.2	0.0	0.0	0.0	1.0	20.0	20.0	20.0	20.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
23	784	Ham lean boiled	2.4	0.0	0.0	16.3	8.5	24.5	18.4	2.4	59.8
23	785	Ham shoulder medium fat boiled	0.8	0.0	0.0	0.9	3.4	29.3	18.6	1.4	67.5
23	810	Beef steak tartare spiced filet americ	0.5	0.0	0.0	0.0	2.0	32.1	23.8	5.0	64.4
23	1152	Salami	0.2	0.0	0.0	0.0	1.1	18.8	14.5	10.0	31.3
23	1155	Minced meat loaf fried	0.3	0.0	0.0	0.0	0.9	47.9	26.9	15.0	81.6
23	1162	Sausage cooked	0.1	0.0	0.0	0.0	1.2	19.2	18.9	9.0	23.0
23	1238	Liver sausage coarse hausmacher	0.2	0.0	0.0	0.0	0.8	15.1	10.0	9.0	22.1
23	1239	Liver pate sausage	0.6	0.0	0.0	0.0	2.5	28.9	17.5	10.0	56.2
23	1305	Chicken without skin raw	1.8	0.0	0.0	0.0	2.0	124.5	118.0	75.2	137.2
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	2.5	0.0	0.0	28.1	2.4	82.5	79.8	38.5	106.8
23	1401	Beef tenderloin steak raw	0.3	0.0	0.0	0.0	0.3	82.1	80.0	80.0	90.3
23	1402	Beef prime rib raw	1.6	0.0	0.0	0.0	0.9	167.9	103.5	76.0	246.7
23	1404	Beef frying steak raw	0.9	0.0	0.0	0.0	0.7	99.9	86.2	80.0	109.4
23	1405	Minced beef raw	6.1	0.0	0.0	37.4	11.1	59.3	48.2	12.9	119.6
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.5	0.0	0.0	0.0	0.6	71.1	61.4	59.6	100.6
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.2	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	1.6	0.0	0.0	0.0	1.4	104.8	91.8	32.5	110.0
23	1413	Beef streaked/marbled raw	0.4	0.0	0.0	0.0	0.3	68.3	65.0	65.0	74.2
23	1414	Beef stewing steak raw	2.2	0.0	0.0	0.0	1.5	106.3	103.7	38.0	161.9
23	1415	Beef steak tartare raw	2.3	0.0	0.0	19.0	3.5	80.0	73.9	60.0	97.9
23	1416	Beef tongue raw	0.5	0.0	0.0	0.0	0.7	101.9	51.5	6.8	117.7
23	1417	Sausage pork Braadworst raw	0.9	0.0	0.0	0.0	3.0	60.8	49.5	18.8	97.9
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.6	73.2	66.5	38.0	101.3
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.6	0.0	0.0	0.0	1.0	93.9	78.4	52.5	159.3
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.3	31.6	20.9	20.9	61.2
23	1422	Pork tenderloin raw	0.8	0.0	0.0	0.0	0.9	77.5	68.5	56.0	102.6
23	1424	Pork loin chop raw	2.0	0.0	0.0	0.0	0.9	193.9	178.0	178.0	240.7

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	2.5	0.0	0.0	0.8	1.5	108.6	90.4	76.0	158.6
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	0.3	0.0	0.0	2.9	2.2	14.8	8.5	1.8	32.7
23	1429	Pork tenderloin medaillon raw	0.4	0.0	0.0	0.0	0.8	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.7	0.0	0.0	0.0	0.9	70.9	66.5	38.5	94.5
23	1431	Kromesky meat filled raw	0.9	0.0	0.0	0.0	1.8	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	1.0	0.0	0.0	6.0	2.6	41.9	32.5	10.7	71.5
23	1434	Minced beef/pork raw	2.6	0.0	0.0	21.3	5.3	50.8	43.3	8.6	106.5
23	1435	Hamburger raw	0.3	0.0	0.0	0.0	0.6	65.3	49.7	37.5	72.5
23	1437	Veal olive raw	0.0	0.0	0.0	0.0	0.1	73.5	73.5	73.5	73.5
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.4	0.0	0.0	0.0	0.3	100.4	75.3	53.0	108.3
23	1544	Beef rolled prepared	0.1	0.0	0.0	0.0	0.3	25.9	19.1	16.0	30.7
23	1545	Beef roast prepared	0.9	0.0	0.0	0.9	1.3	33.0	15.9	15.0	76.1
23	1558	Pork loin chop prepared	0.1	0.0	0.0	0.0	0.3	41.4	21.6	15.0	56.2
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	7.8	0.0	0.0	59.0	7.1	101.7	80.1	4.0	265.8
23	1642	Chicken rolled raw	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.1	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	1.7	0.0	0.0	0.0	1.9	92.4	77.8	76.0	117.8
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.2	18.2	18.2	18.2	18.2
23	1668	Pork 5-14% fat raw	0.8	0.0	0.0	0.0	1.6	69.9	75.4	30.3	106.0
23	1673	Veal <5% fat raw average	0.1	0.0	0.0	0.0	0.2	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.5	0.0	0.0	0.0	0.2	105.1	105.1	105.1	105.1
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.8	11.7	9.0	8.0	14.4
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.5	22.2	17.8	15.0	30.8
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	0.6	20.6	14.3	8.0	27.0
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.1	23.1	16.2	15.0	28.6
23	1776	Ham lean grilled	0.8	0.0	0.0	0.0	1.6	34.3	31.0	20.0	53.8
23	1777	Gammon boiled deboned	0.4	0.0	0.0	0.0	1.6	27.6	19.2	15.0	55.2
23	1788	Pork rib chop raw	2.5	0.0	0.0	0.0	1.2	105.1	97.1	76.0	139.8
23	1790	Pork schnitzel not breaded raw	0.7	0.0	0.0	0.0	0.8	85.9	77.3	70.0	107.4
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	1.4	16.1	11.7	8.0	23.8
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.0	112.0	112.0	112.0	112.0
23	2057	Lamb <10 g fat raw av	0.2	0.0	0.0	0.0	0.4	75.8	52.5	52.5	104.4
23	2090	Chicken drumstick w skin raw	0.7	0.0	0.0	0.0	1.2	62.6	55.0	45.5	72.2
23	2300	Sausage smoked lean cooked	0.2	0.0	0.0	0.0	0.3	94.7	91.1	90.0	97.3
23	2301	Sausage smoked beef cooked	1.0	0.0	0.0	0.0	0.5	102.3	85.3	56.0	120.9
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.2	0.0	0.0	0.0	1.2	47.5	10.2	7.0	144.1
23	2334	Minced meat beef/pork raw w egg/brcrums	0.3	0.0	0.0	0.0	0.4	75.0	75.0	75.0	75.0
23	2335	Meat average raw excl liver	0.0	0.0	0.0	0.0	0.0
23	2336	Beef average raw	0.3	0.0	0.0	0.0	0.8	103.6	70.5	38.5	107.9

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.2	0.0	0.0	0.0	0.8	50.8	37.5	32.0	78.2
23	2339	Beef olives raw	0.4	0.0	0.0	0.0	1.0	75.3	71.0	56.0	83.6
23	2340	Pork schnitzel breaded raw	2.5	0.0	0.0	8.3	1.5	91.6	85.7	43.8	109.6
23	2341	Chicken fillet breaded raw	0.2	0.0	0.0	0.0	0.1	60.7	46.9	46.9	72.9
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	78.2	52.5	52.5	99.6
23	2363	Minced meat w ham and cheese raw	0.5	0.0	0.0	0.0	0.6	89.5	80.0	80.0	111.6
23	2364	Chicken schnitzel raw	0.5	0.0	0.0	0.0	0.7	105.0	105.0	105.0	105.0
23	2365	Chicken cordon bleu raw	0.1	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.1	0.0	0.0	0.0	0.9	15.3	10.0	10.0	24.0
23	2654	Sandwich meat chicken	0.5	0.0	0.0	0.0	2.7	27.0	28.7	15.0	41.3
23	2766	Sausage smoked industrial cooked	2.3	0.0	0.0	26.6	2.2	77.2	69.9	26.0	115.8
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.2	0.0	0.0	0.0	1.3	17.3	17.1	9.0	23.3
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.8	0.0	0.0	5.7	5.8	11.3	7.9	5.0	18.3
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	0.9	9.5	7.2	5.0	9.7
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.5	36.6	30.0	30.0	46.9
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.2	0.0	0.0	0.0	0.6	18.0	18.0	18.0	18.0
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.6	18.5	15.0	15.0	26.8
23	3002	Bacon smoked Katenspek	0.1	0.0	0.0	0.0	1.1	13.8	11.6	8.0	18.3
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0	55.0	55.0	55.0	55.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.2	8.5	8.5	8.5	8.5
23	3025	Bacon lean smoked raw	0.2	0.0	0.0	0.0	1.5	17.2	12.3	7.4	27.7
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.4	34.6	31.9	28.2	37.7
23	3030	Sausage beef Braadworst raw	0.3	0.0	0.0	0.0	0.7	32.5	2.4	1.8	97.0
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.1	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	110.1	114.4	0.0	301.3	68.3	165.6	139.7	58.4	312.3
1	1150	Potatoes sliced frozen unprepared	2.3	0.0	0.0	0.0	0.4	180.0	180.0	180.0	180.0
1	1455	Potato puree powder av	0.4	0.0	0.0	0.0	1.6	20.0	11.4	11.4	32.0
1	1456	Chips pre-fried unprepared	12.2	0.0	0.0	90.3	2.5	194.5	147.0	41.3	253.2
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.1	0.0	0.0	0.0	0.1	98.8	98.8	98.8	98.8
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.1	35.3	35.3	35.3	35.3
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	0.2	0.0	0.0	0.0	0.7	59.8	52.8	49.5	64.7
2	383	Juice apple	1.7	0.0	0.0	0.0	1.2	191.1	129.0	129.0	347.5
2	386	Gin Dutch red currant flavoured	0.2	0.0	0.0	0.0	0.2	66.0	66.0	66.0	66.0
2	387	Fruit drink blackcurrant	0.0	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	1.3	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
2	390	Beer pilsner	40.7	0.0	0.0	363.4	11.3	406.8	301.9	250.0	887.4
2	391	Brandy	0.1	0.0	0.0	0.0	0.4	54.2	54.2	54.2	54.2
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.8	0.0	0.0	0.0	0.4	173.9	115.9	115.9	220.2
2	394	Cognac	0.0	0.0	0.0	0.0	0.0
2	395	Soft drink cola with caffeine	7.4	0.0	0.0	0.0	3.0	340.8	237.5	110.0	543.4
2	396	Juice grape	0.3	0.0	0.0	0.0	0.8	24.0	13.9	12.5	41.4
2	399	Fruit juice drink raspberry	0.9	0.0	0.0	0.0	2.3	48.0	48.0	48.0	48.0
2	400	Soft drink wo caffeine	6.7	0.0	0.0	0.0	4.5	142.9	99.4	83.0	269.5
2	401	Gin young Dutch	16.6	0.0	0.0	95.4	15.4	81.6	73.0	33.3	158.6
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
2	407	Port wine	0.8	0.0	0.0	0.0	0.7	138.5	126.8	125.0	147.7
2	408	Rum	0.2	0.0	0.0	0.0	0.9	47.5	47.5	47.5	47.5
2	409	Sherry	0.4	0.0	0.0	0.0	1.9	26.3	9.4	9.0	79.8
2	410	Juice orange pasteurized	14.5	0.0	0.0	97.9	5.4	182.4	170.3	100.0	237.3
2	411	Mineral water Spa	2.9	0.0	0.0	0.0	2.0	337.7	162.8	132.0	727.9
2	413	Tomato juice	0.3	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
2	414	Soft drink tonic	3.9	0.0	0.0	0.0	1.6	453.4	235.7	192.0	623.6
2	415	Vermouth	0.0	0.0	0.0	0.0	0.0
2	416	Brandy Dutch vieux	0.6	0.0	0.0	0.0	2.5	42.7	39.4	38.0	46.1
2	417	Juice drink	5.0	0.0	0.0	0.0	1.2	358.7	230.2	70.0	791.4
2	421	Whisky	1.0	0.0	0.0	0.0	2.6	43.7	39.2	33.3	54.9
2	422	Wine red	39.1	0.0	0.0	245.2	22.6	195.1	139.3	78.0	456.8
2	423	Wine white dry	4.3	0.0	0.0	21.7	3.8	116.4	78.0	78.0	196.5
2	425	Whey drink light Rivella	1.3	0.0	0.0	0.0	0.5	314.8	169.7	153.0	430.1
2	463	Fruit drink concentrate undiluted	0.7	0.0	0.0	0.0	3.4	16.9	14.4	11.3	21.7
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	0.0
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.0
2	644	Coffee prepared	333.3	292.2	0.0	718.3	90.0	387.7	367.9	123.1	751.8
2	645	Tea prepared	403.9	305.4	0.0	1,112.9	86.3	447.2	364.6	110.1	1,109.0
2	664	Juice grapefruit	0.7	0.0	0.0	0.0	0.9	90.0	50.0	50.0	122.0
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	8.6	0.0	0.0	0.0	2.4	363.2	373.3	260.0	385.3
2	805	Jagermeister herb liquor	0.4	0.0	0.0	0.0	0.8	78.3	57.0	57.0	111.4
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.2	0.0	0.0	0.0	0.3	43.1	42.2	42.0	43.8
2	1134	Berenburg herb liquor	0.9	0.0	0.0	0.0	1.3	137.7	136.8	136.8	138.5
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	4.1	0.0	0.0	0.0	3.4	226.2	173.7	24.0	362.3
2	1465	Liqueur <15 vol% alcohol	0.3	0.0	0.0	0.0	0.5	132.0	132.0	132.0	132.0
2	1466	Liqueur >25 vol% alcohol	0.4	0.0	0.0	0.0	1.4	19.1	13.2	13.2	24.9
2	1468	Beer >7 vol% alcohol	0.7	0.0	0.0	0.0	0.5	300.0	300.0	300.0	300.0
2	1519	Beer alcohol free <0,1 vol%	9.4	0.0	0.0	0.0	1.5	471.7	330.0	330.0	621.6
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	12.2	0.0	0.0	0.0	2.0	263.0	145.0	145.0	357.4
2	1523	Cola light soft drink with caffeine	0.0	0.0	0.0	0.0	0.0
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.0	0.0	0.0	0.0	0.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.5	0.0	0.0	0.0	1.6	21.1	11.4	9.0	39.5
2	1878	Fruit juice drink Roosvicee Multivit	9.3	0.0	0.0	0.0	2.0	200.0	200.0	200.0	200.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1885	Water average	342.5	326.5	3.0	751.4	90.7	355.1	308.5	51.4	982.7
2	1932	Juice orange with pulp	1.5	0.0	0.0	0.0	1.7	154.8	154.8	53.0	185.2
2	1933	Juice tomato/vegetable Appelsientje	0.8	0.0	0.0	0.0	0.7	138.5	126.8	125.0	147.7
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	2.2	0.0	0.0	0.0	0.8	257.3	257.3	257.3	257.3
2	2079	Breakfast drink HeroFruitontbijt p 100ml	2.9	0.0	0.0	0.0	0.5	226.1	214.7	189.0	247.6
2	2086	Ice tea	0.0	0.0	0.0	0.0	0.0
2	2088	Ice tea with suiker and sweetner	1.6	0.0	0.0	0.0	0.8	185.0	185.0	185.0	185.0
2	2134	Juice drink Dubbelfrisss	0.4	0.0	0.0	0.0	0.6	187.5	179.3	140.0	205.2
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	3.6	0.0	0.0	0.0	2.3	193.3	193.3	193.3	193.3
2	2142	Wine white sweet	1.9	0.0	0.0	0.0	1.6	91.5	75.0	75.0	121.2
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	2.4	0.0	0.0	0.0	0.9	165.0	165.0	165.0	165.0
2	2152	Fruit juice dk Coolbest light orange	0.7	0.0	0.0	0.0	0.7	104.8	88.0	88.0	147.4
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	4.8	0.0	0.0	0.0	0.9	330.0	330.0	330.0	330.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.1	0.0	0.0	0.0	0.6	18.8	18.8	18.8	18.8
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.1	186.0	186.0	186.0	186.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	1.3	0.0	0.0	0.0	0.9	209.3	160.0	160.0	280.1
2	2476	Cappuccino freshly made	2.2	0.0	0.0	0.0	1.8	251.6	195.5	140.0	253.5
2	2477	Coffee cappuccino instant prepared	0.0	0.0	0.0	0.0	0.0
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.5	16.6	12.0	12.0	20.2
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.6	0.0	0.0	0.0	0.1	378.0	378.0	378.0	378.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	1.3	0.0	0.0	0.0	0.8	96.1	78.0	78.0	118.9
2	2507	Juice multifruit	2.4	0.0	0.0	0.0	1.1	162.8	132.0	132.0	242.9
2	2508	Fruit juice drink ACE Aldi/Kruidvat	1.3	0.0	0.0	0.0	0.8	333.0	333.0	333.0	333.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	0.0	0.0	0.0	0.0	0.0
2	2610	Wine rose	1.2	0.0	0.0	0.0	1.7	193.3	115.6	92.0	299.2
2	2633	Coffee instant powder	0.4	0.0	0.0	0.0	3.2	16.8	7.1	2.0	38.7
2	2634	Fruit juice dk minimal 2 fruits w vit C	1.5	0.0	0.0	0.0	0.6	287.0	159.7	134.0	418.4
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.1	0.0	0.0	0.0	0.1	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	1.7	0.0	0.0	0.0	1.7	181.2	130.9	130.0	302.3
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.0
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.7	0.0	0.0	0.0	0.7	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	30.3	0.0	0.0	161.8	21.5	134.5	117.7	60.0	211.3

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	Consumption % days	On consumption days			
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2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	1.8	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.5	18.0	18.0	18.0	18.0
2	2881	Coffee wiener melange instant prepared	4.0	0.0	0.0	0.0	2.8	297.6	141.4	125.0	523.2
2	2896	Lemonade squash Spa&Fruit sparkling	0.0	0.0	0.0	0.0	0.0
2	2897	Juice Drink Ocean Spray	0.8	0.0	0.0	0.0	0.5	163.0	163.0	163.0	163.0
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.5	9.0	9.0	9.0	9.0
3	227	Crispbakes Dutch	3.1	0.0	0.0	12.9	15.1	14.9	9.3	0.8	42.1
3	228	Crackers cream	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	1.8	0.0	0.0	2.5	2.9	76.4	67.8	45.0	87.8
3	233	Bread currant	0.9	0.0	0.0	0.0	2.7	48.3	35.0	35.0	67.3
3	236	Bread brown wheat	24.5	0.0	0.0	86.2	27.4	95.1	71.8	35.0	186.2
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.4	13.9	10.0	10.0	18.7
3	241	Bread white milk based	7.8	0.0	0.0	6.1	4.8	174.4	178.1	45.0	206.9
3	242	Bread rye dark	3.9	0.0	0.0	30.2	7.9	49.3	34.6	20.0	77.8
3	243	Bread rye light	1.1	0.0	0.0	6.7	4.2	34.1	27.4	25.0	46.5
3	244	Bread raisin	0.4	0.0	0.0	0.0	0.4	51.0	35.0	35.0	66.2
3	246	Bread wholemeal average	43.1	6.4	0.0	121.6	39.2	108.1	91.6	35.0	218.8
3	248	Bread white water based	7.9	0.0	0.0	35.3	7.5	69.2	55.4	30.0	109.7
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.0	0.0	0.0	0.0	0.0
3	655	Crispbakes Dutch wholemeal	0.6	0.0	0.0	0.2	6.5	12.8	10.0	10.0	20.8
3	975	Crispbread sesame	0.1	0.0	0.0	0.0	1.3	11.1	10.0	10.0	12.6
3	976	Crispbread light	0.2	0.0	0.0	0.0	3.0	10.0	10.0	10.0	10.0
3	1017	Bread wheatrye wholemeal	0.0	0.0	0.0	0.0	0.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.0
3	1312	Crispbread Cracottes	0.1	0.0	0.0	0.0	1.6	7.0	7.0	7.0	7.0
3	1322	Crispbread wholemeal Cracottes	0.0	0.0	0.0	0.0	0.3	7.0	7.0	7.0	7.0
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	1.1	0.0	0.0	0.0	2.5	54.3	43.2	12.0	67.3
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.0
3	1779	Crispbread wholemeal	0.7	0.0	0.0	3.4	8.0	12.5	10.0	10.0	18.5
3	1914	Dough for pizza and savoury pie	0.9	0.0	0.0	0.0	1.7	108.6	74.4	17.6	162.7
3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.3	7.0	7.0	7.0	7.0

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.3	94.6	68.0	60.0	114.8
3	2348	Bread wholemeal w pumpkin seeds	0.5	0.0	0.0	0.0	1.2	40.7	36.2	35.0	44.1
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	8.9	0.0	0.0	51.7	10.3	84.0	59.0	30.0	150.6
3	2351	Bread white average milk/water based	0.4	0.0	0.0	0.0	1.1	100.0	100.0	100.0	100.0
3	2352	Bread currant w almond paste	0.1	0.0	0.0	0.0	0.8	40.0	40.0	40.0	40.0
3	2353	Bread brown/wholemeal w muesli	0.0	0.0	0.0	0.0	0.0
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.7	0.0	0.0	0.0	2.3	50.7	39.8	35.0	76.7
3	2356	Baguette w cheese-onion	1.3	0.0	0.0	0.0	1.2	71.5	38.7	10.0	82.6
3	2357	Bread wholemeal w sunflower seeds	5.6	0.0	0.0	30.4	4.9	87.9	86.5	35.0	120.3
3	2358	Bread white w sunflower seeds	0.4	0.0	0.0	0.0	1.0	45.0	45.0	45.0	45.0
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0
3	2382	Bread brown w sunflower seeds	3.9	0.0	0.0	14.8	4.6	66.5	35.0	35.0	138.0
3	2528	Croutons	0.0	0.0	0.0	0.0	0.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.3	0.0	0.0	0.0	0.4	99.1	70.0	70.0	131.6
3	2704	Bread brown w seeds	0.6	0.0	0.0	0.0	1.4	114.1	70.3	35.0	133.0
3	2707	Bread corn w sunflower seeds	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
3	2785	Bread corn	0.2	0.0	0.0	0.0	0.5	105.0	105.0	105.0	105.0
3	2788	Bread sourdough wholemeal	0.2	0.0	0.0	0.0	0.3	171.6	150.0	150.0	194.2
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.0
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.7	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.6	0.0	0.0	0.0	1.5	84.1	75.0	75.0	96.6
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	0.9	0.0	0.0	0.0	1.5	53.7	45.0	45.0	78.6
3	2796	Roll brown hard	1.6	0.0	0.0	0.0	2.4	93.4	76.5	45.0	115.8
3	2797	Roll brown soft	0.0	0.0	0.0	0.0	0.0
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.0	0.0	0.0	0.0	0.0
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.1	0.0	0.0	0.0	0.5	40.0	40.0	40.0	40.0
3	2803	Bun currant/raisin	4.4	0.0	0.0	27.7	7.8	62.2	44.1	35.0	99.4
3	2804	Bun wholemeal w muesli	1.4	0.0	0.0	0.0	3.0	58.0	58.0	58.0	58.0
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.7	36.0	35.0	35.0	38.7
3	2813	Bread raisin/current average	1.5	0.0	0.0	0.0	2.6	47.2	35.0	35.0	65.0
3	2815	Bread Tijger brown wheat	0.0	0.0	0.0	0.0	0.0
3	2816	Bread Tijger white	0.3	0.0	0.0	0.0	0.5	64.2	37.4	30.0	84.7
3	2817	Stollen w almond/imitat paste average	2.3	0.0	0.0	0.0	1.0	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.4	0.0	0.0	0.0	1.8	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	0.5	0.0	0.0	0.0	1.0	52.5	52.5	52.5	52.5
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.2	0.0	0.0	0.7	3.2	6.6	4.0	4.0	11.2

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

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3	2938	Toast Melba other varieties	0.1	0.0	0.0	0.0	0.2	12.0	12.0	12.0	12.0
3	3054	Bread glutenfree bakmix Glutafin white	0.0	0.0	0.0	0.0	0.0
3	3055	Bread glutenfree bakmix Glutafin brown	1.5	0.0	0.0	0.0	1.3	230.6	211.2	210.0	246.1
3	3056	Bread brown wheat low sodium	0.1	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.0
4	535	Cocoa powder sweetened Benco	0.1	0.0	0.0	0.0	0.3	36.7	36.7	36.7	36.7
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.4	0.0	0.0	0.0	0.6	128.8	128.8	128.8	128.8
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.1	0.0	0.0	0.0	1.6	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	1.6	14.5	7.5	4.1	22.7
4	2615	Vinegar	0.2	0.0	0.0	0.8	3.7	4.9	2.9	1.3	10.9
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.1	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
5	84	Eggs chicken boiled average	8.5	0.0	0.0	48.5	18.4	48.8	46.4	3.8	101.7
6	33	Raisins dried	0.2	0.0	0.0	0.0	4.1	14.7	5.9	3.0	24.9
6	137	Olives tinned/glass	0.0	0.0	0.0	0.0	0.3	2.3	2.3	2.3	2.3
6	147	Apple without skin average	26.3	0.0	0.0	105.9	21.3	110.6	102.8	10.7	213.0
6	148	Strawberries	9.5	0.0	0.0	64.9	5.1	142.3	121.8	26.6	307.1
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.0	0.0	0.0	0.0	0.0
6	151	Banana	19.9	0.0	0.0	136.0	15.2	138.5	120.5	63.0	164.5
6	152	Blueberries	0.3	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
6	153	Redcurrant	3.0	0.0	0.0	0.0	1.9	151.0	90.4	50.0	185.4
6	155	Bilberries	0.1	0.0	0.0	0.0	0.1	16.1	16.1	16.1	16.1
6	157	Blackberries	0.0	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
6	158	Lemon	0.0	0.0	0.0	0.0	0.0
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.0	0.0	0.0	0.0	0.0
6	161	Raspberries	0.8	0.0	0.0	0.0	0.4	75.0	75.0	75.0	75.0
6	162	Grapefruit	0.3	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
6	163	Cherries	2.1	0.0	0.0	0.0	1.9	94.0	93.9	93.9	94.2
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	19.2	0.0	0.0	127.5	21.8	67.3	54.6	34.5	138.2
6	166	Melon netted	2.0	0.0	0.0	0.0	1.6	282.7	248.6	81.4	354.0
6	168	Pear without skin	9.1	0.0	0.0	71.1	5.2	139.1	114.3	32.0	178.5
6	169	Peach without skin	2.8	0.0	0.0	0.0	2.1	180.9	118.2	76.5	277.9
6	170	Plums with skin	7.4	0.0	0.0	7.8	6.2	147.8	107.6	40.0	294.7
6	171	Orange	16.1	0.0	0.0	95.5	9.2	186.6	158.6	101.0	273.8
6	172	Fruit fresh citrus average	0.1	0.0	0.0	0.0	0.1	76.0	76.0	76.0	76.0

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

NEVO group	NEVO code	Description	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
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
6	176	Apricots in syrup tinned	1.5	0.0	0.0	0.0	1.8	82.4	67.6	40.0	96.9
6	177	Pineapple in syrup tinned	3.1	0.0	0.0	17.5	1.8	62.5	35.0	8.4	66.5
6	179	Apple sauce tinned	5.7	0.0	0.0	57.5	5.5	91.4	90.1	48.6	154.2
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.4	25.9	25.9	25.9	25.9
6	181	Dates dried	0.1	0.0	0.0	0.0	1.2	21.0	19.7	12.0	23.6
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	184	Cherries in syrup tinned	0.1	0.0	0.0	0.0	0.2	32.2	32.2	32.2	32.2
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	2.1	0.0	0.0	0.0	4.6	85.2	39.5	23.3	160.5
6	189	Peaches in syrup tinned	0.4	0.0	0.0	0.0	0.8	47.3	42.1	40.0	61.0
6	190	Prunes dried	0.0	0.0	0.0	0.0	0.0
6	191	Plums in syrup tinned	0.1	0.0	0.0	0.0	1.4	13.0	13.0	13.0	13.0
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	0.4	17.3	8.2	3.4	23.3
6	689	Avocado	0.0	0.0	0.0	0.0	0.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.0	0.0	0.0	0.0	0.0
6	875	Apple with skin average	3.8	0.0	0.0	28.0	3.5	108.5	89.1	55.0	152.6
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	4.8	0.0	0.0	23.5	6.2	74.7	74.7	74.7	74.7
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.7	0.0	0.0	0.0	0.7	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.0	0.0	0.0	0.0	0.1	1.5	1.5	1.5	1.5
6	1182	Apple sauce wo sugar tinned	0.0	0.0	0.0	0.0	0.0
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	0.9	0.0	0.0	0.0	0.2	152.4	73.6	57.4	214.0
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.1	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
6	2379	Raisins soaked in water	0.0	0.0	0.0	0.0	0.0
6	2685	Abricots dried and soaked	0.1	0.0	0.0	0.0	0.9	10.0	6.0	6.0	17.5
6	2686	Apple sauce wo sugar w sweetner tinned	0.0	0.0	0.0	0.0	0.0
6	2748	Pear with skin	2.1	0.0	0.0	0.0	0.9	154.3	128.0	128.0	175.5
6	2749	Grapes black with skin	0.5	0.0	0.0	0.0	1.5	61.2	48.0	10.0	125.2
6	2750	Grapes white with skin	3.7	0.0	0.0	0.0	3.0	129.1	105.0	59.9	165.1
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.3	20.5	13.3	8.6	24.6
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.0
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.2	0.0	0.0	0.0	0.4	20.9	20.2	20.0	21.5
6	2957	Fruit mixed dried soaked in water	0.2	0.0	0.0	0.0	0.3	75.0	75.0	75.0	75.0
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.6	37.5	37.5	37.5	37.5

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

NEVO group	NEVO code	Description	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
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	6.5	0.0	0.0	21.4	20.6	34.6	20.0	20.0	93.8
7	250	Almond filled pastry	0.7	0.0	0.0	0.0	0.7	64.7	60.0	60.0	68.9
7	251	Apple pie Dutch w shortbread w marg	0.0	0.0	0.0	0.0	0.0
7	252	Biscuit sweet	1.2	0.0	0.0	9.9	12.1	12.4	9.2	5.0	24.3
7	253	Cake wo butter	0.3	0.0	0.0	0.0	1.6	30.0	30.0	30.0	30.0
7	254	Cake sponge Dutch Eierkoek	0.3	0.0	0.0	0.0	1.1	47.5	30.0	30.0	69.2
7	255	Gateau with whipped cream	0.0	0.0	0.0	0.0	0.0
7	256	Gateau with butter-cream filling	1.5	0.0	0.0	11.4	1.9	53.2	50.5	50.0	55.4
7	257	Almond paste filled tarts average	1.3	0.0	0.0	0.0	2.8	59.4	47.8	30.0	91.0
7	258	Biscuits averaged	1.5	0.0	0.0	7.4	11.9	17.1	14.3	10.0	29.2
7	259	Macaroons	0.7	0.0	0.0	0.0	1.3	37.4	18.5	15.5	64.4
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.4	5.0	5.0	5.0	5.0
7	261	Biscuit spiced Speculaas	2.5	0.0	0.0	9.2	19.0	11.6	6.0	3.0	33.3
7	262	Biscuit Dutch shortbread spritsstukken	0.2	0.0	0.0	0.0	2.1	18.9	13.2	10.0	23.8
7	263	Biscuit brown/wholemeal	1.0	0.0	0.0	6.4	6.3	26.6	18.5	10.0	39.9
7	468	Cream slice Dutch Tompouce	0.4	0.0	0.0	0.0	1.1	77.6	54.7	50.0	95.5
7	474	Doughnut Dutch style	0.0	0.0	0.0	0.0	0.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.0	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
7	486	Flan with fruit filling	0.0	0.0	0.0	0.0	0.0
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.4	0.0	0.0	0.0	4.8	10.0	10.0	10.0	10.0
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.0
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	0.5	24.0	24.0	24.0	24.0
7	636	Biscuit muesli	0.7	0.0	0.0	0.0	1.2	46.1	33.4	29.0	55.5
7	713	Waffle syrup average	2.5	0.0	0.0	12.4	5.0	56.1	51.4	16.5	87.7
7	789	Cake butter Dutch Boterkoek	1.1	0.0	0.0	0.0	2.0	37.7	30.0	30.0	50.1
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.4	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	836	Shortbread	1.6	0.0	0.0	13.9	4.4	33.6	28.1	10.0	47.8
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.5	0.0	0.0	0.0	1.0	26.2	19.0	19.0	48.3
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.3	0.0	0.0	0.0	0.9	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	1.3	6.0	5.1	5.0	6.8
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.4	0.0	0.0	0.0	1.2	23.8	21.7	20.0	24.7
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.8	0.0	0.0	3.7	5.1	13.5	10.0	10.0	19.1
7	1475	Eclair with whipped cream filling	0.0	0.0	0.0	0.0	0.0
7	1476	Meringue with butter-cream	0.0	0.0	0.0	0.0	0.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
7	1478	Flan fruit and crumble topping	1.3	0.0	0.0	0.0	1.0	135.0	135.0	135.0	135.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.2	0.0	0.0	0.0	0.7	13.0	13.0	13.0	13.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	3.0	7.0	7.0	7.0	7.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	1.3	0.0	0.0	0.0	2.1	51.2	39.2	30.0	74.5
7	1972	Biscuits assorted with butter	2.0	0.0	0.0	17.9	6.9	22.8	15.4	10.0	38.3
7	2162	Biscuit Cafe noir	0.7	0.0	0.0	2.3	3.2	12.3	10.0	10.0	17.8
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.9	0.0	0.0	8.0	3.8	14.3	12.0	10.0	16.1
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	3.0	0.0	0.0	17.6	3.9	37.4	26.8	7.0	56.9
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.0	0.0	0.0	0.0	0.0
7	2234	Cereal bar Hero B'tween	0.2	0.0	0.0	0.0	1.6	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.2	0.0	0.0	0.0	1.0	25.0	25.0	25.0	25.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.0	0.0	0.0	0.0	0.0
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.0
7	2394	Eclair filled w banana and whipped cream	0.2	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.0
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	1.1	0.0	0.0	1.4	2.5	33.0	25.0	25.0	72.6
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.3	0.0	0.0	0.0	0.7	67.9	57.6	50.0	73.3
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.2	0.0	0.0	0.0	1.3	25.4	15.0	15.0	52.7
7	2408	Biscuit fortified Bridge fruit and grain	0.6	0.0	0.0	0.0	0.7	38.0	38.0	38.0	38.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
7	2413	Cake wrapped in marzipan and chocolate	1.1	0.0	0.0	0.0	2.0	60.0	60.0	60.0	60.0

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

NEVO group	NEVO code	Description	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
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	1.4	0.0	0.0	0.0	2.4	89.3	65.0	65.0	121.3
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.4	0.0	0.0	0.0	1.8	20.2	15.0	15.0	32.0
7	2622	Appel pie Dutch w shortbread w butter	0.1	0.0	0.0	0.0	0.3	72.9	58.0	58.0	85.0
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.0	0.0	0.0	0.0	0.1	11.0	11.0	11.0	11.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
7	2698	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2699	Biscuit Dutch Frou frou	0.5	0.0	0.0	3.8	4.6	9.1	7.2	6.0	11.3
7	2715	Meringue	0.0	0.0	0.0	0.0	0.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	1.5	0.0	0.0	9.4	3.0	44.7	32.4	30.0	73.7
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.0
7	2775	Biscuit digestive w chocolate	0.2	0.0	0.0	0.0	1.4	30.0	30.0	30.0	30.0
7	2776	Flan apple and crumble topping	3.4	0.0	0.0	0.0	0.7	230.0	230.0	230.0	230.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.1	85.0	85.0	85.0	85.0
7	2820	Waffle syrup w butter	0.4	0.0	0.0	0.0	1.4	22.2	10.0	10.0	50.3
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.0	0.0	0.0	0.0	0.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.3	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
7	2891	Biscuit Dutch 'Jodekoek'	0.6	0.0	0.0	0.0	1.9	35.2	18.0	18.0	62.1
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	1.1	24.0	16.0	16.0	30.4
7	2893	Cake Indonesian	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.3	0.0	0.0	0.0	3.0	15.0	13.2	8.0	19.4
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	0.6	0.0	0.0	0.0	0.4	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.0	0.0	0.0	0.0	1.4	3.8	3.8	3.8	3.8
8	213	Oatmeal	0.5	0.0	0.0	0.0	3.9	21.0	12.0	6.5	44.6
8	215	Cornflour	0.1	0.0	0.0	0.0	1.9	3.1	2.5	2.5	4.7
8	220	Flour wheat white 75% extraction	0.2	0.0	0.0	0.0	3.9	6.7	5.7	4.2	10.4
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.3	13.0	3.7	3.7	20.4
8	225	Breakfast cereal Brinta	1.7	0.0	0.0	6.8	10.7	21.5	15.9	5.4	39.1

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

NEVO group	NEVO code	Description	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
8	226	Starch potato	0.0	0.0	0.0	0.0	1.1	3.7	2.1	0.6	6.7
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	1.9	0.0	0.0	4.5	2.5	38.9	19.0	19.0	92.2
8	590	Wheat bran	0.1	0.0	0.0	0.0	2.5	8.5	6.7	2.6	10.2
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.2	0.0	0.0	0.0	0.8	19.1	11.5	11.5	25.2
8	658	Rice white boiled	13.4	0.0	0.0	122.2	5.4	195.8	188.1	60.3	347.0
8	659	Pasta white average boiled	13.8	0.0	0.0	71.8	10.2	117.2	100.2	28.0	225.3
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.2	0.0	0.0	0.0	2.9	8.4	4.3	2.3	16.3
8	1014	Rice brown boiled	5.7	0.0	0.0	0.0	1.4	184.0	130.0	130.0	227.2
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.0
8	2157	Pasta wholemeal boiled	0.0	0.0	0.0	0.0	0.0
8	2158	Couscous boiled	0.3	0.0	0.0	0.0	0.4	117.2	113.8	112.0	119.4
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.1	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.3	0.0	0.0	0.0	0.7	58.0	58.0	58.0	58.0
8	2366	Muesli crunchy plain/w fruit	0.3	0.0	0.0	0.0	0.6	30.7	19.7	19.7	45.8
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.0
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.1	0.0	0.0	0.0	0.5	13.3	13.3	13.3	13.3
8	2809	Muesli w fruit	1.5	0.0	0.0	5.0	6.9	38.1	18.9	5.4	75.6
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
9	7	Endive raw	2.3	0.0	0.0	0.0	3.8	103.0	89.3	64.2	133.3
9	8	Endive boiled	4.1	0.0	0.0	41.4	2.8	176.0	172.0	85.4	235.9
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0
9	13	Celery boiled	0.0	0.0	0.0	0.0	0.3	16.6	16.6	16.6	16.6
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	4.4	0.0	0.0	31.0	4.3	149.7	163.5	28.2	190.7
9	16	Kale curly boiled	0.3	0.0	0.0	0.0	0.4	169.4	169.4	169.4	169.4
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	1.2	0.0	0.0	5.3	5.0	19.1	16.8	4.1	37.8
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.4	0.0	0.0	0.0	1.1	98.0	98.0	98.0	98.0
9	25	Cabbage green boiled	0.4	0.0	0.0	0.0	0.3	174.0	174.0	174.0	174.0

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

NEVO group	NEVO code	Description	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
9	26	Celeriac boiled	0.5	0.0	0.0	0.7	2.4	20.0	20.0	20.0	20.0
9	27	Cucumber wo skin raw	3.6	0.0	0.0	38.6	5.6	80.8	84.9	22.9	121.9
9	28	Cucumber boiled	0.3	0.0	0.0	0.0	1.4	43.6	42.6	20.3	50.2
9	29	Swede boiled	0.8	0.0	0.0	0.0	0.5	150.0	150.0	150.0	150.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.0
9	32	Sweet pepper green boiled	0.0	0.0	0.0	0.0	0.4	26.0	25.0	25.0	28.1
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.0	0.0	0.0	15.3	4.8	60.3	31.4	5.5	218.7
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	1.0	0.0	0.0	1.6	2.1	49.2	25.0	25.0	144.7
9	44	Cabbage Savoy boiled	0.4	0.0	0.0	0.0	1.1	88.9	88.9	88.9	88.9
9	46	Lettuce head raw	1.7	0.0	0.0	1.2	2.3	51.2	29.1	18.0	95.3
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	2.7	0.0	0.0	14.7	4.5	96.6	41.8	32.7	206.8
9	54	Cabbage oxheart boiled	0.3	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
9	55	Brussel sprouts boiled	3.1	0.0	0.0	0.0	2.0	142.7	95.8	94.0	203.4
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.1	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.0	1.2	4.7	1.8	0.5	12.5
9	60	Tomatoes normal raw	3.0	0.0	0.0	15.6	8.0	40.3	30.5	28.6	63.6
9	61	Tomatoes normal boiled	1.0	0.0	0.0	4.2	3.9	28.8	12.3	5.3	84.2
9	63	Onions raw	0.4	0.0	0.0	0.6	2.5	23.3	11.2	5.0	54.4
9	64	Onions boiled	5.4	0.0	0.0	35.4	17.9	39.4	24.8	3.1	113.9
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	0.9	17.8	17.8	17.8	17.8
9	67	Chicory raw	2.8	0.0	0.0	0.0	2.0	175.4	129.1	90.0	192.9
9	68	Chicory boiled	7.6	0.0	0.0	74.7	4.8	140.9	143.6	75.0	181.3
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
9	70	Cabbage white cooked	0.5	0.0	0.0	3.0	2.1	9.5	5.3	1.8	8.2
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.0
9	72	Carrots boiled average	3.1	0.0	0.0	8.1	6.1	52.6	19.9	4.5	144.3
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	1.9	0.0	0.0	0.0	1.7	167.0	120.2	114.9	232.6
9	75	Vegetable mix for soup raw	0.2	0.0	0.0	0.0	0.2	60.5	56.1	53.1	63.0
9	124	Radish red/white raw	0.4	0.0	0.0	0.0	2.0	24.1	21.5	15.8	31.6
9	126	Cress garden raw	0.1	0.0	0.0	0.0	1.6	8.0	8.0	8.0	8.0
9	127	Vegetables mixture raw	1.6	0.0	0.0	5.2	2.5	50.0	50.0	50.0	50.0
9	129	Endive tinned	4.3	0.0	0.0	0.0	0.5	340.0	340.0	340.0	340.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	1.5	0.0	0.0	15.1	5.8	16.5	14.0	5.7	29.7
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.2	0.0	0.0	0.0	1.7	65.7	39.4	1.6	121.5
9	136	Peas and carrots tinned	0.2	0.0	0.0	0.0	0.1	150.0	150.0	150.0	150.0
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	2.2	0.0	0.0	0.0	1.4	177.2	143.2	110.0	180.8
9	140	Spinach tinned	4.0	0.0	0.0	0.0	0.5	448.5	448.5	448.5	448.5
9	141	Tomato puree concentrated tinned	0.3	0.0	0.0	0.0	2.5	23.7	15.1	6.1	39.4

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

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9	142	Beans broad tinned	0.0	0.0	0.0	0.0	0.0
9	143	Carrots tinned	0.1	0.0	0.0	0.0	0.1	161.3	161.3	161.3	161.3
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	1.7	2.4	1.1	1.1	6.4
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	8.3	0.0	0.0	44.0	4.3	88.8	22.2	22.2	156.7
9	538	Rhubarb puree w sugar	0.6	0.0	0.0	0.0	0.4	77.8	31.9	31.9	156.1
9	557	Celery raw	0.3	0.0	0.0	0.0	1.3	46.3	37.7	30.0	48.8
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	1.0	9.2	9.2	9.2	9.2
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.0	0.0	0.0	0.0	0.0
9	651	Spinach creamed frozen boiled	0.3	0.0	0.0	0.0	0.1	225.0	225.0	225.0	225.0
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.1	1.2	7.4	6.0	6.0	10.3
9	885	Sweet pepper red boiled	0.4	0.0	0.0	0.0	1.2	21.1	19.0	17.4	24.4
9	920	Broccoli boiled	8.0	0.0	0.0	60.2	3.0	256.6	263.6	136.0	314.2
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.1	25.5	25.5	25.5	25.5
9	951	Beans French boiled	10.8	0.0	0.0	86.0	10.0	114.1	89.9	4.5	177.3
9	952	Kale curly frozen boiled	0.4	0.0	0.0	0.0	0.3	155.1	155.1	155.1	155.1
9	953	Peas frozen boiled	0.6	0.0	0.0	0.0	0.7	105.8	62.7	36.1	132.0
9	954	Beans French frozen boiled	0.5	0.0	0.0	0.0	1.1	147.4	105.9	30.7	224.3
9	957	Asparagus boiled	0.9	0.0	0.0	0.0	1.1	195.3	101.4	52.0	257.8
9	958	Beetroot boiled	3.2	0.0	0.0	0.0	1.9	188.9	160.6	75.0	244.5
9	961	Beans runner boiled	2.8	0.0	0.0	0.0	2.0	207.9	199.9	102.6	235.7
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	1.4	0.0	0.0	0.0	0.7	98.0	98.0	98.0	98.0
9	966	Courgettes boiled	0.4	0.0	0.0	0.4	1.9	36.7	6.0	6.0	85.1
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.4	0.0	0.0	0.0	0.9	59.1	51.5	50.0	76.7
9	1141	Vegetable mixed Mexico frozen unprepared	1.3	0.0	0.0	0.0	0.4	363.9	230.7	129.0	428.1
9	1143	Beans runner frozen unprepared	0.7	0.0	0.0	0.0	1.1	158.4	150.0	150.0	169.1
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.5	0.0	0.0	0.0	0.3	176.0	176.0	176.0	176.0
9	1148	Beans broad frozen unprepared	0.5	0.0	0.0	0.0	0.7	136.4	97.0	60.0	144.7
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.0
9	1399	Lettuce iceberg raw	3.1	0.0	0.0	27.2	2.8	49.6	50.9	15.0	59.1
9	1454	Beetroot pickled glass	0.7	0.0	0.0	0.0	0.8	65.5	43.0	20.9	67.3
9	1484	Onions deep-fried sachet	0.1	0.0	0.0	0.0	1.3	7.0	4.0	3.8	9.5
9	1904	Vegetables average boiled	2.9	0.0	0.0	27.1	4.2	78.4	64.5	44.7	99.5

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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.2	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.0	0.0	0.0	0.0	0.0
9	2331	Bami vegetables mixed boiled	0.9	0.0	0.0	0.0	1.2	50.3	35.4	16.0	95.5
9	2346	Lettuce green average raw	0.3	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
9	2377	Tomatoes dried in oil tin/glass	0.3	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.0
9	2498	Tomatoes sieved	0.4	0.0	0.0	0.0	1.5	52.5	40.8	40.8	68.9
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.0
9	2710	Cabbage red w apple pieces glass	0.2	0.0	0.0	0.0	0.1	340.0	340.0	340.0	340.0
9	2726	Carrot bunched raw	0.0	0.0	0.0	0.0	0.1	11.0	11.0	11.0	11.0
9	2727	Carrot bunched boiled	7.2	0.0	0.0	53.3	5.6	133.5	107.6	19.5	215.1
9	2728	Carrot winter raw	0.6	0.0	0.0	0.0	2.0	55.8	51.1	15.0	67.5
9	2729	Carrot winter boiled	1.0	0.0	0.0	0.0	0.8	207.4	180.0	162.0	223.2
9	2730	Tomato vine raw	1.6	0.0	0.0	0.0	2.2	99.3	66.5	66.5	150.6
9	2731	Tomato cherry raw	0.4	0.0	0.0	0.0	0.7	38.7	37.4	37.2	39.7
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.0
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.0	0.0	0.0	0.0	0.0
9	2735	Tomato average boiled	0.0	0.0	0.0	0.0	0.0
9	2736	Rocket raw	0.1	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.0
9	2738	Onion Welsh boiled	0.8	0.0	0.0	0.0	0.9	57.0	57.0	57.0	57.0
9	2739	Cucumber w skin raw	0.0	0.0	0.0	0.0	0.0
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.1	45.9	45.9	45.9	45.9
9	2741	Sweet pepper yellow boiled	0.0	0.0	0.0	0.0	0.0
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.3	9.3	9.2	9.2	9.5
9	2743	Sweet pepper average boiled	0.7	0.0	0.0	3.7	4.1	14.8	7.6	1.6	36.3
9	2840	Cabbage red w apple pieces	0.8	0.0	0.0	0.0	1.0	155.0	116.0	116.0	191.0
9	2900	Sweetcorn tinned	0.0	0.0	0.0	0.0	0.1	7.2	7.2	7.2	7.2
10	455	Peanut butter	2.0	0.0	0.0	9.4	4.9	22.3	16.3	6.7	35.3
10	541	Peanut butter with nut pieces	0.8	0.0	0.0	0.0	1.5	28.0	23.2	10.0	38.6
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.2	0.0	0.0	0.0	1.3	16.7	14.5	13.3	19.7
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.6	8.1	4.5	1.5	9.5
10	2367	Peanut butter light	0.8	0.0	0.0	0.0	3.7	35.7	27.2	20.0	47.4
11	304	Cheese Swiss dried	0.7	0.0	0.0	0.0	1.8	14.7	2.5	1.3	41.0
11	511	Cheese Edam 40+	0.3	0.0	0.0	0.0	1.9	23.8	17.6	14.0	35.1
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	8.9	0.0	0.0	32.3	20.2	40.5	29.4	4.8	65.3
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.7	0.0	0.0	0.0	3.4	35.6	33.7	13.0	53.2
11	515	Cheese spread 48+	0.0	0.0	0.0	0.0	1.0	9.3	8.4	8.0	9.8
11	517	Cheese spread 20+	0.2	0.0	0.0	0.0	0.8	17.1	13.0	10.0	19.3
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.5	39.6	39.0	38.5	39.9
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.9	4.6	2.4	2.3	8.8
11	719	Cheese cream soft Mon Chou	0.1	0.0	0.0	0.0	1.2	10.7	4.0	4.0	23.7
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.7	10.0	5.0	2.3	13.4
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
11	726	Cheese Bluefort	0.1	0.0	0.0	0.0	0.7	9.3	2.5	2.5	19.2
11	728	Cheese cream soft Boursin	0.2	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
11	804	Cheese sheep fresh	0.2	0.0	0.0	0.0	1.3	14.4	9.0	9.0	25.9
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.0
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	0.3	0.0	0.0	0.0	1.2	46.7	42.7	40.0	57.8
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	7.6	0.0	0.0	49.7	16.6	35.6	35.7	14.9	51.8
11	1487	Cheese Brie 60+	0.3	0.0	0.0	0.0	2.1	23.8	18.6	7.3	41.2
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.6	0.0	0.0	0.0	3.4	33.1	28.8	20.0	38.9
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	2.5	13.1	9.4	8.0	15.6
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.0	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.0	0.0	0.0	0.0	0.0
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.2	0.0	0.0	0.0	1.5	22.5	18.4	18.0	29.2
11	2518	Cheese goat hard	0.3	0.0	0.0	0.0	2.3	26.2	24.2	10.0	29.4
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.0	0.0	0.0	0.0	0.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.8	0.0	0.0	0.0	3.0	65.1	47.9	13.7	124.4
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.7	0.0	0.0	33.2	10.2	45.2	42.1	22.0	77.5
11	2758	Cheese Gouda 48+ age 4-7 mths	1.8	0.0	0.0	12.3	10.6	23.9	20.6	7.0	48.4
11	2759	Cheese Gouda 48+ age 10-12 mths	1.7	0.0	0.0	20.1	5.9	36.2	40.8	12.7	43.9
11	2824	Cheese 30+ low salt	0.1	0.0	0.0	0.0	0.7	24.0	24.0	24.0	24.0
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.3	3.5	2.5	2.3	5.1
12	824	Mustard	0.0	0.0	0.0	0.0	2.4	2.0	1.0	0.6	4.0
12	830	Garlic fresh	0.0	0.0	0.0	0.0	1.3	0.6	0.3	0.2	1.4
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.7	3.5	2.7	2.2	4.8
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.0
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.4	3.2	2.1	1.4	3.8
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.3	0.0	0.0	0.0	0.9	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.1	0.0	0.0	0.0	0.9	8.4	3.3	3.3	16.8
12	2681	Mixed spices Wereldgerechten unprep	0.2	0.0	0.0	0.1	1.3	7.6	7.4	7.4	8.1
13	270	Milk raw	2.7	0.0	0.0	0.0	1.4	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	1.1	0.0	0.0	4.4	5.0	18.6	14.9	8.0	39.1
13	272	Milk chocolate-flavoured full fat	0.0	0.0	0.0	0.0	0.0
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.4	0.0	0.0	2.3	8.5	6.3	3.4	1.5	16.5
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.1	0.0	0.0	0.0	1.2	28.5	20.1	18.0	43.1
13	276	Custard chocolate full fat	2.0	0.0	0.0	0.0	0.4	209.7	129.0	129.0	307.2
13	278	Yoghurt full fat	7.8	0.0	0.0	0.0	4.4	329.2	223.1	40.0	505.3
13	279	Milk whole	44.9	0.0	0.0	212.7	18.2	294.1	259.3	19.4	511.9
13	280	Coffee creamer full fat	2.5	0.0	0.0	15.7	9.6	17.6	11.1	4.5	42.0
13	281	Milk full fat condensed w sugar tinned	0.1	0.0	0.0	0.0	0.5	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	21.1	0.0	0.0	145.8	14.2	149.4	141.3	72.2	258.9
13	284	Yoghurt low fat with fruit	5.6	0.0	0.0	61.3	3.2	180.5	166.9	97.2	334.8
13	285	Coffee creamer half fat	6.7	0.0	0.0	32.3	29.3	20.9	15.5	4.6	49.1
13	286	Milk semi-skimmed	91.7	0.0	0.0	384.7	40.0	211.6	180.1	10.0	473.7
13	288	Porridge oatmeal	7.6	0.0	0.0	0.0	2.6	267.1	204.7	103.0	390.7
13	289	Buttermilk	30.5	0.0	0.0	229.1	15.3	230.1	235.0	126.0	305.5
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.1	0.0	0.0	0.0	0.8	19.7	8.0	8.0	29.5
13	294	Milk skimmed	2.0	0.0	0.0	0.0	0.4	449.9	433.8	425.0	460.5
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	2.0	0.0	0.0	0.0	1.3	179.8	133.7	82.4	267.9
13	299	Cream whipping	0.2	0.0	0.0	0.0	2.0	10.1	3.9	3.1	24.5
13	301	Yoghurt low fat	6.8	0.0	0.0	80.0	5.8	141.6	140.0	57.0	226.2
13	303	Ice cream dairy cream based	0.2	0.0	0.0	0.0	0.9	42.5	34.5	32.0	48.5
13	305	Fromage frais low fat	2.3	0.0	0.0	0.0	3.7	83.2	58.6	3.3	145.9
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.0	0.0	0.0	0.0	0.0
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	1.4	0.0	0.0	0.0	1.2	75.0	75.0	75.0	75.0
13	532	Blancmange chocolate	0.0	0.0	0.0	0.0	0.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.0	0.0	0.0	0.0	0.0
13	736	Pudding vanilla	0.6	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
13	767	Mousse chocolate	1.4	0.0	0.0	0.0	1.6	71.2	62.9	60.0	93.1
13	786	Pudding chipolata	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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	812	Cream sour	0.2	0.0	0.0	0.0	0.7	14.6	14.6	14.6	14.6
13	863	Yoghurt full fat with fruit	0.5	0.0	0.0	0.0	0.4	250.0	250.0	250.0	250.0
13	912	Pudding raspberries w currant sauce	4.2	0.0	0.0	32.2	2.6	91.8	71.0	71.0	118.0
13	915	Chocolate pudding with sauce	0.7	0.0	0.0	0.0	0.6	166.7	166.7	166.7	166.7
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	1.6	0.0	0.0	0.0	2.0	122.9	104.7	48.0	172.8
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	6.1	0.0	0.0	0.0	2.3	210.6	173.0	125.0	273.3
13	940	Blancmange vanilla w strawberry sauce	1.0	0.0	0.0	0.0	1.5	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.4	0.0	0.0	0.0	1.6	49.0	49.0	49.0	49.0
13	1008	Dairy dessert with cream averaged	6.0	0.0	0.0	16.6	1.8	200.0	200.0	200.0	200.0
13	1464	Milk chocolate-flavoured semi-skimmed	2.1	0.0	0.0	0.0	1.5	249.2	146.3	114.0	423.8
13	1474	Ice lolly/ Sorbet	0.1	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
13	1502	Yoghurt half fat	1.6	0.0	0.0	0.0	2.4	60.6	13.0	13.0	158.9
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.6	28.2	24.8	24.8	36.6
13	1719	Milk semi-skimmed enriched w calcium	0.0	0.0	0.0	0.0	0.0
13	1720	Custard several flavours full fat	9.3	0.0	0.0	81.5	5.7	182.7	163.7	48.7	257.2
13	1721	Yoghurt vanilla half fat	2.0	0.0	0.0	0.0	1.6	146.8	130.5	92.9	203.9
13	1722	Porridge semolina	0.4	0.0	0.0	0.0	0.2	193.8	163.6	154.5	216.6
13	1791	Cream whipped w sugar canned	0.2	0.0	0.0	0.0	2.9	12.0	9.3	3.0	22.7
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
13	1813	Yakult	0.8	0.0	0.0	0.0	1.6	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	3.6	0.0	0.0	0.0	1.7	185.2	176.1	176.1	195.2
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.2	0.0	0.0	0.0	1.7	62.7	51.8	51.8	74.7
13	1834	Yoghurt drink w sweeteners Optimel	0.8	0.0	0.0	0.0	0.4	330.0	330.0	330.0	330.0
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	0.0	3.3	15.8	11.2	8.0	24.0
13	1954	Coffee creamer Balance	0.1	0.0	0.0	0.0	0.4	28.0	27.0	27.0	29.5
13	1957	Custard with whipped cream	4.2	0.0	0.0	43.4	2.2	133.4	106.8	82.4	140.5
13	1958	Porridge buttermilk groats	0.0	0.0	0.0	0.0	0.0
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	1.4	0.0	0.0	0.0	1.3	214.2	214.2	214.2	214.2
13	2244	Yoghurt cream- with fruit	3.7	0.0	0.0	0.0	1.2	224.4	200.0	200.0	260.0
13	2246	Fromage frais low fat w fruit w sw	0.0	0.0	0.0	0.0	0.0
13	2247	Fromage frais yoghurt w fruit	0.3	0.0	0.0	0.0	0.4	210.6	210.6	210.6	210.6
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.2	0.0	0.0	0.0	0.9	53.5	50.0	50.0	61.8
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	1.9	0.0	0.0	0.0	1.2	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	1.6	0.0	0.0	0.0	0.9	286.2	259.1	210.6	332.3
13	2258	Actimel	1.3	0.0	0.0	0.0	0.9	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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	2267	Custard no fat w sweeteners Optimel	0.0	0.0	0.0	0.0	0.0
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.1	0.0	0.0	0.2	2.4	5.0	5.0	5.0	5.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	2.7	0.0	0.0	0.0	2.5	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.4	0.0	0.0	0.0	0.7	150.0	150.0	150.0	150.0
13	2495	Drinking chocolate w s-sk milk	2.7	0.0	0.0	0.0	0.4	265.7	265.7	265.7	265.7
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	13.5	0.0	0.0	127.2	5.6	146.3	125.1	125.0	212.4
13	2503	Yoghurt Greek full fat	1.0	0.0	0.0	0.0	0.5	77.8	77.8	77.8	77.8
13	2504	Fromage frais full fat w fruit	0.8	0.0	0.0	0.0	0.5	140.0	140.0	140.0	140.0
13	2519	Custard half fat all flavours	1.3	0.0	0.0	0.0	1.1	135.4	149.5	77.3	154.0
13	2520	Pudding airy average	2.3	0.0	0.0	0.0	1.9	94.3	65.0	65.0	161.9
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	1.2	0.0	0.0	0.0	1.1	296.8	296.8	296.8	296.8
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	1.8	0.0	0.0	0.0	0.9	120.0	120.0	120.0	120.0
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	1.5	0.0	0.0	0.0	2.3	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	4.8	0.0	0.0	24.7	3.8	140.1	130.0	130.0	153.8
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	1.2	0.0	0.0	0.0	0.5	253.4	170.0	170.0	322.7
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	10.7	0.0	0.0	0.0	2.0	370.4	318.8	257.5	496.9
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.3	17.5	17.5	17.5	17.5
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
13	3074	Yoghurt full fat w fruit Activia	2.4	0.0	0.0	0.0	1.1	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.5	2.9	2.9	2.9	2.9
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.6	2.1	5.1	1.6	1.2	14.3
14	1380	Dessert soya Alpro	0.0	0.0	0.0	0.0	0.0
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.0	0.0	0.0	0.0	0.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.0	0.0	0.0	0.0	0.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.1	169.2	169.2	169.2	169.2
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.1	0.0	0.0	0.0	0.7	15.0	11.0	11.0	18.2
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
15	199	Cashew nuts unsalted	0.1	0.0	0.0	0.0	1.5	8.3	5.4	5.4	13.4
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.3	0.0	0.0	0.7	2.2	12.9	11.8	11.8	16.6
15	204	Peanuts unsalted	0.1	0.0	0.0	0.0	0.4	36.7	30.0	30.0	47.0
15	205	Mixed nuts and raisins	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	206	Walnuts unsalted	1.6	0.0	0.0	6.2	5.8	29.5	16.7	3.4	58.1
15	207	Nuts mixed unsalted	0.4	0.0	0.0	0.0	1.8	34.4	30.0	30.0	45.4
15	264	Biscuit salted average	0.4	0.0	0.0	2.4	2.8	10.9	6.4	4.0	18.1
15	265	Puff pastry baked	0.1	0.0	0.0	0.0	0.9	18.0	11.0	11.0	36.7
15	266	Snack sausage roll puff pastry	1.5	0.0	0.0	0.0	2.4	91.6	70.0	70.0	128.7
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.0
15	546	Peanuts coated	1.8	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.3	0.0	0.0	0.0	0.6	25.0	18.7	15.0	28.9
15	867	Linseeds	0.0	0.0	0.0	0.0	0.3	4.0	4.0	4.0	4.0
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.0
15	876	Peanuts salted	1.0	0.0	0.0	0.0	1.9	30.7	19.5	15.0	52.6
15	901	Snack sausage roll w bread dough pastry	1.3	0.0	0.0	0.0	1.7	66.8	51.0	37.5	72.6
15	1496	Salad fish	0.8	0.0	0.0	1.8	1.7	24.0	15.0	15.0	38.2
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.5	20.3	10.6	10.0	28.1
15	1499	Salad egg	0.3	0.0	0.0	0.0	1.0	39.0	32.5	30.0	43.7

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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15	1699	Biscuits & snacks cheesy averaged	0.0	0.0	0.0	0.0	0.0
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.0
15	1877	Salad meat	0.7	0.0	0.0	0.0	1.0	90.0	90.0	90.0	90.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
15	1935	Nuts mixed salted	0.0	0.0	0.0	0.0	0.0
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.5	5.3	0.8	0.8	8.9
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	6.1	0.0	0.0	46.6	3.1	97.0	68.0	68.0	120.2
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	3.4	0.0	0.0	0.0	2.0	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.2	0.0	0.0	0.0	1.1	20.0	15.0	15.0	27.8
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.9	19.0	19.0	19.0	19.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.2	19.0	19.0	19.0	19.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	1.2	0.0	0.0	0.0	0.7	127.0	127.0	127.0	127.0
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	0.5	0.0	0.0	0.0	0.7	111.4	104.2	104.2	135.4
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.0
16	970	Lentils boiled	0.6	0.0	0.0	0.0	0.5	300.0	300.0	300.0	300.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.1	12.2	12.2	12.2	12.2
16	3049	Beans white tinned	0.4	0.0	0.0	0.0	0.3	190.4	190.4	190.4	190.4
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.9	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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

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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	1.4	0.0	0.0	0.0	0.3	252.1	220.5	220.5	330.5
19	758	Soup clear with meat	1.7	0.0	0.0	0.0	1.6	200.0	200.0	200.0	200.0
19	759	Soup clear with vegetables	0.8	0.0	0.0	0.0	0.8	191.6	149.1	147.0	258.2
19	760	Soup clear with meat and noodles	7.1	0.0	0.0	0.0	3.4	402.2	210.0	210.0	584.1
19	761	Soup clear with meat and vegetables	1.8	0.0	0.0	0.0	2.3	95.6	95.6	95.6	95.6
19	762	Soup clear w meat vegetables and noodles	5.1	0.0	0.0	0.0	2.4	336.2	285.2	195.3	502.4
19	763	Soup thickened w vegetables	9.0	0.0	0.0	0.0	1.0	388.5	388.5	388.5	388.5
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	1.8	0.0	0.0	0.0	1.9	101.1	91.0	91.0	135.7
19	797	Soup vegetable based dried packet prep	13.0	0.0	0.0	101.2	6.7	222.4	195.3	157.5	305.5
19	798	Soup meat based dried packet prepared	4.9	0.0	0.0	0.0	2.8	189.8	190.0	142.0	214.4
19	800	Soup vegetable based tinned prepared	10.0	0.0	0.0	84.1	5.2	242.0	190.5	153.0	441.2
19	801	Soup meat based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	2.0	0.0	0.0	0.0	1.5	165.6	123.5	65.0	211.6
19	2487	Soup veg & meat based ready made prep	4.5	0.0	0.0	0.0	0.2	840.0	840.0	840.0	840.0
19	2488	Soup vegetable&meat based prepared pack	2.0	0.0	0.0	0.0	0.8	213.2	200.1	189.0	234.6
19	2561	Soup thickened no filling	2.0	0.0	0.0	0.0	0.7	212.2	164.8	157.5	249.6
19	2932	Soup cup-a-soup prepared	3.7	0.0	0.0	0.0	2.5	267.8	182.9	175.0	366.1
20	374	Sugar brown Basterdsuiker	0.8	0.0	0.0	4.1	4.9	16.2	8.3	4.9	30.1
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	1.8	6.1	4.5	2.8	9.6
20	377	Sugar granulated	7.9	0.0	0.0	32.2	40.1	19.5	15.0	1.9	47.2
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	0.9	40.5	21.7	20.0	83.3
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.8	21.1	20.0	20.0	22.8
20	427	Syrup apple	4.1	0.0	0.0	28.6	11.9	28.7	19.8	5.0	53.2
20	431	Chocolate milk	2.3	0.0	0.0	20.6	14.5	16.9	17.0	2.8	27.5
20	432	Chocolate plain	0.8	0.0	0.0	9.3	7.8	10.8	6.9	5.0	25.1
20	433	Chocolate flakes milk	0.3	0.0	0.0	0.0	1.4	27.9	22.2	10.0	34.2
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
20	436	Spread chocolate hazelnut	0.6	0.0	0.0	0.0	1.7	32.2	20.0	20.0	46.3

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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20	442	Coloured confetti fruit-flavoured	1.3	0.0	0.0	13.4	8.9	17.9	12.8	5.0	32.4
20	443	Honey	2.6	0.0	0.0	17.0	17.5	18.7	9.5	2.8	57.5
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.6	26.8	20.0	20.0	33.4
20	445	Jam	13.9	0.0	0.0	66.6	29.1	34.5	21.5	9.7	111.8
20	447	Chewing gum without sugar	0.1	0.0	0.0	0.2	2.0	2.0	2.0	2.0	2.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.2	0.0	0.0	0.5	4.0	6.8	5.0	2.0	14.3
20	453	Peppermint	0.2	0.0	0.0	2.2	4.6	5.8	5.0	3.0	10.4
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
20	461	Toffees	0.1	0.0	0.0	0.0	2.0	17.0	14.4	12.0	17.6
20	484	Jam reduced sugar	1.5	0.0	0.0	8.9	8.3	30.4	24.1	10.0	48.3
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.8	33.0	33.0	33.0	33.0
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	0.9	32.0	32.0	32.0	32.0
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.2	0.0	0.0	0.0	3.1	15.6	5.7	4.0	34.3
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	1.0	3.9	3.4	3.0	3.9
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.2	0.0	0.0	0.0	0.7	13.0	13.0	13.0	13.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.3	0.0	0.0	0.0	0.6	36.0	36.0	36.0	36.0
20	539	Sauce fruit for pudding	0.1	0.0	0.0	0.0	0.2	45.0	45.0	45.0	45.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.4	16.0	16.0	16.0	16.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.6	0.0	0.0	0.0	3.5	20.7	16.8	2.0	39.1
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.0
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.7	6.0	6.0	6.0	6.0
20	752	Wine gums	0.3	0.0	0.0	0.0	1.1	26.9	20.6	5.0	37.4
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.0
20	1508	Chocolates filled/Belguim chocolate	1.9	0.0	0.0	11.2	8.4	17.7	14.7	11.9	28.0
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	1.1	16.8	8.8	7.5	27.4
20	1963	Chocolate confetti plain	1.4	0.0	0.0	10.2	4.1	19.1	13.2	5.0	41.2
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.0
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.4	14.0	14.0	14.0	14.0
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	1.0	22.1	20.1	20.0	25.8
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.1	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0
20	2385	Liquorice w sal ammoniac powder	0.1	0.0	0.0	0.0	0.7	6.0	6.0	6.0	6.0
20	2386	Nougat	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.6	4.0	4.0	4.0	4.0
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	1.3	0.0	0.0	3.5	3.6	19.5	14.7	4.0	35.8
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.7	8.1	6.0	6.0	14.5
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.2	8.8	8.8	8.8	8.8
21	310	Butter unsalted	3.2	0.0	0.0	22.9	18.9	16.1	10.4	1.4	42.5
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.0	0.0	0.0	0.0	0.0
21	314	Lard	0.0	0.0	0.0	0.0	0.5	12.4	7.9	7.9	18.4
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.5	0.0	0.0	6.3	10.6	10.0	11.0	1.1	19.1
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.0
21	451	Mayonnaise	0.4	0.0	0.0	4.8	3.8	10.2	11.6	2.2	15.9
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.4	0.0	0.0	4.4	3.8	9.3	8.5	2.5	13.4
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	1.4	24.8	13.8	13.8	33.8
21	465	Sauce for chips 25% oil	1.4	0.0	0.0	6.8	1.6	31.3	31.3	31.3	31.3
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.6	0.0	0.0	3.0	1.6	13.8	13.8	13.8	13.8
21	601	Oil olive	1.4	0.0	0.0	10.1	14.3	9.9	9.4	1.4	22.3
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.2	2.7	2.7	2.7	2.7
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0
21	616	Peanut sauce jar prepared	0.1	0.0	0.0	0.0	0.3	13.2	13.2	13.2	13.2
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.0	0.0	0.0	0.0	1.7	4.4	2.4	1.0	6.9
21	879	Butter salted	0.6	0.0	0.0	1.2	3.8	15.2	6.4	1.2	62.3
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.4	11.0	11.0	11.0	11.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0
21	1515	Sauce based on roux prepared	0.0	0.0	0.0	0.0	0.0
21	1517	Sauce mix packet <3% fat prepared	0.0	0.0	0.0	0.0	0.0
21	1518	Sauce mix packet >3% fat prepared	4.5	0.0	0.0	24.2	7.2	45.2	29.8	9.6	100.0
21	1524	Sauce tomato ready made jar	3.0	0.0	0.0	0.0	1.4	121.2	87.0	14.0	166.0
21	1530	Butter product half fat	0.2	0.0	0.0	0.0	1.1	33.0	28.5	25.0	35.2
21	1803	Sauce oriental ready-made in jar/bag	0.1	0.0	0.0	0.0	0.2	27.6	27.6	27.6	27.6
21	1839	Low fat margarine product tub Becel Ligh	4.9	0.0	0.0	31.5	15.3	35.5	25.5	6.3	78.6

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

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21	1847	Margarine product tub Becel Dieet	4.2	0.0	0.0	21.0	18.7	28.0	19.1	6.7	74.8
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.0
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	0.7	0.0	0.0	0.0	4.5	25.5	20.4	9.0	41.8
21	1961	Low fat marg prod Blue Band Goede Start	0.1	0.0	0.0	0.0	0.7	29.6	19.0	12.0	47.3
21	2059	Low fat margarine 40% fat <17 g sat	1.7	0.0	0.0	13.8	8.4	21.0	18.3	6.0	41.8
21	2060	Low fat margarine prod 35% fat <10 g sat	1.4	0.0	0.0	13.0	6.4	24.3	18.1	3.1	52.5
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.6	0.0	0.0	0.0	4.0	33.4	21.8	12.0	52.3
21	2063	Margarine 80% fat >24 g saturates	1.3	0.0	0.0	6.4	21.9	5.9	2.1	0.4	23.2
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.1	0.0	0.0	0.2	4.4	3.9	2.2	0.7	7.3
21	2066	Cooking fat liquid 97% fat <17 g sat	1.0	0.0	0.0	5.4	18.0	5.9	3.9	1.1	17.6
21	2067	Cooking fat solid 97% fat >17 g sat	0.4	0.0	0.0	2.2	8.2	4.3	2.3	0.4	8.4
21	2068	Frying fat liquid <24 g sat fatty acids	1.4	0.0	0.0	11.6	1.9	28.7	22.6	13.9	30.9
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.3	6.5	6.5	6.5	6.5
21	2072	Margarine product 60% fat <17 g sat	2.7	0.0	0.0	16.3	9.8	18.3	15.7	3.5	31.2
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	1.4	3.6	4.5	3.2	1.8	10.6
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.0
21	2178	Pesto	0.0	0.0	0.0	0.0	1.4	2.4	2.4	2.4	2.4
21	2294	Low fat margarine Twenty four Ultralight	0.1	0.0	0.0	0.0	1.1	14.2	10.2	9.0	17.2
21	2295	Butter product 25% fat	0.2	0.0	0.0	0.0	1.5	31.0	27.0	27.0	35.0
21	2418	Sauce hot liquid ready made <12% fat	0.2	0.0	0.0	0.0	1.0	50.9	30.2	12.0	75.0
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.2	0.0	0.0	5.8	3.4	43.5	36.6	6.0	56.9
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.4	18.3	18.3	18.3	18.3
21	2446	Sauce chasseur	0.3	0.0	0.0	0.0	0.7	93.5	93.5	93.5	93.5
21	2447	Sauce veg w semi-skimmed milk and maize	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.2	0.0	0.0	0.0	0.8	28.9	24.3	24.3	33.7
21	2451	Gravy 25% fat thickend prep w gravypowde	0.4	0.0	0.0	0.0	1.6	38.6	21.3	21.3	83.6
21	2452	Gravy 25% fat thick prep wo gravypowder	0.3	0.0	0.0	0.0	2.6	22.7	16.2	11.6	33.3
21	2453	Gravy 50% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.9	12.1	12.1	12.1	12.1
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.5	0.0	0.0	0.0	1.6	41.6	42.3	20.0	48.9
21	2460	Gravy 75% fat clear prep wo gravypowder	0.9	0.0	0.0	0.0	1.0	66.3	62.1	62.1	70.8
21	2462	Gravy 5% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.0
21	2466	Salad dressing vinaigrette	0.5	0.0	0.0	2.6	2.0	11.4	11.4	11.4	11.4
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.0
21	2469	Sauce mayonnaise based average	0.0	0.0	0.0	0.0	0.1	20.7	20.7	20.7	20.7
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.0
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.0
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.5	5.9	5.9	5.9	5.9
21	2525	Frying fat horeca	0.3	0.0	0.0	0.0	3.7	12.8	12.8	6.8	19.2
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.3	72.8	72.8	72.8	72.8
21	2557	Margarine 80% fat > 24 g sat unsalted	0.0	0.0	0.0	0.0	1.2	4.7	3.5	0.8	6.9
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.1	0.0	0.0	0.8	5.3	2.7	1.6	0.4	3.5
21	2559	Low fat margarine prod AH Bewust light	0.5	0.0	0.0	0.0	2.6	14.2	9.3	4.5	21.7
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.1	0.0	0.0	0.0	3.6	6.9	2.0	0.5	14.8
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.2	0.0	0.0	0.0	3.2	6.2	4.3	0.9	11.1
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.4	2.3	2.3	2.3	2.3
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.1	0.0	0.0	0.0	0.2	17.5	14.0	14.0	22.1
21	2580	Gravy 5% fat thickend w gravy powder	0.0	0.0	0.0	0.0	0.0
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.1	0.0	0.0	0.0	1.1	24.5	24.5	24.5	24.5
21	2585	Gravy 25% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.4	34.9	34.9	34.9	34.9
21	2586	Gravy 25% fat w margarine 2063	2.4	0.0	0.0	15.1	5.7	48.2	35.2	24.3	94.7
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	29.1	29.1	29.1	29.1
21	2588	Gravy 25% fat clear prep w gravy powder	1.6	0.0	0.0	11.6	3.3	35.4	34.5	12.1	47.0
21	2589	Gravy 25% fat w olive oil	0.6	0.0	0.0	0.0	1.4	32.4	25.6	24.3	44.1
21	2590	Gravy 25% fat w butter	0.4	0.0	0.0	0.0	1.9	28.9	11.6	11.6	59.3
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.1	0.0	0.0	0.0	1.0	17.4	8.8	5.8	31.7
21	2593	Gravy 50% fat w margarine 2063	0.2	0.0	0.0	0.0	1.5	24.3	24.3	24.3	24.3
21	2594	Gravy 50% fat w margarine liq 2077	0.5	0.0	0.0	0.0	1.3	23.3	23.3	23.3	23.3
21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.2	64.0	64.0	64.0	64.0
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.3	24.3	24.3	24.3	24.3

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	9.7	9.7	9.7	9.7
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.6	34.9	34.9	34.9	34.9
21	2601	Gravy 25% fat thickend w cook fat 2067	1.2	0.0	0.0	6.1	1.9	28.1	28.1	28.1	28.1
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	0.6	48.5	48.5	48.5	48.5
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.7	21.2	11.4	11.4	35.8
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.7	0.0	0.0	0.0	2.1	45.0	38.9	34.9	53.2
21	2625	Gravy 25% fat w cooking fat 2563	0.2	0.0	0.0	0.0	1.2	39.5	32.7	12.1	66.8
21	2626	Gravy 25% fat w cooking fat liq 2562	0.6	0.0	0.0	0.0	0.7	37.3	27.8	22.0	47.8
21	2627	Gravy 50% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.0
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.2	0.0	0.0	0.0	1.4	29.2	22.4	18.7	33.7
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.1	15.5	15.5	15.5	15.5
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	1.5	0.0	0.0	0.0	2.5	76.5	66.2	56.0	76.5
21	2651	Sauce cocktail/party/table >25% oil	0.1	0.0	0.0	0.0	0.7	11.6	11.6	11.6	11.6
21	2667	Salad dressing 20% oil w yogurt	0.0	0.0	0.0	0.0	0.0
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.1	0.0	0.0	0.0	0.2	43.3	41.3	40.5	44.6
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.4	7.8	7.8	7.8	7.8
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	1.7	0.0	0.0	0.0	1.9	72.0	66.3	48.0	75.0
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	1.2	17.0	9.0	9.0	31.5
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.3	36.4	36.4	36.4	36.4
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.0	0.0	0.0	0.0	0.0
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.1	0.0	0.0	0.0	0.6	22.1	18.0	18.0	30.9
21	2934	Low fat spead Becel pro.activ light	0.2	0.0	0.0	0.0	0.9	43.9	40.5	40.5	47.2
21	3036	Gravy 75%fat thick prep w gravy powder	0.1	0.0	0.0	0.0	0.4	72.8	72.8	72.8	72.8
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.7	0.0	0.0	0.0	2.0	37.5	40.1	18.0	43.2
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.3	0.0	0.0	0.0	1.5	33.0	33.1	25.0	34.8
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.4	0.0	0.0	0.0	1.1	25.3	24.3	24.0	26.0

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.8	0.0	0.0	0.0	0.4	81.7	65.9	52.5	87.6
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
22	348	Shrimps Dutch peeled boiled	0.3	0.0	0.0	0.0	0.4	79.5	26.4	10.0	119.6
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	2.4	0.0	0.0	4.3	2.6	98.1	76.0	76.0	138.9
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.2	0.0	0.0	0.0	0.3	84.0	84.0	84.0	84.0
22	602	Salmon tinned	0.3	0.0	0.0	0.0	0.2	110.0	110.0	110.0	110.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.3	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
22	815	Fish fingers unprepared	1.4	0.0	0.0	0.0	1.4	95.3	74.1	67.5	153.5
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	0.0	0.0	0.0	0.0	0.0
22	918	Plaice boiled	2.4	0.0	0.0	7.4	2.9	81.4	70.0	70.0	139.9
22	919	Pollack boiled	0.0	0.0	0.0	0.0	0.0
22	1096	Salmon smoked	2.1	0.0	0.0	0.0	2.9	59.4	32.8	25.0	132.5
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.2	0.0	0.0	0.0	0.5	45.0	45.0	45.0	45.0
22	1586	Mackerel fillet smoked	0.4	0.0	0.0	0.0	1.1	80.4	57.2	45.0	95.7
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.1	0.0	0.0	0.0	0.3	53.2	44.1	44.1	62.6
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.1	0.0	0.0	0.0	0.4	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	1.8	0.0	0.0	0.0	0.9	163.7	102.4	100.0	212.7
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.7	0.0	0.0	0.0	0.8	201.0	201.0	201.0	201.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.6	0.0	0.0	0.0	0.7	171.7	151.8	141.8	185.3
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.2	0.0	0.0	0.0	0.4	90.0	90.0	90.0	90.0
22	2474	Whitefish fillet batter deepfried wo fat	1.4	0.0	0.0	0.0	1.1	189.6	170.9	156.0	198.0
22	2765	Pangasius prep in microwave oven	0.4	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
23	106	Duck whole raw	0.2	0.0	0.0	0.0	0.5	58.2	58.2	58.2	58.2
23	108	Chicken with skin raw	1.4	0.0	0.0	3.5	2.7	44.3	26.3	26.3	116.0
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.1	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.0
23	328	Ham smoked raw	0.4	0.0	0.0	0.0	3.2	13.3	12.0	12.0	15.4
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	2.1	15.0	15.0	15.0	15.0

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

NEVO group	NEVO code	Description	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
23	335	Liver pate	0.4	0.0	0.0	0.0	1.2	22.2	20.0	20.0	27.7
23	336	Luncheon meat tinned	0.3	0.0	0.0	0.0	0.7	101.0	101.0	101.0	101.0
23	338	Beef salted cooked	0.2	0.0	0.0	0.0	3.0	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.2	0.0	0.0	0.2	1.6	8.9	6.8	5.0	9.7
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.4	13.8	13.8	13.8	13.8
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	3.5	0.0	0.0	0.0	0.5	400.0	400.0	400.0	400.0
23	567	Sausage luncheon meat	0.7	0.0	0.0	3.0	3.8	25.7	16.9	12.0	47.4
23	568	Black pudding	0.9	0.0	0.0	0.0	2.5	44.8	33.8	23.0	44.8
23	638	Salami sausage saveloy	1.8	0.0	0.0	9.2	4.3	25.7	17.3	6.0	54.8
23	639	Bacon rashers streaky	1.5	0.0	0.0	8.8	4.5	25.8	17.8	14.4	48.5
23	640	Liver sausage	2.2	0.0	0.0	11.0	6.1	28.6	18.8	10.0	57.0
23	641	Bacon	0.1	0.0	0.0	0.0	1.2	7.6	4.7	4.2	11.7
23	642	Pate	0.1	0.0	0.0	0.0	1.1	18.1	12.2	10.0	27.7
23	643	Pork side cured and smoked	0.6	0.0	0.0	0.0	0.9	84.2	57.2	40.0	100.2
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	1.2	0.0	0.0	10.1	6.5	25.1	20.9	4.5	60.3
23	785	Ham shoulder medium fat boiled	4.7	0.0	0.0	30.3	4.6	52.4	55.2	3.3	67.3
23	810	Beef steak tartare spiced filet americ	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
23	1152	Salami	0.3	0.0	0.0	0.0	2.3	26.6	19.6	15.0	30.8
23	1155	Minced meat loaf fried	0.2	0.0	0.0	0.0	0.8	26.6	24.0	24.0	30.7
23	1162	Sausage cooked	0.2	0.0	0.0	0.0	0.9	15.5	13.7	12.0	17.5
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	2.3	0.0	0.0	17.4	3.7	29.7	17.1	10.0	65.4
23	1305	Chicken without skin raw	1.0	0.0	0.0	0.0	2.1	90.9	82.1	45.5	121.4
23	1306	Chicken for soup w skin raw	1.4	0.0	0.0	0.0	1.5	81.2	77.4	75.0	83.3
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
23	1400	Beef rump steak raw	2.2	0.0	0.0	0.0	2.1	154.3	124.9	80.0	172.7
23	1401	Beef tenderloin steak raw	0.6	0.0	0.0	0.0	0.2	112.0	112.0	112.0	112.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	4.9	0.0	0.0	24.2	1.9	112.0	112.0	112.0	112.0
23	1405	Minced beef raw	2.9	0.0	0.0	28.0	5.4	60.0	49.6	11.4	106.1
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.2	0.0	0.0	0.0	1.7	22.5	20.1	20.0	24.5
23	1409	Beef sirloin rolled raw	0.6	0.0	0.0	0.0	0.3	150.0	150.0	150.0	150.0
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	1.7	0.0	0.0	0.0	1.5	88.0	73.0	50.0	114.3
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	4.7	0.0	0.0	11.7	2.9	185.9	156.6	50.0	254.1
23	1415	Beef steak tartare raw	1.4	0.0	0.0	0.0	2.4	91.5	69.2	57.8	132.8
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	2.0	0.0	0.0	0.0	3.0	81.3	79.9	56.0	97.0
23	1418	Pork fillet raw	0.5	0.0	0.0	0.0	1.4	73.8	70.0	70.0	88.6
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.5	0.0	0.0	0.0	1.1	86.6	74.9	33.5	154.7
23	1421	Minced pork raw	1.1	0.0	0.0	0.0	0.7	66.7	66.7	66.7	66.7
23	1422	Pork tenderloin raw	0.0	0.0	0.0	0.0	0.0
23	1424	Pork loin chop raw	1.5	0.0	0.0	0.0	0.8	103.3	93.6	91.1	117.3

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	2.3	0.0	0.0	0.0	3.4	103.7	95.8	74.7	135.4
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
23	1428	Pork stir fry meat raw	0.8	0.0	0.0	3.0	1.3	27.8	14.1	4.0	73.1
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.4	0.0	0.0	0.0	0.7	79.8	70.0	70.0	91.8
23	1431	Kromesky meat filled raw	0.6	0.0	0.0	0.0	0.5	76.0	73.5	73.5	78.2
23	1432	Bacon rasher raw	0.8	0.0	0.0	1.1	3.1	34.5	20.5	3.4	87.9
23	1434	Minced beef/pork raw	2.4	0.0	0.0	20.0	6.2	59.7	57.9	10.3	110.3
23	1435	Hamburger raw	0.1	0.0	0.0	0.0	0.2	67.5	67.5	67.5	67.5
23	1437	Veal olive raw	0.0	0.0	0.0	0.0	0.0
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.3	0.0	0.0	0.0	0.5	66.1	66.1	66.1	66.1
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	0.6	0.0	0.0	1.1	2.8	24.0	15.3	8.0	44.6
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	1.3	20.9	15.0	15.0	38.7
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	2.9	0.0	0.0	37.4	4.4	73.5	74.9	12.0	107.8
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.6	0.0	0.0	0.0	1.7	73.8	70.3	67.5	75.4
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	0.6	0.0	0.0	0.0	2.3	39.6	29.3	29.3	75.1
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.5	0.0	0.0	0.0	1.4	52.8	35.5	22.5	97.7
23	1772	Pork fricandeau fried	0.0	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0
23	1773	Brawn, pork pickled in vinegar	1.3	0.0	0.0	12.0	3.7	38.5	29.2	20.0	38.9
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.0
23	1776	Ham lean grilled	0.4	0.0	0.0	0.0	1.0	69.4	39.2	12.0	89.4
23	1777	Gammon boiled deboned	1.4	0.0	0.0	0.0	3.4	54.9	46.4	20.0	62.2
23	1788	Pork rib chop raw	0.4	0.0	0.0	0.0	1.2	67.3	71.2	38.0	75.6
23	1790	Pork schnitzel not breaded raw	1.1	0.0	0.0	0.0	0.9	112.0	112.0	112.0	112.0
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	1909	Sausage excl liver average	0.2	0.0	0.0	0.0	1.4	24.0	24.0	24.0	24.0
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	5.1	0.0	0.0	25.3	4.6	91.0	91.0	91.0	91.0
23	2300	Sausage smoked lean cooked	0.8	0.0	0.0	0.0	2.1	87.2	94.0	50.0	99.4
23	2301	Sausage smoked beef cooked	0.3	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
23	2303	Sausage cooked lean	0.6	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	3.2	0.0	0.0	15.9	7.0	58.0	34.0	6.7	124.6
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	1.6	0.0	0.0	0.0	2.3	91.3	76.0	76.0	148.9
23	2336	Beef average raw	0.1	0.0	0.0	0.0	0.4	76.0	76.0	76.0	76.0

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	1.3	0.0	0.0	0.0	2.3	55.5	40.9	19.5	111.8
23	2339	Beef olives raw	0.1	0.0	0.0	0.0	0.4	84.0	84.0	84.0	84.0
23	2340	Pork schnitzel breaded raw	1.5	0.0	0.0	0.0	1.3	74.8	69.2	58.3	85.7
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	119.0	119.0	119.0	119.0
23	2363	Minced meat w ham and cheese raw	0.2	0.0	0.0	0.0	0.4	80.0	80.0	80.0	80.0
23	2364	Chicken schnitzel raw	1.3	0.0	0.0	0.0	2.5	93.8	81.1	76.0	110.6
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.0	0.0	0.0	0.0	0.3	16.4	16.4	16.4	16.4
23	2766	Sausage smoked industrial cooked	0.9	0.0	0.0	0.0	1.8	92.2	90.0	90.0	97.8
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.1	0.0	0.0	0.0	0.7	5.0	5.0	5.0	5.0
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.3	22.5	15.0	15.0	28.5
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.5	0.0	0.0	0.0	0.4	48.0	48.0	48.0	48.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.1	0.0	0.0	0.0	0.5	37.5	37.5	37.5	37.5
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.0
23	3030	Sausage beef Braadworst raw	1.1	0.0	0.0	0.0	2.0	50.4	43.4	2.0	54.7
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.2	0.0	0.0	0.0	0.5	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	74.6	66.3	0.0	172.7	70.7	116.1	101.7	58.3	203.0
1	1150	Potatoes sliced frozen unprepared	0.3	0.0	0.0	0.0	0.6	120.0	120.0	120.0	120.0
1	1455	Potato puree powder av	0.9	0.0	0.0	0.0	1.9	80.9	69.9	63.6	88.0
1	1456	Chips pre-fried unprepared	2.0	0.0	0.0	4.6	2.1	81.3	81.1	30.0	127.4
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.2	0.0	0.0	0.0	0.4	124.6	108.7	105.0	136.9
1	2326	Croquettes potato frozen unprepared	0.4	0.0	0.0	0.0	0.3	99.5	67.2	67.2	133.4
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.1	58.1	58.1	58.1	58.1
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	0.7	0.0	0.0	0.0	1.1	51.2	51.7	26.4	64.4
2	383	Juice apple	4.3	0.0	0.0	0.0	3.6	180.4	176.0	120.0	206.1
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.5	11.0	11.0	11.0	11.0
2	387	Fruit drink blackcurrant	0.3	0.0	0.0	0.0	2.1	27.1	16.4	12.0	44.4
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.2	147.0	147.0	147.0	147.0
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	0.0	0.0	0.0	0.0	0.0
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.0	0.0	0.0	0.0	0.0
2	395	Soft drink cola with caffeine	6.1	0.0	0.0	85.2	2.0	174.2	179.9	78.0	207.0
2	396	Juice grape	0.1	0.0	0.0	0.0	0.1	187.0	187.0	187.0	187.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	2.3	0.0	0.0	0.0	2.1	114.3	98.0	91.5	131.0
2	401	Gin young Dutch	2.3	0.0	0.0	10.1	4.6	29.3	28.5	28.5	28.5
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	407	Port wine	3.4	0.0	0.0	28.8	3.1	74.0	48.8	45.0	146.3
2	408	Rum	0.0	0.0	0.0	0.0	0.0
2	409	Sherry	0.0	0.0	0.0	0.0	0.0
2	410	Juice orange pasteurized	2.4	0.0	0.0	0.0	2.6	208.9	190.5	92.5	365.2
2	411	Mineral water Spa	5.1	0.0	0.0	0.0	1.1	261.4	175.5	166.0	445.8
2	413	Tomato juice	1.0	0.0	0.0	0.0	0.5	145.4	125.1	112.0	157.4
2	414	Soft drink tonic	3.9	0.0	0.0	0.0	1.3	325.6	278.8	40.0	387.9
2	415	Vermouth	0.0	0.0	0.0	0.0	0.4	35.1	35.1	35.1	35.1
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.0
2	417	Juice drink	1.3	0.0	0.0	0.0	1.9	154.5	145.9	140.0	169.7
2	421	Whisky	0.0	0.0	0.0	0.0	0.0
2	422	Wine red	6.7	0.0	0.0	52.0	5.6	167.8	125.0	50.0	307.3
2	423	Wine white dry	14.1	0.0	0.0	61.4	5.8	160.0	137.1	83.3	247.7
2	425	Whey drink light Rivella	0.0	0.0	0.0	0.0	0.0
2	463	Fruit drink concentrate undiluted	0.0	0.0	0.0	0.0	0.0
2	497	Fruit drink concentrate Roosvicee Origin	0.1	0.0	0.0	0.0	1.1	10.9	9.0	9.0	14.1
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0

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

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2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
2	644	Coffee prepared	251.8	226.7	0.0	634.8	79.6	350.6	316.5	89.6	777.8
2	645	Tea prepared	653.7	453.6	0.0	1,991.8	84.3	671.1	540.5	166.5	1,880.4
2	664	Juice grapefruit	0.5	0.0	0.0	0.0	1.0	99.2	97.8	96.7	99.8
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	4.5	0.0	0.0	0.0	1.1	402.1	262.6	241.7	512.3
2	805	Jagermeister herb liquor	0.1	0.0	0.0	0.0	0.9	38.0	38.0	38.0	38.0
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.6	0.0	0.0	0.0	0.7	219.7	160.0	160.0	294.1
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	0.5	0.0	0.0	0.0	0.5	135.1	129.2	126.0	138.9
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.9	0.0	0.0	0.0	0.8	50.3	50.3	50.3	50.3
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	0.1	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	2.6	0.0	0.0	0.0	1.1	200.0	200.0	200.0	200.0
2	1523	Cola light soft drink with caffeine	6.2	0.0	0.0	39.2	2.3	182.8	131.9	78.0	352.5
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.4	0.0	0.0	0.0	0.6	35.3	20.5	20.0	47.1
2	1810	Fruit drink concentrate Karvan Cevitam	2.1	0.0	0.0	4.9	5.2	28.5	17.7	9.0	46.6
2	1878	Fruit juice drink Roosvicee Multivit	1.9	0.0	0.0	0.0	0.7	182.3	126.7	100.0	220.6
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.8	12.1	9.3	9.0	14.4
2	1885	Water average	542.6	418.7	0.0	1,723.0	90.4	582.5	461.1	86.6	1,751.5
2	1932	Juice orange with pulp	1.1	0.0	0.0	0.0	0.6	146.0	146.0	146.0	146.0
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	0.0	0.0	0.0	0.0	0.0
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.3	0.0	0.0	0.0	0.2	152.0	152.0	152.0	152.0
2	2086	Ice tea	0.6	0.0	0.0	0.0	0.1	660.0	660.0	660.0	660.0
2	2088	Ice tea with suiker and sweetner	0.1	0.0	0.0	0.0	0.1	180.0	180.0	180.0	180.0
2	2134	Juice drink Dubbelfrisss	8.9	0.0	0.0	0.0	3.6	225.7	172.3	164.3	521.5
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.9	0.0	0.0	0.0	0.5	173.0	173.0	173.0	173.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	1.0	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	0.0	0.0	0.0	0.0	0.0
2	2142	Wine white sweet	2.5	0.0	0.0	0.0	1.6	143.6	127.3	92.0	175.9
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.0	0.0	0.0	0.0	0.0
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.0
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	5.3	0.0	0.0	0.0	2.7	375.6	351.0	339.0	428.0
2	2476	Cappuccino freshly made	2.4	0.0	0.0	0.0	2.7	118.6	114.4	70.0	146.5
2	2477	Coffee cappuccino instant prepared	1.0	0.0	0.0	0.0	1.2	230.7	158.0	75.0	339.9
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.7	14.2	12.2	6.0	18.5
2	2490	Fruit juice drink 12fruit nectar light	1.3	0.0	0.0	0.0	1.1	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.0	0.0	0.0	0.0	0.3	38.3	38.3	38.3	38.3
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.1	0.0	0.0	0.0	0.2	153.2	140.5	140.0	163.4
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	0.2	0.0	0.0	0.0	0.4	190.4	187.7	187.0	192.5
2	2610	Wine rose	0.7	0.0	0.0	0.0	0.3	111.0	111.0	111.0	111.0
2	2633	Coffee instant powder	0.1	0.0	0.0	0.0	2.6	9.7	4.2	4.0	31.0
2	2634	Fruit juice dk minimal 2 fruits w vit C	1.7	0.0	0.0	0.0	0.8	133.7	115.6	90.0	162.2
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.1	0.0	0.0	0.0	0.1	152.0	152.0	152.0	152.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.1	0.0	0.0	0.0	0.2	109.0	109.0	109.0	109.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	1.1	0.0	0.0	0.0	0.5	200.0	200.0	200.0	200.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.0
2	2663	Juice fruit Vruchtoase multivit	3.4	0.0	0.0	0.0	0.3	543.2	296.6	200.0	722.7
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	19.4	0.0	0.0	136.0	15.0	131.4	132.0	50.2	199.4

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.2	0.0	0.0	0.0	0.6	35.2	35.2	35.2	35.2
2	2837	Beer with fruit flavour	0.5	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	1.2	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.2	0.0	0.0	0.0	0.3	145.0	145.0	145.0	145.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.3	0.0	0.0	0.0	0.3	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.1	0.0	0.0	0.0	1.2	22.5	18.8	15.0	28.9
2	2881	Coffee wiener melange instant prepared	0.0	0.0	0.0	0.0	0.0
2	2896	Lemonade squash Spa&Fruit sparkling	0.0	0.0	0.0	0.0	0.0
2	2897	Juice Drink Ocean Spray	2.3	0.0	0.0	0.0	0.8	181.0	181.0	181.0	181.0
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.0
3	227	Crispbakes Dutch	1.6	0.0	0.0	9.4	14.4	11.4	10.0	1.1	25.7
3	228	Crackers cream	0.3	0.0	0.0	0.0	1.6	14.0	10.0	6.0	22.0
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	0.7	0.0	0.0	0.0	3.1	39.4	29.6	22.5	55.8
3	233	Bread currant	1.0	0.0	0.0	0.0	2.5	49.9	33.2	30.0	93.8
3	236	Bread brown wheat	24.9	0.0	0.0	110.3	35.3	91.0	68.2	35.0	167.9
3	238	Crackers matzes	0.3	0.0	0.0	0.0	0.7	26.4	17.8	10.0	28.8
3	241	Bread white milk based	1.4	0.0	0.0	0.0	3.1	48.6	35.8	30.0	57.6
3	242	Bread rye dark	2.2	0.0	0.0	10.9	4.7	39.8	30.4	22.5	43.5
3	243	Bread rye light	1.0	0.0	0.0	8.5	2.9	25.0	18.4	12.5	25.0
3	244	Bread raisin	1.1	0.0	0.0	2.2	3.3	38.9	35.0	35.0	49.2
3	246	Bread wholemeal average	17.2	0.0	0.0	82.3	19.2	87.1	66.1	35.0	165.7
3	248	Bread white water based	17.6	0.0	0.0	95.0	12.5	86.9	78.0	15.9	115.8
3	249	Bread wheat malt Tarvo	3.8	0.0	0.0	0.0	2.8	140.0	140.0	140.0	140.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.4	0.0	0.0	0.0	1.7	21.3	10.1	10.0	53.6
3	655	Crispbakes Dutch wholemeal	1.5	0.0	0.0	9.1	13.1	12.3	8.0	2.6	18.9
3	975	Crispbread sesame	0.2	0.0	0.0	0.0	2.2	12.1	10.4	9.0	12.7
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	0.4	0.0	0.0	0.0	0.2	87.4	35.0	35.0	129.5
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.2	0.0	0.0	0.0	2.1	14.2	10.0	10.0	18.8
3	1312	Crispbread Cracottes	0.8	0.0	0.0	5.5	7.5	10.5	7.0	7.0	13.6
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	3.3	7.2	7.0	7.0	7.0
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.4	0.0	0.0	0.0	1.6	32.4	24.7	17.5	34.0
3	1459	Bread current wholemeal	0.2	0.0	0.0	0.0	0.8	38.7	36.6	35.0	39.7
3	1779	Crispbread wholemeal	0.7	0.0	0.0	7.0	4.5	11.8	10.0	10.0	17.5
3	1914	Dough for pizza and savoury pie	0.0	0.0	0.0	0.0	0.0
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	1.5	10.1	7.0	7.0	13.2
3	2277	Bread Blue Band Goede Start white bread	0.3	0.0	0.0	0.0	1.2	60.0	60.0	60.0	60.0
3	2348	Bread wholemeal w pumpkin seeds	0.0	0.0	0.0	0.0	0.0
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	7.9	0.0	0.0	53.1	10.2	92.7	72.8	35.0	133.6
3	2351	Bread white average milk/water based	0.2	0.0	0.0	0.0	0.5	37.7	25.3	25.0	47.5
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	0.2	0.0	0.0	0.0	0.9	37.2	35.0	35.0	40.9
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.0	0.0	0.0	0.0	0.0
3	2356	Baguette w cheese-onion	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
3	2357	Bread wholemeal w sunflower seeds	1.0	0.0	0.0	0.0	2.9	73.2	46.1	35.0	131.6
3	2358	Bread white w sunflower seeds	0.1	0.0	0.0	0.0	0.3	77.3	62.9	62.9	98.8
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0
3	2382	Bread brown w sunflower seeds	0.6	0.0	0.0	0.0	0.4	140.0	140.0	140.0	140.0
3	2528	Croutons	0.0	0.0	0.0	0.0	0.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.1	0.0	0.0	0.0	0.4	105.0	105.0	105.0	105.0
3	2704	Bread brown w seeds	0.0	0.0	0.0	0.0	0.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
3	2788	Bread sourdough wholemeal	0.5	0.0	0.0	0.0	0.8	54.1	40.0	40.0	74.3
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.0
3	2790	Bread pita white	7.5	0.0	0.0	33.3	3.6	100.0	100.0	100.0	100.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	0.8	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
3	2794	Baguette brown	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
3	2795	Roll white hard	0.5	0.0	0.0	0.0	0.8	52.3	48.0	45.0	58.8
3	2796	Roll brown hard	2.4	0.0	0.0	13.3	1.8	60.9	45.0	45.0	91.1
3	2797	Roll brown soft	4.6	0.0	0.0	33.8	5.8	60.2	40.7	30.0	92.2
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.4	45.0	45.0	45.0	45.0
3	2799	Roll multigrain hard	0.1	0.0	0.0	0.0	0.6	42.3	31.9	25.0	48.2
3	2800	Roll multigrain soft	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	3.9	0.0	0.0	28.5	6.6	56.8	42.3	26.0	97.1
3	2804	Bun wholemeal w muesli	0.0	0.0	0.0	0.0	0.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	0.8	0.0	0.0	0.0	1.4	45.2	35.0	35.0	66.0
3	2815	Bread Tijger brown wheat	1.8	0.0	0.0	0.3	1.5	77.7	70.0	70.0	97.1
3	2816	Bread Tijger white	1.0	0.0	0.0	0.0	2.2	60.0	60.0	60.0	60.0
3	2817	Stollen w almond/imitat paste average	0.3	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.2	0.0	0.0	0.0	1.4	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	0.3	0.0	0.0	0.0	0.7	70.0	70.0	70.0	70.0
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.3	0.0	0.0	0.0	1.6	26.8	23.2	17.0	33.1
3	2937	Toast Melba natural	0.3	0.0	0.0	4.0	2.8	8.0	7.8	4.0	8.9

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3	2938	Toast Melba other varieties	0.0	0.0	0.0	0.0	0.9	8.0	8.0	8.0	8.0
3	3054	Bread glutenfree bakmix Glutafin white	1.2	0.0	0.0	0.0	0.7	93.9	87.8	87.5	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.1	0.0	0.0	0.0	0.5	16.0	16.0	16.0	16.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.0
4	595	Cocoa product powder Ovomaltine	0.3	0.0	0.0	0.0	3.5	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.3	0.0	0.0	0.0	0.3	155.4	123.6	123.6	218.9
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.2	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.1	0.0	0.0	0.0	4.2	3.5	2.0	1.9	10.0
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	8.6	0.0	0.0	30.5	24.6	37.4	45.3	4.8	56.8
6	33	Raisins dried	0.2	0.0	0.0	0.0	1.2	22.6	6.9	1.3	61.4
6	137	Olives tinned/glass	0.1	0.0	0.0	0.0	0.4	12.5	10.4	10.4	16.7
6	147	Apple without skin average	26.3	0.0	0.0	140.4	25.7	122.2	121.5	37.7	217.6
6	148	Strawberries	10.2	0.0	0.0	64.2	12.0	76.1	50.7	19.0	153.7
6	149	Apricots with skin	0.1	0.0	0.0	0.0	0.3	12.4	12.4	12.4	12.4
6	150	Pineapple	0.1	0.0	0.0	0.0	0.2	116.2	116.2	116.2	116.2
6	151	Banana	27.6	0.0	0.0	122.1	19.9	122.1	112.0	43.5	156.8
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	0.5	0.0	0.0	0.0	0.8	27.8	9.8	9.8	45.5
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.0	0.0	0.0	0.0	0.3	33.3	33.3	33.3	33.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.2	0.0	0.0	0.0	0.4	79.8	79.8	79.8	79.8
6	161	Raspberries	0.8	0.0	0.0	0.0	0.6	62.5	62.5	62.5	62.5
6	162	Grapefruit	0.8	0.0	0.0	0.0	1.1	57.5	40.1	40.0	71.5
6	163	Cherries	1.1	0.0	0.0	0.0	1.8	57.4	43.7	21.0	114.3
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	15.8	0.0	0.0	63.8	24.8	71.6	46.3	32.2	192.1
6	166	Melon netted	1.2	0.0	0.0	0.0	1.6	130.4	89.4	60.0	223.1
6	168	Pear without skin	4.3	0.0	0.0	52.1	5.9	135.1	119.1	64.0	177.7
6	169	Peach without skin	0.0	0.0	0.0	0.0	0.0
6	170	Plums with skin	1.0	0.0	0.0	0.0	0.5	236.1	160.0	160.0	362.2
6	171	Orange	14.8	0.0	0.0	89.8	10.2	159.7	137.6	70.0	192.0
6	172	Fruit fresh citrus average	5.7	0.0	0.0	17.5	2.5	152.0	152.0	152.0	152.0

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6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.2	0.0	0.0	0.0	3.2	7.2	5.1	3.0	11.9
6	176	Apricots in syrup tinned	0.3	0.0	0.0	0.0	0.3	180.0	180.0	180.0	180.0
6	177	Pineapple in syrup tinned	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
6	179	Apple sauce tinned	3.6	0.0	0.0	25.9	9.0	63.2	51.7	25.9	103.5
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.2	38.9	38.9	38.9	38.9
6	181	Dates dried	0.0	0.0	0.0	0.0	0.6	9.3	6.5	6.0	11.4
6	182	Raspberries in syrup tinned	0.1	0.0	0.0	0.0	0.5	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	1.4	0.0	0.0	0.0	2.7	60.8	48.0	48.0	101.8
6	184	Cherries in syrup tinned	1.6	0.0	0.0	0.0	0.8	90.1	3.0	3.0	162.0
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	2.7	0.0	0.0	0.0	2.4	174.3	179.8	52.4	241.6
6	189	Peaches in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	190	Prunes dried	0.2	0.0	0.0	0.0	0.8	18.9	10.0	10.0	34.9
6	191	Plums in syrup tinned	0.1	0.0	0.0	0.0	0.4	64.8	64.8	64.8	64.8
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.5	27.6	19.9	17.5	33.5
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	2.4	10.5	4.1	1.3	31.1
6	689	Avocado	0.9	0.0	0.0	0.0	0.6	300.0	300.0	300.0	300.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.0	0.0	0.0	0.0	0.0
6	875	Apple with skin average	1.1	0.0	0.0	2.4	1.9	35.5	18.1	18.1	63.6
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	8.8	0.0	0.0	47.0	14.1	74.7	54.9	29.8	81.8
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	1.6	0.0	0.0	0.0	1.1	125.0	125.0	125.0	125.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.1	0.0	0.0	0.0	1.6	14.1	8.6	7.5	26.1
6	1182	Apple sauce wo sugar tinned	0.5	0.0	0.0	0.0	0.4	139.3	32.1	32.1	300.4
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	0.4	0.0	0.0	0.0	0.6	85.9	76.5	76.5	107.0
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.0	0.0	0.0	0.0	0.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.7	13.8	10.3	4.3	19.4
6	2685	Abricots dried and soaked	0.1	0.0	0.0	0.0	1.8	9.4	7.1	3.9	14.6
6	2686	Apple sauce wo sugar w sweetner tinned	0.2	0.0	0.0	0.0	0.5	65.4	38.9	38.9	99.0
6	2748	Pear with skin	0.2	0.0	0.0	0.0	0.2	180.8	180.8	180.8	180.8
6	2749	Grapes black with skin	1.4	0.0	0.0	0.0	1.8	87.4	52.7	23.8	101.0
6	2750	Grapes white with skin	2.7	0.0	0.0	1.4	3.6	83.1	73.3	28.5	150.4
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.0
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.5	10.8	7.3	4.0	11.6
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.1	0.0	0.0	0.0	1.4	18.8	7.9	3.9	44.7
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0

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7	234	Biscuit fortified Liga Tweede Stap	0.2	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	3.2	0.0	0.0	19.3	16.2	25.8	18.6	14.4	50.3
7	250	Almond filled pastry	1.1	0.0	0.0	0.0	1.8	60.5	49.9	40.0	77.8
7	251	Apple pie Dutch w shortbread w marg	2.1	0.0	0.0	7.2	2.5	75.9	57.1	56.0	126.5
7	252	Biscuit sweet	2.7	0.0	0.0	11.8	15.7	12.8	15.0	4.7	18.7
7	253	Cake wo butter	1.9	0.0	0.0	14.8	5.5	34.1	26.9	15.0	54.4
7	254	Cake sponge Dutch Eierkoek	1.9	0.0	0.0	14.0	3.3	44.8	29.8	25.0	76.4
7	255	Gateau with whipped cream	1.4	0.0	0.0	1.6	1.8	49.7	40.0	40.0	88.6
7	256	Gateau with butter-cream filling	0.1	0.0	0.0	0.0	0.4	72.1	50.0	50.0	94.3
7	257	Almond paste filled tarts average	1.3	0.0	0.0	0.0	2.8	74.0	48.4	25.0	122.9
7	258	Biscuits averaged	1.0	0.0	0.0	5.3	6.3	13.6	9.6	5.1	26.0
7	259	Macaroons	0.3	0.0	0.0	0.0	0.7	25.0	25.0	25.0	25.0
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	2.1	10.1	7.3	5.0	14.9
7	261	Biscuit spiced Speculaas	0.8	0.0	0.0	4.3	6.1	15.1	9.0	7.0	43.8
7	262	Biscuit Dutch shortbread spritsstukken	1.8	0.0	0.0	10.6	4.7	31.5	21.7	10.0	58.5
7	263	Biscuit brown/wholemeal	1.1	0.0	0.0	7.1	7.6	16.8	13.3	8.0	29.2
7	468	Cream slice Dutch Tompouce	0.3	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.4	44.6	35.0	35.0	63.7
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	1.0	12.1	10.0	10.0	17.6
7	486	Flan with fruit filling	0.5	0.0	0.0	0.0	0.5	115.0	115.0	115.0	115.0
7	489	Flan filled with rice pudding	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.2	0.0	0.0	0.0	1.0	23.1	10.0	10.0	36.6
7	634	Coconut flavoured cookies	0.4	0.0	0.0	0.0	0.7	40.5	29.8	25.0	48.0
7	635	Biscuits Dutch krakeling	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.6	17.2	10.0	10.0	27.2
7	713	Waffle syrup average	0.6	0.0	0.0	0.0	2.1	30.5	21.1	10.2	36.2
7	789	Cake butter Dutch Boterkoek	0.0	0.0	0.0	0.0	0.0
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.3	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
7	836	Shortbread	3.4	0.0	0.0	12.2	10.0	25.4	22.1	13.0	48.4
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.2	14.3	14.3	14.3	14.3
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.5	27.5	21.2	19.0	38.3
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.3	0.0	0.0	0.0	1.7	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	5.5	4.0	4.0	6.7
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.2	0.0	0.0	10.4	5.1	28.9	22.3	18.8	42.6
7	1470	Berliner pastry	0.2	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.3	0.0	0.0	0.0	1.7	20.8	19.8	10.0	27.2
7	1475	Eclair with whipped cream filling	0.2	0.0	0.0	0.0	1.3	40.7	34.5	30.0	44.0
7	1476	Meringue with butter-cream	0.1	0.0	0.0	0.0	0.8	14.0	14.0	14.0	14.0
7	1477	Biscuits sugar free	0.4	0.0	0.0	0.0	0.2	96.0	96.0	96.0	96.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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7	1478	Flan fruit and crumble topping	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	1479	Cheesecake made with cream cheese	0.4	0.0	0.0	0.0	1.5	59.2	28.0	28.0	122.4
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.0	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.4	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	1972	Biscuits assorted with butter	0.8	0.0	0.0	0.5	2.3	21.2	19.2	8.0	28.9
7	2162	Biscuit Cafe noir	0.4	0.0	0.0	0.0	1.2	18.0	13.9	6.0	19.4
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.1	0.0	0.0	0.0	1.2	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.2	0.0	0.0	0.0	1.7	18.0	13.0	10.0	26.8
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.0	0.0	0.0	0.0	0.0
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.4	0.0	0.0	0.0	1.3	67.9	49.4	20.0	97.6
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.0	0.0	0.0	0.0	0.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	1.0	0.0	0.0	4.5	2.3	31.6	30.0	30.0	34.2
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.4	43.1	30.0	30.0	56.6
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.0
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.2	0.0	0.0	0.0	1.0	30.7	25.0	25.0	44.6
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	1.7	0.0	0.0	0.0	2.5	54.8	34.2	18.8	129.9
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.5	0.0	0.0	0.0	0.4	50.0	50.0	50.0	50.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.4	0.0	0.0	0.0	2.0	16.6	10.8	10.0	27.8
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.5	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.0
7	2413	Cake wrapped in marzipan and chocolate	1.0	0.0	0.0	0.0	0.9	95.5	58.2	30.0	113.8

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.3	0.0	0.0	0.0	0.5	51.2	48.0	48.0	55.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	0.5	0.0	0.0	0.0	1.0	122.5	93.2	65.0	126.3
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.1	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	2571	Cake with 'bitterkoekjes'	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	1.3	0.0	0.0	6.8	5.7	14.8	12.4	10.0	14.7
7	2622	Appel pie Dutch w shortbread w butter	1.9	0.0	0.0	0.0	0.8	146.0	146.0	146.0	146.0
7	2661	Waffle Luikse	0.8	0.0	0.0	0.0	0.7	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.0	0.0	0.0	0.0	0.3	24.0	24.0	24.0	24.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.1	0.0	0.0	0.0	0.6	13.2	3.3	3.3	22.6
7	2698	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.2	33.0	33.0	33.0	33.0
7	2699	Biscuit Dutch Frou frou	0.3	0.0	0.0	0.0	2.1	11.0	9.0	6.0	14.3
7	2715	Meringue	0.1	0.0	0.0	0.0	0.7	20.9	14.6	9.0	23.1
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.3	0.0	0.0	0.0	1.7	25.2	22.5	22.5	29.0
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	1.0	21.0	21.0	21.0	21.0
7	2775	Biscuit digestive w chocolate	0.1	0.0	0.0	0.0	0.6	11.4	9.0	9.0	13.5
7	2776	Flan apple and crumble topping	0.9	0.0	0.0	0.0	0.2	230.0	230.0	230.0	230.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.5	85.0	85.0	85.0	85.0
7	2820	Waffle syrup w butter	0.0	0.0	0.0	0.0	0.0
7	2832	Cake chocolate made w butter	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.1	0.0	0.0	0.0	0.6	16.0	14.0	14.0	17.6
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.6	16.0	16.0	16.0	16.0
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.3	0.0	0.0	0.0	2.1	10.9	9.0	8.0	15.4
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.1	0.0	0.0	0.0	0.4	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	213	Oatmeal	1.0	0.0	0.0	0.0	1.3	35.1	34.8	1.5	43.4
8	215	Cornflour	0.0	0.0	0.0	0.0	2.3	3.4	2.5	2.5	5.1
8	220	Flour wheat white 75% extraction	0.2	0.0	0.0	0.8	2.8	4.9	2.2	1.0	11.1
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.1	0.0	0.0	0.0	0.8	11.1	8.3	4.0	15.6
8	225	Breakfast cereal Brinta	0.0	0.0	0.0	0.0	0.2	12.0	12.0	12.0	12.0

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8	226	Starch potato	0.0	0.0	0.0	0.0	0.8	0.9	0.8	0.8	1.2
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.3	0.0	0.0	0.0	0.5	52.8	46.8	38.0	73.4
8	590	Wheat bran	0.0	0.0	0.0	0.0	0.2	4.0	4.0	4.0	4.0
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.0
8	658	Rice white boiled	4.0	0.0	0.0	43.4	3.5	97.4	87.7	35.9	116.9
8	659	Pasta white average boiled	10.8	0.0	0.0	72.7	7.1	141.1	116.7	13.5	292.7
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	1.7	4.9	3.0	1.4	8.9
8	1014	Rice brown boiled	1.3	0.0	0.0	0.0	1.5	112.3	60.9	45.0	225.4
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.4	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.1	0.0	0.0	0.0	0.9	9.0	9.0	9.0	9.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.4	13.6	7.1	5.8	18.7
8	2157	Pasta wholemeal boiled	0.4	0.0	0.0	0.0	0.3	328.0	328.0	328.0	328.0
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
8	2159	Millet boiled	0.1	0.0	0.0	0.0	0.5	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.0
8	2366	Muesli crunchy plain/w fruit	0.6	0.0	0.0	0.0	2.1	23.7	20.9	9.8	34.5
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
8	2676	Muesli crunchy w chocolate	0.6	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.2	0.0	0.0	0.0	1.3	30.3	18.3	11.1	37.8
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	1.4	4.3	3.0	3.0	5.7
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.0
9	7	Endive raw	0.1	0.0	0.0	0.0	0.3	14.8	14.8	14.8	14.8
9	8	Endive boiled	1.9	0.0	0.0	0.0	3.3	137.7	126.5	73.5	207.7
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0
9	13	Celery boiled	0.4	0.0	0.0	0.0	0.9	26.3	6.7	5.2	69.5
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	12.2	0.0	0.0	91.2	7.7	145.4	104.8	32.5	286.2
9	16	Kale curly boiled	1.1	0.0	0.0	0.0	1.1	91.7	42.1	34.2	154.1
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	0.7	0.0	0.0	0.0	2.3	26.8	25.2	2.0	58.9
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.4	33.0	18.9	7.0	38.4
9	27	Cucumber wo skin raw	2.9	0.0	0.0	23.8	4.5	65.9	49.4	40.4	110.0
9	28	Cucumber boiled	0.2	0.0	0.0	0.0	0.9	90.0	90.0	90.0	90.0
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.0
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
9	32	Sweet pepper green boiled	0.1	0.0	0.0	0.0	0.8	13.1	12.4	6.5	15.6
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.9	0.0	0.0	14.0	5.3	53.9	26.8	4.4	136.0
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.3	0.0	0.0	0.0	0.5	123.4	101.0	98.0	141.1
9	44	Cabbage Savoy boiled	0.0	0.0	0.0	0.0	0.0
9	46	Lettuce head raw	1.0	0.0	0.0	0.0	4.7	40.3	30.8	7.9	108.1
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	6.7	0.0	0.0	77.7	5.0	132.8	153.4	51.0	172.5
9	54	Cabbage oxheart boiled	1.0	0.0	0.0	0.0	1.4	144.8	112.4	98.0	167.8
9	55	Brussel sprouts boiled	15.4	0.0	0.0	69.8	8.3	146.6	131.1	94.0	211.0
9	57	Sweetcorn boiled	0.1	0.0	0.0	0.0	0.6	17.6	17.6	17.6	17.6
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.0
9	59	Bean sprouts boiled	0.0	0.0	0.0	0.0	1.9	1.3	0.8	0.6	2.5
9	60	Tomatoes normal raw	0.6	0.0	0.0	0.0	3.7	32.7	24.8	3.7	60.4
9	61	Tomatoes normal boiled	0.3	0.0	0.0	0.0	2.1	26.0	18.7	4.3	48.3
9	63	Onions raw	0.5	0.0	0.0	0.0	2.9	26.4	21.5	10.0	50.7
9	64	Onions boiled	2.7	0.0	0.0	15.9	16.3	22.1	14.6	1.0	62.0
9	65	Lettuce lambs raw	0.2	0.0	0.0	0.0	0.7	25.4	13.1	7.4	45.9
9	67	Chicory raw	1.1	0.0	0.0	0.0	1.6	50.7	31.6	25.0	100.5
9	68	Chicory boiled	2.7	0.0	0.0	0.0	3.5	118.9	124.3	16.3	158.7
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.4	23.4	11.3	4.0	30.8
9	70	Cabbage white cooked	0.1	0.0	0.0	0.2	2.2	4.5	3.0	2.0	8.9
9	71	Carrots raw average	0.1	0.0	0.0	0.0	0.4	6.9	5.1	4.0	8.0
9	72	Carrots boiled average	1.1	0.0	0.0	2.6	4.8	22.7	5.0	2.3	103.5
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	2.2	0.0	0.0	0.0	1.6	136.9	94.4	40.4	231.9
9	75	Vegetable mix for soup raw	0.5	0.0	0.0	0.0	1.3	22.2	13.3	13.3	41.2
9	124	Radish red/white raw	0.3	0.0	0.0	0.0	0.4	37.2	33.3	33.3	44.9
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.0
9	127	Vegetables mixture raw	0.0	0.0	0.0	0.0	0.0
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	0.3	0.0	0.0	0.9	3.5	10.3	4.5	4.0	22.3
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	0.4	0.0	0.0	0.0	2.0	27.6	1.8	0.9	135.3
9	136	Peas and carrots tinned	2.5	0.0	0.0	0.0	1.8	102.0	112.5	27.3	123.5
9	138	Beans runner tinned	2.3	0.0	0.0	0.0	1.6	172.0	172.0	172.0	172.0
9	139	Beans French tinned	0.0	0.0	0.0	0.0	0.0
9	140	Spinach tinned	0.1	0.0	0.0	0.0	0.2	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.2	0.0	0.0	0.0	0.5	43.9	43.0	43.0	44.6

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

NEVO group	NEVO code	Description	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
9	142	Beans broad tinned	0.0	0.0	0.0	0.0	0.0
9	143	Carrots tinned	0.4	0.0	0.0	0.0	0.3	124.6	120.0	120.0	128.9
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.1	2.0	5.7	1.9	0.9	20.8
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	0.1	0.0	0.0	0.0	1.2	14.8	14.8	14.8	14.8
9	538	Rhubarb puree w sugar	0.4	0.0	0.0	0.0	0.9	80.8	44.3	12.0	157.7
9	557	Celery raw	0.0	0.0	0.0	0.0	0.0
9	558	Celeriac raw	0.2	0.0	0.0	0.0	0.2	120.9	120.9	120.9	120.9
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	0.3	33.0	33.0	33.0	33.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	1.3	0.0	0.0	0.0	0.6	244.8	234.2	225.0	248.4
9	651	Spinach creamed frozen boiled	0.6	0.0	0.0	0.0	1.5	65.5	33.1	33.1	128.9
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.6	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.0	0.0	0.0	0.0	0.5	8.6	7.0	7.0	9.9
9	885	Sweet pepper red boiled	0.4	0.0	0.0	0.0	2.7	29.7	18.3	5.5	78.8
9	920	Broccoli boiled	5.2	0.0	0.0	38.9	5.7	136.3	115.9	28.4	226.0
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.3	51.0	51.0	51.0	51.0
9	951	Beans French boiled	5.0	0.0	0.0	42.4	8.4	87.2	78.8	2.0	186.1
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.9	0.0	0.0	0.0	0.7	169.0	140.0	100.0	194.0
9	954	Beans French frozen boiled	1.2	0.0	0.0	0.0	1.1	155.4	123.5	98.0	191.4
9	957	Asparagus boiled	4.5	0.0	0.0	0.0	2.1	235.1	174.0	16.0	296.7
9	958	Beetroot boiled	1.3	0.0	0.0	0.0	2.1	197.3	134.1	80.9	283.4
9	961	Beans runner boiled	5.8	0.0	0.0	56.3	3.3	134.1	109.2	53.9	207.6
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	0.0	0.0	0.0	0.0	0.0
9	966	Courgettes boiled	0.2	0.0	0.0	0.0	0.7	46.4	9.6	4.9	127.5
9	967	Fennel boiled	0.2	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.1	0.0	0.0	0.0	0.6	50.0	50.0	50.0	50.0
9	1141	Vegetable mixed Mexico frozen unprepared	1.2	0.0	0.0	0.0	0.3	190.0	190.0	190.0	190.0
9	1143	Beans runner frozen unprepared	0.3	0.0	0.0	0.0	0.6	98.0	98.0	98.0	98.0
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.1	0.0	0.0	0.0	0.2	88.0	88.0	88.0	88.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	1.1	8.7	8.7	8.7	8.7
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
9	1399	Lettuce iceberg raw	1.3	0.0	0.0	2.4	2.6	46.2	36.5	14.8	80.0
9	1454	Beetroot pickled glass	0.0	0.0	0.0	0.0	0.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.0
9	1904	Vegetables average boiled	1.2	0.0	0.0	0.0	1.1	98.5	73.0	50.0	164.4

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.3	0.0	0.0	0.0	0.1	162.0	162.0	162.0	162.0
9	2331	Bami vegetables mixed boiled	0.0	0.0	0.0	0.0	0.0
9	2346	Lettuce green average raw	0.5	0.0	0.0	0.0	0.8	28.8	20.0	20.0	37.7
9	2377	Tomatoes dried in oil tin/glass	0.2	0.0	0.0	0.0	1.3	10.0	5.0	5.0	17.7
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.0
9	2498	Tomatoes sieved	0.0	0.0	0.0	0.0	0.0
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.1	72.0	72.0	72.0	72.0
9	2710	Cabbage red w apple pieces glass	0.0	0.0	0.0	0.0	0.0
9	2726	Carrot bunched raw	0.0	0.0	0.0	0.0	0.0
9	2727	Carrot bunched boiled	5.0	0.0	0.0	56.9	3.6	153.8	139.0	54.0	212.1
9	2728	Carrot winter raw	0.0	0.0	0.0	0.0	0.3	25.4	25.4	25.4	25.4
9	2729	Carrot winter boiled	1.0	0.0	0.0	0.0	0.9	122.0	111.1	83.1	154.1
9	2730	Tomato vine raw	3.1	0.0	0.0	23.5	3.7	75.7	53.4	33.3	119.9
9	2731	Tomato cherry raw	0.6	0.0	0.0	0.0	2.5	32.3	21.4	16.7	55.5
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.1	66.5	66.5	66.5	66.5
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.0	0.0	0.0	0.0	0.0
9	2735	Tomato average boiled	0.3	0.0	0.0	0.0	1.1	33.8	21.5	2.2	76.7
9	2736	Rocket raw	0.6	0.0	0.0	0.0	0.7	32.9	14.4	7.4	46.4
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.1	12.8	12.8	12.8	12.8
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	1.1	0.0	0.0	0.0	1.5	61.4	47.3	17.0	94.7
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.5	0.0	0.0	0.0	1.2	41.5	19.6	6.5	100.2
9	2742	Sweet pepper average raw	0.0	0.0	0.0	0.0	0.2	16.2	16.2	16.2	16.2
9	2743	Sweet pepper average boiled	0.5	0.0	0.0	1.9	4.2	13.3	5.6	1.8	36.2
9	2840	Cabbage red w apple pieces	0.6	0.0	0.0	0.0	0.5	174.0	174.0	174.0	174.0
9	2900	Sweetcorn tinned	0.0	0.0	0.0	0.0	0.0
10	455	Peanut butter	1.2	0.0	0.0	9.4	7.0	24.0	18.4	3.3	45.7
10	541	Peanut butter with nut pieces	0.5	0.0	0.0	0.0	2.0	21.8	18.7	10.0	32.2
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.2	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
10	2367	Peanut butter light	0.2	0.0	0.0	0.0	1.2	35.0	35.0	35.0	35.0
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.0
11	511	Cheese Edam 40+	0.2	0.0	0.0	0.0	1.3	14.9	10.0	4.2	20.6
11	512	Cheese processed rindless 40+	0.1	0.0	0.0	0.0	0.3	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	3.9	0.0	0.0	21.1	12.4	28.9	23.7	10.6	63.2
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.3	0.0	0.0	0.0	0.2	84.0	84.0	84.0	84.0
11	515	Cheese spread 48+	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
11	517	Cheese spread 20+	1.1	0.0	0.0	6.4	4.6	19.9	12.9	6.7	47.2
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.3	0.0	0.0	0.0	1.1	26.7	26.7	26.7	26.7
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.4	0.0	0.0	0.0	1.2	25.0	10.5	10.1	51.2
11	719	Cheese cream soft Mon Chou	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.1	0.0	0.0	0.0	0.5	23.5	22.0	22.0	24.7
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.1	7.0	7.0	7.0	7.0
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.7	14.5	13.3	13.3	18.0
11	804	Cheese sheep fresh	0.3	0.0	0.0	0.0	0.6	25.6	21.2	21.0	29.1
11	881	Cheese 48+ low salt	1.2	0.0	0.0	11.3	3.9	29.2	23.0	14.4	55.3
11	883	Cheese Amsterdam 48+	0.2	0.0	0.0	0.0	1.2	31.1	26.8	24.0	38.8
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	1.2	0.0	0.0	0.0	2.5	42.5	25.4	13.0	70.7
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	4.4	0.0	0.0	23.6	17.8	27.2	23.2	12.7	48.6
11	1487	Cheese Brie 60+	0.1	0.0	0.0	0.0	0.8	10.7	7.3	7.0	13.3
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.3	0.0	0.0	0.0	0.8	17.8	11.0	11.0	27.3
11	1723	Cheese 20+	0.0	0.0	0.0	0.0	0.7	6.8	6.5	6.5	8.2
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.4	22.0	22.0	22.0	22.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.3	0.0	0.0	0.0	2.2	16.8	13.0	13.0	30.9
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.0	0.0	0.0	0.0	0.7	12.6	6.7	2.3	22.2
11	2518	Cheese goat hard	0.3	0.0	0.0	0.0	3.2	20.2	24.1	6.5	30.0
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.2	0.0	0.0	0.0	0.6	17.5	15.0	15.0	19.5
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.3	0.0	0.0	11.5	5.5	26.1	22.4	13.0	54.9
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	3.0	0.0	0.0	24.5	10.7	28.6	23.2	11.3	57.2
11	2758	Cheese Gouda 48+ age 4-7 mths	14.6	0.0	0.0	69.3	18.7	48.9	44.1	10.0	81.8
11	2759	Cheese Gouda 48+ age 10-12 mths	0.3	0.0	0.0	0.0	1.1	13.7	13.3	13.0	13.9
11	2824	Cheese 30+ low salt	0.4	0.0	0.0	0.0	1.4	28.0	23.3	22.0	38.9
12	429	Stock cubes	0.0	0.0	0.0	0.0	0.9	5.0	4.7	1.0	7.2
12	824	Mustard	0.1	0.0	0.0	0.0	1.5	3.4	2.1	1.0	6.5
12	830	Garlic fresh	0.0	0.0	0.0	0.0	1.5	2.4	1.3	0.8	5.4
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.2	1.4	0.9	0.9	2.0
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.3	5.6	5.6	5.6	5.6
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.5	2.6	2.0	2.0	3.7
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.0
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.0
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	0.9	0.0	0.0	4.8	6.8	13.1	7.8	4.3	29.1
13	272	Milk chocolate-flavoured full fat	1.1	0.0	0.0	0.0	1.2	214.4	202.5	200.0	263.7
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.1	0.0	0.0	0.0	2.7	4.2	2.2	2.0	6.0
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0
13	276	Custard chocolate full fat	3.4	0.0	0.0	0.0	1.3	166.4	105.4	91.7	263.1
13	278	Yoghurt full fat	6.8	0.0	0.0	67.9	4.2	164.9	150.2	122.0	257.7
13	279	Milk whole	7.4	0.0	0.0	62.7	6.3	159.7	179.7	8.2	339.6
13	280	Coffee creamer full fat	1.8	0.0	0.0	16.8	8.2	20.1	15.9	8.0	40.0
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	6.4	0.0	0.0	44.4	6.4	105.5	82.2	49.6	177.3
13	284	Yoghurt low fat with fruit	0.3	0.0	0.0	0.0	0.4	154.4	154.4	154.4	154.4
13	285	Coffee creamer half fat	4.7	0.0	0.0	19.7	29.6	17.5	15.8	4.2	31.6
13	286	Milk semi-skimmed	75.6	0.0	0.0	250.9	37.6	210.1	215.4	17.2	385.5
13	288	Porridge oatmeal	3.0	0.0	0.0	0.0	1.4	226.7	210.9	187.0	252.9
13	289	Buttermilk	24.8	0.0	0.0	183.8	13.4	233.6	184.9	82.4	441.3
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.5	0.0	0.0	0.0	3.3	17.8	13.7	10.0	33.8
13	294	Milk skimmed	2.8	0.0	0.0	0.0	1.7	180.5	187.5	23.0	249.7
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	2.0	0.0	0.0	0.0	1.9	213.5	186.2	144.2	338.6
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.8	33.6	18.3	14.2	66.6
13	301	Yoghurt low fat	10.5	0.0	0.0	103.0	10.6	139.3	126.9	19.4	266.0
13	303	Ice cream dairy cream based	1.2	0.0	0.0	0.0	0.8	70.2	59.2	32.0	97.8
13	305	Fromage frais low fat	2.7	0.0	0.0	5.7	2.7	119.9	79.4	5.8	226.4
13	306	Fromage frais half fat	0.7	0.0	0.0	0.0	0.8	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.0	0.0	0.0	0.0	0.0
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	0.4	0.0	0.0	0.0	0.4	75.0	75.0	75.0	75.0
13	532	Blancmange chocolate	0.6	0.0	0.0	0.0	0.5	150.0	150.0	150.0	150.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.3	0.0	0.0	0.0	0.3	206.0	206.0	206.0	206.0
13	736	Pudding vanilla	0.0	0.0	0.0	0.0	0.0
13	767	Mousse chocolate	0.1	0.0	0.0	0.0	1.0	42.3	28.8	28.8	80.1
13	786	Pudding chipolata	1.3	0.0	0.0	0.0	0.4	146.5	146.5	146.5	146.5

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

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13	812	Cream sour	0.0	0.0	0.0	0.0	0.7	15.0	11.4	8.2	16.1
13	863	Yoghurt full fat with fruit	0.1	0.0	0.0	0.0	0.3	41.7	41.7	41.7	41.7
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	1.0	0.0	0.0	0.0	0.7	125.9	101.7	49.4	168.6
13	916	Yoghurt Bulgarian low fat	0.6	0.0	0.0	0.0	0.2	124.2	124.2	124.2	124.2
13	917	Fromage frais half fat w fruit	3.9	0.0	0.0	29.6	3.2	113.8	121.6	31.3	142.8
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.8	0.0	0.0	0.0	0.8	142.5	127.0	125.0	170.4
13	940	Blancmange vanilla w strawberry sauce	0.0	0.0	0.0	0.0	0.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	2.6	0.0	0.0	0.0	1.2	187.2	173.6	150.0	241.9
13	1474	Ice lolly/ Sorbet	0.0	0.0	0.0	0.0	0.0
13	1502	Yoghurt half fat	10.8	0.0	0.0	120.5	4.7	179.1	142.4	62.9	251.8
13	1503	Cream 25% fat	0.3	0.0	0.0	2.1	4.3	8.6	6.6	3.7	20.7
13	1719	Milk semi-skimmed enriched w calcium	0.8	0.0	0.0	0.0	0.4	181.3	181.3	181.3	181.3
13	1720	Custard several flavours full fat	3.1	0.0	0.0	0.0	4.0	159.1	141.9	91.2	242.4
13	1721	Yoghurt vanilla half fat	3.0	0.0	0.0	0.0	4.1	133.1	145.8	77.8	163.5
13	1722	Porridge semolina	1.4	0.0	0.0	0.0	0.9	230.3	226.2	144.2	254.4
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	2.8	1.9	9.4	10.1	3.0	11.9
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.7	12.1	5.9	4.0	16.8
13	1813	Yakult	2.3	0.0	0.0	4.0	4.1	66.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.4	0.0	0.0	0.0	0.7	137.6	117.7	100.9	171.6
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.9	0.0	0.0	0.0	1.1	150.2	86.2	55.0	381.3
13	1834	Yoghurt drink w sweeteners Optimel	2.1	0.0	0.0	0.0	1.6	201.3	169.2	144.2	277.5
13	1916	Cream whipped with added sugar	0.4	0.0	0.0	0.0	3.5	11.8	9.7	3.0	18.9
13	1954	Coffee creamer Balance	0.4	0.0	0.0	0.0	0.6	36.0	36.0	36.0	36.0
13	1957	Custard with whipped cream	0.0	0.0	0.0	0.0	0.0
13	1958	Porridge buttermilk groats	1.3	0.0	0.0	0.0	1.0	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	0.2	0.0	0.0	0.0	0.5	161.7	161.7	161.7	161.7
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.0
13	2244	Yoghurt cream- with fruit	6.1	0.0	0.0	42.0	5.6	154.4	163.2	41.6	197.6
13	2246	Fromage frais low fat w fruit w sw	2.2	0.0	0.0	0.0	1.5	185.3	167.6	72.0	246.0
13	2247	Fromage frais yoghurt w fruit	1.2	0.0	0.0	0.0	1.2	161.4	162.0	150.0	166.9
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	1.2	0.0	0.0	0.0	1.4	78.3	55.6	50.0	113.3
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	0.0	0.0	0.0	0.0	0.0
13	2258	Actimel	0.0	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.5	0.0	0.0	0.0	0.6	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	0.2	0.0	0.0	0.0	0.3	139.1	123.6	123.6	169.7
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	6.1	0.0	0.0	26.7	4.6	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.2	16.3	16.3	16.3	16.3
13	2416	Ice cream stracciatella-	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2495	Drinking chocolate w s-sk milk	5.7	0.0	0.0	0.0	2.0	245.3	180.0	168.9	399.9
13	2496	Dairy drink Campina fruitmilk	0.1	0.0	0.0	0.0	0.1	360.0	360.0	360.0	360.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.2	0.0	0.0	0.0	0.3	217.3	217.3	217.3	217.3
13	2501	Yoghurt half fat w fruit	2.1	0.0	0.0	0.0	2.9	203.9	162.7	150.0	257.1
13	2503	Yoghurt Greek full fat	0.7	0.0	0.0	0.0	0.8	160.9	150.7	58.3	226.5
13	2504	Fromage frais full fat w fruit	1.0	0.0	0.0	0.0	1.0	75.4	72.0	72.0	79.8
13	2519	Custard half fat all flavours	0.8	0.0	0.0	0.0	0.5	154.5	154.5	154.5	154.5
13	2520	Pudding airy average	2.7	0.0	0.0	0.0	1.9	105.6	68.4	55.6	189.0
13	2521	Porridge milk w flour Lammetjespap	1.1	0.0	0.0	0.0	0.9	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.2	0.0	0.0	0.0	0.5	137.8	137.8	137.8	137.8
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	0.0	0.0	0.0	0.0	0.0
13	2539	Custard soft & airy Campina	1.3	0.0	0.0	0.0	0.4	135.0	135.0	135.0	135.0
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	0.9	0.0	0.0	0.0	0.6	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	4.2	0.0	0.0	0.0	1.1	233.8	130.0	130.0	354.6
13	2823	Yoghurt full fat stracciatella	0.4	0.0	0.0	0.0	0.7	164.1	139.3	133.0	205.8
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.1	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.1	0.0	0.0	0.0	0.2	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	1.7	0.0	0.0	0.0	1.9	204.8	159.7	159.7	255.0
13	3065	Cream whipped low fat w sweetener canned	0.2	0.0	0.0	0.0	1.1	12.0	12.0	12.0	12.0
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.2	12.0	12.0	12.0	12.0
13	3074	Yoghurt full fat w fruit Activia	0.7	0.0	0.0	0.0	0.9	87.9	62.5	62.5	117.3
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.3	0.0	0.0	0.0	0.4	68.3	68.3	68.3	68.3

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14	870	Milk soya natural	0.5	0.0	0.0	0.0	0.2	279.0	279.0	279.0	279.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.1	2.3	3.7	0.6	0.4	15.2
14	1380	Dessert soya Alpro	0.6	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
14	1381	Milk soya Natural Fresh Alpro	1.3	0.0	0.0	0.0	0.8	144.2	104.9	25.0	214.8
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	1.5	0.0	0.0	0.0	0.3	250.0	250.0	250.0	250.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.3	0.0	0.0	0.0	0.3	124.2	124.2	124.2	124.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.4	0.0	0.0	0.0	0.6	53.2	53.2	53.2	53.2
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.1	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.3	0.0	0.0	0.0	0.4	84.6	84.6	84.6	84.6
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.7	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.1	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.3	0.0	0.0	0.0	1.2	67.8	48.8	30.0	67.9
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.2	0.0	0.0	0.0	0.8	18.8	15.0	15.0	27.1
15	205	Mixed nuts and raisins	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
15	206	Walnuts unsalted	0.4	0.0	0.0	0.0	1.7	19.8	15.8	5.9	25.5
15	207	Nuts mixed unsalted	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
15	264	Biscuit salted average	0.0	0.0	0.0	0.0	0.6	11.0	11.0	11.0	11.0
15	265	Puff pastry baked	0.4	0.0	0.0	0.0	1.8	45.4	31.3	11.0	59.1
15	266	Snack sausage roll puff pastry	0.0	0.0	0.0	0.0	0.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.2	22.0	22.0	22.0	22.0
15	546	Peanuts coated	0.3	0.0	0.0	0.0	0.7	26.2	23.1	21.1	30.9
15	618	Cocktail snacks Nibbits	0.1	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.3	0.7	0.7	0.7	0.7
15	852	Salad celeriac	0.0	0.0	0.0	0.0	0.0
15	867	Linseeds	0.3	0.0	0.0	0.0	2.8	10.7	10.4	7.2	14.8
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.3	3.0	3.0	3.0	3.0
15	876	Peanuts salted	0.2	0.0	0.0	0.0	0.3	40.8	30.2	25.0	48.0
15	901	Snack sausage roll w bread dough pastry	0.0	0.0	0.0	0.0	0.0
15	1496	Salad fish	1.4	0.0	0.0	0.0	3.0	47.6	15.4	15.0	114.6
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
15	1499	Salad egg	0.0	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0

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15	1699	Biscuits & snacks cheesy averaged	0.4	0.0	0.0	0.0	1.2	40.1	18.4	10.0	55.8
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.3	7.6	4.2	4.2	11.5
15	1895	Pecan nuts unsalted	0.2	0.0	0.0	0.0	1.1	18.0	18.0	18.0	18.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.7	10.0	10.0	10.0	10.0
15	1935	Nuts mixed salted	0.2	0.0	0.0	0.0	1.8	25.7	20.2	0.4	48.5
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.6	19.0	19.0	19.0	19.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.2	0.0	0.0	0.0	1.1	7.3	3.1	2.4	13.1
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	1.0	0.0	0.0	0.0	0.6	67.7	63.0	63.0	76.9
15	2549	Springroll frozen unprepared	0.4	0.0	0.0	0.0	0.2	106.3	106.3	106.3	106.3
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.1	0.0	0.0	0.0	0.5	11.0	11.0	11.0	11.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
15	2886	Cashew nuts salted	0.0	0.0	0.0	0.0	0.3	16.9	15.0	15.0	21.8
15	2887	Almonds unsalted	0.1	0.0	0.0	0.0	0.6	12.9	7.2	7.2	18.6
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.2	0.0	0.0	0.0	0.9	21.8	19.3	10.0	35.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	2.2	0.0	0.0	0.0	1.0	110.6	100.0	100.0	140.2
16	197	Beans baked in tomato sauce tinned	0.1	0.0	0.0	0.0	0.3	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	0.4	0.0	0.0	0.0	1.4	60.5	4.6	4.6	161.4
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.1	39.3	39.3	39.3	39.3
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.4	0.0	0.0	0.0	0.3	64.8	64.8	64.8	64.8
16	3049	Beans white tinned	0.6	0.0	0.0	0.0	0.4	83.9	79.0	79.0	88.8
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.3	0.0	0.0	0.0	0.2	566.5	566.5	566.5	566.5
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	0.5	0.0	0.0	0.0	0.7	242.7	228.2	220.5	255.9
19	758	Soup clear with meat	0.4	0.0	0.0	0.0	0.3	194.3	194.3	194.3	194.3
19	759	Soup clear with vegetables	3.7	0.0	0.0	0.0	1.0	192.8	156.4	109.2	253.2
19	760	Soup clear with meat and noodles	6.2	0.0	0.0	4.2	2.5	238.5	150.4	150.0	399.5
19	761	Soup clear with meat and vegetables	1.4	0.0	0.0	0.0	0.3	263.7	217.1	194.3	295.8
19	762	Soup clear w meat vegetables and noodles	6.7	0.0	0.0	76.3	3.7	204.1	156.5	151.0	320.3
19	763	Soup thickened w vegetables	0.5	0.0	0.0	0.0	0.2	348.7	264.7	220.5	404.5
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	2.9	0.0	0.0	0.0	0.4	323.8	323.8	323.8	323.8
19	797	Soup vegetable based dried packet prep	18.4	0.0	0.0	143.8	7.7	221.3	215.2	115.5	303.5
19	798	Soup meat based dried packet prepared	1.5	0.0	0.0	0.0	0.4	260.8	228.4	210.0	313.1
19	800	Soup vegetable based tinned prepared	6.0	0.0	0.0	16.3	2.5	162.9	132.2	12.7	289.5
19	801	Soup meat based ready made prepared	1.6	0.0	0.0	0.0	0.5	157.5	157.5	157.5	157.5
19	802	Soup legume based ready made prepared	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
19	1528	Stock from cube prepared	6.9	0.0	0.0	94.4	5.3	183.3	175.1	100.0	192.6
19	2487	Soup veg & meat based ready made prep	0.9	0.0	0.0	0.0	0.3	249.3	179.1	154.4	301.4
19	2488	Soup vegetable&meat based prepared pack	12.6	0.0	0.0	102.1	5.6	233.8	191.2	157.5	309.0
19	2561	Soup thickened no filling	0.0	0.0	0.0	0.0	0.0
19	2932	Soup cup-a-soup prepared	13.4	0.0	0.0	126.7	4.1	234.4	217.9	175.0	294.2
20	374	Sugar brown Basterdsuiker	0.3	0.0	0.0	0.0	2.7	8.9	4.8	1.4	20.7
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.4	5.9	5.6	5.5	6.1
20	377	Sugar granulated	3.7	0.0	0.0	20.2	32.9	14.0	8.1	1.4	41.1
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	2.5	14.6	12.8	1.6	19.8
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.2	6.4	6.4	6.4	6.4
20	427	Syrup apple	1.6	0.0	0.0	15.5	5.7	21.5	16.2	6.7	33.3
20	431	Chocolate milk	0.9	0.0	0.0	5.1	8.5	13.9	12.5	5.0	27.9
20	432	Chocolate plain	0.7	0.0	0.0	4.7	8.2	13.9	13.0	5.0	29.9
20	433	Chocolate flakes milk	0.1	0.0	0.0	0.0	1.8	8.7	7.5	7.5	9.7
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.6	10.5	7.5	7.5	14.0
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	1.3	14.2	10.0	10.0	27.6

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20	442	Coloured confetti fruit-flavoured	0.0	0.0	0.0	0.0	0.7	5.9	5.0	5.0	8.5
20	443	Honey	0.9	0.0	0.0	8.3	8.2	13.6	13.0	2.8	19.6
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	1.4	16.2	10.0	10.0	30.0
20	445	Jam	8.5	0.0	0.0	44.8	38.3	25.6	18.7	9.6	55.5
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.5	4.0	4.0	4.0	4.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.1	0.0	0.0	0.0	1.1	5.7	3.7	2.0	10.1
20	453	Peppermint	0.1	0.0	0.0	0.2	4.9	4.4	2.7	2.0	8.1
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.8	18.7	15.0	15.0	29.6
20	461	Toffees	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	484	Jam reduced sugar	1.0	0.0	0.0	4.5	4.4	21.7	16.7	10.0	39.5
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.4	14.2	10.0	8.0	17.2
20	520	Liquorice Dutch type salted	0.0	0.0	0.0	0.0	0.5	5.7	4.0	4.0	7.5
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.0	0.0	0.0	0.0	1.4	4.7	4.0	4.0	5.7
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.1	1.0	1.0	1.0	1.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.1	0.0	0.0	0.0	0.3	11.3	11.3	11.3	11.3
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	717	Chocolate bar milk with nuts	0.2	0.0	0.0	0.0	0.8	13.9	13.2	12.0	14.9
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.0
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.0
20	752	Wine gums	0.1	0.0	0.0	0.0	1.1	6.0	6.0	6.0	6.0
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.7	0.0	0.0	3.0	3.6	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.1	0.0	0.0	0.0	0.3	17.5	15.0	15.0	19.5
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.2	7.5	15.8	13.5	3.0	28.7
20	1962	Chocolate confetti milk	0.4	0.0	0.0	2.6	2.9	11.0	7.5	5.0	18.5
20	1963	Chocolate confetti plain	1.6	0.0	0.0	7.0	13.3	10.0	7.3	5.0	14.1
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.8	9.2	8.0	7.0	9.8
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	0.6	5.2	4.3	4.0	5.8
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.1	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	0.0
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
20	2386	Nougat	0.2	0.0	0.0	0.0	0.5	17.7	13.5	10.0	19.3

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20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.1	0.0	0.0	0.0	1.2	7.6	5.8	4.0	7.8
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.7	14.6	13.0	12.0	15.7
20	2656	Chocolate confetti mix white and plain	0.2	0.0	0.0	0.0	2.8	7.9	5.6	5.0	9.6
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.1	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	0.2	0.0	0.0	0.0	4.5	7.4	7.7	1.9	10.8
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.3	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
20	3067	Sweets cream hard	0.1	0.0	0.0	0.0	1.5	6.0	6.0	6.0	6.0
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.4	4.5	4.5	4.5	4.5
21	310	Butter unsalted	7.9	0.0	0.0	26.9	30.0	21.7	17.0	4.6	39.4
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.0	0.0	0.0	0.0	0.1	1.3	1.3	1.3	1.3
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	0.5	0.0	0.0	4.2	6.0	7.6	5.5	1.8	23.5
21	437	Sauce cocktail/party/table 25% oil	0.3	0.0	0.0	0.0	0.7	43.6	14.4	11.6	66.9
21	451	Mayonnaise	0.1	0.0	0.0	0.0	3.3	7.9	3.8	1.6	20.6
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.2	12.5	12.5	12.5	12.5
21	458	Salad cream 25% oil	0.1	0.0	0.0	0.0	2.1	6.7	3.9	3.9	10.8
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	2.5	9.9	4.3	3.0	23.4
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	466	Sauce for chips 35% oil	0.1	0.0	0.0	0.0	0.3	37.4	37.4	37.4	37.4
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.0	0.0	0.0	0.0	0.1	4.6	4.6	4.6	4.6
21	601	Oil olive	0.7	0.0	0.0	3.2	9.1	7.4	5.1	0.8	21.5
21	606	Oil Becel	0.0	0.0	0.0	0.0	1.0	3.4	3.4	3.4	3.4
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	616	Peanut sauce jar prepared	0.2	0.0	0.0	0.0	0.2	56.4	56.4	56.4	56.4
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	0.7	4.8	2.2	2.0	8.0
21	879	Butter salted	0.8	0.0	0.0	3.2	5.6	17.3	8.6	3.0	45.2
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.6	5.2	4.0	4.0	6.4
21	1515	Sauce based on roux prepared	0.2	0.0	0.0	0.0	0.7	49.6	44.0	44.0	57.7
21	1517	Sauce mix packet <3% fat prepared	2.1	0.0	0.0	0.0	1.0	107.7	32.6	12.0	194.1
21	1518	Sauce mix packet >3% fat prepared	2.4	0.0	0.0	16.8	6.2	40.9	26.6	2.0	106.5
21	1524	Sauce tomato ready made jar	0.6	0.0	0.0	0.0	1.0	60.5	58.7	48.4	67.6
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
21	1803	Sauce oriental ready-made in jar/bag	1.4	0.0	0.0	0.3	1.9	57.9	46.8	2.0	98.1
21	1839	Low fat margarine product tub Becel Ligh	2.0	0.0	0.0	16.4	15.3	21.1	17.8	4.9	40.9

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21	1847	Margarine product tub Becel Dieet	1.7	0.0	0.0	10.9	13.7	16.5	14.3	2.0	30.0
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.5	4.4	4.4	4.4	4.4
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	2.3	0.0	0.0	18.6	11.7	15.3	13.9	3.7	24.9
21	1961	Low fat marg prod Blue Band Goede Start	0.0	0.0	0.0	0.0	0.0
21	2059	Low fat margarine 40% fat <17 g sat	1.6	0.0	0.0	12.6	7.0	17.6	11.9	5.7	30.9
21	2060	Low fat margarine prod 35% fat <10 g sat	0.6	0.0	0.0	4.1	4.4	13.4	12.2	4.5	19.6
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.2	0.0	0.0	0.0	3.1	15.2	13.4	13.0	17.4
21	2063	Margarine 80% fat >24 g saturates	1.2	0.0	0.0	7.9	20.1	7.5	3.7	0.7	19.0
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	2.1	24.1	26.1	12.0	30.7
21	2066	Cooking fat liquid 97% fat <17 g sat	1.2	0.0	0.0	9.1	17.4	6.4	3.8	0.7	21.1
21	2067	Cooking fat solid 97% fat >17 g sat	0.4	0.0	0.0	1.1	16.3	2.9	1.2	0.6	7.5
21	2068	Frying fat liquid <24 g sat fatty acids	0.2	0.0	0.0	0.1	2.1	6.1	4.3	1.2	13.7
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.4	0.0	0.0	4.8	5.4	9.6	9.8	1.1	12.7
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	0.0	1.8	6.4	2.9	0.6	24.2
21	2083	Mayonnaise product w olive oil	0.1	0.0	0.0	0.0	0.4	14.7	13.3	13.3	16.8
21	2178	Pesto	0.1	0.0	0.0	0.0	1.3	3.2	1.8	1.8	7.9
21	2294	Low fat margarine Twenty four Ultralight	0.0	0.0	0.0	0.0	0.0
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
21	2418	Sauce hot liquid ready made <12% fat	0.4	0.0	0.0	0.0	1.7	45.1	33.6	33.6	63.0
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	0.1	0.0	0.0	0.0	1.3	16.6	16.0	9.0	23.6
21	2423	Low fat margarine prod Blue Band Idee	0.1	0.0	0.0	0.0	0.7	35.0	35.0	35.0	35.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.2	0.0	0.0	0.0	0.4	24.0	24.0	24.0	24.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.6	20.0	13.3	8.7	23.8
21	2451	Gravy 25% fat thickend prep w gravypowde	0.7	0.0	0.0	0.0	3.1	34.2	23.6	11.8	77.7
21	2452	Gravy 25% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.7	30.7	23.4	17.5	33.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
21	2456	Gravy 5% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.5	40.0	24.6	11.6	46.1
21	2459	Gravy 50% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	1.5	16.4	1.9	1.9	47.6
21	2460	Gravy 75% fat clear prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2462	Gravy 5% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	23.3	23.3	23.3	23.3
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.1	8.2	8.2	8.2	8.2
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.3	6.8	6.8	6.8	6.8
21	2467	Salad dressing./sauce approx 13% oil	0.0	0.0	0.0	0.0	0.0
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.0
21	2469	Sauce mayonnaise based average	0.3	0.0	0.0	0.0	1.4	20.4	11.5	11.5	36.8
21	2470	Sauce for chips 5% oil	0.1	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
21	2472	Oil wok average	0.1	0.0	0.0	0.0	1.0	6.0	4.4	3.6	8.8
21	2525	Frying fat horeca	0.3	0.0	0.0	2.9	2.6	8.4	7.8	0.5	11.3
21	2526	Gravy 25% fat thickened w gravypowder	0.2	0.0	0.0	0.0	0.6	25.0	25.0	25.0	25.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	2.2	4.0	2.8	0.5	7.8
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.1	0.0	0.0	0.1	3.5	4.4	4.5	0.3	9.1
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.5	11.6	9.0	9.0	16.5
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.1	0.0	0.0	0.0	1.5	13.5	6.7	1.0	19.6
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.0	2.1	5.3	1.3	0.4	15.4
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	8.2	0.0	0.0	36.2	3.6	108.6	108.6	108.6	108.6
21	2580	Gravy 5% fat thickend w gravy powder	0.1	0.0	0.0	0.0	0.5	19.9	11.6	11.6	31.6
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.6	0.0	0.0	0.0	1.2	35.4	22.8	22.0	49.3
21	2585	Gravy 25% fat w cooking fat 2067	0.8	0.0	0.0	0.0	4.0	49.1	24.3	24.3	93.4
21	2586	Gravy 25% fat w margarine 2063	1.1	0.0	0.0	9.3	4.2	23.9	23.5	12.1	36.4
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.5	0.0	0.0	0.0	1.6	38.9	21.6	11.6	68.5
21	2589	Gravy 25% fat w olive oil	0.0	0.0	0.0	0.0	0.3	11.6	11.6	11.6	11.6
21	2590	Gravy 25% fat w butter	0.3	0.0	0.0	0.0	1.6	16.9	14.2	12.1	21.7
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
21	2592	Gravy 50% fat w cooking fat 2067	0.6	0.0	0.0	0.0	1.2	32.3	23.9	20.0	45.4
21	2593	Gravy 50% fat w margarine 2063	0.5	0.0	0.0	0.0	2.3	20.9	19.7	14.6	23.0
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.4	23.3	23.3	23.3	23.3
21	2596	Gravy 75% fat w margarine 2063	0.1	0.0	0.0	0.0	1.3	29.8	25.2	21.3	37.2
21	2598	Gravy 75% fat w cooking fat 2067	0.7	0.0	0.0	0.0	1.8	45.9	28.6	24.3	77.0

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

NEVO group	NEVO code	Description	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
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2600	Gravy 25% fat thickend w marg 2063	0.4	0.0	0.0	0.0	0.8	38.2	29.8	24.3	43.1
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.0
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	0.8	23.5	23.3	23.3	24.0
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.5	10.4	8.5	8.5	13.0
21	2612	Tapenade olive	1.0	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.0
21	2625	Gravy 25% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.6	23.8	23.4	23.3	24.2
21	2626	Gravy 25% fat w cooking fat liq 2562	0.0	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	2627	Gravy 50% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	1.4	22.5	17.0	12.1	33.8
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.5	28.8	25.5	23.3	30.8
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.4	11.6	11.6	11.6	11.6
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.5	24.3	24.3	24.3	24.3
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.6	1.9	1.9	1.9	1.9
21	2667	Salad dressing 20% oil w yogurt	0.1	0.0	0.0	0.0	0.9	9.8	7.1	6.8	17.7
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	1.0	10.7	6.4	4.5	13.7
21	2712	Margarine product liquid light unsalted	0.0	0.0	0.0	0.0	0.6	12.0	12.0	12.0	12.0
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.2	0.0	0.0	0.0	2.5	19.8	18.0	18.0	21.2
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.3	20.5	18.0	18.0	23.3
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.0	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.0
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.4	9.0	9.0	9.0	9.0
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.5	11.0	11.0	11.0	11.0
21	3052	Butter product melange Campina Goud	0.1	0.0	0.0	0.0	0.6	30.7	12.5	12.0	52.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	1.4	15.5	13.7	12.1	16.2

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.0	0.0	0.0	0.0	0.0
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.2	0.0	0.0	0.0	0.9	14.8	14.6	14.5	15.0
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	1.7	0.0	0.0	2.1	3.2	49.5	45.0	5.0	72.9
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.3	48.6	48.6	48.6	48.6
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.7	0.0	0.0	0.7	1.7	28.6	5.0	5.0	83.1
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.1	108.8	108.8	108.8	108.8
22	815	Fish fingers unprepared	0.6	0.0	0.0	0.0	0.6	106.6	96.2	67.5	131.2
22	818	White fish fillet in batter deep-fried	0.8	0.0	0.0	0.0	0.6	201.0	201.0	201.0	201.0
22	819	Cod boiled	4.8	0.0	0.0	35.9	4.8	131.6	123.3	53.4	181.7
22	918	Plaice boiled	0.0	0.0	0.0	0.0	0.0
22	919	Pollack boiled	0.2	0.0	0.0	0.0	0.7	105.5	91.1	45.2	130.6
22	1096	Salmon smoked	0.4	0.0	0.0	0.0	1.9	38.6	21.6	14.5	82.5
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.4	0.0	0.0	0.0	1.7	75.0	75.0	75.0	75.0
22	1586	Mackerel fillet smoked	0.0	0.0	0.0	0.0	0.0
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.1	0.0	0.0	0.0	0.3	14.5	14.5	14.5	14.5
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	2.0	0.0	0.0	0.0	2.8	77.5	61.6	39.5	126.1
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	1.3	0.0	0.0	0.0	0.5	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	1.5	0.0	0.0	0.0	0.6	119.5	54.1	54.0	171.9
22	1619	Sole prepared in microwave oven	0.2	0.0	0.0	0.0	0.4	169.8	159.2	156.0	177.9
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.3	0.0	0.0	0.0	0.6	156.0	156.0	156.0	156.0
22	2474	Whitefish fillet batter deepfried wo fat	1.6	0.0	0.0	0.0	1.5	98.8	91.7	90.0	109.7
22	2765	Pangasius prep in microwave oven	0.3	0.0	0.0	0.0	0.9	83.1	18.0	18.0	159.8
23	106	Duck whole raw	0.8	0.0	0.0	0.0	0.5	76.0	76.0	76.0	76.0
23	108	Chicken with skin raw	1.3	0.0	0.0	0.0	1.4	88.9	79.2	45.0	128.3
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.0	0.0	0.0	0.0	0.8	15.0	15.0	15.0	15.0
23	324	Sausage smoked cooked average	0.1	0.0	0.0	0.0	0.4	31.9	17.6	17.6	50.8
23	328	Ham smoked raw	0.5	0.0	0.0	3.2	3.3	16.3	13.0	12.0	22.9
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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23	335	Liver pate	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.2	0.0	0.0	0.0	2.2	11.7	10.0	10.0	15.0
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.0
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
23	566	Sausage frankfurter tinned	0.0	0.0	0.0	0.0	0.1	36.0	36.0	36.0	36.0
23	567	Sausage luncheon meat	0.4	0.0	0.0	0.0	2.1	21.4	12.7	8.0	40.8
23	568	Black pudding	0.0	0.0	0.0	0.0	0.0
23	638	Salami sausage saveloy	1.1	0.0	0.0	7.4	7.1	23.6	15.3	9.0	44.5
23	639	Bacon rashers streaky	0.2	0.0	0.0	0.0	1.3	16.6	12.4	9.0	26.3
23	640	Liver sausage	0.6	0.0	0.0	0.0	2.1	28.1	21.9	10.3	41.8
23	641	Bacon	0.0	0.0	0.0	0.0	0.0
23	642	Pate	0.3	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
23	643	Pork side cured and smoked	0.1	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	1.9	0.0	0.0	9.8	13.2	20.5	18.9	5.0	43.6
23	785	Ham shoulder medium fat boiled	0.7	0.0	0.0	0.0	2.3	47.4	25.4	10.1	92.4
23	810	Beef steak tartare spiced filet americ	0.1	0.0	0.0	0.0	0.6	11.2	5.0	5.0	18.2
23	1152	Salami	0.8	0.0	0.0	0.0	2.3	25.9	22.1	16.0	38.4
23	1155	Minced meat loaf fried	0.0	0.0	0.0	0.0	0.0
23	1162	Sausage cooked	0.3	0.0	0.0	0.0	1.2	20.3	18.5	18.0	25.2
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	0.4	0.0	0.0	0.0	1.5	30.3	19.6	15.0	38.0
23	1305	Chicken without skin raw	1.0	0.0	0.0	0.6	1.9	72.8	35.4	18.6	123.7
23	1306	Chicken for soup w skin raw	0.4	0.0	0.0	0.0	0.9	123.2	123.2	123.2	123.2
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	0.8	0.0	0.0	0.0	0.7	51.2	31.1	20.0	102.5
23	1401	Beef tenderloin steak raw	0.0	0.0	0.0	0.0	0.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	0.6	0.0	0.0	0.0	1.8	72.7	76.3	38.0	83.2
23	1405	Minced beef raw	19.0	0.0	0.0	89.4	9.3	113.4	79.3	24.4	191.7
23	1407	Liver ox raw	0.1	0.0	0.0	0.0	0.2	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.2	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
23	1409	Beef sirloin rolled raw	0.1	0.0	0.0	0.0	0.3	84.0	84.0	84.0	84.0
23	1410	Beef roast raw	0.3	0.0	0.0	0.0	0.7	24.0	22.3	21.0	24.7
23	1411	Beef shank raw	0.2	0.0	0.0	0.0	0.2	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	9.5	0.0	0.0	52.2	6.0	98.5	96.4	38.0	110.4
23	1413	Beef streaked/marbled raw	0.4	0.0	0.0	0.0	0.5	84.0	84.0	84.0	84.0
23	1414	Beef stewing steak raw	1.2	0.0	0.0	0.0	2.1	128.8	140.4	38.0	175.1
23	1415	Beef steak tartare raw	0.3	0.0	0.0	0.0	0.4	75.0	72.0	72.0	78.9
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	0.9	0.0	0.0	0.0	1.8	76.5	71.1	32.7	97.4
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.1	75.0	75.0	75.0	75.0
23	1419	Pork fricandeau part of leg raw	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
23	1420	Pork chop raw	0.0	0.0	0.0	0.0	0.0
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.0
23	1422	Pork tenderloin raw	0.8	0.0	0.0	0.0	0.7	53.0	52.5	52.5	53.8
23	1424	Pork loin chop raw	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	1.3	0.0	0.0	0.0	2.5	86.4	78.6	35.0	163.3
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.2	15.8	9.8	7.0	19.9
23	1428	Pork stir fry meat raw	0.3	0.0	0.0	0.1	1.9	9.3	6.3	4.6	17.6
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.4	0.0	0.0	0.0	1.5	57.2	46.7	38.0	61.4
23	1431	Kromesky meat filled raw	1.1	0.0	0.0	0.0	2.1	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.7	0.0	0.0	0.0	3.1	39.0	42.0	3.9	73.5
23	1434	Minced beef/pork raw	4.6	0.0	0.0	42.5	6.4	70.4	73.1	10.3	112.1
23	1435	Hamburger raw	0.4	0.0	0.0	0.0	0.7	62.7	47.3	38.0	72.2
23	1437	Veal olive raw	0.4	0.0	0.0	0.0	0.7	88.9	72.7	70.0	106.2
23	1443	Lamb leg raw	0.1	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.1	31.1	31.1	31.1	31.1
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	0.9	0.0	0.0	0.0	2.3	28.7	19.3	15.0	47.8
23	1558	Pork loin chop prepared	0.5	0.0	0.0	0.0	1.6	25.3	19.1	15.0	28.9
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.1	5.6	5.6	5.6	5.6
23	1634	Chicken fillet raw	2.4	0.0	0.0	21.7	2.8	78.1	71.7	37.6	99.1
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.2	0.0	0.0	0.0	0.6	100.0	77.5	58.5	108.5
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	2.9	0.0	0.0	21.3	3.4	71.4	55.8	37.0	106.5
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.8	16.1	10.4	7.5	28.9
23	1772	Pork fricandeau fried	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
23	1774	Sausage tongue	0.2	0.0	0.0	0.0	1.6	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.2	0.0	0.0	0.0	0.4	25.4	20.0	20.0	36.3
23	1777	Gammon boiled deboned	0.1	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
23	1788	Pork rib chop raw	0.3	0.0	0.0	0.0	0.7	82.8	76.0	76.0	102.5
23	1790	Pork schnitzel not breaded raw	1.3	0.0	0.0	0.0	1.5	82.6	76.0	76.0	102.2
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.0
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	0.6	0.0	0.0	0.0	0.8	60.2	54.0	48.8	62.7
23	2300	Sausage smoked lean cooked	0.2	0.0	0.0	0.0	0.7	49.6	49.2	49.0	49.9
23	2301	Sausage smoked beef cooked	0.0	0.0	0.0	0.0	0.0
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.2	0.0	0.0	0.0	1.0	61.8	44.2	33.5	84.5
23	2334	Minced meat beef/pork raw w egg/brcrums	0.2	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
23	2335	Meat average raw excl liver	0.4	0.0	0.0	0.0	0.4	112.0	112.0	112.0	112.0
23	2336	Beef average raw	2.4	0.0	0.0	0.0	1.7	119.4	79.4	76.0	224.2

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.3	0.0	0.0	0.0	1.9	49.5	41.6	28.3	56.0
23	2339	Beef olives raw	1.5	0.0	0.0	0.0	2.1	84.5	84.0	84.0	86.3
23	2340	Pork schnitzel breaded raw	6.3	0.0	0.0	9.1	1.2	251.5	177.7	105.0	255.4
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
23	2364	Chicken schnitzel raw	1.6	0.0	0.0	0.0	2.7	83.8	75.1	52.5	97.5
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.1	0.0	0.0	0.0	0.7	19.5	15.0	15.0	24.0
23	2766	Sausage smoked industrial cooked	0.8	0.0	0.0	0.0	0.9	77.1	46.0	25.0	94.6
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.4	0.0	0.0	0.0	1.9	20.8	20.0	20.0	23.8
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.2	0.0	0.0	0.0	0.8	15.3	11.6	8.0	15.6
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.3	0.0	0.0	0.0	0.1	178.0	178.0	178.0	178.0
23	3025	Bacon lean smoked raw	0.1	0.0	0.0	0.0	1.2	28.2	29.0	2.5	43.2
23	3027	Pork shoarma seasoning raw	0.2	0.0	0.0	0.0	0.6	46.4	46.4	46.4	46.4
23	3030	Sausage beef Braadworst raw	0.1	0.0	0.0	0.0	1.8	15.2	1.7	1.0	60.1
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

Table 2.4.a Food consumption (foods) of the Dutch population 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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	94.4	77.6	0.0	208.3	74.8	134.4	117.6	56.3	301.6
1	1150	Potatoes sliced frozen unprepared	0.7	0.0	0.0	0.0	0.9	177.2	120.0	120.0	241.3
1	1455	Potato puree powder av	0.4	0.0	0.0	0.0	1.2	31.4	23.3	22.6	57.1
1	1456	Chips pre-fried unprepared	4.9	0.0	0.0	32.5	2.2	134.8	88.6	41.3	237.0
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.1	0.0	0.0	0.0	0.1	131.2	114.4	100.0	137.4
1	2326	Croquettes potato frozen unprepared	0.6	0.0	0.0	0.0	1.0	109.5	79.7	33.6	130.0
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.0	35.3	35.3	35.3	35.3
1	2834	Potato waffels/balls frozen unprepared	0.8	0.0	0.0	0.0	0.2	188.0	188.0	188.0	188.0
2	382	Advocaat liqueur	0.9	0.0	0.0	0.0	1.8	51.4	54.2	14.7	70.5
2	383	Juice apple	4.7	0.0	0.0	0.0	2.8	174.1	169.2	119.0	233.1
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.5	0.0	0.0	0.0	2.0	33.7	27.8	12.0	46.0
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	0.6	0.0	0.0	0.0	0.4	300.0	300.0	300.0	300.0
2	390	Beer pilsner	37.4	0.0	0.0	226.9	7.5	540.9	303.6	245.7	1,170.8
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.3	0.0	0.0	0.0	0.2	126.8	78.1	71.3	210.4
2	394	Cognac	0.7	0.0	0.0	0.0	0.4	68.4	45.6	45.6	86.6
2	395	Soft drink cola with caffeine	1.2	0.0	0.0	0.0	1.0	190.1	175.5	110.0	299.8
2	396	Juice grape	0.4	0.0	0.0	0.0	0.3	168.2	165.6	46.0	251.5
2	399	Fruit juice drink raspberry	0.3	0.0	0.0	0.0	1.0	41.4	31.9	18.0	46.4
2	400	Soft drink wo caffeine	4.0	0.0	0.0	0.0	3.3	181.6	166.8	91.5	356.3
2	401	Gin young Dutch	1.4	0.0	0.0	0.0	3.2	74.0	63.0	27.1	148.7
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	407	Port wine	3.0	0.0	0.0	0.0	1.8	103.9	74.4	45.0	177.6
2	408	Rum	0.0	0.0	0.0	0.0	0.0
2	409	Sherry	1.2	0.0	0.0	0.0	1.1	107.4	78.3	0.2	150.0
2	410	Juice orange pasteurized	6.4	0.0	0.0	37.8	4.1	192.7	170.8	71.5	392.1
2	411	Mineral water Spa	5.8	0.0	0.0	0.0	0.9	585.9	284.3	172.0	1,215.9
2	413	Tomato juice	0.4	0.0	0.0	0.0	0.2	296.8	203.9	120.0	378.6
2	414	Soft drink tonic	2.8	0.0	0.0	0.0	0.7	312.6	243.5	40.0	384.3
2	415	Vermouth	0.0	0.0	0.0	0.0	0.0
2	416	Brandy Dutch vieux	0.1	0.0	0.0	0.0	0.5	45.8	45.6	45.6	46.7
2	417	Juice drink	3.9	0.0	0.0	0.0	2.0	231.1	134.4	112.0	620.5
2	421	Whisky	0.3	0.0	0.0	0.0	0.7	91.1	72.8	42.8	134.1
2	422	Wine red	25.8	0.0	0.0	190.0	7.6	251.4	184.7	65.9	771.8
2	423	Wine white dry	7.9	0.0	0.0	50.6	3.1	191.6	170.9	92.6	276.6
2	425	Whey drink light Rivella	1.4	0.0	0.0	0.0	0.6	347.6	335.3	153.0	438.2
2	463	Fruit drink concentrate undiluted	0.3	0.0	0.0	0.0	1.7	19.6	13.8	1.2	37.6

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

NEVO group	NEVO code	Description	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
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	0.6	11.8	11.5	11.3	12.0
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
2	500	Fruit drink conc Roosvicee Laxo	0.2	0.0	0.0	0.0	0.9	15.5	15.5	9.0	17.7
2	644	Coffee prepared	392.8	392.7	0.0	756.7	89.6	436.1	407.2	129.3	925.2
2	645	Tea prepared	364.9	318.4	0.0	995.9	78.4	472.5	415.0	115.8	1,043.3
2	664	Juice grapefruit	0.1	0.0	0.0	0.0	0.3	71.0	50.0	50.0	91.5
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	3.2	0.0	0.0	0.0	0.9	380.8	371.3	227.5	398.1
2	805	Jagermeister herb liquor	0.2	0.0	0.0	0.0	0.8	53.0	38.0	38.0	91.9
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.4	0.0	0.0	0.0	0.4	65.4	53.2	42.0	71.9
2	1134	Berenburg herb liquor	0.1	0.0	0.0	0.0	0.2	76.0	76.0	76.0	76.0
2	1462	Juice pineapple	0.2	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	1.0	0.0	0.0	0.0	1.0	126.8	125.3	36.0	154.9
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.1	132.0	132.0	132.0	132.0
2	1466	Liqueur >25 vol% alcohol	0.5	0.0	0.0	0.0	0.4	50.3	50.3	50.3	50.3
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	0.4	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
2	1521	Juice drink light	0.1	0.0	0.0	0.0	0.1	150.0	150.0	150.0	150.0
2	1522	Soft drink light without caffeine	1.8	0.0	0.0	0.0	0.8	195.8	197.1	185.0	199.7
2	1523	Cola light soft drink with caffeine	3.7	0.0	0.0	0.0	0.5	430.0	244.1	196.0	856.3
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.5	5.0	5.0	5.0	5.0
2	1656	Juice carrot	0.0	0.0	0.0	0.0	0.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.5	0.0	0.0	4.2	4.0	10.7	8.4	7.5	16.6
2	1878	Fruit juice drink Roosvicee Multivit	2.4	0.0	0.0	0.0	0.9	315.1	241.7	200.0	384.2
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.3	10.4	7.8	7.5	14.2
2	1885	Water average	519.0	462.7	0.0	1,521.8	88.5	555.7	424.0	74.3	1,525.9
2	1932	Juice orange with pulp	0.2	0.0	0.0	0.0	0.1	175.9	144.0	144.0	203.2
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	0.1	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.9	0.0	0.0	0.0	0.2	197.2	153.7	152.0	246.6
2	2086	Ice tea	2.3	0.0	0.0	0.0	0.7	234.0	184.8	165.0	439.4
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0	180.0	180.0	180.0	180.0
2	2134	Juice drink Dubbelfrisss	3.2	0.0	0.0	0.0	1.8	196.0	178.0	178.0	282.8
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.6	0.0	0.0	0.0	0.3	176.7	173.0	173.0	184.6
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.6	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
2	2138	Juice drink Spa&Fruit still	6.2	0.0	0.0	0.0	0.6	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	3.3	0.0	0.0	0.0	1.5	229.6	193.0	191.0	342.9
2	2142	Wine white sweet	2.5	0.0	0.0	0.0	1.6	175.3	137.7	84.3	329.6
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.6	0.0	0.0	0.0	0.3	165.0	165.0	165.0	165.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	2152	Fruit juice dk Coolbest light orange	1.8	0.0	0.0	0.0	0.5	246.6	194.6	165.0	341.5
2	2153	Fruit drink Fruitzday	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	1.3	0.0	0.0	0.0	0.3	330.0	330.0	330.0	330.0
2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.1	0.0	0.0	0.0	0.5	14.1	11.3	11.3	17.8
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.2	27.6	25.2	25.0	29.5
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.1	129.4	123.9	120.0	132.4
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	1.0	0.0	0.0	0.0	0.2	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	4.2	0.0	0.0	0.0	2.1	332.4	343.4	157.0	417.1
2	2476	Cappuccino freshly made	4.2	0.0	0.0	0.0	2.1	199.0	130.2	70.0	459.4
2	2477	Coffee cappuccino instant prepared	2.6	0.0	0.0	0.0	0.7	232.3	173.7	160.0	361.3
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	1.3	16.3	14.5	10.3	22.8
2	2490	Fruit juice drink 12fruit nectar light	0.7	0.0	0.0	0.0	0.6	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.3	0.0	0.0	0.0	0.1	420.0	420.0	420.0	420.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	3.2	0.0	0.0	0.0	1.2	219.5	221.8	38.3	393.6
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.7	0.0	0.0	0.0	0.5	334.8	289.1	140.0	379.7
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.7	0.0	0.0	0.0	0.4	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
2	2564	Juice fruit Hero Fruit&Co	2.6	0.0	0.0	0.0	1.0	287.2	270.7	193.0	350.5
2	2610	Wine rose	0.2	0.0	0.0	0.0	0.2	159.1	131.8	123.3	179.7
2	2633	Coffee instant powder	0.3	0.0	0.0	2.0	4.9	6.2	2.7	0.5	24.7
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.7	0.0	0.0	0.0	0.3	225.9	133.2	123.0	399.7
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.1	0.0	0.0	0.0	0.1	179.7	158.4	152.0	195.8
2	2637	Fruit juice dk Roosvicee Multivit light	0.8	0.0	0.0	0.0	0.2	188.0	188.0	188.0	188.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.1	0.0	0.0	0.0	0.1	109.0	109.0	109.0	109.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.4	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	0.6	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.2	0.0	0.0	0.0	0.1	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.3	0.0	0.0	0.0	0.7	77.2	39.5	4.5	86.4
2	2663	Juice fruit Vruchtoase multivit	2.6	0.0	0.0	0.0	0.5	416.3	284.0	170.0	680.7

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2	2674	Energy drink Mxxed up	0.2	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	13.2	0.0	0.0	88.3	14.2	118.7	117.7	50.2	184.7
2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.3	35.2	35.2	35.2	35.2
2	2837	Beer with fruit flavour	0.3	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
2	2841	Fruit drink Coolbest Vitaday light	0.5	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.2	0.0	0.0	0.0	0.1	165.0	165.0	165.0	165.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.2	0.0	0.0	0.0	0.1	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.1	0.0	0.0	0.0	1.0	17.5	15.9	7.5	28.0
2	2881	Coffee wiener melange instant prepared	3.9	0.0	0.0	0.0	1.4	342.9	138.7	61.0	880.2
2	2896	Lemonade squash Spa&Fruit sparkling	12.9	0.0	0.0	84.2	3.0	214.9	200.1	86.0	404.4
2	2897	Juice Drink Ocean Spray	2.2	0.0	0.0	0.0	0.6	171.3	159.0	150.0	180.7
2	3068	Fruit drink concentrated Fruitmix	0.1	0.0	0.0	0.0	0.5	17.6	11.3	9.0	27.7
3	227	Crispbakes Dutch	2.4	0.0	0.0	11.3	19.0	12.9	10.0	1.2	27.9
3	228	Crackers cream	0.2	0.0	0.0	0.0	1.0	13.1	10.3	4.0	19.8
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	0.2	41.3	34.0	34.0	48.3
3	230	Roll white soft	3.0	0.0	0.0	21.4	5.3	55.5	38.5	23.4	89.0
3	233	Bread currant	1.1	0.0	0.0	0.0	2.3	47.7	35.0	35.0	68.8
3	236	Bread brown wheat	32.8	0.0	0.0	131.4	33.4	102.5	98.4	23.1	174.1
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	241	Bread white milk based	4.2	0.0	0.0	11.0	3.9	102.9	72.1	30.0	201.9
3	242	Bread rye dark	3.0	0.0	0.0	21.9	6.1	45.6	42.0	22.5	73.2
3	243	Bread rye light	0.9	0.0	0.0	0.0	2.2	34.7	25.0	25.0	80.6
3	244	Bread raisin	0.9	0.0	0.0	0.0	1.8	44.7	35.0	35.0	63.3
3	246	Bread wholemeal average	34.7	0.0	0.0	119.6	33.2	107.9	78.7	35.0	202.0
3	248	Bread white water based	4.2	0.0	0.0	33.4	6.2	71.3	57.2	30.0	119.1
3	249	Bread wheat malt Tarvo	2.3	0.0	0.0	0.0	1.6	137.8	87.3	37.2	137.4
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.1	0.0	0.0	0.0	1.1	13.1	10.0	10.0	25.7
3	655	Crispbakes Dutch wholemeal	0.9	0.0	0.0	5.5	8.6	11.7	7.0	2.3	19.5
3	975	Crispbread sesame	2.2	0.0	0.0	5.2	3.6	32.5	25.7	13.0	50.4
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	0.4	0.0	0.0	0.0	0.8	70.8	45.0	45.0	142.2
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
3	1312	Crispbread Cracottes	0.7	0.0	0.0	5.1	5.9	12.8	8.1	7.0	13.9
3	1322	Crispbread wholemeal Cracottes	0.2	0.0	0.0	0.0	3.6	9.1	7.0	7.0	13.3
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.1	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.2	0.0	0.0	0.0	0.8	44.0	35.0	35.0	64.0
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.5	38.3	36.2	35.0	39.6

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3	1779	Crispbread wholemeal	0.6	0.0	0.0	2.6	4.1	13.8	10.0	10.0	29.7
3	1914	Dough for pizza and savoury pie	4.3	0.0	0.0	0.0	1.8	155.0	105.1	33.0	374.0
3	2229	Crackers VitaLU	0.2	0.0	0.0	0.0	0.2	42.0	42.0	42.0	42.0
3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	1.2	14.4	9.7	7.0	25.2
3	2277	Bread Blue Band Goede Start white bread	0.0	0.0	0.0	0.0	0.0
3	2348	Bread wholemeal w pumpkin seeds	0.7	0.0	0.0	0.0	0.9	123.7	110.2	35.0	168.5
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	10.7	0.0	0.0	65.0	10.7	105.1	80.6	32.8	187.5
3	2351	Bread white average milk/water based	0.0	0.0	0.0	0.0	0.0
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0	80.0	80.0	80.0	80.0
3	2353	Bread brown/wholemeal w muesli	0.5	0.0	0.0	0.0	0.7	59.1	54.5	50.0	59.5
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
3	2355	Bread white w sugar Suikerbrood	0.1	0.0	0.0	0.0	0.3	63.5	50.6	21.7	86.1
3	2356	Baguette w cheese-onion	0.4	0.0	0.0	0.0	0.4	74.0	56.4	45.0	84.4
3	2357	Bread wholemeal w sunflower seeds	1.8	0.0	0.0	0.0	2.6	66.2	41.0	35.0	164.3
3	2358	Bread white w sunflower seeds	0.4	0.0	0.0	0.0	0.2	111.1	99.5	70.0	136.2
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.5	9.5	6.5	5.0	14.2
3	2382	Bread brown w sunflower seeds	2.6	0.0	0.0	0.0	1.6	118.1	99.6	35.0	168.8
3	2528	Croutons	0.0	0.0	0.0	0.0	0.3	5.7	2.0	2.0	17.1
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.2	0.0	0.0	0.0	0.4	71.9	35.0	35.0	146.8
3	2704	Bread brown w seeds	0.8	0.0	0.0	0.0	0.5	148.4	105.0	105.0	197.3
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.4	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
3	2788	Bread sourdough wholemeal	0.2	0.0	0.0	0.0	0.2	240.0	240.0	240.0	240.0
3	2789	Bread ciabatta no filling	0.1	0.0	0.0	0.0	0.1	113.7	88.0	88.0	142.5
3	2790	Bread pita white	0.4	0.0	0.0	0.0	0.2	90.1	90.1	90.1	90.1
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	0.3	0.0	0.0	0.0	0.8	33.0	8.1	5.0	78.6
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	1.3	0.0	0.0	0.0	1.5	78.4	85.6	30.1	99.0
3	2796	Roll brown hard	1.7	0.0	0.0	0.0	1.8	85.4	81.0	28.6	98.1
3	2797	Roll brown soft	3.4	0.0	0.0	24.8	3.5	74.1	49.8	48.1	99.5
3	2798	Roll wholemeal soft	0.1	0.0	0.0	0.0	0.5	60.3	46.8	45.0	89.6
3	2799	Roll multigrain hard	0.1	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
3	2800	Roll multigrain soft	0.1	0.0	0.0	0.0	0.3	70.6	50.0	50.0	93.9
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	4.8	0.0	0.0	26.8	6.4	62.0	44.6	28.6	99.3
3	2804	Bun wholemeal w muesli	0.8	0.0	0.0	0.0	0.8	59.9	44.9	29.0	79.4
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
3	2813	Bread raisin/current average	0.5	0.0	0.0	0.0	0.5	62.5	50.0	40.0	68.0
3	2815	Bread Tijger brown wheat	0.6	0.0	0.0	0.0	0.6	129.4	103.2	70.0	170.9
3	2816	Bread Tijger white	0.4	0.0	0.0	0.0	1.3	62.0	46.2	30.0	77.5
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.6	0.0	0.0	0.0	0.9	41.8	40.0	40.0	48.8
3	2821	Bread brown w pumpkin seeds	0.2	0.0	0.0	0.0	0.5	74.6	70.0	70.0	82.6

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3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.2	0.0	0.0	0.0	2.1	12.4	8.5	4.0	23.2
3	2938	Toast Melba other varieties	0.2	0.0	0.0	0.0	2.0	12.2	7.2	6.0	25.9
3	3054	Bread glutenfree bakmix Glutafin white	0.1	0.0	0.0	0.0	0.1	225.0	225.0	225.0	225.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.2	0.0	0.0	0.0	0.4	109.6	100.0	100.0	146.3
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.1	6.1	6.1	6.1	6.1
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.1	36.7	36.7	36.7	36.7
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.2	0.0	0.0	0.0	0.2	151.2	128.8	128.8	212.6
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.3	15.0	12.2	12.2	17.7
4	2615	Vinegar	0.2	0.0	0.0	0.0	3.9	6.1	2.5	1.0	14.9
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
5	84	Eggs chicken boiled average	12.7	2.7	0.0	45.2	27.4	42.0	49.4	4.7	88.7
6	33	Raisins dried	0.1	0.0	0.0	0.0	1.5	7.4	3.2	1.3	20.6
6	137	Olives tinned/glass	0.0	0.0	0.0	0.0	0.1	21.4	10.0	2.6	28.0
6	147	Apple without skin average	35.2	0.0	0.0	135.3	30.5	124.1	119.7	63.2	256.7
6	148	Strawberries	11.1	0.0	0.0	70.9	9.0	84.6	69.7	19.9	149.1
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.6	0.0	0.0	0.0	0.3	126.1	93.6	82.0	182.1
6	151	Banana	19.8	0.0	0.0	111.5	17.1	128.1	110.6	53.3	166.3
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	1.1	0.0	0.0	0.0	1.0	75.4	40.8	9.8	177.0
6	155	Bilberries	0.1	0.0	0.0	0.0	0.6	32.2	32.2	32.2	32.2
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.3	18.8	8.4	8.4	30.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.1	0.0	0.0	0.0	0.2	79.8	79.8	79.8	79.8
6	161	Raspberries	0.1	0.0	0.0	0.0	0.2	43.4	18.0	18.0	68.6
6	162	Grapefruit	0.4	0.0	0.0	0.0	0.3	75.0	75.0	75.0	75.0
6	163	Cherries	1.4	0.0	0.0	0.0	2.3	75.9	60.6	26.3	118.5
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
6	165	Manderins	12.7	0.0	0.0	63.8	18.1	76.3	60.2	34.5	127.6
6	166	Melon netted	0.8	0.0	0.0	0.0	1.2	160.8	127.5	40.0	263.8
6	168	Pear without skin	9.5	0.0	0.0	90.1	6.9	121.5	109.7	64.0	180.6
6	169	Peach without skin	2.0	0.0	0.0	0.0	1.8	123.7	76.4	74.4	244.7

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

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6	170	Plums with skin	1.8	0.0	0.0	0.0	3.1	82.0	45.6	21.0	164.2
6	171	Orange	14.6	0.0	0.0	94.8	10.4	154.9	128.0	55.0	194.4
6	172	Fruit fresh citrus average	2.2	0.0	0.0	0.0	1.1	141.4	107.8	76.0	147.6
6	173	Fruit fresh average excluding citrus	0.2	0.0	0.0	0.0	0.4	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.4	5.7	3.9	3.0	8.5
6	176	Apricots in syrup tinned	1.0	0.0	0.0	0.0	0.4	169.1	146.3	120.0	204.2
6	177	Pineapple in syrup tinned	1.0	0.0	0.0	0.0	1.4	32.1	8.8	3.9	69.7
6	179	Apple sauce tinned	6.0	0.0	0.0	49.1	10.7	59.5	50.9	13.0	133.0
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.3	25.2	18.1	10.0	36.6
6	181	Dates dried	0.4	0.0	0.0	0.0	1.0	19.2	15.8	12.1	22.8
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	2.7	0.0	0.0	11.5	2.7	68.0	37.3	24.0	134.5
6	184	Cherries in syrup tinned	1.0	0.0	0.0	0.0	0.6	78.1	34.0	2.7	161.7
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.4	0.0	0.0	0.0	1.9	142.2	151.6	23.3	240.8
6	189	Peaches in syrup tinned	0.7	0.0	0.0	0.0	1.3	46.2	40.0	40.0	69.8
6	190	Prunes dried	0.3	0.0	0.0	0.0	2.3	10.0	8.8	6.0	11.7
6	191	Plums in syrup tinned	0.0	0.0	0.0	0.0	0.5	13.0	13.0	13.0	13.0
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.1	5.4	4.1	0.4	9.2
6	689	Avocado	1.4	0.0	0.0	0.0	0.8	226.3	180.0	180.0	284.4
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.1	0.0	0.0	0.0	0.1	113.2	92.7	83.0	127.4
6	875	Apple with skin average	12.1	0.0	0.0	72.2	5.9	136.2	106.3	34.5	218.6
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	8.5	0.0	0.0	56.5	10.4	84.6	59.4	38.6	136.0
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	1.0	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.2	0.0	0.0	0.0	2.1	15.2	9.9	0.9	27.7
6	1182	Apple sauce wo sugar tinned	0.5	0.0	0.0	0.0	0.5	106.4	51.8	51.8	240.6
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0	150.0	150.0	150.0	150.0
6	1812	Nectarine	3.3	0.0	0.0	0.0	1.9	124.2	99.8	57.4	146.1
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.3	0.0	0.0	0.0	0.4	120.8	52.7	24.0	249.6
6	2379	Raisins soaked in water	0.0	0.0	0.0	0.0	0.1	4.3	4.3	4.3	4.3
6	2685	Abricots dried and soaked	0.2	0.0	0.0	0.0	2.2	9.4	8.6	6.0	10.6
6	2686	Apple sauce wo sugar w sweetner tinned	0.3	0.0	0.0	0.0	0.7	52.0	40.1	25.9	90.3
6	2748	Pear with skin	0.8	0.0	0.0	0.0	1.0	146.3	128.0	128.0	173.2
6	2749	Grapes black with skin	0.7	0.0	0.0	0.0	1.2	67.6	31.2	14.3	178.0
6	2750	Grapes white with skin	6.1	0.0	0.0	41.4	4.2	101.8	80.0	9.5	250.5
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.1	23.9	23.9	23.9	23.9
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.2	30.8	19.6	10.0	48.7
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.0
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0

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6	2956	Prunes dried soaked in water	0.6	0.0	0.0	0.0	1.2	27.9	22.7	10.0	34.3
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0
7	234	Biscuit fortified Liga Tweede Stap	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	5.8	0.0	0.0	31.4	18.7	29.2	19.7	18.1	51.5
7	250	Almond filled pastry	0.5	0.0	0.0	0.0	0.6	63.9	49.9	40.0	77.0
7	251	Apple pie Dutch w shortbread w marg	3.8	0.0	0.0	28.0	3.2	68.8	57.4	33.3	110.4
7	252	Biscuit sweet	1.0	0.0	0.0	7.9	10.8	11.3	9.6	4.3	22.8
7	253	Cake wo butter	1.3	0.0	0.0	6.0	3.7	36.1	30.0	30.0	52.9
7	254	Cake sponge Dutch Eierkoek	0.7	0.0	0.0	0.0	2.1	41.3	30.0	25.0	64.7
7	255	Gateau with whipped cream	2.1	0.0	0.0	0.0	2.4	90.7	71.9	56.0	127.6
7	256	Gateau with butter-cream filling	0.2	0.0	0.0	0.0	0.5	47.2	39.0	30.0	71.9
7	257	Almond paste filled tarts average	2.3	0.0	0.0	17.9	3.9	71.5	54.0	45.0	128.6
7	258	Biscuits averaged	0.6	0.0	0.0	4.6	4.4	14.1	10.7	7.0	23.3
7	259	Macaroons	0.5	0.0	0.0	0.0	0.4	69.1	47.2	31.0	110.2
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.4	11.2	8.6	5.0	15.3
7	261	Biscuit spiced Speculaas	1.1	0.0	0.0	6.6	7.4	13.3	10.1	7.0	35.5
7	262	Biscuit Dutch shortbread spritsstukken	0.9	0.0	0.0	6.3	3.5	25.2	21.6	10.0	45.3
7	263	Biscuit brown/wholemeal	1.0	0.0	0.0	4.9	6.0	18.9	13.5	8.0	53.0
7	468	Cream slice Dutch Tompouce	0.3	0.0	0.0	0.0	0.2	96.7	85.6	75.0	98.6
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.5	42.9	35.0	35.0	62.3
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.2	0.0	0.0	0.0	1.3	16.0	10.5	10.0	24.0
7	486	Flan with fruit filling	0.5	0.0	0.0	0.0	0.5	103.3	90.4	85.0	112.5
7	489	Flan filled with rice pudding	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.5	0.0	0.0	0.0	2.8	15.4	10.0	10.0	32.2
7	634	Coconut flavoured cookies	0.2	0.0	0.0	0.0	0.6	40.4	23.9	10.0	65.4
7	635	Biscuits Dutch krakeling	0.1	0.0	0.0	0.0	0.6	20.4	12.0	12.0	45.7
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.3	17.2	10.0	10.0	27.2
7	713	Waffle syrup average	1.4	0.0	0.0	5.3	3.5	33.9	30.0	30.0	56.7
7	789	Cake butter Dutch Boterkoek	0.3	0.0	0.0	0.0	1.0	30.1	26.7	20.0	41.2
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	1.0	0.0	0.0	0.0	1.1	100.2	79.8	56.0	133.2
7	836	Shortbread	0.6	0.0	0.0	3.2	3.9	18.6	11.9	7.7	38.0
7	837	Biscuit oatmeal	0.1	0.0	0.0	0.0	0.2	43.0	43.0	43.0	43.0
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.2	30.4	21.3	19.0	49.6
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	38.0	38.0	38.0	38.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.3	0.0	0.0	0.0	1.6	20.7	14.7	10.0	19.9
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	19.3	14.5	10.0	20.4
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.7	0.0	0.0	0.0	2.4	25.1	22.3	18.8	25.4
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.4	0.0	0.0	0.0	2.4	15.9	10.0	10.0	26.5

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7	1475	Eclair with whipped cream filling	0.9	0.0	0.0	2.3	2.0	36.8	34.3	15.0	44.3
7	1476	Meringue with butter-cream	0.3	0.0	0.0	0.0	1.0	39.1	21.1	14.0	65.4
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0
7	1478	Flan fruit and crumble topping	0.2	0.0	0.0	0.0	0.2	115.0	115.0	115.0	115.0
7	1479	Cheesecake made with cream cheese	0.1	0.0	0.0	0.0	0.2	144.0	144.0	144.0	144.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.1	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	0.9	8.5	7.0	7.0	15.2
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	1945	Bun with vanilla custard	0.4	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	0.4	0.0	0.0	0.0	1.1	45.4	30.0	30.0	73.3
7	1972	Biscuits assorted with butter	1.0	0.0	0.0	6.1	4.4	20.9	18.6	10.0	33.0
7	2162	Biscuit Cafe noir	0.0	0.0	0.0	0.0	0.4	9.9	7.9	6.0	12.0
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.1	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.2	0.0	0.0	0.0	1.2	16.8	12.5	10.0	27.1
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.3	20.7	15.5	12.0	28.8
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	1.1	0.0	0.0	4.9	2.1	30.2	13.9	7.3	55.4
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.2	0.0	0.0	0.0	0.5	39.5	35.4	20.0	54.2
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.4	0.0	0.0	0.0	1.1	20.7	20.0	20.0	20.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.1	0.0	0.0	0.0	1.2	27.3	17.6	8.3	28.8
7	2392	Cake apple-	0.3	0.0	0.0	0.0	0.9	32.2	30.0	30.0	34.4
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.2	55.8	42.3	32.5	62.7
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.5	30.7	25.0	25.0	44.6
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.4	0.0	0.0	0.0	1.2	27.1	21.3	18.8	38.9
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	1.3	0.0	0.0	1.7	1.2	50.1	50.0	50.0	50.0
7	2403	Cup cake iced	0.5	0.0	0.0	0.0	0.9	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.3	0.0	0.0	0.0	2.0	16.5	10.0	9.0	42.1
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.2	19.0	19.0	19.0	19.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmellow	0.0	0.0	0.0	0.0	0.0

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7	2412	Gingersnap	0.1	0.0	0.0	0.0	0.7	12.1	10.0	2.5	19.3
7	2413	Cake wrapped in marzipan and chocolate	0.2	0.0	0.0	0.0	0.3	46.0	31.8	30.0	57.2
7	2417	Cake Dutch w icing & cream 'Oranjeboek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.6	21.5	21.0	21.0	23.5
7	2430	Fritter banana	0.3	0.0	0.0	0.0	0.3	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.1	0.0	0.0	0.0	0.2	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	1.3	0.0	0.0	0.0	1.5	110.8	82.4	65.0	147.7
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.2	0.0	0.0	0.0	1.5	17.5	15.0	15.0	25.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.3	0.0	0.0	0.0	1.9	21.3	16.2	15.0	38.4
7	2622	Appel pie Dutch w shortbread w butter	2.1	0.0	0.0	0.0	0.8	119.1	108.3	38.0	162.0
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.4	0.0	0.0	0.0	0.9	30.0	23.0	11.6	41.2
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.0	0.0	0.0	0.0	0.0
7	2698	Cake chocolate made wo butter	0.1	0.0	0.0	0.0	0.6	30.7	28.3	28.0	32.5
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	1.8	9.0	6.0	6.0	14.7
7	2715	Meringue	0.0	0.0	0.0	0.0	0.2	7.7	5.7	4.0	8.7
7	2719	Biscuit Bridge ommetjes	0.1	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.1	0.0	0.0	0.0	0.8	45.6	30.0	30.0	81.0
7	2763	Biscuit spiced Speculaas w butter	0.2	0.0	0.0	0.0	1.1	24.1	17.5	7.0	34.9
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
7	2776	Flan apple and crumble topping	1.9	0.0	0.0	0.0	1.1	148.0	115.0	115.0	213.5
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.1	0.0	0.0	0.0	0.1	101.0	88.3	80.0	112.3
7	2820	Waffle syrup w butter	0.1	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.1	0.0	0.0	0.0	0.2	132.4	88.0	88.0	185.9
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.1	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
7	2891	Biscuit Dutch 'Jodeboek'	0.2	0.0	0.0	0.0	1.0	18.2	15.7	14.0	18.0
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.5	38.4	30.0	30.0	54.6
7	2894	Biscuit Dutch digestive	0.2	0.0	0.0	0.0	1.5	12.7	9.0	8.0	20.8
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.4	0.0	0.0	0.0	0.6	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.3	0.0	0.0	0.0	0.5	51.3	40.0	40.0	61.4
8	213	Oatmeal	0.9	0.0	0.0	0.0	1.4	33.5	38.5	2.6	49.2
8	215	Cornflour	0.0	0.0	0.0	0.0	1.2	3.1	2.3	0.6	5.1
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	1.9	5.6	3.3	2.0	13.2
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0

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

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8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.3	6.5	3.9	3.7	15.0
8	225	Breakfast cereal Brinta	0.7	0.0	0.0	0.0	3.8	21.7	15.9	10.0	34.6
8	226	Starch potato	0.0	0.0	0.0	0.0	0.8	2.0	0.8	0.6	5.7
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	1.1	0.0	0.0	0.0	1.4	57.6	52.1	19.0	113.6
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.0	4.9	3.7	2.6	8.4
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.0
8	658	Rice white boiled	5.5	0.0	0.0	55.4	4.3	124.9	110.2	28.1	258.3
8	659	Pasta white average boiled	10.3	0.0	0.0	74.1	6.0	128.0	85.7	30.9	334.0
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	2.6	8.3	6.8	1.4	17.4
8	1014	Rice brown boiled	0.4	0.0	0.0	0.0	0.4	128.8	84.2	75.9	225.8
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.2	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.5	9.0	9.0	9.0	9.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.6	9.6	6.2	3.8	17.7
8	2157	Pasta wholemeal boiled	0.4	0.0	0.0	0.0	0.4	230.8	167.4	164.7	308.3
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.3	0.0	0.0	0.0	0.6	19.1	17.5	17.5	24.9
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.0
8	2366	Muesli crunchy plain/w fruit	0.6	0.0	0.0	0.0	2.0	36.0	36.4	9.8	57.8
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.0
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.1	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.9	0.0	0.0	3.2	3.1	25.1	9.2	4.9	78.0
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.2	9.2	8.4	8.0	9.8
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.0
9	7	Endive raw	1.4	0.0	0.0	0.0	1.8	76.5	66.7	45.5	97.5
9	8	Endive boiled	3.3	0.0	0.0	6.1	3.2	136.5	129.2	52.5	224.8
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
9	13	Celery boiled	1.0	0.0	0.0	0.0	1.3	76.9	33.8	7.4	204.9
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	9.8	0.0	0.0	66.8	7.4	144.1	122.7	47.8	230.7
9	16	Kale curly boiled	1.9	0.0	0.0	0.0	2.1	81.9	43.3	34.2	170.2
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.2	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	20	Mushrooms boiled	1.3	0.0	0.0	13.2	5.2	23.3	14.4	0.9	52.5
9	21	Cabbage Chinese raw	0.1	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0

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

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9	22	Cabbage Chinese boiled	0.1	0.0	0.0	0.0	0.3	98.0	98.0	98.0	98.0
9	25	Cabbage green boiled	0.1	0.0	0.0	0.0	0.1	174.0	174.0	174.0	174.0
9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.4	9.9	2.9	2.9	36.8
9	27	Cucumber wo skin raw	3.6	0.0	0.0	24.6	5.6	66.5	50.1	12.9	144.0
9	28	Cucumber boiled	0.2	0.0	0.0	0.0	0.7	72.0	57.7	20.3	86.8
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.1	119.6	119.6	119.6	119.6
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.3	12.7	9.0	9.0	18.4
9	32	Sweet pepper green boiled	0.0	0.0	0.0	0.0	0.2	7.0	5.9	5.9	9.8
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.4	0.0	0.0	13.8	6.6	40.2	12.1	1.8	153.9
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.2	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	0.7	0.0	0.0	0.0	0.5	157.3	143.1	98.0	219.5
9	44	Cabbage Savoy boiled	0.1	0.0	0.0	0.0	0.1	243.0	243.0	243.0	243.0
9	46	Lettuce head raw	1.3	0.0	0.0	2.0	4.8	42.5	38.8	6.0	96.6
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.2	0.0	0.0	0.0	0.1	113.3	113.3	113.3	113.3
9	52	Spinach boiled	2.3	0.0	0.0	0.0	2.4	109.4	50.8	32.7	216.0
9	54	Cabbage oxheart boiled	2.8	0.0	0.0	46.8	2.3	118.5	96.3	84.2	170.6
9	55	Brussel sprouts boiled	3.9	0.0	0.0	29.4	3.6	139.3	128.2	54.0	240.3
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.5	2.5	3.2	1.3	0.3	4.9
9	60	Tomatoes normal raw	4.5	0.0	0.0	28.8	9.2	49.4	47.5	6.0	69.5
9	61	Tomatoes normal boiled	0.9	0.0	0.0	0.0	2.5	38.4	2.6	0.8	117.7
9	63	Onions raw	0.9	0.0	0.0	4.3	5.5	23.3	14.3	5.1	47.5
9	64	Onions boiled	4.0	0.0	0.0	22.8	17.2	25.7	19.8	1.4	73.5
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	0.9	28.7	24.9	17.8	44.2
9	67	Chicory raw	0.4	0.0	0.0	0.0	0.7	105.3	76.1	33.3	180.0
9	68	Chicory boiled	5.0	0.0	0.0	58.5	3.1	155.8	136.3	78.8	258.4
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.5	19.1	6.0	6.0	56.8
9	70	Cabbage white cooked	0.2	0.0	0.0	1.7	3.2	4.6	3.5	1.0	10.0
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.4	6.0	6.0	6.0	6.0
9	72	Carrots boiled average	0.6	0.0	0.0	2.5	4.1	25.0	5.5	1.7	107.7
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	74	Cabbage sauerkraut cooked	1.5	0.0	0.0	0.0	1.2	173.5	169.0	70.6	244.7
9	75	Vegetable mix for soup raw	3.1	0.0	0.0	27.7	3.2	79.7	64.8	12.8	145.9
9	124	Radish red/white raw	0.1	0.0	0.0	0.0	0.1	83.4	55.7	33.3	95.4
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
9	127	Vegetables mixture raw	0.5	0.0	0.0	0.0	1.0	57.8	46.2	43.9	72.7
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	1.2	0.0	0.0	0.0	0.5	100.8	100.8	100.8	100.8
9	132	Gherkins sweet pickled	0.6	0.0	0.0	1.9	3.1	18.0	10.0	1.7	70.0
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.2	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	1.1	0.0	0.0	0.0	1.6	72.2	51.2	0.5	178.2
9	136	Peas and carrots tinned	1.4	0.0	0.0	0.0	0.9	150.7	109.8	50.0	251.8
9	138	Beans runner tinned	1.4	0.0	0.0	0.0	0.8	172.0	172.0	172.0	172.0
9	139	Beans French tinned	2.8	0.0	0.0	0.0	2.4	140.2	144.3	33.1	184.7

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9	140	Spinach tinned	0.2	0.0	0.0	0.0	0.1	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.1	0.0	0.0	0.0	0.4	32.3	16.4	0.2	62.8
9	142	Beans broad tinned	0.6	0.0	0.0	0.0	0.2	152.7	130.0	130.0	189.2
9	143	Carrots tinned	0.2	0.0	0.0	0.0	0.2	178.0	178.0	178.0	178.0
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	1.1	7.8	2.7	0.4	17.7
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0	18.7	18.7	18.7	18.7
9	146	Spinach frozen boiled	3.5	0.0	0.0	0.0	1.6	171.6	157.9	125.0	196.4
9	538	Rhubarb puree w sugar	1.2	0.0	0.0	0.0	0.6	119.4	55.0	12.0	260.0
9	557	Celery raw	0.0	0.0	0.0	0.0	0.2	11.6	10.0	8.7	12.3
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.2	1.9	1.4	1.4	2.8
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.0	0.0	0.0	0.0	0.2	5.8	4.6	4.6	7.2
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.2	0.0	0.0	0.0	0.3	163.1	122.1	84.2	216.7
9	651	Spinach creamed frozen boiled	0.1	0.0	0.0	0.0	0.1	103.5	32.7	26.3	159.9
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	0.5	8.1	6.0	5.8	10.4
9	885	Sweet pepper red boiled	0.1	0.0	0.0	0.0	1.1	14.5	12.6	3.0	20.2
9	920	Broccoli boiled	4.2	0.0	0.0	29.0	3.8	122.3	77.8	7.3	269.1
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.1	69.4	37.8	13.9	84.8
9	951	Beans French boiled	7.8	0.0	0.0	75.2	9.1	122.3	98.3	2.0	228.4
9	952	Kale curly frozen boiled	0.1	0.0	0.0	0.0	0.1	155.1	155.1	155.1	155.1
9	953	Peas frozen boiled	0.1	0.0	0.0	0.0	0.1	82.5	60.0	60.0	112.0
9	954	Beans French frozen boiled	1.5	0.0	0.0	0.0	1.5	133.5	109.1	98.0	228.7
9	957	Asparagus boiled	4.2	0.0	0.0	0.0	1.8	257.6	236.6	145.0	342.1
9	958	Beetroot boiled	3.2	0.0	0.0	1.1	4.6	128.3	96.6	11.9	287.2
9	961	Beans runner boiled	3.6	0.0	0.0	0.0	2.3	143.2	118.3	52.0	245.9
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	1.9	0.0	0.0	0.0	1.7	118.6	47.2	9.8	317.0
9	966	Courgettes boiled	0.6	0.0	0.0	0.0	1.7	39.0	3.0	1.9	99.0
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.3	0.0	0.0	0.0	0.2	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	0.2	70.8	60.0	60.0	87.8
9	1141	Vegetable mixed Mexico frozen unprepared	0.0	0.0	0.0	0.0	0.0	129.0	129.0	129.0	129.0
9	1143	Beans runner frozen unprepared	1.3	0.0	0.0	0.0	1.3	133.6	120.3	57.2	190.1
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.2	22.3	18.4	16.6	29.6
9	1147	Brussel sprouts frozen boiled	0.1	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
9	1148	Beans broad frozen unprepared	0.1	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	0.8	35.4	8.7	8.7	108.5
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.7	12.0	5.2	0.8	22.8
9	1399	Lettuce iceberg raw	5.4	0.0	0.0	29.5	7.0	55.4	51.7	17.1	100.1
9	1454	Beetroot pickled glass	0.3	0.0	0.0	0.0	0.2	113.9	100.0	100.0	162.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.5	3.2	2.2	1.5	4.7
9	1904	Vegetables average boiled	1.1	0.0	0.0	0.0	1.5	108.1	70.5	39.7	205.4
9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0
9	2293	Tomatoes tinned	0.1	0.0	0.0	0.0	0.1	126.3	50.1	30.6	185.0
9	2330	Mange-tout and carrots boiled	0.6	0.0	0.0	0.0	0.4	152.0	150.0	150.0	158.3
9	2331	Bami vegetables mixed boiled	0.8	0.0	0.0	0.0	0.9	54.2	26.9	16.0	120.8
9	2346	Lettuce green average raw	1.1	0.0	0.0	0.0	1.3	41.1	33.8	14.2	63.9
9	2377	Tomatoes dried in oil tin/glass	0.1	0.0	0.0	0.0	0.7	9.7	5.0	5.0	17.6
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.8	1.9	0.2	0.2	6.5
9	2498	Tomatoes sieved	1.5	0.0	0.0	0.0	1.6	60.1	39.5	7.8	143.6
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.5	3.0	1.1	0.4	6.5
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.1	46.7	21.4	20.9	66.9
9	2710	Cabbage red w apple pieces glass	0.1	0.0	0.0	0.0	0.2	129.3	98.0	98.0	164.8
9	2726	Carrot bunched raw	0.2	0.0	0.0	0.0	0.7	19.4	16.4	12.5	24.1
9	2727	Carrot bunched boiled	8.2	0.0	0.0	87.3	3.5	171.4	171.7	68.1	226.5
9	2728	Carrot winter raw	0.6	0.0	0.0	0.0	0.4	85.5	85.7	7.9	119.5
9	2729	Carrot winter boiled	1.5	0.0	0.0	0.0	1.7	103.2	71.6	15.4	224.6
9	2730	Tomato vine raw	2.4	0.0	0.0	23.3	3.7	59.9	55.5	30.9	80.8
9	2731	Tomato cherry raw	1.9	0.0	0.0	14.3	3.3	32.7	26.1	10.0	72.4
9	2732	Tomato beef raw	0.2	0.0	0.0	0.0	0.4	103.9	79.8	31.0	136.2
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0	2.0	2.0	2.0	2.0
9	2734	Tomato average raw	0.1	0.0	0.0	0.0	0.2	48.6	29.3	22.2	62.8
9	2735	Tomato average boiled	0.0	0.0	0.0	0.0	0.7	7.9	1.5	1.1	31.8
9	2736	Rocket raw	0.2	0.0	0.0	0.0	1.4	28.1	24.3	5.0	48.4
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.1	8.3	3.8	3.7	11.9
9	2738	Onion Welsh boiled	0.2	0.0	0.0	0.0	0.3	57.0	57.0	57.0	57.0
9	2739	Cucumber w skin raw	0.8	0.0	0.0	1.2	2.6	33.6	23.4	4.5	79.9
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.0	0.0	0.0	0.0	0.1	8.7	6.5	6.5	10.5
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	0.3	16.8	10.6	9.5	34.1
9	2743	Sweet pepper average boiled	0.4	0.0	0.0	2.0	3.6	8.1	3.6	1.0	28.7
9	2840	Cabbage red w apple pieces	0.8	0.0	0.0	0.0	0.6	178.5	174.0	174.0	192.5
9	2900	Sweetcorn tinned	0.3	0.0	0.0	0.0	0.4	51.9	45.0	45.0	65.5
10	455	Peanut butter	1.4	0.0	0.0	10.7	8.1	21.5	17.8	5.0	38.6
10	541	Peanut butter with nut pieces	0.6	0.0	0.0	0.0	2.1	25.7	19.2	10.0	45.8
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
10	575	Sandwich spread original	0.2	0.0	0.0	0.0	1.0	16.1	13.3	13.3	19.8
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.0	0.8	0.8	0.8	0.8
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.2	2.9	1.7	1.3	4.6
11	511	Cheese Edam 40+	1.1	0.0	0.0	6.8	3.4	26.4	19.5	3.7	62.0
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	4.9	0.0	0.0	22.0	12.8	34.5	27.7	10.0	65.7
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.5	0.0	0.0	0.0	1.2	47.7	28.9	22.0	102.6
11	515	Cheese spread 48+	0.2	0.0	0.0	0.0	2.0	23.4	17.4	2.0	37.4
11	517	Cheese spread 20+	1.3	0.0	0.0	14.4	3.2	25.9	17.4	7.0	50.1
11	556	Cheese Camembert 45+	0.0	0.0	0.0	0.0	0.4	35.2	14.0	14.0	67.7

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

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11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.7	22.0	22.0	22.0	22.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
11	715	Cheese cream 60+	0.2	0.0	0.0	0.0	0.6	26.7	26.7	26.7	26.7
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.3	9.8	7.4	5.0	11.8
11	719	Cheese cream soft Mon Chou	0.3	0.0	0.0	0.0	1.9	11.2	10.1	6.0	17.4
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.1	51.0	51.0	51.0	51.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.0
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.6	11.0	6.1	4.0	16.1
11	804	Cheese sheep fresh	0.4	0.0	0.0	0.0	0.5	60.9	21.6	18.0	92.2
11	881	Cheese 48+ low salt	0.5	0.0	0.0	0.0	3.2	25.3	20.0	12.0	43.2
11	883	Cheese Amsterdam 48+	0.0	0.0	0.0	0.0	0.2	23.5	22.7	22.0	23.9
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.1	63.4	35.4	22.0	82.7
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	0.4	0.0	0.0	0.0	0.5	63.5	41.6	22.0	69.9
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.2	23.8	16.6	10.0	25.6
11	1382	Cheese 30+	7.5	0.0	0.0	50.8	17.7	30.6	23.0	12.0	54.9
11	1487	Cheese Brie 60+	0.2	0.0	0.0	0.0	1.8	10.5	7.1	5.5	19.3
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.0	0.0	0.0	0.0	0.0
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	0.9	25.2	21.5	13.0	39.8
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.2	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.1	0.0	0.0	0.0	1.1	15.0	13.0	13.0	22.7
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
11	1955	Cheese Mozzarella	1.0	0.0	0.0	1.1	2.1	35.5	17.3	3.6	100.2
11	2518	Cheese goat hard	0.1	0.0	0.0	0.0	1.0	23.8	13.5	12.0	44.1
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.6	18.4	14.1	10.0	19.4
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.7	10.0	10.0	10.0	10.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.8	0.0	0.0	12.0	6.5	31.1	22.7	13.0	75.6
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.8	0.0	0.0	26.0	14.1	36.3	28.7	11.9	79.6
11	2758	Cheese Gouda 48+ age 4-7 mths	1.7	0.0	0.0	13.1	8.3	25.7	23.1	9.4	46.6
11	2759	Cheese Gouda 48+ age 10-12 mths	1.0	0.0	0.0	6.9	3.6	30.3	29.1	12.0	43.3
11	2824	Cheese 30+ low salt	0.6	0.0	0.0	2.1	1.9	21.7	22.3	12.0	34.2
12	429	Stock cubes	0.0	0.0	0.0	0.0	0.8	2.9	2.2	0.2	5.0
12	824	Mustard	0.0	0.0	0.0	0.0	1.2	3.2	1.9	0.7	7.2
12	830	Garlic fresh	0.0	0.0	0.0	0.0	1.2	2.0	1.0	0.2	6.1
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.7	3.3	3.0	2.2	3.9
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.0	1.0	3.8	1.5	0.2	10.1
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0

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12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.2	3.0	2.6	2.2	3.2
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.1	0.0	0.0	0.0	1.2	9.3	6.7	3.3	18.3
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.7	2.9	2.4	2.4	4.8
13	270	Milk raw	0.7	0.0	0.0	0.0	0.5	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	1.4	0.0	0.0	18.0	7.6	18.8	15.5	4.6	30.4
13	272	Milk chocolate-flavoured full fat	1.3	0.0	0.0	0.0	0.9	226.0	200.2	155.5	297.3
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.3	0.0	0.0	0.0	4.4	7.7	3.6	1.2	18.6
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	28.0	18.0	18.0	42.8
13	276	Custard chocolate full fat	5.0	0.0	0.0	0.0	2.3	157.0	145.1	39.0	254.7
13	278	Yoghurt full fat	6.3	0.0	0.0	61.6	4.7	154.0	157.1	51.8	243.6
13	279	Milk whole	15.8	0.0	0.0	121.8	10.0	205.1	189.8	9.9	358.5
13	280	Coffee creamer full fat	2.4	0.0	0.0	19.5	11.3	25.8	19.1	7.0	54.2
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	15.8	0.0	0.0	103.0	11.4	143.8	133.2	51.5	257.8
13	284	Yoghurt low fat with fruit	3.4	0.0	0.0	3.2	2.1	136.6	123.6	43.2	226.6
13	285	Coffee creamer half fat	9.3	0.0	0.0	41.5	35.4	23.0	17.9	4.8	55.2
13	286	Milk semi-skimmed	91.8	0.0	0.0	319.6	40.1	216.9	203.6	9.7	508.3
13	288	Porridge oatmeal	0.9	0.0	0.0	0.0	0.7	226.4	200.2	110.2	326.7
13	289	Buttermilk	27.2	0.0	0.0	234.8	10.9	229.3	207.1	144.8	388.7
13	290	Porridge buttermilk w wheat flour	0.4	0.0	0.0	0.0	0.6	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.4	0.0	0.0	0.0	2.6	16.9	12.6	10.0	31.6
13	294	Milk skimmed	40.2	0.0	0.0	123.8	3.5	598.3	437.8	148.6	1,149.6
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	3.7	0.0	0.0	0.0	2.9	181.1	180.4	138.8	283.3
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.3	25.0	11.8	6.3	43.1
13	301	Yoghurt low fat	22.9	0.0	0.0	146.6	10.0	191.0	158.8	52.0	418.3
13	303	Ice cream dairy cream based	1.9	0.0	0.0	0.0	1.5	105.7	91.6	32.0	160.8
13	305	Fromage frais low fat	5.0	0.0	0.0	29.3	3.2	120.8	122.2	26.0	212.9
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.3	0.0	0.0	0.0	0.9	116.3	60.8	6.0	118.6
13	477	Custard vanilla low fat	0.4	0.0	0.0	0.0	0.4	126.2	103.6	103.0	180.7
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.2	0.0	0.0	0.0	0.1	281.2	281.2	281.2	281.2
13	485	Ice cream dairy cornet	0.9	0.0	0.0	0.0	1.4	73.2	68.9	65.0	74.4
13	532	Blancmange chocolate	1.2	0.0	0.0	0.0	0.4	168.5	150.0	150.0	193.2
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.4	0.0	0.0	0.0	0.2	233.7	206.0	206.0	272.5
13	736	Pudding vanilla	0.3	0.0	0.0	0.0	0.3	95.4	31.3	31.3	182.2

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13	767	Mousse chocolate	1.8	0.0	0.0	0.0	1.6	87.5	98.1	28.8	122.3
13	786	Pudding chipolata	1.3	0.0	0.0	0.0	0.4	147.9	146.5	146.5	149.6
13	812	Cream sour	0.0	0.0	0.0	0.0	0.2	7.0	3.1	3.1	17.7
13	863	Yoghurt full fat with fruit	1.1	0.0	0.0	0.0	0.6	164.5	139.2	135.0	238.5
13	912	Pudding raspberries w currant sauce	0.4	0.0	0.0	0.0	0.5	71.0	71.0	71.0	71.0
13	915	Chocolate pudding with sauce	0.1	0.0	0.0	0.0	0.1	64.1	49.4	49.4	94.5
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	2.1	0.0	0.0	0.0	1.8	127.3	96.5	25.0	240.0
13	931	Fromage frais low fat with fruit	1.3	0.0	0.0	0.0	0.7	166.2	174.9	100.0	205.7
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	2.3	0.0	0.0	0.0	1.7	149.4	116.0	116.0	271.8
13	940	Blancmange vanilla w strawberry sauce	0.5	0.0	0.0	0.0	0.8	139.5	125.0	125.0	183.4
13	1002	Ice cream dairy Delight Line wo ad sugar	0.9	0.0	0.0	0.0	0.9	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	0.4	0.0	0.0	0.0	0.3	103.5	37.1	37.1	180.0
13	1464	Milk chocolate-flavoured semi-skimmed	2.5	0.0	0.0	0.0	1.2	210.3	183.8	150.0	315.1
13	1474	Ice lolly/ Sorbet	0.1	0.0	0.0	0.0	0.1	82.1	55.0	55.0	104.4
13	1502	Yoghurt half fat	5.1	0.0	0.0	62.6	3.9	165.7	145.4	76.5	250.5
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.6	17.0	7.7	7.0	29.1
13	1719	Milk semi-skimmed enriched w calcium	5.8	0.0	0.0	0.0	1.9	187.1	185.9	142.1	214.0
13	1720	Custard several flavours full fat	8.2	0.0	0.0	66.6	6.1	153.5	148.1	61.3	223.5
13	1721	Yoghurt vanilla half fat	3.7	0.0	0.0	0.0	3.2	151.8	135.9	77.8	290.9
13	1722	Porridge semolina	0.3	0.0	0.0	0.0	0.4	172.8	159.6	74.2	250.4
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	1.4	2.2	13.7	11.2	3.0	29.7
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.1	4.7	4.7	4.7	4.7
13	1813	Yakult	0.8	0.0	0.0	0.0	1.3	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.2	0.0	0.0	0.0	0.4	137.6	117.7	100.9	171.6
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.4	0.0	0.0	0.0	1.0	153.4	143.0	71.6	200.8
13	1834	Yoghurt drink w sweeteners Optimel	4.2	0.0	0.0	0.0	1.9	215.1	180.0	144.2	337.8
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	3.0	3.8	12.8	11.2	3.0	28.6
13	1954	Coffee creamer Balance	0.1	0.0	0.0	0.0	0.9	13.7	8.8	4.0	31.1
13	1957	Custard with whipped cream	0.8	0.0	0.0	0.0	0.5	206.4	132.0	61.8	455.5
13	1958	Porridge buttermilk groats	0.3	0.0	0.0	0.0	0.3	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.1	32.4	32.4	32.4	32.4
13	2244	Yoghurt cream- with fruit	2.9	0.0	0.0	0.0	2.3	150.4	137.3	81.0	223.5
13	2246	Fromage frais low fat w fruit w sw	0.6	0.0	0.0	0.0	0.7	147.4	150.3	72.0	170.7
13	2247	Fromage frais yoghurt w fruit	0.8	0.0	0.0	0.0	0.7	170.0	162.6	150.0	207.4
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.7	0.0	0.0	0.0	1.1	70.0	50.0	50.0	110.3
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	1.3	0.0	0.0	0.0	0.3	257.5	257.5	257.5	257.5
13	2254	Yoghurt drink with sweeteners	0.5	0.0	0.0	0.0	0.4	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	1.0	0.0	0.0	0.0	0.7	237.2	203.0	203.0	321.4

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

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13	2258	Actimel	0.2	0.0	0.0	0.0	0.5	106.8	100.0	100.0	117.1
13	2265	Yakult light	0.7	0.0	0.0	0.0	0.5	65.0	65.0	65.0	65.0
13	2267	Custard no fat w sweeteners Optimel	0.5	0.0	0.0	0.0	0.4	141.0	160.5	49.4	217.5
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	5.0	0.0	0.0	11.4	3.5	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.5	0.0	0.0	0.0	0.6	98.2	65.3	64.0	142.8
13	2495	Drinking chocolate w s-sk milk	1.9	0.0	0.0	0.0	0.6	309.3	272.8	217.3	450.6
13	2496	Dairy drink Campina fruitmilk	0.3	0.0	0.0	0.0	0.3	271.7	252.4	252.4	330.1
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.2	0.0	0.0	0.0	0.2	253.6	217.3	217.3	381.2
13	2501	Yoghurt half fat w fruit	5.4	0.0	0.0	21.9	3.1	145.7	128.7	100.0	254.9
13	2503	Yoghurt Greek full fat	0.0	0.0	0.0	0.0	0.0	150.0	150.0	150.0	150.0
13	2504	Fromage frais full fat w fruit	1.1	0.0	0.0	0.0	0.7	83.9	63.7	60.0	153.1
13	2519	Custard half fat all flavours	3.0	0.0	0.0	0.0	1.6	150.9	145.5	77.3	181.9
13	2520	Pudding airy average	3.2	0.0	0.0	26.5	1.8	105.9	99.8	50.0	172.2
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.6	0.0	0.0	0.0	0.5	279.4	255.7	239.6	292.7
13	2537	Dessert made of custard, yoghurt & syrup	1.0	0.0	0.0	0.0	1.1	191.7	190.7	154.5	214.4
13	2538	Blancmange home-made w semi-sk milk	0.6	0.0	0.0	0.0	0.5	112.6	105.0	103.0	118.5
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	1.1	0.0	0.0	0.0	1.0	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.2	0.0	0.0	0.0	0.3	100.9	100.0	100.0	102.5
13	2760	Hot chocolate from vending machine	1.7	0.0	0.0	0.0	1.0	178.1	189.6	18.5	238.9
13	2823	Yoghurt full fat stracciatella	0.3	0.0	0.0	0.0	0.4	172.8	146.9	133.0	208.6
13	2835	Coffee iced	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	0.1	0.0	0.0	0.0	0.0	270.0	270.0	270.0	270.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.2	0.0	0.0	0.0	0.1	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.1	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.1	0.0	0.0	0.0	0.0	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	0.4	0.0	0.0	0.0	0.2	170.2	144.2	144.2	229.9
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	0.8	0.0	0.0	0.0	0.6	270.9	256.3	254.1	297.3
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.8	10.9	9.2	8.0	11.7
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.3	10.0	8.8	8.0	11.6
13	3074	Yoghurt full fat w fruit Activia	0.2	0.0	0.0	0.0	0.4	84.3	62.5	62.5	116.0

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14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0
14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.4	3.2	5.3	2.0	0.2	15.6
14	1380	Dessert soya Alpro	0.0	0.0	0.0	0.0	0.0	230.7	230.7	230.7	230.7
14	1381	Milk soya Natural Fresh Alpro	0.5	0.0	0.0	0.0	0.3	132.0	132.0	132.0	132.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.1	0.0	0.0	0.0	0.1	278.0	278.0	278.0	278.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.4	0.0	0.0	0.0	0.6	145.8	145.8	145.8	145.8
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.2	82.7	71.4	70.5	91.7
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.1	0.0	0.0	0.0	0.6	17.4	13.9	10.0	22.6
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.3	0.0	0.0	0.0	1.5	25.3	17.2	15.0	38.2
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.2	0.0	0.0	0.0	0.7	21.8	13.8	7.5	33.1
15	205	Mixed nuts and raisins	0.1	0.0	0.0	0.0	0.2	39.1	34.2	30.0	46.5
15	206	Walnuts unsalted	1.1	0.0	0.0	8.6	3.4	28.8	23.8	2.0	56.1
15	207	Nuts mixed unsalted	0.0	0.0	0.0	0.0	0.1	8.6	8.0	7.6	8.9
15	264	Biscuit salted average	0.1	0.0	0.0	0.0	0.8	8.7	8.0	8.0	10.3
15	265	Puff pastry baked	0.1	0.0	0.0	0.0	0.3	19.6	13.1	11.0	30.4
15	266	Snack sausage roll puff pastry	0.2	0.0	0.0	0.0	0.6	70.0	70.0	70.0	70.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	269	Prawn crackers	0.3	0.0	0.0	0.0	0.8	22.9	15.3	10.0	39.5
15	546	Peanuts coated	0.9	0.0	0.0	0.0	0.8	48.4	36.7	25.0	48.7
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.3	0.0	0.0	0.0	0.9	26.5	20.8	14.3	43.7
15	867	Linseeds	0.0	0.0	0.0	0.0	0.8	9.1	7.4	5.0	12.6
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.0
15	876	Peanuts salted	0.3	0.0	0.0	0.0	1.2	29.9	29.8	15.4	47.0
15	901	Snack sausage roll w bread dough pastry	2.1	0.0	0.0	0.0	0.9	113.0	75.0	75.0	195.4
15	1496	Salad fish	1.0	0.0	0.0	0.0	2.2	41.7	15.0	15.0	129.1
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0

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15	1498	Salad chicken curry	0.3	0.0	0.0	0.0	1.1	34.3	24.0	10.0	73.0
15	1499	Salad egg	0.2	0.0	0.0	0.0	0.8	17.0	14.6	14.3	25.6
15	1699	Biscuits & snacks cheesy averaged	0.3	0.0	0.0	0.0	0.6	53.1	43.6	37.0	58.4
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	0.5	18.0	15.0	15.0	26.3
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
15	1895	Pecan nuts unsalted	0.1	0.0	0.0	0.0	0.6	18.0	18.0	18.0	18.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.6	13.9	10.0	10.0	18.7
15	1935	Nuts mixed salted	0.0	0.0	0.0	0.0	0.2	45.2	34.6	25.0	48.5
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.1	5.5	5.5	5.5	5.5
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	0.4	10.3	6.1	4.3	13.6
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.3	0.0	0.0	0.0	0.6	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	3.3	0.0	0.0	35.5	2.2	93.4	80.8	63.0	122.4
15	2549	Springroll frozen unprepared	0.2	0.0	0.0	0.0	0.1	106.3	106.3	106.3	106.3
15	2550	Wrap shoarma roll prep wo fat	0.3	0.0	0.0	0.0	0.2	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.6	19.6	15.0	15.0	27.6
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.2	0.0	0.0	0.0	0.4	39.7	19.0	19.0	96.5
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.5	21.0	19.0	19.0	24.1
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.6	0.0	0.0	0.0	0.5	138.3	127.3	45.6	195.9
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	0.5	0.0	0.0	0.0	1.5	68.2	32.7	4.6	153.9
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.0	39.3	39.3	39.3	39.3
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
16	972	Peas green boiled	0.2	0.0	0.0	0.0	0.2	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.0	6.1	6.1	6.1	6.1
16	3049	Beans white tinned	1.0	0.0	0.0	0.0	1.2	93.0	74.1	74.0	199.5
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	1997	Preparation Respifor p 100 ml	1.2	0.0	0.0	0.0	0.5	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	1.2	0.0	0.0	0.0	0.4	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.1	0.0	0.0	0.0	0.1	134.0	134.0	134.0	134.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	9.0	0.0	0.0	0.0	3.0	362.5	325.4	182.4	488.7
19	758	Soup clear with meat	0.5	0.0	0.0	0.0	0.4	224.8	202.6	200.0	242.4
19	759	Soup clear with vegetables	11.0	0.0	0.0	85.0	3.5	207.1	154.9	105.3	392.9
19	760	Soup clear with meat and noodles	8.1	0.0	0.0	66.2	3.1	235.4	200.6	112.4	413.4
19	761	Soup clear with meat and vegetables	6.0	0.0	0.0	42.1	4.3	234.4	220.8	95.6	323.3
19	762	Soup clear w meat vegetables and noodles	12.7	0.0	0.0	118.5	5.7	245.3	241.9	138.7	335.6
19	763	Soup thickened w vegetables	1.5	0.0	0.0	0.0	0.5	270.9	263.1	220.5	297.8
19	766	Soup main course w legumes and meat	0.6	0.0	0.0	0.0	0.1	678.3	678.3	678.3	678.3
19	791	Soup clear with noodles	0.4	0.0	0.0	0.0	0.2	271.4	243.6	243.6	320.6
19	792	Soup thickened w meat and vegetables	4.3	0.0	0.0	0.0	1.6	209.0	145.1	91.0	320.6
19	797	Soup vegetable based dried packet prep	10.6	0.0	0.0	106.7	4.1	222.5	210.2	115.5	303.6
19	798	Soup meat based dried packet prepared	11.2	0.0	0.0	103.9	2.7	293.9	254.4	134.4	471.6
19	800	Soup vegetable based tinned prepared	7.3	0.0	0.0	29.1	2.9	283.1	296.4	115.5	442.9
19	801	Soup meat based ready made prepared	0.8	0.0	0.0	0.0	1.0	196.5	194.3	194.3	202.3
19	802	Soup legume based ready made prepared	1.1	0.0	0.0	0.0	0.3	180.2	149.6	149.6	290.1
19	1528	Stock from cube prepared	9.5	0.0	0.0	94.2	4.5	208.7	197.3	38.7	249.3
19	2487	Soup veg & meat based ready made prep	4.2	0.0	0.0	0.0	1.8	225.1	191.9	155.3	286.8
19	2488	Soup vegetable&meat based prepared pack	10.8	0.0	0.0	98.3	4.9	210.2	195.2	131.0	317.2
19	2561	Soup thickened no filling	1.4	0.0	0.0	0.0	0.7	232.2	203.4	178.5	298.5
19	2932	Soup cup-a-soup prepared	8.3	0.0	0.0	89.8	2.9	223.8	203.3	175.0	295.0
20	374	Sugar brown Basterdsuiker	0.3	0.0	0.0	0.0	2.4	15.9	9.5	4.5	32.5
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.7	8.1	5.3	3.3	16.0
20	377	Sugar granulated	6.2	0.0	0.0	33.7	39.3	17.7	11.1	2.7	56.4
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.2	19.2	13.8	1.5	47.5
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.4	14.1	10.2	6.4	19.0
20	427	Syrup apple	3.1	0.0	0.0	18.4	12.8	25.1	18.0	7.5	53.0
20	431	Chocolate milk	0.4	0.0	0.0	2.8	4.7	12.3	10.3	5.0	21.0
20	432	Chocolate plain	0.6	0.0	0.0	3.5	5.4	12.2	6.9	4.1	26.8
20	433	Chocolate flakes milk	0.2	0.0	0.0	0.0	1.2	15.0	7.6	5.0	37.0

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

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20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.2	12.5	8.4	5.0	14.3
20	436	Spread chocolate hazelnut	0.3	0.0	0.0	0.0	1.6	21.0	14.6	10.0	39.0
20	442	Coloured confetti fruit-flavoured	0.5	0.0	0.0	1.9	3.8	14.3	9.1	3.2	31.3
20	443	Honey	1.4	0.0	0.0	8.6	11.6	15.5	9.8	2.8	45.9
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	1.6	17.5	12.8	10.0	21.2
20	445	Jam	10.3	0.0	0.0	46.6	31.7	28.0	19.0	5.8	67.9
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.8	4.0	3.4	3.0	4.8
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.2	0.0	0.0	1.7	4.0	5.5	3.7	1.0	15.1
20	453	Peppermint	0.2	0.0	0.0	0.8	5.3	4.8	3.0	3.0	8.4
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.5	19.2	15.0	15.0	30.3
20	461	Toffees	0.1	0.0	0.0	0.0	0.6	12.0	8.8	6.0	19.1
20	484	Jam reduced sugar	0.8	0.0	0.0	5.5	4.0	20.8	12.6	10.0	51.6
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.7	29.4	20.5	14.0	48.1
20	520	Liquorice Dutch type salted	0.0	0.0	0.0	0.0	0.6	5.7	4.0	4.0	7.5
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.7	7.1	4.1	4.0	15.6
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.3	1.2	1.0	1.0	2.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.1	0.0	0.0	0.0	0.3	12.8	12.3	12.0	12.9
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.2	28.2	28.0	28.0	28.4
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.6	0.0	0.0	0.0	1.5	28.9	22.2	9.1	40.4
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.1	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.2	0.0	0.0	0.0	0.8	25.6	22.2	12.0	39.9
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.3	24.8	19.0	14.0	27.1
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.5	17.3	12.0	12.0	22.6
20	752	Wine gums	0.0	0.0	0.0	0.0	0.3	4.5	4.4	2.0	5.9
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.0
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.4	6.2	17.5	14.5	3.0	30.7
20	1962	Chocolate confetti milk	0.6	0.0	0.0	0.0	2.9	18.8	21.9	5.0	24.7
20	1963	Chocolate confetti plain	0.5	0.0	0.0	2.9	6.5	11.8	8.8	3.3	22.9
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.4	15.7	11.2	10.0	19.1
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.2	9.6	5.0	5.0	25.1
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	1.7	5.5	3.5	2.0	11.0
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.2	22.5	22.5	22.5	22.5
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	0.9	13.0	10.6	7.0	14.7
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	0.7	11.6	9.1	6.0	15.1
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.2	6.5	3.0	3.0	12.9

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20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.4	18.4	14.0	10.0	19.4
20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.1	0.0	0.0	0.0	0.8	6.8	5.2	4.0	7.7
20	2595	Candybar KitKat	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
20	2656	Chocolate confetti mix white and plain	0.1	0.0	0.0	0.0	1.5	7.9	5.6	5.0	9.6
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.2	0.0	0.0	0.0	0.5	55.8	45.0	35.0	58.5
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2870	Candybar Lion	0.1	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	1.7	0.0	0.0	1.9	4.5	32.1	20.3	1.9	73.6
20	2930	Chocolate spread white	0.1	0.0	0.0	0.0	0.2	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	1.0	6.4	6.0	6.0	6.0
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.0
21	310	Butter unsalted	2.4	0.0	0.0	13.2	14.9	16.2	12.0	2.3	32.9
21	312	Oil corn	0.0	0.0	0.0	0.0	0.5	0.6	0.6	0.6	0.6
21	313	Oil soya	0.0	0.0	0.0	0.0	0.9	2.1	1.1	1.1	4.8
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.3	0.0	0.0	6.3	10.3	8.4	5.5	0.4	27.5
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.3	18.2	14.7	7.1	21.9
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.3	11.1	7.9	2.0	23.9
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
21	458	Salad cream 25% oil	0.3	0.0	0.0	1.3	3.6	10.0	4.3	1.0	34.1
21	462	Ketchup tomato	0.0	0.0	0.0	0.0	1.0	5.6	3.8	1.4	11.2
21	465	Sauce for chips 25% oil	0.4	0.0	0.0	0.0	0.9	22.8	23.5	1.7	30.5
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.3	0.0	0.0	0.0	1.0	16.9	10.0	4.6	35.9
21	601	Oil olive	0.8	0.0	0.0	6.2	7.8	9.5	4.9	0.6	30.8
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.7	4.4	3.1	2.7	8.3
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0	11.6	11.6	11.6	11.6
21	616	Peanut sauce jar prepared	0.4	0.0	0.0	0.0	0.9	42.6	28.3	7.5	73.2
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.5	0.5	0.5	0.5	0.5
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	1.5	8.0	6.8	1.0	11.9
21	879	Butter salted	0.8	0.0	0.0	4.4	4.9	14.9	7.0	1.3	46.2
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.2	4.0	4.0	4.0	4.0
21	1515	Sauce based on roux prepared	0.3	0.0	0.0	0.0	1.4	34.4	25.7	14.9	55.1
21	1517	Sauce mix packet <3% fat prepared	2.0	0.0	0.0	0.0	1.7	74.1	31.8	9.1	180.7
21	1518	Sauce mix packet >3% fat prepared	2.8	0.0	0.0	17.8	4.8	45.8	35.3	9.0	124.3
21	1524	Sauce tomato ready made jar	1.4	0.0	0.0	0.0	1.2	90.6	66.9	23.0	160.1
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.1	24.4	24.4	24.4	24.4
21	1803	Sauce oriental ready-made in jar/bag	2.9	0.0	0.0	2.2	2.2	86.9	83.7	4.6	161.0

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21	1839	Low fat margarine product tub Becel Ligh	4.0	0.0	0.0	28.9	14.2	27.7	23.1	6.3	75.0
21	1847	Margarine product tub Becel Dieet	2.5	0.0	0.0	16.9	14.7	21.7	17.5	5.1	58.7
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.1	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.1	0.0	0.0	6.9	5.7	22.7	15.1	6.3	45.5
21	1961	Low fat marg prod Blue Band Goede Start	0.3	0.0	0.0	0.0	2.2	19.2	15.9	3.0	38.6
21	2059	Low fat margarine 40% fat <17 g sat	4.4	0.0	0.0	24.7	15.8	26.1	20.0	5.3	54.0
21	2060	Low fat margarine prod 35% fat <10 g sat	1.7	0.0	0.0	9.4	6.9	21.1	17.0	4.5	46.8
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.1	0.0	0.0	0.0	0.3	23.5	22.9	22.5	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.6	0.0	0.0	0.0	3.1	14.5	13.1	7.0	20.2
21	2063	Margarine 80% fat >24 g saturates	1.2	0.0	0.0	7.6	22.4	6.0	3.4	0.6	19.0
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.4	8.0	8.0	8.0	8.0
21	2065	Margarine product 70% fat >17 g sat	0.4	0.0	0.0	0.1	3.8	16.5	10.3	0.7	33.6
21	2066	Cooking fat liquid 97% fat <17 g sat	1.0	0.0	0.0	5.6	18.7	4.6	2.6	0.7	16.5
21	2067	Cooking fat solid 97% fat >17 g sat	1.4	0.0	0.0	5.1	13.3	8.9	1.9	0.6	41.5
21	2068	Frying fat liquid <24 g sat fatty acids	0.7	0.0	0.0	5.4	3.2	18.9	13.5	1.2	40.3
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	2.0	0.0	0.0	17.4	9.7	19.3	14.7	2.9	44.7
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	1.0	4.7	5.7	3.1	0.5	19.6
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.0
21	2178	Pesto	0.0	0.0	0.0	0.0	0.0
21	2294	Low fat margarine Twenty four Ultralight	0.3	0.0	0.0	0.0	1.0	21.4	17.6	9.0	30.1
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.5	15.8	12.0	12.0	27.0
21	2418	Sauce hot liquid ready made <12% fat	0.1	0.0	0.0	0.0	0.3	37.9	24.9	24.0	55.4
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	0.5	0.0	0.0	0.0	2.3	23.6	19.3	6.3	45.3
21	2423	Low fat margarine prod Blue Band Idee	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.1	54.0	54.0	54.0	54.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.3	0.0	0.0	0.0	0.8	31.0	25.1	20.9	42.7
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.1	2.6	2.6	2.6	2.6
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.4	19.2	14.7	8.7	23.3
21	2451	Gravy 25% fat thickend prep w gravypowde	0.4	0.0	0.0	0.0	2.1	22.1	20.7	11.7	36.4
21	2452	Gravy 25% fat thick prep wo gravypowder	0.4	0.0	0.0	0.0	1.0	32.3	27.5	11.6	56.2
21	2453	Gravy 50% fat thick prep wo gravypowder	0.3	0.0	0.0	0.0	0.6	32.0	11.6	11.6	91.9

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21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.1	72.8	72.8	72.8	72.8
21	2456	Gravy 5% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.5	39.2	41.3	11.6	48.1
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	2.1	19.6	15.9	1.9	46.9
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.4	36.0	14.6	14.6	56.8
21	2462	Gravy 5% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	27.8	20.7	17.5	44.9
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.1	11.3	11.3	11.3	11.3
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.0	1.3	9.1	1.9	1.9	33.5
21	2466	Salad dressing vinaigrette	0.1	0.0	0.0	0.0	0.6	11.5	11.4	11.4	11.8
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.6	12.5	9.0	3.9	22.9
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.2	18.4	18.5	5.8	22.9
21	2469	Sauce mayonnaise based average	0.1	0.0	0.0	0.0	0.3	27.3	23.4	4.6	33.3
21	2470	Sauce for chips 5% oil	0.1	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.2	3.7	2.5	1.9	5.5
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.3	11.0	6.1	3.0	19.5
21	2525	Frying fat horeca	0.4	0.0	0.0	3.9	3.9	10.6	9.5	2.7	16.0
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.3	44.6	34.9	34.9	65.4
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.2	3.6	2.7	0.5	7.4
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.4	0.0	0.0	1.4	7.2	4.5	2.0	0.3	12.7
21	2559	Low fat margarine prod AH Bewust light	0.1	0.0	0.0	0.0	1.1	21.8	10.0	9.0	47.0
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	4.2	6.6	6.7	4.8	0.4	20.9
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.2	0.0	0.0	0.6	3.2	6.6	3.0	0.9	18.8
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.3	16.5	11.1	6.0	17.3
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.3	0.0	0.0	0.0	0.8	27.2	25.9	7.8	43.9
21	2580	Gravy 5% fat thickend w gravy powder	0.2	0.0	0.0	0.0	0.6	27.0	27.0	11.6	36.2
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.3	0.0	0.0	0.0	0.9	27.6	22.6	12.5	41.6
21	2585	Gravy 25% fat w cooking fat 2067	0.7	0.0	0.0	0.0	2.7	48.2	34.9	24.3	91.3
21	2586	Gravy 25% fat w margarine 2063	0.9	0.0	0.0	0.0	2.4	34.3	27.2	21.7	42.6
21	2587	Gravy 25% fat w margarine liq 2077	0.2	0.0	0.0	0.0	0.5	41.1	32.6	24.3	42.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.5	0.0	0.0	0.0	1.8	38.0	34.7	6.7	68.8
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.3	30.1	24.3	24.3	43.4
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.3	39.1	32.8	24.3	49.8
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0	40.0	40.0	40.0	40.0
21	2592	Gravy 50% fat w cooking fat 2067	0.3	0.0	0.0	0.0	1.2	19.7	14.9	8.7	30.5
21	2593	Gravy 50% fat w margarine 2063	0.8	0.0	0.0	0.0	2.6	32.1	23.2	12.2	57.0
21	2594	Gravy 50% fat w margarine liq 2077	0.2	0.0	0.0	0.0	0.6	26.9	23.3	17.5	50.5

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21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.6	25.8	22.8	11.6	37.5
21	2598	Gravy 75% fat w cooking fat 2067	0.2	0.0	0.0	0.0	1.5	29.2	17.1	12.1	66.9
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.3	22.3	14.6	14.6	32.2
21	2600	Gravy 25% fat thickend w marg 2063	0.3	0.0	0.0	0.0	0.6	34.2	33.8	17.5	43.6
21	2601	Gravy 25% fat thickend w cook fat 2067	0.4	0.0	0.0	0.0	1.0	24.6	25.1	16.5	27.8
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.9	24.3	24.3	24.3	24.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.8	6.1	5.2	4.5	7.9
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.6	40.5	36.0	24.3	54.0
21	2625	Gravy 25% fat w cooking fat 2563	0.3	0.0	0.0	0.0	0.9	53.9	34.3	24.3	82.4
21	2626	Gravy 25% fat w cooking fat liq 2562	0.1	0.0	0.0	0.0	0.7	30.0	24.3	12.1	45.0
21	2627	Gravy 50% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	1.1	32.8	28.4	15.5	46.9
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	0.5	33.5	34.9	11.6	34.9
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.1	20.6	17.4	15.5	22.7
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.1	36.4	36.4	36.4	36.4
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.2	22.3	22.3	22.3	22.3
21	2650	Gravy no fat prep w gravy powder	0.6	0.0	0.0	0.0	1.7	52.1	35.6	20.7	74.7
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.1	3.9	3.9	3.9	3.9
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	1.3	8.6	7.7	3.4	10.8
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0	36.0	36.0	36.0	36.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	0.6	14.2	7.9	4.5	27.2
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.0	8.3	7.2	1.1	13.0
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.1	9.6	9.6	9.6	9.6
21	2849	Low fat marg prod Becel calorie light	1.2	0.0	0.0	0.0	3.2	37.5	28.7	8.1	70.9
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.2	38.6	31.5	24.0	43.7
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.2	0.0	0.0	0.0	0.6	38.0	38.2	17.5	42.5
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.3	0.0	0.0	0.0	0.8	35.8	23.7	17.5	76.5
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.6	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.2	0.0	0.0	0.0	0.5	25.1	18.0	18.0	33.7
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.4	19.7	7.8	6.0	41.2
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.1	72.8	72.8	72.8	72.8
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.2	1.8	1.8	1.8	1.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0

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21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.1	39.5	34.9	34.9	47.5
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.5	20.7	19.4	12.1	26.0
22	111	Mussels boiled	0.1	0.0	0.0	0.0	0.1	204.0	204.0	204.0	204.0
22	114	Fish lean 0-2 g fat raw	0.1	0.0	0.0	0.0	0.2	96.6	94.7	52.5	111.1
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	0.8	66.4	43.2	10.0	110.1
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
22	350	Herring salted	2.7	0.0	0.0	27.3	2.7	84.4	66.4	39.0	133.8
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.1	21.1	21.1	21.1	21.1
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.2	93.5	86.5	84.0	98.7
22	602	Salmon tinned	0.1	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.0	108.8	108.8	108.8	108.8
22	815	Fish fingers unprepared	0.6	0.0	0.0	0.0	0.4	149.6	104.5	81.0	203.9
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	4.4	0.0	0.0	0.0	2.1	157.4	150.5	52.3	220.8
22	918	Plaice boiled	0.1	0.0	0.0	0.0	0.1	156.0	156.0	156.0	156.0
22	919	Pollack boiled	0.1	0.0	0.0	0.0	0.3	149.0	135.0	135.0	172.8
22	1096	Salmon smoked	2.8	0.0	0.0	0.0	1.3	105.4	66.4	15.0	166.0
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.5	0.0	0.0	0.0	1.1	87.8	75.0	75.0	133.5
22	1586	Mackerel fillet smoked	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.7	0.0	0.0	0.0	0.4	104.6	89.6	44.1	122.5
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.1	24.1	24.1	24.1	24.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	56.7	56.7	56.7	56.7
22	1610	Salmon farmed prep in microwave oven	2.0	0.0	0.0	0.0	1.7	115.3	92.5	65.2	210.2
22	1611	Trout prepared in microwave oven	0.7	0.0	0.0	0.0	0.5	88.1	51.1	45.0	156.1
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	136.2	134.0	20.3	177.3
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.2	0.0	0.0	0.0	0.4	156.0	156.0	156.0	156.0
22	2474	Whitefish fillet batter deepfried wo fat	2.9	0.0	0.0	16.4	2.5	127.5	97.1	72.5	200.8
22	2765	Pangasius prep in microwave oven	0.5	0.0	0.0	0.0	0.5	63.2	18.0	18.0	137.4
23	106	Duck whole raw	0.0	0.0	0.0	0.0	0.0
23	108	Chicken with skin raw	2.8	0.0	0.0	17.5	2.3	93.1	101.4	21.6	146.5
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.2	0.0	0.0	0.0	1.1	15.2	15.0	15.0	15.0

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23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
23	328	Ham smoked raw	0.7	0.0	0.0	6.0	5.0	15.5	11.7	6.4	22.8
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.5	23.2	24.1	15.0	30.1
23	335	Liver pate	0.1	0.0	0.0	0.0	0.5	20.8	14.3	7.0	26.8
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.4	0.0	0.0	1.9	3.2	10.1	7.1	5.0	14.1
23	343	Bacon fat raw	0.1	0.0	0.0	0.0	0.3	18.1	18.1	18.1	18.1
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.3	0.0	0.0	0.0	1.2	51.4	38.4	36.0	79.5
23	567	Sausage luncheon meat	0.5	0.0	0.0	0.1	2.6	23.2	14.7	8.0	56.5
23	568	Black pudding	0.4	0.0	0.0	0.0	1.3	33.7	25.3	18.0	43.9
23	638	Salami sausage saveloy	1.8	0.0	0.0	11.5	9.2	23.7	18.2	8.3	46.0
23	639	Bacon rashers streaky	0.7	0.0	0.0	5.9	3.4	23.4	17.9	5.8	32.7
23	640	Liver sausage	0.9	0.0	0.0	0.0	3.1	25.3	18.9	10.0	76.4
23	641	Bacon	0.3	0.0	0.0	0.0	0.5	27.0	8.4	7.0	76.7
23	642	Pate	0.6	0.0	0.0	0.0	2.1	30.0	18.4	6.7	62.2
23	643	Pork side cured and smoked	0.6	0.0	0.0	0.0	1.6	35.0	20.0	20.0	78.4
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	2.8	0.0	0.0	17.3	13.2	20.7	19.0	2.7	49.8
23	785	Ham shoulder medium fat boiled	2.2	0.0	0.0	18.1	5.6	33.2	23.7	1.7	62.5
23	810	Beef steak tartare spiced filet americ	0.1	0.0	0.0	0.0	0.5	25.1	20.1	5.0	44.1
23	1152	Salami	0.1	0.0	0.0	0.0	0.7	24.2	22.0	10.0	31.7
23	1155	Minced meat loaf fried	0.2	0.0	0.0	0.0	0.8	47.2	30.4	15.0	81.9
23	1162	Sausage cooked	0.4	0.0	0.0	0.0	0.9	26.3	16.5	10.0	39.4
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
23	1239	Liver pate sausage	0.8	0.0	0.0	0.0	2.3	34.5	23.5	10.0	57.3
23	1305	Chicken without skin raw	1.1	0.0	0.0	0.0	2.5	108.2	100.9	37.8	128.3
23	1306	Chicken for soup w skin raw	0.2	0.0	0.0	0.0	0.4	123.2	123.2	123.2	123.2
23	1391	Bacon lean prepared	0.1	0.0	0.0	0.0	0.2	26.3	25.0	25.0	29.0
23	1400	Beef rump steak raw	1.6	0.0	0.0	0.0	1.7	91.4	90.1	38.0	110.1
23	1401	Beef tenderloin steak raw	0.4	0.0	0.0	0.0	0.3	86.3	80.0	80.0	103.8
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	2.4	0.0	0.0	0.0	1.7	107.8	90.2	80.0	146.7
23	1405	Minced beef raw	5.7	0.0	0.0	36.1	10.2	59.4	49.8	18.3	118.4
23	1407	Liver ox raw	0.1	0.0	0.0	0.0	0.1	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.2	0.0	0.0	0.0	0.2	51.2	16.3	16.3	131.2
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.1	21.0	21.0	21.0	21.0
23	1411	Beef shank raw	0.1	0.0	0.0	0.0	0.1	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	1.9	0.0	0.0	0.0	2.0	96.9	89.8	32.5	158.1
23	1413	Beef streaked/marbled raw	0.6	0.0	0.0	0.0	0.6	75.9	74.7	65.0	83.2
23	1414	Beef stewing steak raw	1.8	0.0	0.0	0.0	1.8	149.7	152.1	38.0	244.3
23	1415	Beef steak tartare raw	1.1	0.0	0.0	0.0	1.4	94.3	93.3	72.0	106.5
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	2.4	0.0	0.0	8.2	4.6	71.6	56.0	56.0	98.0
23	1418	Pork fillet raw	1.3	0.0	0.0	0.0	2.0	81.0	71.3	38.0	111.1
23	1419	Pork fricandeau part of leg raw	0.2	0.0	0.0	0.0	0.3	96.1	74.5	60.0	108.3

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

NEVO group	NEVO code	Description	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
23	1420	Pork chop raw	2.9	0.0	0.0	0.0	2.0	167.6	155.8	27.5	307.8
23	1421	Minced pork raw	0.3	0.0	0.0	0.0	0.3	68.2	66.7	66.7	72.7
23	1422	Pork tenderloin raw	0.1	0.0	0.0	0.0	0.2	64.3	56.8	56.0	74.2
23	1424	Pork loin chop raw	0.7	0.0	0.0	0.0	0.4	192.8	168.0	78.1	260.2
23	1425	Pork shoulder chop raw	2.8	0.0	0.0	37.7	3.0	106.3	99.9	38.0	193.2
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.2	17.6	11.7	7.0	20.1
23	1428	Pork stir fry meat raw	0.7	0.0	0.0	4.5	3.0	16.1	9.9	2.3	43.8
23	1429	Pork tenderloin medaillon raw	0.4	0.0	0.0	0.0	0.7	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.5	0.0	0.0	0.0	1.3	66.3	56.6	38.0	83.7
23	1431	Kromesky meat filled raw	1.3	0.0	0.0	0.0	1.9	80.6	76.0	41.1	79.0
23	1432	Bacon rasher raw	1.2	0.0	0.0	0.0	3.0	46.7	37.8	12.5	79.5
23	1434	Minced beef/pork raw	4.5	0.0	0.0	36.9	7.5	70.2	73.4	8.7	123.6
23	1435	Hamburger raw	0.8	0.0	0.0	0.0	0.7	86.1	75.0	75.0	124.7
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.4	87.8	72.4	70.0	105.9
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.1	0.0	0.0	0.0	0.1	80.7	53.0	53.0	105.7
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.2	15.4	15.0	15.0	15.9
23	1545	Beef roast prepared	0.2	0.0	0.0	0.0	1.5	18.2	12.9	8.0	29.1
23	1558	Pork loin chop prepared	0.3	0.0	0.0	0.0	1.5	25.9	15.2	15.0	46.5
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0	5.6	5.6	5.6	5.6
23	1634	Chicken fillet raw	5.7	0.0	0.0	55.9	5.4	84.5	79.8	11.2	142.2
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	1.6	0.0	0.0	0.0	2.4	90.1	74.5	59.9	116.1
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.1	18.2	18.2	18.2	18.2
23	1668	Pork 5-14% fat raw	2.5	0.0	0.0	19.3	3.0	70.5	75.2	29.3	114.0
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.4	0.0	0.0	0.0	0.2	105.1	105.1	105.1	105.1
23	1771	Liver pate/Berliner liver sausage	0.2	0.0	0.0	0.0	1.3	22.0	14.2	8.0	52.4
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.1	17.3	15.0	15.0	23.9
23	1773	Brawn, pork pickled in vinegar	0.3	0.0	0.0	0.0	1.1	44.0	36.0	10.9	48.1
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.8	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.6	0.0	0.0	0.0	1.5	42.8	28.8	14.1	79.3
23	1777	Gammon boiled deboned	0.7	0.0	0.0	0.0	2.2	37.3	19.7	9.0	63.4
23	1788	Pork rib chop raw	2.4	0.0	0.0	0.0	1.8	104.0	96.9	39.4	151.3
23	1790	Pork schnitzel not breaded raw	1.2	0.0	0.0	0.0	1.2	85.8	75.6	75.0	109.9
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.2	0.0	0.0	0.0	1.9	18.0	14.1	8.3	23.9
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.0	112.0	112.0	112.0	112.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	1.5	0.0	0.0	2.3	2.6	60.8	53.3	31.9	86.2
23	2300	Sausage smoked lean cooked	0.4	0.0	0.0	0.0	0.6	96.7	93.1	81.8	109.0
23	2301	Sausage smoked beef cooked	0.0	0.0	0.0	0.0	0.0
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	0.8	0.0	0.0	0.0	1.1	37.7	11.2	11.2	84.5

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

NEVO group	NEVO code	Description	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
23	2334	Minced meat beef/pork raw w egg/brcrums	0.2	0.0	0.0	0.0	0.2	63.2	51.2	50.0	72.6
23	2335	Meat average raw excl liver	0.5	0.0	0.0	0.0	1.0	80.9	64.6	47.0	108.8
23	2336	Beef average raw	1.1	0.0	0.0	0.0	1.7	97.0	84.5	39.4	120.0
23	2338	Beef for stewing averaged raw	0.3	0.0	0.0	0.0	1.3	55.7	44.7	14.8	83.0
23	2339	Beef olives raw	0.8	0.0	0.0	0.0	1.4	84.1	84.0	84.0	84.0
23	2340	Pork schnitzel breaded raw	2.3	0.0	0.0	0.0	1.1	103.1	96.2	87.5	110.0
23	2341	Chicken fillet breaded raw	0.1	0.0	0.0	0.0	0.1	60.7	46.9	46.9	72.9
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.0	119.0	119.0	119.0	119.0
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.4	80.0	80.0	80.0	80.0
23	2364	Chicken schnitzel raw	1.7	0.0	0.0	0.0	2.6	91.8	90.3	52.5	104.5
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.1	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
23	2654	Sandwich meat chicken	0.4	0.0	0.0	0.0	1.9	28.1	29.7	15.0	39.3
23	2766	Sausage smoked industrial cooked	2.1	0.0	0.0	0.0	1.8	80.3	67.4	16.0	151.5
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.4	0.0	0.0	0.0	1.3	27.8	20.9	9.0	61.5
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.7	0.0	0.0	4.5	4.5	13.2	8.9	5.0	19.2
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.4	10.0	10.0	10.0	10.0
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.1	32.1	20.2	15.0	54.2
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.2	0.0	0.0	0.0	0.9	16.7	15.3	10.0	20.3
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.2	24.6	18.6	16.0	28.9
23	3002	Bacon smoked Katenspek	0.2	0.0	0.0	0.0	1.5	15.7	13.8	9.6	18.7
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.2	0.0	0.0	0.0	0.3	44.8	8.5	8.5	138.4
23	3025	Bacon lean smoked raw	0.3	0.0	0.0	0.0	2.2	22.7	14.7	5.6	59.9
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.2	61.1	61.1	61.1	61.1
23	3030	Sausage beef Braadworst raw	0.4	0.0	0.0	0.0	1.3	45.5	44.5	1.0	69.1
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.1	0.0	0.0	0.0	0.3	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.3	0.0	0.0	0.0	0.3	86.9	71.9	60.0	93.6
1	982	Potatoes wo skins boiled average	88.8	70.2	0.0	223.3	66.1	140.3	137.8	51.6	278.8
1	1150	Potatoes sliced frozen unprepared	1.6	0.0	0.0	0.0	0.3	326.2	188.0	188.0	477.1
1	1455	Potato puree powder av	0.7	0.0	0.0	0.0	1.5	67.7	62.8	22.6	87.3
1	1456	Chips pre-fried unprepared	6.0	0.0	0.0	16.1	2.3	153.3	97.2	30.0	382.8
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.6	0.0	0.0	0.0	1.0	108.8	77.3	29.4	159.5
1	2326	Croquettes potato frozen unprepared	0.1	0.0	0.0	0.0	0.1	67.2	67.2	67.2	67.2
1	2499	Potato puree powder w milkpowder w fat	0.1	0.0	0.0	0.0	0.4	24.4	22.2	1.4	50.6
1	2834	Potato waffels/balls frozen unprepared	1.4	0.0	0.0	0.0	1.0	133.6	105.8	62.0	180.8
2	382	Advocaat liqueur	0.4	0.0	0.0	0.0	0.8	86.8	61.7	5.0	178.0
2	383	Juice apple	1.5	0.0	0.0	0.0	1.3	171.2	122.7	100.0	306.8
2	386	Gin Dutch red currant flavoured	0.3	0.0	0.0	0.0	1.1	68.9	72.4	11.0	90.4
2	387	Fruit drink blackcurrant	0.0	0.0	0.0	0.0	0.2	16.1	12.0	12.0	22.2
2	388	Juice redcurrant	0.2	0.0	0.0	0.0	0.2	188.5	147.0	147.0	230.9
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	33.8	0.0	0.0	277.1	5.9	580.2	497.4	250.0	1,081.5
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.1	0.0	0.0	0.0	0.3	62.5	48.6	38.0	79.4
2	395	Soft drink cola with caffeine	9.9	0.0	0.0	34.5	2.8	363.9	222.2	78.0	785.3
2	396	Juice grape	0.0	0.0	0.0	0.0	0.1	51.1	25.0	25.0	89.2
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
2	400	Soft drink wo caffeine	2.2	0.0	0.0	0.0	1.9	135.5	109.5	100.0	220.0
2	401	Gin young Dutch	8.9	0.0	0.0	58.4	8.8	77.0	59.0	28.5	171.0
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0	47.5	47.5	47.5	47.5
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	41.4	18.0	18.0	61.1
2	407	Port wine	1.7	0.0	0.0	0.0	2.5	100.5	102.8	45.0	163.9
2	408	Rum	0.6	0.0	0.0	0.0	1.0	40.9	22.6	9.5	67.5
2	409	Sherry	5.7	0.0	0.0	5.6	4.0	128.0	113.8	9.0	256.0
2	410	Juice orange pasteurized	4.2	0.0	0.0	0.0	3.0	181.9	152.5	62.6	322.8
2	411	Mineral water Spa	12.4	0.0	0.0	0.0	3.9	342.3	280.7	100.0	602.7
2	413	Tomato juice	1.5	0.0	0.0	0.0	0.6	186.9	160.1	112.0	260.3
2	414	Soft drink tonic	0.9	0.0	0.0	0.0	0.5	190.9	161.1	100.0	234.6
2	415	Vermouth	0.4	0.0	0.0	0.0	0.8	48.8	36.8	35.1	78.1
2	416	Brandy Dutch vieux	0.2	0.0	0.0	0.0	1.0	57.7	44.1	38.0	74.4
2	417	Juice drink	1.4	0.0	0.0	0.0	1.6	172.0	146.2	70.5	342.3
2	421	Whisky	0.4	0.0	0.0	0.0	1.2	42.7	39.6	33.3	53.3
2	422	Wine red	39.5	0.0	0.0	216.0	21.5	213.4	142.2	57.2	527.3
2	423	Wine white dry	15.7	0.0	0.0	133.2	9.0	176.1	143.3	36.5	370.5
2	425	Whey drink light Rivella	2.5	0.0	0.0	0.0	1.1	272.1	210.6	150.0	274.9
2	463	Fruit drink concentrate undiluted	0.0	0.0	0.0	0.0	1.5	5.9	2.7	1.5	13.8
2	497	Fruit drink concentrate Roosvicee Origin	0.3	0.0	0.0	0.0	2.6	16.2	8.4	5.0	28.8
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	1.0	31.3	24.4	15.0	43.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.1	0.0	0.0	0.0	0.7	37.6	30.2	30.0	43.5
2	644	Coffee prepared	371.7	337.3	0.0	904.9	90.2	448.7	409.4	113.1	889.2
2	645	Tea prepared	552.4	362.8	0.0	2,021.6	78.5	627.8	517.4	151.2	1,824.8
2	664	Juice grapefruit	2.0	0.0	0.0	0.0	2.2	107.8	93.9	50.0	170.5
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	9.8	0.0	0.0	0.0	1.9	553.3	507.9	167.8	996.0
2	805	Jagermeister herb liquor	0.2	0.0	0.0	0.0	1.1	44.2	39.9	39.9	49.6
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.4	0.0	0.0	0.0	0.4	219.7	160.0	160.0	294.1
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.3	0.0	0.0	0.0	0.6	107.0	91.0	40.0	138.4
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	3.7	0.0	0.0	0.0	3.6	151.5	151.6	22.7	204.8
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.1	0.0	0.0	0.0	0.5	20.8	13.2	13.2	31.3
2	1468	Beer >7 vol% alcohol	1.3	0.0	0.0	0.0	0.3	500.0	500.0	500.0	500.0
2	1519	Beer alcohol free <0,1 vol%	5.3	0.0	0.0	0.0	1.3	325.5	300.0	300.0	406.0
2	1521	Juice drink light	1.9	0.0	0.0	0.0	0.3	413.4	386.3	370.0	430.1
2	1522	Soft drink light without caffeine	1.5	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
2	1523	Cola light soft drink with caffeine	17.1	0.0	0.0	60.2	3.3	321.7	218.8	78.0	698.5
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.5	0.0	0.0	0.0	0.7	110.2	54.4	20.0	167.4
2	1810	Fruit drink concentrate Karvan Cevitam	1.9	0.0	0.0	10.8	3.1	36.5	37.9	9.6	52.2
2	1878	Fruit juice drink Roosvicee Multivit	0.4	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
2	1885	Water average	465.0	415.7	0.0	1,185.1	85.2	509.0	398.9	87.0	1,302.3
2	1932	Juice orange with pulp	1.2	0.0	0.0	0.0	1.1	145.9	127.8	53.0	199.0
2	1933	Juice tomato/vegetable Appelsientje	0.4	0.0	0.0	0.0	0.3	175.2	131.1	125.0	301.5
2	1934	Juice tomato Appelsientje Zontomaat	0.4	0.0	0.0	0.0	0.5	158.6	129.5	110.0	175.0
2	2042	Sports drink AA High Energy	0.5	0.0	0.0	0.0	0.2	330.0	330.0	330.0	330.0
2	2074	Mineral water Bar le Duc	4.8	0.0	0.0	0.0	1.5	474.1	323.7	257.3	649.1
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.6	0.0	0.0	0.0	0.5	147.2	142.0	142.0	167.6
2	2086	Ice tea	0.6	0.0	0.0	0.0	0.3	137.0	137.0	137.0	137.0
2	2088	Ice tea with suiker and sweetner	0.5	0.0	0.0	0.0	0.3	185.0	185.0	185.0	185.0
2	2134	Juice drink Dubbelfrisss	0.9	0.0	0.0	0.0	0.7	220.6	149.5	140.0	484.1
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.2	0.0	0.0	0.0	0.3	153.7	147.0	145.0	158.7
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.3	0.0	0.0	0.0	0.1	215.0	215.0	215.0	215.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.3	0.0	0.0	0.0	0.3	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	1.0	0.0	0.0	0.0	0.4	271.7	205.2	145.0	290.5
2	2142	Wine white sweet	2.2	0.0	0.0	0.0	1.8	115.6	126.0	55.0	178.3
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.1	0.0	0.0	0.0	0.2	44.0	44.0	44.0	44.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.0	0.0	0.0	0.0	0.0
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2289	Fruit drink concentrate light	0.4	0.0	0.0	0.0	0.8	27.3	23.0	18.0	34.7
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.2	0.0	0.0	0.0	0.4	62.5	62.5	62.5	62.5
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.3	37.9	16.2	9.0	56.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.2	0.0	0.0	0.0	0.1	236.7	206.0	186.0	254.6
2	2438	Fruit drink conc diluted average	0.6	0.0	0.0	0.0	0.4	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.3	0.0	0.0	0.0	0.2	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.1	0.0	0.0	0.0	0.0	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	1.7	0.0	0.0	0.0	1.1	330.4	174.8	152.0	579.7
2	2476	Cappuccino freshly made	7.0	0.0	0.0	12.4	3.3	201.5	134.5	116.7	399.5
2	2477	Coffee cappuccino instant prepared	3.3	0.0	0.0	0.0	0.9	348.1	238.3	171.0	415.3
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.6	13.9	9.6	6.0	22.4
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	1.1	0.0	0.0	0.0	0.4	310.3	300.0	300.0	348.4
2	2492	Lemonade fruit Wicky light	0.1	0.0	0.0	0.0	0.0	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0	24.0	24.0	24.0	24.0
2	2507	Juice multifruit	1.7	0.0	0.0	0.0	1.2	168.6	128.7	119.0	293.6
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.1	0.0	0.0	0.0	0.1	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	5.6	0.0	0.0	0.0	2.1	384.2	204.4	142.0	557.7
2	2610	Wine rose	0.9	0.0	0.0	0.0	1.3	146.2	131.4	68.5	191.3
2	2633	Coffee instant powder	0.1	0.0	0.0	0.0	1.5	6.6	3.1	0.5	13.5
2	2634	Fruit juice dk minimal 2 fruits w vit C	3.4	0.0	0.0	0.0	1.4	246.0	118.4	88.0	461.5
2	2635	Fruit juice drink diary Wicky fruitzacht	0.3	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.4	0.0	0.0	0.0	0.2	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	1.1	0.0	0.0	0.0	0.4	276.5	273.7	272.5	278.5
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.4	0.0	0.0	0.0	0.1	302.0	302.0	302.0	302.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.8	0.0	0.0	0.0	0.2	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.4	0.0	0.0	0.0	0.5	178.9	140.0	140.0	241.5
2	2648	Coffee w milk vending machine	1.1	0.0	0.0	0.0	0.7	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.8	6.8	2.2	1.0	16.3
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.1	0.0	0.0	0.0	0.4	50.0	50.0	50.0	50.0
2	2755	Juice orange freshly squeezed	16.2	0.0	0.0	119.9	15.4	119.9	119.2	60.0	181.7

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.3	36.9	30.9	30.0	50.2
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.3	0.0	0.0	0.0	0.2	174.0	174.0	174.0	174.0
2	2842	Fruit drink Coolbest Powerfruit	1.3	0.0	0.0	0.0	0.5	189.3	175.4	166.7	197.5
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.2	0.0	0.0	0.0	0.2	145.0	145.0	145.0	145.0
2	2854	Fruit drink light Papaya multivitamins	2.6	0.0	0.0	0.0	0.6	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.5	0.0	0.0	0.0	0.3	226.4	202.9	185.0	237.8
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
2	2881	Coffee wiener melange instant prepared	0.0	0.0	0.0	0.0	0.0
2	2896	Lemonade squash Spa&Fruit sparkling	2.8	0.0	0.0	0.0	0.5	283.4	232.9	80.0	366.3
2	2897	Juice Drink Ocean Spray	2.6	0.0	0.0	0.0	1.0	214.8	160.2	160.0	280.6
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.6	10.8	9.2	9.0	14.0
3	227	Crispbakes Dutch	1.6	0.0	0.0	8.5	11.9	11.8	9.9	0.9	28.9
3	228	Crackers cream	0.5	0.0	0.0	0.0	2.4	17.6	18.1	7.3	26.1
3	229	Crispbread averaged	0.2	0.0	0.0	0.0	2.2	10.0	10.0	10.0	10.0
3	230	Roll white soft	0.9	0.0	0.0	0.0	2.3	44.5	35.3	25.0	74.1
3	233	Bread currant	1.4	0.0	0.0	0.0	5.0	45.7	34.0	30.0	66.2
3	236	Bread brown wheat	21.3	0.0	0.0	102.9	26.5	89.8	68.6	31.1	194.4
3	238	Crackers matzes	0.3	0.0	0.0	0.0	0.7	48.6	29.6	20.0	65.8
3	241	Bread white milk based	0.8	0.0	0.0	0.0	2.2	60.6	51.6	30.0	110.9
3	242	Bread rye dark	2.3	0.0	0.0	21.1	6.7	48.1	33.0	20.3	63.3
3	243	Bread rye light	1.6	0.0	0.0	9.8	4.0	40.5	36.5	12.9	48.6
3	244	Bread raisin	0.5	0.0	0.0	0.0	1.5	34.4	26.1	17.5	44.4
3	246	Bread wholemeal average	28.8	0.0	0.0	105.1	31.1	101.7	70.0	35.0	192.0
3	248	Bread white water based	13.2	0.0	0.0	90.3	9.9	79.7	70.8	13.4	115.9
3	249	Bread wheat malt Tarvo	0.5	0.0	0.0	0.0	0.6	120.8	73.3	35.0	197.5
3	565	Toast	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
3	596	Crispbread gold-brown	0.2	0.0	0.0	0.0	0.7	26.1	11.7	10.0	70.1
3	655	Crispbakes Dutch wholemeal	1.2	0.0	0.0	8.7	9.2	12.9	9.3	7.4	19.5
3	975	Crispbread sesame	0.5	0.0	0.0	0.0	3.8	17.0	12.0	6.8	25.5
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.2	14.0	11.9	10.0	14.7
3	1017	Bread wheatrye wholemeal	0.7	0.0	0.0	0.0	1.0	59.3	42.4	35.0	98.5
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.4	0.0	0.0	0.0	2.5	21.1	20.0	20.0	21.0
3	1312	Crispbread Cracottes	0.5	0.0	0.0	0.3	2.7	11.0	7.0	7.0	17.7
3	1322	Crispbread wholemeal Cracottes	0.7	0.0	0.0	0.0	2.1	18.0	7.0	7.0	50.4
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.4	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.3	0.0	0.0	0.0	0.7	44.3	29.6	17.5	65.1
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
3	1779	Crispbread wholemeal	0.7	0.0	0.0	4.0	3.9	14.9	10.0	10.0	19.2
3	1914	Dough for pizza and savoury pie	0.5	0.0	0.0	0.0	1.0	114.4	98.4	98.4	157.7
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.3	11.6	10.2	10.0	12.7

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

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3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.3	0.0	0.0	0.0	0.9	68.6	60.0	60.0	99.0
3	2348	Bread wholemeal w pumpkin seeds	1.1	0.0	0.0	0.0	1.5	99.3	74.6	35.0	133.5
3	2349	Bread linseed	0.5	0.0	0.0	0.0	0.6	88.0	78.2	70.0	102.4
3	2350	Bread multigrain average w seeds	12.2	0.0	0.0	69.5	15.4	95.8	67.6	31.2	246.7
3	2351	Bread white average milk/water based	0.3	0.0	0.0	0.0	0.9	37.4	25.0	25.0	47.5
3	2352	Bread currant w almond paste	0.1	0.0	0.0	0.0	0.4	49.3	40.0	40.0	65.2
3	2353	Bread brown/wholemeal w muesli	0.9	0.0	0.0	0.0	1.5	46.5	43.9	35.0	56.9
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
3	2355	Bread white w sugar Suikerbrood	0.3	0.0	0.0	0.0	0.9	38.7	35.1	22.5	44.0
3	2356	Baguette w cheese-onion	0.4	0.0	0.0	0.0	0.4	78.3	38.5	10.0	183.6
3	2357	Bread wholemeal w sunflower seeds	2.2	0.0	0.0	0.0	2.4	73.8	56.8	35.0	143.4
3	2358	Bread white w sunflower seeds	0.3	0.0	0.0	0.0	0.7	53.2	45.0	45.0	66.6
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0	40.0	40.0	40.0	40.0
3	2382	Bread brown w sunflower seeds	0.2	0.0	0.0	0.0	0.6	54.4	42.4	35.0	67.2
3	2528	Croutons	0.0	0.0	0.0	0.0	0.2	7.0	7.0	7.0	7.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	1.8	0.0	0.0	0.0	1.2	118.9	105.0	105.0	185.7
3	2704	Bread brown w seeds	0.0	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.2	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
3	2788	Bread sourdough wholemeal	0.5	0.0	0.0	0.0	1.0	65.1	45.3	40.0	135.1
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	22.8	22.0	22.0	24.5
3	2790	Bread pita white	5.0	0.0	0.0	25.0	2.1	100.0	100.0	100.0	100.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.3	0.0	0.0	0.0	0.6	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.8	0.0	0.0	0.0	1.5	53.9	39.0	10.0	91.7
3	2794	Baguette brown	0.9	0.0	0.0	0.0	0.8	64.5	25.7	10.0	92.6
3	2795	Roll white hard	1.3	0.0	0.0	0.0	2.4	62.3	47.3	45.0	98.2
3	2796	Roll brown hard	2.8	0.0	0.0	21.8	3.1	65.3	48.0	25.9	100.9
3	2797	Roll brown soft	2.7	0.0	0.0	19.0	4.4	60.3	41.9	30.0	101.3
3	2798	Roll wholemeal soft	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2799	Roll multigrain hard	0.3	0.0	0.0	0.0	2.1	39.4	42.3	25.0	47.8
3	2800	Roll multigrain soft	0.4	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
3	2801	Croissant prepared w butter	0.3	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
3	2803	Bun currant/raisin	4.1	0.0	0.0	24.8	6.9	51.3	42.3	26.4	94.5
3	2804	Bun wholemeal w muesli	0.4	0.0	0.0	0.0	0.4	101.2	77.1	58.0	112.1
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.3	53.8	36.4	35.0	75.0
3	2813	Bread raisin/current average	0.6	0.0	0.0	0.0	1.3	38.3	35.0	35.0	50.5
3	2815	Bread Tijger brown wheat	1.3	0.0	0.0	0.0	1.0	70.0	70.0	70.0	70.0
3	2816	Bread Tijger white	1.0	0.0	0.0	0.0	1.3	62.4	50.3	30.0	86.5
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.3	0.0	0.0	0.0	1.0	46.6	40.0	40.0	71.1
3	2821	Bread brown w pumpkin seeds	0.4	0.0	0.0	0.0	0.8	62.0	53.9	52.5	68.4
3	2876	Bread brioche	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.2	0.0	0.0	0.0	1.0	26.8	23.2	17.0	33.1
3	2937	Toast Melba natural	0.8	0.0	0.0	3.8	4.6	11.7	8.4	4.0	25.5

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3	2938	Toast Melba other varieties	0.2	0.0	0.0	0.0	1.5	17.3	14.2	8.0	19.4
3	3054	Bread glutenfree bakmix Glutafin white	0.7	0.0	0.0	0.0	0.3	93.9	87.7	87.5	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.4	0.0	0.0	0.0	0.4	230.6	211.2	210.0	246.1
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.4	88.6	60.0	60.0	113.7
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.3	16.0	16.0	16.0	16.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	5.0	4.1	4.1	5.9
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	1.7	5.3	3.5	2.5	8.8
4	535	Cocoa powder sweetened Benco	0.1	0.0	0.0	0.0	0.5	12.1	12.0	12.0	12.2
4	595	Cocoa product powder Ovomaltine	0.2	0.0	0.0	0.0	2.1	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.3	0.0	0.0	0.0	0.4	118.4	78.6	49.4	218.7
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.1	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.4	1.4	0.6	0.6	4.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.1	17.4	17.4	17.4	17.4
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.2	24.5	24.5	24.5	24.5
4	2615	Vinegar	0.3	0.0	0.0	0.0	4.1	7.5	5.0	0.3	12.0
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
5	84	Eggs chicken boiled average	11.6	0.0	0.0	48.7	29.6	42.7	49.3	4.0	95.4
6	33	Raisins dried	0.3	0.0	0.0	0.0	1.1	27.4	17.8	4.0	64.7
6	137	Olives tinned/glass	0.3	0.0	0.0	0.0	1.8	12.6	7.6	1.3	30.1
6	147	Apple without skin average	29.0	0.0	0.0	139.6	25.9	112.7	127.4	20.7	221.4
6	148	Strawberries	7.8	0.0	0.0	51.3	9.7	81.5	59.6	10.8	208.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.2	12.4	12.4	12.4	12.4
6	150	Pineapple	0.1	0.0	0.0	0.0	0.3	75.2	34.1	33.3	108.0
6	151	Banana	20.1	0.0	0.0	117.5	15.2	119.8	112.6	44.7	164.6
6	152	Blueberries	0.0	0.0	0.0	0.0	0.2	26.0	26.0	26.0	26.0
6	153	Redcurrant	1.0	0.0	0.0	0.0	1.0	134.5	94.3	50.0	185.7
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0	16.1	16.1	16.1	16.1
6	157	Blackberries	0.0	0.0	0.0	0.0	0.2	11.9	9.8	8.0	12.7
6	158	Lemon	0.1	0.0	0.0	0.0	0.4	20.3	6.7	3.1	30.6
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.1	0.0	0.0	0.0	0.3	48.8	30.3	14.3	55.2
6	161	Raspberries	1.0	0.0	0.0	0.0	0.8	67.9	55.1	40.0	104.1
6	162	Grapefruit	0.4	0.0	0.0	0.0	0.5	46.9	40.0	40.0	55.6
6	163	Cherries	0.6	0.0	0.0	0.0	1.1	72.8	23.0	21.0	148.7
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	17.8	0.0	0.0	97.7	19.8	77.9	59.1	32.2	134.3
6	166	Melon netted	1.5	0.0	0.0	0.0	2.3	149.1	114.8	39.7	307.3
6	168	Pear without skin	7.4	0.0	0.0	62.8	6.7	136.6	121.6	64.0	175.8
6	169	Peach without skin	1.6	0.0	0.0	0.0	1.4	93.3	76.5	76.5	149.5
6	170	Plums with skin	4.0	0.0	0.0	0.0	3.0	158.7	135.3	40.0	302.3
6	171	Orange	17.9	0.0	0.0	146.7	11.5	187.7	165.0	79.8	362.7
6	172	Fruit fresh citrus average	3.7	0.0	0.0	0.0	2.2	152.0	152.0	152.0	152.0

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

NEVO group	NEVO code	Description	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
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.6	7.7	5.2	3.0	14.1
6	176	Apricots in syrup tinned	0.6	0.0	0.0	0.0	0.3	87.9	62.4	40.0	96.2
6	177	Pineapple in syrup tinned	0.2	0.0	0.0	0.0	0.4	44.4	36.9	35.0	62.5
6	179	Apple sauce tinned	4.2	0.0	0.0	36.0	5.7	83.6	71.1	21.5	207.2
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.0	0.0	0.0	0.0	0.7	13.5	8.8	6.0	21.8
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.3	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	184	Cherries in syrup tinned	0.1	0.0	0.0	0.0	0.8	15.2	12.1	12.1	26.9
6	185	Currants dried	0.0	0.0	0.0	0.0	0.2	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.5	0.0	0.0	0.0	1.4	120.7	99.5	23.3	258.4
6	189	Peaches in syrup tinned	0.2	0.0	0.0	0.0	0.4	33.9	28.7	28.7	47.1
6	190	Prunes dried	0.3	0.0	0.0	0.0	1.1	32.2	12.0	12.0	88.1
6	191	Plums in syrup tinned	0.7	0.0	0.0	0.0	1.6	62.1	38.9	38.9	111.7
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.3	27.6	19.9	17.5	33.5
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	1.9	5.0	2.2	1.3	10.0
6	689	Avocado	0.2	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.1	0.0	0.0	0.0	0.2	131.2	131.2	131.2	131.2
6	875	Apple with skin average	6.8	0.0	0.0	66.3	8.4	119.3	117.9	18.1	155.0
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	9.6	0.0	0.0	58.7	13.8	74.4	54.6	37.4	81.5
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.2	0.0	0.0	0.0	0.2	52.0	52.0	52.0	52.0
6	1105	Melon water	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
6	1106	Melon honeydew	0.2	0.0	0.0	0.0	0.2	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.1	0.0	0.0	0.0	3.0	5.1	1.5	0.3	16.9
6	1182	Apple sauce wo sugar tinned	0.5	0.0	0.0	0.0	0.8	94.3	36.1	25.9	309.3
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.1	87.5	87.5	87.5	87.5
6	1812	Nectarine	2.5	0.0	0.0	0.0	2.8	107.1	91.4	39.3	145.8
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.3	0.0	0.0	0.0	0.2	173.0	173.0	173.0	173.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.5	19.3	17.1	6.9	26.0
6	2685	Abricots dried and soaked	0.1	0.0	0.0	0.0	0.5	15.0	13.3	12.0	15.9
6	2686	Apple sauce wo sugar w sweetner tinned	0.2	0.0	0.0	0.0	0.3	63.5	51.8	51.8	74.9
6	2748	Pear with skin	1.1	0.0	0.0	0.0	0.4	203.2	122.8	100.0	350.2
6	2749	Grapes black with skin	2.4	0.0	0.0	0.0	2.4	117.1	99.0	57.0	146.3
6	2750	Grapes white with skin	3.0	0.0	0.0	14.1	4.0	87.0	69.7	16.7	169.8
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.1	20.5	13.3	8.6	24.6
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.6	8.5	7.2	4.0	11.7
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.1	0.0	0.0	0.0	0.3	41.6	40.0	40.0	42.9
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.1	57.2	57.2	57.2	57.2
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	3.8	0.0	0.0	19.5	16.2	27.2	20.0	20.0	57.2
7	250	Almond filled pastry	0.4	0.0	0.0	0.0	0.7	40.9	33.3	20.0	64.5
7	251	Apple pie Dutch w shortbread w marg	2.6	0.0	0.0	13.0	5.2	79.1	78.5	56.0	105.5
7	252	Biscuit sweet	2.9	0.0	0.0	11.7	15.3	14.3	11.8	6.1	27.8
7	253	Cake wo butter	1.1	0.0	0.0	11.4	3.5	32.3	26.2	15.0	51.4
7	254	Cake sponge Dutch Eierkoek	1.3	0.0	0.0	2.9	2.4	49.8	42.8	25.2	75.3
7	255	Gateau with whipped cream	0.8	0.0	0.0	0.0	1.4	47.2	40.0	40.0	69.0
7	256	Gateau with butter-cream filling	0.1	0.0	0.0	0.0	0.2	68.7	40.0	40.0	93.7
7	257	Almond paste filled tarts average	1.3	0.0	0.0	0.0	3.5	55.3	46.3	15.0	94.8
7	258	Biscuits averaged	0.8	0.0	0.0	5.6	4.8	17.8	14.1	5.7	38.1
7	259	Macaroons	0.9	0.0	0.0	0.0	1.9	35.3	28.2	15.5	47.7
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.9	6.1	5.0	5.0	8.9
7	261	Biscuit spiced Speculaas	1.3	0.0	0.0	5.3	5.8	17.2	7.0	7.0	51.3
7	262	Biscuit Dutch shortbread spritsstukken	0.6	0.0	0.0	0.0	2.4	27.2	20.4	10.0	47.2
7	263	Biscuit brown/wholemeal	1.0	0.0	0.0	7.0	6.7	18.0	13.9	8.1	29.4
7	468	Cream slice Dutch Tompouce	0.2	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	0.9	13.7	10.0	10.0	19.2
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.4	118.6	113.5	85.0	139.7
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
7	634	Coconut flavoured cookies	0.1	0.0	0.0	0.0	0.5	19.2	16.0	16.0	23.7
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	1.4	19.3	13.2	12.0	37.8
7	636	Biscuit muesli	0.2	0.0	0.0	0.0	0.6	37.1	25.2	20.0	54.3
7	713	Waffle syrup average	0.8	0.0	0.0	4.0	3.6	25.1	20.0	10.0	37.1
7	789	Cake butter Dutch Boterkoek	0.1	0.0	0.0	0.0	1.1	22.3	20.0	20.0	24.5
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.5	0.0	0.0	0.0	0.5	74.0	46.0	28.8	91.0
7	836	Shortbread	2.1	0.0	0.0	11.8	7.7	20.4	14.5	10.0	25.8
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.1	14.3	14.3	14.3	14.3
7	855	Biscuit spiced Speculaas w almnd paste	0.0	0.0	0.0	0.0	0.2	67.8	44.2	19.0	103.1
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.1	0.0	0.0	0.0	0.9	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.4	6.0	5.1	5.0	6.8
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.3	38.0	38.0	38.0	38.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.0	0.0	0.0	0.0	3.8	29.5	23.1	20.1	46.0
7	1470	Berliner pastry	0.2	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	0.4	18.4	11.6	5.0	19.2
7	1475	Eclair with whipped cream filling	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
7	1477	Biscuits sugar free	0.2	0.0	0.0	0.0	0.2	65.4	32.4	20.0	89.6

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
7	1478	Flan fruit and crumble topping	0.4	0.0	0.0	0.0	0.3	135.0	135.0	135.0	135.0
7	1479	Cheesecake made with cream cheese	0.2	0.0	0.0	0.0	0.6	28.0	28.0	28.0	28.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	0.6	16.0	9.4	7.0	32.8
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.6	0.0	0.0	0.0	1.9	37.3	26.9	15.2	59.3
7	1972	Biscuits assorted with butter	0.9	0.0	0.0	5.4	3.6	21.8	12.7	8.0	46.6
7	2162	Biscuit Cafe noir	0.5	0.0	0.0	0.0	1.2	22.0	16.4	10.0	28.0
7	2190	Brownies with nuts	0.2	0.0	0.0	0.0	0.4	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.1	0.0	0.0	0.0	0.7	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.1	0.0	0.0	0.0	0.7	13.1	10.1	10.0	17.8
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.4	0.0	0.0	0.0	2.6	26.6	22.7	15.0	38.7
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.4	0.0	0.0	0.0	1.6	35.6	22.9	20.0	65.6
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.2	0.0	0.0	0.0	0.5	31.0	25.0	25.0	44.8
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.5	0.0	0.0	0.0	1.6	25.6	20.0	20.0	47.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.1	0.0	0.0	0.0	0.2	49.5	49.5	49.5	49.5
7	2392	Cake apple-	1.2	0.0	0.0	3.9	1.9	44.2	30.0	30.0	79.2
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.5	35.5	30.0	30.0	51.8
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.0
7	2396	Chocolate pastry w whipped cream	0.1	0.0	0.0	0.0	0.2	96.0	96.0	96.0	96.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.7	0.0	0.0	0.0	2.4	34.9	25.0	25.0	49.8
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.3	0.0	0.0	0.0	0.8	53.5	43.3	20.0	74.8
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.3	0.0	0.0	0.0	2.0	16.2	10.5	10.0	34.2
7	2408	Biscuit fortified Bridge fruit and grain	0.2	0.0	0.0	0.0	0.4	32.0	24.8	21.0	36.7
7	2409	Biscuit Dutch shortbread w chocolate	0.2	0.0	0.0	0.0	0.6	25.8	20.0	20.0	36.5
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	1.1	5.0	5.0	5.0	5.0
7	2413	Cake wrapped in marzipan and chocolate	1.1	0.0	0.0	0.0	1.3	65.8	40.9	30.0	109.5

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.2	65.5	62.2	60.0	67.4
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	0.2	12.0	10.0	10.0	15.1
7	2560	Apple turnover	0.6	0.0	0.0	0.0	0.8	100.8	74.1	41.0	124.4
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.1	44.0	44.0	44.0	44.0
7	2609	Biscuits with nuts	1.2	0.0	0.0	6.9	5.6	15.9	12.9	10.0	17.0
7	2622	Appel pie Dutch w shortbread w butter	0.2	0.0	0.0	0.0	0.2	75.9	68.9	58.0	86.6
7	2661	Waffle Luikse	0.7	0.0	0.0	0.0	1.1	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.2	0.0	0.0	0.0	0.9	28.8	25.9	4.0	46.5
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.3	0.0	0.0	0.0	2.6	11.4	6.9	3.3	19.1
7	2698	Cake chocolate made wo butter	0.0	0.0	0.0	0.0	0.1	33.0	33.0	33.0	33.0
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	1.2	10.3	9.4	6.0	11.7
7	2715	Meringue	0.1	0.0	0.0	0.0	0.4	20.9	14.6	9.0	23.1
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.6	0.0	0.0	0.0	1.3	34.3	23.0	22.5	56.3
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.3	20.2	14.0	14.0	25.6
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.0
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	0.4	0.0	0.0	0.0	0.6	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.5	80.9	76.5	75.0	84.2
7	2820	Waffle syrup w butter	0.4	0.0	0.0	0.0	1.2	42.8	28.4	20.0	58.5
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	1.4	0.0	0.0	0.0	0.5	125.6	106.1	100.0	140.2
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.4	19.8	10.0	10.0	27.9
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.2	0.0	0.0	0.0	0.6	43.5	29.2	18.0	65.6
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.3	28.0	16.0	16.0	44.1
7	2893	Cake Indonesian	0.4	0.0	0.0	0.0	0.8	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.5	0.0	0.0	0.0	4.7	17.7	15.1	8.0	27.7
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	1.1	0.0	0.0	0.0	0.5	97.3	65.0	65.0	123.5
8	78	Semolina	0.1	0.0	0.0	0.0	0.4	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.1	0.0	0.0	0.0	0.4	18.2	13.1	11.5	22.0
8	213	Oatmeal	0.3	0.0	0.0	0.0	1.2	37.8	41.5	17.3	49.8
8	215	Cornflour	0.1	0.0	0.0	0.0	1.7	2.8	2.2	0.9	5.3
8	220	Flour wheat white 75% extraction	0.0	0.0	0.0	0.0	0.9	4.0	2.2	1.0	10.3
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.3	15.4	15.0	15.0	15.6
8	225	Breakfast cereal Brinta	0.4	0.0	0.0	0.0	1.2	25.3	19.7	12.0	40.2

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

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8	226	Starch potato	0.0	0.0	0.0	0.0	0.3	0.6	0.6	0.6	0.6
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.3	0.0	0.0	0.0	0.5	55.6	35.5	19.0	89.5
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.7	4.8	3.7	0.4	7.8
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.1	0.0	0.0	0.0	0.6	12.9	5.3	3.6	27.5
8	658	Rice white boiled	6.6	0.0	0.0	61.1	6.3	102.0	84.1	13.2	201.4
8	659	Pasta white average boiled	8.8	0.0	0.0	64.3	7.9	114.7	97.4	26.4	263.6
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.2	0.0	0.0	0.0	1.6	16.6	5.1	0.9	44.2
8	1014	Rice brown boiled	3.0	0.0	0.0	0.0	1.8	141.1	89.9	35.1	263.2
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.5	6.8	4.3	3.8	14.5
8	2157	Pasta wholemeal boiled	0.1	0.0	0.0	0.0	0.2	32.3	19.2	19.2	53.6
8	2158	Couscous boiled	0.1	0.0	0.0	0.0	0.2	50.4	20.0	20.0	100.5
8	2159	Millet boiled	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.1	47.6	25.0	22.4	65.5
8	2361	Breakfast prod Albona 7-cereals-energy	0.2	0.0	0.0	0.0	0.4	43.0	42.0	42.0	46.9
8	2366	Muesli crunchy plain/w fruit	0.6	0.0	0.0	0.0	2.4	27.5	20.2	10.1	59.0
8	2675	Muesli crunchy w nuts	0.3	0.0	0.0	0.0	1.1	26.4	19.9	7.4	39.8
8	2676	Muesli crunchy w chocolate	0.4	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.2	13.3	13.3	13.3	13.3
8	2809	Muesli w fruit	0.9	0.0	0.0	0.0	3.4	31.6	19.9	11.1	76.1
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.6	2.6	1.8	1.0	2.9
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.1	30.7	21.2	19.7	38.1
9	7	Endive raw	1.2	0.0	0.0	0.0	1.4	113.2	97.6	83.9	134.4
9	8	Endive boiled	3.4	0.0	0.0	2.1	2.6	143.2	109.0	49.0	237.8
9	11	Aubergine boiled	0.9	0.0	0.0	0.0	1.0	73.2	50.2	12.5	121.8
9	13	Celery boiled	0.2	0.0	0.0	0.0	0.7	46.3	24.6	5.2	152.4
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	8.3	0.0	0.0	60.7	4.5	155.5	121.6	78.0	286.2
9	16	Kale curly boiled	0.6	0.0	0.0	0.0	0.8	120.8	114.5	33.1	158.9
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	2.4	0.0	0.0	16.0	4.8	38.6	32.1	6.7	80.4
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.3	0.0	0.0	0.0	0.2	148.8	148.8	148.8	148.8
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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

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9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.2	40.6	40.6	40.6	40.6
9	27	Cucumber wo skin raw	4.2	0.0	0.0	38.6	7.4	72.9	61.7	13.0	146.5
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	0.6	21.2	17.3	9.1	44.9
9	29	Swede boiled	0.6	0.0	0.0	0.0	0.3	259.3	190.4	162.0	308.8
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.7	19.6	10.8	8.9	26.9
9	32	Sweet pepper green boiled	0.7	0.0	0.0	0.0	1.5	28.6	15.3	10.0	59.6
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.6	0.0	0.0	17.5	4.2	52.2	32.2	4.5	145.0
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.3	0.0	0.0	0.0	0.2	182.1	145.6	145.6	263.8
9	44	Cabbage Savoy boiled	0.7	0.0	0.0	0.0	0.5	100.7	66.3	66.3	181.9
9	46	Lettuce head raw	2.7	0.0	0.0	20.0	6.4	53.6	39.0	4.5	97.5
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.1	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.3	0.0	0.0	0.0	0.2	137.1	72.8	25.0	169.3
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	3.5	0.0	0.0	0.0	3.0	117.2	96.5	15.1	173.0
9	54	Cabbage oxheart boiled	1.1	0.0	0.0	0.0	0.7	190.1	175.3	120.0	236.2
9	55	Brussel sprouts boiled	11.9	0.0	0.0	69.8	6.6	146.1	129.3	77.6	204.6
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.3	17.6	17.6	17.6	17.6
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.0	1.8	14.7	0.9	0.3	52.1
9	60	Tomatoes normal raw	4.0	0.0	0.0	33.2	9.3	42.9	33.1	5.5	73.1
9	61	Tomatoes normal boiled	0.8	0.0	0.0	0.0	2.1	31.4	11.7	2.2	66.4
9	63	Onions raw	1.4	0.0	0.0	10.1	7.8	20.7	13.4	3.7	45.9
9	64	Onions boiled	5.2	0.0	0.0	33.4	19.4	34.5	23.0	1.3	111.2
9	65	Lettuce lambs raw	0.2	0.0	0.0	0.0	1.1	14.7	9.7	8.6	26.6
9	67	Chicory raw	1.2	0.0	0.0	0.0	1.3	67.0	47.2	25.0	166.6
9	68	Chicory boiled	8.6	0.0	0.0	77.3	5.1	161.5	144.7	55.3	293.9
9	69	Cabbage white raw	0.0	0.0	0.0	0.0	0.4	11.8	7.7	4.0	12.9
9	70	Cabbage white cooked	0.2	0.0	0.0	0.0	2.4	11.9	4.0	1.0	35.8
9	71	Carrots raw average	0.1	0.0	0.0	0.0	0.9	20.8	11.9	4.0	51.7
9	72	Carrots boiled average	1.1	0.0	0.0	2.1	3.8	22.1	5.1	1.4	102.1
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.1	32.4	32.4	32.4	32.4
9	74	Cabbage sauerkraut cooked	4.4	0.0	0.0	29.9	2.7	146.2	145.8	40.4	236.7
9	75	Vegetable mix for soup raw	1.5	0.0	0.0	1.1	1.4	54.2	39.0	13.3	121.9
9	124	Radish red/white raw	0.3	0.0	0.0	0.0	1.6	27.2	28.3	10.3	38.1
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.0
9	127	Vegetables mixture raw	0.1	0.0	0.0	0.0	0.3	76.0	42.0	12.7	131.1
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.8	16.0	16.0	16.0	16.0
9	132	Gherkins sweet pickled	0.8	0.0	0.0	5.0	5.4	14.0	9.7	2.1	40.0
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.1	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.4	0.0	0.0	0.2	1.8	50.3	3.5	0.9	141.0
9	136	Peas and carrots tinned	3.2	0.0	0.0	41.6	2.2	112.3	112.0	60.0	127.1
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.5	0.0	0.0	0.0	1.1	119.6	99.2	98.0	195.2
9	140	Spinach tinned	0.1	0.0	0.0	0.0	0.1	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.2	0.0	0.0	0.0	1.1	18.6	8.6	1.0	44.1

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9	142	Beans broad tinned	1.8	0.0	0.0	0.0	1.2	217.3	141.8	69.7	230.2
9	143	Carrots tinned	0.7	0.0	0.0	0.0	0.5	150.1	139.9	120.0	175.2
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.7	3.6	2.6	1.5	0.9	5.9
9	145	Cabbage red glass	0.4	0.0	0.0	0.0	0.8	150.0	150.0	150.0	150.0
9	146	Spinach frozen boiled	2.4	0.0	0.0	0.0	1.9	178.5	146.1	14.8	371.1
9	538	Rhubarb puree w sugar	1.3	0.0	0.0	0.0	1.8	66.6	60.8	31.9	79.4
9	557	Celery raw	0.3	0.0	0.0	0.0	0.6	57.3	40.1	30.0	109.9
9	558	Celeriac raw	0.1	0.0	0.0	0.0	0.1	120.9	120.9	120.9	120.9
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.0	0.0	0.0	0.0	0.4	9.6	9.2	9.2	10.8
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.4	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	2.0	0.0	0.0	0.0	1.8	225.3	229.6	174.0	247.8
9	651	Spinach creamed frozen boiled	1.1	0.0	0.0	0.0	1.4	99.2	81.6	33.1	213.5
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.1	16.9	16.9	16.9	16.9
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.2	9.6	9.6	9.6	9.6
9	851	Sweet pepper sweet/sour pickled	0.4	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	1.3	23.9	19.5	9.1	33.8
9	885	Sweet pepper red boiled	0.9	0.0	0.0	6.5	4.4	25.5	17.2	8.2	60.1
9	920	Broccoli boiled	4.6	0.0	0.0	50.5	4.0	141.7	123.5	40.2	209.1
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.2	47.0	35.8	25.5	49.5
9	951	Beans French boiled	8.4	0.0	0.0	84.0	11.0	109.5	95.5	2.3	201.1
9	952	Kale curly frozen boiled	0.1	0.0	0.0	0.0	0.1	142.2	142.2	142.2	142.2
9	953	Peas frozen boiled	0.8	0.0	0.0	0.0	0.9	104.3	87.8	20.0	190.1
9	954	Beans French frozen boiled	0.5	0.0	0.0	0.0	0.5	216.2	200.0	200.0	233.2
9	957	Asparagus boiled	0.0	0.0	0.0	0.0	0.0
9	958	Beetroot boiled	1.8	0.0	0.0	0.0	1.0	188.5	178.8	115.6	242.0
9	961	Beans runner boiled	3.1	0.0	0.0	0.0	1.7	134.3	122.5	75.5	172.7
9	962	Beans broad boiled	0.1	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	0.2	0.0	0.0	0.0	0.5	84.0	52.0	52.0	119.7
9	966	Courgettes boiled	1.1	0.0	0.0	0.0	1.7	61.8	34.1	3.8	147.9
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.1	0.0	0.0	0.0	0.2	58.5	50.0	50.0	81.1
9	1141	Vegetable mixed Mexico frozen unprepared	0.4	0.0	0.0	0.0	0.1	450.0	450.0	450.0	450.0
9	1143	Beans runner frozen unprepared	0.5	0.0	0.0	0.0	0.5	145.4	113.2	98.0	184.0
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.3	0.0	0.0	0.0	0.2	199.0	181.1	176.0	212.5
9	1148	Beans broad frozen unprepared	0.5	0.0	0.0	0.0	0.1	190.3	111.5	60.0	236.1
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.1	18.8	18.8	18.8	18.8
9	1399	Lettuce iceberg raw	3.5	0.0	0.0	29.6	6.1	59.7	43.6	6.7	131.9
9	1454	Beetroot pickled glass	0.4	0.0	0.0	0.0	0.5	88.6	64.9	20.9	138.3
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.2	3.8	3.8	3.8	3.8
9	1904	Vegetables average boiled	3.3	0.0	0.0	0.0	2.2	126.5	92.0	8.0	258.2

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

NEVO group	NEVO code	Description	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
9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.1	109.2	108.0	108.0	110.4
9	2293	Tomatoes tinned	0.4	0.0	0.0	0.0	0.7	126.4	80.5	41.4	223.1
9	2330	Mange-tout and carrots boiled	0.4	0.0	0.0	0.0	0.2	182.0	182.0	182.0	182.0
9	2331	Bami vegetables mixed boiled	0.2	0.0	0.0	0.0	0.3	67.2	58.7	58.6	80.5
9	2346	Lettuce green average raw	0.7	0.0	0.0	0.0	1.6	55.2	46.8	1.9	94.2
9	2377	Tomatoes dried in oil tin/glass	0.2	0.0	0.0	0.0	0.5	16.4	14.3	10.7	19.5
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.0
9	2498	Tomatoes sieved	0.7	0.0	0.0	0.0	1.1	60.4	40.8	40.8	111.6
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.1	5.3	5.3	5.3	5.3
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.6	14.6	8.9	7.5	27.9
9	2710	Cabbage red w apple pieces glass	0.2	0.0	0.0	0.0	0.2	192.3	131.9	87.0	300.5
9	2726	Carrot bunched raw	0.0	0.0	0.0	0.0	0.1	9.8	9.0	9.0	10.8
9	2727	Carrot bunched boiled	8.2	0.0	0.0	88.2	5.2	160.3	149.6	25.5	227.9
9	2728	Carrot winter raw	0.3	0.0	0.0	0.0	1.3	61.7	51.9	15.0	85.0
9	2729	Carrot winter boiled	2.2	0.0	0.0	0.0	1.6	89.8	89.6	24.3	156.1
9	2730	Tomato vine raw	4.5	0.0	0.0	31.6	8.2	83.9	60.9	31.4	162.5
9	2731	Tomato cherry raw	1.2	0.0	0.0	9.3	5.1	38.3	33.5	11.9	59.5
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.1	27.8	27.8	27.8	27.8
9	2733	Tomato beef boiled	0.4	0.0	0.0	0.0	0.6	111.2	111.2	111.2	111.2
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.7	21.1	15.6	6.4	30.4
9	2735	Tomato average boiled	0.6	0.0	0.0	0.0	0.6	83.6	49.3	22.6	142.6
9	2736	Rocket raw	0.6	0.0	0.0	0.0	1.5	22.1	12.4	3.2	50.6
9	2737	Onion Welsh raw	0.2	0.0	0.0	0.0	1.0	20.4	19.9	6.4	25.1
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	0.9	0.0	0.0	0.0	2.2	36.1	28.7	12.1	77.6
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.1	45.9	45.9	45.9	45.9
9	2741	Sweet pepper yellow boiled	0.2	0.0	0.0	0.0	1.0	19.0	13.5	10.0	30.6
9	2742	Sweet pepper average raw	0.1	0.0	0.0	1.0	2.4	5.4	3.7	1.7	10.0
9	2743	Sweet pepper average boiled	0.4	0.0	0.0	1.3	3.1	15.7	6.0	0.9	44.9
9	2840	Cabbage red w apple pieces	0.5	0.0	0.0	0.0	0.3	250.0	250.0	250.0	250.0
9	2900	Sweetcorn tinned	0.3	0.0	0.0	0.0	1.4	41.4	40.7	7.4	66.3
10	455	Peanut butter	0.9	0.0	0.0	3.6	5.5	20.7	17.4	3.4	42.5
10	541	Peanut butter with nut pieces	0.3	0.0	0.0	0.0	0.7	36.6	23.7	17.5	51.4
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.2	0.0	0.0	0.0	1.0	16.2	14.5	7.5	19.4
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.3	3.5	2.2	0.3	4.7
10	2367	Peanut butter light	0.2	0.0	0.0	0.0	1.4	24.7	19.2	13.3	33.4
11	304	Cheese Swiss dried	0.2	0.0	0.0	0.0	1.1	10.2	2.9	2.0	34.6
11	511	Cheese Edam 40+	1.1	0.0	0.0	5.0	3.2	36.6	32.4	5.8	63.1
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	5.1	0.0	0.0	29.1	17.5	35.3	25.8	10.0	66.6
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.3	0.0	0.0	0.0	2.2	25.7	21.9	13.0	34.8
11	515	Cheese spread 48+	0.2	0.0	0.0	0.0	0.9	22.0	16.5	10.0	33.9
11	517	Cheese spread 20+	0.6	0.0	0.0	0.0	3.0	22.2	10.5	5.1	55.0
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.3	46.4	38.3	30.0	57.8
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.3	10.9	7.7	7.0	13.4
11	654	Cheese cottage	0.1	0.0	0.0	0.0	0.4	38.7	28.4	24.0	46.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.2	7.0	7.0	7.0	7.0
11	718	Cheese Parmesan	0.3	0.0	0.0	0.0	0.9	21.1	11.8	2.5	49.1
11	719	Cheese cream soft Mon Chou	0.1	0.0	0.0	0.0	0.9	8.7	4.7	4.0	19.6
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.1	0.0	0.0	0.0	0.4	23.7	22.4	22.0	24.7
11	726	Cheese Bluefort	0.4	0.0	0.0	0.0	0.6	31.8	8.8	7.0	66.8
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.5	18.7	13.3	13.3	36.4
11	804	Cheese sheep fresh	0.5	0.0	0.0	0.0	2.8	23.0	15.0	5.2	46.0
11	881	Cheese 48+ low salt	0.4	0.0	0.0	0.0	1.2	23.4	20.7	13.0	27.2
11	883	Cheese Amsterdam 48+	0.3	0.0	0.0	0.0	2.3	23.8	24.7	13.0	39.0
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.3	23.2	22.0	22.0	25.3
11	1108	Cheese Rambol	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	1.3	0.0	0.0	0.0	3.3	46.6	37.0	13.0	82.7
11	1113	Cheese sodium reduced 48+	0.2	0.0	0.0	0.0	0.2	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	6.2	0.0	0.0	35.8	18.3	32.5	23.8	15.0	84.9
11	1487	Cheese Brie 60+	0.4	0.0	0.0	0.0	2.7	17.8	12.9	7.0	40.3
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
11	1650	Cheese goat fresh	0.3	0.0	0.0	0.0	1.1	25.3	13.0	10.0	63.2
11	1723	Cheese 20+	0.5	0.0	0.0	0.0	1.3	30.0	21.6	8.0	47.2
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.3	0.0	0.0	0.0	0.6	36.8	22.0	22.0	62.7
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.6	0.0	0.0	0.0	2.0	29.0	26.7	22.0	33.9
11	1809	Cheese 45+	0.1	0.0	0.0	0.0	0.5	34.3	24.0	24.0	46.7
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.1	0.0	0.0	0.0	1.2	29.9	26.8	2.3	36.1
11	2518	Cheese goat hard	0.3	0.0	0.0	0.0	1.5	24.1	19.0	10.0	42.9
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.9	10.9	10.4	10.0	10.9
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.5	21.0	16.9	15.0	28.2
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.6	0.0	0.0	0.0	1.7	36.6	22.0	13.0	109.0
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	2.5	0.0	0.0	22.9	6.8	31.7	24.6	10.5	60.5
11	2758	Cheese Gouda 48+ age 4-7 mths	11.4	0.0	0.0	68.0	16.2	43.2	29.0	4.4	81.9
11	2759	Cheese Gouda 48+ age 10-12 mths	1.3	0.0	0.0	10.5	4.7	36.7	30.4	14.9	69.3
11	2824	Cheese 30+ low salt	0.3	0.0	0.0	0.0	0.9	34.0	27.9	22.0	35.2
12	429	Stock cubes	0.0	0.0	0.0	0.0	0.8	5.3	4.3	0.7	8.7
12	824	Mustard	0.1	0.0	0.0	0.0	2.2	3.6	1.8	0.6	8.6
12	830	Garlic fresh	0.0	0.0	0.0	0.3	4.2	0.9	0.7	0.1	1.7
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.4	6.8	5.0	5.0	9.3
12	842	Stock powder	0.0	0.0	0.0	0.0	0.7	1.7	0.8	0.2	3.8
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.5	9.1	6.7	5.6	10.8
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	1.2	1.3	1.0	0.5	1.9
12	1883	Stock powder low sodium	0.2	0.0	0.0	0.0	0.3	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.2	0.5	0.5	0.5	0.5
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.1	10.5	10.5	10.5	10.5
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven/dagschotel unprepared	0.1	0.0	0.0	0.0	0.4	17.9	15.0	12.9	22.5
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.1	0.0	0.0	0.0	0.6	17.6	13.3	5.0	27.2
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.6	7.6	7.4	4.7	8.9
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.4	0.0	0.0	8.6	6.6	17.2	17.1	6.9	29.3
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	1.0	210.6	203.1	200.0	227.2
13	273	Milk chocolate-flavoured low fat	0.2	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.3	0.0	0.0	0.0	3.3	7.9	4.9	2.5	14.8
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.6	15.0	9.6	9.0	22.4
13	276	Custard chocolate full fat	1.7	0.0	0.0	0.0	0.9	136.8	114.1	91.7	190.6
13	278	Yoghurt full fat	7.7	0.0	0.0	68.0	5.3	179.0	160.6	76.0	290.1
13	279	Milk whole	9.2	0.0	0.0	85.7	6.6	139.8	173.3	20.9	271.5
13	280	Coffee creamer full fat	0.8	0.0	0.0	4.3	6.2	17.5	15.1	4.5	36.5
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	9.7	0.0	0.0	92.9	4.5	170.9	179.2	87.0	278.5
13	284	Yoghurt low fat with fruit	3.8	0.0	0.0	0.0	3.7	137.1	122.9	80.0	218.4
13	285	Coffee creamer half fat	5.9	0.0	0.0	31.9	22.6	24.5	22.6	6.8	57.9
13	286	Milk semi-skimmed	100.7	0.0	0.0	400.0	41.1	251.9	218.7	15.3	545.2
13	288	Porridge oatmeal	4.0	0.0	0.0	0.0	1.6	247.1	216.6	103.0	369.6
13	289	Buttermilk	24.7	0.0	0.0	188.0	16.0	209.4	201.1	64.8	446.3
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.1	0.0	0.0	0.0	0.6	9.5	5.9	4.1	18.3
13	294	Milk skimmed	2.7	0.0	0.0	0.0	1.7	222.9	188.0	50.2	417.1
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.1	2.9	2.0	2.0	3.8
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0	2.5	2.5	2.5	2.5
13	298	Porridge rice	1.1	0.0	0.0	0.0	0.7	204.1	181.7	74.2	350.3
13	299	Cream whipping	0.2	0.0	0.0	0.0	2.1	14.0	5.2	3.4	31.8
13	301	Yoghurt low fat	10.8	0.0	0.0	107.8	9.1	166.3	166.8	22.4	257.1
13	303	Ice cream dairy cream based	1.9	0.0	0.0	0.0	3.1	74.8	72.0	32.0	98.9
13	305	Fromage frais low fat	2.3	0.0	0.0	0.0	3.8	100.8	82.5	2.0	200.7
13	306	Fromage frais half fat	0.5	0.0	0.0	0.0	0.5	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.9	0.0	0.0	0.0	0.7	201.6	176.7	65.0	242.7
13	477	Custard vanilla low fat	1.7	0.0	0.0	0.0	0.9	128.3	116.8	113.3	149.0
13	478	Custard chocolate low fat	0.4	0.0	0.0	0.0	0.2	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	0.2	0.0	0.0	0.0	0.3	221.5	221.5	221.5	221.5
13	485	Ice cream dairy cornet	1.5	0.0	0.0	0.0	1.6	76.8	71.4	18.0	110.7
13	532	Blancmange chocolate	0.4	0.0	0.0	0.0	0.3	251.0	202.0	200.0	290.2
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	8.6	0.0	0.0	0.0	2.2	499.2	280.7	171.0	681.7
13	736	Pudding vanilla	0.4	0.0	0.0	0.0	0.4	61.3	41.7	41.7	137.2
13	767	Mousse chocolate	0.1	0.0	0.0	0.0	0.2	72.3	46.9	28.8	85.7
13	786	Pudding chipolata	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0

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13	812	Cream sour	0.1	0.0	0.0	0.0	0.3	13.0	10.4	8.2	14.2
13	863	Yoghurt full fat with fruit	0.6	0.0	0.0	0.0	0.5	144.6	118.1	41.7	267.0
13	912	Pudding raspberries w currant sauce	0.1	0.0	0.0	0.0	0.2	115.0	115.0	115.0	115.0
13	915	Chocolate pudding with sauce	1.1	0.0	0.0	0.0	0.3	168.7	130.9	125.0	198.5
13	916	Yoghurt Bulgarian low fat	0.1	0.0	0.0	0.0	0.2	51.8	51.8	51.8	51.8
13	917	Fromage frais half fat w fruit	3.9	0.0	0.0	0.0	2.1	152.6	122.9	48.5	255.7
13	931	Fromage frais low fat with fruit	3.8	0.0	0.0	0.0	2.0	233.3	233.3	233.3	233.3
13	933	Blancmange caramel	0.2	0.0	0.0	0.0	0.1	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	1.8	0.0	0.0	0.0	1.0	186.2	167.5	125.0	259.5
13	940	Blancmange vanilla w strawberry sauce	0.2	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.7	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	0.9	0.0	0.0	0.0	0.7	200.0	200.0	200.0	200.0
13	1464	Milk chocolate-flavoured semi-skimmed	1.9	0.0	0.0	0.0	1.1	271.3	205.1	200.0	429.1
13	1474	Ice lolly/ Sorbet	0.7	0.0	0.0	0.0	1.2	50.0	50.0	50.0	50.0
13	1502	Yoghurt half fat	10.2	0.0	0.0	107.9	4.8	167.8	150.9	51.8	260.1
13	1503	Cream 25% fat	0.2	0.0	0.0	0.0	2.1	8.6	4.1	3.7	24.5
13	1719	Milk semi-skimmed enriched w calcium	0.6	0.0	0.0	0.0	0.2	287.4	287.4	287.4	287.4
13	1720	Custard several flavours full fat	2.3	0.0	0.0	0.0	1.6	165.1	134.9	49.4	280.0
13	1721	Yoghurt vanilla half fat	2.9	0.0	0.0	0.0	2.7	125.3	123.2	51.8	165.7
13	1722	Porridge semolina	1.0	0.0	0.0	0.0	0.5	242.1	211.1	144.2	273.6
13	1791	Cream whipped w sugar canned	0.4	0.0	0.0	0.0	1.6	20.6	16.9	8.2	37.4
13	1808	Creme fraiche	0.3	0.0	0.0	0.0	1.7	17.5	9.3	4.0	42.6
13	1813	Yakult	1.0	0.0	0.0	0.0	1.6	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	1.1	0.0	0.0	0.0	0.6	185.2	176.1	176.1	195.2
13	1833	Yoghurt l fat w fruit/van w sw Optimel	2.8	0.0	0.0	0.0	1.8	98.2	84.7	25.9	140.9
13	1834	Yoghurt drink w sweeteners Optimel	4.5	0.0	0.0	0.0	2.0	210.0	203.0	156.6	263.7
13	1916	Cream whipped with added sugar	0.4	0.0	0.0	0.0	2.7	14.1	11.2	3.0	27.3
13	1954	Coffee creamer Balance	0.3	0.0	0.0	0.0	1.2	15.4	6.8	5.0	31.0
13	1957	Custard with whipped cream	0.2	0.0	0.0	0.0	0.2	125.0	82.4	82.4	211.0
13	1958	Porridge buttermilk groats	0.8	0.0	0.0	0.0	0.4	247.3	208.8	185.0	270.6
13	1970	Milk chocolate-flavoured Chocomel light	0.7	0.0	0.0	0.0	0.6	201.0	161.7	161.7	234.7
13	2240	Milk goats- full fat	1.1	0.0	0.0	0.0	0.7	314.7	214.2	214.2	478.6
13	2244	Yoghurt cream- with fruit	6.9	0.0	0.0	67.7	4.6	146.0	146.2	35.5	238.6
13	2246	Fromage frais low fat w fruit w sw	1.9	0.0	0.0	0.0	1.4	143.3	108.0	108.0	244.0
13	2247	Fromage frais yoghurt w fruit	0.2	0.0	0.0	0.0	0.5	97.8	77.8	77.8	124.8
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	0.1	0.0	0.0	0.0	0.1	210.6	210.6	210.6	210.6
13	2258	Actimel	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.1	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0

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

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13	2267	Custard no fat w sweeteners Optimel	1.2	0.0	0.0	0.0	0.5	132.5	123.5	121.5	141.2
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	0.7	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.6	0.0	0.0	0.0	1.0	44.5	40.0	32.0	60.0
13	2495	Drinking chocolate w s-sk milk	0.9	0.0	0.0	0.0	0.7	176.2	169.2	168.9	181.9
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.3	0.0	0.0	0.0	0.1	220.4	220.4	220.4	220.4
13	2501	Yoghurt half fat w fruit	2.9	0.0	0.0	0.0	2.2	190.0	156.3	125.0	255.8
13	2503	Yoghurt Greek full fat	0.5	0.0	0.0	0.0	0.5	160.9	150.7	58.3	226.5
13	2504	Fromage frais full fat w fruit	0.5	0.0	0.0	0.0	0.7	114.0	101.2	81.0	147.5
13	2519	Custard half fat all flavours	1.4	0.0	0.0	0.0	1.2	165.6	154.6	121.5	214.2
13	2520	Pudding airy average	1.1	0.0	0.0	0.0	0.8	100.2	66.5	55.6	183.4
13	2521	Porridge milk w flour Lammetjespap	0.7	0.0	0.0	0.0	0.5	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.5	0.0	0.0	0.0	0.6	153.1	137.8	137.8	206.0
13	2537	Dessert made of custard, yoghurt & syrup	0.1	0.0	0.0	0.0	0.1	195.7	195.7	195.7	195.7
13	2538	Blancmange home-made w semi-sk milk	0.3	0.0	0.0	0.0	0.6	95.9	95.8	95.8	96.1
13	2539	Custard soft & airy Campina	1.4	0.0	0.0	0.0	0.4	128.0	120.7	118.5	133.6
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2689	Actimel light	0.0	0.0	0.0	0.0	0.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	1.7	0.0	0.0	0.0	0.8	220.4	151.5	130.0	339.4
13	2823	Yoghurt full fat stracciatella	0.9	0.0	0.0	0.0	0.2	204.1	204.1	204.1	204.1
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.6	0.0	0.0	0.0	0.3	236.9	236.9	236.9	236.9
13	3047	Yoghurt Turkish 10% fat	0.1	0.0	0.0	0.0	0.1	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	1.2	0.0	0.0	0.0	0.9	174.5	146.5	128.8	248.8
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.6	11.4	9.4	8.0	14.7
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.0
13	3074	Yoghurt full fat w fruit Activia	1.3	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.1	0.0	0.0	0.0	0.4	57.8	39.0	39.0	129.1
14	688	Tempeh fermented soya beans	0.2	0.0	0.0	0.0	0.6	50.7	37.7	37.7	64.7

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14	870	Milk soya natural	0.6	0.0	0.0	0.0	0.5	228.9	212.0	212.0	265.7
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.1	2.2	1.8	1.8	2.5
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.0	2.1	6.0	2.3	0.2	26.0
14	1380	Dessert soya Alpro	1.0	0.0	0.0	0.0	0.4	126.9	103.5	100.0	145.3
14	1381	Milk soya Natural Fresh Alpro	1.0	0.0	0.0	0.0	0.5	190.4	129.1	25.0	399.8
14	1511	Hamburger vegetarian unprep	0.1	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.3	0.0	0.0	0.0	0.8	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	1.8	0.0	0.0	0.0	0.5	250.1	225.1	200.0	292.8
14	1953	Soya based yoghurt Yofu soja Alpro	0.1	0.0	0.0	0.0	0.3	61.7	48.6	38.9	86.6
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.3	0.0	0.0	0.0	0.4	56.0	53.2	53.2	60.7
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.2	0.0	0.0	0.0	0.3	98.4	84.6	84.6	143.2
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.6	0.0	0.0	0.0	0.5	90.1	35.0	32.0	220.4
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.6	0.0	0.0	0.0	1.0	169.9	118.7	25.9	254.6
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.1	0.0	0.0	0.0	0.3	36.1	29.6	19.0	49.7
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0	37.5	37.5	37.5	37.5
15	199	Cashew nuts unsalted	0.5	0.0	0.0	0.0	2.1	37.0	19.5	5.1	63.8
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	15.7	12.0	12.0	22.7
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.0	0.0	0.0	0.0	0.3	20.6	15.1	15.0	28.3
15	205	Mixed nuts and raisins	0.0	0.0	0.0	0.0	0.2	19.4	15.0	15.0	27.4
15	206	Walnuts unsalted	0.5	0.0	0.0	0.0	2.4	17.7	9.6	6.5	34.3
15	207	Nuts mixed unsalted	0.2	0.0	0.0	0.0	0.4	35.0	25.0	25.0	47.4
15	264	Biscuit salted average	0.6	0.0	0.0	3.5	4.8	15.3	11.9	4.0	23.4
15	265	Puff pastry baked	0.4	0.0	0.0	0.0	1.7	42.5	41.0	11.0	72.1
15	266	Snack sausage roll puff pastry	0.3	0.0	0.0	0.0	0.4	131.2	122.1	120.0	138.2
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.2	0.0	0.0	0.0	0.5	22.7	19.0	19.0	33.3
15	546	Peanuts coated	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.7	13.3	10.0	10.0	17.8
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.8	4.0	3.2	2.6	4.3
15	852	Salad celeriac	0.1	0.0	0.0	0.0	0.2	59.6	32.7	15.0	75.3
15	867	Linseeds	0.1	0.0	0.0	0.0	3.7	9.4	5.9	3.6	29.5
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
15	876	Peanuts salted	0.3	0.0	0.0	0.0	0.8	24.4	15.0	15.0	48.2
15	901	Snack sausage roll w bread dough pastry	0.4	0.0	0.0	0.0	0.6	67.0	51.2	37.5	72.6
15	1496	Salad fish	0.4	0.0	0.0	0.0	1.7	29.6	14.5	10.0	56.5
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
15	1499	Salad egg	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0

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15	1699	Biscuits & snacks cheesy averaged	0.5	0.0	0.0	0.0	1.1	32.8	25.1	10.0	55.3
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	1877	Salad meat	0.1	0.0	0.0	0.0	0.3	39.3	32.9	30.0	43.8
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.1	16.0	12.0	12.0	19.2
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.0
15	1935	Nuts mixed salted	0.4	0.0	0.0	0.0	2.3	26.5	21.9	0.4	48.5
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.4	0.0	0.0	0.0	1.4	51.8	15.0	15.0	136.4
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.7	18.1	14.0	10.0	18.5
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	1.5	5.2	3.7	1.9	9.1
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	2362	Sausage Dutch Frikandel frozen unprep	2.4	0.0	0.0	0.0	0.9	148.4	99.0	80.0	226.1
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	1.3	0.0	0.0	0.0	1.2	84.9	77.9	63.0	116.5
15	2549	Springroll frozen unprepared	0.9	0.0	0.0	0.0	0.7	152.4	103.1	70.0	250.1
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.2	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
15	2830	Croissant with cheese	0.4	0.0	0.0	0.0	0.6	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.1	0.0	0.0	0.0	0.4	19.8	12.6	6.0	27.1
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.2	31.6	25.0	20.0	42.2
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	1.8	0.0	0.0	0.0	0.8	114.3	100.0	100.0	144.0
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	2.1	0.0	0.0	0.0	1.8	125.0	68.1	36.2	248.5
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.1	49.2	49.2	49.2	49.2
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.6	0.0	0.0	0.0	0.4	59.0	44.2	2.0	85.6
16	3049	Beans white tinned	0.3	0.0	0.0	0.0	0.2	91.9	72.6	33.0	121.9
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.5	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.8	0.0	0.0	0.0	0.3	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.7	0.0	0.0	0.0	0.2	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.2	0.0	0.0	0.0	0.1	566.5	566.5	566.5	566.5
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	2.3	0.0	0.0	0.0	1.4	240.6	233.2	101.9	330.8
19	758	Soup clear with meat	0.0	0.0	0.0	0.0	0.0
19	759	Soup clear with vegetables	5.8	0.0	0.0	0.0	1.7	268.0	209.7	196.4	440.5
19	760	Soup clear with meat and noodles	0.1	0.0	0.0	0.0	0.1	348.6	348.6	348.6	348.6
19	761	Soup clear with meat and vegetables	8.6	0.0	0.0	105.0	2.6	251.1	241.0	199.3	317.2
19	762	Soup clear w meat vegetables and noodles	3.3	0.0	0.0	0.0	1.2	218.5	188.9	170.1	362.6
19	763	Soup thickened w vegetables	0.8	0.0	0.0	0.0	0.2	278.2	194.3	194.3	389.6
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	4.0	0.0	0.0	0.0	1.3	468.7	311.9	157.5	477.2
19	797	Soup vegetable based dried packet prep	11.9	0.0	0.0	89.8	4.6	255.7	200.0	141.8	387.4
19	798	Soup meat based dried packet prepared	3.1	0.0	0.0	0.0	1.8	188.6	149.9	142.0	277.9
19	800	Soup vegetable based tinned prepared	8.8	0.0	0.0	97.4	2.0	263.1	250.1	166.4	347.1
19	801	Soup meat based ready made prepared	1.8	0.0	0.0	0.0	0.4	181.8	157.5	157.5	244.8
19	802	Soup legume based ready made prepared	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
19	1528	Stock from cube prepared	8.0	0.0	0.0	85.3	4.0	227.5	190.0	5.9	443.4
19	2487	Soup veg & meat based ready made prep	3.6	0.0	0.0	0.0	1.3	291.9	245.3	190.1	395.9
19	2488	Soup vegetable&meat based prepared pack	3.1	0.0	0.0	0.0	1.1	292.0	254.9	110.5	451.1
19	2561	Soup thickened no filling	0.0	0.0	0.0	0.0	0.1	165.9	165.9	165.9	165.9
19	2932	Soup cup-a-soup prepared	3.8	0.0	0.0	0.0	2.1	209.2	177.1	174.3	255.4
20	374	Sugar brown Basterdsuiker	0.2	0.0	0.0	0.0	2.2	10.5	7.7	1.4	25.7
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	1.5	8.9	8.0	2.8	17.3
20	377	Sugar granulated	4.6	0.0	0.0	27.2	26.9	18.1	12.0	0.9	48.3
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	2.2	16.5	15.2	10.0	19.5
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	427	Syrup apple	2.3	0.0	0.0	16.6	9.5	24.9	18.9	7.2	46.5
20	431	Chocolate milk	1.0	0.0	0.0	6.8	6.3	14.9	11.7	4.1	27.7
20	432	Chocolate plain	0.8	0.0	0.0	6.2	6.7	14.8	12.3	5.0	29.4
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	0.2	11.2	10.0	10.0	13.9
20	435	Chocolate flakes plain	0.1	0.0	0.0	0.0	1.3	5.3	4.2	3.3	7.3
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	0.5	27.4	23.1	20.0	34.3

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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20	442	Coloured confetti fruit-flavoured	0.5	0.0	0.0	4.0	5.0	10.0	8.5	5.0	16.4
20	443	Honey	2.3	0.0	0.0	17.0	14.1	20.6	18.0	2.8	43.0
20	444	Spread chocolade plain	0.0	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
20	445	Jam	6.4	0.0	0.0	33.4	27.3	25.5	19.5	6.1	48.3
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.0	2.7	1.7	1.0	4.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.2	12.2	10.8	10.0	13.1
20	450	Boiled sweets	0.3	0.0	0.0	1.3	6.2	5.5	5.2	2.0	9.0
20	453	Peppermint	0.1	0.0	0.0	1.1	3.8	4.0	2.8	2.0	5.9
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
20	461	Toffees	0.1	0.0	0.0	0.0	1.0	15.3	10.3	6.0	21.2
20	484	Jam reduced sugar	1.7	0.0	0.0	11.1	6.5	45.9	37.9	17.9	91.0
20	487	Candybar Mars	0.2	0.0	0.0	0.0	1.0	30.9	18.0	8.0	48.8
20	520	Liquorice Dutch type salted	0.2	0.0	0.0	0.3	2.6	11.0	9.2	4.0	18.4
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.5	4.7	3.1	0.3	7.5
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.2	7.5	6.1	6.0	8.7
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
20	528	Candybar Snickers	0.1	0.0	0.0	0.0	0.5	28.1	23.5	18.0	34.7
20	539	Sauce fruit for pudding	0.0	0.0	0.0	0.0	0.2	30.1	22.5	22.5	41.7
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.1	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.2	16.7	15.0	15.0	19.3
20	717	Chocolate bar milk with nuts	0.8	0.0	0.0	5.8	2.3	24.7	14.4	12.0	48.4
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.9	12.9	9.8	7.0	13.6
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.3	27.0	16.8	12.0	34.1
20	752	Wine gums	0.2	0.0	0.0	0.0	1.0	15.3	5.8	4.0	34.8
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.4	0.0	0.0	2.2	2.1	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.1	0.0	0.0	0.0	0.2	17.5	15.0	15.0	19.5
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.5	14.3	10.0	10.0	25.7
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.4	6.1	18.4	14.0	8.3	36.0
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	2.1	14.8	6.3	5.0	29.3
20	1963	Chocolate confetti plain	1.6	0.0	0.0	7.3	11.0	12.1	8.1	5.0	31.1
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.4	17.2	10.0	10.0	44.8
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	0.9	7.8	4.1	1.0	14.4
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
20	2373	After eight chocolate mints	0.1	0.0	0.0	0.0	0.3	10.9	8.0	8.0	19.6
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	1.6	14.0	14.0	14.0	14.0
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.3	25.4	22.1	20.0	27.4
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	13.6	10.0	10.0	18.6
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.8	3.3	3.0	3.0	4.6
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.9	18.0	11.8	10.0	27.9

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20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.4	8.0	8.0	8.0	8.0
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.7	19.7	16.0	16.0	27.3
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2657	Spread duo w chocolate	0.1	0.0	0.0	0.0	0.7	14.7	10.0	10.0	28.3
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.3	2.0	2.0	2.0	2.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	1.0	0.0	0.0	5.2	7.4	14.0	8.4	1.0	40.1
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.7	5.3	5.2	5.2	5.6
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.5	9.9	6.0	6.0	16.3
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.7	10.6	5.5	4.5	20.9
21	310	Butter unsalted	5.4	0.0	0.0	26.7	24.1	18.1	14.1	3.3	39.3
21	312	Oil corn	0.0	0.0	0.0	0.0	0.3	8.7	7.4	7.4	12.8
21	313	Oil soya	0.0	0.0	0.0	0.0	0.6	4.6	3.9	0.9	8.5
21	314	Lard	0.0	0.0	0.0	0.0	0.2	12.4	7.9	7.9	18.4
21	315	Beef fat	0.0	0.0	0.0	0.0	0.2	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	1.4	0.0	0.0	8.8	9.2	13.2	7.3	1.5	30.1
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.7	12.2	6.5	3.9	21.5
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.1	11.5	8.2	2.2	24.3
21	454	Piccalilly	0.1	0.0	0.0	0.0	0.4	31.3	30.0	30.0	36.2
21	458	Salad cream 25% oil	0.3	0.0	0.0	2.1	4.4	9.9	5.6	1.2	19.9
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	2.1	13.8	10.3	2.8	25.8
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.5	10.7	10.0	8.7	11.5
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.3	0.0	0.0	0.0	0.7	20.6	12.8	6.9	38.2
21	601	Oil olive	2.0	0.0	0.0	10.2	23.7	8.9	6.0	0.8	23.1
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.3	4.0	3.5	3.4	4.3
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	11.0	11.0	11.0	11.0
21	616	Peanut sauce jar prepared	0.4	0.0	0.0	0.0	1.1	86.4	85.6	56.4	104.1
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.1	11.0	7.8	7.8	16.1
21	844	Salad dressing naturel without oil	0.3	0.0	0.0	0.0	1.6	22.5	10.6	6.1	39.6
21	879	Butter salted	0.9	0.0	0.0	5.5	7.5	12.4	6.5	3.1	35.8
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.2	11.4	11.0	11.0	12.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.2	5.2	3.2	1.9	6.4
21	1515	Sauce based on roux prepared	0.4	0.0	0.0	0.0	0.3	77.5	50.6	36.0	95.1
21	1517	Sauce mix packet <3% fat prepared	0.0	0.0	0.0	0.0	0.3	37.7	34.6	34.0	46.6
21	1518	Sauce mix packet >3% fat prepared	1.8	0.0	0.0	12.3	4.3	37.6	32.5	5.0	77.5
21	1524	Sauce tomato ready made jar	0.9	0.0	0.0	0.0	1.3	66.6	55.1	2.3	104.8
21	1530	Butter product half fat	0.2	0.0	0.0	0.0	1.1	24.1	20.3	2.2	39.9
21	1803	Sauce oriental ready-made in jar/bag	0.1	0.0	0.0	0.0	1.1	25.7	18.9	2.0	44.9
21	1839	Low fat margarine product tub Becel Ligh	4.4	0.0	0.0	25.9	18.5	21.3	18.5	6.0	51.3

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21	1847	Margarine product tub Becel Dieet	2.1	0.0	0.0	11.7	10.9	18.7	13.6	3.7	41.3
21	1886	Mango chutney	0.1	0.0	0.0	0.0	1.3	11.1	7.4	4.4	12.6
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	2.9	0.0	0.0	18.7	10.9	25.3	19.4	3.7	58.5
21	1961	Low fat marg prod Blue Band Goede Start	0.1	0.0	0.0	0.0	0.6	24.8	17.9	3.0	60.4
21	2059	Low fat margarine 40% fat <17 g sat	1.4	0.0	0.0	9.7	10.1	17.8	12.8	0.7	39.8
21	2060	Low fat margarine prod 35% fat <10 g sat	0.8	0.0	0.0	0.0	3.1	32.7	27.8	6.0	51.4
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2062	Margarine 80% fat 17-24 g saturates	0.4	0.0	0.0	0.0	2.3	20.2	19.4	2.0	27.3
21	2063	Margarine 80% fat >24 g saturates	1.0	0.0	0.0	5.4	17.0	5.5	2.9	0.6	16.7
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	1.5	25.5	23.6	12.0	34.8
21	2066	Cooking fat liquid 97% fat <17 g sat	0.9	0.0	0.0	6.7	12.6	6.0	4.0	0.5	21.1
21	2067	Cooking fat solid 97% fat >17 g sat	0.3	0.0	0.0	0.6	6.6	4.7	1.1	0.5	17.2
21	2068	Frying fat liquid <24 g sat fatty acids	0.3	0.0	0.0	0.0	1.8	12.9	9.7	3.6	24.4
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.1	14.7	12.3	11.0	16.2
21	2072	Margarine product 60% fat <17 g sat	0.6	0.0	0.0	3.2	4.0	16.8	12.8	3.0	42.4
21	2076	Low fat margarine product Benecol light	0.1	0.0	0.0	0.0	0.7	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.3	0.0	0.0	0.1	1.9	9.0	7.7	0.8	21.3
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.0
21	2178	Pesto	0.0	0.0	0.0	0.0	1.0	2.8	1.5	1.2	7.2
21	2294	Low fat margarine Twenty four Ultralight	0.0	0.0	0.0	0.0	0.1	15.0	9.0	8.0	19.8
21	2295	Butter product 25% fat	0.2	0.0	0.0	0.0	1.3	20.9	11.6	4.5	38.0
21	2418	Sauce hot liquid ready made <12% fat	0.3	0.0	0.0	0.0	1.3	36.3	29.9	2.0	61.4
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.3	0.0	0.0	0.0	0.5	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.4	0.0	0.0	0.0	1.4	22.0	23.0	3.0	37.2
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
21	2445	Sauce butter-	0.2	0.0	0.0	0.0	0.4	36.9	21.6	21.6	50.6
21	2446	Sauce chasseur	0.1	0.0	0.0	0.0	0.3	84.1	70.2	60.0	91.2
21	2447	Sauce veg w semi-skimmed milk and maize	0.1	0.0	0.0	0.0	0.7	30.2	22.8	13.0	46.3
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.4	28.2	25.0	25.0	33.3
21	2451	Gravy 25% fat thickend prep w gravypowde	0.5	0.0	0.0	0.0	1.6	56.4	48.8	26.2	98.2
21	2452	Gravy 25% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.4	25.8	20.3	17.5	41.3
21	2453	Gravy 50% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.7	16.2	12.3	8.7	23.4
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.2	0.0	0.0	0.0	1.1	32.4	20.8	17.5	49.0
21	2460	Gravy 75% fat clear prep wo gravypowder	0.0	0.0	0.0	0.0	0.0	106.7	106.7	106.7	106.7
21	2462	Gravy 5% fat clear prep wo gravypowder	0.6	0.0	0.0	0.0	1.8	25.5	20.9	12.1	40.5
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.1	13.5	13.5	13.5	13.5
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.5	7.2	6.8	1.9	10.6
21	2467	Salad dressing./sauce approx 13% oil	0.2	0.0	0.0	0.0	1.1	14.2	11.6	11.6	20.9
21	2468	Salad dressing honey/mustard	0.2	0.0	0.0	0.0	0.9	10.2	10.5	3.0	14.1
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.9	19.4	11.5	11.5	36.8
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.3	7.8	7.8	7.8	7.8
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.4	6.1	4.8	4.3	9.3
21	2525	Frying fat horeca	0.2	0.0	0.0	0.0	2.7	13.4	12.1	6.2	25.2
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.7	7.4	4.8	0.8	19.3
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.3	0.0	0.0	1.8	5.2	6.1	4.5	0.6	16.2
21	2559	Low fat margarine prod AH Bewust light	0.3	0.0	0.0	0.0	1.3	18.2	18.3	4.5	28.4
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.2	0.0	0.0	0.4	4.7	7.8	2.2	0.6	23.3
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.3	0.0	0.0	0.0	3.3	7.6	2.5	0.6	27.9
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.5	1.7	1.5	1.5	2.1
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
21	2567	Low fat margarine prod AH chol verlegend	0.1	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	5.4	0.0	0.0	30.6	2.2	106.4	60.2	16.6	103.8
21	2580	Gravy 5% fat thickend w gravy powder	0.0	0.0	0.0	0.0	0.2	8.7	8.7	8.7	8.7
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
21	2585	Gravy 25% fat w cooking fat 2067	0.2	0.0	0.0	0.0	1.0	41.5	37.5	34.9	47.4
21	2586	Gravy 25% fat w margarine 2063	1.4	0.0	0.0	11.1	5.1	31.3	23.5	11.6	76.3
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
21	2588	Gravy 25% fat clear prep w gravy powder	0.5	0.0	0.0	0.0	1.3	34.9	30.4	11.6	48.3
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	1.4	12.3	10.0	10.0	21.0
21	2590	Gravy 25% fat w butter	0.2	0.0	0.0	0.0	1.1	17.8	14.7	12.1	22.7
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
21	2592	Gravy 50% fat w cooking fat 2067	0.7	0.0	0.0	0.0	1.6	38.8	34.7	5.8	69.4
21	2593	Gravy 50% fat w margarine 2063	0.3	0.0	0.0	0.0	0.9	35.3	23.8	14.8	57.9
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0	11.6	11.6	11.6	11.6
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	0.8	28.6	11.5	8.7	57.0
21	2598	Gravy 75% fat w cooking fat 2067	0.3	0.0	0.0	0.0	0.5	47.9	36.1	24.3	66.2

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

NEVO group	NEVO code	Description	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
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0	9.7	9.7	9.7	9.7
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.6	34.5	27.6	23.3	46.1
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.2	22.6	22.6	22.6	22.6
21	2602	Gravy 25% fat thickend w olive oil	0.1	0.0	0.0	0.0	0.6	21.5	13.6	13.6	44.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	0.7	31.7	23.3	23.3	44.8
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.6	12.2	8.3	5.5	23.4
21	2612	Tapenade olive	0.7	0.0	0.0	0.0	0.3	90.8	68.4	48.0	96.8
21	2624	Gravy 25% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.0
21	2625	Gravy 25% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.1	12.1	12.1	12.1	12.1
21	2626	Gravy 25% fat w cooking fat liq 2562	0.5	0.0	0.0	0.0	1.5	33.2	23.6	17.5	61.9
21	2627	Gravy 50% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.3	16.7	12.1	12.1	21.9
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.2	22.6	18.7	18.7	31.6
21	2629	Gravy 50% fat w cooking fat 2563	0.3	0.0	0.0	0.0	0.9	45.4	28.5	17.5	71.6
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.3	12.1	12.1	12.1	12.1
21	2632	Gravy 75% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.5	49.6	37.3	17.5	69.9
21	2650	Gravy no fat prep w gravy powder	0.2	0.0	0.0	0.0	0.7	34.6	23.4	18.4	62.6
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.4	6.5	1.9	1.9	24.9
21	2667	Salad dressing 20% oil w yogurt	0.3	0.0	0.0	0.0	2.5	10.6	5.5	1.9	25.0
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.3	14.7	12.0	12.0	17.3
21	2711	Margarine product AlbertHeijn Bewust	0.3	0.0	0.0	0.0	1.3	25.7	20.5	18.0	41.9
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.3	8.9	7.8	2.9	13.6
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.6	2.2	2.2	2.2	2.2
21	2849	Low fat marg prod Becel calorie light	0.3	0.0	0.0	0.0	2.6	17.5	16.2	6.0	21.9
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.9	14.2	12.8	9.0	20.3
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.8	13.2	9.0	9.0	17.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.1	0.0	0.0	0.0	0.4	29.8	20.3	12.1	45.5
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.1	34.0	34.0	34.0	34.0
21	2934	Low fat spead Becel pro.activ light	0.0	0.0	0.0	0.0	0.8	16.0	16.0	16.0	16.0
21	3036	Gravy 75%fat thick prep w gravy powder	0.1	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.3	11.0	11.0	11.0	11.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.3	30.4	14.3	6.0	52.2
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.6	30.1	26.8	24.3	34.7
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	1.1	17.6	13.8	11.6	25.6

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.3	0.0	0.0	0.0	0.7	88.0	66.3	37.5	121.2
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
22	348	Shrimps Dutch peeled boiled	0.2	0.0	0.0	0.0	0.6	32.9	14.6	13.0	82.3
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	3.4	0.0	0.0	24.8	3.8	84.3	58.6	5.0	158.6
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.2	48.6	48.6	48.6	48.6
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0	42.0	42.0	42.0	42.0
22	602	Salmon tinned	0.8	0.0	0.0	0.3	1.2	28.3	5.0	5.0	94.0
22	603	Eel smoked	0.1	0.0	0.0	0.0	0.1	280.0	280.0	280.0	280.0
22	604	Mackerel steamed	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
22	815	Fish fingers unprepared	1.6	0.0	0.0	0.0	1.4	128.6	99.1	67.5	152.2
22	818	White fish fillet in batter deep-fried	0.5	0.0	0.0	0.0	0.3	201.0	201.0	201.0	201.0
22	819	Cod boiled	4.0	0.0	0.0	17.2	2.3	141.6	124.6	75.0	185.1
22	918	Plaice boiled	1.0	0.0	0.0	0.0	0.9	237.2	176.2	94.5	301.0
22	919	Pollack boiled	0.4	0.0	0.0	0.0	0.6	67.1	51.3	45.2	87.8
22	1096	Salmon smoked	0.5	0.0	0.0	0.0	1.9	41.8	42.0	14.5	62.3
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.3	0.0	0.0	0.0	0.5	58.5	44.9	37.5	72.0
22	1586	Mackerel fillet smoked	1.1	0.0	0.0	0.0	0.9	80.1	79.4	3.0	98.1
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.3	0.0	0.0	0.0	0.4	34.1	31.3	29.3	39.6
22	1590	Tuna in water tinned	0.2	0.0	0.0	0.0	0.4	79.8	71.6	70.0	86.2
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.7	0.0	0.0	0.0	0.2	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	1.2	0.0	0.0	0.0	1.2	65.5	39.5	39.5	107.7
22	1611	Trout prepared in microwave oven	0.1	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
22	1616	Whiting prepared in microwave oven	0.3	0.0	0.0	0.0	0.5	166.6	127.9	110.0	193.7
22	1617	Plaice prepared in microwave oven	0.9	0.0	0.0	0.0	0.3	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	0.4	0.0	0.0	0.0	0.5	108.7	70.7	54.0	173.1
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.4	67.5	67.5	67.5	67.5
22	1621	Gurnard prepared in microwave oven	0.5	0.0	0.0	0.0	0.3	148.3	94.0	50.0	171.4
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
22	2297	Tuna raw	0.1	0.0	0.0	0.0	0.2	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.2	0.0	0.0	0.0	0.2	126.0	126.0	126.0	126.0
22	2474	Whitefish fillet batter deepfried wo fat	1.6	0.0	0.0	0.0	1.7	126.7	135.0	52.0	176.8
22	2765	Pangasius prep in microwave oven	0.4	0.0	0.0	0.0	0.6	134.0	140.3	31.4	176.3
23	106	Duck whole raw	0.5	0.0	0.0	0.0	0.3	76.0	76.0	76.0	76.0
23	108	Chicken with skin raw	2.6	0.0	0.0	0.0	1.1	171.2	129.7	125.0	246.2
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.2	0.0	0.0	0.0	1.3	17.1	15.0	15.0	24.6
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.2	29.6	17.6	17.6	52.5
23	328	Ham smoked raw	0.8	0.0	0.0	5.1	4.2	20.7	10.4	6.3	77.0
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.7	21.3	15.7	15.0	29.7

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

NEVO group	NEVO code	Description	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
23	335	Liver pate	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	336	Luncheon meat tinned	0.1	0.0	0.0	0.0	0.2	101.0	101.0	101.0	101.0
23	338	Beef salted cooked	0.1	0.0	0.0	0.0	1.2	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.3	0.0	0.0	0.0	2.4	10.8	7.5	5.0	20.2
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.5	12.8	10.0	10.0	16.5
23	566	Sausage frankfurter tinned	0.0	0.0	0.0	0.0	0.0
23	567	Sausage luncheon meat	0.4	0.0	0.0	0.0	2.3	23.0	15.7	8.0	37.2
23	568	Black pudding	0.0	0.0	0.0	0.0	0.0
23	638	Salami sausage saveloy	2.7	0.0	0.0	15.3	7.0	42.4	40.9	8.0	90.9
23	639	Bacon rashers streaky	0.9	0.0	0.0	0.0	2.1	26.3	21.8	7.2	62.8
23	640	Liver sausage	0.8	0.0	0.0	5.0	4.7	18.7	15.0	9.0	29.7
23	641	Bacon	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
23	642	Pate	0.6	0.0	0.0	0.0	1.7	33.0	20.3	10.0	55.8
23	643	Pork side cured and smoked	0.2	0.0	0.0	0.0	0.6	39.0	26.2	16.0	56.3
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.2	26.2	14.0	14.0	48.1
23	784	Ham lean boiled	2.4	0.0	0.0	11.9	9.4	31.6	19.5	5.1	88.4
23	785	Ham shoulder medium fat boiled	0.9	0.0	0.0	0.0	2.3	40.8	15.3	2.5	136.7
23	810	Beef steak tartare spiced filet americ	0.7	0.0	0.0	0.0	2.1	29.7	20.3	5.0	65.1
23	1152	Salami	0.3	0.0	0.0	0.0	1.4	19.5	15.6	5.0	30.3
23	1155	Minced meat loaf fried	0.6	0.0	0.0	0.0	1.3	39.9	36.7	15.1	59.0
23	1162	Sausage cooked	0.4	0.0	0.0	0.0	2.1	21.9	17.3	9.0	34.7
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	0.1	0.0	0.0	0.0	1.4	17.9	15.8	10.0	24.4
23	1305	Chicken without skin raw	2.4	0.0	0.0	6.7	2.2	70.7	51.5	18.6	136.9
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.1	95.0	95.0	95.0	95.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
23	1400	Beef rump steak raw	1.8	0.0	0.0	0.0	1.7	81.6	73.8	20.0	122.5
23	1401	Beef tenderloin steak raw	0.0	0.0	0.0	0.0	0.0	100.0	100.0	100.0	100.0
23	1402	Beef prime rib raw	1.6	0.0	0.0	0.0	0.9	167.9	103.5	76.0	246.7
23	1404	Beef frying steak raw	0.5	0.0	0.0	0.0	1.0	76.9	70.6	38.0	105.5
23	1405	Minced beef raw	15.8	0.0	0.0	92.5	9.5	104.2	96.2	26.2	185.8
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.5	0.0	0.0	0.0	1.6	48.9	59.2	20.0	65.6
23	1409	Beef sirloin rolled raw	0.3	0.0	0.0	0.0	0.3	123.0	84.4	84.0	171.3
23	1410	Beef roast raw	0.4	0.0	0.0	0.0	0.5	34.8	25.0	25.0	46.8
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	6.1	0.0	0.0	48.5	3.1	110.6	95.2	80.2	110.3
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	3.1	0.0	0.0	0.0	3.2	106.6	96.6	60.0	166.6
23	1415	Beef steak tartare raw	1.9	0.0	0.0	0.0	3.0	74.9	73.0	59.4	83.2
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	1.5	0.0	0.0	0.0	2.3	76.9	72.5	32.7	91.9
23	1418	Pork fillet raw	0.8	0.0	0.0	0.0	1.3	80.3	63.2	10.6	146.5
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.3	0.0	0.0	0.0	0.4	95.7	81.4	70.0	119.3
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.2	20.9	20.9	20.9	20.9
23	1422	Pork tenderloin raw	1.4	0.0	0.0	0.0	1.3	84.1	67.6	52.5	146.0
23	1424	Pork loin chop raw	0.4	0.0	0.0	0.0	0.2	113.1	110.7	110.7	119.6

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	5.2	0.0	0.0	51.7	4.0	142.3	112.8	35.0	220.0
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	34.3	34.3	34.3	34.3
23	1428	Pork stir fry meat raw	0.2	0.0	0.0	0.0	1.5	11.6	6.5	2.2	20.1
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.4	0.0	0.0	0.0	0.9	68.6	53.8	38.5	84.1
23	1431	Kromesky meat filled raw	0.7	0.0	0.0	0.0	1.3	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.7	0.0	0.0	1.8	3.1	37.1	34.3	3.4	83.3
23	1434	Minced beef/pork raw	3.4	0.0	0.0	39.7	5.5	68.1	65.3	8.8	166.4
23	1435	Hamburger raw	0.2	0.0	0.0	0.0	0.4	68.3	55.6	38.0	116.7
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.2	76.9	74.7	73.5	78.4
23	1443	Lamb leg raw	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.0
23	1544	Beef rolled prepared	0.1	0.0	0.0	0.0	0.2	32.0	32.0	32.0	32.0
23	1545	Beef roast prepared	1.0	0.0	0.0	6.4	3.2	18.9	12.1	4.0	48.9
23	1558	Pork loin chop prepared	0.1	0.0	0.0	0.0	0.2	28.4	16.0	16.0	43.9
23	1568	Minced beef/pork ball prep w egg/crumbs	0.2	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
23	1634	Chicken fillet raw	5.7	0.0	0.0	37.6	6.7	103.0	80.5	3.9	248.2
23	1642	Chicken rolled raw	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.3	0.0	0.0	0.0	0.8	87.6	70.5	23.8	115.2
23	1667	Pork <5% fat raw	0.1	0.0	0.0	0.0	0.3	92.2	92.2	92.2	92.2
23	1668	Pork 5-14% fat raw	1.3	0.0	0.0	0.0	1.7	69.7	47.9	30.3	125.4
23	1673	Veal <5% fat raw average	0.1	0.0	0.0	0.0	0.2	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.2	53.3	40.7	30.0	58.1
23	1772	Pork fricandeau fried	0.1	0.0	0.0	0.0	0.7	23.3	25.4	8.0	29.5
23	1773	Brawn, pork pickled in vinegar	0.2	0.0	0.0	0.0	0.9	26.7	18.1	12.0	37.3
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.9	0.0	0.0	2.8	2.8	26.1	20.0	20.0	42.6
23	1777	Gammon boiled deboned	0.5	0.0	0.0	0.0	1.5	32.2	20.9	15.0	42.0
23	1788	Pork rib chop raw	0.5	0.0	0.0	0.0	0.6	95.2	71.6	69.1	158.8
23	1790	Pork schnitzel not breaded raw	0.5	0.0	0.0	0.0	0.5	79.5	76.9	70.0	85.2
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0	32.0	32.0	32.0	32.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
23	1936	Turkey fillet raw	0.2	0.0	0.0	0.0	0.7	70.0	70.0	70.0	70.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	0.4	0.0	0.0	0.0	0.7	51.1	35.5	19.8	82.8
23	2300	Sausage smoked lean cooked	0.2	0.0	0.0	0.0	0.5	52.6	48.7	45.0	60.2
23	2301	Sausage smoked beef cooked	0.3	0.0	0.0	0.0	0.2	107.6	78.9	56.0	120.4
23	2303	Sausage cooked lean	0.1	0.0	0.0	0.0	0.4	12.0	10.0	10.0	13.6
23	2304	Salami sausage saveloy lean	0.1	0.0	0.0	0.0	0.7	27.2	17.9	10.0	30.6
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	0.5	0.0	0.0	0.0	1.4	36.5	37.2	7.0	48.2
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.1	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
23	2336	Beef average raw	0.8	0.0	0.0	0.0	0.6	84.8	80.9	9.6	120.6

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.6	0.0	0.0	0.0	0.9	80.5	82.8	28.3	109.9
23	2339	Beef olives raw	0.5	0.0	0.0	0.0	0.9	75.0	70.2	57.4	86.7
23	2340	Pork schnitzel breaded raw	5.0	0.0	0.0	29.3	2.0	135.0	68.3	43.8	240.6
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.2	86.4	80.0	80.0	100.1
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.2	94.1	80.0	80.0	114.3
23	2364	Chicken schnitzel raw	1.2	0.0	0.0	0.0	1.2	95.7	85.8	70.0	110.2
23	2365	Chicken cordon bleu raw	0.1	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.3	26.6	26.6	26.6	26.6
23	2654	Sandwich meat chicken	0.2	0.0	0.0	0.0	0.7	34.6	23.6	15.0	57.5
23	2766	Sausage smoked industrial cooked	2.0	0.0	0.0	0.0	2.3	95.3	90.7	25.0	157.9
23	2767	Sausage smoked traditional cooked	0.1	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
23	2768	Sausage raw beef	0.1	0.0	0.0	0.0	0.5	19.7	18.2	18.0	22.7
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.6	0.0	0.0	0.0	4.2	15.6	7.6	5.0	43.5
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.7	7.6	5.1	5.0	9.5
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.2	0.0	0.0	0.0	0.7	31.3	22.8	18.0	43.7
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
23	3002	Bacon smoked Katenspek	0.2	0.0	0.0	0.0	0.5	19.7	8.0	8.0	41.7
23	3019	Veal frying steak raw	0.1	0.0	0.0	0.0	0.1	51.6	48.2	48.2	54.3
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.6	0.0	0.0	0.0	0.3	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.3	0.0	0.0	0.0	1.0	35.8	33.9	8.5	46.1
23	3027	Pork shoarma seasoning raw	0.2	0.0	0.0	0.0	0.7	40.4	38.1	28.2	45.6
23	3030	Sausage beef Braadworst raw	0.8	0.0	0.0	0.1	3.1	37.2	13.4	1.0	73.7
23	3031	Pork sparerib raw	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	76.2	64.4	0.0	226.1	57.1	145.3	137.6	61.0	255.7
1	1150	Potatoes sliced frozen unprepared	1.5	0.0	0.0	0.0	1.6	114.2	73.8	11.5	151.4
1	1455	Potato puree powder av	0.4	0.0	0.0	0.0	1.3	20.0	11.6	11.4	32.5
1	1456	Chips pre-fried unprepared	0.7	0.0	0.0	0.0	0.8	116.1	106.8	62.0	139.6
1	1679	Chips oven frozen prepared	0.9	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.2	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	1.5	0.0	0.0	0.0	1.2	136.6	101.4	58.7	192.1
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.0
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	1.2	0.0	0.0	0.0	1.0	97.6	57.6	55.0	129.5
2	383	Juice apple	6.8	0.0	0.0	0.0	3.5	255.7	257.1	154.0	280.0
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.6	0.0	0.0	0.0	0.4	55.0	12.0	12.0	91.0
2	388	Juice redcurrant	0.2	0.0	0.0	0.0	0.3	24.0	24.0	24.0	24.0
2	389	Beer brown	0.6	0.0	0.0	0.0	0.5	300.0	300.0	300.0	300.0
2	390	Beer pilsner	32.9	0.0	0.0	252.9	9.3	446.0	304.7	29.1	1,037.9
2	391	Brandy	0.0	0.0	0.0	0.0	0.2	54.2	54.2	54.2	54.2
2	392	Campari	0.1	0.0	0.0	0.0	0.4	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.0	0.0	0.0	0.0	0.1	19.0	19.0	19.0	19.0
2	395	Soft drink cola with caffeine	3.7	0.0	0.0	0.0	3.3	225.2	171.0	167.0	397.3
2	396	Juice grape	1.3	0.0	0.0	0.0	0.7	95.8	94.7	12.5	150.3
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	6.2	0.0	0.0	0.0	1.9	234.5	218.0	83.0	365.7
2	401	Gin young Dutch	6.6	0.0	0.0	32.4	7.0	81.9	68.8	33.3	199.1
2	402	Gin old Dutch	0.1	0.0	0.0	0.0	0.1	149.0	143.9	142.5	152.9
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
2	407	Port wine	5.6	0.0	0.0	40.0	3.3	111.4	82.5	55.0	217.3
2	408	Rum	0.1	0.0	0.0	0.0	0.6	47.5	47.5	47.5	47.5
2	409	Sherry	3.6	0.0	0.0	0.0	2.5	124.8	92.9	16.0	223.9
2	410	Juice orange pasteurized	8.8	0.0	0.0	76.8	4.4	175.8	169.3	103.0	230.5
2	411	Mineral water Spa	2.0	0.0	0.0	0.0	1.6	181.4	140.0	140.0	320.7
2	413	Tomato juice	0.0	0.0	0.0	0.0	0.0
2	414	Soft drink tonic	5.3	0.0	0.0	34.8	2.9	225.2	114.6	68.5	534.4
2	415	Vermouth	1.4	0.0	0.0	0.0	2.2	82.0	82.0	82.0	82.0
2	416	Brandy Dutch vieux	0.1	0.0	0.0	0.0	0.2	57.0	57.0	57.0	57.0
2	417	Juice drink	0.9	0.0	0.0	0.0	0.7	250.3	168.0	168.0	343.7
2	421	Whisky	3.3	0.0	0.0	24.6	7.5	65.8	57.2	25.3	111.7
2	422	Wine red	54.2	0.0	0.0	333.5	24.5	207.6	154.0	94.5	471.4
2	423	Wine white dry	9.2	0.0	0.0	70.6	5.0	233.6	208.5	40.1	422.7
2	425	Whey drink light Rivella	0.4	0.0	0.0	0.0	0.5	161.7	159.0	159.0	171.7
2	463	Fruit drink concentrate undiluted	0.4	0.0	0.0	0.0	3.7	17.8	12.2	0.9	41.0
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	0.8	10.7	9.0	9.0	13.9
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.3	22.5	15.0	15.0	34.1
2	644	Coffee prepared	380.8	378.7	0.0	735.4	87.8	452.5	416.9	132.9	837.8
2	645	Tea prepared	351.5	263.7	0.0	1,060.9	72.9	526.7	436.6	152.7	1,176.8
2	664	Juice grapefruit	0.4	0.0	0.0	0.0	0.9	101.1	74.7	33.3	152.6
2	738	Fruit drink conc Roosvicee Dieet	0.1	0.0	0.0	0.0	0.7	8.9	8.8	8.8	9.0
2	747	Mineral water average	15.3	0.0	0.0	0.0	4.6	393.7	411.7	79.3	567.6
2	805	Jagermeister herb liquor	1.0	0.0	0.0	0.0	0.4	83.6	83.6	83.6	83.6
2	857	Madeira	0.0	0.0	0.0	0.0	0.2	3.1	2.1	2.0	3.8
2	923	Juice pear	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.1	0.0	0.0	0.0	0.1	66.5	66.5	66.5	66.5
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	3.6	0.0	0.0	0.0	2.5	204.9	162.4	24.0	355.0
2	1465	Liqueur <15 vol% alcohol	0.3	0.0	0.0	0.0	0.5	33.0	33.0	33.0	33.0
2	1466	Liqueur >25 vol% alcohol	0.1	0.0	0.0	0.0	0.5	26.2	2.2	2.2	60.2
2	1468	Beer >7 vol% alcohol	4.4	0.0	0.0	0.0	1.1	384.6	292.7	250.0	552.2
2	1519	Beer alcohol free <0,1 vol%	0.7	0.0	0.0	0.0	0.5	216.8	150.0	150.0	448.4
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	8.3	0.0	0.0	0.0	2.1	222.7	148.8	140.0	347.1
2	1523	Cola light soft drink with caffeine	13.0	0.0	0.0	31.9	4.4	256.4	240.7	87.0	474.5
2	1655	Fruit juice concentrated	0.1	0.0	0.0	0.0	0.5	17.5	15.0	15.0	25.6
2	1656	Juice carrot	0.5	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.5	0.0	0.0	0.0	1.6	20.6	12.0	9.0	41.4
2	1878	Fruit juice drink Roosvicee Multivit	7.6	0.0	0.0	0.0	1.6	229.9	200.0	200.0	312.4
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
2	1885	Water average	401.7	326.0	0.0	952.7	86.2	483.4	359.8	87.4	1,155.2
2	1932	Juice orange with pulp	0.0	0.0	0.0	0.0	0.0
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.3	0.0	0.0	0.0	0.3	157.0	157.0	157.0	157.0
2	2074	Mineral water Bar le Duc	4.8	0.0	0.0	0.0	2.3	617.9	451.1	248.0	690.4
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.7	0.0	0.0	0.0	0.4	206.0	206.0	206.0	206.0
2	2086	Ice tea	0.0	0.0	0.0	0.0	0.0
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	7.7	0.0	0.0	0.0	1.3	310.9	209.5	191.0	513.0
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	2.6	0.0	0.0	0.0	0.4	250.0	250.0	250.0	250.0
2	2142	Wine white sweet	1.0	0.0	0.0	0.0	0.7	146.8	138.2	120.0	157.9
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.5	0.0	0.0	0.0	1.0	139.0	139.0	139.0	139.0
2	2152	Fruit juice dk Coolbest light orange	1.1	0.0	0.0	0.0	1.0	78.9	65.1	55.0	100.1
2	2153	Fruit drink Fruit2day	3.0	0.0	0.0	0.0	1.5	200.0	200.0	200.0	200.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.1	0.0	0.0	0.0	0.1	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.4	9.0	9.0	9.0	9.0
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.6	24.2	23.2	22.5	24.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	2.5	0.0	0.0	0.0	0.4	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	2.7	0.0	0.0	0.0	0.9	317.3	235.0	235.0	537.7
2	2476	Cappuccino freshly made	12.8	0.0	0.0	70.7	4.3	199.5	150.0	121.0	341.7
2	2477	Coffee cappuccino instant prepared	3.4	0.0	0.0	0.0	1.8	214.3	172.9	75.0	349.9
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.6	0.0	0.0	0.0	0.4	226.8	200.0	200.0	275.7
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.1	0.0	0.0	0.0	0.1	166.0	166.0	166.0	166.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.4	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
2	2564	Juice fruit Hero Fruit&Co	0.0	0.0	0.0	0.0	0.0
2	2610	Wine rose	7.7	0.0	0.0	57.3	3.5	248.4	238.5	92.0	362.5
2	2633	Coffee instant powder	0.4	0.0	0.0	1.7	4.7	6.9	3.5	2.0	19.3
2	2634	Fruit juice dk minimal 2 fruits w vit C	6.3	0.0	0.0	0.0	1.9	320.0	244.6	90.0	475.6
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	1.7	0.0	0.0	0.0	0.5	350.0	350.0	350.0	350.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.1	0.0	0.0	0.0	0.1	118.0	118.0	118.0	118.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.4	0.0	0.0	0.0	0.5	128.1	122.2	116.7	129.2
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	1.3	4.2	4.0	4.0	4.4
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.7	0.0	0.0	0.0	0.5	283.8	199.1	120.0	302.5
2	2755	Juice orange freshly squeezed	48.7	0.0	0.0	170.9	25.5	141.5	120.1	43.8	214.2

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.4	8.8	8.8	8.8	8.8
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	0.6	0.0	0.0	0.0	0.9	162.5	91.0	91.0	310.4
2	2847	Fruit drink light AH multivit red fruit	0.2	0.0	0.0	0.0	0.2	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	8.0	0.0	0.0	88.7	2.9	188.2	181.6	125.0	214.2
2	2896	Lemonade squash Spa&Fruit sparkling	0.3	0.0	0.0	0.0	0.1	230.0	230.0	230.0	230.0
2	2897	Juice Drink Ocean Spray	3.1	0.0	0.0	0.0	1.0	200.5	177.9	163.0	236.6
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.0
3	227	Crispbakes Dutch	0.7	0.0	0.0	5.0	8.4	11.7	10.0	0.9	26.2
3	228	Crackers cream	0.9	0.0	0.0	0.0	2.6	29.3	21.2	8.0	65.9
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	1.3	0.0	0.0	0.0	3.2	47.3	37.9	35.0	72.6
3	233	Bread currant	0.4	0.0	0.0	0.0	1.4	35.0	35.0	35.0	35.0
3	236	Bread brown wheat	19.4	0.0	0.0	85.6	22.0	90.7	68.3	35.0	175.2
3	238	Crackers matzes	0.1	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
3	241	Bread white milk based	0.1	0.0	0.0	0.0	0.3	43.2	7.5	7.5	102.3
3	242	Bread rye dark	3.5	0.0	0.0	22.0	7.8	46.5	41.8	38.2	48.5
3	243	Bread rye light	0.4	0.0	0.0	0.0	1.0	31.0	25.0	25.0	59.5
3	244	Bread raisin	1.0	0.0	0.0	10.4	2.1	33.2	27.3	20.0	38.4
3	246	Bread wholemeal average	32.4	1.6	0.0	121.3	36.6	101.6	80.4	31.0	229.3
3	248	Bread white water based	2.2	0.0	0.0	11.6	4.5	62.6	52.7	15.0	114.0
3	249	Bread wheat malt Tarvo	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
3	565	Toast	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
3	596	Crispbread gold-brown	0.5	0.0	0.0	0.4	2.1	16.5	12.3	10.0	19.2
3	655	Crispbakes Dutch wholemeal	0.9	0.0	0.0	6.8	9.3	12.3	9.5	8.5	19.0
3	975	Crispbread sesame	0.9	0.0	0.0	3.8	3.7	19.3	16.1	13.0	26.9
3	976	Crispbread light	0.1	0.0	0.0	0.0	2.7	9.2	9.3	5.0	9.9
3	1017	Bread wheatrye wholemeal	0.2	0.0	0.0	0.0	0.3	103.5	101.4	100.0	104.6
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.0
3	1312	Crispbread Cracottes	0.1	0.0	0.0	0.0	1.5	8.2	7.0	7.0	12.0
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	1.8	10.6	7.0	7.0	18.6
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.5	0.0	0.0	0.0	1.0	57.9	43.3	35.0	67.3
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
3	1779	Crispbread wholemeal	0.5	0.0	0.0	0.0	2.9	22.1	17.5	10.0	26.9
3	1914	Dough for pizza and savoury pie	2.0	0.0	0.0	0.0	2.5	95.5	89.4	42.1	147.8
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.3	9.8	7.0	7.0	13.1

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3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
3	2348	Bread wholemeal w pumpkin seeds	0.4	0.0	0.0	0.0	0.8	98.1	60.8	40.0	149.1
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
3	2350	Bread multigrain average w seeds	20.0	0.0	0.0	84.1	15.4	99.2	67.3	30.6	207.3
3	2351	Bread white average milk/water based	0.4	0.0	0.0	0.0	1.3	68.4	53.8	12.5	95.4
3	2352	Bread currant w almond paste	0.3	0.0	0.0	0.0	0.8	37.8	31.2	25.0	39.1
3	2353	Bread brown/wholemeal w muesli	0.2	0.0	0.0	0.0	1.5	24.2	20.0	20.0	40.9
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.3	0.0	0.0	0.0	0.8	48.8	25.6	22.5	83.0
3	2356	Baguette w cheese-onion	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	2357	Bread wholemeal w sunflower seeds	5.1	0.0	0.0	13.5	5.5	101.4	97.0	35.0	182.8
3	2358	Bread white w sunflower seeds	0.9	0.0	0.0	0.0	0.7	103.7	72.1	62.9	133.2
3	2369	Breadsticks	0.1	0.0	0.0	0.0	1.0	11.2	10.0	10.0	15.7
3	2382	Bread brown w sunflower seeds	2.3	0.0	0.0	0.0	3.2	82.1	56.0	35.8	121.5
3	2528	Croutons	0.0	0.0	0.0	0.0	0.1	7.0	7.0	7.0	7.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.5	0.0	0.0	0.0	1.0	45.1	37.6	35.0	57.0
3	2704	Bread brown w seeds	0.5	0.0	0.0	0.0	1.1	105.9	82.9	35.0	134.3
3	2707	Bread corn w sunflower seeds	0.5	0.0	0.0	0.0	0.9	100.4	50.0	35.0	207.5
3	2785	Bread corn	0.4	0.0	0.0	0.0	0.5	125.6	105.0	105.0	163.1
3	2788	Bread sourdough wholemeal	1.0	0.0	0.0	0.0	2.0	77.0	52.1	50.0	140.4
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.0
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.2	0.0	0.0	0.0	0.4	55.0	55.0	55.0	55.0
3	2792	Stollen w almond/imitat paste w nuts	0.1	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
3	2793	Baguette white	3.1	0.0	0.0	30.7	3.1	81.1	75.7	30.0	112.6
3	2794	Baguette brown	0.6	0.0	0.0	0.0	1.0	80.2	60.4	60.0	96.0
3	2795	Roll white hard	1.4	0.0	0.0	0.0	1.5	53.5	50.7	15.0	77.8
3	2796	Roll brown hard	1.7	0.0	0.0	0.0	1.5	110.8	105.7	45.7	132.7
3	2797	Roll brown soft	0.8	0.0	0.0	0.0	2.4	52.7	45.4	30.0	59.0
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.5	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
3	2800	Roll multigrain soft	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.4	40.0	40.0	40.0	40.0
3	2803	Bun currant/raisin	3.4	0.0	0.0	22.7	7.3	50.7	40.6	25.0	84.1
3	2804	Bun wholemeal w muesli	0.6	0.0	0.0	0.0	1.0	58.0	58.0	58.0	58.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	0.7	0.0	0.0	0.0	2.7	36.6	35.0	35.0	39.2
3	2815	Bread Tijger brown wheat	0.2	0.0	0.0	0.0	0.4	70.0	70.0	70.0	70.0
3	2816	Bread Tijger white	0.0	0.0	0.0	0.0	0.0
3	2817	Stollen w almond/imitat paste average	1.5	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.2	0.0	0.0	0.0	1.2	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	1.9	0.0	0.0	0.0	2.0	81.3	70.0	70.0	118.3
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.6	0.0	0.0	4.8	4.9	13.4	11.9	4.0	22.8

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3	2938	Toast Melba other varieties	0.2	0.0	0.0	0.0	0.8	23.2	20.8	18.0	27.3
3	3054	Bread glutenfree bakmix Glutafin white	0.1	0.0	0.0	0.0	0.2	93.8	87.6	87.6	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.1	0.0	0.0	0.0	0.4	40.0	40.0	40.0	40.0
3	3057	Bread fibre Brinta	0.1	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.3	7.2	7.2	7.2	7.2
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.2	8.9	7.0	5.0	11.6
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.8	8.2	8.2	8.2	8.2
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.0	0.0	0.0	0.0	0.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.3	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.1	9.5	9.5	9.5	9.5
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	1.0	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.6	6.3	4.4	4.1	7.8
4	2615	Vinegar	0.2	0.0	0.0	1.5	6.0	3.8	2.6	0.5	9.8
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	10.1	0.0	0.0	55.0	18.8	44.4	45.6	6.3	93.0
6	33	Raisins dried	0.2	0.0	0.0	0.0	3.6	12.9	6.1	5.0	25.4
6	137	Olives tinned/glass	1.2	0.0	0.0	4.5	4.5	18.1	7.3	2.1	59.0
6	147	Apple without skin average	31.0	0.0	0.0	139.7	26.3	113.5	126.0	23.7	168.3
6	148	Strawberries	6.3	0.0	0.0	47.4	6.9	101.8	87.8	28.9	228.5
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	1.9	0.0	0.0	0.0	2.1	82.9	80.5	30.0	99.8
6	151	Banana	19.5	0.0	0.0	129.1	19.2	114.8	104.0	45.7	157.5
6	152	Blueberries	0.2	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
6	153	Redcurrant	0.7	0.0	0.0	0.0	1.1	29.4	17.9	9.8	47.8
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.2	66.6	66.6	66.6	66.6
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.5	0.0	0.0	0.0	0.9	44.3	33.2	30.0	52.8
6	161	Raspberries	0.1	0.0	0.0	0.0	0.5	43.8	32.2	32.2	56.7
6	162	Grapefruit	1.5	0.0	0.0	0.0	1.7	103.3	75.0	75.0	142.1
6	163	Cherries	2.6	0.0	0.0	21.2	2.9	68.0	48.5	18.0	127.7
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	16.2	0.0	0.0	77.2	20.9	67.2	61.7	15.9	127.6
6	166	Melon netted	1.9	0.0	0.0	0.0	2.3	93.2	86.9	30.0	159.4
6	168	Pear without skin	6.0	0.0	0.0	49.3	4.5	130.9	129.5	32.0	177.2
6	169	Peach without skin	5.2	0.0	0.0	37.0	4.7	138.2	96.3	58.6	217.4
6	170	Plums with skin	14.7	0.0	0.0	83.6	5.9	232.4	197.6	47.4	365.3
6	171	Orange	9.0	0.0	0.0	77.7	9.9	131.8	107.7	22.6	191.0
6	172	Fruit fresh citrus average	0.1	0.0	0.0	0.0	0.0	152.0	152.0	152.0	152.0

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

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6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.9	6.5	3.0	3.0	12.9
6	176	Apricots in syrup tinned	0.9	0.0	0.0	0.0	1.0	87.2	80.0	80.0	97.2
6	177	Pineapple in syrup tinned	0.5	0.0	0.0	0.0	1.2	26.5	18.5	17.8	39.9
6	179	Apple sauce tinned	5.3	0.0	0.0	61.6	8.3	89.6	83.4	20.5	166.8
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.2	0.0	0.0	0.0	1.0	39.0	13.4	3.3	92.5
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.1	0.0	0.0	0.0	0.5	32.6	32.6	32.6	32.6
6	184	Cherries in syrup tinned	0.9	0.0	0.0	0.0	0.9	143.4	3.0	3.0	312.8
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.4	0.0	0.0	0.0	0.5	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	0.9	0.0	0.0	0.0	1.8	103.1	69.6	23.3	224.9
6	189	Peaches in syrup tinned	0.3	0.0	0.0	0.0	0.7	78.7	48.9	45.8	112.8
6	190	Prunes dried	0.5	0.0	0.0	0.0	1.5	22.6	12.1	6.0	50.1
6	191	Plums in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	192	Fruit mixed dried	0.3	0.0	0.0	0.0	0.8	100.0	100.0	100.0	100.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.8	50.5	34.2	24.8	83.8
6	440	Ginger stem in syrup tinned	0.2	0.0	0.0	0.0	2.1	20.7	14.6	2.9	35.4
6	689	Avocado	0.2	0.0	0.0	0.0	0.5	64.3	54.4	20.0	77.4
6	691	Lime	0.2	0.0	0.0	0.0	0.3	118.0	118.0	118.0	118.0
6	692	Mango	4.7	0.0	0.0	0.0	1.9	217.1	202.1	93.8	262.6
6	875	Apple with skin average	2.2	0.0	0.0	0.0	2.6	124.1	117.9	64.2	152.6
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	11.5	0.0	0.0	70.2	11.8	86.9	66.4	31.8	137.1
6	1057	Kaki / Sharon fruit	0.7	0.0	0.0	0.0	0.2	135.0	135.0	135.0	135.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.5	0.0	0.0	2.9	4.8	10.8	10.7	0.4	19.1
6	1182	Apple sauce wo sugar tinned	0.8	0.0	0.0	0.0	1.1	86.2	67.1	64.2	119.2
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.1	0.2	0.2	0.2	0.2
6	1812	Nectarine	2.6	0.0	0.0	3.4	3.2	66.0	19.1	19.1	109.3
6	1887	Dates fresh	0.1	0.0	0.0	0.0	0.5	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.1	0.0	0.0	0.0	0.1	182.0	182.0	182.0	182.0
6	2379	Raisins soaked in water	0.2	0.0	0.0	0.0	1.6	10.4	7.9	7.0	16.0
6	2685	Abricots dried and soaked	0.2	0.0	0.0	0.0	1.0	7.7	3.8	3.0	15.7
6	2686	Apple sauce wo sugar w sweetner tinned	0.1	0.0	0.0	0.0	0.3	150.0	150.0	150.0	150.0
6	2748	Pear with skin	0.3	0.0	0.0	0.0	0.6	142.0	128.0	128.0	170.8
6	2749	Grapes black with skin	1.6	0.0	0.0	0.0	2.9	72.3	42.1	8.5	152.8
6	2750	Grapes white with skin	7.2	0.0	0.0	58.6	5.1	93.6	57.9	23.8	185.4
6	2843	Pineapple in own juice tinned	0.1	0.0	0.0	0.0	0.5	24.8	24.8	24.8	24.8
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.7	38.8	22.5	13.0	48.9
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.1	12.1	12.1	12.1	12.1
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.1	0.0	0.0	0.0	0.7	21.0	7.5	3.9	43.5
6	2957	Fruit mixed dried soaked in water	0.6	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
7	232	Danish pastry	0.3	0.0	0.0	0.0	1.1	54.9	43.3	37.5	62.8

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7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	5.1	0.0	0.0	28.7	22.2	28.5	19.8	16.8	54.2
7	250	Almond filled pastry	0.3	0.0	0.0	0.0	0.5	62.7	60.4	60.0	64.5
7	251	Apple pie Dutch w shortbread w marg	2.0	0.0	0.0	0.0	2.5	94.9	84.3	50.0	139.6
7	252	Biscuit sweet	1.4	0.0	0.0	9.2	11.0	13.5	10.7	4.0	28.7
7	253	Cake wo butter	1.5	0.0	0.0	7.0	1.6	42.1	30.0	30.0	75.5
7	254	Cake sponge Dutch Eierkoek	1.2	0.0	0.0	0.0	2.0	41.6	30.0	30.0	78.9
7	255	Gateau with whipped cream	1.0	0.0	0.0	0.0	0.8	78.5	71.4	68.0	92.9
7	256	Gateau with butter-cream filling	3.2	0.0	0.0	20.2	3.0	64.0	50.0	50.0	136.3
7	257	Almond paste filled tarts average	0.6	0.0	0.0	0.0	1.2	49.3	45.4	45.0	57.0
7	258	Biscuits averaged	1.0	0.0	0.0	4.9	7.0	13.3	9.6	5.7	28.4
7	259	Macaroons	0.0	0.0	0.0	0.0	0.0
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.9	14.9	14.2	10.0	15.9
7	261	Biscuit spiced Speculaas	0.5	0.0	0.0	3.3	6.8	11.3	6.9	5.0	22.4
7	262	Biscuit Dutch shortbread spritsstukken	1.5	0.0	0.0	9.5	2.4	33.0	24.1	10.0	62.7
7	263	Biscuit brown/wholemeal	1.1	0.0	0.0	5.6	7.2	22.0	16.2	8.0	41.5
7	468	Cream slice Dutch Tompouce	0.0	0.0	0.0	0.0	0.0
7	474	Doughnut Dutch style	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.3	0.0	0.0	0.0	1.6	10.7	7.3	5.0	17.3
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.4	134.7	115.0	115.0	169.3
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.1	0.0	0.0	0.0	0.9	20.0	20.0	20.0	20.0
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.4	16.0	16.0	16.0	16.0
7	635	Biscuits Dutch krakeling	0.9	0.0	0.0	0.0	1.8	25.0	14.8	12.0	42.9
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.8	22.7	19.0	19.0	28.4
7	713	Waffle syrup average	1.6	0.0	0.0	2.1	3.8	45.3	25.1	10.0	87.3
7	789	Cake butter Dutch Boterkoek	0.3	0.0	0.0	0.0	0.7	58.5	41.0	30.0	95.3
7	833	Appel strudel	0.1	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.3	0.0	0.0	0.0	0.3	103.8	78.6	56.0	111.4
7	836	Shortbread	1.4	0.0	0.0	9.6	4.1	25.6	19.1	10.0	48.2
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.4	0.0	0.0	0.0	0.7	45.2	19.0	19.0	69.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.6	0.0	0.0	0.7	1.5	22.6	20.0	20.0	28.1
7	1321	Biscuit fortified Liga Fruitkick	0.1	0.0	0.0	0.0	0.6	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	5.5	4.0	4.0	6.7
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.6	0.0	0.0	11.1	4.4	29.2	22.7	20.0	51.6
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	1.0	17.8	14.9	10.0	24.6
7	1475	Eclair with whipped cream filling	0.1	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
7	1476	Meringue with butter-cream	0.0	0.0	0.0	0.0	0.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.2	26.0	26.0	26.0	26.0
7	1481	Rice cakes puffed	0.3	0.0	0.0	0.0	3.7	14.5	7.0	7.0	29.7
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.7	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.5	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.6	0.0	0.0	0.0	1.1	47.1	30.0	30.0	67.6
7	1972	Biscuits assorted with butter	0.5	0.0	0.0	4.4	3.9	14.7	11.0	10.0	25.2
7	2162	Biscuit Cafe noir	0.3	0.0	0.0	0.7	1.8	11.0	8.4	6.0	17.3
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.1	0.0	0.0	0.0	0.6	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	1.4	0.0	0.0	14.1	4.2	19.9	16.5	10.0	29.0
7	2228	Biscuit with chocolate layer Scholietje	0.1	0.0	0.0	0.0	1.6	11.9	10.9	10.0	11.9
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.8	0.0	0.0	1.5	1.5	28.1	21.6	15.0	46.0
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.5	0.0	0.0	0.0	1.6	65.8	50.7	20.0	98.6
7	2234	Cereal bar Hero B'tween	0.1	0.0	0.0	0.0	1.0	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.1	0.0	0.0	0.0	0.4	33.2	23.3	20.0	46.8
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.4	0.0	0.0	0.0	0.9	36.1	30.0	30.0	46.7
7	2393	Cake raisins-	0.4	0.0	0.0	0.0	1.1	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.7	0.0	0.0	0.0	0.5	52.9	28.1	17.0	70.3
7	2396	Chocolate pastry w whipped cream	0.4	0.0	0.0	0.0	0.8	78.3	48.8	25.0	91.3
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	2.0	0.0	0.0	0.0	2.0	51.0	19.9	12.5	142.9
7	2399	Spiced cake Indonesian- Spekkoek	1.1	0.0	0.0	0.0	0.6	68.2	40.3	15.0	76.0
7	2400	Croissant chocolate-	0.1	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.1	0.0	0.0	0.0	0.4	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	0.8	0.0	0.0	6.7	2.3	17.4	13.0	10.0	27.6
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
7	2413	Cake wrapped in marzipan and chocolate	0.4	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.2	0.0	0.0	0.0	0.3	48.0	48.0	48.0	48.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	0.5	15.5	14.7	14.0	15.9
7	2560	Apple turnover	0.9	0.0	0.0	0.0	0.9	93.5	64.7	41.0	123.5
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2609	Biscuits with nuts	0.8	0.0	0.0	5.9	4.1	25.1	17.9	10.0	33.3
7	2622	Appel pie Dutch w shortbread w butter	0.2	0.0	0.0	0.0	0.3	53.0	25.0	25.0	100.6
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.0	0.0	0.0	0.0	0.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.1	0.0	0.0	0.0	0.9	30.7	10.0	10.0	50.1
7	2698	Cake chocolate made wo butter	0.4	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	2699	Biscuit Dutch Frou frou	0.0	0.0	0.0	0.0	0.7	9.4	8.6	6.0	11.8
7	2715	Meringue	0.0	0.0	0.0	0.0	0.2	7.5	7.5	7.5	7.5
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.3	0.0	0.0	0.0	0.8	49.7	45.0	45.0	57.6
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.0
7	2775	Biscuit digestive w chocolate	0.4	0.0	0.0	0.0	1.7	22.6	28.1	9.0	29.8
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	1.0	0.0	0.0	0.0	0.5	130.0	130.0	130.0	130.0
7	2778	Flan sponge with custard cream	0.0	0.0	0.0	0.0	0.0
7	2820	Waffle syrup w butter	0.3	0.0	0.0	0.0	2.9	19.3	13.9	10.0	27.3
7	2832	Cake chocolate made w butter	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	0.0	0.0	0.0	0.0	0.0
7	2864	Biscuit syrup with chocolate	0.2	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.0	0.0	0.0	0.0	0.0
7	2892	Waffle penny-	0.2	0.0	0.0	0.0	1.6	23.2	16.0	16.0	30.2
7	2893	Cake Indonesian	0.0	0.0	0.0	0.0	0.0
7	2894	Biscuit Dutch digestive	0.6	0.0	0.0	5.9	5.0	16.8	14.9	8.0	19.7
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	0.2	0.0	0.0	0.0	0.3	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.8	0.0	0.0	1.6	3.2	19.5	7.6	3.8	43.0
8	213	Oatmeal	0.2	0.0	0.0	0.0	3.3	14.6	10.0	1.5	33.9
8	215	Cornflour	0.0	0.0	0.0	0.0	1.2	3.4	1.1	1.1	6.3
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.2	3.1	6.2	4.3	1.6	16.2
8	222	Flour wheat 50% extraction	0.1	0.0	0.0	0.0	0.5	48.6	32.0	20.3	57.4
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.1	14.9	14.9	14.9	14.9
8	225	Breakfast cereal Brinta	0.6	0.0	0.0	0.0	2.4	23.2	13.6	9.0	38.5

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

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8	226	Starch potato	0.0	0.0	0.0	0.0	1.8	2.5	1.0	0.6	6.1
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.5	9.4	2.7	2.7	18.9
8	530	Flour for pancakes	0.0	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
8	590	Wheat bran	0.1	0.0	0.0	0.0	2.3	9.2	7.3	6.0	10.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.3	22.7	14.8	9.6	27.4
8	658	Rice white boiled	11.5	0.0	0.0	82.6	11.0	94.6	74.7	11.0	174.4
8	659	Pasta white average boiled	13.7	0.0	0.0	81.2	8.2	119.4	110.2	40.4	178.2
8	955	Rice white parboiled boiled	1.3	0.0	0.0	0.0	0.7	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.2	0.0	0.0	0.0	2.7	7.3	6.0	2.1	14.6
8	1014	Rice brown boiled	1.9	0.0	0.0	0.0	1.9	95.0	46.0	23.4	226.6
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.1	0.0	0.0	0.0	0.7	7.0	7.0	7.0	7.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.1	0.0	0.0	0.0	0.6	36.6	26.2	21.6	44.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.5	10.0	7.2	7.2	17.6
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.5	4.1	2.9	2.9	8.8
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.1	20.0	16.9	15.0	21.9
8	2157	Pasta wholemeal boiled	0.3	0.0	0.0	0.0	0.5	102.2	94.5	94.5	113.9
8	2158	Couscous boiled	0.4	0.0	0.0	0.0	1.3	41.7	34.4	30.0	46.2
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.2	0.0	0.0	0.0	0.4	58.0	58.0	58.0	58.0
8	2366	Muesli crunchy plain/w fruit	1.7	0.0	0.0	17.1	5.4	24.3	19.9	4.9	39.7
8	2675	Muesli crunchy w nuts	0.2	0.0	0.0	0.0	0.9	30.4	27.5	9.8	43.8
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.4	6.2	5.4	5.4	7.0
8	2809	Muesli w fruit	1.6	0.0	0.0	11.5	10.0	19.7	15.9	1.0	34.6
8	3058	Oat bran raw	0.1	0.0	0.0	0.0	1.5	18.6	7.1	6.0	27.7
8	3059	Muesli crunchy Cruesli Balans	0.3	0.0	0.0	0.0	0.8	44.3	40.0	40.0	48.8
9	7	Endive raw	0.9	0.0	0.0	0.0	1.2	108.1	56.0	14.8	131.6
9	8	Endive boiled	4.4	0.0	0.0	23.2	4.0	142.2	145.4	45.9	251.0
9	11	Aubergine boiled	0.2	0.0	0.0	0.0	0.1	123.1	123.1	123.1	123.1
9	13	Celery boiled	0.1	0.0	0.0	0.0	0.7	27.9	12.5	12.5	83.1
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	3.5	0.0	0.0	21.0	3.3	118.6	91.0	27.0	226.5
9	16	Kale curly boiled	0.6	0.0	0.0	0.0	0.6	94.5	82.2	72.8	121.1
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
9	20	Mushrooms boiled	1.5	0.0	0.0	9.4	9.7	21.3	17.2	4.1	37.9
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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

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9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.0
9	27	Cucumber wo skin raw	5.0	0.0	0.0	35.3	9.2	54.6	38.2	13.3	97.1
9	28	Cucumber boiled	0.2	0.0	0.0	0.0	1.0	32.7	22.8	22.8	48.9
9	29	Swede boiled	0.7	0.0	0.0	0.0	0.5	143.3	135.7	131.9	148.6
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.1	8.3	8.3	8.3	8.3
9	32	Sweet pepper green boiled	0.3	0.0	0.0	0.0	1.4	25.6	25.1	17.3	29.2
9	36	Purslane boiled	0.1	0.0	0.0	0.0	0.1	145.0	145.0	145.0	145.0
9	37	Leek boiled	3.8	0.0	0.0	18.7	7.1	58.8	28.9	5.0	163.4
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	1.5	0.0	0.0	0.0	1.0	148.1	156.0	80.0	172.2
9	44	Cabbage Savoy boiled	0.2	0.0	0.0	0.0	0.7	88.9	88.9	88.9	88.9
9	46	Lettuce head raw	1.8	0.0	0.0	10.5	5.2	39.1	27.5	5.8	62.9
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	0.7	0.0	0.0	0.0	0.7	125.7	110.1	98.0	162.4
9	54	Cabbage oxheart boiled	0.8	0.0	0.0	0.0	0.7	173.8	165.4	136.3	179.2
9	55	Brussel sprouts boiled	4.1	0.0	0.0	9.1	2.5	133.4	132.4	38.9	208.1
9	57	Sweetcorn boiled	0.1	0.0	0.0	0.0	0.2	23.9	23.9	23.9	23.9
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
9	59	Bean sprouts boiled	0.2	0.0	0.0	1.0	2.7	4.9	4.3	0.8	9.4
9	60	Tomatoes normal raw	4.9	0.0	0.0	30.1	11.5	50.7	40.5	12.1	90.0
9	61	Tomatoes normal boiled	0.9	0.0	0.0	7.3	5.8	17.4	7.8	0.9	41.4
9	63	Onions raw	1.7	0.0	0.0	7.1	6.9	25.3	11.2	3.2	66.0
9	64	Onions boiled	7.3	0.0	0.0	44.8	25.1	32.6	24.4	2.4	85.8
9	65	Lettuce lambs raw	0.4	0.0	0.0	0.0	1.5	34.1	25.8	7.4	63.2
9	67	Chicory raw	0.5	0.0	0.0	0.0	0.7	88.0	58.7	28.9	144.2
9	68	Chicory boiled	9.9	0.0	0.0	83.8	5.2	163.4	161.3	67.2	250.4
9	69	Cabbage white raw	0.3	0.0	0.0	0.0	1.5	22.3	20.8	1.9	32.2
9	70	Cabbage white cooked	0.7	0.0	0.0	3.0	3.2	12.7	4.9	1.6	20.8
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.5	8.6	6.2	1.9	10.3
9	72	Carrots boiled average	1.9	0.0	0.0	7.3	6.5	45.3	17.0	3.5	120.0
9	73	Cabbage sauerkraut raw	0.3	0.0	0.0	0.0	0.2	128.4	128.4	128.4	128.4
9	74	Cabbage sauerkraut cooked	4.5	0.0	0.0	45.4	2.9	120.6	110.7	50.1	177.9
9	75	Vegetable mix for soup raw	0.1	0.0	0.0	0.0	0.2	63.5	63.5	63.5	63.5
9	124	Radish red/white raw	1.0	0.0	0.0	1.8	2.1	36.2	28.9	1.7	62.3
9	126	Cress garden raw	0.1	0.0	0.0	0.0	1.5	11.0	6.9	4.8	17.8
9	127	Vegetables mixture raw	0.2	0.0	0.0	0.0	0.4	75.0	75.0	75.0	75.0
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	1.6	0.0	0.0	13.6	6.9	16.9	13.9	4.7	31.4
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.3	0.0	0.0	0.0	1.7	91.2	57.7	1.6	138.2
9	136	Peas and carrots tinned	0.1	0.0	0.0	0.0	0.4	30.2	27.3	27.3	39.8
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.0	0.0	0.0	0.0	0.0
9	140	Spinach tinned	2.5	0.0	0.0	0.0	0.3	448.5	448.5	448.5	448.5
9	141	Tomato puree concentrated tinned	0.6	0.0	0.0	0.9	2.6	17.3	10.1	3.9	41.1

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9	142	Beans broad tinned	0.2	0.0	0.0	0.0	0.5	73.0	73.0	73.0	73.0
9	143	Carrots tinned	0.0	0.0	0.0	0.0	0.0
9	144	Silver-skin onions sweet pickled glass	0.3	0.0	0.0	1.6	2.4	10.2	6.0	2.1	20.4
9	145	Cabbage red glass	0.4	0.0	0.0	0.0	0.5	173.8	171.7	170.0	174.7
9	146	Spinach frozen boiled	0.0	0.0	0.0	0.0	0.0
9	538	Rhubarb puree w sugar	0.4	0.0	0.0	0.0	0.5	46.2	31.9	31.9	83.8
9	557	Celery raw	0.2	0.0	0.0	0.0	1.2	41.7	33.1	28.6	48.3
9	558	Celeriac raw	0.2	0.0	0.0	0.0	0.7	22.5	20.0	20.0	24.5
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.2	5.2	4.0	4.0	6.6
9	562	Leek raw	0.3	0.0	0.0	0.0	1.1	23.4	18.9	18.3	31.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.7	0.0	0.0	0.0	0.8	174.0	174.0	174.0	174.0
9	651	Spinach creamed frozen boiled	5.0	0.0	0.0	0.0	1.9	171.6	100.0	98.0	248.2
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.6	0.0	0.0	0.0	0.7	113.4	76.8	76.8	142.7
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.5	0.0	0.0	3.3	2.1	14.3	12.0	6.3	23.4
9	885	Sweet pepper red boiled	0.6	0.0	0.0	3.0	3.1	22.9	23.0	3.4	34.6
9	920	Broccoli boiled	12.8	0.0	0.0	83.2	6.7	150.4	141.6	37.2	237.9
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.0
9	951	Beans French boiled	9.6	0.0	0.0	85.8	9.3	140.4	148.5	6.3	240.5
9	952	Kale curly frozen boiled	0.1	0.0	0.0	0.0	0.1	105.2	105.2	105.2	105.2
9	953	Peas frozen boiled	0.9	0.0	0.0	0.0	2.2	99.8	65.4	10.0	114.5
9	954	Beans French frozen boiled	2.1	0.0	0.0	0.0	1.1	93.2	49.3	30.7	155.4
9	957	Asparagus boiled	1.4	0.0	0.0	0.0	1.2	126.2	96.7	16.0	208.8
9	958	Beetroot boiled	1.2	0.0	0.0	0.0	1.4	98.3	77.2	37.5	119.4
9	961	Beans runner boiled	4.9	0.0	0.0	52.4	2.2	183.1	182.0	65.2	234.9
9	962	Beans broad boiled	0.7	0.0	0.0	0.0	0.3	141.0	141.0	141.0	141.0
9	963	Peas fresh boiled	1.5	0.0	0.0	0.0	0.7	151.2	64.2	18.9	209.3
9	964	Mange-tout boiled	0.4	0.0	0.0	0.0	0.7	42.3	35.0	28.4	51.2
9	966	Courgettes boiled	3.2	0.0	0.0	14.2	5.2	51.9	26.6	6.0	161.0
9	967	Fennel boiled	0.2	0.0	0.0	0.0	0.3	124.5	124.5	124.5	124.5
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.7	0.0	0.0	0.0	1.1	96.9	50.0	50.0	176.0
9	1141	Vegetable mixed Mexico frozen unprepared	2.0	0.0	0.0	0.0	0.7	194.9	190.0	190.0	199.0
9	1143	Beans runner frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1144	Vegetables mixture for soup frozen	0.1	0.0	0.0	0.0	0.3	74.9	74.9	74.9	74.9
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.1	9.5	9.5	9.5	9.5
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.0
9	1399	Lettuce iceberg raw	2.4	0.0	0.0	18.9	5.8	51.3	38.1	13.9	97.5
9	1454	Beetroot pickled glass	0.0	0.0	0.0	0.0	0.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.4	10.1	10.1	10.1	10.1
9	1904	Vegetables average boiled	2.9	0.0	0.0	18.3	4.6	62.6	40.1	12.7	160.8

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9	1905	Vegetables average raw	1.1	0.0	0.0	0.0	0.3	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.3	0.0	0.0	0.0	0.4	196.3	111.8	30.7	209.2
9	2293	Tomatoes tinned	1.5	0.0	0.0	0.0	0.6	89.5	51.2	51.2	125.6
9	2330	Mange-tout and carrots boiled	2.0	0.0	0.0	0.0	0.7	370.0	370.0	370.0	370.0
9	2331	Bami vegetables mixed boiled	0.0	0.0	0.0	0.0	0.0
9	2346	Lettuce green average raw	0.4	0.0	0.0	0.0	1.8	28.5	18.7	11.2	50.0
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
9	2378	Tomato sun-dried	0.1	0.0	0.0	0.0	0.4	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.5	1.1	0.2	0.2	2.0
9	2498	Tomatoes sieved	1.1	0.0	0.0	10.3	3.5	42.6	40.9	23.4	56.9
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.3	0.0	0.0	0.0	1.0	40.4	28.8	13.7	58.2
9	2710	Cabbage red w apple pieces glass	0.7	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
9	2726	Carrot bunched raw	0.2	0.0	0.0	0.0	0.7	33.6	18.0	18.0	67.0
9	2727	Carrot bunched boiled	6.9	0.0	0.0	57.9	4.6	135.3	107.8	9.2	215.3
9	2728	Carrot winter raw	0.5	0.0	0.0	0.0	0.9	58.4	31.5	25.0	128.5
9	2729	Carrot winter boiled	2.0	0.0	0.0	0.0	1.4	146.6	121.6	36.0	214.6
9	2730	Tomato vine raw	5.5	0.0	0.0	42.9	5.6	86.3	65.7	23.5	191.4
9	2731	Tomato cherry raw	3.2	0.0	0.0	22.0	6.0	38.4	27.7	10.0	73.2
9	2732	Tomato beef raw	0.9	0.0	0.0	0.0	0.4	80.0	80.0	80.0	80.0
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.4	0.0	0.0	0.0	0.4	52.7	38.5	38.5	76.4
9	2735	Tomato average boiled	0.1	0.0	0.0	0.0	0.5	11.1	4.8	4.8	34.2
9	2736	Rocket raw	0.2	0.0	0.0	0.0	1.2	18.4	10.7	7.4	32.2
9	2737	Onion Welsh raw	0.2	0.0	0.0	0.0	1.6	11.5	8.7	6.4	12.4
9	2738	Onion Welsh boiled	0.3	0.0	0.0	0.0	1.1	12.1	7.2	4.0	19.9
9	2739	Cucumber w skin raw	1.2	0.0	0.0	0.0	2.2	48.4	41.3	9.3	95.6
9	2740	Sweet pepper yellow raw	0.1	0.0	0.0	0.0	1.2	9.0	9.0	9.0	9.0
9	2741	Sweet pepper yellow boiled	0.6	0.0	0.0	0.0	1.0	52.3	27.4	17.3	104.6
9	2742	Sweet pepper average raw	0.3	0.0	0.0	0.0	0.8	18.0	12.7	10.0	27.6
9	2743	Sweet pepper average boiled	0.7	0.0	0.0	3.6	3.2	15.9	17.6	1.8	28.3
9	2840	Cabbage red w apple pieces	0.0	0.0	0.0	0.0	0.0
9	2900	Sweetcorn tinned	0.3	0.0	0.0	0.0	0.5	30.8	21.7	14.6	35.0
10	455	Peanut butter	1.3	0.0	0.0	11.7	4.6	21.0	18.3	5.0	32.9
10	541	Peanut butter with nut pieces	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
10	574	Sandwich spread cucumber	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
10	575	Sandwich spread original	0.9	0.0	0.0	2.8	1.9	25.0	17.1	5.0	39.9
10	1461	Sesame paste tahin	0.1	0.0	0.0	0.0	1.1	9.3	8.2	7.0	11.7
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.5	16.9	12.8	10.0	19.3
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.3	1.3	1.3	1.3	1.3
11	511	Cheese Edam 40+	0.7	0.0	0.0	8.0	3.5	18.3	17.8	9.2	23.2
11	512	Cheese processed rindless 40+	0.1	0.0	0.0	0.0	0.3	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	5.6	0.0	0.0	27.0	19.4	30.1	25.7	10.1	58.2
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.3	0.0	0.0	0.0	2.3	26.3	13.8	8.4	47.3
11	515	Cheese spread 48+	0.4	0.0	0.0	0.0	1.4	15.9	12.7	12.0	25.1
11	517	Cheese spread 20+	1.3	0.0	0.0	8.5	3.4	73.3	31.9	13.9	111.2
11	556	Cheese Camembert 45+	0.5	0.0	0.0	0.0	0.5	80.6	26.0	10.5	198.7
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.4	17.6	12.5	8.0	19.2
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	1.4	10.5	6.9	2.0	19.6
11	719	Cheese cream soft Mon Chou	0.3	0.0	0.0	0.0	1.1	16.6	7.3	4.0	44.2
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.2	0.0	0.0	0.0	1.4	16.7	5.6	4.5	26.6
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.6	3.5	0.8	0.8	6.9
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.5	40.6	21.2	20.1	56.1
11	804	Cheese sheep fresh	0.7	0.0	0.0	4.7	3.4	23.2	14.3	3.4	61.5
11	881	Cheese 48+ low salt	0.9	0.0	0.0	0.0	1.1	74.6	40.4	14.4	134.9
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	0.3	29.0	29.0	29.0	29.0
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	2.1	0.0	0.0	14.4	4.3	35.2	28.5	6.2	57.6
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	7.5	0.0	0.0	45.0	18.5	33.4	27.9	10.6	70.9
11	1487	Cheese Brie 60+	2.4	0.0	0.0	22.1	4.2	62.9	44.5	21.0	134.7
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
11	1650	Cheese goat fresh	0.5	0.0	0.0	0.0	3.3	29.7	21.3	6.3	48.6
11	1723	Cheese 20+	0.1	0.0	0.0	0.0	1.2	11.9	6.5	6.5	20.5
11	1724	Cheese 50+	0.1	0.0	0.0	0.0	1.0	21.9	13.0	13.0	46.5
11	1725	Cheese Leerdammer/Maasdammer 45+	0.1	0.0	0.0	0.0	0.2	31.5	29.0	29.0	34.3
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.3	0.0	0.0	0.0	0.6	31.1	17.5	15.0	49.1
11	1809	Cheese 45+	0.4	0.0	0.0	0.0	0.8	35.2	29.5	25.3	47.2
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.5	0.0	0.0	0.0	2.9	28.6	17.5	9.0	60.5
11	2518	Cheese goat hard	1.5	0.0	0.0	10.6	7.7	27.0	28.5	6.5	50.3
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.8	14.7	10.0	8.0	19.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.9	0.0	0.0	0.0	3.0	45.3	45.2	12.0	61.1
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.1	0.0	0.0	23.7	11.2	32.8	28.3	12.1	58.8
11	2758	Cheese Gouda 48+ age 4-7 mths	5.0	0.0	0.0	45.1	11.8	46.8	28.7	9.9	120.1
11	2759	Cheese Gouda 48+ age 10-12 mths	0.9	0.0	0.0	4.8	5.9	20.5	13.7	10.1	40.4
11	2824	Cheese 30+ low salt	0.1	0.0	0.0	0.0	0.5	36.0	30.0	30.0	40.8
12	429	Stock cubes	0.0	0.0	0.0	0.1	3.2	1.9	1.0	0.4	4.4
12	824	Mustard	0.1	0.0	0.0	0.5	5.1	3.5	1.8	0.3	9.0
12	830	Garlic fresh	0.1	0.0	0.0	0.3	7.2	1.2	0.7	0.2	2.6
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.6	3.7	3.1	0.9	4.7
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.8	8.1	5.1	5.0	10.6
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.0	1.6	2.0	1.0	1.0	4.9
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.1	21.5	21.5	21.5	21.5
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.3	5.6	5.0	5.0	7.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.2	0.0	0.0	0.0	0.6	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.0
12	2681	Mixed spices Wereldgerechten unprep	0.2	0.0	0.0	0.0	1.5	8.5	7.4	7.4	11.2
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	2.3	0.0	0.0	19.3	6.5	28.9	17.5	4.7	67.5
13	272	Milk chocolate-flavoured full fat	0.3	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.3	4.6	8.3	6.2	1.1	15.0
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.0
13	276	Custard chocolate full fat	0.9	0.0	0.0	0.0	0.5	213.9	152.6	103.0	240.3
13	278	Yoghurt full fat	12.0	0.0	0.0	134.0	4.9	289.5	266.9	38.9	511.3
13	279	Milk whole	26.2	0.0	0.0	174.0	9.6	336.0	295.6	127.5	563.2
13	280	Coffee creamer full fat	1.7	0.0	0.0	9.0	9.6	29.2	19.0	4.9	86.1
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.3	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	7.8	0.0	0.0	58.9	5.2	156.4	128.1	60.0	205.9
13	284	Yoghurt low fat with fruit	2.4	0.0	0.0	0.0	1.8	214.0	151.6	97.2	369.8
13	285	Coffee creamer half fat	4.0	0.0	0.0	19.8	21.5	17.3	15.2	4.2	38.8
13	286	Milk semi-skimmed	67.4	0.0	0.0	289.8	27.8	226.8	213.7	29.0	455.2
13	288	Porridge oatmeal	1.3	0.0	0.0	0.0	0.3	381.7	274.0	274.0	488.0
13	289	Buttermilk	47.8	0.0	0.0	286.2	18.2	271.4	209.1	168.8	684.5
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.2	0.0	0.0	0.0	1.3	13.1	8.0	8.0	22.0
13	294	Milk skimmed	11.1	0.0	0.0	10.9	4.0	277.3	197.5	23.0	472.2
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.4	4.4	3.1	2.0	4.8
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	0.0	0.0	0.0	0.0	0.0
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.8	8.3	7.5	7.5	9.0
13	301	Yoghurt low fat	25.5	0.0	0.0	172.2	15.2	177.5	166.0	17.0	301.2
13	303	Ice cream dairy cream based	1.6	0.0	0.0	0.0	2.4	84.3	63.6	50.0	132.9
13	305	Fromage frais low fat	4.9	0.0	0.0	14.1	5.2	101.5	91.2	24.0	190.4
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.7	0.0	0.0	0.0	0.9	87.1	72.2	70.0	137.6
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	1.3	0.0	0.0	0.0	0.6	340.2	284.6	247.2	371.5
13	485	Ice cream dairy cornet	0.3	0.0	0.0	0.0	0.4	75.0	75.0	75.0	75.0
13	532	Blancmange chocolate	0.0	0.0	0.0	0.0	0.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.7	0.0	0.0	0.0	0.4	212.2	212.2	212.2	212.2
13	736	Pudding vanilla	0.4	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
13	767	Mousse chocolate	0.5	0.0	0.0	0.0	1.0	40.5	22.8	22.8	56.1
13	786	Pudding chipolata	0.8	0.0	0.0	0.0	1.2	105.1	98.8	97.7	116.9

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13	812	Cream sour	0.1	0.0	0.0	0.0	1.3	9.8	3.5	3.5	15.3
13	863	Yoghurt full fat with fruit	2.8	0.0	0.0	0.0	2.7	181.6	142.9	114.0	290.9
13	912	Pudding raspberries w currant sauce	1.8	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
13	915	Chocolate pudding with sauce	1.2	0.0	0.0	0.0	0.7	170.2	166.7	166.7	174.1
13	916	Yoghurt Bulgarian low fat	0.9	0.0	0.0	0.0	0.2	124.2	124.2	124.2	124.2
13	917	Fromage frais half fat w fruit	4.9	0.0	0.0	32.8	4.7	116.6	92.7	48.0	189.4
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.1	58.0	58.0	58.0	58.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.3	0.0	0.0	0.0	0.2	166.7	166.7	166.7	166.7
13	940	Blancmange vanilla w strawberry sauce	0.0	0.0	0.0	0.0	0.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	3.8	0.0	0.0	0.0	1.4	188.3	162.7	140.0	196.3
13	1464	Milk chocolate-flavoured semi-skimmed	2.7	0.0	0.0	0.0	1.9	167.2	157.2	114.0	267.1
13	1474	Ice lolly/ Sorbet	0.2	0.0	0.0	0.0	0.5	81.0	52.8	32.0	95.3
13	1502	Yoghurt half fat	9.4	0.0	0.0	89.9	5.6	174.5	166.4	63.9	215.5
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.7	7.8	6.0	6.0	9.6
13	1719	Milk semi-skimmed enriched w calcium	1.6	0.0	0.0	0.0	0.6	154.5	154.5	154.5	154.5
13	1720	Custard several flavours full fat	3.8	0.0	0.0	0.0	2.2	192.0	140.1	57.9	299.3
13	1721	Yoghurt vanilla half fat	2.0	0.0	0.0	0.0	1.2	171.9	146.0	115.6	234.3
13	1722	Porridge semolina	0.0	0.0	0.0	0.0	0.1	54.6	54.6	54.6	54.6
13	1791	Cream whipped w sugar canned	0.1	0.0	0.0	0.0	1.9	8.5	8.5	3.0	11.8
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.1	58.7	58.7	58.7	58.7
13	1813	Yakult	1.8	0.0	0.0	0.0	1.9	67.3	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	2.5	0.0	0.0	0.0	1.5	158.6	173.8	55.0	299.3
13	1834	Yoghurt drink w sweeteners Optimel	6.9	0.0	0.0	0.0	2.8	235.9	242.2	152.9	313.0
13	1916	Cream whipped with added sugar	0.9	0.0	0.0	5.2	5.2	20.9	9.6	3.0	52.2
13	1954	Coffee creamer Balance	0.1	0.0	0.0	0.0	0.4	25.1	21.5	16.0	31.2
13	1957	Custard with whipped cream	0.0	0.0	0.0	0.0	0.1	24.7	24.7	24.7	24.7
13	1958	Porridge buttermilk groats	0.3	0.0	0.0	0.0	0.2	190.6	190.6	190.6	190.6
13	1970	Milk chocolate-flavoured Chocomel light	0.7	0.0	0.0	0.0	0.3	212.2	212.2	212.2	212.2
13	2240	Milk goats- full fat	0.1	0.0	0.0	0.0	0.3	81.0	81.0	81.0	81.0
13	2244	Yoghurt cream- with fruit	0.0	0.0	0.0	0.0	0.0
13	2246	Fromage frais low fat w fruit w sw	0.2	0.0	0.0	0.0	0.3	150.0	150.0	150.0	150.0
13	2247	Fromage frais yoghurt w fruit	1.6	0.0	0.0	0.0	0.5	204.6	200.0	200.0	209.4
13	2248	Fromage frais w fruit Danoontje	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.5	0.0	0.0	0.0	0.3	52.0	52.0	52.0	52.0
13	2252	Ice cream dairy w fruitcoating	0.7	0.0	0.0	0.0	0.4	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	4.7	0.0	0.0	0.0	1.5	298.8	270.0	270.0	338.0
13	2258	Actimel	0.2	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
13	2265	Yakult light	1.1	0.0	0.0	0.0	0.8	65.0	65.0	65.0	65.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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13	2267	Custard no fat w sweeteners Optimel	2.7	0.0	0.0	0.0	0.8	201.3	180.3	180.3	221.5
13	2268	Creme fraiche half fat	0.1	0.0	0.0	0.0	0.4	23.3	4.4	4.4	53.6
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.1	0.0	0.0	0.0	0.3	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	4.9	0.0	0.0	0.8	3.3	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
13	2495	Drinking chocolate w s-sk milk	6.0	0.0	0.0	0.0	0.9	344.9	293.8	206.0	420.9
13	2496	Dairy drink Campina fruitmilk	1.4	0.0	0.0	0.0	0.3	188.5	188.5	188.5	188.5
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	0.4	0.0	0.0	0.0	0.5	148.4	131.1	124.2	185.5
13	2503	Yoghurt Greek full fat	5.6	0.0	0.0	0.0	2.9	137.7	99.8	48.2	282.8
13	2504	Fromage frais full fat w fruit	0.8	0.0	0.0	0.0	1.5	64.3	59.1	48.0	74.2
13	2519	Custard half fat all flavours	1.1	0.0	0.0	0.0	0.4	121.5	110.2	110.2	145.8
13	2520	Pudding airy average	0.8	0.0	0.0	0.0	1.6	68.0	38.9	23.9	148.8
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.0	0.0	0.0	0.0	0.0
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	1.3	0.0	0.0	0.0	0.4	113.3	24.7	24.7	187.5
13	2539	Custard soft & airy Campina	0.6	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
13	2655	Yoghurt 0% fat w fruit Activia	2.4	0.0	0.0	0.0	1.7	121.9	95.4	60.0	131.4
13	2689	Actimel light	0.7	0.0	0.0	0.0	1.5	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.1	103.0	103.0	103.0	103.0
13	2760	Hot chocolate from vending machine	5.9	0.0	0.0	0.0	1.9	216.9	153.9	148.7	354.5
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.3	0.0	0.0	0.0	0.5	125.0	125.0	125.0	125.0
13	2917	Dairy drink Milk&Fruit mango	3.2	0.0	0.0	0.0	0.9	209.4	177.1	170.0	296.3
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	4.5	0.0	0.0	0.0	0.9	279.8	255.8	255.4	331.6
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.4	11.9	8.0	8.0	16.3
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
13	3074	Yoghurt full fat w fruit Activia	1.8	0.0	0.0	0.0	1.1	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	1.2	0.0	0.0	0.0	0.9	70.9	74.7	17.8	80.2
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.1	25.8	25.8	25.8	25.8

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14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.3	27.0	27.0	27.0	27.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.1	2.4	2.4	2.4	2.4
14	1215	Soya sauce sweet	0.3	0.0	0.0	2.2	4.2	9.1	3.8	0.5	28.7
14	1380	Dessert soya Alpro	1.3	0.0	0.0	0.0	0.8	134.0	103.9	76.2	163.4
14	1381	Milk soya Natural Fresh Alpro	2.4	0.0	0.0	0.0	1.6	156.4	112.3	100.0	227.8
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.0	0.0	0.0	0.0	0.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.4	0.0	0.0	0.0	0.3	124.2	124.2	124.2	124.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.1	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.1	0.0	0.0	0.0	0.2	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.4	0.0	0.0	0.0	0.8	57.5	55.9	51.8	59.6
14	2282	Vegetarian schnitzel Vales less unprepared	0.1	0.0	0.0	0.0	0.1	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.0
14	2542	Pate vegetarian	0.2	0.0	0.0	0.0	0.4	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	0.7	0.0	0.0	0.0	0.6	245.8	229.8	225.0	257.9
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.8	0.0	0.0	0.0	1.4	135.3	123.1	118.8	164.9
14	3040	Vegetarian prod w cheese Vales less unprep	0.1	0.0	0.0	0.0	0.1	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.4	0.0	0.0	0.0	2.4	18.2	14.6	11.0	18.6
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.2	13.4	9.0	7.5	16.6
15	199	Cashew nuts unsalted	0.6	0.0	0.0	0.0	1.3	31.4	5.4	5.4	67.9
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	27.0	27.0	27.0	27.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.2	18.8	18.8	18.8	18.8
15	204	Peanuts unsalted	1.3	0.0	0.0	0.0	0.9	64.9	15.0	15.0	135.1
15	205	Mixed nuts and raisins	0.7	0.0	0.0	0.0	0.8	85.0	55.5	30.0	95.5
15	206	Walnuts unsalted	0.5	0.0	0.0	0.8	2.7	21.4	12.5	5.9	52.6
15	207	Nuts mixed unsalted	0.2	0.0	0.0	0.0	1.3	32.1	13.2	7.5	46.3
15	264	Biscuit salted average	0.5	0.0	0.0	1.4	2.3	15.5	8.0	8.0	31.5
15	265	Puff pastry baked	0.9	0.0	0.0	2.1	1.7	32.9	21.8	11.0	59.4
15	266	Snack sausage roll puff pastry	2.2	0.0	0.0	9.5	2.8	83.3	50.0	17.5	143.4
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.2	17.2	14.5	12.5	18.5
15	546	Peanuts coated	1.6	0.0	0.0	0.0	1.0	56.9	25.2	20.0	153.1
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	1.1	8.4	5.0	5.0	19.9
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.3	0.7	0.7	0.7	0.7
15	852	Salad celeriac	0.5	0.0	0.0	0.0	0.8	37.3	20.4	16.6	70.2
15	867	Linseeds	0.3	0.0	0.0	0.0	2.4	8.1	5.4	1.0	13.8
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.7	2.6	2.0	1.6	3.5
15	876	Peanuts salted	1.2	0.0	0.0	0.0	3.0	47.4	44.5	16.1	67.5
15	901	Snack sausage roll w bread dough pastry	0.1	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
15	1496	Salad fish	2.8	0.0	0.0	21.3	2.5	51.7	37.6	15.1	91.4
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
15	1498	Salad chicken curry	0.1	0.0	0.0	0.0	0.4	27.5	25.0	25.0	29.5
15	1499	Salad egg	0.2	0.0	0.0	0.0	0.6	39.4	33.1	30.0	43.8

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15	1699	Biscuits & snacks cheesy averaged	1.0	0.0	0.0	7.6	2.6	19.6	15.1	8.0	42.3
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.5	0.0	0.0	0.0	0.7	90.0	90.0	90.0	90.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.5	28.0	28.0	28.0	28.0
15	1935	Nuts mixed salted	0.5	0.0	0.0	0.0	1.3	49.8	32.7	20.3	90.4
15	1937	Crisps tortilla unflavoured	0.1	0.0	0.0	0.0	1.2	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	6.5	6.5	6.5	6.5
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.4	14.5	10.0	10.0	18.1
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.6	4.4	1.9	1.9	9.3
15	2345	Peanuts sugar coated	0.6	0.0	0.0	0.0	0.4	70.0	70.0	70.0	70.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.1	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.1	0.0	0.0	0.0	0.9	5.7	2.5	2.5	9.1
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	1.5	0.0	0.0	0.0	1.7	62.0	48.0	34.4	61.5
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	2.1	0.0	0.0	0.0	1.3	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.2	0.0	0.0	0.0	0.8	10.7	10.2	10.0	10.9
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.3	0.0	0.0	0.0	1.0	38.2	27.6	24.0	60.7
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.6	10.1	7.2	7.2	17.4
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	0.5	0.0	0.0	0.0	0.4	103.8	88.2	74.0	107.8
16	197	Beans baked in tomato sauce tinned	0.1	0.0	0.0	0.0	0.3	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	1.3	0.0	0.0	0.0	1.5	107.1	64.4	53.7	191.7
16	968	Beans white/brown boiled	1.2	0.0	0.0	0.0	1.2	114.6	111.2	111.2	126.3
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.2	32.2	32.2	32.2	32.2
16	3049	Beans white tinned	0.6	0.0	0.0	0.0	0.6	196.8	163.7	163.7	256.3
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	2.9	0.0	0.0	0.0	0.8	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	2.4	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	0.4	0.0	0.0	0.0	0.3	225.4	220.5	220.5	232.3
19	758	Soup clear with meat	2.5	0.0	0.0	0.0	1.7	205.3	197.3	194.3	223.4
19	759	Soup clear with vegetables	5.4	0.0	0.0	0.0	2.6	286.7	261.1	218.9	380.3
19	760	Soup clear with meat and noodles	4.2	0.0	0.0	0.0	1.3	197.5	154.0	154.0	303.9
19	761	Soup clear with meat and vegetables	0.9	0.0	0.0	0.0	0.6	198.9	189.9	189.0	206.1
19	762	Soup clear w meat vegetables and noodles	0.8	0.0	0.0	0.0	0.6	297.6	202.5	175.4	546.0
19	763	Soup thickened w vegetables	8.0	0.0	0.0	0.0	1.6	349.8	339.5	157.5	388.5
19	766	Soup main course w legumes and meat	0.5	0.0	0.0	0.0	0.5	181.5	181.5	181.5	181.5
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	0.0	0.0	0.0	0.0	0.0
19	797	Soup vegetable based dried packet prep	8.3	0.0	0.0	57.3	3.1	280.0	315.1	173.3	323.4
19	798	Soup meat based dried packet prepared	0.7	0.0	0.0	0.0	0.7	196.9	189.0	189.0	207.2
19	800	Soup vegetable based tinned prepared	5.5	0.0	0.0	0.0	2.8	247.9	261.6	12.7	396.5
19	801	Soup meat based ready made prepared	0.5	0.0	0.0	0.0	0.4	291.7	175.4	175.4	532.1
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	14.1	0.0	0.0	156.3	9.3	140.6	165.0	4.0	268.2
19	2487	Soup veg & meat based ready made prep	1.9	0.0	0.0	0.0	1.0	344.5	315.0	315.0	462.2
19	2488	Soup vegetable&meat based prepared pack	2.7	0.0	0.0	0.0	1.4	218.8	199.8	194.3	238.8
19	2561	Soup thickened no filling	0.5	0.0	0.0	0.0	0.3	130.2	130.2	130.2	130.2
19	2932	Soup cup-a-soup prepared	1.8	0.0	0.0	0.0	1.0	213.5	180.1	175.0	273.5
20	374	Sugar brown Basterdsuiker	0.5	0.0	0.0	2.1	5.8	8.2	4.4	1.9	21.6
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
20	377	Sugar granulated	4.1	0.0	0.0	27.0	25.6	15.2	10.2	1.7	39.6
20	378	Syrup Keukenstroop	0.1	0.0	0.0	0.0	0.9	16.2	13.3	10.0	21.4
20	381	Syrup sugar	0.0	0.0	0.0	0.0	1.0	8.9	3.0	3.0	17.6
20	427	Syrup apple	3.1	0.0	0.0	18.6	13.9	24.5	18.6	7.6	58.4
20	431	Chocolate milk	1.3	0.0	0.0	13.8	7.2	16.5	13.3	4.6	29.1
20	432	Chocolate plain	1.1	0.0	0.0	8.3	11.7	16.3	11.7	5.0	34.7
20	433	Chocolate flakes milk	0.2	0.0	0.0	0.0	0.9	29.0	24.9	22.2	34.4
20	435	Chocolate flakes plain	0.4	0.0	0.0	0.0	3.2	31.4	25.7	10.0	36.5
20	436	Spread chocolate hazelnut	0.2	0.0	0.0	0.0	0.8	34.7	18.9	15.0	46.9

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

NEVO group	NEVO code	Description	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
20	442	Coloured confetti fruit-flavoured	0.3	0.0	0.0	0.0	3.3	13.4	9.3	5.0	24.7
20	443	Honey	1.4	0.0	0.0	10.0	12.6	15.3	13.2	3.4	33.0
20	444	Spread chocolade plain	0.2	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
20	445	Jam	5.8	0.0	0.0	20.0	27.3	21.8	18.5	9.2	39.5
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.8	2.6	2.1	2.0	2.9
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.4	0.0	0.0	1.7	2.8	8.8	4.7	3.0	17.0
20	453	Peppermint	0.2	0.0	0.0	0.3	4.5	8.0	3.0	3.0	19.1
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.3	33.3	33.3	33.3	33.3
20	461	Toffees	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
20	484	Jam reduced sugar	1.3	0.0	0.0	9.8	5.8	28.3	19.6	6.7	47.0
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.1	54.0	54.0	54.0	54.0
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	0.9	27.6	22.5	20.0	31.1
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.3	0.0	0.0	0.5	2.6	13.2	5.9	0.9	33.5
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	1.0	3.6	3.1	3.0	3.9
20	524	M&M's chocolate	0.1	0.0	0.0	0.0	0.5	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
20	539	Sauce fruit for pudding	0.1	0.0	0.0	0.0	0.3	22.5	15.0	15.0	28.5
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.1	0.0	0.0	0.0	0.9	14.6	12.1	7.0	22.7
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.6	7.5	6.0	6.0	10.8
20	752	Wine gums	0.1	0.0	0.0	0.0	0.6	7.3	6.4	6.0	7.8
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.3	18.0	18.0	18.0	18.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.7	19.1	16.0	10.0	24.3
20	1508	Chocolates filled/Belguim chocolate	1.5	0.0	0.0	8.1	9.2	18.6	14.7	4.9	29.4
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
20	1963	Chocolate confetti plain	0.6	0.0	0.0	4.7	4.8	10.8	9.0	4.0	14.5
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.3	6.1	4.8	4.0	6.8
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.1	3.3	2.5	0.5	5.7
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
20	2375	Chocolate plain w nuts	0.3	0.0	0.0	0.0	1.7	19.7	14.8	12.3	24.9
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.9	4.0	4.0	4.0	4.0
20	2380	Toffee w chocolate	0.1	0.0	0.0	0.0	0.9	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
20	2386	Nougat	0.0	0.0	0.0	0.0	0.8	6.8	3.1	1.0	9.3

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20	2489	Spread speculaas flavoured	0.2	0.0	0.0	0.0	0.4	17.5	17.5	17.5	17.5
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.4	15.4	12.0	12.0	22.1
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	0.6	0.0	0.0	0.0	3.4	18.8	11.7	2.0	39.1
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.5	0.0	0.0	0.0	1.3	16.2	8.6	7.5	33.5
20	3067	Sweets cream hard	0.3	0.0	0.0	0.0	1.7	11.8	8.9	6.0	14.2
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.2	4.1	4.1	4.1	4.1
21	310	Butter unsalted	4.1	0.0	0.0	25.0	25.3	15.4	11.5	2.5	41.8
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.0	0.0	0.0	0.0	0.5	10.7	1.5	1.4	21.6
21	314	Lard	0.0	0.0	0.0	0.0	0.2	3.6	3.0	2.6	4.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	0.8	0.0	0.0	4.7	8.4	6.8	4.6	0.6	16.5
21	437	Sauce cocktail/party/table 25% oil	0.4	0.0	0.0	0.0	0.6	57.1	49.4	6.2	70.3
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.7	9.0	4.1	1.6	26.0
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.4	0.0	0.0	0.0	2.7	14.9	8.9	3.9	22.7
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	2.5	11.6	5.1	0.3	29.7
21	465	Sauce for chips 25% oil	0.1	0.0	0.0	0.0	0.4	14.3	12.8	11.6	14.8
21	466	Sauce for chips 35% oil	0.1	0.0	0.0	0.0	0.6	21.0	6.2	6.2	34.1
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.0	0.0	0.0	0.0	0.0
21	601	Oil olive	1.9	0.0	0.0	10.6	20.2	9.6	7.5	1.3	24.0
21	606	Oil Becel	0.1	0.0	0.0	0.0	1.7	20.5	20.5	20.5	20.5
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	5.2	5.2	5.2	5.2
21	616	Peanut sauce jar prepared	0.6	0.0	0.0	0.0	1.2	57.1	53.5	13.2	83.7
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.2	0.0	0.0	0.0	2.1	8.0	5.2	2.0	22.4
21	879	Butter salted	0.8	0.0	0.0	3.8	8.5	12.0	7.4	1.2	39.6
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	1515	Sauce based on roux prepared	0.4	0.0	0.0	0.0	1.2	38.2	35.0	35.0	51.1
21	1517	Sauce mix packet <3% fat prepared	0.1	0.0	0.0	0.0	0.1	112.7	112.7	112.7	112.7
21	1518	Sauce mix packet >3% fat prepared	1.1	0.0	0.0	0.3	3.9	40.2	20.0	2.0	105.8
21	1524	Sauce tomato ready made jar	1.0	0.0	0.0	0.0	1.5	64.5	67.4	42.8	83.0
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.0
21	1803	Sauce oriental ready-made in jar/bag	0.5	0.0	0.0	0.0	0.6	90.6	56.3	20.8	124.6
21	1839	Low fat margarine product tub Becel Ligh	1.9	0.0	0.0	11.8	11.5	20.7	20.5	6.0	36.9

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21	1847	Margarine product tub Becel Dieet	1.1	0.0	0.0	9.3	7.3	20.7	18.4	4.1	41.6
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.0
21	1938	Peanut sauce packet prepared	0.7	0.0	0.0	0.0	0.6	52.8	52.8	52.8	52.8
21	1956	Low fat spread Becel pro-activ	2.0	0.0	0.0	14.2	12.2	17.8	13.2	3.9	34.3
21	1961	Low fat marg prod Blue Band Goede Start	0.3	0.0	0.0	0.0	1.2	38.2	37.4	6.0	46.0
21	2059	Low fat margarine 40% fat <17 g sat	2.9	0.0	0.0	20.6	10.9	29.6	19.9	6.8	67.1
21	2060	Low fat margarine prod 35% fat <10 g sat	1.0	0.0	0.0	4.5	7.1	22.0	13.8	6.1	43.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.4	0.0	0.0	0.0	1.9	43.3	41.7	13.0	52.7
21	2063	Margarine 80% fat >24 g saturates	1.2	0.0	0.0	5.1	11.7	7.8	5.8	0.5	23.1
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	1.3	9.3	6.5	6.0	11.5
21	2066	Cooking fat liquid 97% fat <17 g sat	1.6	0.0	0.0	10.5	18.1	8.4	6.7	1.0	26.0
21	2067	Cooking fat solid 97% fat >17 g sat	0.2	0.0	0.0	0.2	3.3	7.2	4.1	0.4	18.7
21	2068	Frying fat liquid <24 g sat fatty acids	0.0	0.0	0.0	0.0	0.7	9.0	6.3	6.3	13.4
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.5	0.0	0.0	3.8	5.0	10.2	10.9	1.4	12.8
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.2	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.5	0.0	0.0	1.3	3.7	7.7	4.7	1.1	24.3
21	2083	Mayonnaise product w olive oil	0.1	0.0	0.0	0.0	0.9	9.4	5.1	1.9	18.2
21	2178	Pesto	0.1	0.0	0.0	0.0	2.6	6.6	3.3	2.2	18.1
21	2294	Low fat margarine Twenty four Ultralight	0.2	0.0	0.0	0.0	0.5	20.9	18.0	18.0	30.4
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	1.2	10.8	6.0	6.0	16.8
21	2418	Sauce hot liquid ready made <12% fat	0.1	0.0	0.0	0.0	0.6	12.0	12.0	12.0	12.0
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.1	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.8	0.0	0.0	0.0	0.6	96.9	86.7	77.0	98.7
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.0	0.0	0.0	9.4	3.7	30.3	24.2	7.7	47.9
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.0	0.0	0.0	0.0	0.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.3	10.7	10.7	10.7	10.7
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.4	27.9	23.8	23.3	39.0
21	2451	Gravy 25% fat thickend prep w gravypowde	0.1	0.0	0.0	0.0	1.0	19.8	17.8	16.5	20.9
21	2452	Gravy 25% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.8	11.6	11.6	11.6	11.6
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.5	12.1	12.1	12.1	12.1

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	1.5	23.3	23.3	23.3	23.3
21	2459	Gravy 50% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	1.2	44.7	24.5	24.3	84.0
21	2460	Gravy 75% fat clear prep wo gravypowder	0.6	0.0	0.0	0.0	0.7	48.6	39.3	12.6	68.6
21	2462	Gravy 5% fat clear prep wo gravypowder	0.2	0.0	0.0	0.0	0.7	22.7	16.9	11.6	28.6
21	2464	Sauce powder approx 10% fat	0.1	0.0	0.0	0.0	0.2	10.8	10.8	10.8	10.8
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.0
21	2466	Salad dressing vinaigrette	0.1	0.0	0.0	0.0	1.0	16.0	14.4	1.9	19.4
21	2467	Salad dressing./sauce approx 13% oil	0.0	0.0	0.0	0.0	1.2	5.4	3.5	1.9	8.1
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.0
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.5	20.7	20.7	20.7	20.7
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.2	1.9	1.9	1.9	1.9
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.6	4.0	3.9	3.8	4.0
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.9	6.5	4.9	3.6	9.0
21	2525	Frying fat horeca	0.3	0.0	0.0	2.0	3.5	9.3	5.4	1.3	23.4
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.1	97.0	97.0	97.0	97.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.0	12.3	4.6	1.0	23.6
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.4	0.0	0.0	1.8	9.1	5.4	3.4	0.8	14.1
21	2559	Low fat margarine prod AH Bewust light	0.3	0.0	0.0	0.0	1.2	20.6	14.9	12.0	29.0
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.1	0.0	0.0	0.0	2.5	4.0	2.2	0.5	8.9
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.0	3.0	6.2	3.0	0.4	15.4
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.6	15.8	8.0	8.0	22.4
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.0	0.0	0.0	0.0	0.0
21	2580	Gravy 5% fat thickend w gravy powder	0.6	0.0	0.0	0.0	1.0	47.2	42.1	11.6	67.7
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.3	0.0	0.0	0.0	1.0	22.4	20.4	20.4	23.9
21	2586	Gravy 25% fat w margarine 2063	0.3	0.0	0.0	0.0	0.4	37.5	36.9	36.9	38.5
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	27.3	25.3	24.3	28.7
21	2588	Gravy 25% fat clear prep w gravy powder	0.2	0.0	0.0	0.0	1.1	19.8	19.2	10.7	23.3
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.5	29.9	17.1	5.8	34.0
21	2590	Gravy 25% fat w butter	0.4	0.0	0.0	0.0	1.6	33.5	20.2	11.6	58.2
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.5	24.3	24.3	24.3	24.3
21	2593	Gravy 50% fat w margarine 2063	0.7	0.0	0.0	0.0	3.0	30.7	23.3	11.6	71.2
21	2594	Gravy 50% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.7	23.3	23.3	23.3	23.3
21	2596	Gravy 75% fat w margarine 2063	0.1	0.0	0.0	0.0	0.3	69.8	69.8	69.8	69.8
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3

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

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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.4	16.1	12.1	12.1	21.7
21	2600	Gravy 25% fat thickend w marg 2063	0.0	0.0	0.0	0.0	0.0
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.0
21	2602	Gravy 25% fat thickend w olive oil	0.7	0.0	0.0	0.0	0.5	54.3	28.1	28.1	87.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.0	0.0	0.0	0.0	0.0
21	2605	Salad dressing olive oil-vinegar	0.2	0.0	0.0	0.0	2.0	16.5	11.4	11.4	32.2
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.5	0.0	0.0	0.0	1.9	41.7	25.6	12.6	92.7
21	2625	Gravy 25% fat w cooking fat 2563	0.2	0.0	0.0	0.0	1.1	36.8	24.0	23.3	64.3
21	2626	Gravy 25% fat w cooking fat liq 2562	0.3	0.0	0.0	0.0	0.2	46.6	46.6	46.6	46.6
21	2627	Gravy 50% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	0.5	27.4	24.3	24.3	39.0
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	0.6	48.5	48.5	48.5	48.5
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2630	Gravy 50% fat w olive oil	0.1	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.4	11.6	11.6	11.6	11.6
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	2.4	16.9	9.9	8.9	31.9
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.3	0.0	0.0	0.0	1.5	26.5	12.0	12.0	49.6
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	2.1	7.5	7.4	1.0	11.1
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.0	0.0	0.0	0.0	0.0
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.1	0.0	0.0	0.0	0.4	58.2	58.2	58.2	58.2
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.0
21	2934	Low fat spead Becel pro.activ light	0.2	0.0	0.0	0.0	1.0	16.8	10.2	6.0	29.4
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.1	0.0	0.0	0.0	1.7	10.6	9.4	8.3	10.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.4	0.0	0.0	0.0	1.0	42.2	40.8	40.0	43.2
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	1.0	26.3	24.3	24.3	32.1
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0

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

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22	111	Mussels boiled	1.0	0.0	0.0	0.0	0.9	149.2	137.4	135.0	158.5
22	114	Fish lean 0-2 g fat raw	3.2	0.0	0.0	0.0	1.9	165.2	166.2	60.0	197.5
22	115	Fish medium fat > 2-10 g fat raw	0.1	0.0	0.0	0.0	0.1	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.6	32.0	30.0	30.0	39.9
22	348	Shrimps Dutch peeled boiled	0.7	0.0	0.0	0.0	1.9	71.4	48.1	12.1	142.8
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	2.4	0.0	0.0	0.0	1.3	154.0	85.1	38.0	213.7
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	1.0	0.0	0.0	0.0	1.0	79.4	72.1	32.8	98.7
22	603	Eel smoked	2.1	0.0	0.0	0.0	0.4	180.0	180.0	180.0	180.0
22	604	Mackerel steamed	0.2	0.0	0.0	0.0	0.4	38.1	30.0	30.0	47.5
22	815	Fish fingers unprepared	1.4	0.0	0.0	0.0	1.4	87.5	77.0	67.5	120.8
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	1.1	0.0	0.0	0.0	1.5	164.2	157.5	157.5	176.2
22	918	Plaice boiled	0.4	0.0	0.0	0.0	0.4	205.0	153.4	135.0	243.3
22	919	Pollack boiled	1.0	0.0	0.0	0.0	0.3	113.2	86.6	61.3	117.8
22	1096	Salmon smoked	0.9	0.0	0.0	0.4	3.5	37.2	24.8	10.0	84.6
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.3	0.0	0.0	0.0	0.5	56.3	31.9	8.0	95.9
22	1586	Mackerel fillet smoked	1.9	0.0	0.0	0.0	1.5	155.5	94.3	45.0	271.7
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.2	0.0	0.0	0.0	0.7	33.6	14.5	14.5	58.9
22	1590	Tuna in water tinned	0.4	0.0	0.0	0.0	0.8	42.7	30.7	19.4	44.9
22	1606	Herring smoked	0.1	0.0	0.0	0.0	0.3	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	43.2	43.2	43.2	43.2
22	1610	Salmon farmed prep in microwave oven	2.6	0.0	0.0	0.0	2.0	105.9	95.1	63.0	150.5
22	1611	Trout prepared in microwave oven	0.2	0.0	0.0	0.0	0.4	50.0	50.0	50.0	50.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	1.9	0.0	0.0	0.0	0.6	157.2	143.9	104.2	180.9
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	1.0	0.0	0.0	0.0	0.7	159.6	135.0	135.0	191.4
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.4	0.0	0.0	0.0	0.3	126.0	126.0	126.0	126.0
22	2474	Whitefish fillet batter deepfried wo fat	0.6	0.0	0.0	0.0	1.1	145.6	146.6	125.0	149.7
22	2765	Pangasius prep in microwave oven	1.9	0.0	0.0	0.0	0.7	169.7	126.7	77.0	215.2
23	106	Duck whole raw	0.1	0.0	0.0	0.0	0.3	58.2	58.2	58.2	58.2
23	108	Chicken with skin raw	0.6	0.0	0.0	0.0	0.9	45.1	34.1	34.1	73.3
23	109	Rabbit domesticated raw	0.7	0.0	0.0	0.0	0.8	101.9	101.9	101.9	101.9
23	319	Corned beef	0.1	0.0	0.0	0.0	2.1	12.1	8.9	7.5	14.4
23	324	Sausage smoked cooked average	0.1	0.0	0.0	0.0	0.3	32.6	32.6	32.6	32.6
23	328	Ham smoked raw	1.6	0.0	0.0	9.1	7.5	24.1	18.1	6.1	42.4
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	1.8	18.7	15.0	15.0	31.5

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

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23	335	Liver pate	0.1	0.0	0.0	0.0	0.7	17.4	15.0	15.0	19.5
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.2	0.0	0.0	0.0	2.3	17.3	15.0	15.0	25.1
23	339	Venison raw	0.2	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.2	0.0	0.0	0.0	4.7	8.6	6.2	5.0	12.3
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.1	7.2	7.2	7.2	7.2
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	2.4	0.0	0.0	0.0	0.6	261.7	125.0	125.0	372.3
23	567	Sausage luncheon meat	0.1	0.0	0.0	0.0	1.4	12.2	9.8	8.0	14.2
23	568	Black pudding	0.1	0.0	0.0	0.0	1.2	14.0	14.0	14.0	14.0
23	638	Salami sausage saveloy	1.3	0.0	0.0	11.8	5.7	24.7	23.5	6.8	33.9
23	639	Bacon rashers streaky	0.3	0.0	0.0	0.0	2.2	22.0	14.2	9.6	42.2
23	640	Liver sausage	1.2	0.0	0.0	8.0	6.2	24.3	17.3	10.0	60.7
23	641	Bacon	0.2	0.0	0.0	0.0	1.7	18.4	11.9	4.2	42.6
23	642	Pate	0.6	0.0	0.0	0.0	2.2	25.9	19.2	15.0	40.7
23	643	Pork side cured and smoked	0.2	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.5	11.3	10.0	10.0	13.4
23	784	Ham lean boiled	2.6	0.0	0.0	15.5	11.0	23.7	17.2	2.8	46.7
23	785	Ham shoulder medium fat boiled	1.9	0.0	0.0	8.7	3.2	48.9	18.1	2.5	127.2
23	810	Beef steak tartare spiced filet americ	1.0	0.0	0.0	0.2	3.2	37.4	30.2	7.5	67.0
23	1152	Salami	1.0	0.0	0.0	7.1	4.0	24.3	19.0	10.0	38.8
23	1155	Minced meat loaf fried	0.2	0.0	0.0	0.0	1.0	25.5	21.1	16.0	30.8
23	1162	Sausage cooked	0.7	0.0	0.0	0.0	2.4	47.4	28.7	14.3	69.5
23	1238	Liver sausage coarse hausmacher	0.5	0.0	0.0	0.0	0.9	21.4	18.5	18.0	26.1
23	1239	Liver pate sausage	0.7	0.0	0.0	0.0	2.0	23.2	20.0	20.0	30.9
23	1305	Chicken without skin raw	0.5	0.0	0.0	0.0	0.7	154.9	57.5	45.5	275.7
23	1306	Chicken for soup w skin raw	0.9	0.0	0.0	0.0	1.0	81.2	77.4	75.0	83.3
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	1.1	0.0	0.0	0.0	1.7	69.7	68.9	40.0	84.5
23	1401	Beef tenderloin steak raw	0.1	0.0	0.0	0.0	0.4	80.0	80.0	80.0	80.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	0.2	0.0	0.0	0.0	0.1	140.0	140.0	140.0	140.0
23	1405	Minced beef raw	5.4	0.0	0.0	35.2	9.3	68.3	67.7	24.2	122.5
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.0	0.0	0.0	0.0	0.0
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	0.6	0.0	0.0	0.0	0.6	113.3	114.3	76.0	118.3
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	1.1	0.0	0.0	0.0	1.3	60.7	53.4	38.0	84.2
23	1415	Beef steak tartare raw	2.4	0.0	0.0	7.9	4.1	77.3	67.7	25.5	132.9
23	1416	Beef tongue raw	1.1	0.0	0.0	0.0	1.3	101.9	51.5	6.8	117.7
23	1417	Sausage pork Braadworst raw	0.4	0.0	0.0	0.0	1.2	75.0	65.5	18.8	96.9
23	1418	Pork fillet raw	0.5	0.0	0.0	0.0	0.6	131.2	91.0	63.0	189.9
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.1	0.0	0.0	0.0	0.4	57.8	38.9	33.5	72.3
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	1422	Pork tenderloin raw	0.9	0.0	0.0	0.0	1.0	125.0	121.5	54.0	172.4
23	1424	Pork loin chop raw	4.4	0.0	0.0	47.2	2.3	149.2	122.7	91.1	172.5

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23	1425	Pork shoulder chop raw	1.0	0.0	0.0	0.0	1.5	103.1	90.1	74.7	136.1
23	1426	Liver pork raw	2.3	0.0	0.0	0.0	0.7	145.8	112.3	98.0	169.6
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	0.8	0.0	0.0	0.0	1.9	24.4	21.1	5.8	38.8
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.7	0.0	0.0	0.0	0.5	71.3	63.0	63.0	94.3
23	1431	Kromesky meat filled raw	0.1	0.0	0.0	0.0	0.3	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.7	0.0	0.0	0.9	2.5	27.1	25.3	3.9	51.6
23	1434	Minced beef/pork raw	3.7	0.0	0.0	35.8	6.2	70.7	64.0	9.3	118.6
23	1435	Hamburger raw	0.1	0.0	0.0	0.0	0.3	37.5	37.5	37.5	37.5
23	1437	Veal olive raw	0.0	0.0	0.0	0.0	0.0
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.9	0.0	0.0	0.0	0.8	79.1	59.6	31.1	106.7
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	1.6	0.0	0.0	7.5	2.2	40.6	25.9	15.0	84.8
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	3.8	0.0	0.0	33.0	7.0	61.0	48.3	10.6	107.0
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.1	0.0	0.0	0.0	0.3	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	0.6	0.0	0.0	0.0	1.3	88.3	80.3	28.4	110.0
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	0.5	0.0	0.0	0.0	1.0	66.6	59.1	15.2	85.9
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.1	0.0	0.0	0.0	0.2	76.0	76.0	76.0	76.0
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	1.4	19.3	11.6	9.0	40.9
23	1772	Pork fricandeau fried	0.3	0.0	0.0	0.0	1.3	29.7	24.0	24.0	38.1
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	1.3	20.8	14.0	8.0	23.0
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.4	25.7	19.5	15.0	29.0
23	1776	Ham lean grilled	1.2	0.0	0.0	12.4	2.7	31.2	29.7	20.0	39.4
23	1777	Gammon boiled deboned	0.4	0.0	0.0	0.0	0.8	33.2	21.7	16.0	54.2
23	1788	Pork rib chop raw	0.8	0.0	0.0	0.0	0.5	80.4	73.2	71.9	86.1
23	1790	Pork schnitzel not breaded raw	1.0	0.0	0.0	0.0	1.0	120.6	89.1	70.0	168.4
23	1907	Processed meat prod excl liver average	0.1	0.0	0.0	0.0	0.4	27.9	24.0	24.0	41.3
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.1	20.2	12.0	12.0	28.0
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.2	29.5	29.5	29.5	29.5
23	2057	Lamb <10 g fat raw av	0.5	0.0	0.0	0.0	0.8	79.2	52.5	52.5	110.2
23	2090	Chicken drumstick w skin raw	0.1	0.0	0.0	0.0	0.3	68.3	68.3	68.3	68.3
23	2300	Sausage smoked lean cooked	0.6	0.0	0.0	0.0	1.5	80.0	58.7	49.0	95.9
23	2301	Sausage smoked beef cooked	2.3	0.0	0.0	10.3	2.0	76.8	86.6	18.0	97.7
23	2303	Sausage cooked lean	0.4	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	3.0	0.0	0.0	13.3	1.9	74.0	42.2	34.8	152.7
23	2334	Minced meat beef/pork raw w egg/brcrums	0.5	0.0	0.0	0.0	0.5	75.0	75.0	75.0	75.0
23	2335	Meat average raw excl liver	0.7	0.0	0.0	0.0	0.6	127.4	91.3	42.0	168.1
23	2336	Beef average raw	0.2	0.0	0.0	0.0	0.2	112.0	112.0	112.0	112.0

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.9	0.0	0.0	0.0	3.0	49.6	46.9	20.5	64.4
23	2339	Beef olives raw	0.9	0.0	0.0	0.0	1.0	62.0	50.5	42.0	79.9
23	2340	Pork schnitzel breaded raw	0.9	0.0	0.0	0.0	1.2	112.0	75.7	43.8	165.7
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	52.5	52.5	52.5	52.5
23	2363	Minced meat w ham and cheese raw	0.5	0.0	0.0	0.0	0.8	116.1	114.4	114.4	119.1
23	2364	Chicken schnitzel raw	0.1	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.8	0.0	0.0	4.0	3.7	21.9	15.5	15.0	41.4
23	2766	Sausage smoked industrial cooked	0.5	0.0	0.0	0.0	0.9	90.0	90.0	90.0	90.0
23	2767	Sausage smoked traditional cooked	0.5	0.0	0.0	0.0	0.5	88.4	80.0	80.0	97.6
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.2	0.0	0.0	0.0	1.1	12.6	9.3	7.5	18.9
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	0.9	9.1	6.9	5.0	9.7
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
23	2996	Sausage Chorizo	0.1	0.0	0.0	0.0	0.2	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.1	0.0	0.0	0.0	0.8	25.8	23.5	23.0	27.5
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.2	23.2	16.0	16.0	30.2
23	3002	Bacon smoked Katenspek	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.2	0.0	0.0	0.0	0.4	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	1.2	0.0	0.0	0.0	3.5	79.7	70.4	3.4	124.4
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.0
23	3030	Sausage beef Braadworst raw	2.1	0.0	0.0	0.9	2.8	71.4	66.9	1.8	105.8
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	1.2	0.0	0.0	0.0	0.6	161.2	122.4	120.0	192.2

Table 2.4.b Food consumption (foods) of the Dutch population 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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	123.2	115.2	0.0	330.6	73.1	171.9	139.3	53.6	384.5
1	1150	Potatoes sliced frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	1455	Potato puree powder av	0.4	0.0	0.0	0.0	0.4	79.5	79.5	79.5	79.5
1	1456	Chips pre-fried unprepared	12.1	0.0	0.0	94.4	4.2	151.2	83.2	41.3	247.7
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.3	0.0	0.0	0.0	0.4	131.2	114.4	100.0	137.4
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.1	33.6	33.6	33.6	33.6
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.1	35.3	35.3	35.3	35.3
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	0.1	0.0	0.0	0.0	0.5	17.0	14.1	13.2	19.2
2	383	Juice apple	0.3	0.0	0.0	0.0	0.2	276.3	152.5	150.0	375.3
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.0	0.0	0.0	0.0	0.0
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	1.9	0.0	0.0	0.0	1.1	300.0	300.0	300.0	300.0
2	390	Beer pilsner	117.1	0.0	0.0	598.2	21.0	557.4	313.2	243.1	1,176.9
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.9	0.0	0.0	0.0	0.7	126.8	78.1	71.3	210.4
2	394	Cognac	2.4	0.0	0.0	0.0	1.3	68.4	45.6	45.6	86.6
2	395	Soft drink cola with caffeine	2.4	0.0	0.0	0.0	1.8	195.4	146.8	110.0	350.9
2	396	Juice grape	1.3	0.0	0.0	0.0	0.7	161.6	135.3	46.0	253.7
2	399	Fruit juice drink raspberry	0.9	0.0	0.0	0.0	2.7	43.8	33.5	24.0	46.5
2	400	Soft drink wo caffeine	4.6	0.0	0.0	0.0	4.7	181.9	120.0	100.0	468.7
2	401	Gin young Dutch	4.4	0.0	0.0	30.3	9.6	74.9	66.0	27.0	148.9
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	407	Port wine	2.5	0.0	0.0	0.0	0.6	158.0	158.0	158.0	158.0
2	408	Rum	0.0	0.0	0.0	0.0	0.0
2	409	Sherry	0.0	0.0	0.0	0.0	0.6	0.2	0.2	0.2	0.2
2	410	Juice orange pasteurized	3.5	0.0	0.0	0.0	2.7	168.5	129.6	100.0	248.1
2	411	Mineral water Spa	17.4	0.0	0.0	0.0	1.7	825.2	1,034.2	172.0	1,247.5
2	413	Tomato juice	0.2	0.0	0.0	0.0	0.2	143.3	122.4	120.0	159.8
2	414	Soft drink tonic	2.4	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
2	415	Vermouth	0.0	0.0	0.0	0.0	0.0
2	416	Brandy Dutch vieux	0.5	0.0	0.0	0.0	1.4	45.8	45.6	45.6	46.7
2	417	Juice drink	8.3	0.0	0.0	0.0	3.3	280.3	126.5	112.0	812.4
2	421	Whisky	1.0	0.0	0.0	0.0	2.2	91.1	72.8	42.8	134.1
2	422	Wine red	30.2	0.0	0.0	200.5	16.3	199.0	133.6	92.6	320.0
2	423	Wine white dry	6.1	0.0	0.0	47.6	2.6	233.2	166.4	3.1	567.5
2	425	Whey drink light Rivella	3.3	0.0	0.0	0.0	1.0	336.1	322.7	153.0	448.3
2	463	Fruit drink concentrate undiluted	0.7	0.0	0.0	0.2	3.4	23.2	19.0	1.2	37.6

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

NEVO group	NEVO code	Description	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
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	0.0
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.0
2	500	Fruit drink conc Roosvicee Laxo	0.1	0.0	0.0	0.0	1.1	11.9	9.0	9.0	14.4
2	644	Coffee prepared	471.8	445.0	171.7	902.0	94.3	517.6	459.2	125.0	1,085.3
2	645	Tea prepared	373.3	284.5	0.0	1,098.4	71.9	437.7	346.2	101.1	1,109.6
2	664	Juice grapefruit	0.0	0.0	0.0	0.0	0.0
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	10.7	0.0	0.0	110.9	2.6	384.5	346.3	203.7	398.2
2	805	Jagermeister herb liquor	0.5	0.0	0.0	0.0	1.1	73.7	57.9	57.0	108.8
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.2	0.0	0.0	0.0	0.3	43.1	42.2	42.0	43.8
2	1134	Berenburg herb liquor	0.2	0.0	0.0	0.0	0.6	76.0	76.0	76.0	76.0
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	0.1	0.0	0.0	0.0	0.3	122.0	122.0	122.0	122.0
2	1465	Liqueur <15 vol% alcohol	0.3	0.0	0.0	0.0	0.4	132.0	132.0	132.0	132.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	1.2	0.0	0.0	0.0	0.4	300.0	300.0	300.0	300.0
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	1.0	0.0	0.0	0.0	0.8	186.7	185.0	185.0	192.4
2	1523	Cola light soft drink with caffeine	12.5	0.0	0.0	0.0	1.7	430.0	244.1	196.0	856.3
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.0	0.0	0.0	0.0	0.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.8	0.0	0.0	3.7	3.2	15.1	9.0	9.0	30.0
2	1878	Fruit juice drink Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1881	Fruit drink conc Roosvicee Multivit	0.1	0.0	0.0	0.0	0.5	13.0	11.3	11.3	14.6
2	1885	Water average	327.7	327.3	0.0	923.3	77.2	408.7	344.3	81.4	981.5
2	1932	Juice orange with pulp	0.3	0.0	0.0	0.0	0.2	144.0	144.0	144.0	144.0
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	0.2	0.0	0.0	0.0	0.9	25.0	25.0	25.0	25.0
2	2079	Breakfast drink HeroFruitontbijt p 100ml	2.3	0.0	0.0	0.0	0.3	241.5	233.0	233.0	248.3
2	2086	Ice tea	0.0	0.0	0.0	0.0	0.0
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	0.5	0.0	0.0	0.0	0.6	213.6	201.6	200.0	240.3
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	21.2	0.0	0.0	43.2	1.9	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	11.3	0.0	0.0	48.5	4.5	229.6	193.0	191.0	342.9
2	2142	Wine white sweet	1.9	0.0	0.0	0.0	1.2	149.1	127.4	83.3	210.7
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	2.2	0.0	0.0	0.0	0.9	165.0	165.0	165.0	165.0

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

NEVO group	NEVO code	Description	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
2	2152	Fruit juice dk Coolbest light orange	4.7	0.0	0.0	0.0	0.6	319.3	235.1	165.0	352.9
2	2153	Fruit drink Fruitzday	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	4.4	0.0	0.0	0.0	0.9	330.0	330.0	330.0	330.0
2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.6	18.8	18.8	18.8	18.8
2	2390	Fruit drink conc with 15-20 mg vit C	0.3	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	0.4	0.0	0.0	0.0	0.7	157.0	157.0	157.0	157.0
2	2476	Cappuccino freshly made	6.1	0.0	0.0	0.0	1.4	388.5	212.0	212.0	529.7
2	2477	Coffee cappuccino instant prepared	6.5	0.0	0.0	0.0	0.8	313.2	215.6	171.0	381.6
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	1.4	15.4	13.8	12.0	19.6
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.0	0.0	0.0	0.0	0.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	1.2	0.0	0.0	0.0	0.8	333.0	333.0	333.0	333.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.1	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
2	2564	Juice fruit Hero Fruit&Co	0.9	0.0	0.0	0.0	0.5	276.0	276.0	276.0	276.0
2	2610	Wine rose	0.0	0.0	0.0	0.0	0.0
2	2633	Coffee instant powder	0.3	0.0	0.0	0.0	3.6	9.4	2.4	1.0	29.7
2	2634	Fruit juice dk minimal 2 fruits w vit C	1.3	0.0	0.0	0.0	0.6	287.0	159.7	134.0	418.4
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	1.5	0.0	0.0	0.0	0.3	500.0	500.0	500.0	500.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.1	0.0	0.0	0.0	0.1	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.7	0.0	0.0	0.0	0.4	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.0
2	2663	Juice fruit Vruchtoase multivit	0.6	0.0	0.0	0.0	0.3	170.0	170.0	170.0	170.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	2674	Energy drink Mxxed up	0.7	0.0	0.0	0.0	0.7	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	10.3	0.0	0.0	75.0	12.5	119.5	104.9	60.0	241.1
2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	1.7	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.6	0.0	0.0	0.0	0.5	165.0	165.0	165.0	165.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0
2	2881	Coffee wiener melange instant prepared	3.6	0.0	0.0	0.0	2.7	297.6	141.4	125.0	523.2
2	2896	Lemonade squash Spa&Fruit sparkling	7.1	0.0	0.0	14.4	2.6	250.0	250.0	250.0	250.0
2	2897	Juice Drink Ocean Spray	0.4	0.0	0.0	0.0	0.1	182.0	182.0	182.0	182.0
2	3068	Fruit drink concentrated Fruitmix	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
3	227	Crispbakes Dutch	2.0	0.0	0.0	8.1	14.7	13.1	10.0	1.4	19.9
3	228	Crackers cream	0.1	0.0	0.0	0.0	1.0	14.3	12.0	12.0	22.9
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	5.4	0.0	0.0	40.9	4.8	81.7	71.7	45.0	104.5
3	233	Bread currant	0.6	0.0	0.0	0.0	1.4	55.5	40.1	35.0	67.0
3	236	Bread brown wheat	36.0	0.0	0.0	135.0	28.8	123.2	99.8	21.6	272.9
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	241	Bread white milk based	8.4	0.0	0.0	51.3	5.1	171.6	174.5	30.0	206.6
3	242	Bread rye dark	2.8	0.0	0.0	6.1	4.2	60.2	39.8	22.5	83.9
3	243	Bread rye light	1.0	0.0	0.0	0.0	2.7	37.8	25.0	25.0	79.9
3	244	Bread raisin	1.0	0.0	0.0	0.0	1.1	59.4	52.0	50.0	67.9
3	246	Bread wholemeal average	39.6	0.0	0.0	143.4	35.2	135.9	120.3	36.2	234.2
3	248	Bread white water based	10.6	0.0	0.0	53.8	10.7	82.8	62.6	30.0	138.4
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.0	0.0	0.0	0.0	0.0
3	655	Crispbakes Dutch wholemeal	0.7	0.0	0.0	3.4	5.5	15.4	10.0	10.0	25.5
3	975	Crispbread sesame	0.7	0.0	0.0	0.0	2.2	30.3	24.8	20.0	37.5
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	1.0	0.0	0.0	0.0	0.5	175.0	175.0	175.0	175.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.0
3	1312	Crispbread Cracottes	0.2	0.0	0.0	0.0	2.4	21.6	7.0	7.0	56.7
3	1322	Crispbread wholemeal Cracottes	0.0	0.0	0.0	0.0	0.3	7.0	7.0	7.0	7.0
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.3	0.0	0.0	0.0	0.7	66.1	52.8	40.0	68.3
3	1459	Bread current wholemeal	0.2	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0

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

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3	1779	Crispbread wholemeal	0.2	0.0	0.0	0.0	3.2	11.3	10.0	10.0	13.4
3	1914	Dough for pizza and savoury pie	9.4	0.0	0.0	14.6	3.0	185.0	94.9	33.0	410.0
3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.0
3	2230	Crispbread Cracottes Vital	0.2	0.0	0.0	0.0	1.1	23.8	21.0	21.0	27.1
3	2277	Bread Blue Band Goede Start white bread	0.0	0.0	0.0	0.0	0.0
3	2348	Bread wholemeal w pumpkin seeds	0.6	0.0	0.0	0.0	1.2	63.3	35.0	35.0	96.3
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	11.8	0.0	0.0	66.0	10.3	120.4	84.9	30.0	208.2
3	2351	Bread white average milk/water based	0.0	0.0	0.0	0.0	0.0
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
3	2353	Bread brown/wholemeal w muesli	0.0	0.0	0.0	0.0	0.0
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
3	2355	Bread white w sugar Suikerbrood	0.3	0.0	0.0	0.0	0.6	82.2	62.8	45.0	87.3
3	2356	Baguette w cheese-onion	1.2	0.0	0.0	0.0	0.9	87.5	87.5	87.5	87.5
3	2357	Bread wholemeal w sunflower seeds	1.7	0.0	0.0	0.0	1.2	85.7	70.0	70.0	125.9
3	2358	Bread white w sunflower seeds	1.2	0.0	0.0	0.0	0.3	140.0	140.0	140.0	140.0
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0
3	2382	Bread brown w sunflower seeds	7.0	0.0	0.0	73.2	2.4	149.5	144.2	38.3	171.9
3	2528	Croutons	0.1	0.0	0.0	0.0	0.8	5.8	2.0	2.0	16.7
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.5	0.0	0.0	0.0	0.3	114.2	70.0	70.0	162.5
3	2704	Bread brown w seeds	1.7	0.0	0.0	0.0	1.0	177.6	134.0	105.0	202.4
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.0	0.0	0.0	0.0	0.0
3	2788	Bread sourdough wholemeal	0.6	0.0	0.0	0.0	0.6	240.0	240.0	240.0	240.0
3	2789	Bread ciabatta no filling	0.1	0.0	0.0	0.0	0.1	150.0	150.0	150.0	150.0
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	0.7	0.0	0.0	0.0	1.3	46.1	31.8	10.0	79.3
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	2.2	0.0	0.0	0.0	2.1	90.6	90.9	75.0	99.1
3	2796	Roll brown hard	1.3	0.0	0.0	0.0	0.6	89.7	68.5	50.0	96.9
3	2797	Roll brown soft	1.4	0.0	0.0	0.0	1.8	66.5	50.0	50.0	95.6
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.4	0.0	0.0	0.0	1.5	50.0	50.0	50.0	50.0
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	4.9	0.0	0.0	28.0	8.4	64.1	43.7	25.0	141.6
3	2804	Bun wholemeal w muesli	0.0	0.0	0.0	0.0	0.0
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
3	2813	Bread raisin/current average	1.1	0.0	0.0	0.0	0.9	70.0	70.0	70.0	70.0
3	2815	Bread Tijger brown wheat	1.4	0.0	0.0	0.0	1.2	140.0	146.4	70.0	172.1
3	2816	Bread Tijger white	0.7	0.0	0.0	0.0	1.2	66.8	53.0	30.0	86.3
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.0	0.0	0.0	0.0	0.0
3	2821	Bread brown w pumpkin seeds	0.0	0.0	0.0	0.0	0.0

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3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.3	0.0	0.0	0.0	2.4	9.5	7.4	4.0	17.4
3	2938	Toast Melba other varieties	0.6	0.0	0.0	1.2	1.9	24.1	19.2	12.0	28.7
3	3054	Bread glutenfree bakmix Glutafin white	0.3	0.0	0.0	0.0	0.2	225.0	225.0	225.0	225.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.8	0.0	0.0	0.0	1.2	109.6	100.0	100.0	146.3
3	3056	Bread brown wheat low sodium	0.1	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	6.1	6.1	6.1	6.1
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.0
4	535	Cocoa powder sweetened Benco	0.1	0.0	0.0	0.0	0.3	36.7	36.7	36.7	36.7
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.3	0.0	0.0	0.0	0.6	128.8	128.8	128.8	128.8
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.3	0.0	0.0	0.9	3.2	7.3	5.4	2.0	11.7
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.1	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
5	84	Eggs chicken boiled average	12.6	0.0	0.0	51.4	22.9	54.0	49.7	3.0	105.7
6	33	Raisins dried	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
6	137	Olives tinned/glass	0.0	0.0	0.0	0.0	0.3	21.4	10.0	2.6	28.0
6	147	Apple without skin average	21.5	0.0	0.0	103.8	20.6	115.1	117.4	32.4	184.5
6	148	Strawberries	6.6	0.0	0.0	57.7	4.3	96.9	77.3	28.5	197.5
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.1	0.0	0.0	0.0	0.1	82.0	82.0	82.0	82.0
6	151	Banana	18.2	0.0	0.0	118.4	17.3	137.5	112.7	67.2	262.7
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	1.9	0.0	0.0	0.0	1.0	110.6	98.0	98.0	136.0
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.0	0.0	0.0	0.0	0.0
6	159	Cranberries	0.0	0.0	0.0	0.0	0.2	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.0	0.0	0.0	0.0	0.0
6	161	Raspberries	0.2	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
6	162	Grapefruit	0.0	0.0	0.0	0.0	0.0
6	163	Cherries	2.0	0.0	0.0	0.0	2.3	91.2	82.5	66.0	94.3
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	16.8	0.0	0.0	63.8	20.4	67.7	48.3	34.5	119.8
6	166	Melon netted	1.5	0.0	0.0	0.0	1.6	163.6	135.3	40.0	234.5
6	168	Pear without skin	3.9	0.0	0.0	29.8	4.2	104.9	75.3	64.0	130.8
6	169	Peach without skin	4.0	0.0	0.0	21.0	2.8	162.8	112.4	76.5	270.5

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

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6	170	Plums with skin	1.6	0.0	0.0	0.0	3.6	62.5	32.7	19.9	171.9
6	171	Orange	8.1	0.0	0.0	53.4	6.6	154.9	119.4	40.0	356.8
6	172	Fruit fresh citrus average	0.3	0.0	0.0	0.0	0.3	120.1	86.5	76.0	145.5
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
6	176	Apricots in syrup tinned	2.9	0.0	0.0	0.0	0.6	160.9	120.0	120.0	200.1
6	177	Pineapple in syrup tinned	2.9	0.0	0.0	15.8	2.6	43.5	17.4	5.0	64.7
6	179	Apple sauce tinned	6.7	0.0	0.0	51.6	11.9	60.0	38.2	13.0	150.9
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.4	25.9	25.9	25.9	25.9
6	181	Dates dried	0.1	0.0	0.0	0.0	0.8	17.1	14.5	12.0	17.6
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.7	0.0	0.0	1.4	1.9	24.0	24.0	24.0	24.0
6	184	Cherries in syrup tinned	0.2	0.0	0.0	0.0	0.5	33.8	31.9	13.0	42.5
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.5	0.0	0.0	0.0	3.2	79.5	23.3	23.3	183.4
6	189	Peaches in syrup tinned	2.1	0.0	0.0	11.3	3.3	47.5	40.0	40.0	72.2
6	190	Prunes dried	0.3	0.0	0.0	0.7	2.6	12.0	12.0	12.0	12.0
6	191	Plums in syrup tinned	0.1	0.0	0.0	0.0	1.4	13.0	13.0	13.0	13.0
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	0.6	0.4	0.4	0.4	0.4
6	689	Avocado	0.0	0.0	0.0	0.0	0.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.2	0.0	0.0	0.0	0.3	113.2	92.7	83.0	127.4
6	875	Apple with skin average	7.2	0.0	0.0	48.3	6.1	127.5	105.2	72.3	150.0
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	6.3	0.0	0.0	39.2	8.2	90.7	74.7	74.7	139.9
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.1	0.0	0.0	0.0	3.4	10.8	2.5	0.8	26.7
6	1182	Apple sauce wo sugar tinned	1.7	0.0	0.0	0.0	1.4	108.3	51.8	51.8	263.6
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.1	150.0	150.0	150.0	150.0
6	1812	Nectarine	3.0	0.0	0.0	0.0	2.9	116.1	87.5	57.4	148.6
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.9	0.0	0.0	0.0	0.5	120.0	48.9	24.0	172.9
6	2379	Raisins soaked in water	0.0	0.0	0.0	0.0	0.0
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	0.6	6.0	6.0	6.0	6.0
6	2686	Apple sauce wo sugar w sweetner tinned	0.3	0.0	0.0	0.0	0.5	51.8	51.8	51.8	51.8
6	2748	Pear with skin	2.4	0.0	0.0	0.0	2.6	141.4	128.0	128.0	170.4
6	2749	Grapes black with skin	0.8	0.0	0.0	0.0	1.9	54.3	41.6	14.3	95.1
6	2750	Grapes white with skin	2.0	0.0	0.0	23.9	2.7	61.4	49.3	28.5	95.9
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.2	25.9	25.9	25.9	25.9
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.0
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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6	2956	Prunes dried soaked in water	0.5	0.0	0.0	0.0	0.5	56.1	20.7	20.0	126.5
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	4.4	0.0	0.0	19.5	15.0	36.2	19.6	18.1	97.1
7	250	Almond filled pastry	0.0	0.0	0.0	0.0	0.0
7	251	Apple pie Dutch w shortbread w marg	1.6	0.0	0.0	0.0	1.4	87.3	73.2	66.7	110.5
7	252	Biscuit sweet	0.4	0.0	0.0	0.0	5.0	15.1	10.6	5.1	30.8
7	253	Cake wo butter	0.6	0.0	0.0	0.0	2.1	35.3	30.6	30.0	39.1
7	254	Cake sponge Dutch Eierkoek	0.1	0.0	0.0	0.0	0.3	54.1	37.5	37.5	70.8
7	255	Gateau with whipped cream	1.6	0.0	0.0	0.0	2.0	122.5	107.2	100.0	133.1
7	256	Gateau with butter-cream filling	0.2	0.0	0.0	0.0	0.2	56.0	56.0	56.0	56.0
7	257	Almond paste filled tarts average	4.1	0.0	0.0	27.5	7.4	61.5	53.6	45.0	84.8
7	258	Biscuits averaged	1.1	0.0	0.0	7.4	6.9	16.2	13.3	7.0	27.3
7	259	Macaroons	1.2	0.0	0.0	0.0	0.7	84.2	64.7	31.0	114.5
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.0
7	261	Biscuit spiced Speculaas	1.5	0.0	0.0	6.9	9.1	12.6	10.1	7.0	31.1
7	262	Biscuit Dutch shortbread spritsstukken	0.6	0.0	0.0	0.0	2.5	24.6	17.1	13.0	43.7
7	263	Biscuit brown/wholemeal	2.0	0.0	0.0	14.1	6.5	27.3	19.9	10.0	62.9
7	468	Cream slice Dutch Tompouce	0.1	0.0	0.0	0.0	0.2	90.4	79.7	75.0	98.0
7	474	Doughnut Dutch style	0.3	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.3	0.0	0.0	0.0	2.0	14.8	10.0	10.0	27.0
7	486	Flan with fruit filling	0.3	0.0	0.0	0.0	0.1	85.0	85.0	85.0	85.0
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.5	0.0	0.0	0.1	5.6	12.2	10.0	10.0	19.4
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.0
7	635	Biscuits Dutch krakeling	0.2	0.0	0.0	0.0	0.4	49.7	46.0	46.0	57.3
7	636	Biscuit muesli	0.0	0.0	0.0	0.0	0.0
7	713	Waffle syrup average	2.7	0.0	0.0	15.0	6.6	34.9	30.0	30.0	56.7
7	789	Cake butter Dutch Boterkoek	1.1	0.0	0.0	5.3	2.2	30.6	26.8	25.0	38.3
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.9	0.0	0.0	0.0	0.7	91.8	81.6	80.0	109.3
7	836	Shortbread	0.3	0.0	0.0	0.0	2.8	17.2	9.9	6.5	32.7
7	837	Biscuit oatmeal	0.2	0.0	0.0	0.0	0.5	43.0	43.0	43.0	43.0
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.6	0.0	0.0	1.1	3.6	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.1	0.0	0.0	0.0	0.7	19.3	14.5	10.0	20.4
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.2	0.0	0.0	0.0	0.6	27.9	25.0	25.0	39.0
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.6	0.0	0.0	2.3	4.1	12.2	10.0	10.0	18.6

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7	1475	Eclair with whipped cream filling	0.4	0.0	0.0	0.0	0.6	38.1	31.1	30.0	43.6
7	1476	Meringue with butter-cream	0.4	0.0	0.0	0.0	0.6	35.0	35.0	35.0	35.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0
7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.2	0.0	0.0	0.0	0.7	13.0	13.0	13.0	13.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.1	9.2	7.0	7.0	16.5
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	1.2	0.0	0.0	0.0	1.5	67.2	60.0	60.0	77.2
7	1972	Biscuits assorted with butter	1.1	0.0	0.0	9.5	3.1	26.7	25.5	18.0	34.7
7	2162	Biscuit Cafe noir	0.0	0.0	0.0	0.0	0.3	11.5	10.0	10.0	14.2
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.0	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.4	24.0	24.0	24.0	24.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	2.8	0.0	0.0	17.5	3.5	43.2	35.6	7.0	57.6
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.3	0.0	0.0	0.0	0.6	39.1	35.6	35.0	46.9
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.1	0.0	0.0	0.0	0.4	26.8	20.0	20.0	37.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.0	0.0	0.0	0.0	0.0
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.7	0.0	0.0	0.0	1.3	35.2	25.0	25.0	62.7
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.9	0.0	0.0	0.0	0.7	50.0	50.0	50.0	50.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.5	0.0	0.0	0.0	2.9	22.1	12.4	9.0	51.5
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmellow	0.0	0.0	0.0	0.0	0.0

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7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.5	10.3	6.4	5.0	13.2
7	2413	Cake wrapped in marzipan and chocolate	0.0	0.0	0.0	0.0	0.0
7	2417	Cake Dutch w icing & cream 'Oranjeboek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.5	21.0	21.0	21.0	21.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.2	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	1.6	0.0	0.0	0.0	1.9	81.6	65.0	65.0	117.3
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.7	0.0	0.0	3.1	3.3	16.8	15.0	15.0	23.8
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	1.0	0.0	0.0	8.3	5.6	20.4	16.2	15.0	34.8
7	2622	Appel pie Dutch w shortbread w butter	1.9	0.0	0.0	0.0	0.7	89.6	38.0	38.0	157.6
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.1	0.0	0.0	0.0	0.3	27.7	17.6	11.0	44.4
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.0	0.0	0.0	0.0	0.0
7	2698	Cake chocolate made wo butter	0.1	0.0	0.0	0.0	0.8	33.0	33.0	33.0	33.0
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	1.7	8.2	6.0	6.0	16.3
7	2715	Meringue	0.0	0.0	0.0	0.0	0.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.4	0.0	0.0	0.0	1.5	56.2	39.0	30.0	84.6
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	1.1	22.3	13.6	7.0	34.8
7	2775	Biscuit digestive w chocolate	0.1	0.0	0.0	0.0	0.2	45.0	45.0	45.0	45.0
7	2776	Flan apple and crumble topping	3.1	0.0	0.0	0.0	0.6	230.0	230.0	230.0	230.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.0
7	2778	Flan sponge with custard cream	0.4	0.0	0.0	0.0	0.4	101.0	88.3	80.0	112.3
7	2820	Waffle syrup w butter	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.2	0.0	0.0	0.0	0.3	88.0	88.0	88.0	88.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.2	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
7	2891	Biscuit Dutch 'Jodeboek'	0.1	0.0	0.0	0.0	1.1	18.0	18.0	18.0	18.0
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.0
7	2893	Cake Indonesian	0.0	0.0	0.0	0.0	0.0
7	2894	Biscuit Dutch digestive	0.1	0.0	0.0	0.0	0.7	24.1	16.0	16.0	38.8
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	0.6	0.0	0.0	0.0	0.4	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	213	Oatmeal	0.2	0.0	0.0	0.0	0.9	41.9	26.1	13.8	49.2
8	215	Cornflour	0.0	0.0	0.0	0.0	0.6	0.6	0.6	0.6	0.6
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	1.4	6.4	6.4	6.4	6.4
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0

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8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.5	8.9	4.7	3.7	18.6
8	225	Breakfast cereal Brinta	2.0	0.0	0.0	15.6	10.3	23.0	16.6	12.0	34.7
8	226	Starch potato	0.0	0.0	0.0	0.0	1.3	3.1	1.6	0.6	6.6
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	1.5	0.0	0.0	4.3	2.9	47.3	19.0	19.0	104.1
8	590	Wheat bran	0.0	0.0	0.0	0.0	0.8	4.0	2.7	2.6	5.0
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.0
8	658	Rice white boiled	4.6	0.0	0.0	30.1	4.9	162.0	114.5	25.2	316.4
8	659	Pasta white average boiled	13.0	0.0	0.0	66.6	4.4	179.5	113.9	35.4	518.1
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.3	0.0	0.0	0.2	5.2	9.3	9.8	1.7	17.0
8	1014	Rice brown boiled	0.8	0.0	0.0	0.0	0.7	144.4	75.9	75.9	235.3
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	1.1	7.0	4.0	3.8	9.4
8	2157	Pasta wholemeal boiled	0.4	0.0	0.0	0.0	0.5	164.7	164.7	164.7	164.7
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.2	0.0	0.0	0.0	0.4	25.5	23.3	23.3	29.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.0
8	2366	Muesli crunchy plain/w fruit	0.5	0.0	0.0	0.0	1.5	27.6	19.7	19.7	46.3
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.0
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	1.6	0.0	0.0	0.0	2.8	49.9	52.0	5.2	79.4
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.0
9	7	Endive raw	1.0	0.0	0.0	0.0	2.2	81.5	70.1	64.2	89.1
9	8	Endive boiled	2.9	0.0	0.0	0.0	1.3	162.7	174.3	45.6	198.2
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	13	Celery boiled	0.3	0.0	0.0	0.0	0.5	49.8	49.8	49.8	49.8
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	4.9	0.0	0.0	0.0	3.2	205.0	162.1	137.3	316.1
9	16	Kale curly boiled	1.7	0.0	0.0	0.0	1.0	162.4	150.3	141.3	168.5
9	18	Mushrooms chanterelle boiled	0.1	0.0	0.0	0.0	0.6	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
9	20	Mushrooms boiled	0.9	0.0	0.0	2.6	5.0	15.4	12.8	0.8	32.6
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
9	22	Cabbage Chinese boiled	0.4	0.0	0.0	0.0	1.1	98.0	98.0	98.0	98.0
9	25	Cabbage green boiled	0.3	0.0	0.0	0.0	0.2	174.0	174.0	174.0	174.0
9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.6	2.9	2.9	2.9	2.9
9	27	Cucumber wo skin raw	2.4	0.0	0.0	25.6	3.2	76.2	59.0	51.0	125.7
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	0.6	24.4	20.3	20.3	36.8
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.0
9	32	Sweet pepper green boiled	0.0	0.0	0.0	0.0	0.1	10.9	10.9	10.9	10.9
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	1.9	0.0	0.0	5.2	6.0	56.2	10.4	3.4	244.0
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	2.3	0.0	0.0	0.0	1.1	178.7	154.7	139.5	225.7
9	44	Cabbage Savoy boiled	0.0	0.0	0.0	0.0	0.0
9	46	Lettuce head raw	1.6	0.0	0.0	8.2	3.3	42.0	38.4	7.0	79.3
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	2.6	0.0	0.0	17.2	3.6	84.4	33.6	32.7	191.0
9	54	Cabbage oxheart boiled	0.7	0.0	0.0	0.0	1.0	148.0	116.3	93.6	195.4
9	55	Brussel sprouts boiled	2.1	0.0	0.0	0.0	2.1	171.1	176.2	100.0	233.5
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.0
9	59	Bean sprouts boiled	0.2	0.0	0.0	0.7	2.3	5.8	2.8	1.1	26.0
9	60	Tomatoes normal raw	6.7	0.0	0.0	42.1	9.8	53.7	45.4	5.2	118.9
9	61	Tomatoes normal boiled	0.4	0.0	0.0	0.0	1.6	49.7	41.1	0.8	98.1
9	63	Onions raw	1.1	0.0	0.0	5.6	6.8	25.3	18.8	4.6	44.8
9	64	Onions boiled	5.5	0.0	0.0	28.4	19.0	29.8	20.3	1.8	75.8
9	65	Lettuce lambs raw	0.2	0.0	0.0	0.0	0.6	17.8	17.8	17.8	17.8
9	67	Chicory raw	0.8	0.0	0.0	0.0	0.7	150.0	122.5	46.4	193.5
9	68	Chicory boiled	2.9	0.0	0.0	0.0	1.5	171.7	149.0	75.0	244.0
9	69	Cabbage white raw	0.0	0.0	0.0	0.0	0.0
9	70	Cabbage white cooked	0.3	0.0	0.0	2.1	2.2	7.8	4.9	3.2	16.2
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.0
9	72	Carrots boiled average	0.7	0.0	0.0	2.3	3.1	38.4	7.0	1.0	128.2
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
9	74	Cabbage sauerkraut cooked	2.9	0.0	0.0	0.0	1.6	205.3	207.9	69.6	246.6
9	75	Vegetable mix for soup raw	1.5	0.0	0.0	0.0	2.6	54.1	33.2	12.8	104.3
9	124	Radish red/white raw	0.3	0.0	0.0	0.0	0.4	83.4	55.7	33.3	95.4
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.0
9	127	Vegetables mixture raw	1.4	0.0	0.0	7.7	2.8	48.5	46.0	43.9	49.6
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	0.7	0.0	0.0	5.1	3.9	13.1	9.7	1.6	28.4
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.6	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	2.4	0.0	0.0	0.0	2.2	109.9	116.6	0.4	206.7
9	136	Peas and carrots tinned	1.0	0.0	0.0	0.0	0.4	114.2	100.0	100.0	141.2
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	9.1	0.0	0.0	90.2	6.9	134.9	138.2	33.1	183.8

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

NEVO group	NEVO code	Description	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
9	140	Spinach tinned	0.0	0.0	0.0	0.0	0.0
9	141	Tomato puree concentrated tinned	0.1	0.0	0.0	0.0	0.5	12.2	14.1	0.2	16.4
9	142	Beans broad tinned	0.0	0.0	0.0	0.0	0.0
9	143	Carrots tinned	0.5	0.0	0.0	0.0	0.6	178.0	178.0	178.0	178.0
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	0.9	5.2	1.7	0.4	17.1
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.1	18.7	18.7	18.7	18.7
9	146	Spinach frozen boiled	7.4	0.0	0.0	77.7	2.6	160.6	153.1	125.0	171.9
9	538	Rhubarb puree w sugar	3.2	0.0	0.0	0.0	0.9	147.2	47.9	47.9	275.5
9	557	Celery raw	0.0	0.0	0.0	0.0	0.0
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.0	0.0	0.0	0.0	0.3	4.6	4.6	4.6	4.6
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
9	651	Spinach creamed frozen boiled	0.3	0.0	0.0	0.0	0.1	174.0	174.0	174.0	174.0
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	0.8	6.8	6.0	6.0	9.4
9	885	Sweet pepper red boiled	0.3	0.0	0.0	0.0	1.2	21.0	15.6	10.9	28.4
9	920	Broccoli boiled	6.1	0.0	0.0	0.0	1.9	254.5	246.4	136.0	295.4
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.1	13.9	13.9	13.9	13.9
9	951	Beans French boiled	10.7	0.0	0.0	85.2	10.5	134.1	126.1	39.7	200.9
9	952	Kale curly frozen boiled	0.3	0.0	0.0	0.0	0.2	155.1	155.1	155.1	155.1
9	953	Peas frozen boiled	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
9	954	Beans French frozen boiled	0.3	0.0	0.0	0.0	0.2	132.6	98.0	98.0	164.1
9	957	Asparagus boiled	4.1	0.0	0.0	0.0	1.9	202.6	163.8	145.0	263.4
9	958	Beetroot boiled	6.0	0.0	0.0	82.8	4.9	132.6	99.2	50.0	198.3
9	961	Beans runner boiled	2.3	0.0	0.0	0.0	1.2	218.3	205.0	98.0	262.2
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	5.5	0.0	0.0	29.4	3.2	168.3	90.5	9.8	349.4
9	966	Courgettes boiled	0.3	0.0	0.0	0.0	0.7	100.9	98.7	98.7	107.1
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.4	0.0	0.0	0.0	0.6	67.0	60.0	60.0	85.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.1	0.0	0.0	0.0	0.1	129.0	129.0	129.0	129.0
9	1143	Beans runner frozen unprepared	0.9	0.0	0.0	0.0	0.9	176.3	150.0	150.0	224.6
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.1	16.6	16.6	16.6	16.6
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.4	0.0	0.0	0.0	0.6	150.0	150.0	150.0	150.0
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	1.0	5.1	1.9	0.8	7.4
9	1399	Lettuce iceberg raw	3.6	0.0	0.0	28.4	4.1	38.3	33.0	17.0	57.1
9	1454	Beetroot pickled glass	0.5	0.0	0.0	0.0	0.1	193.3	193.3	193.3	193.3

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

NEVO group	NEVO code	Description	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
9	1484	Onions deep-fried sachet	0.1	0.0	0.0	0.0	0.6	3.8	3.8	3.8	3.8
9	1904	Vegetables average boiled	1.3	0.0	0.0	0.0	2.2	129.8	93.2	50.0	208.7
9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0
9	2293	Tomatoes tinned	0.2	0.0	0.0	0.0	0.4	126.3	50.1	30.6	185.0
9	2330	Mange-tout and carrots boiled	0.0	0.0	0.0	0.0	0.0
9	2331	Bami vegetables mixed boiled	0.5	0.0	0.0	0.0	0.8	37.9	16.0	16.0	91.1
9	2346	Lettuce green average raw	0.8	0.0	0.0	0.0	1.1	41.9	22.6	14.0	83.0
9	2377	Tomatoes dried in oil tin/glass	0.3	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.5	8.5	8.5	8.5	8.5
9	2498	Tomatoes sieved	3.2	0.0	0.0	2.6	2.3	75.3	35.7	7.8	153.6
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.9	4.8	3.2	3.2	6.8
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.0
9	2710	Cabbage red w apple pieces glass	0.0	0.0	0.0	0.0	0.0
9	2726	Carrot bunched raw	0.2	0.0	0.0	0.0	0.8	25.0	25.0	25.0	25.0
9	2727	Carrot bunched boiled	2.0	0.0	0.0	0.0	1.8	163.9	157.0	100.0	216.3
9	2728	Carrot winter raw	0.0	0.0	0.0	0.0	0.0
9	2729	Carrot winter boiled	2.1	0.0	0.0	19.4	3.2	81.9	51.5	15.4	150.6
9	2730	Tomato vine raw	1.5	0.0	0.0	0.0	2.8	60.1	52.2	18.2	83.4
9	2731	Tomato cherry raw	0.5	0.0	0.0	0.0	1.7	30.7	24.1	10.0	50.0
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.0
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.3	66.5	66.5	66.5	66.5
9	2735	Tomato average boiled	0.1	0.0	0.0	0.1	1.3	1.8	1.1	1.1	3.1
9	2736	Rocket raw	0.5	0.0	0.0	0.0	2.7	34.4	23.1	10.0	50.6
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.0
9	2738	Onion Welsh boiled	0.8	0.0	0.0	0.0	0.9	57.0	57.0	57.0	57.0
9	2739	Cucumber w skin raw	0.2	0.0	0.0	0.0	1.7	15.6	5.3	4.5	47.2
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.0	0.0	0.0	0.0	0.1	10.9	10.9	10.9	10.9
9	2742	Sweet pepper average raw	0.0	0.0	0.0	0.0	0.3	9.5	9.5	9.5	9.5
9	2743	Sweet pepper average boiled	0.1	0.0	0.0	0.0	0.9	8.2	3.5	3.3	21.9
9	2840	Cabbage red w apple pieces	0.0	0.0	0.0	0.0	0.0
9	2900	Sweetcorn tinned	0.0	0.0	0.0	0.0	0.0
10	455	Peanut butter	1.7	0.0	0.0	9.3	9.1	24.9	17.6	5.9	44.0
10	541	Peanut butter with nut pieces	0.9	0.0	0.0	0.0	2.4	36.1	35.3	10.0	48.5
10	574	Sandwich spread cucumber	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
10	575	Sandwich spread original	0.1	0.0	0.0	0.0	0.8	16.1	13.5	13.3	18.2
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.1	0.8	0.8	0.8	0.8
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.0
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.4	3.2	1.4	1.3	4.6
11	511	Cheese Edam 40+	2.0	0.0	0.0	18.1	4.7	33.8	25.0	3.6	67.0
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	7.0	0.0	0.0	46.3	15.7	40.1	28.2	6.0	103.1
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.8	0.0	0.0	0.0	2.6	48.0	31.1	22.0	101.8
11	515	Cheese spread 48+	0.2	0.0	0.0	0.0	2.0	18.7	16.2	14.0	19.6
11	517	Cheese spread 20+	0.1	0.0	0.0	0.0	0.6	25.7	13.5	10.0	51.4
11	556	Cheese Camembert 45+	0.0	0.0	0.0	0.0	0.7	14.0	14.0	14.0	14.0

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

NEVO group	NEVO code	Description	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
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.7	14.0	14.0	14.0	14.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.7	10.6	7.5	5.0	11.8
11	719	Cheese cream soft Mon Chou	0.0	0.0	0.0	0.0	0.4	9.0	9.0	9.0	9.0
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.1	0.0	0.0	0.0	0.4	51.0	51.0	51.0	51.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.0
11	728	Cheese cream soft Boursin	0.0	0.0	0.0	0.0	0.7	4.0	4.0	4.0	4.0
11	804	Cheese sheep fresh	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.0
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
11	1104	Cheese smoked	0.5	0.0	0.0	0.0	0.4	63.4	35.4	22.0	82.7
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	0.0	0.0	0.0	0.0	0.0
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.1	0.0	0.0	0.0	0.5	26.6	26.6	26.6	26.6
11	1382	Cheese 30+	8.4	0.0	0.0	50.9	17.2	35.0	25.7	14.0	51.7
11	1487	Cheese Brie 60+	0.4	0.0	0.0	0.0	2.5	14.3	10.8	7.3	19.7
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.0	0.0	0.0	0.0	0.0
11	1723	Cheese 20+	0.1	0.0	0.0	0.0	0.7	23.4	22.0	22.0	27.5
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.6	0.0	0.0	0.0	0.2	88.0	88.0	88.0	88.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.2	0.0	0.0	0.0	0.8	21.9	14.6	13.0	27.6
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.1	0.0	0.0	0.0	0.2	84.0	84.0	84.0	84.0
11	1955	Cheese Mozzarella	1.1	0.0	0.0	1.2	2.3	26.8	13.9	3.6	51.9
11	2518	Cheese goat hard	0.1	0.0	0.0	0.0	0.2	84.0	84.0	84.0	84.0
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
11	2679	Dairy spread plain/herbs light	0.0	0.0	0.0	0.0	0.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	2.0	0.0	0.0	11.6	4.5	53.2	29.4	13.0	114.5
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.1	0.0	0.0	23.2	9.3	47.0	43.0	8.4	82.2
11	2758	Cheese Gouda 48+ age 4-7 mths	1.2	0.0	0.0	6.4	7.9	21.6	19.3	7.2	39.9
11	2759	Cheese Gouda 48+ age 10-12 mths	1.6	0.0	0.0	15.4	6.0	38.3	35.3	20.0	43.2
11	2824	Cheese 30+ low salt	0.1	0.0	0.0	0.0	0.7	24.0	24.0	24.0	24.0
12	429	Stock cubes	0.1	0.0	0.0	0.0	2.1	2.3	2.2	0.2	3.1
12	824	Mustard	0.1	0.0	0.0	0.0	1.9	3.4	1.5	0.6	8.2
12	830	Garlic fresh	0.0	0.0	0.0	0.0	2.1	1.5	0.9	0.1	4.0
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.4	3.0	2.3	2.2	3.9
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	1.1	2.1	0.7	0.5	3.7
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.7	3.0	2.6	2.2	3.2
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.2	0.0	0.0	0.0	2.4	11.8	10.4	3.3	18.6
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.0
13	270	Milk raw	2.5	0.0	0.0	0.0	1.4	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	0.6	0.0	0.0	1.0	4.6	22.0	19.1	8.0	46.7
13	272	Milk chocolate-flavoured full fat	1.1	0.0	0.0	0.0	0.8	222.9	176.4	155.5	294.8
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.8	0.0	0.0	5.4	10.5	9.3	3.9	2.0	19.5
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.1	0.0	0.0	0.0	0.3	47.0	47.0	47.0	47.0
13	276	Custard chocolate full fat	11.5	0.0	0.0	104.6	5.9	151.5	143.2	38.5	164.7
13	278	Yoghurt full fat	5.5	0.0	0.0	0.0	3.4	210.6	195.3	155.0	282.1
13	279	Milk whole	30.7	0.0	0.0	229.6	14.3	259.5	253.2	38.0	512.7
13	280	Coffee creamer full fat	2.2	0.0	0.0	14.9	8.5	20.2	14.7	7.1	42.4
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	25.2	0.0	0.0	122.9	14.4	162.0	158.6	55.8	255.7
13	284	Yoghurt low fat with fruit	3.6	0.0	0.0	0.0	3.2	129.4	110.2	43.2	197.1
13	285	Coffee creamer half fat	11.6	0.0	0.0	40.5	35.4	26.3	23.9	5.4	57.7
13	286	Milk semi-skimmed	81.3	0.0	0.0	370.4	33.9	222.4	174.2	29.2	602.8
13	288	Porridge oatmeal	0.9	0.0	0.0	0.0	0.7	295.2	250.0	250.0	385.6
13	289	Buttermilk	20.3	0.0	0.0	182.2	10.9	240.1	246.0	164.8	302.8
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.2	0.0	0.0	0.0	0.5	29.6	26.3	24.0	31.4
13	294	Milk skimmed	9.2	0.0	0.0	0.0	3.9	334.2	383.5	150.0	461.1
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	3.5	0.0	0.0	0.0	2.2	209.3	197.6	194.7	261.4
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.3	47.5	47.5	47.5	47.5
13	301	Yoghurt low fat	26.0	0.0	0.0	123.3	7.6	276.0	238.1	125.6	487.4
13	303	Ice cream dairy cream based	2.5	0.0	0.0	0.0	1.7	122.4	89.3	32.0	248.8
13	305	Fromage frais low fat	2.2	0.0	0.0	0.0	2.1	110.0	99.4	2.6	173.8
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.0	0.0	0.0	0.0	0.0
13	477	Custard vanilla low fat	1.5	0.0	0.0	0.0	1.3	126.2	103.6	103.0	180.7
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.7	0.0	0.0	0.0	0.4	281.2	281.2	281.2	281.2
13	485	Ice cream dairy cornet	1.2	0.0	0.0	0.0	1.2	75.0	75.0	75.0	75.0
13	532	Blancmange chocolate	0.0	0.0	0.0	0.0	0.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.8	0.0	0.0	0.0	0.3	283.3	283.3	283.3	283.3
13	736	Pudding vanilla	0.8	0.0	0.0	0.0	0.3	206.0	206.0	206.0	206.0

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

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13	767	Mousse chocolate	0.9	0.0	0.0	0.0	0.9	78.3	70.0	70.0	95.8
13	786	Pudding chipolata	1.8	0.0	0.0	0.0	0.5	150.0	150.0	150.0	150.0
13	812	Cream sour	0.0	0.0	0.0	0.0	0.1	22.6	22.6	22.6	22.6
13	863	Yoghurt full fat with fruit	0.2	0.0	0.0	0.0	0.1	207.4	207.4	207.4	207.4
13	912	Pudding raspberries w currant sauce	1.2	0.0	0.0	0.0	1.5	71.0	71.0	71.0	71.0
13	915	Chocolate pudding with sauce	0.1	0.0	0.0	0.0	0.1	105.1	105.1	105.1	105.1
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	1.0	0.0	0.0	0.0	1.1	125.4	104.6	24.0	181.2
13	931	Fromage frais low fat with fruit	0.1	0.0	0.0	0.0	0.1	233.3	233.3	233.3	233.3
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	5.8	0.0	0.0	0.0	0.9	295.5	239.6	125.0	463.5
13	940	Blancmange vanilla w strawberry sauce	1.2	0.0	0.0	0.0	1.9	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	1.2	0.0	0.0	0.0	1.0	103.5	37.1	37.1	180.0
13	1464	Milk chocolate-flavoured semi-skimmed	0.8	0.0	0.0	0.0	0.3	396.9	257.1	159.0	472.5
13	1474	Ice lolly/ Sorbet	0.0	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
13	1502	Yoghurt half fat	4.6	0.0	0.0	0.0	3.0	210.3	212.5	64.8	253.9
13	1503	Cream 25% fat	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
13	1719	Milk semi-skimmed enriched w calcium	2.2	0.0	0.0	0.0	1.8	172.1	142.1	142.1	231.7
13	1720	Custard several flavours full fat	12.8	0.0	0.0	101.7	9.0	175.2	161.2	76.2	289.8
13	1721	Yoghurt vanilla half fat	1.9	0.0	0.0	0.0	1.1	220.7	177.2	94.0	325.5
13	1722	Porridge semolina	0.7	0.0	0.0	0.0	0.6	168.7	129.6	99.9	249.5
13	1791	Cream whipped w sugar canned	0.2	0.0	0.0	0.0	1.3	23.3	21.3	12.0	31.0
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.4	4.7	4.7	4.7	4.7
13	1813	Yakult	0.7	0.0	0.0	0.0	1.6	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.0	0.0	0.0	0.0	0.8	138.5	129.9	127.4	153.1
13	1834	Yoghurt drink w sweeteners Optimel	5.2	0.0	0.0	0.0	1.5	301.7	229.9	206.0	556.7
13	1916	Cream whipped with added sugar	0.3	0.0	0.0	0.0	2.0	14.8	8.9	3.0	33.2
13	1954	Coffee creamer Balance	0.4	0.0	0.0	0.0	2.1	16.7	11.2	10.0	31.3
13	1957	Custard with whipped cream	2.4	0.0	0.0	0.0	0.9	301.2	176.2	139.1	494.4
13	1958	Porridge buttermilk groats	0.0	0.0	0.0	0.0	0.0
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.4	32.4	32.4	32.4	32.4
13	2244	Yoghurt cream- with fruit	0.6	0.0	0.0	0.0	0.5	242.7	192.3	150.0	262.2
13	2246	Fromage frais low fat w fruit w sw	0.5	0.0	0.0	0.0	0.7	148.0	148.0	148.0	148.0
13	2247	Fromage frais yoghurt w fruit	0.0	0.0	0.0	0.0	0.0
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.3	0.0	0.0	0.0	1.0	53.1	50.0	50.0	61.3
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	1.7	0.0	0.0	0.0	1.2	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	1.3	0.0	0.0	0.0	0.7	311.6	281.0	270.0	334.3

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13	2258	Actimel	0.4	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.0	0.0	0.0	0.0	0.0
13	2267	Custard no fat w sweeteners Optimel	1.1	0.0	0.0	0.0	0.5	202.8	190.7	185.4	229.4
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	2.4	0.0	0.0	0.0	2.4	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.4	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	1.5	0.0	0.0	0.0	1.8	98.0	64.0	64.0	141.3
13	2495	Drinking chocolate w s-sk milk	4.8	0.0	0.0	0.0	0.9	343.7	270.8	265.7	475.3
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	11.1	0.0	0.0	111.2	3.7	134.1	125.0	125.0	158.3
13	2503	Yoghurt Greek full fat	0.0	0.0	0.0	0.0	0.0
13	2504	Fromage frais full fat w fruit	0.5	0.0	0.0	0.0	0.8	60.0	60.0	60.0	60.0
13	2519	Custard half fat all flavours	0.2	0.0	0.0	0.0	0.3	77.3	77.3	77.3	77.3
13	2520	Pudding airy average	0.6	0.0	0.0	0.0	0.9	90.3	55.3	50.0	118.0
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	1.1	0.0	0.0	0.0	1.1	296.8	296.8	296.8	296.8
13	2537	Dessert made of custard, yoghurt & syrup	2.6	0.0	0.0	0.0	2.2	211.8	205.9	201.9	215.0
13	2538	Blancmange home-made w semi-sk milk	2.0	0.0	0.0	0.0	1.6	112.6	105.0	103.0	118.5
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	1.0	0.0	0.0	0.0	1.2	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.7	0.0	0.0	0.0	0.6	101.4	100.0	100.0	102.7
13	2760	Hot chocolate from vending machine	3.2	0.0	0.0	0.0	1.7	203.4	200.9	200.9	202.7
13	2823	Yoghurt full fat stracciatella	0.3	0.0	0.0	0.0	0.2	216.0	216.0	216.0	216.0
13	2835	Coffee iced	0.4	0.0	0.0	0.0	0.4	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	0.2	0.0	0.0	0.0	0.1	270.0	270.0	270.0	270.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.3	0.0	0.0	0.0	0.1	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	1.3	0.0	0.0	0.0	0.7	170.2	144.2	144.2	229.9
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	1.4	0.0	0.0	0.0	1.0	285.4	277.5	277.5	302.7
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.7	8.0	8.0	8.0	8.0
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.0
13	3074	Yoghurt full fat w fruit Activia	0.2	0.0	0.0	0.0	0.4	125.0	125.0	125.0	125.0

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

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14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0
14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.1	0.0	0.0	1.1	2.9	3.1	2.2	0.7	5.3
14	1380	Dessert soya Alpro	0.0	0.0	0.0	0.0	0.0
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.0	0.0	0.0	0.0	0.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.0	0.0	0.0	0.0	0.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.0
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.1	0.0	0.0	0.0	0.8	17.6	13.7	10.0	18.5
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
15	205	Mixed nuts and raisins	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	206	Walnuts unsalted	1.0	0.0	0.0	0.0	2.7	47.0	40.8	3.0	63.5
15	207	Nuts mixed unsalted	0.0	0.0	0.0	0.0	0.5	8.6	8.0	7.6	8.9
15	264	Biscuit salted average	0.0	0.0	0.0	0.0	0.0
15	265	Puff pastry baked	0.0	0.0	0.0	0.0	0.0
15	266	Snack sausage roll puff pastry	0.8	0.0	0.0	0.0	1.8	70.0	70.0	70.0	70.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
15	546	Peanuts coated	0.0	0.0	0.0	0.0	0.0
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.5	0.0	0.0	1.7	1.2	16.5	14.3	14.3	19.3
15	867	Linseeds	0.0	0.0	0.0	0.0	0.0
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.0
15	876	Peanuts salted	0.6	0.0	0.0	0.0	1.7	29.4	19.9	15.0	53.1
15	901	Snack sausage roll w bread dough pastry	3.9	0.0	0.0	0.0	0.7	225.0	225.0	225.0	225.0
15	1496	Salad fish	1.9	0.0	0.0	9.2	2.7	37.0	16.6	15.0	94.7
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
15	1498	Salad chicken curry	0.8	0.0	0.0	0.0	1.2	38.6	21.3	10.0	82.9
15	1499	Salad egg	0.5	0.0	0.0	2.3	2.4	16.3	14.6	14.3	21.6
15	1699	Biscuits & snacks cheesy averaged	0.1	0.0	0.0	0.0	0.5	37.0	37.0	37.0	37.0
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	1.3	15.0	15.0	15.0	15.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.8	20.0	20.0	20.0	20.0
15	1935	Nuts mixed salted	0.0	0.0	0.0	0.0	0.0
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.1	4.3	4.3	4.3	4.3
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	1.1	0.0	0.0	0.0	1.8	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	6.4	0.0	0.0	50.0	3.8	100.6	80.8	63.0	121.5
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	1.0	0.0	0.0	0.0	0.6	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.8	25.2	19.0	15.0	28.9
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.2	0.0	0.0	0.0	1.0	35.4	19.0	19.0	88.4
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.4	19.0	19.0	19.0	19.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	1.6	0.0	0.0	0.0	0.7	201.2	201.2	201.2	201.2
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.0	0.0	0.0	0.0	2.4	77.3	55.6	55.6	150.9
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.0
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.6	0.0	0.0	0.0	0.6	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.1	6.1	6.1	6.1	6.1
16	3049	Beans white tinned	2.8	0.0	0.0	8.5	3.1	95.9	74.2	74.2	205.7
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0

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

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17	1997	Preparation Respifor p 100 ml	4.1	0.0	0.0	0.0	1.6	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.3	0.0	0.0	0.0	0.3	134.0	134.0	134.0	134.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	1.4	0.0	0.0	0.0	1.2	249.8	246.8	153.3	337.7
19	758	Soup clear with meat	0.8	0.0	0.0	0.0	0.7	246.8	246.8	246.8	246.8
19	759	Soup clear with vegetables	7.7	0.0	0.0	0.0	2.0	294.7	250.4	147.0	533.5
19	760	Soup clear with meat and noodles	11.5	0.0	0.0	113.0	4.5	270.2	219.4	194.3	376.4
19	761	Soup clear with meat and vegetables	4.9	0.0	0.0	5.9	3.5	180.6	95.6	95.6	403.6
19	762	Soup clear w meat vegetables and noodles	11.5	0.0	0.0	131.4	6.7	264.2	254.8	116.1	382.2
19	763	Soup thickened w vegetables	4.8	0.0	0.0	0.0	1.3	276.0	263.8	259.0	300.1
19	766	Soup main course w legumes and meat	2.1	0.0	0.0	0.0	0.2	678.3	678.3	678.3	678.3
19	791	Soup clear with noodles	0.6	0.0	0.0	0.0	0.4	243.6	243.6	243.6	243.6
19	792	Soup thickened w meat and vegetables	8.7	0.0	0.0	56.5	4.2	190.7	125.0	91.0	238.8
19	797	Soup vegetable based dried packet prep	8.4	0.0	0.0	89.8	3.4	207.6	184.8	147.1	309.3
19	798	Soup meat based dried packet prepared	6.9	0.0	0.0	79.8	2.7	212.8	190.6	163.8	267.0
19	800	Soup vegetable based tinned prepared	6.7	0.0	0.0	0.0	2.0	399.9	364.8	191.1	543.1
19	801	Soup meat based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	802	Soup legume based ready made prepared	3.6	0.0	0.0	0.0	0.8	180.2	149.6	149.6	290.1
19	1528	Stock from cube prepared	24.4	0.0	0.0	242.9	9.6	215.1	229.7	4.0	249.4
19	2487	Soup veg & meat based ready made prep	10.6	0.0	0.0	86.2	2.3	262.8	194.0	163.8	477.6
19	2488	Soup vegetable&meat based prepared pack	2.6	0.0	0.0	0.0	0.8	205.9	194.8	189.0	231.2
19	2561	Soup thickened no filling	2.3	0.0	0.0	0.0	0.6	237.8	178.5	178.5	306.0
19	2932	Soup cup-a-soup prepared	7.9	0.0	0.0	87.5	4.5	200.6	178.7	175.0	237.6
20	374	Sugar brown Basterdsuiker	0.8	0.0	0.0	5.3	4.0	20.4	17.0	4.4	32.0
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.3	16.6	16.6	16.6	16.6
20	377	Sugar granulated	10.3	1.4	0.0	53.7	43.0	24.1	14.2	1.8	76.8
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	0.4	58.7	35.0	35.0	84.1
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
20	427	Syrup apple	2.8	0.0	0.0	18.5	9.7	25.3	16.8	10.0	52.2
20	431	Chocolate milk	0.4	0.0	0.0	1.2	4.4	13.8	10.9	7.0	19.1
20	432	Chocolate plain	0.1	0.0	0.0	0.0	2.8	9.9	7.0	7.0	13.8
20	433	Chocolate flakes milk	0.4	0.0	0.0	0.0	0.8	37.1	7.4	5.0	85.9

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20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	436	Spread chocolate hazelnut	0.7	0.0	0.0	0.0	1.6	30.2	21.5	20.0	46.6
20	442	Coloured confetti fruit-flavoured	1.1	0.0	0.0	8.3	6.6	18.1	11.2	5.0	33.0
20	443	Honey	2.4	0.0	0.0	11.6	16.6	18.1	9.5	2.8	58.6
20	444	Spread chocolade plain	0.3	0.0	0.0	0.0	3.1	20.0	20.0	20.0	20.0
20	445	Jam	14.2	0.0	0.0	78.8	24.6	38.9	21.0	5.0	118.2
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.3	0.0	0.0	3.7	3.5	6.8	4.5	3.0	14.8
20	453	Peppermint	0.2	0.0	0.0	1.0	2.9	5.0	3.0	3.0	9.1
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.0
20	461	Toffees	0.1	0.0	0.0	0.0	1.1	13.5	9.9	6.0	18.8
20	484	Jam reduced sugar	1.2	0.0	0.0	4.8	3.4	35.8	19.4	17.5	93.9
20	487	Candybar Mars	0.4	0.0	0.0	0.0	1.7	33.1	24.2	18.0	49.2
20	520	Liquorice Dutch type salted	0.0	0.0	0.0	0.0	0.5	4.0	4.0	4.0	4.0
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.3	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.3	6.8	5.1	4.0	7.7
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.1	3.0	3.0	3.0	3.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.2	0.0	0.0	0.0	0.6	13.0	13.0	13.0	13.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.5	28.0	28.0	28.0	28.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.8	0.0	0.0	0.0	0.9	40.3	27.2	15.0	43.2
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.3	16.0	16.0	16.0	16.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.4	0.0	0.0	0.0	1.2	31.9	35.9	14.0	39.7
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.6	24.0	24.0	24.0	24.0
20	752	Wine gums	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.0
20	1508	Chocolates filled/Belguim chocolate	1.2	0.0	0.0	6.9	5.1	21.8	13.7	9.0	41.6
20	1962	Chocolate confetti milk	1.5	0.0	0.0	11.7	4.9	24.1	22.3	10.0	24.7
20	1963	Chocolate confetti plain	0.6	0.0	0.0	3.3	6.0	16.1	11.6	10.0	27.4
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	3.1	3.6	2.8	2.0	6.5
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.7	22.5	22.5	22.5	22.5
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.0
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	0.0
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0

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

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20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.0
20	2595	Candybar KitKat	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	5.6	0.0	0.0	39.3	8.4	50.3	44.6	9.1	74.2
20	2930	Chocolate spread white	0.2	0.0	0.0	0.0	0.5	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.5	8.9	6.0	6.0	15.5
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.0
21	310	Butter unsalted	1.3	0.0	0.0	9.0	10.4	18.0	14.8	0.3	34.6
21	312	Oil corn	0.0	0.0	0.0	0.0	1.6	0.6	0.6	0.6	0.6
21	313	Oil soya	0.1	0.0	0.0	0.0	0.8	4.8	2.7	2.7	9.4
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.5	0.0	0.0	6.7	10.9	8.8	6.8	0.4	23.6
21	437	Sauce cocktail/party/table 25% oil	0.1	0.0	0.0	0.0	0.8	18.2	14.7	7.1	21.9
21	451	Mayonnaise	0.4	0.0	0.0	1.3	3.5	13.4	10.2	1.9	23.8
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.4	0.0	0.0	2.6	2.0	11.9	11.2	4.1	23.3
21	462	Ketchup tomato	0.0	0.0	0.0	0.0	0.1	1.7	1.7	1.7	1.7
21	465	Sauce for chips 25% oil	1.3	0.0	0.0	12.3	2.7	23.4	24.0	1.6	30.6
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.6	0.0	0.0	4.9	2.6	12.9	9.8	6.9	13.4
21	601	Oil olive	1.1	0.0	0.0	9.3	11.1	9.4	5.0	1.5	24.5
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.5	7.6	4.2	2.7	10.1
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0
21	616	Peanut sauce jar prepared	0.3	0.0	0.0	0.0	1.0	33.7	26.4	26.4	50.8
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.2	0.0	0.0	0.8	2.9	8.6	7.8	1.0	11.8
21	879	Butter salted	0.4	0.0	0.0	0.6	2.2	12.3	1.9	0.6	41.9
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0
21	1515	Sauce based on roux prepared	0.5	0.0	0.0	0.0	1.1	26.5	14.9	14.9	45.4
21	1517	Sauce mix packet <3% fat prepared	0.2	0.0	0.0	0.0	0.9	45.5	18.1	12.0	94.4
21	1518	Sauce mix packet >3% fat prepared	3.4	0.0	0.0	39.3	2.6	74.3	73.1	9.0	121.8
21	1524	Sauce tomato ready made jar	3.5	0.0	0.0	6.9	1.8	119.5	126.3	23.0	164.7
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.0
21	1803	Sauce oriental ready-made in jar/bag	4.0	0.0	0.0	0.0	1.5	103.3	22.8	13.8	167.2

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

NEVO group	NEVO code	Description	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
21	1839	Low fat margarine product tub Becel Ligh	3.8	0.0	0.0	37.0	10.3	42.5	33.4	7.3	85.5
21	1847	Margarine product tub Becel Dieet	3.2	0.0	0.0	21.0	12.8	32.5	23.0	7.1	75.9
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.0
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.2	0.0	0.0	0.0	5.2	28.3	27.1	15.0	33.5
21	1961	Low fat marg prod Blue Band Goede Start	0.4	0.0	0.0	0.0	2.7	18.3	11.8	9.3	36.1
21	2059	Low fat margarine 40% fat <17 g sat	5.5	0.0	0.0	33.6	18.6	30.9	28.5	5.4	56.4
21	2060	Low fat margarine prod 35% fat <10 g sat	1.9	0.0	0.0	17.2	6.6	28.6	22.6	6.0	57.8
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.2	0.0	0.0	0.0	0.9	23.5	22.9	22.5	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.5	0.0	0.0	0.0	1.1	21.0	16.4	12.0	27.2
21	2063	Margarine 80% fat >24 g saturates	1.6	0.0	0.0	11.4	21.1	7.0	2.2	0.6	26.8
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.7	0.0	0.0	0.3	7.1	12.0	6.4	0.7	29.9
21	2066	Cooking fat liquid 97% fat <17 g sat	0.9	0.0	0.0	6.9	15.7	5.0	3.0	0.3	16.6
21	2067	Cooking fat solid 97% fat >17 g sat	2.4	0.0	0.0	2.9	14.8	16.4	2.6	0.7	68.5
21	2068	Frying fat liquid <24 g sat fatty acids	1.9	0.0	0.0	14.9	6.1	18.8	17.4	6.4	31.2
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	4.5	0.0	0.0	19.3	13.5	25.9	25.1	6.8	50.3
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.5	0.0	0.0	2.4	5.5	7.1	3.0	0.5	18.0
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.0
21	2178	Pesto	0.0	0.0	0.0	0.0	0.0
21	2294	Low fat margarine Twenty four Ultralight	0.7	0.0	0.0	0.0	2.2	20.6	14.0	9.0	30.7
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.2	34.6	19.3	12.0	45.1
21	2418	Sauce hot liquid ready made <12% fat	0.0	0.0	0.0	0.0	0.4	25.2	25.0	25.0	25.8
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.2	0.0	0.0	1.3	3.7	25.7	15.7	6.0	52.8
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.3	0.0	0.0	0.0	0.5	45.0	45.0	45.0	45.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.5	2.6	2.6	2.6	2.6
21	2449	Gravy 25% fat clear prep w gravypowder	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	2451	Gravy 25% fat thickend prep w gravypowde	0.1	0.0	0.0	0.0	0.9	17.5	17.5	17.5	17.5
21	2452	Gravy 25% fat thick prep wo gravypowder	0.8	0.0	0.0	0.0	1.5	42.7	30.5	24.3	65.0
21	2453	Gravy 50% fat thick prep wo gravypowder	1.1	0.0	0.0	0.0	0.6	73.1	25.8	24.3	110.9

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

NEVO group	NEVO code	Description	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
21	2454	Gravy 75% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.3	72.8	72.8	72.8	72.8
21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	1.9	30.3	35.4	8.7	48.0
21	2460	Gravy 75% fat clear prep wo gravypowder	0.2	0.0	0.0	0.0	0.5	62.1	62.1	62.1	62.1
21	2462	Gravy 5% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.1	34.0	34.0	34.0	34.0
21	2464	Sauce powder approx 10% fat	0.1	0.0	0.0	0.0	0.3	11.3	11.3	11.3	11.3
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.9	3.9	3.9	3.9	3.9
21	2466	Salad dressing vinaigrette	0.5	0.0	0.0	2.1	1.5	11.4	11.4	11.4	11.4
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.4	11.6	11.6	11.6	11.6
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.2	12.2	6.7	5.8	16.4
21	2469	Sauce mayonnaise based average	0.0	0.0	0.0	0.0	0.2	12.1	4.6	4.6	18.9
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.0
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.1	3.9	3.9	3.9	3.9
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.8	7.1	4.7	3.0	8.3
21	2525	Frying fat horeca	0.3	0.0	0.0	2.6	3.3	10.1	7.6	5.8	16.0
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.3	72.8	72.8	72.8	72.8
21	2557	Margarine 80% fat > 24 g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.2	0.0	0.0	0.9	8.9	2.0	1.0	0.4	6.7
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	0.9	18.0	18.0	18.0	18.0
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.5	0.0	0.0	2.2	10.1	5.5	2.7	0.4	15.6
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.2	0.0	0.0	0.0	2.2	13.5	15.3	1.1	19.6
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
21	2567	Low fat margarine prod AH chol verlagend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.3	0.0	0.0	0.0	1.8	21.8	18.6	7.8	32.9
21	2580	Gravy 5% fat thickend w gravy powder	0.0	0.0	0.0	0.0	0.0
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.1	0.0	0.0	0.0	1.1	24.5	24.5	24.5	24.5
21	2585	Gravy 25% fat w cooking fat 2067	0.3	0.0	0.0	0.0	1.0	56.8	46.4	34.9	72.3
21	2586	Gravy 25% fat w margarine 2063	1.9	0.0	0.0	7.1	4.0	41.9	35.2	32.0	72.1
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.6	0.0	0.0	0.0	2.8	38.6	37.1	6.6	54.1
21	2589	Gravy 25% fat w olive oil	0.4	0.0	0.0	0.0	0.8	30.1	24.3	24.3	43.4
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.8	26.9	23.3	17.5	34.0
21	2593	Gravy 50% fat w margarine 2063	0.2	0.0	0.0	0.0	0.8	31.1	24.3	24.3	37.3
21	2594	Gravy 50% fat w margarine liq 2077	0.5	0.0	0.0	0.0	1.6	20.9	20.6	17.5	23.3

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

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21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.1	33.9	33.0	33.0	35.7
21	2598	Gravy 75% fat w cooking fat 2067	0.1	0.0	0.0	0.0	1.7	17.6	12.1	12.1	35.3
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.4	34.9	34.9	34.9	34.9
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.2	34.9	34.9	34.9	34.9
21	2601	Gravy 25% fat thickend w cook fat 2067	1.2	0.0	0.0	10.7	2.7	24.6	20.4	16.5	27.4
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	1.5	24.3	24.3	24.3	24.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.7	4.5	4.5	4.5	4.5
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.7	51.2	48.5	48.5	56.4
21	2625	Gravy 25% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.1	31.0	31.0	31.0	31.0
21	2626	Gravy 25% fat w cooking fat liq 2562	0.1	0.0	0.0	0.0	0.3	33.7	19.4	19.4	45.5
21	2627	Gravy 50% fat w margarine liquid 2558	0.5	0.0	0.0	0.0	1.4	38.1	34.5	24.3	46.4
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.3	0.0	0.0	0.0	1.6	33.5	34.9	11.6	34.9
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.1	15.5	15.5	15.5	15.5
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.2	36.4	36.4	36.4	36.4
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	2.0	0.0	0.0	20.9	4.7	55.2	45.4	29.1	75.0
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.3	3.9	3.9	3.9	3.9
21	2667	Salad dressing 20% oil w yogurt	0.0	0.0	0.0	0.0	0.4	7.1	3.4	3.4	10.7
21	2709	Low fat margarine prod C1000 Goed begin	0.1	0.0	0.0	0.0	0.1	36.0	36.0	36.0	36.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	0.0
21	2712	Margarine product liquid light unsalted	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	2.1	0.0	0.0	20.5	4.2	44.0	23.6	18.0	73.8
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.5	45.0	45.0	45.0	45.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.2	36.4	36.4	36.4	36.4
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.4	0.0	0.0	0.0	0.8	64.2	41.4	41.4	90.2
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.6	31.9	13.9	6.0	44.6
21	3036	Gravy 75%fat thick prep w gravy powder	0.1	0.0	0.0	0.0	0.3	72.8	72.8	72.8	72.8
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	Consumption % days	On consumption days			
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21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.6	26.2	26.2	26.2	26.2
22	111	Mussels boiled	0.3	0.0	0.0	0.0	0.2	204.0	204.0	204.0	204.0
22	114	Fish lean 0-2 g fat raw	0.3	0.0	0.0	0.0	0.3	94.9	70.0	52.5	108.3
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	1.3	39.3	34.1	10.0	47.7
22	349	Herring fillet in tomato sauce tinned	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
22	350	Herring salted	3.8	0.0	0.0	31.0	4.4	85.9	65.4	38.0	135.6
22	352	Lobster boiled	0.1	0.0	0.0	0.0	0.2	21.1	21.1	21.1	21.1
22	355	Sardines/pilchards in oil tinned	0.3	0.0	0.0	0.0	0.6	93.5	86.5	84.0	98.7
22	602	Salmon tinned	0.3	0.0	0.0	0.0	0.2	110.0	110.0	110.0	110.0
22	603	Eel smoked	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.0
22	815	Fish fingers unprepared	0.9	0.0	0.0	0.0	0.5	216.0	216.0	216.0	216.0
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	1.1	0.0	0.0	0.0	1.0	189.6	169.8	150.0	218.3
22	918	Plaice boiled	0.2	0.0	0.0	0.0	0.2	156.0	156.0	156.0	156.0
22	919	Pollack boiled	0.0	0.0	0.0	0.0	0.0
22	1096	Salmon smoked	1.8	0.0	0.0	0.0	1.2	86.2	30.8	15.0	229.6
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.8	0.0	0.0	0.0	0.7	136.4	115.7	100.0	146.6
22	1586	Mackerel fillet smoked	0.0	0.0	0.0	0.0	0.0
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	2.4	0.0	0.0	0.0	1.2	104.6	89.6	44.1	122.5
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	3.0	0.0	0.0	0.0	1.3	177.7	166.4	90.0	221.3
22	1611	Trout prepared in microwave oven	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.1	0.0	0.0	0.0	0.2	156.0	156.0	156.0	156.0
22	2474	Whitefish fillet batter deepfried wo fat	3.5	0.0	0.0	13.9	2.5	139.3	91.5	72.5	254.0
22	2765	Pangasius prep in microwave oven	1.7	0.0	0.0	0.0	0.6	136.6	135.0	135.0	141.5
23	106	Duck whole raw	0.0	0.0	0.0	0.0	0.0
23	108	Chicken with skin raw	5.2	0.0	0.0	52.1	3.2	98.7	102.6	28.0	157.8
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.1	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0

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

NEVO group	NEVO code	Description	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
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.0
23	328	Ham smoked raw	0.5	0.0	0.0	0.0	3.1	15.0	12.0	12.0	22.8
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.7	21.6	15.0	15.0	29.8
23	335	Liver pate	0.4	0.0	0.0	0.0	1.6	20.8	14.3	7.0	26.8
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.3	0.0	0.0	0.0	2.9	12.8	10.5	10.0	14.5
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.0
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.3	0.0	0.0	0.0	0.6	68.6	45.3	36.0	85.5
23	567	Sausage luncheon meat	1.1	0.0	0.0	7.3	4.8	26.2	15.5	8.0	58.5
23	568	Black pudding	0.8	0.0	0.0	0.0	2.4	44.8	33.8	23.0	44.8
23	638	Salami sausage saveloy	1.9	0.0	0.0	16.1	9.6	24.0	17.3	8.0	43.9
23	639	Bacon rashers streaky	2.1	0.0	0.0	15.0	8.0	25.2	19.6	11.1	32.8
23	640	Liver sausage	1.6	0.0	0.0	5.3	4.9	29.1	19.3	10.0	87.3
23	641	Bacon	0.2	0.0	0.0	0.0	1.2	10.3	7.0	7.0	15.6
23	642	Pate	0.4	0.0	0.0	0.0	1.5	57.1	33.7	20.0	90.9
23	643	Pork side cured and smoked	1.4	0.0	0.0	9.1	2.1	55.0	33.0	24.0	93.6
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	2.1	0.0	0.0	10.0	13.9	20.6	17.7	2.7	37.9
23	785	Ham shoulder medium fat boiled	5.2	0.0	0.0	30.0	6.8	47.3	51.6	1.2	63.8
23	810	Beef steak tartare spiced filet americ	0.3	0.0	0.0	0.0	0.5	30.2	28.6	13.3	39.0
23	1152	Salami	0.0	0.0	0.0	0.0	0.5	17.1	15.9	15.0	17.7
23	1155	Minced meat loaf fried	0.2	0.0	0.0	0.0	1.2	23.5	16.9	15.0	31.5
23	1162	Sausage cooked	0.7	0.0	0.0	0.0	1.1	34.8	16.8	10.0	91.4
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	0.7	0.0	0.0	0.0	1.5	30.0	30.0	30.0	30.0
23	1305	Chicken without skin raw	1.1	0.0	0.0	0.0	2.4	64.4	46.8	45.5	90.2
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0
23	1391	Bacon lean prepared	0.4	0.0	0.0	0.0	0.8	26.3	25.0	25.0	29.0
23	1400	Beef rump steak raw	0.5	0.0	0.0	0.0	1.1	108.5	94.0	80.0	110.2
23	1401	Beef tenderloin steak raw	0.5	0.0	0.0	0.0	0.2	112.0	112.0	112.0	112.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	5.0	0.0	0.0	24.8	2.4	127.1	112.0	112.0	163.6
23	1405	Minced beef raw	5.4	0.0	0.0	37.3	8.1	69.1	46.4	13.3	144.6
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.0	0.0	0.0	0.0	0.4	16.3	16.3	16.3	16.3
23	1409	Beef sirloin rolled raw	0.1	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	0.6	0.0	0.0	0.0	0.4	264.0	264.0	264.0	264.0
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	3.5	0.0	0.0	0.0	1.8	211.7	177.8	75.0	255.4
23	1415	Beef steak tartare raw	0.4	0.0	0.0	0.0	0.9	95.0	79.2	72.0	116.0
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	5.0	0.0	0.0	44.1	5.8	81.7	84.2	56.0	97.0
23	1418	Pork fillet raw	1.1	0.0	0.0	0.0	2.1	94.8	55.5	38.0	208.3
23	1419	Pork fricandeau part of leg raw	0.4	0.0	0.0	0.0	0.7	112.0	112.0	112.0	112.0

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

NEVO group	NEVO code	Description	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
23	1420	Pork chop raw	8.2	0.0	0.0	0.0	4.1	200.8	135.4	27.5	319.6
23	1421	Minced pork raw	1.0	0.0	0.0	0.0	0.7	66.7	66.7	66.7	66.7
23	1422	Pork tenderloin raw	0.1	0.0	0.0	0.0	0.1	63.0	63.0	63.0	63.0
23	1424	Pork loin chop raw	1.4	0.0	0.0	0.0	0.6	171.4	101.0	78.1	224.3
23	1425	Pork shoulder chop raw	2.5	0.0	0.0	0.0	3.0	113.2	99.2	76.0	151.0
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
23	1428	Pork stir fry meat raw	0.8	0.0	0.0	4.2	2.1	18.3	13.7	8.5	35.6
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.0	0.0	0.0	0.0	0.0
23	1431	Kromesky meat filled raw	1.3	0.0	0.0	0.0	1.2	87.7	74.6	39.4	141.3
23	1432	Bacon rasher raw	1.1	0.0	0.0	0.0	1.7	48.0	25.6	5.3	113.9
23	1434	Minced beef/pork raw	5.6	0.0	0.0	44.6	7.9	90.3	88.8	16.0	145.5
23	1435	Hamburger raw	1.3	0.0	0.0	0.0	0.7	110.7	75.0	75.0	142.1
23	1437	Veal olive raw	0.0	0.0	0.0	0.0	0.0
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.0
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
23	1545	Beef roast prepared	0.2	0.0	0.0	0.0	1.9	18.5	11.6	8.0	29.5
23	1558	Pork loin chop prepared	0.1	0.0	0.0	0.0	1.1	15.0	15.0	15.0	15.0
23	1568	Minced beef/pork ball prep w egg/crums	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	6.4	0.0	0.0	38.7	8.6	67.7	69.9	7.5	119.9
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	2.0	0.0	0.0	0.0	4.0	94.0	88.9	65.0	117.9
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	3.0	0.0	0.0	3.0	2.4	60.7	29.3	29.3	109.6
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.3	0.0	0.0	0.0	1.9	29.3	14.4	10.7	84.2
23	1772	Pork fricandeau fried	0.1	0.0	0.0	0.0	1.3	18.2	15.1	15.0	22.8
23	1773	Brawn, pork pickled in vinegar	1.0	0.0	0.0	0.0	2.5	47.8	40.0	40.0	40.0
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.0
23	1776	Ham lean grilled	1.8	0.0	0.0	13.3	4.2	42.5	27.5	13.8	77.9
23	1777	Gammon boiled deboned	1.7	0.0	0.0	11.1	3.5	50.4	60.9	8.0	63.7
23	1788	Pork rib chop raw	2.3	0.0	0.0	0.0	1.9	122.5	104.3	38.0	168.7
23	1790	Pork schnitzel not breaded raw	0.0	0.0	0.0	0.0	0.0
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.3	0.0	0.0	0.0	2.2	21.2	19.2	16.0	23.5
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	2.5	0.0	0.0	12.2	4.9	59.2	31.9	31.9	86.0
23	2300	Sausage smoked lean cooked	0.8	0.0	0.0	0.0	1.1	98.2	90.0	81.8	109.8
23	2301	Sausage smoked beef cooked	0.0	0.0	0.0	0.0	0.0
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	0.2	0.0	0.0	0.0	0.4	61.6	56.0	56.0	68.8

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

NEVO group	NEVO code	Description	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
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	1.1	0.0	0.0	0.0	2.3	72.2	59.3	47.0	78.3
23	2336	Beef average raw	0.9	0.0	0.0	0.0	1.3	88.6	78.1	76.0	106.7
23	2338	Beef for stewing averaged raw	0.4	0.0	0.0	0.0	0.9	64.2	40.5	9.3	102.4
23	2339	Beef olives raw	0.4	0.0	0.0	0.0	1.1	84.0	84.0	84.0	84.0
23	2340	Pork schnitzel breaded raw	1.2	0.0	0.0	0.0	0.6	87.5	87.5	87.5	87.5
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	119.0	119.0	119.0	119.0
23	2363	Minced meat w ham and cheese raw	0.0	0.0	0.0	0.0	0.0
23	2364	Chicken schnitzel raw	1.4	0.0	0.0	0.0	2.3	91.4	84.2	76.0	105.4
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.6	0.0	0.0	0.0	2.3	30.6	24.3	16.0	42.4
23	2766	Sausage smoked industrial cooked	2.2	0.0	0.0	0.0	1.3	91.9	32.1	26.4	178.7
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.8	0.0	0.0	0.0	1.0	61.4	41.9	28.0	71.7
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.2	0.0	0.0	0.2	1.3	7.3	5.0	5.0	9.4
23	2898	Horse meat smoked	0.2	0.0	0.0	0.0	2.6	10.0	10.0	10.0	10.0
23	2899	Scrapple, pork	0.2	0.0	0.0	0.0	0.3	32.1	20.2	15.0	54.2
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.1	0.0	0.0	0.0	1.1	14.8	11.4	10.0	21.1
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.1	0.0	0.0	0.0	0.9	16.5	15.0	15.0	22.4
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.7	0.0	0.0	0.0	3.1	28.7	7.1	5.6	65.1
23	3027	Pork shoarma seasoning raw	0.2	0.0	0.0	0.0	0.7	61.1	61.1	61.1	61.1
23	3030	Sausage beef Braadworst raw	1.2	0.0	0.0	0.0	2.6	53.3	46.2	0.7	70.4
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.4	0.0	0.0	0.0	0.5	96.0	96.0	96.0	96.0
1	982	Potatoes wo skins boiled average	105.0	95.1	0.0	243.6	69.1	161.3	139.6	69.2	315.9
1	1150	Potatoes sliced frozen unprepared	4.1	0.0	0.0	0.0	0.6	326.2	188.0	188.0	477.1
1	1455	Potato puree powder av	0.1	0.0	0.0	0.0	0.3	22.6	22.6	22.6	22.6
1	1456	Chips pre-fried unprepared	13.3	0.0	0.0	66.4	2.7	216.9	127.3	97.0	454.8
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.5	0.0	0.0	0.0	0.6	170.0	153.7	148.2	212.0
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.3	1.4	1.4	1.4	1.4
1	2834	Potato waffels/balls frozen unprepared	3.0	0.0	0.0	0.0	0.6	188.0	188.0	188.0	188.0
2	382	Advocaat liqueur	0.5	0.0	0.0	0.0	1.1	56.6	51.6	49.5	64.0
2	383	Juice apple	2.0	0.0	0.0	0.0	2.0	133.9	104.9	100.0	152.0
2	386	Gin Dutch red currant flavoured	0.1	0.0	0.0	0.0	0.2	66.0	66.0	66.0	66.0
2	387	Fruit drink blackcurrant	0.0	0.0	0.0	0.0	0.4	16.1	12.0	12.0	22.2
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	66.0	0.0	0.0	395.8	12.0	583.8	496.1	250.0	1,092.2
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.0	0.0	0.0	0.0	0.2	50.3	50.3	50.3	50.3
2	395	Soft drink cola with caffeine	15.9	0.0	0.0	0.0	4.0	469.2	438.7	144.0	906.5
2	396	Juice grape	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	3.2	0.0	0.0	0.0	0.9	201.2	165.0	165.0	233.6
2	401	Gin young Dutch	16.6	0.0	0.0	94.5	11.1	106.4	91.0	41.5	181.0
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.4	41.4	18.0	18.0	61.1
2	407	Port wine	1.9	0.0	0.0	0.0	2.9	101.0	96.1	45.0	137.4
2	408	Rum	1.2	0.0	0.0	0.0	1.2	51.5	30.6	23.8	67.2
2	409	Sherry	4.9	0.0	0.0	2.5	3.4	108.3	93.8	9.0	203.3
2	410	Juice orange pasteurized	7.0	0.0	0.0	67.9	3.4	186.8	151.7	51.6	380.5
2	411	Mineral water Spa	3.2	0.0	0.0	0.0	2.1	359.8	241.6	132.0	706.3
2	413	Tomato juice	3.4	0.0	0.0	0.0	0.7	219.0	194.3	120.0	292.7
2	414	Soft drink tonic	1.6	0.0	0.0	0.0	0.8	163.7	125.6	100.0	185.4
2	415	Vermouth	0.3	0.0	0.0	0.0	0.4	90.0	90.0	90.0	90.0
2	416	Brandy Dutch vieux	0.6	0.0	0.0	0.0	2.2	57.7	44.1	38.0	74.4
2	417	Juice drink	1.1	0.0	0.0	0.0	1.4	110.2	102.7	70.0	128.7
2	421	Whisky	0.9	0.0	0.0	0.0	2.2	43.4	38.3	33.3	54.0
2	422	Wine red	71.3	0.0	0.0	311.2	28.5	268.4	183.7	108.1	583.2
2	423	Wine white dry	10.2	0.0	0.0	91.3	6.0	179.4	189.6	93.7	207.0
2	425	Whey drink light Rivella	0.2	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
2	463	Fruit drink concentrate undiluted	0.1	0.0	0.0	0.1	3.5	5.9	2.7	1.5	13.8
2	497	Fruit drink concentrate Roosvicee Origin	0.4	0.0	0.0	0.0	3.8	19.1	9.0	9.0	27.8
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.0
2	644	Coffee prepared	489.7	465.4	64.2	942.4	94.4	518.4	485.1	178.2	921.2
2	645	Tea prepared	334.9	220.4	0.0	1,056.7	72.0	530.4	455.1	136.3	1,222.0
2	664	Juice grapefruit	0.8	0.0	0.0	0.0	1.0	92.7	75.0	50.0	125.9
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	19.1	0.0	0.0	0.0	2.4	689.0	513.6	369.0	1,200.3
2	805	Jagermeister herb liquor	0.5	0.0	0.0	0.0	2.3	39.9	39.9	39.9	40.0
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.8	0.0	0.0	0.0	1.5	107.0	91.0	40.0	138.4
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	4.3	0.0	0.0	0.1	4.0	158.1	154.9	20.0	206.4
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.3	0.0	0.0	0.0	1.1	19.1	13.2	13.2	24.9
2	1468	Beer >7 vol% alcohol	3.3	0.0	0.0	0.0	0.6	500.0	500.0	500.0	500.0
2	1519	Beer alcohol free <0,1 vol%	7.0	0.0	0.0	0.0	1.4	354.1	300.0	300.0	540.3
2	1521	Juice drink light	4.7	0.0	0.0	0.0	0.4	435.0	435.0	435.0	435.0
2	1522	Soft drink light without caffeine	0.0	0.0	0.0	0.0	0.0
2	1523	Cola light soft drink with caffeine	30.3	0.0	0.0	262.7	3.3	474.2	466.9	100.0	707.1
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.0	0.0	0.0	0.0	0.0
2	1810	Fruit drink concentrate Karvan Cevitam	1.3	0.0	0.0	8.9	2.4	24.3	13.7	9.0	47.9
2	1878	Fruit juice drink Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1885	Water average	367.6	292.5	0.0	1,094.3	82.3	431.2	311.8	57.0	1,260.7
2	1932	Juice orange with pulp	0.2	0.0	0.0	0.0	0.3	113.4	53.0	53.0	178.3
2	1933	Juice tomato/vegetable Appelsientje	1.0	0.0	0.0	0.0	0.6	175.2	131.1	125.0	301.5
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	1.3	0.0	0.0	0.0	0.5	330.0	330.0	330.0	330.0
2	2074	Mineral water Bar le Duc	1.7	0.0	0.0	0.0	0.6	257.3	257.3	257.3	257.3
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.2	0.0	0.0	0.0	0.1	189.0	189.0	189.0	189.0
2	2086	Ice tea	1.5	0.0	0.0	0.0	0.7	137.0	137.0	137.0	137.0
2	2088	Ice tea with suiker and sweetner	1.2	0.0	0.0	0.0	0.6	185.0	185.0	185.0	185.0
2	2134	Juice drink Dubbelfrisss	0.6	0.0	0.0	0.0	0.4	346.5	143.4	140.0	594.7
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.5	0.0	0.0	0.0	0.8	153.7	147.0	145.0	158.7
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.8	0.0	0.0	0.0	0.3	215.0	215.0	215.0	215.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.8	0.0	0.0	0.0	0.6	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	0.1	0.0	0.0	0.0	0.2	145.0	145.0	145.0	145.0
2	2142	Wine white sweet	1.8	0.0	0.0	0.0	1.8	94.6	66.6	55.0	145.2
2	2144	Juice apple with vitamin C	0.1	0.0	0.0	0.0	0.1	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.2	0.0	0.0	0.0	0.5	44.0	44.0	44.0	44.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.0	0.0	0.0	0.0	0.0
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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2	2289	Fruit drink concentrate light	1.0	0.0	0.0	0.0	1.7	27.3	23.0	18.0	34.7
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.5	0.0	0.0	0.0	0.9	62.5	62.5	62.5	62.5
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.8	37.9	16.2	9.0	56.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.5	0.0	0.0	0.0	0.2	236.7	206.0	186.0	254.6
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.3	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	0.4	0.0	0.0	0.0	0.8	156.9	153.5	152.0	159.3
2	2476	Cappuccino freshly made	14.1	0.0	0.0	168.9	4.0	259.4	179.5	116.7	410.8
2	2477	Coffee cappuccino instant prepared	0.0	0.0	0.0	0.0	0.0
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.0
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.5	0.0	0.0	0.0	0.1	378.0	378.0	378.0	378.0
2	2492	Lemonade fruit Wicky light	0.3	0.0	0.0	0.0	0.1	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
2	2507	Juice multifruit	1.9	0.0	0.0	0.0	0.9	162.8	132.0	132.0	242.9
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.3	0.0	0.0	0.0	0.3	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	1.2	0.0	0.0	0.0	0.6	150.0	150.0	150.0	150.0
2	2610	Wine rose	0.1	0.0	0.0	0.0	0.1	400.0	400.0	400.0	400.0
2	2633	Coffee instant powder	0.2	0.0	0.0	0.0	1.0	12.6	4.3	0.5	31.2
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.0	0.0	0.0	0.0	0.0
2	2635	Fruit juice drink diary Wicky fruitzacht	0.8	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	1.0	0.0	0.0	0.0	0.5	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	1.1	0.0	0.0	0.0	0.3	302.0	302.0	302.0	302.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	2.0	0.0	0.0	0.0	0.4	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.7	0.0	0.0	0.0	0.3	260.0	260.0	260.0	260.0
2	2648	Coffee w milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	1.2	2.7	1.2	1.0	5.3
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	12.7	0.0	0.0	105.5	10.7	118.7	111.8	60.0	179.8

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.5	31.5	30.1	30.0	32.7
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.7	0.0	0.0	0.0	0.4	174.0	174.0	174.0	174.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	6.7	0.0	0.0	0.0	1.3	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	1.0	0.0	0.0	0.0	0.5	241.7	241.7	241.7	241.7
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	0.0	0.0	0.0	0.0	0.0
2	2896	Lemonade squash Spa&Fruit sparkling	7.2	0.0	0.0	0.0	0.9	326.5	274.0	274.0	368.5
2	2897	Juice Drink Ocean Spray	1.2	0.0	0.0	0.0	0.5	288.0	288.0	288.0	288.0
2	3068	Fruit drink concentrated Fruitmix	0.1	0.0	0.0	0.0	1.0	11.2	9.0	9.0	14.2
3	227	Crispbakes Dutch	2.0	0.0	0.0	9.8	14.3	11.8	9.8	1.2	30.8
3	228	Crackers cream	0.3	0.0	0.0	0.0	2.0	18.4	15.8	6.0	27.2
3	229	Crispbread averaged	0.4	0.0	0.0	0.0	4.5	10.0	10.0	10.0	10.0
3	230	Roll white soft	1.5	0.0	0.0	15.9	2.3	51.7	41.3	30.0	74.3
3	233	Bread currant	2.8	0.0	0.0	30.8	8.6	45.9	34.2	30.2	66.0
3	236	Bread brown wheat	30.1	0.0	0.0	104.3	29.8	97.9	69.3	35.0	206.2
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
3	241	Bread white milk based	1.2	0.0	0.0	0.0	3.0	56.2	49.8	30.0	59.6
3	242	Bread rye dark	4.2	0.0	0.0	27.4	11.1	47.6	33.1	20.0	67.1
3	243	Bread rye light	3.2	0.0	0.0	20.5	7.0	45.4	39.4	25.0	48.9
3	244	Bread raisin	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
3	246	Bread wholemeal average	42.0	9.3	0.0	138.8	35.6	121.5	97.9	35.0	251.6
3	248	Bread white water based	2.0	0.0	0.0	14.0	4.0	53.7	29.5	2.7	88.5
3	249	Bread wheat malt Tarvo	1.3	0.0	0.0	0.0	1.3	120.8	73.3	35.0	197.5
3	565	Toast	0.0	0.0	0.0	0.0	0.6	14.0	14.0	14.0	14.0
3	596	Crispbread gold-brown	0.0	0.0	0.0	0.0	0.0
3	655	Crispbakes Dutch wholemeal	1.4	0.0	0.0	9.1	10.7	12.9	10.0	10.0	19.4
3	975	Crispbread sesame	0.4	0.0	0.0	0.0	3.0	15.6	11.7	5.4	25.1
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1017	Bread wheatrye wholemeal	1.0	0.0	0.0	0.0	1.6	51.5	45.0	45.0	70.6
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.3	0.0	0.0	0.0	2.1	22.8	20.0	20.0	33.0
3	1312	Crispbread Cracottes	0.6	0.0	0.0	0.9	3.5	11.8	7.0	7.0	19.2
3	1322	Crispbread wholemeal Cracottes	1.6	0.0	0.0	0.5	1.9	33.1	20.7	7.0	53.8
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	1.0	0.0	0.0	0.0	0.7	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.4	0.0	0.0	0.0	1.0	56.2	41.1	35.0	67.1
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.0
3	1779	Crispbread wholemeal	1.3	0.0	0.0	7.1	7.2	14.8	10.0	10.0	19.2
3	1914	Dough for pizza and savoury pie	1.3	0.0	0.0	0.0	2.2	114.4	98.4	98.4	157.7
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.0

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3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.3	0.0	0.0	0.0	0.4	103.6	78.7	60.0	115.9
3	2348	Bread wholemeal w pumpkin seeds	0.3	0.0	0.0	0.0	0.6	45.0	45.0	45.0	45.0
3	2349	Bread linseed	0.3	0.0	0.0	0.0	0.4	105.0	105.0	105.0	105.0
3	2350	Bread multigrain average w seeds	18.4	0.0	0.0	117.8	19.4	110.0	69.1	35.0	261.5
3	2351	Bread white average milk/water based	0.4	0.0	0.0	0.0	0.6	25.0	25.0	25.0	25.0
3	2352	Bread currant w almond paste	0.2	0.0	0.0	0.0	1.0	49.3	40.0	40.0	65.2
3	2353	Bread brown/wholemeal w muesli	0.9	0.0	0.0	0.0	1.5	48.1	41.4	35.0	49.1
3	2354	Bread wholemeal w nuts	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
3	2355	Bread white w sugar Suikerbrood	0.3	0.0	0.0	0.0	1.6	39.6	37.1	22.5	44.2
3	2356	Baguette w cheese-onion	0.2	0.0	0.0	0.0	0.4	60.5	19.7	10.0	92.0
3	2357	Bread wholemeal w sunflower seeds	4.2	0.0	0.0	0.0	1.9	108.3	87.5	87.5	158.1
3	2358	Bread white w sunflower seeds	0.3	0.0	0.0	0.0	0.8	45.0	45.0	45.0	45.0
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
3	2382	Bread brown w sunflower seeds	0.1	0.0	0.0	0.0	0.4	70.0	70.0	70.0	70.0
3	2528	Croutons	0.0	0.0	0.0	0.0	0.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	2.0	0.0	0.0	0.0	0.9	149.4	105.0	105.0	226.5
3	2704	Bread brown w seeds	0.1	0.0	0.0	0.0	0.5	70.0	70.0	70.0	70.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
3	2788	Bread sourdough wholemeal	0.2	0.0	0.0	0.0	0.3	151.3	124.1	80.0	192.6
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.4	0.0	0.0	0.0	0.9	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.2	0.0	0.0	0.0	1.2	33.1	21.1	10.0	47.1
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	1.9	0.0	0.0	0.0	1.6	83.1	59.7	45.0	153.8
3	2796	Roll brown hard	2.5	0.0	0.0	23.9	2.3	82.9	77.6	26.1	124.4
3	2797	Roll brown soft	1.9	0.0	0.0	0.0	2.0	94.4	67.7	50.0	140.1
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.0	0.0	0.0	0.0	0.0
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	4.5	0.0	0.0	22.5	7.5	51.9	43.7	35.0	79.7
3	2804	Bun wholemeal w muesli	0.9	0.0	0.0	0.0	0.7	116.0	116.0	116.0	116.0
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.5	36.1	35.0	35.0	38.9
3	2813	Bread raisin/current average	0.5	0.0	0.0	0.0	1.1	35.0	35.0	35.0	35.0
3	2815	Bread Tijger brown wheat	0.5	0.0	0.0	0.0	0.7	70.0	70.0	70.0	70.0
3	2816	Bread Tijger white	1.4	0.0	0.0	0.0	1.8	71.3	46.4	30.0	85.6
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.5	0.0	0.0	0.0	0.5	70.0	48.3	40.0	85.8
3	2821	Bread brown w pumpkin seeds	0.4	0.0	0.0	0.0	0.8	52.5	52.5	52.5	52.5
3	2876	Bread brioche	0.3	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	1.4	0.0	0.0	9.7	6.6	12.8	8.6	4.0	25.3

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3	2938	Toast Melba other varieties	0.4	0.0	0.0	0.5	3.0	17.8	14.4	12.0	19.4
3	3054	Bread glutenfree bakmix Glutafin white	0.0	0.0	0.0	0.0	0.0
3	3055	Bread glutenfree bakmix Glutafin brown	1.1	0.0	0.0	0.0	1.0	230.6	211.2	210.0	246.1
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	4.1	4.1	4.1	4.1
4	441	Yeast extract Marmite	0.1	0.0	0.0	0.0	3.0	4.0	2.9	2.5	4.8
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.0
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.4	0.0	0.0	0.0	0.6	115.7	49.4	49.4	242.8
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.2	5.4	5.4	5.4	5.4
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.1	0.0	0.0	0.0	0.3	17.4	17.4	17.4	17.4
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.6	24.5	24.5	24.5	24.5
4	2615	Vinegar	0.4	0.0	0.0	2.1	5.5	7.2	4.1	0.9	15.5
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	13.9	0.0	0.0	49.2	31.7	48.0	45.4	9.0	98.1
6	33	Raisins dried	0.4	0.0	0.0	0.0	0.7	35.0	20.0	20.0	47.0
6	137	Olives tinned/glass	0.2	0.0	0.0	0.0	1.6	8.4	5.2	4.5	15.3
6	147	Apple without skin average	36.0	0.0	0.0	137.5	30.5	108.8	94.6	9.3	196.1
6	148	Strawberries	6.5	0.0	0.0	47.8	5.9	92.2	45.0	19.0	294.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.0	0.0	0.0	0.0	0.3	33.3	33.3	33.3	33.3
6	151	Banana	15.3	0.0	0.0	99.1	11.7	120.0	110.8	51.7	164.5
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	2.4	0.0	0.0	0.0	1.5	151.0	90.4	50.0	185.4
6	155	Bilberries	0.0	0.0	0.0	0.0	0.1	16.1	16.1	16.1	16.1
6	157	Blackberries	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.5	33.3	33.3	33.3	33.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.2	0.0	0.0	0.0	0.5	58.0	58.0	58.0	58.0
6	161	Raspberries	0.7	0.0	0.0	0.0	0.5	63.2	50.3	45.0	72.5
6	162	Grapefruit	0.2	0.0	0.0	0.0	0.5	58.0	58.0	58.0	58.0
6	163	Cherries	0.0	0.0	0.0	0.0	0.3	21.0	21.0	21.0	21.0
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	18.6	0.0	0.0	109.1	15.9	94.4	63.4	34.5	181.9
6	166	Melon netted	2.9	0.0	0.0	0.0	3.5	170.7	123.1	39.7	327.7
6	168	Pear without skin	10.7	0.0	0.0	77.4	7.6	160.3	143.0	64.0	178.3
6	169	Peach without skin	1.9	0.0	0.0	0.0	0.4	172.1	172.1	172.1	172.1
6	170	Plums with skin	5.7	0.0	0.0	0.0	4.1	172.0	140.6	40.0	299.0
6	171	Orange	26.2	0.0	0.0	194.7	12.1	222.4	177.3	103.1	386.2
6	172	Fruit fresh citrus average	1.3	0.0	0.0	0.0	0.7	152.0	152.0	152.0	152.0

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6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
6	176	Apricots in syrup tinned	1.6	0.0	0.0	0.0	0.7	87.9	62.4	40.0	96.2
6	177	Pineapple in syrup tinned	0.3	0.0	0.0	0.0	0.8	38.0	35.9	35.0	39.6
6	179	Apple sauce tinned	8.3	0.0	0.0	48.1	7.6	98.5	71.7	33.8	201.1
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.0	0.0	0.0	0.0	0.3	9.8	7.2	6.0	11.5
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	184	Cherries in syrup tinned	0.1	0.0	0.0	0.0	0.2	36.0	36.0	36.0	36.0
6	185	Currants dried	0.0	0.0	0.0	0.0	0.5	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	0.2	0.0	0.0	0.0	0.7	51.3	30.9	23.3	79.8
6	189	Peaches in syrup tinned	0.2	0.0	0.0	0.0	0.2	50.1	40.0	40.0	72.1
6	190	Prunes dried	0.3	0.0	0.0	0.0	0.5	48.0	48.0	48.0	48.0
6	191	Plums in syrup tinned	0.8	0.0	0.0	0.0	2.3	41.9	38.9	38.9	38.9
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	2.4	4.7	2.5	2.5	13.6
6	689	Avocado	0.0	0.0	0.0	0.0	0.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.2	0.0	0.0	0.0	0.5	131.2	131.2	131.2	131.2
6	875	Apple with skin average	12.2	0.0	0.0	75.2	11.4	132.3	126.4	43.9	207.2
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	5.3	0.0	0.0	31.1	8.0	72.6	53.7	37.4	74.5
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.5	0.0	0.0	0.0	0.4	52.0	52.0	52.0	52.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.6	0.0	0.0	0.0	0.6	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.1	0.0	0.0	0.0	2.7	2.5	0.9	0.9	6.0
6	1182	Apple sauce wo sugar tinned	0.0	0.0	0.0	0.0	0.4	25.9	25.9	25.9	25.9
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	1.2	0.0	0.0	0.0	1.5	106.7	70.9	57.4	229.5
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.7	0.0	0.0	0.0	0.5	173.0	173.0	173.0	173.0
6	2379	Raisins soaked in water	0.2	0.0	0.0	0.0	0.3	27.3	27.3	27.3	27.3
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	0.0
6	2686	Apple sauce wo sugar w sweetner tinned	0.5	0.0	0.0	0.0	0.3	51.8	51.8	51.8	51.8
6	2748	Pear with skin	1.0	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
6	2749	Grapes black with skin	3.5	0.0	0.0	0.0	2.8	129.9	119.4	66.5	148.8
6	2750	Grapes white with skin	5.1	0.0	0.0	47.5	4.3	104.0	101.8	14.3	162.9
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.2	20.5	13.3	8.6	24.6
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.6	5.7	4.0	4.0	7.5
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.2	57.2	57.2	57.2	57.2
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0

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7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	4.8	0.0	0.0	19.7	19.5	28.0	20.0	20.0	62.3
7	250	Almond filled pastry	0.6	0.0	0.0	0.0	0.5	49.2	30.0	30.0	73.5
7	251	Apple pie Dutch w shortbread w marg	3.0	0.0	0.0	16.3	7.8	80.1	78.7	56.0	100.5
7	252	Biscuit sweet	1.7	0.0	0.0	10.0	10.0	13.5	9.6	5.2	22.3
7	253	Cake wo butter	0.7	0.0	0.0	0.0	2.4	41.6	30.0	30.0	56.1
7	254	Cake sponge Dutch Eierkoek	0.9	0.0	0.0	0.0	1.3	64.1	49.5	30.0	94.3
7	255	Gateau with whipped cream	0.1	0.0	0.0	0.0	0.4	40.0	40.0	40.0	40.0
7	256	Gateau with butter-cream filling	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	257	Almond paste filled tarts average	2.7	0.0	0.0	25.7	5.4	62.2	52.5	33.3	96.4
7	258	Biscuits averaged	0.5	0.0	0.0	5.4	3.4	15.1	14.1	7.0	22.8
7	259	Macaroons	0.6	0.0	0.0	0.0	1.1	29.2	17.5	15.5	46.4
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.6	6.4	5.0	5.0	9.1
7	261	Biscuit spiced Speculaas	2.6	0.0	0.0	9.2	6.6	23.5	9.4	7.0	96.1
7	262	Biscuit Dutch shortbread spritsstukken	0.4	0.0	0.0	0.0	2.3	21.3	20.2	10.0	39.2
7	263	Biscuit brown/wholemeal	0.4	0.0	0.0	0.0	3.0	25.6	22.2	10.0	33.9
7	468	Cream slice Dutch Tompouce	0.4	0.0	0.0	0.0	0.8	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.0	0.0	0.0	0.0	0.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	1.3	15.4	13.6	10.0	19.4
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.6	123.3	115.8	115.0	138.0
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.0
7	635	Biscuits Dutch krakeling	0.7	0.0	0.0	2.7	2.1	22.9	15.0	15.0	40.6
7	636	Biscuit muesli	0.5	0.0	0.0	0.0	0.9	46.1	33.4	29.0	55.5
7	713	Waffle syrup average	1.2	0.0	0.0	9.2	4.4	24.6	16.4	10.0	38.4
7	789	Cake butter Dutch Boterkoek	0.3	0.0	0.0	0.0	1.2	25.0	25.0	25.0	25.0
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	1.2	0.0	0.0	0.0	0.7	96.0	96.0	96.0	96.0
7	836	Shortbread	1.2	0.0	0.0	8.0	6.8	21.6	14.5	10.0	32.9
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.0	0.0	0.0	0.0	0.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.1	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	1.0	6.0	5.1	5.0	6.8
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.1	0.0	0.0	10.5	3.7	26.5	22.8	20.2	32.6
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
7	1475	Eclair with whipped cream filling	0.0	0.0	0.0	0.0	0.0
7	1476	Meringue with butter-cream	0.1	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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7	1478	Flan fruit and crumble topping	1.0	0.0	0.0	0.0	0.8	135.0	135.0	135.0	135.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.1	11.4	8.4	7.0	13.4
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	0.9	0.0	0.0	0.0	2.4	42.9	34.2	15.0	69.9
7	1972	Biscuits assorted with butter	0.9	0.0	0.0	0.0	3.1	32.2	18.1	10.0	57.9
7	2162	Biscuit Cafe noir	0.7	0.0	0.0	0.0	1.3	25.5	21.0	20.0	29.1
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.2	0.0	0.0	0.0	1.0	15.5	12.9	10.0	18.8
7	2228	Biscuit with chocolate layer Scholietje	0.1	0.0	0.0	0.0	0.2	12.0	12.0	12.0	12.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.3	0.0	0.0	0.0	1.9	29.5	21.4	15.0	43.0
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.1	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.2	0.0	0.0	0.0	0.8	25.0	25.0	25.0	25.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.1	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	1.9	0.0	0.0	16.5	1.6	65.8	46.9	35.0	102.0
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.0
7	2396	Chocolate pastry w whipped cream	0.2	0.0	0.0	0.0	0.4	96.0	96.0	96.0	96.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.5	0.0	0.0	0.0	2.0	27.8	25.0	25.0	37.1
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.7	0.0	0.0	0.0	1.6	53.9	46.0	20.0	74.8
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.5	0.0	0.0	2.2	2.9	15.7	10.0	10.0	34.3
7	2408	Biscuit fortified Bridge fruit and grain	0.5	0.0	0.0	0.0	0.6	38.0	38.0	38.0	38.0
7	2409	Biscuit Dutch shortbread w chocolate	0.2	0.0	0.0	0.0	0.4	40.0	40.0	40.0	40.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
7	2413	Cake wrapped in marzipan and chocolate	1.4	0.0	0.0	0.0	2.2	44.1	30.0	30.0	56.8

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

NEVO group	NEVO code	Description	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
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.2	0.0	0.0	0.0	0.3	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.2	3.3	3.3	3.3	3.3
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.2	0.0	0.0	0.0	0.3	68.0	68.0	68.0	68.0
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	0.6	12.0	10.0	10.0	15.1
7	2560	Apple turnover	0.9	0.0	0.0	0.0	1.2	119.4	91.2	65.0	126.1
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.2	0.0	0.0	0.0	0.8	26.8	12.9	10.0	49.9
7	2622	Appel pie Dutch w shortbread w butter	0.1	0.0	0.0	0.0	0.2	72.9	58.0	58.0	85.0
7	2661	Waffle Luikse	0.4	0.0	0.0	0.0	1.6	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.4	0.0	0.0	0.0	0.6	22.4	4.0	4.0	50.1
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.3	0.0	0.0	0.0	4.6	10.0	10.0	10.0	10.0
7	2698	Cake chocolate made wo butter	0.0	0.0	0.0	0.0	0.0
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	0.7	11.3	10.4	10.0	11.8
7	2715	Meringue	0.0	0.0	0.0	0.0	0.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	1.3	0.0	0.0	6.4	1.5	45.5	38.5	30.0	58.1
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.0
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	1.0	0.0	0.0	0.0	1.3	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.1	85.0	85.0	85.0	85.0
7	2820	Waffle syrup w butter	0.9	0.0	0.0	0.0	1.6	51.5	39.1	20.0	61.3
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	1.1	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.5	0.0	0.0	0.0	1.3	43.5	29.2	18.0	65.6
7	2892	Waffle penny-	0.3	0.0	0.0	0.0	0.7	28.0	16.0	16.0	44.1
7	2893	Cake Indonesian	0.9	0.0	0.0	0.0	1.6	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	1.0	0.0	0.0	8.2	8.0	17.4	14.3	8.0	27.7
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	0.0	0.0	0.0	0.0	0.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	213	Oatmeal	0.1	0.0	0.0	0.0	0.4	34.7	25.9	25.9	53.4
8	215	Cornflour	0.0	0.0	0.0	0.0	0.2	4.0	1.9	1.9	5.7
8	220	Flour wheat white 75% extraction	0.0	0.0	0.0	0.0	1.2	4.2	2.1	1.3	10.7
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.0
8	225	Breakfast cereal Brinta	1.1	0.0	0.0	2.3	2.1	29.2	29.9	12.0	40.5

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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8	226	Starch potato	0.0	0.0	0.0	0.0	0.6	0.6	0.6	0.6	0.6
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.5	0.0	0.0	0.0	0.8	54.3	19.0	19.0	86.5
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.1	3.5	1.8	1.8	9.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.1	0.0	0.0	0.0	0.6	19.1	11.5	11.5	25.2
8	658	Rice white boiled	12.2	0.0	0.0	72.2	8.1	118.6	88.3	57.8	229.3
8	659	Pasta white average boiled	9.3	0.0	0.0	85.3	8.0	119.2	86.5	25.6	231.3
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.4	0.0	0.0	0.0	1.4	25.9	5.9	2.8	45.3
8	1014	Rice brown boiled	4.5	0.0	0.0	0.0	1.2	181.8	143.0	130.0	229.1
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.2	14.5	8.8	7.7	18.9
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.3	19.2	19.2	19.2	19.2
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.1	0.0	0.0	0.0	0.2	47.6	25.0	22.4	65.5
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
8	2366	Muesli crunchy plain/w fruit	0.9	0.0	0.0	0.0	1.4	46.8	33.9	29.5	72.1
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.0
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.4	13.3	13.3	13.3	13.3
8	2809	Muesli w fruit	2.1	0.0	0.0	10.0	6.2	34.3	20.0	15.9	79.7
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.0
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
9	7	Endive raw	1.0	0.0	0.0	0.0	2.0	120.6	103.1	85.8	121.3
9	8	Endive boiled	4.5	0.0	0.0	42.3	3.1	162.4	142.8	49.0	238.8
9	11	Aubergine boiled	2.2	0.0	0.0	0.0	2.0	76.8	51.8	48.1	122.2
9	13	Celery boiled	0.1	0.0	0.0	0.0	0.3	16.2	10.5	10.5	26.6
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	6.8	0.0	0.0	58.0	4.3	160.1	137.9	78.0	244.7
9	16	Kale curly boiled	1.1	0.0	0.0	0.0	1.5	127.8	115.8	25.3	160.8
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	1.3	0.0	0.0	7.9	5.4	28.7	24.8	2.6	56.6
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.0
9	27	Cucumber wo skin raw	3.8	0.0	0.0	32.0	7.3	56.7	51.8	12.9	89.6
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	1.1	15.4	12.6	9.1	20.6
9	29	Swede boiled	1.1	0.0	0.0	0.0	0.5	322.0	322.0	322.0	322.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.1	41.7	41.7	41.7	41.7
9	32	Sweet pepper green boiled	0.3	0.0	0.0	0.0	1.7	21.4	12.8	12.8	33.0
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	1.3	0.0	0.0	9.5	4.2	32.8	21.6	3.5	98.4
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.4	0.0	0.0	0.0	0.1	294.0	294.0	294.0	294.0
9	44	Cabbage Savoy boiled	1.5	0.0	0.0	0.0	0.2	213.3	213.3	213.3	213.3
9	46	Lettuce head raw	3.0	0.0	0.0	19.9	8.5	50.9	30.1	4.7	97.7
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.7	0.0	0.0	0.0	0.3	180.0	180.0	180.0	180.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	1.0	0.0	0.0	0.0	2.0	92.4	53.4	20.0	162.3
9	54	Cabbage oxheart boiled	0.4	0.0	0.0	0.0	0.3	142.5	120.0	120.0	188.3
9	55	Brussel sprouts boiled	6.7	0.0	0.0	76.5	4.9	138.6	128.5	76.8	207.9
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.0
9	59	Bean sprouts boiled	0.0	0.0	0.0	0.0	1.5	2.5	1.3	0.5	4.5
9	60	Tomatoes normal raw	4.8	0.0	0.0	33.3	9.5	44.3	41.6	7.9	70.9
9	61	Tomatoes normal boiled	0.9	0.0	0.0	2.3	3.6	29.0	5.5	2.2	86.8
9	63	Onions raw	1.3	0.0	0.0	11.3	8.0	16.7	10.0	4.0	43.9
9	64	Onions boiled	6.2	0.0	0.0	37.9	18.4	37.1	23.2	2.4	108.9
9	65	Lettuce lambs raw	0.0	0.0	0.0	0.0	0.7	12.8	10.9	10.9	16.6
9	67	Chicory raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	68	Chicory boiled	9.5	0.0	0.0	68.4	4.9	179.2	136.6	65.5	330.5
9	69	Cabbage white raw	0.0	0.0	0.0	0.0	0.0
9	70	Cabbage white cooked	0.4	0.0	0.0	0.0	2.6	12.7	4.0	1.8	34.7
9	71	Carrots raw average	0.1	0.0	0.0	0.0	0.3	48.1	35.6	25.3	69.0
9	72	Carrots boiled average	1.5	0.0	0.0	3.4	3.1	35.4	10.1	3.7	116.4
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.1	32.4	32.4	32.4	32.4
9	74	Cabbage sauerkraut cooked	3.9	0.0	0.0	0.0	1.8	148.0	132.6	113.5	174.9
9	75	Vegetable mix for soup raw	0.6	0.0	0.0	0.0	0.9	54.0	47.0	34.0	84.9
9	124	Radish red/white raw	0.0	0.0	0.0	0.0	0.7	18.1	10.3	10.3	29.9
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.0
9	127	Vegetables mixture raw	0.2	0.0	0.0	0.0	0.6	95.3	80.0	80.0	136.7
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.1	0.0	0.0	0.0	1.9	16.0	16.0	16.0	16.0
9	132	Gherkins sweet pickled	1.2	0.0	0.0	5.3	5.6	16.9	6.9	3.6	47.7
9	133	Mushrooms tinned	0.1	0.0	0.0	0.0	0.2	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	0.8	0.0	0.0	0.0	1.1	41.5	14.4	1.4	87.2
9	136	Peas and carrots tinned	4.5	0.0	0.0	52.3	3.9	110.0	106.0	60.0	122.7
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	1.2	0.0	0.0	0.0	2.5	119.6	99.2	98.0	195.2
9	140	Spinach tinned	0.0	0.0	0.0	0.0	0.0
9	141	Tomato puree concentrated tinned	0.1	0.0	0.0	0.0	1.1	10.9	9.0	1.0	21.5

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
9	142	Beans broad tinned	0.1	0.0	0.0	0.0	0.4	69.7	69.7	69.7	69.7
9	143	Carrots tinned	1.0	0.0	0.0	0.0	0.8	162.2	155.5	145.0	176.1
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.3	3.1	1.3	0.9	0.9	2.5
9	145	Cabbage red glass	0.9	0.0	0.0	0.0	1.8	150.0	150.0	150.0	150.0
9	146	Spinach frozen boiled	6.0	0.0	0.0	0.0	2.6	282.5	220.4	135.0	382.6
9	538	Rhubarb puree w sugar	2.6	0.0	0.0	27.4	2.8	70.1	68.1	31.9	80.1
9	557	Celery raw	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	1.0	9.6	9.2	9.2	10.8
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	1.9	0.0	0.0	0.0	1.8	243.0	243.0	243.0	243.0
9	651	Spinach creamed frozen boiled	1.9	0.0	0.0	0.0	1.2	155.5	108.7	80.0	220.7
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.2	16.9	16.9	16.9	16.9
9	850	Vegetables mixed pickled Atjar tjampoer	0.1	0.0	0.0	0.0	0.5	9.6	9.6	9.6	9.6
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	0.7	9.9	9.4	9.1	10.1
9	885	Sweet pepper red boiled	0.9	0.0	0.0	7.1	4.4	18.2	15.9	7.9	33.0
9	920	Broccoli boiled	1.4	0.0	0.0	0.0	1.9	134.3	119.4	78.0	207.0
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.1	25.5	25.5	25.5	25.5
9	951	Beans French boiled	13.5	0.0	0.0	85.3	11.5	124.2	167.5	2.7	183.1
9	952	Kale curly frozen boiled	0.3	0.0	0.0	0.0	0.3	142.2	142.2	142.2	142.2
9	953	Peas frozen boiled	0.4	0.0	0.0	0.0	0.4	139.7	139.7	139.7	139.7
9	954	Beans French frozen boiled	0.3	0.0	0.0	0.0	0.5	237.5	237.5	237.5	237.5
9	957	Asparagus boiled	0.0	0.0	0.0	0.0	0.0
9	958	Beetroot boiled	3.4	0.0	0.0	0.0	0.9	223.5	208.4	200.0	246.8
9	961	Beans runner boiled	0.7	0.0	0.0	0.0	0.5	146.9	102.6	102.6	221.9
9	962	Beans broad boiled	0.2	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	0.3	0.0	0.0	0.0	0.5	129.0	129.0	129.0	129.0
9	966	Courgettes boiled	2.1	0.0	0.0	0.0	2.0	82.1	92.7	3.8	141.1
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	0.4	58.5	50.0	50.0	81.1
9	1141	Vegetable mixed Mexico frozen unprepared	1.0	0.0	0.0	0.0	0.2	450.0	450.0	450.0	450.0
9	1143	Beans runner frozen unprepared	0.9	0.0	0.0	0.0	0.7	176.0	172.0	172.0	190.3
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.9	0.0	0.0	0.0	0.5	199.0	181.1	176.0	212.5
9	1148	Beans broad frozen unprepared	1.3	0.0	0.0	0.0	0.3	190.3	111.5	60.0	236.1
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.2	18.8	18.8	18.8	18.8
9	1399	Lettuce iceberg raw	6.2	0.0	0.0	45.4	7.7	73.4	65.8	6.4	133.7
9	1454	Beetroot pickled glass	0.9	0.0	0.0	0.0	1.1	78.9	60.2	20.9	96.2
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.0
9	1904	Vegetables average boiled	6.6	0.0	0.0	17.4	2.3	146.1	149.4	34.8	273.1

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0
9	2293	Tomatoes tinned	1.1	0.0	0.0	0.0	1.5	126.4	80.5	41.4	223.1
9	2330	Mange-tout and carrots boiled	1.0	0.0	0.0	0.0	0.4	182.0	182.0	182.0	182.0
9	2331	Bami vegetables mixed boiled	0.5	0.0	0.0	0.0	0.6	67.2	58.7	58.6	80.5
9	2346	Lettuce green average raw	1.2	0.0	0.0	0.0	2.0	79.8	46.5	20.0	94.6
9	2377	Tomatoes dried in oil tin/glass	0.1	0.0	0.0	0.0	0.5	13.5	13.5	13.5	13.5
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.0
9	2498	Tomatoes sieved	1.9	0.0	0.0	0.0	2.6	60.4	40.8	40.8	111.6
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	2710	Cabbage red w apple pieces glass	0.5	0.0	0.0	0.0	0.5	192.3	131.9	87.0	300.5
9	2726	Carrot bunched raw	0.0	0.0	0.0	0.0	0.2	9.8	9.0	9.0	10.8
9	2727	Carrot bunched boiled	7.4	0.0	0.0	62.7	4.4	159.2	128.6	58.0	235.4
9	2728	Carrot winter raw	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
9	2729	Carrot winter boiled	0.6	0.0	0.0	0.0	0.8	47.8	40.5	40.5	75.2
9	2730	Tomato vine raw	5.1	0.0	0.0	52.8	9.3	83.5	59.8	29.6	164.0
9	2731	Tomato cherry raw	0.9	0.0	0.0	0.0	3.3	53.3	52.4	20.0	69.0
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.0
9	2733	Tomato beef boiled	1.1	0.0	0.0	0.0	1.3	111.2	111.2	111.2	111.2
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.6	22.0	22.0	22.0	22.0
9	2735	Tomato average boiled	1.0	0.0	0.0	0.0	0.6	129.9	76.1	27.6	145.3
9	2736	Rocket raw	0.3	0.0	0.0	0.0	0.9	25.8	12.0	1.0	53.9
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.5	19.2	19.2	19.2	19.2
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	0.3	0.0	0.0	0.0	1.8	25.8	14.5	12.1	51.2
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.1	45.9	45.9	45.9	45.9
9	2741	Sweet pepper yellow boiled	0.3	0.0	0.0	0.0	1.4	20.3	12.8	12.8	30.9
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.1	2.5	5.7	3.6	3.6	9.3
9	2743	Sweet pepper average boiled	0.6	0.0	0.0	4.5	3.6	17.6	8.6	1.6	43.7
9	2840	Cabbage red w apple pieces	0.0	0.0	0.0	0.0	0.0
9	2900	Sweetcorn tinned	0.5	0.0	0.0	0.0	2.1	29.6	10.2	7.2	49.4
10	455	Peanut butter	1.4	0.0	0.0	9.6	6.1	17.8	14.8	10.0	27.4
10	541	Peanut butter with nut pieces	0.4	0.0	0.0	0.0	1.0	40.6	28.2	20.0	47.8
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.5	0.0	0.0	2.8	1.8	18.4	15.6	13.3	19.6
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.1	1.5	1.5	1.5	1.5
10	2367	Peanut butter light	0.1	0.0	0.0	0.0	0.8	17.6	15.1	15.0	19.5
11	304	Cheese Swiss dried	0.5	0.0	0.0	0.0	1.6	13.9	2.5	2.0	40.3
11	511	Cheese Edam 40+	0.6	0.0	0.0	0.0	2.1	35.1	27.8	13.0	59.6
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	7.1	0.0	0.0	30.4	19.8	43.2	29.2	10.1	82.0
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.8	0.0	0.0	0.0	4.9	25.8	22.0	13.0	35.1
11	515	Cheese spread 48+	0.3	0.0	0.0	0.0	0.6	31.6	28.0	28.0	38.0
11	517	Cheese spread 20+	0.9	0.0	0.0	0.0	2.1	39.9	43.5	5.0	58.4
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.4	54.3	45.4	38.5	58.5
11	593	Cheese Brie 50+	0.2	0.0	0.0	0.0	0.7	10.9	7.7	7.0	13.4
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.0
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.4	7.0	7.0	7.0	7.0
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	0.9	8.6	7.2	2.5	12.7
11	719	Cheese cream soft Mon Chou	0.1	0.0	0.0	0.0	1.5	6.1	4.5	4.0	8.9
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
11	726	Cheese Bluefort	0.1	0.0	0.0	0.0	0.5	12.9	7.0	7.0	20.1
11	728	Cheese cream soft Boursin	0.0	0.0	0.0	0.0	0.0
11	804	Cheese sheep fresh	0.6	0.0	0.0	0.6	3.6	18.6	10.3	10.3	37.5
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.4	13.0	13.0	13.0	13.0
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	2.1	15.8	13.0	13.0	27.1
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.2	26.0	26.0	26.0	26.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	2.5	0.0	0.0	24.5	4.5	60.7	57.4	13.0	84.4
11	1113	Cheese sodium reduced 48+	0.4	0.0	0.0	0.0	0.4	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	6.2	0.0	0.0	32.8	19.4	28.5	23.3	13.7	46.3
11	1487	Cheese Brie 60+	0.9	0.0	0.0	3.0	4.0	19.4	10.8	7.0	40.0
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.3	0.0	0.0	0.0	1.3	31.8	13.6	10.0	70.3
11	1723	Cheese 20+	1.1	0.0	0.0	3.1	2.3	30.4	27.6	8.0	47.4
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.0	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	1.1	0.0	0.0	0.7	2.7	31.8	29.0	29.0	34.4
11	1809	Cheese 45+	0.1	0.0	0.0	0.0	0.7	24.0	24.0	24.0	24.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.3	0.0	0.0	0.0	2.3	32.4	26.7	18.0	36.1
11	2518	Cheese goat hard	0.1	0.0	0.0	0.0	0.7	18.4	13.4	10.0	21.1
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	1.8	11.0	11.0	11.0	11.0
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.0	0.0	0.0	0.0	2.4	48.2	28.0	13.0	115.8
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	3.9	0.0	0.0	28.2	7.4	36.7	27.3	8.8	68.5
11	2758	Cheese Gouda 48+ age 4-7 mths	2.5	0.0	0.0	14.8	7.6	37.1	27.6	7.1	100.8
11	2759	Cheese Gouda 48+ age 10-12 mths	2.9	0.0	0.0	20.6	8.8	39.8	34.1	16.4	70.5
11	2824	Cheese 30+ low salt	0.8	0.0	0.0	0.0	2.1	34.0	27.9	22.0	35.2
12	429	Stock cubes	0.0	0.0	0.0	0.0	0.5	3.2	1.4	0.7	4.6
12	824	Mustard	0.1	0.0	0.0	0.0	2.5	3.4	1.0	0.6	8.7
12	830	Garlic fresh	0.0	0.0	0.0	0.3	4.5	0.8	0.6	0.2	1.7
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.0
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	1.9	1.0	0.6	0.5	1.8
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.3	10.5	10.5	10.5	10.5
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.1	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven/dagschotel unprepared	0.2	0.0	0.0	0.0	0.7	18.6	16.4	16.4	22.7
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.3	0.0	0.0	0.0	1.1	18.3	15.9	5.0	27.4
12	2681	Mixed spices Wereldgerechten unprep	0.1	0.0	0.0	0.0	1.3	7.6	7.4	4.7	8.9
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.6	0.0	0.0	7.6	5.3	22.6	15.9	9.0	39.2
13	272	Milk chocolate-flavoured full fat	0.8	0.0	0.0	0.0	0.4	227.6	227.6	227.6	227.6
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.3	0.0	0.0	0.0	2.0	8.4	4.1	2.0	16.7
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.1	0.0	0.0	0.0	0.7	20.5	18.0	18.0	22.9
13	276	Custard chocolate full fat	2.5	0.0	0.0	0.0	0.9	175.5	164.4	129.0	191.6
13	278	Yoghurt full fat	8.6	0.0	0.0	71.8	4.6	234.1	223.0	97.6	383.3
13	279	Milk whole	13.6	0.0	0.0	113.0	6.9	151.8	185.2	18.6	224.2
13	280	Coffee creamer full fat	0.8	0.0	0.0	0.0	3.4	28.7	20.8	8.0	63.4
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	17.5	0.0	0.0	156.4	6.4	182.1	176.5	82.5	302.0
13	284	Yoghurt low fat with fruit	7.3	0.0	0.0	85.2	5.8	140.2	130.9	80.0	226.6
13	285	Coffee creamer half fat	8.9	0.0	0.0	47.5	27.6	28.0	24.1	6.9	61.5
13	286	Milk semi-skimmed	128.9	0.7	0.0	458.0	43.6	295.3	251.9	33.0	524.1
13	288	Porridge oatmeal	6.9	0.0	0.0	0.0	2.9	244.0	182.7	103.0	371.9
13	289	Buttermilk	31.2	0.0	0.0	221.6	16.5	234.0	221.1	127.3	392.0
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	1.3	9.7	5.9	4.1	18.8
13	294	Milk skimmed	4.7	0.0	0.0	0.0	2.9	240.3	227.1	50.2	477.0
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.1	2.5	2.5	2.5	2.5
13	298	Porridge rice	0.9	0.0	0.0	0.0	0.6	78.4	74.3	74.2	81.6
13	299	Cream whipping	0.1	0.0	0.0	0.0	2.6	7.1	4.0	3.4	19.3
13	301	Yoghurt low fat	13.1	0.0	0.0	106.5	10.6	157.1	120.1	55.7	256.7
13	303	Ice cream dairy cream based	2.4	0.0	0.0	17.7	3.6	89.1	69.2	32.0	98.2
13	305	Fromage frais low fat	1.3	0.0	0.0	0.0	2.8	93.1	70.5	48.0	143.6
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	1.2	0.0	0.0	0.0	0.5	170.0	170.0	170.0	170.0
13	477	Custard vanilla low fat	1.8	0.0	0.0	0.0	1.4	128.1	113.3	113.3	148.8
13	478	Custard chocolate low fat	1.0	0.0	0.0	0.0	0.5	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	0.6	0.0	0.0	0.0	0.7	221.5	221.5	221.5	221.5
13	485	Ice cream dairy cornet	3.0	0.0	0.0	0.0	1.8	96.6	75.0	75.0	115.3
13	532	Blancmange chocolate	1.1	0.0	0.0	0.0	0.6	251.0	202.0	200.0	290.2
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	20.1	0.0	0.0	0.0	4.5	529.4	318.3	242.1	685.5
13	736	Pudding vanilla	0.1	0.0	0.0	0.0	0.1	206.0	206.0	206.0	206.0
13	767	Mousse chocolate	0.1	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
13	786	Pudding chipolata	0.1	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0

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13	812	Cream sour	0.2	0.0	0.0	0.0	0.6	14.6	14.6	14.6	14.6
13	863	Yoghurt full fat with fruit	0.1	0.0	0.0	0.0	0.1	193.3	193.3	193.3	193.3
13	912	Pudding raspberries w currant sauce	0.2	0.0	0.0	0.0	0.4	115.0	115.0	115.0	115.0
13	915	Chocolate pudding with sauce	0.0	0.0	0.0	0.0	0.0
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	4.6	0.0	0.0	0.0	1.8	174.5	153.0	120.0	236.1
13	931	Fromage frais low fat with fruit	9.7	0.0	0.0	0.0	4.5	233.3	233.3	233.3	233.3
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	3.5	0.0	0.0	0.0	1.6	204.5	171.9	125.0	264.2
13	940	Blancmange vanilla w strawberry sauce	0.4	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	1.9	0.0	0.0	0.0	0.6	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	2.3	0.0	0.0	0.0	1.6	200.0	200.0	200.0	200.0
13	1464	Milk chocolate-flavoured semi-skimmed	4.5	0.0	0.0	0.0	1.9	292.4	212.1	200.0	437.0
13	1474	Ice lolly/ Sorbet	0.9	0.0	0.0	0.0	2.2	50.0	50.0	50.0	50.0
13	1502	Yoghurt half fat	7.3	0.0	0.0	75.8	6.3	129.9	102.9	51.8	238.5
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.5	28.2	24.8	24.8	36.6
13	1719	Milk semi-skimmed enriched w calcium	0.0	0.0	0.0	0.0	0.0
13	1720	Custard several flavours full fat	4.1	0.0	0.0	0.0	1.6	189.4	207.3	91.7	245.0
13	1721	Yoghurt vanilla half fat	3.9	0.0	0.0	0.0	2.4	130.6	111.3	92.9	168.8
13	1722	Porridge semolina	0.4	0.0	0.0	0.0	0.3	277.1	277.1	277.1	277.1
13	1791	Cream whipped w sugar canned	0.4	0.0	0.0	0.0	2.7	18.9	12.3	12.0	32.1
13	1808	Creme fraiche	0.1	0.0	0.0	0.0	0.8	24.2	13.8	9.8	31.8
13	1813	Yakult	0.0	0.0	0.0	0.0	0.0
13	1832	Yoghurt drink Vifit fruit	2.8	0.0	0.0	0.0	1.3	185.2	176.1	176.1	195.2
13	1833	Yoghurt l fat w fruit/van w sw Optimel	5.7	0.0	0.0	0.0	2.8	104.4	79.6	51.8	137.6
13	1834	Yoghurt drink w sweeteners Optimel	4.6	0.0	0.0	0.0	1.3	229.9	214.3	196.7	246.7
13	1916	Cream whipped with added sugar	0.7	0.0	0.0	5.5	3.6	18.0	14.4	8.0	28.0
13	1954	Coffee creamer Balance	0.0	0.0	0.0	0.0	0.5	5.0	5.0	5.0	5.0
13	1957	Custard with whipped cream	0.3	0.0	0.0	0.0	0.3	82.4	82.4	82.4	82.4
13	1958	Porridge buttermilk groats	0.8	0.0	0.0	0.0	0.3	185.0	185.0	185.0	185.0
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	2.9	0.0	0.0	0.0	1.5	314.7	214.2	214.2	478.6
13	2244	Yoghurt cream- with fruit	10.1	0.0	0.0	73.5	3.3	199.5	164.4	103.7	314.1
13	2246	Fromage frais low fat w fruit w sw	0.0	0.0	0.0	0.0	0.0
13	2247	Fromage frais yoghurt w fruit	0.0	0.0	0.0	0.0	0.0
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.2	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	0.1	0.0	0.0	0.0	0.2	210.6	210.6	210.6	210.6
13	2258	Actimel	0.0	0.0	0.0	0.0	0.0
13	2265	Yakult light	0.1	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	2.8	0.0	0.0	0.0	0.9	135.9	126.8	121.5	141.6
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	0.2	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.6	0.0	0.0	0.0	0.8	49.1	48.3	48.0	49.8
13	2495	Drinking chocolate w s-sk milk	0.0	0.0	0.0	0.0	0.0
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	2.7	0.0	0.0	0.0	1.5	152.7	147.3	125.0	174.1
13	2503	Yoghurt Greek full fat	0.0	0.0	0.0	0.0	0.0
13	2504	Fromage frais full fat w fruit	0.8	0.0	0.0	0.0	0.6	131.5	118.2	108.0	137.8
13	2519	Custard half fat all flavours	2.6	0.0	0.0	0.0	1.5	161.7	150.5	121.5	224.3
13	2520	Pudding airy average	1.7	0.0	0.0	0.0	0.8	134.2	99.5	99.5	243.6
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.0	0.0	0.0	0.0	0.0
13	2537	Dessert made of custard, yoghurt & syrup	0.4	0.0	0.0	0.0	0.3	195.7	195.7	195.7	195.7
13	2538	Blancmange home-made w semi-sk milk	0.7	0.0	0.0	0.0	0.8	95.8	95.8	95.8	95.8
13	2539	Custard soft & airy Campina	1.3	0.0	0.0	0.0	0.4	118.5	118.5	118.5	118.5
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	0.0	0.0	0.0	0.0	0.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	0.9	0.0	0.0	0.0	0.3	283.3	283.3	283.3	283.3
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	2.4	0.0	0.0	0.0	0.8	200.0	152.1	128.8	286.9
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.9	9.7	8.0	8.0	11.5
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.0
13	3074	Yoghurt full fat w fruit Activia	0.2	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0

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14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.0	2.2	3.8	2.7	1.3	7.7
14	1380	Dessert soya Alpro	0.0	0.0	0.0	0.0	0.0
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.3	0.0	0.0	0.0	0.5	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.7	0.0	0.0	0.0	1.9	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	0.0	0.0	0.0	0.0	0.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.2	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.1	99.8	99.8	99.8	99.8
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.1	169.2	169.2	169.2	169.2
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.3	0.0	0.0	0.0	0.6	36.1	29.6	19.0	49.7
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.1	37.5	37.5	37.5	37.5
15	199	Cashew nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	205	Mixed nuts and raisins	0.0	0.0	0.0	0.0	0.0
15	206	Walnuts unsalted	0.6	0.0	0.0	0.0	3.2	17.0	9.4	6.6	33.4
15	207	Nuts mixed unsalted	0.5	0.0	0.0	0.0	0.7	37.4	25.0	25.0	47.5
15	264	Biscuit salted average	0.4	0.0	0.0	0.0	3.2	16.3	14.5	4.0	21.7
15	265	Puff pastry baked	0.2	0.0	0.0	0.0	1.1	22.0	11.0	11.0	39.5
15	266	Snack sausage roll puff pastry	0.7	0.0	0.0	0.0	1.0	131.2	122.1	120.0	138.2
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.3	0.0	0.0	0.0	0.6	19.0	19.0	19.0	19.0
15	546	Peanuts coated	0.1	0.0	0.0	0.0	0.4	70.0	70.0	70.0	70.0
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.5	19.0	19.0	19.0	19.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	867	Linseeds	0.1	0.0	0.0	0.0	0.6	9.3	7.2	7.2	13.2
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.0
15	876	Peanuts salted	0.5	0.0	0.0	0.0	0.9	35.4	27.2	25.0	62.1
15	901	Snack sausage roll w bread dough pastry	1.0	0.0	0.0	0.0	1.4	67.0	51.2	37.5	72.6
15	1496	Salad fish	0.2	0.0	0.0	0.0	1.4	15.1	12.0	10.0	18.0
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.2	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
15	1499	Salad egg	0.0	0.0	0.0	0.0	0.0

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15	1699	Biscuits & snacks cheesy averaged	0.0	0.0	0.0	0.0	0.0
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
15	1877	Salad meat	0.1	0.0	0.0	0.0	0.5	37.1	30.0	30.0	43.4
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.0
15	1935	Nuts mixed salted	0.4	0.0	0.0	0.0	0.7	44.1	37.0	33.0	48.7
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.1	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
15	2362	Sausage Dutch Frikandel frozen unprep	6.0	0.0	0.0	49.7	1.7	159.2	118.8	80.0	228.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.4	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	3.0	0.0	0.0	19.3	2.0	76.9	63.0	63.0	98.5
15	2549	Springroll frozen unprepared	1.8	0.0	0.0	0.0	0.7	155.8	70.0	70.0	267.4
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.0	0.0	0.0	0.0	0.0
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.9	0.0	0.0	0.0	0.6	127.0	127.0	127.0	127.0
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	2.2	0.0	0.0	0.0	3.1	121.4	67.8	32.9	248.9
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.0
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.8	0.0	0.0	0.0	0.4	68.1	36.1	12.2	84.0
16	3049	Beans white tinned	0.3	0.0	0.0	0.0	0.3	93.2	53.7	33.0	119.6
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	3.5	0.0	0.0	0.0	1.4	244.4	220.2	173.3	323.1
19	758	Soup clear with meat	0.0	0.0	0.0	0.0	0.0
19	759	Soup clear with vegetables	8.4	0.0	0.0	104.5	2.2	303.2	209.7	209.0	467.2
19	760	Soup clear with meat and noodles	0.0	0.0	0.0	0.0	0.0
19	761	Soup clear with meat and vegetables	11.7	0.0	0.0	110.1	4.3	240.8	219.9	207.1	289.4
19	762	Soup clear w meat vegetables and noodles	6.7	0.0	0.0	56.3	1.8	218.0	177.6	170.1	370.1
19	763	Soup thickened w vegetables	0.0	0.0	0.0	0.0	0.0
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	10.4	0.0	0.0	0.0	2.9	468.7	311.9	157.5	477.2
19	797	Soup vegetable based dried packet prep	13.1	0.0	0.0	89.6	4.2	213.6	176.9	157.5	403.6
19	798	Soup meat based dried packet prepared	6.6	0.0	0.0	53.2	3.6	180.3	148.8	142.0	253.2
19	800	Soup vegetable based tinned prepared	6.2	0.0	0.0	0.0	2.3	231.1	200.0	176.0	291.3
19	801	Soup meat based ready made prepared	1.1	0.0	0.0	0.0	0.2	223.7	223.7	223.7	223.7
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	10.0	0.0	0.0	14.0	4.4	282.2	274.5	3.5	440.2
19	2487	Soup veg & meat based ready made prep	3.0	0.0	0.0	0.0	1.0	332.3	234.2	190.1	401.4
19	2488	Soup vegetable&meat based prepared pack	1.7	0.0	0.0	0.0	1.0	231.7	250.3	110.0	282.6
19	2561	Soup thickened no filling	0.0	0.0	0.0	0.0	0.0
19	2932	Soup cup-a-soup prepared	3.4	0.0	0.0	0.0	2.1	200.5	175.0	175.0	251.9
20	374	Sugar brown Basterdsuiker	0.5	0.0	0.0	0.0	2.7	14.4	10.6	2.9	27.6
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	1.8	9.6	8.9	2.8	17.1
20	377	Sugar granulated	7.6	0.0	0.0	36.7	29.2	24.2	18.6	2.7	63.5
20	378	Syrup Keukenstroop	0.3	0.0	0.0	0.0	2.8	18.0	16.7	10.0	19.7
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
20	427	Syrup apple	3.1	0.0	0.0	19.8	10.5	28.4	24.2	7.8	46.6
20	431	Chocolate milk	0.8	0.0	0.0	6.7	3.9	16.3	16.6	4.0	22.7
20	432	Chocolate plain	0.9	0.0	0.0	6.5	5.9	14.1	9.3	5.0	27.4
20	433	Chocolate flakes milk	0.1	0.0	0.0	0.0	0.5	11.2	10.0	10.0	13.9
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	0.7	23.4	20.0	20.0	28.5

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

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20	442	Coloured confetti fruit-flavoured	0.7	0.0	0.0	4.4	6.4	11.8	9.2	7.5	17.9
20	443	Honey	3.6	0.0	0.0	26.2	19.0	25.1	19.6	5.7	61.8
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	1.0	20.0	20.0	20.0	20.0
20	445	Jam	6.9	0.0	0.0	38.2	25.6	27.0	22.5	9.3	48.6
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	1.6	2.5	1.7	1.0	3.8
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.5	12.2	10.8	10.0	13.1
20	450	Boiled sweets	0.5	0.0	0.0	5.0	8.9	6.3	5.3	2.1	8.8
20	453	Peppermint	0.1	0.0	0.0	0.0	1.9	4.3	3.0	3.0	8.0
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
20	461	Toffees	0.2	0.0	0.0	0.0	1.8	17.3	12.0	6.0	21.7
20	484	Jam reduced sugar	2.3	0.0	0.0	7.0	7.5	55.6	38.4	17.7	97.9
20	487	Candybar Mars	0.4	0.0	0.0	0.0	1.2	39.9	26.1	18.0	48.5
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	0.9	8.0	8.0	8.0	8.0
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.7	4.3	2.4	0.3	7.4
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.5	7.5	6.1	6.0	8.7
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.3	0.0	0.0	0.0	1.1	28.1	23.5	18.0	34.7
20	539	Sauce fruit for pudding	0.1	0.0	0.0	0.0	0.6	30.1	22.5	22.5	41.7
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.4	0.0	0.0	0.0	1.6	20.0	20.0	20.0	20.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
20	717	Chocolate bar milk with nuts	0.4	0.0	0.0	0.0	1.9	23.1	14.8	14.0	43.4
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.0
20	752	Wine gums	0.2	0.0	0.0	0.0	0.7	32.5	26.0	26.0	37.7
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.0
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	10.7	6.3	16.6	13.6	9.3	24.9
20	1962	Chocolate confetti milk	0.4	0.0	0.0	0.0	1.8	28.7	14.8	7.5	70.0
20	1963	Chocolate confetti plain	1.5	0.0	0.0	9.1	6.7	21.9	13.6	5.6	45.7
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.0
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	1.1	13.5	12.0	12.0	14.7
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.8	25.4	22.1	20.0	27.4
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2385	Liquorice w sal ammoniac powder	0.1	0.0	0.0	0.0	0.6	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0

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20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.0
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.6	25.7	19.9	16.0	29.0
20	2656	Chocolate confetti mix white and plain	0.1	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
20	2657	Spread duo w chocolate	0.1	0.0	0.0	0.0	0.7	20.9	10.0	10.0	32.1
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	2.0	0.0	0.0	15.8	12.7	13.3	7.6	0.8	35.3
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	1.6	5.2	5.2	5.2	5.2
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.6	6.0	6.0	6.0	6.0
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.6	13.1	6.8	5.5	28.0
21	310	Butter unsalted	2.9	0.0	0.0	22.1	22.3	14.5	9.0	3.5	45.7
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.0	0.0	0.0	0.0	0.6	5.2	2.2	0.9	11.6
21	314	Lard	0.0	0.0	0.0	0.0	0.4	12.4	7.9	7.9	18.4
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	3.1	0.0	0.0	14.9	13.8	15.7	8.3	1.5	31.5
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.5	23.3	23.3	23.3	23.3
21	451	Mayonnaise	0.2	0.0	0.0	1.2	4.2	8.0	3.7	2.2	19.9
21	454	Piccalilly	0.1	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
21	458	Salad cream 25% oil	0.6	0.0	0.0	6.0	7.2	10.0	5.6	1.1	18.9
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	2.1	11.3	6.4	2.8	19.1
21	465	Sauce for chips 25% oil	0.1	0.0	0.0	0.0	1.1	10.7	10.0	8.7	11.5
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.7	0.0	0.0	1.3	1.5	20.6	12.8	6.9	38.2
21	601	Oil olive	2.2	0.0	0.0	11.4	22.6	10.7	6.9	1.1	29.4
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.2	3.4	3.4	3.4	3.4
21	607	Oil safflower	0.1	0.0	0.0	0.0	0.2	11.0	11.0	11.0	11.0
21	616	Peanut sauce jar prepared	0.5	0.0	0.0	0.0	1.4	79.9	74.5	56.4	94.0
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.3	11.0	7.8	7.8	16.1
21	844	Salad dressing naturel without oil	0.6	0.0	0.0	0.0	2.8	26.3	33.4	6.1	39.7
21	879	Butter salted	0.9	0.0	0.0	1.8	6.2	16.8	6.0	6.0	46.1
21	880	Fat for gravy unprepared Smeltjus	0.1	0.0	0.0	0.0	0.5	11.4	11.0	11.0	12.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0
21	1515	Sauce based on roux prepared	1.2	0.0	0.0	0.0	0.6	77.5	50.6	36.0	95.1
21	1517	Sauce mix packet <3% fat prepared	0.1	0.0	0.0	0.0	0.4	39.8	36.0	36.0	48.5
21	1518	Sauce mix packet >3% fat prepared	2.0	0.0	0.0	17.7	2.9	42.8	34.5	5.0	86.7
21	1524	Sauce tomato ready made jar	1.5	0.0	0.0	0.0	1.3	88.1	97.2	14.0	109.5
21	1530	Butter product half fat	0.5	0.0	0.0	0.0	1.3	33.3	30.9	1.8	40.9
21	1803	Sauce oriental ready-made in jar/bag	0.2	0.0	0.0	0.0	0.7	20.2	17.7	17.7	25.7
21	1839	Low fat margarine product tub Becel Ligh	6.6	0.0	0.0	37.9	19.8	25.8	21.4	6.6	57.3

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21	1847	Margarine product tub Becel Dieet	3.1	0.0	0.0	22.3	10.7	22.5	18.2	6.0	44.9
21	1886	Mango chutney	0.2	0.0	0.0	0.0	2.2	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	3.4	0.0	0.0	14.5	9.5	41.4	33.4	11.3	71.7
21	1961	Low fat marg prod Blue Band Goede Start	0.1	0.0	0.0	0.0	0.8	28.0	15.8	3.0	65.1
21	2059	Low fat margarine 40% fat <17 g sat	2.0	0.0	0.0	18.2	12.1	22.1	19.7	0.7	40.9
21	2060	Low fat margarine prod 35% fat <10 g sat	1.5	0.0	0.0	12.7	5.7	34.0	29.5	6.0	54.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.4	0.0	0.0	0.0	2.7	13.2	11.7	2.0	19.6
21	2063	Margarine 80% fat >24 g saturates	1.1	0.0	0.0	5.3	13.5	5.9	3.1	0.4	16.1
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.4	0.0	0.0	0.0	1.6	28.8	28.1	15.0	35.4
21	2066	Cooking fat liquid 97% fat <17 g sat	0.6	0.0	0.0	4.7	12.3	5.3	3.1	0.6	15.1
21	2067	Cooking fat solid 97% fat >17 g sat	0.4	0.0	0.0	0.4	4.0	12.2	2.8	0.8	48.6
21	2068	Frying fat liquid <24 g sat fatty acids	0.5	0.0	0.0	2.6	2.0	14.8	9.3	4.2	31.5
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.2	14.7	12.3	11.0	16.2
21	2072	Margarine product 60% fat <17 g sat	1.5	0.0	0.0	9.8	7.1	18.9	15.4	3.5	42.9
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.5	0.0	0.0	4.9	3.9	7.3	6.6	0.8	14.2
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.0
21	2178	Pesto	0.0	0.0	0.0	0.0	0.0
21	2294	Low fat margarine Twenty four Ultralight	0.0	0.0	0.0	0.0	0.0
21	2295	Butter product 25% fat	0.6	0.0	0.0	0.0	2.2	26.2	20.2	6.0	38.5
21	2418	Sauce hot liquid ready made <12% fat	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	0.7	0.0	0.0	7.8	2.4	25.9	21.4	13.5	37.6
21	2423	Low fat margarine prod Blue Band Idee	0.1	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
21	2445	Sauce butter-	0.6	0.0	0.0	0.0	0.9	36.9	21.6	21.6	50.6
21	2446	Sauce chasseur	0.3	0.0	0.0	0.0	0.8	84.1	70.2	60.0	91.2
21	2447	Sauce veg w semi-skimmed milk and maize	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.3	34.9	34.9	34.9	34.9
21	2451	Gravy 25% fat thickend prep w gravypowde	0.7	0.0	0.0	0.0	1.4	57.4	48.0	34.9	88.1
21	2452	Gravy 25% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	29.7	23.3	23.3	53.7
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.3	11.6	11.6	11.6	11.6
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	1.4	33.8	20.5	17.5	63.2
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.1	106.7	106.7	106.7	106.7
21	2462	Gravy 5% fat clear prep wo gravypowder	0.8	0.0	0.0	3.1	2.4	27.3	21.5	17.5	43.7
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.1	13.5	13.5	13.5	13.5
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.0	0.2	24.3	24.3	24.3	24.3
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.1	7.6	7.6	7.6	7.6
21	2467	Salad dressing./sauce approx 13% oil	0.5	0.0	0.0	2.3	2.2	14.4	11.6	11.6	21.0
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.4	11.4	11.4	11.4	11.4
21	2469	Sauce mayonnaise based average	0.1	0.0	0.0	0.0	0.5	21.7	18.4	18.4	30.8
21	2470	Sauce for chips 5% oil	0.1	0.0	0.0	0.0	0.6	7.8	7.8	7.8	7.8
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.0
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.3	7.0	5.2	4.3	8.2
21	2525	Frying fat horeca	0.3	0.0	0.0	0.0	2.4	16.3	15.0	7.4	23.6
21	2526	Gravy 25% fat thickened w gravypowder	0.0	0.0	0.0	0.0	0.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.2	0.0	0.0	0.0	3.2	7.5	4.4	0.8	19.9
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.5	0.0	0.0	3.7	7.7	5.4	3.5	0.8	13.2
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.4	12.0	4.5	4.5	21.2
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	0.3	4.9	12.1	7.5	0.7	27.0
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.8	0.0	0.0	5.3	5.1	10.1	3.5	0.9	31.5
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.3	2.3	2.3	2.3	2.3
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.7	12.0	12.0	12.0	12.0
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
21	2580	Gravy 5% fat thickend w gravy powder	0.0	0.0	0.0	0.0	0.0
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.2	0.0	0.0	0.0	0.8	37.1	34.9	34.9	39.0
21	2586	Gravy 25% fat w margarine 2063	1.3	0.0	0.0	0.3	3.7	50.2	33.4	12.6	107.3
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	17.5	17.5	17.5	17.5
21	2588	Gravy 25% fat clear prep w gravy powder	0.9	0.0	0.0	0.0	1.5	40.2	27.6	17.5	74.4
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.3	34.9	34.9	34.9	34.9
21	2590	Gravy 25% fat w butter	0.0	0.0	0.0	0.0	0.0
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.2	17.5	17.5	17.5	17.5
21	2592	Gravy 50% fat w cooking fat 2067	0.8	0.0	0.0	0.0	2.3	37.8	27.7	5.8	77.7
21	2593	Gravy 50% fat w margarine 2063	0.4	0.0	0.0	0.0	1.3	34.7	21.3	14.8	62.4
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.5	45.5	35.6	8.7	61.6
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.2	24.3	24.3	24.3	24.3

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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	9.7	9.7	9.7	9.7
21	2600	Gravy 25% fat thickend w marg 2063	0.3	0.0	0.0	0.0	1.4	34.5	27.6	23.3	46.1
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.3	22.6	22.6	22.6	22.6
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	0.5	48.5	48.5	48.5	48.5
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.6	17.1	11.4	11.4	27.0
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.0
21	2625	Gravy 25% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.3	12.1	12.1	12.1	12.1
21	2626	Gravy 25% fat w cooking fat liq 2562	0.9	0.0	0.0	0.0	1.1	56.0	37.4	22.0	69.3
21	2627	Gravy 50% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.3	23.3	23.3	23.3	23.3
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	0.5	22.6	18.7	18.7	31.6
21	2629	Gravy 50% fat w cooking fat 2563	0.5	0.0	0.0	0.0	0.9	21.9	17.5	17.5	25.3
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	17.5	17.5	17.5	17.5
21	2650	Gravy no fat prep w gravy powder	0.5	0.0	0.0	0.0	0.7	48.3	31.9	20.4	68.1
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.1	46.6	46.6	46.6	46.6
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	0.7	28.2	14.9	14.9	42.8
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.2	0.0	0.0	0.0	0.7	40.9	40.7	37.5	44.2
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.4	7.4	6.3	2.9	12.1
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	1.3	2.2	2.2	2.2	2.2
21	2849	Low fat marg prod Becel calorie light	0.3	0.0	0.0	0.0	1.0	22.8	16.0	12.0	36.6
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.7	9.0	9.0	9.0	9.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.1	0.0	0.0	0.0	0.6	19.5	12.1	12.1	25.7
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.1	34.0	34.0	34.0	34.0
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	1.9	16.0	16.0	16.0	16.0
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	1.4	30.1	26.8	24.3	34.7
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0

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22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.3	0.0	0.0	0.0	1.0	79.3	37.5	37.5	116.6
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.2	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
22	348	Shrimps Dutch peeled boiled	0.3	0.0	0.0	0.0	0.6	61.3	25.5	25.0	169.1
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	3.9	0.0	0.0	29.3	4.0	94.2	59.9	38.0	185.0
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
22	602	Salmon tinned	0.0	0.0	0.0	0.0	0.0
22	603	Eel smoked	0.3	0.0	0.0	0.0	0.3	280.0	280.0	280.0	280.0
22	604	Mackerel steamed	0.2	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
22	815	Fish fingers unprepared	1.0	0.0	0.0	0.0	0.8	108.7	67.5	67.5	172.6
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	0.9	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
22	918	Plaice boiled	0.0	0.0	0.0	0.0	0.0
22	919	Pollack boiled	1.0	0.0	0.0	0.0	0.9	63.2	50.0	50.0	76.6
22	1096	Salmon smoked	0.2	0.0	0.0	0.0	0.5	40.0	40.0	40.0	40.0
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.8	0.0	0.0	0.0	1.2	58.5	44.9	37.5	72.0
22	1586	Mackerel fillet smoked	2.9	0.0	0.0	26.9	2.1	80.1	79.4	3.0	98.1
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.1	0.0	0.0	0.0	0.2	37.1	30.1	29.3	42.7
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	1.9	0.0	0.0	0.0	0.7	106.1	100.0	100.0	111.2
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.5	0.0	0.0	0.0	0.7	201.0	201.0	201.0	201.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.3	0.0	0.0	0.0	0.4	189.0	189.0	189.0	189.0
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.3	0.0	0.0	0.0	0.2	75.0	75.0	75.0	75.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.5	0.0	0.0	0.0	0.5	126.0	126.0	126.0	126.0
22	2474	Whitefish fillet batter deepfried wo fat	2.1	0.0	0.0	0.0	1.4	124.0	117.3	52.0	171.9
22	2765	Pangasius prep in microwave oven	0.6	0.0	0.0	0.0	0.9	108.0	123.6	31.4	150.1
23	106	Duck whole raw	0.0	0.0	0.0	0.0	0.0
23	108	Chicken with skin raw	0.5	0.0	0.0	0.0	0.8	132.6	131.3	131.3	135.9
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.0
23	328	Ham smoked raw	1.0	0.0	0.0	6.4	6.0	22.0	10.6	6.3	60.5
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.3	0.0	0.0	0.0	0.7	27.4	20.4	15.0	30.8

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23	335	Liver pate	0.0	0.0	0.0	0.0	0.0
23	336	Luncheon meat tinned	0.2	0.0	0.0	0.0	0.6	101.0	101.0	101.0	101.0
23	338	Beef salted cooked	0.2	0.0	0.0	0.0	1.5	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.4	0.0	0.0	0.4	3.4	11.2	7.5	5.0	22.0
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.3	13.8	13.8	13.8	13.8
23	475	Liver chicken raw	0.2	0.0	0.0	0.0	0.4	17.5	17.5	17.5	17.5
23	566	Sausage frankfurter tinned	0.0	0.0	0.0	0.0	0.0
23	567	Sausage luncheon meat	0.8	0.0	0.0	3.5	3.4	23.5	15.5	8.0	50.8
23	568	Black pudding	0.0	0.0	0.0	0.0	0.0
23	638	Salami sausage saveloy	6.2	0.0	0.0	55.1	12.0	47.7	47.5	8.0	91.4
23	639	Bacon rashers streaky	1.3	0.0	0.0	12.7	1.8	35.4	28.9	14.3	61.5
23	640	Liver sausage	1.0	0.0	0.0	11.7	4.8	23.1	20.4	10.0	29.4
23	641	Bacon	0.1	0.0	0.0	0.0	0.6	14.0	14.0	14.0	14.0
23	642	Pate	0.7	0.0	0.0	0.0	2.4	39.5	23.7	10.0	56.4
23	643	Pork side cured and smoked	0.2	0.0	0.0	0.0	0.8	23.4	20.3	16.0	27.5
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
23	784	Ham lean boiled	4.2	0.0	0.0	23.9	12.6	34.5	19.8	3.6	93.1
23	785	Ham shoulder medium fat boiled	2.2	0.0	0.0	9.3	4.3	44.3	14.4	2.5	147.9
23	810	Beef steak tartare spiced filet americ	1.4	0.0	0.0	0.0	1.4	53.7	32.8	30.0	70.8
23	1152	Salami	0.2	0.0	0.0	0.0	0.9	19.1	9.7	5.0	29.8
23	1155	Minced meat loaf fried	1.4	0.0	0.0	15.3	3.1	39.9	36.7	15.1	59.0
23	1162	Sausage cooked	0.6	0.0	0.0	0.0	2.4	23.8	17.0	14.0	37.9
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
23	1305	Chicken without skin raw	2.0	0.0	0.0	0.0	2.3	72.0	50.4	45.5	124.9
23	1306	Chicken for soup w skin raw	0.1	0.0	0.0	0.0	0.2	95.0	95.0	95.0	95.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
23	1400	Beef rump steak raw	1.3	0.0	0.0	0.0	1.4	112.3	101.9	100.0	127.9
23	1401	Beef tenderloin steak raw	0.0	0.0	0.0	0.0	0.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	0.6	0.0	0.0	0.0	0.6	89.3	73.5	61.8	107.7
23	1405	Minced beef raw	8.2	0.0	0.0	56.2	8.5	83.0	89.4	20.1	114.0
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.2	0.0	0.0	0.0	1.5	31.4	20.7	20.0	76.5
23	1409	Beef sirloin rolled raw	0.7	0.0	0.0	0.0	0.4	161.7	150.0	150.0	174.6
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	0.3	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	3.3	0.0	0.0	31.1	4.8	94.1	64.7	60.0	147.6
23	1415	Beef steak tartare raw	2.5	0.0	0.0	27.3	3.2	73.2	66.9	57.8	81.9
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	3.1	0.0	0.0	34.6	4.0	80.4	72.4	67.5	91.8
23	1418	Pork fillet raw	0.8	0.0	0.0	0.0	1.1	91.7	45.9	10.6	166.2
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.5	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.0
23	1422	Pork tenderloin raw	0.8	0.0	0.0	0.0	1.0	111.0	73.7	63.0	166.6
23	1424	Pork loin chop raw	1.0	0.0	0.0	0.0	0.4	113.1	110.7	110.7	119.6

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23	1425	Pork shoulder chop raw	10.8	0.0	0.0	63.8	7.4	155.6	123.2	88.9	220.7
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.3	34.3	34.3	34.3	34.3
23	1428	Pork stir fry meat raw	0.4	0.0	0.0	0.0	1.6	19.1	11.6	4.0	46.1
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	1.0	0.0	0.0	0.0	1.7	73.3	70.0	70.0	85.6
23	1431	Kromesky meat filled raw	0.5	0.0	0.0	0.0	0.7	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	1.0	0.0	0.0	6.1	4.6	34.7	36.6	3.4	68.8
23	1434	Minced beef/pork raw	4.1	0.0	0.0	35.9	6.2	82.5	74.4	4.6	206.9
23	1435	Hamburger raw	0.3	0.0	0.0	0.0	0.3	94.7	67.5	67.5	137.5
23	1437	Veal olive raw	0.4	0.0	0.0	0.0	0.4	78.8	78.8	78.8	78.8
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.0
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	0.3	0.0	0.0	0.0	4.8	10.5	9.1	4.0	15.7
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.5	28.4	16.0	16.0	43.9
23	1568	Minced beef/pork ball prep w egg/crumbs	0.4	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
23	1634	Chicken fillet raw	4.0	0.0	0.0	42.2	7.6	81.2	90.8	13.2	112.4
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.3	0.0	0.0	0.0	1.0	59.9	38.2	23.8	72.2
23	1667	Pork <5% fat raw	0.2	0.0	0.0	0.0	0.6	92.2	92.2	92.2	92.2
23	1668	Pork 5-14% fat raw	1.0	0.0	0.0	0.0	1.1	83.4	45.0	45.0	135.7
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.2	0.0	0.0	0.0	0.5	53.3	40.7	30.0	58.1
23	1772	Pork fricandeau fried	0.1	0.0	0.0	0.0	0.6	18.0	8.0	8.0	27.6
23	1773	Brawn, pork pickled in vinegar	0.3	0.0	0.0	0.0	1.2	31.7	24.5	12.0	38.5
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.0
23	1776	Ham lean grilled	1.3	0.0	0.0	10.2	4.5	24.6	20.0	20.0	30.4
23	1777	Gammon boiled deboned	1.0	0.0	0.0	1.4	2.2	34.5	24.0	15.0	51.0
23	1788	Pork rib chop raw	0.3	0.0	0.0	0.0	1.0	72.3	69.1	69.1	75.3
23	1790	Pork schnitzel not breaded raw	0.7	0.0	0.0	0.0	0.5	79.1	77.0	77.0	84.9
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.0
23	1936	Turkey fillet raw	0.4	0.0	0.0	0.0	1.6	70.0	70.0	70.0	70.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	0.8	0.0	0.0	0.0	1.0	47.4	27.3	19.8	81.1
23	2300	Sausage smoked lean cooked	0.3	0.0	0.0	0.0	0.5	55.9	51.9	45.0	61.5
23	2301	Sausage smoked beef cooked	0.0	0.0	0.0	0.0	0.0
23	2303	Sausage cooked lean	0.1	0.0	0.0	0.0	0.8	12.0	10.0	10.0	13.6
23	2304	Salami sausage saveloy lean	0.3	0.0	0.0	0.0	1.5	27.2	17.9	10.0	30.6
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.2	0.0	0.0	0.3	2.7	39.3	37.9	22.1	51.4
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.2	0.0	0.0	0.0	0.4	14.0	14.0	14.0	14.0
23	2336	Beef average raw	1.7	0.0	0.0	0.0	1.1	86.5	38.4	9.6	116.3

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	1.5	0.0	0.0	0.0	1.8	85.7	87.3	50.6	110.1
23	2339	Beef olives raw	0.4	0.0	0.0	0.0	0.5	57.4	57.4	57.4	57.4
23	2340	Pork schnitzel breaded raw	1.6	0.0	0.0	0.0	2.4	70.8	64.1	58.3	81.2
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.0
23	2363	Minced meat w ham and cheese raw	0.2	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
23	2364	Chicken schnitzel raw	3.0	0.0	0.0	0.0	2.2	100.6	90.8	75.0	110.5
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.3	0.0	0.0	0.0	0.6	37.9	15.7	15.0	55.6
23	2766	Sausage smoked industrial cooked	1.9	0.0	0.0	0.0	2.4	115.6	97.2	50.4	180.7
23	2767	Sausage smoked traditional cooked	0.3	0.0	0.0	0.0	0.5	75.0	75.0	75.0	75.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	1.1	0.0	0.0	0.0	4.5	21.3	10.0	10.0	65.3
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.6	7.6	5.1	5.0	9.5
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.5	0.0	0.0	0.0	1.5	31.3	22.8	18.0	43.7
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.4	0.0	0.0	0.0	0.5	34.4	20.2	16.0	45.2
23	3019	Veal frying steak raw	0.1	0.0	0.0	0.0	0.1	48.2	48.2	48.2	48.2
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	1.5	0.0	0.0	0.0	0.7	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.5	0.0	0.0	0.0	1.2	39.1	35.0	30.9	47.0
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.0
23	3030	Sausage beef Braadworst raw	1.3	0.0	0.0	0.9	5.0	44.5	27.3	1.6	71.9
23	3031	Pork sparerib raw	0.2	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	90.5	69.8	0.0	228.9	60.0	171.2	171.9	68.6	269.4
1	1150	Potatoes sliced frozen unprepared	1.1	0.0	0.0	0.0	0.7	160.0	160.0	160.0	160.0
1	1455	Potato puree powder av	0.8	0.0	0.0	0.7	2.5	20.0	11.6	11.4	32.5
1	1456	Chips pre-fried unprepared	1.1	0.0	0.0	0.0	1.0	124.3	119.1	62.0	140.6
1	1679	Chips oven frozen prepared	1.8	0.0	0.0	0.0	0.6	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	2.9	0.0	0.0	0.0	1.5	151.2	182.6	58.7	192.7
1	2326	Croquettes potato frozen unprepared	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.0
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	0.3	0.0	0.0	0.0	1.0	55.0	55.0	55.0	55.0
2	383	Juice apple	3.2	0.0	0.0	0.0	1.8	223.6	171.1	166.7	353.9
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	1.3	0.0	0.0	0.0	0.7	55.0	12.0	12.0	91.0
2	388	Juice redcurrant	0.4	0.0	0.0	0.0	0.6	24.0	24.0	24.0	24.0
2	389	Beer brown	1.3	0.0	0.0	0.0	0.9	300.0	300.0	300.0	300.0
2	390	Beer pilsner	59.5	0.0	0.0	425.6	15.3	487.3	309.5	210.2	1,053.3
2	391	Brandy	0.1	0.0	0.0	0.0	0.5	54.2	54.2	54.2	54.2
2	392	Campari	0.3	0.0	0.0	0.0	0.8	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.0	0.0	0.0	0.0	0.1	19.0	19.0	19.0	19.0
2	395	Soft drink cola with caffeine	7.7	0.0	0.0	0.0	6.2	225.2	171.0	167.0	397.3
2	396	Juice grape	2.7	0.0	0.0	0.0	1.2	95.8	94.7	12.5	150.3
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	12.2	0.0	0.0	63.3	3.2	231.7	182.8	83.0	370.3
2	401	Gin young Dutch	13.6	0.0	0.0	98.2	13.1	82.1	61.1	33.3	201.5
2	402	Gin old Dutch	0.2	0.0	0.0	0.0	0.3	149.0	143.9	142.5	152.9
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	407	Port wine	0.6	0.0	0.0	0.0	0.6	97.3	83.2	75.0	119.9
2	408	Rum	0.2	0.0	0.0	0.0	1.0	47.5	47.5	47.5	47.5
2	409	Sherry	0.7	0.0	0.0	0.0	1.9	63.7	41.3	16.0	103.0
2	410	Juice orange pasteurized	13.7	0.0	0.0	79.2	6.1	162.7	150.9	103.0	207.1
2	411	Mineral water Spa	1.7	0.0	0.0	0.0	0.8	292.4	194.0	194.0	378.4
2	413	Tomato juice	0.0	0.0	0.0	0.0	0.0
2	414	Soft drink tonic	5.9	0.0	0.0	0.0	1.8	443.2	229.5	104.0	623.0
2	415	Vermouth	0.0	0.0	0.0	0.0	0.0
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.0
2	417	Juice drink	2.0	0.0	0.0	0.0	1.4	250.3	168.0	168.0	343.7
2	421	Whisky	6.8	0.0	0.0	38.3	14.1	65.9	57.5	25.3	111.8
2	422	Wine red	78.9	0.0	0.0	414.0	24.9	234.2	159.9	92.9	495.7
2	423	Wine white dry	7.7	0.0	0.0	55.2	4.8	231.7	171.6	52.0	391.3
2	425	Whey drink light Rivella	0.8	0.0	0.0	0.0	0.9	161.7	159.0	159.0	171.7
2	463	Fruit drink concentrate undiluted	0.6	0.0	0.0	1.8	4.6	15.1	11.5	0.9	23.1
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	1.1	9.0	9.0	9.0	9.0
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.2	37.5	37.5	37.5	37.5
2	644	Coffee prepared	411.8	405.1	0.0	827.1	93.8	470.7	418.9	133.2	839.2
2	645	Tea prepared	276.7	230.6	0.0	1,041.9	65.5	434.0	355.3	153.3	1,044.8
2	664	Juice grapefruit	0.0	0.0	0.0	0.0	0.0
2	738	Fruit drink conc Roosvicee Dieet	0.1	0.0	0.0	0.0	1.4	8.9	8.8	8.8	9.0
2	747	Mineral water average	19.2	0.0	0.0	0.0	3.5	409.3	316.4	250.0	587.0
2	805	Jagermeister herb liquor	2.1	0.0	0.0	0.0	0.7	83.6	83.6	83.6	83.6
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.2	0.0	0.0	0.0	0.2	66.5	66.5	66.5	66.5
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	5.6	0.0	0.0	15.4	3.0	242.9	188.3	24.0	371.6
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.1	0.0	0.0	0.0	0.5	52.4	41.8	41.8	63.2
2	1468	Beer >7 vol% alcohol	9.2	0.0	0.0	0.0	2.1	384.6	292.7	250.0	552.2
2	1519	Beer alcohol free <0,1 vol%	1.0	0.0	0.0	0.0	0.1	600.0	600.0	600.0	600.0
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	17.3	0.0	0.0	116.1	3.9	222.7	148.8	140.0	347.1
2	1523	Cola light soft drink with caffeine	27.1	0.0	0.0	250.8	8.3	256.4	240.7	87.0	474.5
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	1.0	0.0	0.0	0.0	0.4	300.0	300.0	300.0	300.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.8	0.0	0.0	2.0	2.1	21.9	9.0	9.0	41.3
2	1878	Fruit juice drink Roosvicee Multivit	12.3	0.0	0.0	36.8	2.5	200.0	200.0	200.0	200.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1885	Water average	308.8	207.0	2.8	867.6	85.6	406.9	282.4	58.8	1,156.1
2	1932	Juice orange with pulp	0.0	0.0	0.0	0.0	0.0
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	9.6	0.0	0.0	0.0	4.1	640.4	466.3	310.0	691.9
2	2079	Breakfast drink HeroFruitontbijt p 100ml	1.4	0.0	0.0	0.0	0.7	206.0	206.0	206.0	206.0
2	2086	Ice tea	0.0	0.0	0.0	0.0	0.0
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	5.0	0.0	0.0	0.0	1.3	223.7	196.8	191.0	244.7
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	0.0	0.0	0.0	0.0	0.0
2	2142	Wine white sweet	1.0	0.0	0.0	0.0	0.6	142.0	142.0	142.0	142.0
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	1.1	0.0	0.0	0.0	1.8	139.0	139.0	139.0	139.0
2	2152	Fruit juice dk Coolbest light orange	2.3	0.0	0.0	0.0	1.8	78.9	65.1	55.0	100.1
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.0
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.7	25.0	25.0	25.0	25.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	5.2	0.0	0.0	0.0	0.8	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	1.4	0.0	0.0	0.0	0.4	300.0	300.0	300.0	300.0
2	2476	Cappuccino freshly made	18.3	0.0	0.0	80.3	4.7	235.3	203.5	121.0	337.5
2	2477	Coffee cappuccino instant prepared	0.6	0.0	0.0	0.0	0.1	313.0	313.0	313.0	313.0
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.3	0.0	0.0	0.0	0.2	288.0	288.0	288.0	288.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.8	0.0	0.0	1.5	1.0	30.0	30.0	30.0	30.0
2	2564	Juice fruit Hero Fruit&Co	0.0	0.0	0.0	0.0	0.0
2	2610	Wine rose	10.6	0.0	0.0	129.0	4.7	285.2	300.9	92.0	365.3
2	2633	Coffee instant powder	0.5	0.0	0.0	1.3	2.7	14.8	5.7	4.5	33.9
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.0	0.0	0.0	0.0	0.0
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.1	0.0	0.0	0.0	0.2	118.0	118.0	118.0	118.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.7	0.0	0.0	0.0	1.0	128.1	122.2	116.7	129.2
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	1.7	4.0	4.0	4.0	4.0
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	54.8	0.0	0.0	168.2	25.1	136.0	117.8	60.0	228.1

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.3	0.0	0.0	0.0	0.3	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	1.9	0.0	0.0	0.0	1.0	164.4	125.0	125.0	196.1
2	2896	Lemonade squash Spa&Fruit sparkling	0.7	0.0	0.0	0.0	0.3	230.0	230.0	230.0	230.0
2	2897	Juice Drink Ocean Spray	1.1	0.0	0.0	0.0	0.6	163.0	163.0	163.0	163.0
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.0
3	227	Crispbakes Dutch	0.8	0.0	0.0	4.7	10.0	10.6	8.7	0.7	18.2
3	228	Crackers cream	0.7	0.0	0.0	0.0	1.7	18.6	13.5	10.0	28.1
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	2.3	0.0	0.0	12.4	4.3	48.2	35.5	35.0	77.5
3	233	Bread currant	0.6	0.0	0.0	0.0	2.2	35.0	35.0	35.0	35.0
3	236	Bread brown wheat	21.8	0.0	0.0	75.5	23.3	84.3	63.7	35.0	171.4
3	238	Crackers matzes	0.1	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
3	241	Bread white milk based	0.1	0.0	0.0	0.0	0.6	43.2	7.5	7.5	102.3
3	242	Bread rye dark	2.5	0.0	0.0	20.5	4.1	49.1	41.5	38.0	68.6
3	243	Bread rye light	0.5	0.0	0.0	0.0	1.4	25.0	25.0	25.0	25.0
3	244	Bread raisin	0.6	0.0	0.0	0.0	1.6	28.3	21.5	20.0	33.7
3	246	Bread wholemeal average	30.8	0.0	0.0	146.7	35.3	122.9	95.4	31.4	238.3
3	248	Bread white water based	3.4	0.0	0.0	14.2	6.0	69.5	50.7	24.0	115.8
3	249	Bread wheat malt Tarvo	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
3	565	Toast	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
3	596	Crispbread gold-brown	0.1	0.0	0.0	0.0	1.1	10.0	10.0	10.0	10.0
3	655	Crispbakes Dutch wholemeal	1.0	0.0	0.0	7.9	9.6	14.2	9.8	8.6	19.4
3	975	Crispbread sesame	0.3	0.0	0.0	0.0	1.4	22.1	16.7	13.0	25.1
3	976	Crispbread light	0.3	0.0	0.0	0.0	5.2	9.2	9.3	5.0	9.9
3	1017	Bread wheatrye wholemeal	0.3	0.0	0.0	0.0	0.4	105.0	105.0	105.0	105.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.0
3	1312	Crispbread Cracottes	0.1	0.0	0.0	0.0	0.5	14.0	14.0	14.0	14.0
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	1.6	10.4	7.0	7.0	13.3
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	1.0	0.0	0.0	0.0	1.9	57.9	43.3	35.0	67.3
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.0
3	1779	Crispbread wholemeal	0.5	0.0	0.0	0.0	2.8	20.0	20.0	20.0	20.0
3	1914	Dough for pizza and savoury pie	1.7	0.0	0.0	0.0	2.2	118.4	97.2	77.6	166.0
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.3	7.0	7.0	7.0	7.0

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3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
3	2348	Bread wholemeal w pumpkin seeds	0.0	0.0	0.0	0.0	0.0
3	2349	Bread linseed	0.1	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
3	2350	Bread multigrain average w seeds	25.8	0.0	0.0	123.3	14.0	127.0	87.4	30.0	282.6
3	2351	Bread white average milk/water based	0.5	0.0	0.0	0.0	1.3	100.0	100.0	100.0	100.0
3	2352	Bread currant w almond paste	0.6	0.0	0.0	0.0	1.5	37.8	31.2	25.0	39.1
3	2353	Bread brown/wholemeal w muesli	0.0	0.0	0.0	0.0	0.0
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.5	0.0	0.0	0.0	1.5	48.8	25.6	22.5	83.0
3	2356	Baguette w cheese-onion	0.0	0.0	0.0	0.0	0.0
3	2357	Bread wholemeal w sunflower seeds	8.8	0.0	0.0	99.5	7.0	115.7	100.2	35.0	191.9
3	2358	Bread white w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0
3	2382	Bread brown w sunflower seeds	0.5	0.0	0.0	0.0	1.8	66.1	50.3	35.0	68.0
3	2528	Croutons	0.0	0.0	0.0	0.0	0.1	7.0	7.0	7.0	7.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.3	0.0	0.0	0.0	0.6	35.0	35.0	35.0	35.0
3	2704	Bread brown w seeds	0.8	0.0	0.0	0.0	1.9	109.8	88.6	35.0	134.9
3	2707	Bread corn w sunflower seeds	1.0	0.0	0.0	0.0	1.6	100.4	50.0	35.0	207.5
3	2785	Bread corn	0.8	0.0	0.0	0.0	0.9	125.6	105.0	105.0	163.1
3	2788	Bread sourdough wholemeal	0.9	0.0	0.0	0.0	1.8	99.6	66.2	50.0	150.8
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.0
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.4	0.0	0.0	0.0	0.8	55.0	55.0	55.0	55.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	2.7	0.0	0.0	26.2	2.7	78.5	69.8	60.0	95.8
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	2.2	0.0	0.0	37.5	1.7	55.3	71.0	15.0	81.5
3	2796	Roll brown hard	3.5	0.0	0.0	35.9	2.9	110.8	105.7	45.7	132.7
3	2797	Roll brown soft	1.0	0.0	0.0	0.0	3.1	60.4	46.8	45.0	60.3
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.0	0.0	0.0	0.0	0.0
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.1	0.0	0.0	0.0	0.7	40.0	40.0	40.0	40.0
3	2803	Bun currant/raisin	2.5	0.0	0.0	14.8	6.1	59.5	44.1	35.0	93.0
3	2804	Bun wholemeal w muesli	1.3	0.0	0.0	0.0	2.0	58.0	58.0	58.0	58.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	0.6	0.0	0.0	0.0	2.7	38.1	35.9	35.0	39.6
3	2815	Bread Tijger brown wheat	0.0	0.0	0.0	0.0	0.0
3	2816	Bread Tijger white	0.0	0.0	0.0	0.0	0.0
3	2817	Stollen w almond/imitat paste average	3.1	0.0	0.0	9.2	1.2	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.2	0.0	0.0	0.0	1.2	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	0.6	0.0	0.0	0.0	0.6	140.0	140.0	140.0	140.0
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	1.2	0.0	0.0	8.3	6.9	15.7	14.2	4.0	23.1

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3	2938	Toast Melba other varieties	0.4	0.0	0.0	0.0	0.6	24.0	24.0	24.0	24.0
3	3054	Bread glutenfree bakmix Glutafin white	0.0	0.0	0.0	0.0	0.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.3	0.0	0.0	0.0	0.8	40.0	40.0	40.0	40.0
3	3057	Bread fibre Brinta	0.3	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.5	7.2	7.2	7.2	7.2
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	2.0	2.0	2.0	2.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.3	8.0	5.0	5.0	11.2
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.0
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.0	0.0	0.0	0.0	0.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.6	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.1	9.5	9.5	9.5	9.5
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.1	0.0	0.0	0.0	2.0	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	1.0	6.3	4.4	4.1	7.8
4	2615	Vinegar	0.1	0.0	0.0	0.8	5.4	2.7	1.9	0.3	6.3
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	15.3	0.0	0.0	60.5	20.9	45.0	46.1	6.0	93.3
6	33	Raisins dried	0.4	0.0	0.0	0.0	5.6	14.2	5.8	5.0	25.8
6	137	Olives tinned/glass	0.5	0.0	0.0	3.0	4.8	14.9	4.8	2.1	46.3
6	147	Apple without skin average	21.6	0.0	0.0	99.6	23.1	102.8	102.1	23.2	148.5
6	148	Strawberries	7.2	0.0	0.0	53.2	4.9	146.2	127.9	29.8	278.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.5	0.0	0.0	0.0	0.7	87.3	47.0	47.0	171.0
6	151	Banana	21.7	0.0	0.0	137.2	16.9	112.1	101.0	41.4	159.3
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	0.1	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.0	0.0	0.0	0.0	0.0
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.0	0.0	0.0	0.0	0.0
6	161	Raspberries	0.2	0.0	0.0	0.0	0.9	43.8	32.2	32.2	56.7
6	162	Grapefruit	2.2	0.0	0.0	0.0	2.3	108.0	79.6	75.0	143.1
6	163	Cherries	1.6	0.0	0.0	0.0	2.2	57.4	36.5	18.0	90.4
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	18.3	0.0	0.0	101.5	23.3	72.0	53.7	30.7	137.7
6	166	Melon netted	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
6	168	Pear without skin	7.2	0.0	0.0	64.9	5.7	128.6	127.3	32.0	176.7
6	169	Peach without skin	3.2	0.0	0.0	0.0	4.7	166.4	99.3	76.5	216.6
6	170	Plums with skin	5.0	0.0	0.0	42.4	4.9	170.5	116.9	40.0	227.7
6	171	Orange	9.3	0.0	0.0	69.5	8.7	136.8	114.5	20.0	189.5
6	172	Fruit fresh citrus average	0.1	0.0	0.0	0.0	0.1	152.0	152.0	152.0	152.0

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6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.0
6	176	Apricots in syrup tinned	1.9	0.0	0.0	0.0	2.0	87.2	80.0	80.0	97.2
6	177	Pineapple in syrup tinned	1.0	0.0	0.0	2.5	2.2	26.5	18.5	17.8	39.9
6	179	Apple sauce tinned	5.0	0.0	0.0	45.2	7.0	83.5	60.5	25.9	163.5
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.1	0.0	0.0	0.0	1.5	17.5	9.0	3.3	22.5
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.1	0.0	0.0	0.0	1.0	32.6	32.6	32.6	32.6
6	184	Cherries in syrup tinned	0.3	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	0.8	0.0	0.0	0.0	1.0	205.7	136.3	131.0	261.1
6	189	Peaches in syrup tinned	0.3	0.0	0.0	0.0	1.0	69.3	45.8	45.8	104.7
6	190	Prunes dried	0.1	0.0	0.0	0.0	0.2	72.0	72.0	72.0	72.0
6	191	Plums in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
6	689	Avocado	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	6.0	0.0	0.0	0.0	2.1	233.4	201.2	187.5	256.4
6	875	Apple with skin average	4.4	0.0	0.0	33.4	4.7	124.0	118.7	64.2	152.6
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	4.1	0.0	0.0	19.3	5.0	82.8	54.6	37.4	134.6
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.6	0.0	0.0	2.4	4.2	9.9	6.5	0.4	19.6
6	1182	Apple sauce wo sugar tinned	0.0	0.0	0.0	0.0	0.0
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.1	0.2	0.2	0.2	0.2
6	1812	Nectarine	3.3	0.0	0.0	12.6	4.5	45.0	19.1	19.1	97.1
6	1887	Dates fresh	0.2	0.0	0.0	0.0	1.0	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.0	0.0	0.0	0.0	0.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	1.3	8.7	7.4	7.0	12.5
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	0.0
6	2686	Apple sauce wo sugar w sweetner tinned	0.3	0.0	0.0	0.0	0.5	150.0	150.0	150.0	150.0
6	2748	Pear with skin	0.2	0.0	0.0	0.0	0.3	180.8	180.8	180.8	180.8
6	2749	Grapes black with skin	0.4	0.0	0.0	0.0	0.9	86.6	71.3	71.3	102.4
6	2750	Grapes white with skin	7.1	0.0	0.0	53.7	3.7	100.4	68.0	23.8	192.0
6	2843	Pineapple in own juice tinned	0.1	0.0	0.0	0.0	1.0	24.8	24.8	24.8	24.8
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.0
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.0
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0
7	232	Danish pastry	0.4	0.0	0.0	0.0	1.2	46.6	37.5	37.5	60.8

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7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	2.9	0.0	0.0	20.3	15.6	25.6	19.0	15.2	47.6
7	250	Almond filled pastry	0.1	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
7	251	Apple pie Dutch w shortbread w marg	3.5	0.0	0.0	35.3	4.1	91.9	83.0	50.0	133.1
7	252	Biscuit sweet	1.1	0.0	0.0	7.7	12.4	13.6	10.5	5.0	24.9
7	253	Cake wo butter	2.7	0.0	0.0	11.9	2.6	43.5	30.0	30.0	76.6
7	254	Cake sponge Dutch Eierkoek	0.5	0.0	0.0	0.0	1.9	30.0	30.0	30.0	30.0
7	255	Gateau with whipped cream	0.3	0.0	0.0	0.0	0.8	77.1	68.0	68.0	94.3
7	256	Gateau with butter-cream filling	5.7	0.0	0.0	27.2	3.2	74.9	52.6	50.0	137.9
7	257	Almond paste filled tarts average	0.5	0.0	0.0	0.0	1.8	49.1	45.0	45.0	57.7
7	258	Biscuits averaged	1.6	0.0	0.0	9.6	10.5	14.4	10.2	5.0	28.7
7	259	Macaroons	0.0	0.0	0.0	0.0	0.0
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.9	14.1	11.9	10.0	14.7
7	261	Biscuit spiced Speculaas	0.9	0.0	0.0	6.2	11.3	11.2	7.0	7.0	20.3
7	262	Biscuit Dutch shortbread spritsstukken	0.2	0.0	0.0	0.0	1.4	19.7	14.1	12.5	23.9
7	263	Biscuit brown/wholemeal	0.9	0.0	0.0	0.0	6.1	28.1	19.7	8.0	41.8
7	468	Cream slice Dutch Tompouce	0.0	0.0	0.0	0.0	0.0
7	474	Doughnut Dutch style	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.4	0.0	0.0	0.2	1.7	13.3	10.0	10.0	18.5
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
7	634	Coconut flavoured cookies	0.1	0.0	0.0	0.0	0.7	16.0	16.0	16.0	16.0
7	635	Biscuits Dutch krakeling	0.0	0.0	0.0	0.0	0.5	12.0	12.0	12.0	12.0
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	1.0	19.0	19.0	19.0	19.0
7	713	Waffle syrup average	2.9	0.0	0.0	14.3	5.0	57.9	52.2	10.0	88.1
7	789	Cake butter Dutch Boterkoek	0.5	0.0	0.0	0.0	1.2	62.5	47.0	47.0	95.9
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.6	0.0	0.0	0.0	0.6	103.8	78.6	56.0	111.4
7	836	Shortbread	0.6	0.0	0.0	3.9	2.6	16.2	11.7	10.0	23.8
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.0	0.0	0.0	0.0	0.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.2	57.0	57.0	57.0	57.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.5	0.0	0.0	0.0	0.8	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.0	0.0	0.0	0.0	5.0	27.3	22.0	20.0	42.4
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	1.1	20.0	20.0	20.0	20.0
7	1475	Eclair with whipped cream filling	0.0	0.0	0.0	0.0	0.0
7	1476	Meringue with butter-cream	0.0	0.0	0.0	0.0	0.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.1	0.0	0.0	0.0	0.3	26.0	26.0	26.0	26.0
7	1481	Rice cakes puffed	0.2	0.0	0.0	0.0	3.7	7.0	7.0	7.0	7.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	1.5	0.0	0.0	0.0	0.6	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	1.3	0.0	0.0	0.0	2.0	47.1	30.0	30.0	67.6
7	1972	Biscuits assorted with butter	0.7	0.0	0.0	5.5	5.6	12.0	10.0	10.0	15.6
7	2162	Biscuit Cafe noir	0.4	0.0	0.0	0.0	1.6	13.6	10.6	10.0	18.7
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	1.7	0.0	0.0	8.2	3.3	18.6	15.0	15.0	26.9
7	2228	Biscuit with chocolate layer Scholliertje	0.2	0.0	0.0	0.0	2.6	12.0	12.0	12.0	12.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.5	0.0	0.0	0.0	1.8	25.2	16.5	15.0	47.8
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.4	0.0	0.0	0.0	0.9	50.4	30.1	25.0	66.0
7	2234	Cereal bar Hero B'tween	0.3	0.0	0.0	0.0	2.0	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.2	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.9	0.0	0.0	2.6	1.6	36.1	30.0	30.0	46.7
7	2393	Cake raisins-	0.6	0.0	0.0	0.0	1.7	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.3	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.2	0.0	0.0	0.0	0.4	17.0	17.0	17.0	17.0
7	2396	Chocolate pastry w whipped cream	0.3	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.7	0.0	0.0	1.6	2.3	26.2	25.0	25.0	25.0
7	2399	Spiced cake Indonesian- Spekkoek	2.2	0.0	0.0	4.1	1.0	80.0	80.0	80.0	80.0
7	2400	Croissant chocolate-	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.5	0.0	0.0	2.4	2.6	12.7	10.3	10.0	14.5
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	1.1	10.0	10.0	10.0	10.0
7	2413	Cake wrapped in marzipan and chocolate	0.7	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	2.0	0.0	0.0	0.0	1.6	93.5	64.7	41.0	123.5
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.2	0.0	0.0	0.0	0.8	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	1.3	0.0	0.0	10.0	6.5	26.8	20.6	10.0	33.6
7	2622	Appel pie Dutch w shortbread w butter	0.3	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.0	0.0	0.0	0.0	0.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.3	0.0	0.0	0.0	1.6	30.7	10.0	10.0	50.1
7	2698	Cake chocolate made w butter	0.8	0.0	0.0	1.5	1.1	30.0	30.0	30.0	30.0
7	2699	Biscuit Dutch Frou frou	0.0	0.0	0.0	0.0	0.8	11.3	10.5	10.0	11.8
7	2715	Meringue	0.0	0.0	0.0	0.0	0.3	7.5	7.5	7.5	7.5
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.5	0.0	0.0	0.0	1.5	49.7	45.0	45.0	57.6
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.0
7	2775	Biscuit digestive w chocolate	0.4	0.0	0.0	0.0	1.9	28.7	21.3	14.0	29.1
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.0
7	2778	Flan sponge with custard cream	0.0	0.0	0.0	0.0	0.0
7	2820	Waffle syrup w butter	0.5	0.0	0.0	0.0	5.0	20.0	14.4	10.0	27.6
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.0	0.0	0.0	0.0	0.0
7	2864	Biscuit syrup with chocolate	0.5	0.0	0.0	0.0	1.2	15.0	15.0	15.0	15.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.0	0.0	0.0	0.0	0.0
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	1.2	25.2	18.1	16.0	30.6
7	2893	Cake Indonesian	0.0	0.0	0.0	0.0	0.0
7	2894	Biscuit Dutch digestive	0.7	0.0	0.0	7.3	6.4	18.4	15.4	14.0	22.0
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	0.0	0.0	0.0	0.0	0.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	1.2	0.0	0.0	2.5	2.8	18.7	3.8	3.8	44.1
8	213	Oatmeal	0.2	0.0	0.0	0.0	4.1	12.6	8.9	6.5	19.3
8	215	Cornflour	0.0	0.0	0.0	0.0	2.2	3.4	1.1	1.1	6.3
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	2.3	11.0	6.6	4.5	18.6
8	222	Flour wheat 50% extraction	0.1	0.0	0.0	0.0	0.6	60.3	60.3	60.3	60.3
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.2	14.9	14.9	14.9	14.9
8	225	Breakfast cereal Brinta	1.3	0.0	0.0	9.2	4.6	23.2	13.6	9.0	38.5

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8	226	Starch potato	0.0	0.0	0.0	0.0	1.2	0.6	0.6	0.6	0.6
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.1	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
8	590	Wheat bran	0.2	0.0	0.0	0.0	4.3	9.2	7.3	6.0	10.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.1	0.0	0.0	0.0	0.4	28.8	28.8	28.8	28.8
8	658	Rice white boiled	16.3	0.0	0.0	86.6	9.9	124.5	107.7	62.1	176.4
8	659	Pasta white average boiled	15.3	0.0	0.0	87.5	7.6	130.4	128.0	38.6	185.2
8	955	Rice white parboiled boiled	2.8	0.0	0.0	0.0	1.3	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.3	0.0	0.0	1.4	3.3	8.0	5.9	2.1	15.6
8	1014	Rice brown boiled	2.3	0.0	0.0	4.4	1.2	108.3	62.3	60.0	169.3
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.2	0.0	0.0	0.0	0.8	46.0	46.0	46.0	46.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.1	0.0	0.0	0.0	0.9	10.0	7.2	7.2	17.6
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.3	20.0	16.9	15.0	21.9
8	2157	Pasta wholemeal boiled	0.3	0.0	0.0	0.0	0.3	116.0	116.0	116.0	116.0
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.4	0.0	0.0	0.0	0.8	58.0	58.0	58.0	58.0
8	2366	Muesli crunchy plain/w fruit	0.2	0.0	0.0	0.0	1.7	21.9	19.7	19.7	24.1
8	2675	Muesli crunchy w nuts	0.3	0.0	0.0	0.0	1.2	31.5	27.9	9.8	49.4
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.7	6.2	5.4	5.4	7.0
8	2809	Muesli w fruit	2.4	0.0	0.0	27.6	9.8	25.3	23.1	7.4	41.2
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.0
8	3059	Muesli crunchy Cruesli Balans	0.3	0.0	0.0	0.0	0.6	50.0	50.0	50.0	50.0
9	7	Endive raw	1.5	0.0	0.0	0.0	1.7	140.0	140.0	140.0	140.0
9	8	Endive boiled	7.3	0.0	0.0	45.3	5.4	159.2	148.9	45.9	255.8
9	11	Aubergine boiled	0.4	0.0	0.0	0.0	0.1	123.1	123.1	123.1	123.1
9	13	Celery boiled	0.0	0.0	0.0	0.0	0.0
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	4.1	0.0	0.0	0.0	3.2	171.0	175.7	94.0	233.1
9	16	Kale curly boiled	1.3	0.0	0.0	0.0	1.2	94.5	82.2	72.8	121.1
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	1.6	0.0	0.0	9.1	10.7	17.2	12.1	4.1	32.3
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.0
9	27	Cucumber wo skin raw	4.0	0.0	0.0	27.3	8.4	55.2	25.4	12.9	131.7
9	28	Cucumber boiled	0.4	0.0	0.0	0.0	2.0	32.7	22.8	22.8	48.9
9	29	Swede boiled	1.4	0.0	0.0	0.0	0.9	143.3	135.7	131.9	148.6
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.0
9	32	Sweet pepper green boiled	0.1	0.0	0.0	0.0	0.1	23.7	23.7	23.7	23.7
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.7	0.0	0.0	15.4	7.9	38.3	22.4	5.5	124.1
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.6	0.0	0.0	0.0	0.7	96.3	80.0	80.0	134.9
9	44	Cabbage Savoy boiled	0.5	0.0	0.0	0.0	1.3	88.9	88.9	88.9	88.9
9	46	Lettuce head raw	2.5	0.0	0.0	25.4	4.5	51.5	58.0	18.0	71.3
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	0.3	0.0	0.0	0.0	0.3	98.0	98.0	98.0	98.0
9	54	Cabbage oxheart boiled	1.5	0.0	0.0	0.0	1.2	173.7	167.9	136.3	179.3
9	55	Brussel sprouts boiled	4.4	0.0	0.0	0.0	2.2	164.7	158.1	94.0	198.1
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.0
9	59	Bean sprouts boiled	0.3	0.0	0.0	2.9	4.0	5.7	5.4	0.8	10.7
9	60	Tomatoes normal raw	3.5	0.0	0.0	32.5	9.3	54.4	50.7	12.0	89.7
9	61	Tomatoes normal boiled	0.6	0.0	0.0	2.6	5.9	14.2	5.1	2.0	33.9
9	63	Onions raw	3.0	0.0	0.0	27.9	8.5	32.1	15.7	3.8	68.9
9	64	Onions boiled	9.7	0.0	0.0	49.2	28.9	34.4	27.1	3.2	81.3
9	65	Lettuce lambs raw	0.6	0.0	0.0	0.0	1.2	47.1	26.1	26.1	66.4
9	67	Chicory raw	0.8	0.0	0.0	0.0	1.0	86.8	81.0	81.0	106.6
9	68	Chicory boiled	7.3	0.0	0.0	49.0	4.6	169.3	167.0	81.0	275.5
9	69	Cabbage white raw	0.3	0.0	0.0	0.0	1.4	26.2	22.3	21.0	29.2
9	70	Cabbage white cooked	0.9	0.0	0.0	4.2	4.8	7.9	5.4	2.5	18.0
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.0
9	72	Carrots boiled average	2.7	0.0	0.0	8.2	9.4	40.7	16.4	3.5	116.2
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	2.7	0.0	0.0	0.0	2.7	123.0	111.1	77.4	195.7
9	75	Vegetable mix for soup raw	0.1	0.0	0.0	0.0	0.3	63.5	63.5	63.5	63.5
9	124	Radish red/white raw	0.0	0.0	0.0	0.0	0.0
9	126	Cress garden raw	0.1	0.0	0.0	0.0	2.0	8.0	8.0	8.0	8.0
9	127	Vegetables mixture raw	0.5	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	1.9	0.0	0.0	16.6	6.9	17.0	12.0	4.6	35.5
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	2.1	0.0	0.0	0.0	1.7	132.5	130.0	130.0	138.0
9	136	Peas and carrots tinned	0.1	0.0	0.0	0.0	0.1	45.6	45.6	45.6	45.6
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.0	0.0	0.0	0.0	0.0
9	140	Spinach tinned	5.2	0.0	0.0	0.0	0.6	448.5	448.5	448.5	448.5
9	141	Tomato puree concentrated tinned	1.3	0.0	0.0	8.3	4.9	17.3	10.1	3.9	41.1

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9	142	Beans broad tinned	0.4	0.0	0.0	0.0	0.9	73.0	73.0	73.0	73.0
9	143	Carrots tinned	0.0	0.0	0.0	0.0	0.0
9	144	Silver-skin onions sweet pickled glass	0.5	0.0	0.0	2.6	2.1	13.3	12.0	12.0	15.5
9	145	Cabbage red glass	0.7	0.0	0.0	0.0	0.7	175.0	175.0	175.0	175.0
9	146	Spinach frozen boiled	0.0	0.0	0.0	0.0	0.0
9	538	Rhubarb puree w sugar	0.9	0.0	0.0	0.4	1.0	46.2	31.9	31.9	83.8
9	557	Celery raw	0.3	0.0	0.0	0.0	1.3	50.0	50.0	50.0	50.0
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.4	5.2	4.0	4.0	6.6
9	562	Leek raw	0.2	0.0	0.0	0.0	0.6	23.0	23.0	23.0	23.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.0	0.0	0.0	0.0	0.0
9	651	Spinach creamed frozen boiled	1.7	0.0	0.0	0.0	0.7	250.0	250.0	250.0	250.0
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	1.3	0.0	0.0	0.0	1.3	113.4	76.8	76.8	142.7
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.5	0.0	0.0	3.4	2.2	13.8	10.2	6.3	20.8
9	885	Sweet pepper red boiled	0.4	0.0	0.0	0.4	2.3	17.2	13.1	3.4	24.4
9	920	Broccoli boiled	7.9	0.0	0.0	68.4	4.2	133.5	121.2	69.5	198.9
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.0
9	951	Beans French boiled	10.5	0.0	0.0	85.9	11.6	165.0	171.7	2.5	241.5
9	952	Kale curly frozen boiled	0.1	0.0	0.0	0.0	0.1	105.2	105.2	105.2	105.2
9	953	Peas frozen boiled	1.7	0.0	0.0	0.0	3.8	107.2	62.9	9.1	114.3
9	954	Beans French frozen boiled	4.2	0.0	0.0	25.9	1.7	107.9	68.9	30.7	158.7
9	957	Asparagus boiled	1.0	0.0	0.0	0.0	1.2	166.6	108.0	80.4	207.4
9	958	Beetroot boiled	0.8	0.0	0.0	0.0	1.0	77.8	57.8	37.5	95.8
9	961	Beans runner boiled	6.9	0.0	0.0	64.3	3.1	197.4	228.1	57.8	235.2
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0
9	963	Peas fresh boiled	3.0	0.0	0.0	0.0	0.8	225.4	225.4	225.4	225.4
9	964	Mange-tout boiled	0.4	0.0	0.0	0.0	0.5	28.4	28.4	28.4	28.4
9	966	Courgettes boiled	0.6	0.0	0.0	2.1	4.5	20.5	21.6	6.0	26.4
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	1.3	0.0	0.0	0.0	0.9	157.4	95.3	50.0	189.5
9	1141	Vegetable mixed Mexico frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1143	Beans runner frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.1	9.5	9.5	9.5	9.5
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.0
9	1399	Lettuce iceberg raw	1.5	0.0	0.0	0.0	3.0	85.1	85.5	19.2	102.4
9	1454	Beetroot pickled glass	0.0	0.0	0.0	0.0	0.0
9	1484	Onions deep-fried sachet	0.1	0.0	0.0	0.0	0.8	10.1	10.1	10.1	10.1
9	1904	Vegetables average boiled	1.4	0.0	0.0	0.0	2.2	63.1	37.5	19.8	152.0

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9	1905	Vegetables average raw	2.2	0.0	0.0	0.0	0.6	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.1	30.7	30.7	30.7	30.7
9	2293	Tomatoes tinned	3.1	0.0	0.0	0.0	1.2	89.5	51.2	51.2	125.6
9	2330	Mange-tout and carrots boiled	4.2	0.0	0.0	0.0	1.3	370.0	370.0	370.0	370.0
9	2331	Bami vegetables mixed boiled	0.0	0.0	0.0	0.0	0.0
9	2346	Lettuce green average raw	0.2	0.0	0.0	0.0	0.5	11.2	11.2	11.2	11.2
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
9	2378	Tomato sun-dried	0.1	0.0	0.0	0.0	0.7	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.5	2.2	2.2	2.2	2.2
9	2498	Tomatoes sieved	0.8	0.0	0.0	0.0	3.2	45.4	40.6	23.4	60.6
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.4	0.0	0.0	0.0	1.2	34.4	13.7	13.7	54.8
9	2710	Cabbage red w apple pieces glass	1.4	0.0	0.0	0.0	0.6	90.0	90.0	90.0	90.0
9	2726	Carrot bunched raw	0.0	0.0	0.0	0.0	0.0
9	2727	Carrot bunched boiled	7.7	0.0	0.0	53.3	5.1	147.5	108.3	100.0	211.9
9	2728	Carrot winter raw	0.8	0.0	0.0	0.0	1.0	79.3	50.0	50.0	191.3
9	2729	Carrot winter boiled	1.3	0.0	0.0	0.0	0.9	178.3	105.9	30.7	215.8
9	2730	Tomato vine raw	4.8	0.0	0.0	25.4	3.1	148.8	136.7	78.9	203.8
9	2731	Tomato cherry raw	3.3	0.0	0.0	18.1	5.9	45.5	30.7	30.0	89.6
9	2732	Tomato beef raw	2.0	0.0	0.0	0.0	0.8	80.0	80.0	80.0	80.0
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.6	0.0	0.0	0.0	0.5	38.5	38.5	38.5	38.5
9	2735	Tomato average boiled	0.1	0.0	0.0	0.0	0.9	11.1	4.8	4.8	34.2
9	2736	Rocket raw	0.0	0.0	0.0	0.0	0.0
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.0
9	2738	Onion Welsh boiled	0.7	0.0	0.0	6.2	2.0	12.1	7.2	4.0	19.9
9	2739	Cucumber w skin raw	0.2	0.0	0.0	0.0	1.2	33.6	25.5	25.5	62.2
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.0	0.0	0.0	0.0	0.0
9	2742	Sweet pepper average raw	0.2	0.0	0.0	0.0	0.6	17.5	10.0	10.0	38.2
9	2743	Sweet pepper average boiled	0.4	0.0	0.0	2.5	3.5	12.7	5.2	1.7	28.3
9	2840	Cabbage red w apple pieces	0.0	0.0	0.0	0.0	0.0
9	2900	Sweetcorn tinned	0.6	0.0	0.0	0.0	0.7	36.4	36.4	36.4	36.4
10	455	Peanut butter	0.9	0.0	0.0	5.8	3.5	18.4	13.0	6.7	32.2
10	541	Peanut butter with nut pieces	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
10	574	Sandwich spread cucumber	0.1	0.0	0.0	0.0	0.5	40.0	40.0	40.0	40.0
10	575	Sandwich spread original	0.8	0.0	0.0	0.0	2.5	22.7	11.4	5.0	41.0
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
10	2367	Peanut butter light	0.1	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.6	1.3	1.3	1.3	1.3
11	511	Cheese Edam 40+	0.7	0.0	0.0	8.6	3.3	18.6	17.1	8.4	24.1
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	6.0	0.0	0.0	23.2	18.6	32.3	27.7	9.5	53.9
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.5	0.0	0.0	0.0	2.4	37.3	44.3	14.0	47.6
11	515	Cheese spread 48+	0.8	0.0	0.0	5.4	2.6	15.9	12.7	12.0	25.1
11	517	Cheese spread 20+	1.7	0.0	0.0	0.0	3.7	109.5	63.7	19.0	114.4
11	556	Cheese Camembert 45+	0.6	0.0	0.0	0.0	0.6	28.2	18.0	10.5	33.3
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.0
11	719	Cheese cream soft Mon Chou	0.6	0.0	0.0	0.0	2.0	16.6	7.3	4.0	44.2
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.3	0.0	0.0	0.0	1.3	29.0	29.0	29.0	29.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.0
11	728	Cheese cream soft Boursin	0.2	0.0	0.0	0.0	0.9	40.6	21.2	20.1	56.1
11	804	Cheese sheep fresh	1.0	0.0	0.0	7.0	4.6	15.8	13.9	8.8	24.8
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.0
11	883	Cheese Amsterdam 48+	0.0	0.0	0.0	0.0	0.0
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	1.4	0.0	0.0	12.3	3.4	36.3	29.0	22.0	53.4
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	5.2	0.0	0.0	35.0	17.7	34.3	32.1	12.0	50.0
11	1487	Cheese Brie 60+	3.8	0.0	0.0	24.5	5.3	55.4	43.6	21.0	108.1
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.4	0.0	0.0	0.0	1.0	33.7	23.7	20.0	41.1
11	1723	Cheese 20+	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
11	1724	Cheese 50+	0.1	0.0	0.0	0.0	0.5	24.0	24.0	24.0	24.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.0	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.1	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
11	1809	Cheese 45+	0.8	0.0	0.0	0.0	1.4	36.5	32.1	32.1	47.4
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.6	0.0	0.0	0.0	3.0	28.2	17.4	8.3	51.3
11	2518	Cheese goat hard	0.9	0.0	0.0	0.0	3.2	29.8	24.4	22.0	37.0
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	1.2	15.8	11.3	10.0	19.1
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.1	0.0	0.0	0.0	4.4	44.4	45.2	12.0	58.0
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	5.5	0.0	0.0	26.5	14.8	35.2	29.1	22.0	58.8
11	2758	Cheese Gouda 48+ age 4-7 mths	2.4	0.0	0.0	14.5	9.3	33.7	28.5	10.1	66.7
11	2759	Cheese Gouda 48+ age 10-12 mths	1.1	0.0	0.0	3.6	5.0	27.9	26.0	13.0	43.0
11	2824	Cheese 30+ low salt	0.2	0.0	0.0	0.0	1.0	36.0	30.0	30.0	40.8
12	429	Stock cubes	0.1	0.0	0.0	0.0	2.9	3.2	2.9	1.0	5.0
12	824	Mustard	0.1	0.0	0.0	0.5	5.3	4.2	2.7	0.3	7.6
12	830	Garlic fresh	0.1	0.0	0.0	0.3	5.9	0.9	0.7	0.1	2.0
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.8	4.0	3.0	2.0	4.8
12	858	Gravy powder	0.0	0.0	0.0	0.0	1.5	8.1	5.1	5.0	10.6
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.4	3.1	2.0	1.0	1.0	4.9
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.3	21.5	21.5	21.5	21.5
12	2606	Mix for marinade powder unprepared	0.1	0.0	0.0	0.0	0.6	5.6	5.0	5.0	7.0

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

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.2	22.0	22.0	22.0	22.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.4	0.0	0.0	0.0	1.1	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.0
12	2681	Mixed spices Wereldgerechten unprep	0.2	0.0	0.0	1.0	1.4	7.6	7.4	7.4	8.5
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	2.0	0.0	0.0	3.8	4.7	46.1	39.9	16.0	74.8
13	272	Milk chocolate-flavoured full fat	0.7	0.0	0.0	0.0	0.7	200.0	200.0	200.0	200.0
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.2	5.2	7.0	1.8	1.0	14.2
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.0
13	276	Custard chocolate full fat	1.7	0.0	0.0	0.0	0.7	250.0	250.0	250.0	250.0
13	278	Yoghurt full fat	16.2	0.0	0.0	144.3	4.8	391.0	295.8	216.0	513.2
13	279	Milk whole	36.4	0.0	0.0	225.4	13.6	315.9	273.7	127.1	510.2
13	280	Coffee creamer full fat	1.6	0.0	0.0	10.4	11.7	18.3	19.1	4.5	23.7
13	281	Milk full fat condensed w sugar tinned	0.1	0.0	0.0	0.0	0.6	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	8.1	0.0	0.0	57.3	6.9	168.1	139.3	72.1	218.7
13	284	Yoghurt low fat with fruit	4.4	0.0	0.0	0.0	2.7	228.3	175.2	97.2	379.2
13	285	Coffee creamer half fat	4.3	0.0	0.0	17.6	19.9	19.9	15.6	4.2	40.0
13	286	Milk semi-skimmed	66.3	0.0	0.0	350.8	26.8	271.2	237.7	26.6	557.1
13	288	Porridge oatmeal	0.0	0.0	0.0	0.0	0.0
13	289	Buttermilk	26.1	0.0	0.0	204.2	13.0	226.6	191.2	153.0	355.6
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	0.5	19.4	12.4	8.0	23.7
13	294	Milk skimmed	13.9	0.0	0.0	0.0	2.1	454.4	419.5	408.9	519.4
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	0.0	0.0	0.0	0.0	0.0
13	299	Cream whipping	0.0	0.0	0.0	0.0	0.6	9.2	9.2	9.2	9.2
13	301	Yoghurt low fat	14.0	0.0	0.0	124.8	16.9	160.1	141.8	5.3	256.3
13	303	Ice cream dairy cream based	1.2	0.0	0.0	0.0	2.0	88.9	55.9	50.0	142.6
13	305	Fromage frais low fat	4.4	0.0	0.0	0.0	4.5	76.4	34.2	24.0	185.2
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	1.0	0.0	0.0	0.0	1.4	74.1	71.0	70.0	76.4
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	2.7	0.0	0.0	0.0	1.2	340.2	284.6	247.2	371.5
13	485	Ice cream dairy cornet	0.0	0.0	0.0	0.0	0.0
13	532	Blancmange chocolate	0.0	0.0	0.0	0.0	0.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	1.4	0.0	0.0	0.0	0.7	212.2	212.2	212.2	212.2
13	736	Pudding vanilla	0.7	0.0	0.0	0.0	0.9	100.0	100.0	100.0	100.0
13	767	Mousse chocolate	0.6	0.0	0.0	0.0	0.9	60.0	60.0	60.0	60.0
13	786	Pudding chipolata	0.3	0.0	0.0	0.0	0.3	127.6	117.6	117.6	142.3

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13	812	Cream sour	0.0	0.0	0.0	0.0	1.3	3.5	3.5	3.5	3.5
13	863	Yoghurt full fat with fruit	3.4	0.0	0.0	0.0	3.3	157.5	126.7	111.6	240.6
13	912	Pudding raspberries w currant sauce	3.8	0.0	0.0	11.5	1.2	125.0	125.0	125.0	125.0
13	915	Chocolate pudding with sauce	0.9	0.0	0.0	0.0	0.8	166.7	166.7	166.7	166.7
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	1.1	0.0	0.0	0.0	1.4	90.7	55.7	48.0	118.1
13	931	Fromage frais low fat with fruit	0.1	0.0	0.0	0.0	0.2	58.0	58.0	58.0	58.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.6	0.0	0.0	0.0	0.4	166.7	166.7	166.7	166.7
13	940	Blancmange vanilla w strawberry sauce	0.0	0.0	0.0	0.0	0.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	7.9	0.0	0.0	78.8	2.6	188.3	162.7	140.0	196.3
13	1464	Milk chocolate-flavoured semi-skimmed	2.4	0.0	0.0	0.0	2.0	162.4	130.5	114.0	239.4
13	1474	Ice lolly/ Sorbet	0.3	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
13	1502	Yoghurt half fat	5.6	0.0	0.0	0.0	3.5	235.2	202.2	135.0	419.8
13	1503	Cream 25% fat	0.0	0.0	0.0	0.0	0.0
13	1719	Milk semi-skimmed enriched w calcium	0.0	0.0	0.0	0.0	0.0
13	1720	Custard several flavours full fat	6.5	0.0	0.0	59.7	2.7	230.2	236.8	92.7	302.9
13	1721	Yoghurt vanilla half fat	3.7	0.0	0.0	2.7	1.9	173.2	147.4	115.6	233.3
13	1722	Porridge semolina	0.0	0.0	0.0	0.0	0.0
13	1791	Cream whipped w sugar canned	0.3	0.0	0.0	2.3	3.6	8.5	8.5	3.0	11.8
13	1808	Creme fraiche	0.1	0.0	0.0	0.0	0.1	58.7	58.7	58.7	58.7
13	1813	Yakult	1.9	0.0	0.0	0.0	2.2	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.5	0.0	0.0	0.0	1.2	182.2	177.4	172.8	183.0
13	1834	Yoghurt drink w sweeteners Optimel	4.4	0.0	0.0	0.0	2.3	178.8	174.5	149.4	191.1
13	1916	Cream whipped with added sugar	0.9	0.0	0.0	3.8	6.3	22.0	7.5	3.0	57.2
13	1954	Coffee creamer Balance	0.2	0.0	0.0	0.0	0.8	25.1	21.5	16.0	31.2
13	1957	Custard with whipped cream	0.0	0.0	0.0	0.0	0.2	24.7	24.7	24.7	24.7
13	1958	Porridge buttermilk groats	0.6	0.0	0.0	0.0	0.4	190.6	190.6	190.6	190.6
13	1970	Milk chocolate-flavoured Chocomel light	1.4	0.0	0.0	0.0	0.6	212.2	212.2	212.2	212.2
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.0
13	2244	Yoghurt cream- with fruit	0.0	0.0	0.0	0.0	0.0
13	2246	Fromage frais low fat w fruit w sw	0.0	0.0	0.0	0.0	0.0
13	2247	Fromage frais yoghurt w fruit	3.4	0.0	0.0	0.0	1.0	204.6	200.0	200.0	209.4
13	2248	Fromage frais w fruit Danoontje	0.3	0.0	0.0	0.0	0.7	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.0	0.0	0.0	0.0	0.0
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	0.0	0.0	0.0	0.0	0.0
13	2258	Actimel	0.5	0.0	0.0	0.0	0.8	100.0	100.0	100.0	100.0
13	2265	Yakult light	1.0	0.0	0.0	0.0	0.5	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	0.7	0.0	0.0	0.0	0.8	180.3	180.3	180.3	180.3
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.5	4.4	4.4	4.4	4.4
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	0.7	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.3	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
13	2495	Drinking chocolate w s-sk milk	0.5	0.0	0.0	0.0	0.3	206.0	206.0	206.0	206.0
13	2496	Dairy drink Campina fruitmilk	2.9	0.0	0.0	0.0	0.5	188.5	188.5	188.5	188.5
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	0.5	0.0	0.0	0.0	0.6	142.7	135.0	135.0	163.5
13	2503	Yoghurt Greek full fat	9.9	0.0	0.0	68.7	3.4	175.5	126.6	70.0	290.4
13	2504	Fromage frais full fat w fruit	0.2	0.0	0.0	0.0	0.1	175.0	175.0	175.0	175.0
13	2519	Custard half fat all flavours	2.2	0.0	0.0	0.0	0.8	121.5	110.2	110.2	145.8
13	2520	Pudding airy average	0.6	0.0	0.0	0.0	1.5	74.6	65.0	65.0	120.5
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.0	0.0	0.0	0.0	0.0
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	2.8	0.0	0.0	0.0	0.7	113.3	24.7	24.7	187.5
13	2539	Custard soft & airy Campina	1.2	0.0	0.0	0.0	0.5	80.0	80.0	80.0	80.0
13	2655	Yoghurt 0% fat w fruit Activia	3.5	0.0	0.0	6.4	1.0	125.0	125.0	125.0	125.0
13	2689	Actimel light	0.5	0.0	0.0	0.0	1.3	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.4	6.0	6.0	6.0	6.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	3.1	0.0	0.0	0.0	2.6	158.9	151.6	148.7	167.4
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.5	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
13	2917	Dairy drink Milk&Fruit mango	6.7	0.0	0.0	19.4	1.8	209.4	177.1	170.0	296.3
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	7.5	0.0	0.0	0.0	0.9	299.1	257.5	257.5	339.7
13	3065	Cream whipped low fat w sweetener canned	0.2	0.0	0.0	0.0	0.8	11.9	8.0	8.0	16.3
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.5	12.0	12.0	12.0	12.0
13	3074	Yoghurt full fat w fruit Activia	3.4	0.0	0.0	0.0	1.8	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	2.5	0.0	0.0	14.6	1.7	70.9	74.7	17.8	80.2
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.1	25.8	25.8	25.8	25.8

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14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.6	0.0	0.0	2.4	6.4	9.9	3.8	0.5	29.9
14	1380	Dessert soya Alpro	0.2	0.0	0.0	0.0	0.2	76.2	76.2	76.2	76.2
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.0	0.0	0.0	0.0	0.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.0	0.0	0.0	0.0	0.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.0
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.0	0.0	0.0	0.0	0.4	11.0	11.0	11.0	11.0
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	1.1	0.0	0.0	0.0	2.4	31.5	5.4	5.4	68.3
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.4	18.8	18.8	18.8	18.8
15	204	Peanuts unsalted	2.5	0.0	0.0	0.0	0.6	150.0	150.0	150.0	150.0
15	205	Mixed nuts and raisins	1.3	0.0	0.0	0.0	1.3	100.0	100.0	100.0	100.0
15	206	Walnuts unsalted	0.8	0.0	0.0	2.0	2.0	34.2	19.6	6.6	56.8
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.4	50.0	50.0	50.0	50.0
15	264	Biscuit salted average	0.8	0.0	0.0	3.3	3.4	13.8	8.0	8.0	27.9
15	265	Puff pastry baked	1.0	0.0	0.0	0.0	0.7	58.6	39.8	22.0	62.5
15	266	Snack sausage roll puff pastry	1.6	0.0	0.0	0.0	1.8	108.9	72.6	17.5	147.7
15	267	Pretzel sticks	0.1	0.0	0.0	0.0	0.7	25.0	25.0	25.0	25.0
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
15	546	Peanuts coated	2.3	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
15	618	Cocktail snacks Nibbits	0.1	0.0	0.0	0.0	0.3	27.0	27.0	27.0	27.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	1.1	0.0	0.0	0.0	0.9	51.3	30.0	30.0	74.1
15	867	Linseeds	0.1	0.0	0.0	0.0	2.0	5.7	3.1	1.0	6.8
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.5	1.6	1.6	1.6	1.6
15	876	Peanuts salted	1.7	0.0	0.0	15.1	2.6	50.0	45.6	15.0	66.3
15	901	Snack sausage roll w bread dough pastry	0.2	0.0	0.0	0.0	0.4	75.0	75.0	75.0	75.0
15	1496	Salad fish	1.9	0.0	0.0	16.1	1.8	35.0	30.0	30.0	43.1
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
15	1498	Salad chicken curry	0.2	0.0	0.0	0.0	0.7	27.5	25.0	25.0	29.5
15	1499	Salad egg	0.3	0.0	0.0	0.0	0.7	45.0	45.0	45.0	45.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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15	1699	Biscuits & snacks cheesy averaged	1.1	0.0	0.0	2.6	1.4	31.4	15.6	15.0	53.8
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.0
15	1877	Salad meat	1.0	0.0	0.0	0.0	1.3	90.0	90.0	90.0	90.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.4	28.0	28.0	28.0	28.0
15	1935	Nuts mixed salted	0.5	0.0	0.0	0.0	1.3	34.9	27.5	25.0	48.4
15	1937	Crisps tortilla unflavoured	0.2	0.0	0.0	0.0	2.3	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.4	9.1	8.0	7.2	9.7
15	2345	Peanuts sugar coated	1.2	0.0	0.0	0.0	0.7	70.0	70.0	70.0	70.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.3	0.0	0.0	0.0	0.6	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	0.6	0.0	0.0	0.0	1.5	60.7	47.3	34.0	61.4
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	4.4	0.0	0.0	13.2	2.5	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.1	0.0	0.0	0.0	0.1	74.0	74.0	74.0	74.0
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.7	0.0	0.0	7.2	2.0	63.6	59.4	53.7	70.6
16	968	Beans white/brown boiled	0.4	0.0	0.0	0.0	0.4	133.7	133.7	133.7	133.7
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.0
16	3049	Beans white tinned	0.9	0.0	0.0	0.0	0.4	275.0	275.0	275.0	275.0
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.5	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	6.1	0.0	0.0	18.5	1.5	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	4.9	0.0	0.0	0.0	0.7	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	0.9	0.0	0.0	0.0	0.5	225.4	220.5	220.5	232.3
19	758	Soup clear with meat	2.2	0.0	0.0	0.0	2.0	200.0	200.0	200.0	200.0
19	759	Soup clear with vegetables	4.7	0.0	0.0	0.0	2.6	306.5	267.4	183.7	403.7
19	760	Soup clear with meat and noodles	5.9	0.0	0.0	0.0	0.6	346.5	346.5	346.5	346.5
19	761	Soup clear with meat and vegetables	1.1	0.0	0.0	0.0	0.5	189.0	189.0	189.0	189.0
19	762	Soup clear w meat vegetables and noodles	1.6	0.0	0.0	0.0	1.2	297.6	202.5	175.4	546.0
19	763	Soup thickened w vegetables	16.7	0.0	0.0	179.2	3.0	349.8	339.5	157.5	388.5
19	766	Soup main course w legumes and meat	0.9	0.0	0.0	0.0	1.0	181.5	181.5	181.5	181.5
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	0.0	0.0	0.0	0.0	0.0
19	797	Soup vegetable based dried packet prep	6.5	0.0	0.0	0.0	3.1	289.0	294.5	175.0	319.8
19	798	Soup meat based dried packet prepared	1.4	0.0	0.0	0.0	1.3	196.9	189.0	189.0	207.2
19	800	Soup vegetable based tinned prepared	4.2	0.0	0.0	0.0	2.5	266.7	254.6	218.4	279.2
19	801	Soup meat based ready made prepared	1.0	0.0	0.0	0.0	0.7	291.7	175.4	175.4	532.1
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	17.2	0.0	0.0	156.3	4.6	195.3	165.6	157.0	289.1
19	2487	Soup veg & meat based ready made prep	1.4	0.0	0.0	0.0	0.2	604.0	604.0	604.0	604.0
19	2488	Soup vegetable&meat based prepared pack	4.8	0.0	0.0	0.0	1.6	232.6	206.2	194.3	298.6
19	2561	Soup thickened no filling	1.1	0.0	0.0	0.0	0.5	130.2	130.2	130.2	130.2
19	2932	Soup cup-a-soup prepared	0.9	0.0	0.0	0.0	0.7	175.0	175.0	175.0	175.0
20	374	Sugar brown Basterdsuiker	0.7	0.0	0.0	3.5	8.2	8.7	4.8	1.9	22.2
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.5	5.0	5.0	5.0	5.0
20	377	Sugar granulated	7.0	0.4	0.0	29.9	36.7	17.3	11.4	2.3	43.9
20	378	Syrup Keukenstroop	0.1	0.0	0.0	0.0	0.8	17.1	14.0	12.9	19.4
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
20	427	Syrup apple	3.4	0.0	0.0	14.6	15.2	23.1	18.0	5.5	59.6
20	431	Chocolate milk	0.4	0.0	0.0	0.1	5.1	15.6	9.4	5.0	27.4
20	432	Chocolate plain	0.5	0.0	0.0	3.6	8.7	10.7	7.7	5.0	17.5
20	433	Chocolate flakes milk	0.4	0.0	0.0	0.0	1.7	29.0	24.9	22.2	34.4
20	435	Chocolate flakes plain	0.9	0.0	0.0	0.0	6.1	31.4	25.7	10.0	36.5
20	436	Spread chocolate hazelnut	0.3	0.0	0.0	0.0	0.8	50.0	50.0	50.0	50.0

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20	442	Coloured confetti fruit-flavoured	0.5	0.0	0.0	2.5	4.5	15.0	9.9	5.0	25.5
20	443	Honey	1.9	0.0	0.0	14.5	12.5	16.8	16.9	1.4	32.6
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
20	445	Jam	6.6	0.0	0.0	26.5	28.3	24.4	19.7	9.6	41.3
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.7	2.0	2.0	2.0	2.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.3	0.0	0.0	0.0	2.4	11.0	7.1	3.0	15.1
20	453	Peppermint	0.2	0.0	0.0	0.6	5.5	6.5	4.1	3.0	11.2
20	457	Jam rose hip	0.2	0.0	0.0	0.0	0.5	33.3	33.3	33.3	33.3
20	461	Toffees	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
20	484	Jam reduced sugar	1.2	0.0	0.0	5.3	6.1	33.8	28.8	6.7	48.2
20	487	Candybar Mars	0.0	0.0	0.0	0.0	0.0
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	1.1	32.0	32.0	32.0	32.0
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.6	0.0	0.0	3.0	4.1	14.9	6.6	1.0	34.6
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	1.1	4.0	4.0	4.0	4.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
20	539	Sauce fruit for pudding	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.1	0.0	0.0	0.0	0.9	18.5	12.0	12.0	23.7
20	727	Chocolate liqueurs	0.2	0.0	0.0	0.0	0.5	28.0	28.0	28.0	28.0
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	1.1	7.5	6.0	6.0	10.8
20	752	Wine gums	0.0	0.0	0.0	0.0	0.0
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.4	14.0	14.0	14.0	14.0
20	1507	Fondant cream	0.1	0.0	0.0	0.0	1.3	19.1	16.0	10.0	24.3
20	1508	Chocolates filled/Belguim chocolate	2.0	0.0	0.0	9.9	9.7	18.4	14.7	4.7	28.8
20	1962	Chocolate confetti milk	0.0	0.0	0.0	0.0	0.0
20	1963	Chocolate confetti plain	0.9	0.0	0.0	4.9	4.8	12.6	10.2	10.0	14.5
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.0
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	1.2	5.4	4.6	4.0	5.9
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
20	2375	Chocolate plain w nuts	0.2	0.0	0.0	0.0	0.6	20.1	16.9	12.0	24.2
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.2	0.0	0.0	0.0	1.3	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.1	0.0	0.0	0.0	1.5	6.8	3.1	1.0	9.3

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20	2489	Spread speculaas flavoured	0.4	0.0	0.0	0.0	0.7	17.5	17.5	17.5	17.5
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
20	2595	Candybar KitKat	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	0.6	0.0	0.0	0.0	2.6	12.7	11.8	1.0	17.3
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.0
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.3	4.1	4.1	4.1	4.1
21	310	Butter unsalted	3.1	0.0	0.0	27.1	19.5	13.9	11.3	1.9	30.7
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.1	0.0	0.0	0.0	0.5	19.5	10.3	2.5	22.9
21	314	Lard	0.0	0.0	0.0	0.0	0.5	3.6	3.0	2.6	4.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.2	0.0	0.0	8.1	10.6	7.8	5.5	0.6	16.9
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.0
21	451	Mayonnaise	0.1	0.0	0.0	0.0	2.8	6.2	4.2	1.6	12.1
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.3	0.0	0.0	0.0	2.0	14.0	5.4	3.9	28.6
21	462	Ketchup tomato	0.3	0.0	0.0	0.0	2.3	16.8	6.1	0.3	33.0
21	465	Sauce for chips 25% oil	0.1	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.0	0.0	0.0	0.0	0.0
21	601	Oil olive	1.9	0.0	0.0	8.5	18.0	6.7	5.1	1.5	15.1
21	606	Oil Becel	0.3	0.0	0.0	0.0	3.3	20.5	20.5	20.5	20.5
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0
21	616	Peanut sauce jar prepared	1.0	0.0	0.0	0.6	1.8	51.8	37.7	13.2	80.8
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.3	0.0	0.0	1.1	2.1	11.9	6.1	6.1	23.4
21	879	Butter salted	0.7	0.0	0.0	3.9	9.2	9.5	6.7	0.7	28.4
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	1515	Sauce based on roux prepared	0.0	0.0	0.0	0.0	0.0
21	1517	Sauce mix packet <3% fat prepared	0.1	0.0	0.0	0.0	0.1	112.7	112.7	112.7	112.7
21	1518	Sauce mix packet >3% fat prepared	1.5	0.0	0.0	7.9	5.9	44.1	20.5	13.5	108.7
21	1524	Sauce tomato ready made jar	0.5	0.0	0.0	0.0	0.8	73.0	62.8	42.7	85.9
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.0
21	1803	Sauce oriental ready-made in jar/bag	1.0	0.0	0.0	0.0	1.1	90.6	56.3	20.8	124.6
21	1839	Low fat margarine product tub Becel Ligh	2.0	0.0	0.0	12.0	11.6	21.3	20.8	6.0	31.9

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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21	1847	Margarine product tub Becel Dieet	1.8	0.0	0.0	11.0	8.4	24.3	18.9	5.8	43.3
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.0
21	1938	Peanut sauce packet prepared	1.5	0.0	0.0	2.7	1.1	52.8	52.8	52.8	52.8
21	1956	Low fat spread Becel pro-activ	2.2	0.0	0.0	14.6	11.4	23.3	22.4	6.0	38.4
21	1961	Low fat marg prod Blue Band Goede Start	0.5	0.0	0.0	0.0	1.6	39.1	21.6	6.0	44.5
21	2059	Low fat margarine 40% fat <17 g sat	3.4	0.0	0.0	20.8	12.5	37.0	23.3	7.9	67.9
21	2060	Low fat margarine prod 35% fat <10 g sat	1.6	0.0	0.0	16.8	9.5	26.9	26.3	3.5	46.8
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.6	0.0	0.0	0.0	2.7	49.3	45.0	45.0	53.1
21	2063	Margarine 80% fat >24 g saturates	1.1	0.0	0.0	4.9	11.8	6.8	4.0	0.9	17.5
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.5	0.0	0.0	1.5	2.5	9.3	6.5	6.0	11.5
21	2066	Cooking fat liquid 97% fat <17 g sat	1.6	0.0	0.0	9.0	17.0	8.7	7.5	1.8	19.0
21	2067	Cooking fat solid 97% fat >17 g sat	0.1	0.0	0.0	0.3	5.1	3.7	2.3	0.4	8.0
21	2068	Frying fat liquid <24 g sat fatty acids	0.1	0.0	0.0	0.0	1.4	9.0	6.3	6.3	13.4
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.5	0.0	0.0	3.8	4.4	10.9	10.6	6.6	12.0
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	1.0	0.0	0.0	11.9	4.6	9.5	4.7	1.3	24.5
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.6	5.6	5.6	5.6	5.6
21	2178	Pesto	0.0	0.0	0.0	0.0	0.4	3.0	3.0	3.0	3.0
21	2294	Low fat margarine Twenty four Ultralight	0.0	0.0	0.0	0.0	0.0
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.0
21	2418	Sauce hot liquid ready made <12% fat	0.0	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.2	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.2	0.0	0.0	10.6	5.8	31.2	23.5	6.8	47.9
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.0	0.0	0.0	0.0	0.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.7	24.1	23.7	23.3	24.2
21	2451	Gravy 25% fat thickend prep w gravypowde	0.2	0.0	0.0	0.0	1.9	19.8	17.8	16.5	20.9
21	2452	Gravy 25% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	1.3	11.6	11.6	11.6	11.6
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.9	12.1	12.1	12.1	12.1

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	2.8	23.3	23.3	23.3	23.3
21	2459	Gravy 50% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.8	24.3	24.3	24.3	24.3
21	2460	Gravy 75% fat clear prep wo gravypowder	0.9	0.0	0.0	0.0	0.7	57.9	33.1	12.6	68.1
21	2462	Gravy 5% fat clear prep wo gravypowder	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	2464	Sauce powder approx 10% fat	0.2	0.0	0.0	0.0	0.5	10.8	10.8	10.8	10.8
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.0
21	2466	Salad dressing vinaigrette	0.2	0.0	0.0	0.0	1.7	16.3	13.3	1.9	19.3
21	2467	Salad dressing./sauce approx 13% oil	0.0	0.0	0.0	0.0	0.0
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.0
21	2469	Sauce mayonnaise based average	0.0	0.0	0.0	0.0	0.0
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.0
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.0
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.6	5.9	5.9	5.9	5.9
21	2525	Frying fat horeca	0.2	0.0	0.0	0.7	2.3	10.9	2.8	2.8	26.0
21	2526	Gravy 25% fat thickened w gravypowder	0.2	0.0	0.0	0.0	0.2	97.0	97.0	97.0	97.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.0	0.0	0.0	0.0	0.2	1.0	1.0	1.0	1.0
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.4	0.0	0.0	1.4	8.4	4.0	1.5	0.8	13.9
21	2559	Low fat margarine prod AH Bewust light	0.4	0.0	0.0	0.0	1.3	27.3	24.5	24.0	29.4
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.1	0.0	0.0	0.2	3.7	4.3	2.4	0.5	8.5
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.3	0.0	0.0	0.0	5.0	6.8	3.8	0.9	15.5
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.0	0.0	0.0	0.0	0.0
21	2580	Gravy 5% fat thickend w gravy powder	0.3	0.0	0.0	0.0	1.2	49.3	24.9	11.6	65.3
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.6	0.0	0.0	0.0	1.9	22.4	20.4	20.4	23.9
21	2586	Gravy 25% fat w margarine 2063	0.0	0.0	0.0	0.0	0.0
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.5	27.3	25.3	24.3	28.7
21	2588	Gravy 25% fat clear prep w gravy powder	0.3	0.0	0.0	0.0	1.4	17.7	12.5	10.7	22.2
21	2589	Gravy 25% fat w olive oil	0.2	0.0	0.0	0.0	0.7	35.9	35.9	35.9	35.9
21	2590	Gravy 25% fat w butter	0.7	0.0	0.0	0.0	3.0	33.5	20.2	11.6	58.2
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.9	24.3	24.3	24.3	24.3
21	2593	Gravy 50% fat w margarine 2063	1.0	0.0	0.0	5.9	4.2	37.6	23.9	23.3	78.1
21	2594	Gravy 50% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.4	23.3	23.3	23.3	23.3
21	2596	Gravy 75% fat w margarine 2063	0.1	0.0	0.0	0.0	0.5	69.8	69.8	69.8	69.8
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3

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21	2599	Gravy 75% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.8	16.1	12.1	12.1	21.7
21	2600	Gravy 25% fat thickend w marg 2063	0.0	0.0	0.0	0.0	0.0
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.0
21	2602	Gravy 25% fat thickend w olive oil	1.4	0.0	0.0	0.0	1.0	54.3	28.1	28.1	87.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.0	0.0	0.0	0.0	0.0
21	2605	Salad dressing olive oil-vinegar	0.2	0.0	0.0	0.0	1.6	23.4	15.7	11.4	36.7
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.9	0.0	0.0	0.0	2.7	51.3	34.5	18.0	98.6
21	2625	Gravy 25% fat w cooking fat 2563	0.3	0.0	0.0	0.0	1.6	41.5	26.8	24.3	66.5
21	2626	Gravy 25% fat w cooking fat liq 2562	0.6	0.0	0.0	0.0	0.4	46.6	46.6	46.6	46.6
21	2627	Gravy 50% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.2	0.0	0.0	0.0	1.1	48.5	48.5	48.5	48.5
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2630	Gravy 50% fat w olive oil	0.1	0.0	0.0	0.0	0.2	48.5	48.5	48.5	48.5
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	2651	Sauce cocktail/party/table >25% oil	0.1	0.0	0.0	0.0	0.8	11.6	11.6	11.6	11.6
21	2667	Salad dressing 20% oil w yogurt	0.5	0.0	0.0	0.9	4.5	16.9	9.9	8.9	31.9
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.6	0.0	0.0	0.0	2.9	26.5	12.0	12.0	49.6
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	2.8	6.2	6.0	1.0	7.6
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.0	0.0	0.0	0.0	0.0
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.3	0.0	0.0	0.0	0.7	58.2	58.2	58.2	58.2
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.0
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.8	15.6	6.0	6.0	31.3
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.9	0.0	0.0	0.0	2.0	42.2	40.8	40.0	43.2
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	0.4	34.9	34.9	34.9	34.9
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0

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22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.0	0.0	0.0	0.0	0.0
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.2	0.0	0.0	0.0	1.2	32.0	30.0	30.0	39.9
22	348	Shrimps Dutch peeled boiled	0.7	0.0	0.0	0.0	1.1	130.9	104.9	11.8	143.6
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	4.7	0.0	0.0	0.0	1.7	194.1	130.2	76.0	218.2
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.0	0.0	0.0	0.0	0.0
22	603	Eel smoked	4.4	0.0	0.0	0.0	0.7	180.0	180.0	180.0	180.0
22	604	Mackerel steamed	0.4	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
22	815	Fish fingers unprepared	0.5	0.0	0.0	0.0	0.7	90.0	90.0	90.0	90.0
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	1.6	0.0	0.0	0.0	2.0	157.5	157.5	157.5	157.5
22	918	Plaice boiled	0.9	0.0	0.0	0.0	0.8	205.0	153.4	135.0	243.3
22	919	Pollack boiled	2.2	0.0	0.0	0.0	0.6	113.2	86.6	61.3	117.8
22	1096	Salmon smoked	0.7	0.0	0.0	0.0	2.8	42.5	40.0	10.7	66.8
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.7	0.0	0.0	0.0	0.9	56.3	31.9	8.0	95.9
22	1586	Mackerel fillet smoked	0.8	0.0	0.0	0.0	1.3	77.4	75.2	45.0	97.5
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.1	0.0	0.0	0.0	0.5	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	1.5	0.0	0.0	0.0	1.1	116.4	112.8	112.5	119.3
22	1611	Trout prepared in microwave oven	0.4	0.0	0.0	0.0	0.8	50.0	50.0	50.0	50.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.5	0.0	0.0	0.0	0.5	126.4	110.0	104.2	138.6
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.4	0.0	0.0	0.0	0.5	200.0	200.0	200.0	200.0
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.9	0.0	0.0	0.0	0.6	126.0	126.0	126.0	126.0
22	2474	Whitefish fillet batter deepfried wo fat	0.5	0.0	0.0	0.0	0.6	133.9	125.0	125.0	142.7
22	2765	Pangasius prep in microwave oven	1.9	0.0	0.0	0.0	0.5	126.0	126.0	126.0	126.0
23	106	Duck whole raw	0.3	0.0	0.0	0.0	0.6	58.2	58.2	58.2	58.2
23	108	Chicken with skin raw	1.3	0.0	0.0	4.8	1.8	45.1	34.1	34.1	73.3
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.1	0.0	0.0	0.0	1.9	12.5	9.3	7.5	14.4
23	324	Sausage smoked cooked average	0.2	0.0	0.0	0.0	0.5	32.6	32.6	32.6	32.6
23	328	Ham smoked raw	2.0	0.0	0.0	15.7	9.7	26.6	20.0	6.0	51.9
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.2	0.0	0.0	0.0	2.7	15.5	15.0	15.0	15.0

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

NEVO group	NEVO code	Description	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
23	335	Liver pate	0.1	0.0	0.0	0.0	1.3	17.4	15.0	15.0	19.5
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.5	0.0	0.0	0.0	4.4	17.3	15.0	15.0	25.1
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.3	0.0	0.0	1.4	4.9	6.6	5.0	5.0	9.2
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.0
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	4.7	0.0	0.0	0.0	0.6	400.0	400.0	400.0	400.0
23	567	Sausage luncheon meat	0.0	0.0	0.0	0.0	0.9	8.0	8.0	8.0	8.0
23	568	Black pudding	0.2	0.0	0.0	0.0	2.3	14.0	14.0	14.0	14.0
23	638	Salami sausage saveloy	1.1	0.0	0.0	11.3	6.3	24.9	23.6	6.0	31.5
23	639	Bacon rashers streaky	0.5	0.0	0.0	0.0	2.9	21.1	14.5	9.6	37.0
23	640	Liver sausage	2.3	0.0	0.0	13.7	9.3	25.0	15.8	10.0	61.6
23	641	Bacon	0.3	0.0	0.0	0.0	2.9	13.2	10.6	4.2	20.0
23	642	Pate	1.1	0.0	0.0	9.5	3.7	26.6	19.8	15.0	42.2
23	643	Pork side cured and smoked	0.4	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
23	783	Sausage with smoked bacon-bits	0.1	0.0	0.0	0.0	1.0	11.3	10.0	10.0	13.4
23	784	Ham lean boiled	3.0	0.0	0.0	14.3	11.6	24.8	18.4	2.5	54.0
23	785	Ham shoulder medium fat boiled	1.6	0.0	0.0	9.2	4.0	17.7	14.0	2.5	48.2
23	810	Beef steak tartare spiced filet americ	0.8	0.0	0.0	3.0	3.9	27.5	23.5	7.5	42.3
23	1152	Salami	0.8	0.0	0.0	3.1	4.4	24.7	19.7	14.0	31.9
23	1155	Minced meat loaf fried	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
23	1162	Sausage cooked	1.3	0.0	0.0	7.9	3.6	55.3	38.3	14.4	70.4
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
23	1239	Liver pate sausage	1.5	0.0	0.0	16.1	3.3	23.8	20.0	20.0	33.7
23	1305	Chicken without skin raw	0.9	0.0	0.0	0.0	1.1	161.9	45.5	45.5	272.2
23	1306	Chicken for soup w skin raw	1.8	0.0	0.0	0.0	1.8	81.2	77.4	75.0	83.3
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	1.9	0.0	0.0	20.0	2.0	64.1	58.2	40.0	82.9
23	1401	Beef tenderloin steak raw	0.3	0.0	0.0	0.0	0.7	80.0	80.0	80.0	80.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	0.4	0.0	0.0	0.0	0.3	140.0	140.0	140.0	140.0
23	1405	Minced beef raw	4.9	0.0	0.0	32.4	9.1	79.9	68.3	29.0	122.6
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.0	0.0	0.0	0.0	0.0
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	1.2	0.0	0.0	0.0	1.1	113.3	114.3	76.0	118.3
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	0.9	0.0	0.0	0.0	1.2	58.8	52.2	50.0	63.7
23	1415	Beef steak tartare raw	3.2	0.0	0.0	32.4	4.4	86.1	69.9	25.0	137.8
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	0.4	0.0	0.0	0.0	0.8	90.0	90.0	90.0	90.0
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.1	131.2	91.0	63.0	189.9
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.2	0.0	0.0	0.0	0.8	57.8	38.9	33.5	72.3
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
23	1422	Pork tenderloin raw	0.8	0.0	0.0	0.0	1.2	157.3	150.0	150.0	178.6
23	1424	Pork loin chop raw	1.6	0.0	0.0	0.0	1.7	106.6	97.9	91.1	110.6

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	2.2	0.0	0.0	0.0	2.9	103.1	90.1	74.7	136.1
23	1426	Liver pork raw	4.7	0.0	0.0	44.8	1.3	145.8	112.3	98.0	169.6
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	1.6	0.0	0.0	13.6	3.6	24.4	21.1	5.8	38.8
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.1	0.0	0.0	0.0	0.2	105.0	105.0	105.0	105.0
23	1431	Kromesky meat filled raw	0.0	0.0	0.0	0.0	0.0
23	1432	Bacon rasher raw	0.7	0.0	0.0	0.0	2.6	37.8	33.6	7.8	72.3
23	1434	Minced beef/pork raw	4.7	0.0	0.0	36.5	9.0	70.8	66.4	8.6	114.2
23	1435	Hamburger raw	0.2	0.0	0.0	0.0	0.1	37.5	37.5	37.5	37.5
23	1437	Veal olive raw	0.0	0.0	0.0	0.0	0.0
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.4	0.0	0.0	0.0	0.6	66.1	66.1	66.1	66.1
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	2.4	0.0	0.0	11.1	2.7	47.5	28.2	15.0	89.9
23	1558	Pork loin chop prepared	0.4	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	4.3	0.0	0.0	31.8	7.2	64.6	38.2	21.6	146.2
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.2	0.0	0.0	0.0	0.7	59.2	42.7	28.4	65.0
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	1.0	0.0	0.0	0.0	1.9	66.6	59.1	15.2	85.9
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.2	0.0	0.0	0.0	0.4	76.0	76.0	76.0	76.0
23	1771	Liver pate/Berliner liver sausage	0.2	0.0	0.0	0.0	1.2	29.4	15.0	15.0	45.8
23	1772	Pork fricandeau fried	0.4	0.0	0.0	0.0	0.9	33.2	26.1	24.0	38.6
23	1773	Brawn, pork pickled in vinegar	0.3	0.0	0.0	0.0	2.5	20.8	14.0	8.0	23.0
23	1774	Sausage tongue	0.2	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.3	0.0	0.0	0.0	1.6	25.2	20.0	20.0	33.5
23	1777	Gammon boiled deboned	0.1	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
23	1788	Pork rib chop raw	0.3	0.0	0.0	0.0	0.4	71.9	71.9	71.9	71.9
23	1790	Pork schnitzel not breaded raw	2.0	0.0	0.0	0.0	1.8	125.6	95.1	76.0	169.3
23	1907	Processed meat prod excl liver average	0.2	0.0	0.0	0.0	0.8	27.9	24.0	24.0	41.3
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.2	20.2	12.0	12.0	28.0
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.3	29.5	29.5	29.5	29.5
23	2057	Lamb <10 g fat raw av	0.2	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
23	2090	Chicken drumstick w skin raw	0.0	0.0	0.0	0.0	0.0
23	2300	Sausage smoked lean cooked	1.0	0.0	0.0	0.0	2.3	87.5	66.7	50.0	96.7
23	2301	Sausage smoked beef cooked	1.6	0.0	0.0	7.1	2.7	68.4	63.5	18.0	93.6
23	2303	Sausage cooked lean	0.7	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.3	0.0	0.0	5.6	2.3	46.2	34.8	34.8	56.8
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	1.5	0.0	0.0	0.0	1.1	127.4	91.3	42.0	168.1
23	2336	Beef average raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	1.3	0.0	0.0	0.0	3.0	51.0	48.4	20.5	64.5
23	2339	Beef olives raw	0.1	0.0	0.0	0.0	0.5	42.0	42.0	42.0	42.0
23	2340	Pork schnitzel breaded raw	1.5	0.0	0.0	0.0	1.1	154.8	117.2	87.5	171.9
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.0
23	2363	Minced meat w ham and cheese raw	0.5	0.0	0.0	0.0	1.1	114.4	114.4	114.4	114.4
23	2364	Chicken schnitzel raw	0.3	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.5	0.0	0.0	2.3	1.9	16.9	15.0	15.0	24.0
23	2766	Sausage smoked industrial cooked	1.0	0.0	0.0	0.0	1.7	90.0	90.0	90.0	90.0
23	2767	Sausage smoked traditional cooked	1.0	0.0	0.0	0.0	0.9	88.4	80.0	80.0	97.6
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.1	0.0	0.0	0.0	1.4	9.5	8.5	7.5	9.8
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.0
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0
23	2996	Sausage Chorizo	0.2	0.0	0.0	0.0	0.4	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.3	0.0	0.0	0.0	1.5	25.8	23.5	23.0	27.5
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.4	23.2	16.0	16.0	30.2
23	3002	Bacon smoked Katenspek	0.0	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.5	0.0	0.0	0.0	0.7	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	2.5	0.0	0.0	11.3	5.8	89.4	81.9	9.0	125.2
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.0
23	3030	Sausage beef Braadworst raw	4.3	0.0	0.0	36.6	4.1	88.0	74.1	56.3	107.3
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	2.0	0.0	0.0	0.0	0.6	120.0	120.0	120.0	120.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	82.4	71.7	0.0	160.1	75.6	117.0	103.8	51.3	220.7
1	1150	Potatoes sliced frozen unprepared	1.0	0.0	0.0	0.0	1.4	177.2	120.0	120.0	241.3
1	1455	Potato puree powder av	0.4	0.0	0.0	0.0	1.6	26.1	22.6	22.6	32.5
1	1456	Chips pre-fried unprepared	1.8	0.0	0.0	0.0	1.3	108.5	89.2	60.0	140.2
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.0	0.0	0.0	0.0	0.0
1	2326	Croquettes potato frozen unprepared	0.8	0.0	0.0	0.0	1.4	111.8	81.3	33.6	130.4
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.0
1	2834	Potato waffels/balls frozen unprepared	1.1	0.0	0.0	0.0	0.2	188.0	188.0	188.0	188.0
2	382	Advocaat liqueur	1.3	0.0	0.0	0.0	2.4	54.8	54.3	26.4	72.8
2	383	Juice apple	6.6	0.0	0.0	68.0	4.0	172.0	169.2	119.0	215.4
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.8	0.0	0.0	0.0	3.0	33.7	27.8	12.0	46.0
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	4.1	0.0	0.0	0.0	1.0	376.9	300.0	300.0	466.5
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.0	0.0	0.0	0.0	0.0
2	395	Soft drink cola with caffeine	0.7	0.0	0.0	0.0	0.6	183.0	177.4	175.0	186.9
2	396	Juice grape	0.1	0.0	0.0	0.0	0.1	187.0	187.0	187.0	187.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
2	400	Soft drink wo caffeine	3.7	0.0	0.0	0.0	2.5	181.4	175.9	91.5	272.1
2	401	Gin young Dutch	0.1	0.0	0.0	0.0	0.2	47.5	47.5	47.5	47.5
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	407	Port wine	3.3	0.0	0.0	0.0	2.4	97.2	62.2	45.0	177.4
2	408	Rum	0.0	0.0	0.0	0.0	0.0
2	409	Sherry	1.7	0.0	0.0	0.0	1.4	127.9	91.1	70.0	151.3
2	410	Juice orange pasteurized	7.7	0.0	0.0	51.9	4.8	199.1	170.0	70.2	397.4
2	411	Mineral water Spa	0.9	0.0	0.0	0.0	0.6	248.8	205.1	191.7	338.0
2	413	Tomato juice	0.4	0.0	0.0	0.0	0.2	398.0	398.0	398.0	398.0
2	414	Soft drink tonic	2.9	0.0	0.0	0.0	0.7	353.6	193.4	40.0	379.3
2	415	Vermouth	0.0	0.0	0.0	0.0	0.0
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.0
2	417	Juice drink	2.0	0.0	0.0	0.0	1.4	174.9	133.7	119.0	313.7
2	421	Whisky	0.0	0.0	0.0	0.0	0.0
2	422	Wine red	24.0	0.0	0.0	182.0	3.5	368.7	260.3	56.7	796.9
2	423	Wine white dry	8.6	0.0	0.0	37.3	3.4	176.1	171.0	104.0	255.3
2	425	Whey drink light Rivella	0.6	0.0	0.0	0.0	0.5	359.9	293.2	240.0	389.3
2	463	Fruit drink concentrate undiluted	0.1	0.0	0.0	0.0	0.9	13.5	13.5	13.5	13.5
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	0.9	11.8	11.5	11.3	12.0
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.3	0.0	0.0	0.0	0.8	18.0	18.0	18.0	18.0
2	644	Coffee prepared	359.8	390.1	0.0	704.5	87.3	393.8	380.7	128.8	801.3
2	645	Tea prepared	361.3	319.8	0.0	861.8	81.5	487.2	443.2	138.8	991.3
2	664	Juice grapefruit	0.2	0.0	0.0	0.0	0.4	71.0	50.0	50.0	91.5
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	0.1	0.0	0.0	0.0	0.1	332.0	332.0	332.0	332.0
2	805	Jagermeister herb liquor	0.1	0.0	0.0	0.0	0.7	38.0	38.0	38.0	38.0
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.5	0.0	0.0	0.0	0.4	74.0	74.0	74.0	74.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.3	0.0	0.0	0.0	0.2	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	1.3	0.0	0.0	0.0	1.4	127.3	132.4	36.0	156.0
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.8	0.0	0.0	0.0	0.6	50.3	50.3	50.3	50.3
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	0.1	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
2	1521	Juice drink light	0.2	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
2	1522	Soft drink light without caffeine	2.2	0.0	0.0	0.0	0.9	200.0	200.0	200.0	200.0
2	1523	Cola light soft drink with caffeine	0.0	0.0	0.0	0.0	0.0
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.7	5.0	5.0	5.0	5.0
2	1656	Juice carrot	0.0	0.0	0.0	0.0	0.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.4	0.0	0.0	4.1	4.4	9.1	8.3	7.5	9.5
2	1878	Fruit juice drink Roosvicee Multivit	3.4	0.0	0.0	0.0	1.3	315.1	241.7	200.0	384.2
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	7.5	7.5	7.5	7.5
2	1885	Water average	598.7	543.2	0.1	1,565.8	93.9	613.7	494.5	67.9	1,728.3
2	1932	Juice orange with pulp	0.2	0.0	0.0	0.0	0.1	210.0	210.0	210.0	210.0
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	0.0	0.0	0.0	0.0	0.0
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.2	0.0	0.0	0.0	0.2	152.0	152.0	152.0	152.0
2	2086	Ice tea	3.2	0.0	0.0	0.0	1.1	234.0	184.8	165.0	439.4
2	2088	Ice tea with suiker and sweetner	0.1	0.0	0.0	0.0	0.1	180.0	180.0	180.0	180.0
2	2134	Juice drink Dubbelfrisss	4.3	0.0	0.0	0.0	2.4	194.0	178.0	178.0	263.0
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.8	0.0	0.0	0.0	0.5	176.7	173.0	173.0	184.6
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.8	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	0.0	0.0	0.0	0.0	0.0
2	2142	Wine white sweet	2.7	0.0	0.0	0.0	1.8	183.7	131.9	92.0	340.7
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.6	0.0	0.0	0.0	0.5	205.1	179.4	170.0	224.0
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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2	2289	Fruit drink concentrate light	0.1	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.1	0.0	0.0	0.0	0.5	11.3	11.3	11.3	11.3
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.2	129.4	123.9	120.0	132.4
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	1.4	0.0	0.0	0.0	0.4	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	5.7	0.0	0.0	0.0	2.8	355.0	348.3	163.9	421.1
2	2476	Cappuccino freshly made	3.5	0.0	0.0	2.7	2.5	147.7	118.9	70.0	261.0
2	2477	Coffee cappuccino instant prepared	1.0	0.0	0.0	0.0	0.7	186.4	166.6	160.0	225.6
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	1.2	16.8	13.3	10.0	23.0
2	2490	Fruit juice drink 12fruit nectar light	1.0	0.0	0.0	0.0	0.8	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.4	0.0	0.0	0.0	0.1	420.0	420.0	420.0	420.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	4.5	0.0	0.0	0.0	1.8	219.5	221.8	38.3	393.6
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.5	0.0	0.0	0.0	0.3	336.8	232.0	140.0	371.2
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	1.0	0.0	0.0	0.0	0.6	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	3.3	0.0	0.0	0.0	1.3	289.0	253.6	193.0	351.4
2	2610	Wine rose	0.3	0.0	0.0	0.0	0.2	159.1	131.8	123.3	179.7
2	2633	Coffee instant powder	0.3	0.0	0.0	2.4	5.5	5.1	2.6	0.5	6.0
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.5	0.0	0.0	0.0	0.2	123.0	123.0	123.0	123.0
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.2	0.0	0.0	0.0	0.2	179.7	158.4	152.0	195.8
2	2637	Fruit juice dk Roosvicee Multivit light	1.1	0.0	0.0	0.0	0.3	188.0	188.0	188.0	188.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.1	0.0	0.0	0.0	0.2	109.0	109.0	109.0	109.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.9	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2649	Tea herbal instant powder	0.4	0.0	0.0	0.0	1.1	77.2	39.5	4.5	86.4
2	2663	Juice fruit Vruchtoase multivit	3.5	0.0	0.0	0.0	0.6	485.5	340.7	200.0	700.3
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	14.3	0.0	0.0	87.9	15.0	118.4	118.2	49.9	183.3

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.5	35.2	35.2	35.2	35.2
2	2837	Beer with fruit flavour	0.4	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.2	0.0	0.0	0.0	0.2	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.1	0.0	0.0	0.0	1.3	17.4	15.8	7.5	28.3
2	2881	Coffee wiener melange instant prepared	4.0	0.0	0.0	0.0	0.7	423.4	73.2	60.0	1,159.7
2	2896	Lemonade squash Spa&Fruit sparkling	15.4	0.0	0.0	83.8	3.2	201.4	86.0	86.0	425.3
2	2897	Juice Drink Ocean Spray	3.0	0.0	0.0	0.0	0.9	170.8	157.9	150.0	178.7
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.5	11.5	9.0	9.0	14.3
3	227	Crispbakes Dutch	2.6	0.0	0.0	13.8	21.1	12.8	10.0	1.0	30.3
3	228	Crackers cream	0.2	0.0	0.0	0.0	1.0	12.5	8.0	4.0	18.8
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	0.3	41.3	34.0	34.0	48.3
3	230	Roll white soft	2.0	0.0	0.0	15.7	5.5	44.5	34.2	23.0	65.5
3	233	Bread currant	1.3	0.0	0.0	0.0	2.8	45.8	35.0	35.0	73.3
3	236	Bread brown wheat	31.4	0.0	0.0	130.7	35.7	94.5	88.3	22.4	165.9
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	241	Bread white milk based	2.5	0.0	0.0	9.7	3.4	53.4	30.0	30.0	106.7
3	242	Bread rye dark	3.1	0.0	0.0	21.9	6.9	41.4	41.6	22.5	56.2
3	243	Bread rye light	0.8	0.0	0.0	0.0	1.9	32.5	25.0	25.0	61.9
3	244	Bread raisin	0.9	0.0	0.0	0.0	2.2	41.1	35.0	35.0	55.7
3	246	Bread wholemeal average	32.7	0.0	0.0	102.8	32.3	93.3	69.1	35.0	158.8
3	248	Bread white water based	1.5	0.0	0.0	0.0	4.0	56.6	50.5	30.0	88.1
3	249	Bread wheat malt Tarvo	3.2	0.0	0.0	0.0	2.3	137.8	87.3	37.2	137.4
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.2	0.0	0.0	0.0	1.6	13.1	10.0	10.0	25.7
3	655	Crispbakes Dutch wholemeal	1.0	0.0	0.0	6.1	10.1	10.8	6.5	2.3	18.2
3	975	Crispbread sesame	2.8	0.0	0.0	12.3	4.2	33.0	14.0	13.0	48.2
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	0.2	0.0	0.0	0.0	0.9	45.0	45.0	45.0	45.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.1	0.0	0.0	0.0	1.2	10.0	10.0	10.0	10.0
3	1312	Crispbread Cracottes	0.9	0.0	0.0	5.7	7.6	11.4	8.3	7.0	13.6
3	1322	Crispbread wholemeal Cracottes	0.3	0.0	0.0	0.3	5.2	9.2	7.0	7.0	13.3
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.2	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.2	0.0	0.0	0.0	0.8	35.0	35.0	35.0	35.0
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.4	40.0	40.0	40.0	40.0
3	1779	Crispbread wholemeal	0.7	0.0	0.0	4.2	4.6	14.7	10.0	10.0	36.2
3	1914	Dough for pizza and savoury pie	2.1	0.0	0.0	0.0	1.2	119.9	81.5	49.5	184.8
3	2229	Crackers VitalU	0.3	0.0	0.0	0.0	0.3	42.0	42.0	42.0	42.0

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3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	1.2	10.1	7.0	7.0	13.2
3	2277	Bread Blue Band Goede Start white bread	0.0	0.0	0.0	0.0	0.0
3	2348	Bread wholemeal w pumpkin seeds	0.8	0.0	0.0	0.0	0.7	175.0	175.0	175.0	175.0
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	10.3	0.0	0.0	64.0	10.9	98.2	79.2	35.0	141.4
3	2351	Bread white average milk/water based	0.0	0.0	0.0	0.0	0.0
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	0.7	0.0	0.0	0.0	1.0	59.1	54.5	50.0	59.5
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.0	0.0	0.0	0.0	0.1	21.7	21.7	21.7	21.7
3	2356	Baguette w cheese-onion	0.1	0.0	0.0	0.0	0.2	45.0	45.0	45.0	45.0
3	2357	Bread wholemeal w sunflower seeds	1.9	0.0	0.0	0.0	3.2	62.9	36.5	35.0	151.5
3	2358	Bread white w sunflower seeds	0.1	0.0	0.0	0.0	0.2	86.4	70.0	70.0	101.3
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.7	9.5	6.5	5.0	14.2
3	2382	Bread brown w sunflower seeds	0.8	0.0	0.0	0.0	1.2	87.6	75.1	35.0	110.1
3	2528	Croutons	0.0	0.0	0.0	0.0	0.0	5.5	5.5	5.5	5.5
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.1	0.0	0.0	0.0	0.4	54.3	35.0	35.0	92.3
3	2704	Bread brown w seeds	0.4	0.0	0.0	0.0	0.3	105.0	105.0	105.0	105.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.6	0.0	0.0	0.0	0.7	35.0	35.0	35.0	35.0
3	2788	Bread sourdough wholemeal	0.0	0.0	0.0	0.0	0.0
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
3	2790	Bread pita white	0.5	0.0	0.0	0.0	0.2	90.1	90.1	90.1	90.1
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	0.1	0.0	0.0	0.0	0.6	19.6	5.0	5.0	58.3
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	1.0	0.0	0.0	0.0	1.1	67.3	46.4	30.0	94.1
3	2796	Roll brown hard	1.9	0.0	0.0	0.0	2.3	84.9	80.5	28.3	98.1
3	2797	Roll brown soft	4.2	0.0	0.0	30.8	4.3	75.6	49.9	48.1	100.7
3	2798	Roll wholemeal soft	0.2	0.0	0.0	0.0	0.8	60.3	46.8	45.0	89.6
3	2799	Roll multigrain hard	0.0	0.0	0.0	0.0	0.0
3	2800	Roll multigrain soft	0.2	0.0	0.0	0.0	0.5	70.6	50.0	50.0	93.9
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	4.7	0.0	0.0	24.9	5.5	60.6	45.1	35.8	97.2
3	2804	Bun wholemeal w muesli	1.1	0.0	0.0	0.0	1.1	59.9	44.9	29.0	79.4
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	0.3	0.0	0.0	0.0	0.3	52.7	40.0	40.0	66.4
3	2815	Bread Tijger brown wheat	0.2	0.0	0.0	0.0	0.3	105.0	105.0	105.0	105.0
3	2816	Bread Tijger white	0.3	0.0	0.0	0.0	1.3	60.0	60.0	60.0	60.0
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.8	0.0	0.0	0.0	1.3	41.8	40.0	40.0	48.8
3	2821	Bread brown w pumpkin seeds	0.3	0.0	0.0	0.0	0.8	74.6	70.0	70.0	82.6
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.2	0.0	0.0	0.0	2.0	14.1	8.7	4.0	23.4

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

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3	2938	Toast Melba other varieties	0.1	0.0	0.0	0.0	2.1	6.8	6.0	6.0	7.9
3	3054	Bread glutenfree bakmix Glutafin white	0.0	0.0	0.0	0.0	0.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.0
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.1	0.0	0.0	0.0	0.1	240.3	240.3	240.3	240.3
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.2	0.0	0.0	0.0	0.5	15.0	12.2	12.2	17.7
4	2615	Vinegar	0.1	0.0	0.0	0.0	4.3	5.6	2.0	1.0	17.3
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	12.7	4.6	0.0	41.3	29.5	37.5	45.0	4.7	57.4
6	33	Raisins dried	0.1	0.0	0.0	0.0	2.2	7.6	2.6	1.3	20.6
6	137	Olives tinned/glass	0.0	0.0	0.0	0.0	0.0
6	147	Apple without skin average	40.9	0.0	0.0	137.3	35.3	126.6	101.4	65.1	256.7
6	148	Strawberries	13.0	0.0	0.0	79.5	11.2	82.4	68.9	19.5	140.7
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.8	0.0	0.0	0.0	0.4	131.2	100.0	100.0	184.0
6	151	Banana	20.5	0.0	0.0	106.1	17.0	123.6	109.6	51.6	160.7
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	0.7	0.0	0.0	0.0	1.0	59.2	20.2	9.8	154.4
6	155	Bilberries	0.1	0.0	0.0	0.0	0.9	32.2	32.2	32.2	32.2
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.5	18.8	8.4	8.4	30.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.2	0.0	0.0	0.0	0.3	79.8	79.8	79.8	79.8
6	161	Raspberries	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
6	162	Grapefruit	0.6	0.0	0.0	0.0	0.5	75.0	75.0	75.0	75.0
6	163	Cherries	1.2	0.0	0.0	0.0	2.3	68.7	51.1	21.3	125.6
6	164	Gooseberries	0.1	0.0	0.0	0.0	0.2	47.5	47.5	47.5	47.5
6	165	Manderins	11.0	0.0	0.0	54.1	17.0	81.2	62.1	34.5	175.8
6	166	Melon netted	0.6	0.0	0.0	0.0	1.0	158.6	81.4	60.0	271.0
6	168	Pear without skin	11.8	0.0	0.0	94.7	8.2	125.5	111.0	64.0	180.6
6	169	Peach without skin	1.2	0.0	0.0	0.0	1.3	82.9	75.6	74.4	103.6
6	170	Plums with skin	1.9	0.0	0.0	0.0	2.9	93.8	57.5	40.0	157.2
6	171	Orange	17.3	0.0	0.0	96.1	12.3	154.9	130.7	70.0	190.6
6	172	Fruit fresh citrus average	3.1	0.0	0.0	0.0	1.4	143.5	109.2	76.0	147.7

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6	173	Fruit fresh average excluding citrus	0.3	0.0	0.0	0.0	0.6	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.8	5.7	3.5	3.0	8.6
6	176	Apricots in syrup tinned	0.2	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
6	177	Pineapple in syrup tinned	0.2	0.0	0.0	0.0	0.8	14.2	6.0	3.9	44.9
6	179	Apple sauce tinned	5.7	0.0	0.0	39.7	10.1	59.2	50.9	13.0	121.7
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.3	24.7	10.5	10.0	36.1
6	181	Dates dried	0.5	0.0	0.0	0.4	1.1	20.0	18.0	18.0	23.1
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	3.6	0.0	0.0	21.1	3.1	81.2	43.8	24.6	135.1
6	184	Cherries in syrup tinned	1.4	0.0	0.0	0.0	0.6	96.8	13.0	2.7	163.3
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.3	0.0	0.0	0.0	1.2	218.8	203.8	82.8	243.9
6	189	Peaches in syrup tinned	0.2	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
6	190	Prunes dried	0.3	0.0	0.0	0.0	2.2	8.8	7.2	6.0	9.7
6	191	Plums in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.3	6.4	4.5	3.8	9.3
6	689	Avocado	1.9	0.0	0.0	0.0	1.1	226.3	180.0	180.0	284.4
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.0	0.0	0.0	0.0	0.0
6	875	Apple with skin average	14.1	0.0	0.0	136.4	5.8	140.6	105.2	33.4	229.7
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	9.4	0.0	0.0	59.7	11.4	82.6	58.7	38.2	120.3
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	1.3	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.2	0.0	0.0	0.0	1.4	20.2	13.6	2.0	28.4
6	1182	Apple sauce wo sugar tinned	0.0	0.0	0.0	0.0	0.0	77.8	77.8	77.8	77.8
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	3.4	0.0	0.0	0.0	1.5	131.9	115.0	114.8	145.4
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.1	0.0	0.0	0.0	0.3	121.4	60.0	60.0	240.6
6	2379	Raisins soaked in water	0.0	0.0	0.0	0.0	0.2	4.3	4.3	4.3	4.3
6	2685	Abricots dried and soaked	0.3	0.0	0.0	3.8	2.9	9.7	8.9	6.0	10.6
6	2686	Apple sauce wo sugar w sweetner tinned	0.3	0.0	0.0	0.0	0.8	52.0	35.0	25.9	94.2
6	2748	Pear with skin	0.1	0.0	0.0	0.0	0.2	180.8	180.8	180.8	180.8
6	2749	Grapes black with skin	0.6	0.0	0.0	0.0	0.8	81.9	23.8	23.8	196.0
6	2750	Grapes white with skin	7.8	0.0	0.0	62.1	4.9	112.3	84.8	9.5	250.5
6	2843	Pineapple in own juice tinned	0.1	0.0	0.0	0.0	0.2	23.9	23.9	23.9	23.9
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.3	32.2	12.4	10.0	47.9
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.0
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.6	0.0	0.0	0.0	1.6	23.3	13.9	10.0	33.5
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0

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7	234	Biscuit fortified Liga Tweede Stap	0.2	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	6.4	0.0	0.0	32.0	20.4	26.8	19.3	15.2	47.1
7	250	Almond filled pastry	0.7	0.0	0.0	0.0	1.0	63.9	49.9	40.0	77.0
7	251	Apple pie Dutch w shortbread w marg	4.6	0.0	0.0	35.0	4.1	65.8	52.0	33.3	109.7
7	252	Biscuit sweet	1.3	0.0	0.0	8.6	13.5	10.6	9.6	4.2	19.2
7	253	Cake wo butter	1.6	0.0	0.0	8.6	4.5	36.3	30.0	30.0	54.2
7	254	Cake sponge Dutch Eierkoek	1.0	0.0	0.0	0.0	3.0	40.7	29.6	25.0	63.2
7	255	Gateau with whipped cream	2.3	0.0	0.0	25.8	2.5	78.3	65.6	56.0	85.8
7	256	Gateau with butter-cream filling	0.3	0.0	0.0	0.0	0.7	46.2	37.2	30.0	70.9
7	257	Almond paste filled tarts average	1.6	0.0	0.0	0.0	2.1	88.2	67.8	45.0	132.6
7	258	Biscuits averaged	0.4	0.0	0.0	3.5	3.3	11.9	9.4	7.0	15.6
7	259	Macaroons	0.3	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	2.0	11.2	8.6	5.0	15.3
7	261	Biscuit spiced Speculaas	0.9	0.0	0.0	5.8	6.7	13.8	10.1	7.0	35.8
7	262	Biscuit Dutch shortbread spritsstukken	1.0	0.0	0.0	10.1	3.9	25.4	21.5	10.0	45.7
7	263	Biscuit brown/wholemeal	0.5	0.0	0.0	4.2	5.8	14.4	9.8	8.0	26.0
7	468	Cream slice Dutch Tompouce	0.3	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.7	40.0	35.0	35.0	57.8
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	1.0	17.3	13.2	10.0	19.3
7	486	Flan with fruit filling	0.6	0.0	0.0	0.0	0.7	104.5	91.9	85.0	112.7
7	489	Flan filled with rice pudding	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.5	0.0	0.0	0.0	1.4	21.6	14.3	10.0	35.7
7	634	Coconut flavoured cookies	0.3	0.0	0.0	0.0	0.8	40.4	23.9	10.0	65.4
7	635	Biscuits Dutch krakeling	0.1	0.0	0.0	0.0	0.8	13.8	12.0	12.0	19.9
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.5	17.2	10.0	10.0	27.2
7	713	Waffle syrup average	0.8	0.0	0.0	0.0	2.0	32.4	30.0	30.0	30.0
7	789	Cake butter Dutch Boterkoek	0.0	0.0	0.0	0.0	0.4	29.1	20.0	20.0	37.8
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	1.1	0.0	0.0	0.0	1.2	102.7	79.0	56.0	130.2
7	836	Shortbread	0.7	0.0	0.0	1.6	4.4	19.1	12.0	10.1	42.1
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.7	29.0	20.5	19.0	44.9
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.2	38.0	38.0	38.0	38.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.1	0.0	0.0	0.0	0.7	22.4	13.4	10.0	45.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.9	0.0	0.0	9.7	3.2	24.8	22.2	18.8	25.0
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.2	0.0	0.0	0.0	1.5	20.7	17.8	10.0	27.1
7	1475	Eclair with whipped cream filling	1.1	0.0	0.0	5.0	2.6	36.6	24.2	15.0	43.8
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	1.2	40.0	14.0	14.0	64.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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7	1478	Flan fruit and crumble topping	0.2	0.0	0.0	0.0	0.3	115.0	115.0	115.0	115.0
7	1479	Cheesecake made with cream cheese	0.1	0.0	0.0	0.0	0.3	144.0	144.0	144.0	144.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.0	0.0	0.0	0.0	0.8	8.1	7.0	7.0	11.7
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.6	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	0.1	0.0	0.0	0.0	1.0	30.0	30.0	30.0	30.0
7	1972	Biscuits assorted with butter	0.9	0.0	0.0	5.8	5.1	19.3	12.8	10.0	29.4
7	2162	Biscuit Cafe noir	0.0	0.0	0.0	0.0	0.4	9.3	7.6	6.0	9.8
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.2	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.2	0.0	0.0	0.0	1.4	18.6	15.0	15.0	27.7
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.3	18.9	12.0	12.0	27.7
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	0.4	0.0	0.0	0.4	1.5	15.2	13.0	13.0	23.3
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.2	0.0	0.0	0.0	0.5	39.7	27.1	20.0	52.1
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.4	0.0	0.0	0.0	1.4	20.0	20.0	20.0	20.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.1	0.0	0.0	0.0	1.7	27.3	17.6	8.3	28.8
7	2392	Cake apple-	0.4	0.0	0.0	0.0	1.3	32.2	30.0	30.0	34.4
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.1	0.0	0.0	0.0	0.2	53.4	39.7	32.5	62.5
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.8	30.7	25.0	25.0	44.6
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.2	0.0	0.0	0.0	1.2	23.0	20.4	18.8	24.5
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	1.5	0.0	0.0	4.8	1.4	50.2	50.0	50.0	50.0
7	2403	Cup cake iced	0.6	0.0	0.0	0.0	1.3	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.2	0.0	0.0	0.0	1.5	11.4	10.0	10.0	14.1
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.3	19.0	19.0	19.0	19.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	0.8	12.6	4.9	2.5	18.5
7	2413	Cake wrapped in marzipan and chocolate	0.3	0.0	0.0	0.0	0.4	46.0	31.8	30.0	57.2

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.3	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.6	21.8	21.0	21.0	24.0
7	2430	Fritter banana	0.4	0.0	0.0	0.0	0.4	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.2	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	1.2	0.0	0.0	0.0	1.3	131.9	101.2	65.0	157.0
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	2571	Cake with 'bitterkoekjes'	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.1	0.0	0.0	0.0	0.7	19.0	15.0	15.0	31.9
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.1	0.0	0.0	0.0	0.2	36.3	17.0	17.0	59.8
7	2622	Appel pie Dutch w shortbread w butter	2.2	0.0	0.0	0.0	0.9	130.9	111.7	100.0	142.6
7	2661	Waffle Luikse	0.1	0.0	0.0	0.0	0.1	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.5	0.0	0.0	0.0	1.2	30.2	23.0	21.0	39.7
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.0	0.0	0.0	0.0	0.0
7	2698	Cake chocolate made wo butter	0.2	0.0	0.0	0.0	0.5	28.9	28.0	28.0	31.7
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	1.8	9.5	7.1	6.0	13.7
7	2715	Meringue	0.0	0.0	0.0	0.0	0.3	7.7	5.7	4.0	8.7
7	2719	Biscuit Bridge ommetjes	0.1	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2763	Biscuit spiced Speculaas w butter	0.3	0.0	0.0	0.0	1.1	25.0	21.0	21.0	33.2
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.0
7	2776	Flan apple and crumble topping	1.4	0.0	0.0	0.0	1.4	130.0	115.0	115.0	186.2
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.0	0.0	0.0	0.0	0.0
7	2820	Waffle syrup w butter	0.1	0.0	0.0	0.0	0.8	30.0	30.0	30.0	30.0
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.2	0.0	0.0	0.0	1.0	18.2	15.5	14.0	22.8
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
7	2893	Cake Indonesian	0.3	0.0	0.0	0.0	0.8	38.4	30.0	30.0	54.6
7	2894	Biscuit Dutch digestive	0.2	0.0	0.0	0.0	1.9	10.7	8.5	8.0	14.8
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.7	0.0	0.0	0.0	0.6	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.5	0.0	0.0	0.0	0.8	51.3	40.0	40.0	61.4
8	213	Oatmeal	1.2	0.0	0.0	0.1	1.7	31.3	38.1	2.6	43.1
8	215	Cornflour	0.0	0.0	0.0	0.0	1.5	3.5	2.5	2.5	5.2
8	220	Flour wheat white 75% extraction	0.2	0.0	0.0	0.0	2.1	5.4	2.3	2.0	14.3
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.2	4.0	4.0	4.0	4.0
8	225	Breakfast cereal Brinta	0.1	0.0	0.0	0.0	0.7	12.3	10.0	10.0	18.6

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8	226	Starch potato	0.0	0.0	0.0	0.0	0.6	0.9	0.8	0.8	1.2
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.9	0.0	0.0	0.0	0.7	78.2	72.0	38.0	104.2
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.1	5.2	3.6	2.6	8.8
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.0
8	658	Rice white boiled	5.8	0.0	0.0	55.6	4.1	103.4	100.1	34.2	168.2
8	659	Pasta white average boiled	9.1	0.0	0.0	74.9	6.8	112.2	83.5	30.8	312.5
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	1.3	6.2	2.9	1.4	14.1
8	1014	Rice brown boiled	0.2	0.0	0.0	0.0	0.2	104.0	104.0	104.0	104.0
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.3	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.7	9.0	9.0	9.0	9.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.3	13.6	7.1	5.8	18.7
8	2157	Pasta wholemeal boiled	0.4	0.0	0.0	0.0	0.4	280.1	215.0	171.1	316.7
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.3	0.0	0.0	0.0	0.8	17.5	17.5	17.5	17.5
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.0
8	2366	Muesli crunchy plain/w fruit	0.6	0.0	0.0	0.0	2.2	38.8	39.6	9.8	56.8
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.0
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.1	0.0	0.0	0.0	0.2	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.6	0.0	0.0	2.5	3.3	14.9	7.3	4.9	35.9
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.0
9	7	Endive raw	1.5	0.0	0.0	0.0	1.6	73.2	58.8	45.5	94.2
9	8	Endive boiled	3.5	0.0	0.0	26.2	4.2	132.7	123.5	57.9	221.5
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0
9	13	Celery boiled	1.3	0.0	0.0	0.0	1.6	80.7	22.1	7.4	211.8
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	11.8	0.0	0.0	66.9	9.4	134.2	111.7	38.4	226.3
9	16	Kale curly boiled	2.0	0.0	0.0	17.3	2.7	68.0	41.7	34.2	139.5
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	1.5	0.0	0.0	15.5	5.3	26.8	25.6	1.0	53.0
9	21	Cabbage Chinese raw	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.2	19.1	3.6	3.1	50.9
9	27	Cucumber wo skin raw	4.1	0.0	0.0	24.2	6.7	64.3	48.6	12.9	144.4
9	28	Cucumber boiled	0.2	0.0	0.0	0.0	0.7	90.0	90.0	90.0	90.0
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.1	119.6	119.6	119.6	119.6
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.4	12.7	9.0	9.0	18.4
9	32	Sweet pepper green boiled	0.0	0.0	0.0	0.0	0.3	6.1	5.9	5.9	6.3
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.6	0.0	0.0	19.7	6.8	33.4	14.3	1.8	109.7
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.3	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	0.1	0.0	0.0	0.0	0.2	98.0	98.0	98.0	98.0
9	44	Cabbage Savoy boiled	0.1	0.0	0.0	0.0	0.1	243.0	243.0	243.0	243.0
9	46	Lettuce head raw	1.2	0.0	0.0	0.0	5.5	42.7	35.7	6.0	102.2
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.2	0.0	0.0	0.0	0.2	113.3	113.3	113.3	113.3
9	52	Spinach boiled	2.2	0.0	0.0	0.0	1.7	134.3	107.8	51.0	208.5
9	54	Cabbage oxheart boiled	3.6	0.0	0.0	44.2	2.9	113.7	92.4	84.2	157.0
9	55	Brussel sprouts boiled	4.6	0.0	0.0	43.1	4.2	131.6	118.0	54.0	252.8
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.4	2.6	2.1	1.1	0.2	4.5
9	60	Tomatoes normal raw	3.6	0.0	0.0	24.2	9.0	47.1	38.2	5.3	64.0
9	61	Tomatoes normal boiled	1.1	0.0	0.0	0.0	2.9	35.3	2.1	1.7	119.2
9	63	Onions raw	0.9	0.0	0.0	3.8	4.9	21.9	13.7	2.2	47.9
9	64	Onions boiled	3.3	0.0	0.0	21.5	16.3	23.5	16.8	1.2	48.7
9	65	Lettuce lambs raw	0.4	0.0	0.0	0.0	1.0	32.0	25.0	24.9	45.6
9	67	Chicory raw	0.3	0.0	0.0	0.0	0.7	84.0	47.9	33.3	110.2
9	68	Chicory boiled	5.8	0.0	0.0	65.2	3.8	152.8	133.2	98.0	237.3
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.7	19.1	6.0	6.0	56.8
9	70	Cabbage white cooked	0.2	0.0	0.0	1.6	3.7	3.7	3.0	0.9	7.4
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.6	6.0	6.0	6.0	6.0
9	72	Carrots boiled average	0.6	0.0	0.0	2.5	4.6	20.7	5.1	2.0	78.3
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	0.9	0.0	0.0	0.0	1.0	148.0	120.1	72.6	226.9
9	75	Vegetable mix for soup raw	3.8	0.0	0.0	30.3	3.5	88.8	67.3	31.9	148.8
9	124	Radish red/white raw	0.0	0.0	0.0	0.0	0.0
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.3	3.0	3.0	3.0	3.0
9	127	Vegetables mixture raw	0.1	0.0	0.0	0.0	0.1	207.7	207.7	207.7	207.7
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	1.7	0.0	0.0	0.0	0.8	100.8	100.8	100.8	100.8
9	132	Gherkins sweet pickled	0.6	0.0	0.0	0.0	2.8	21.4	10.6	2.0	56.4
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	0.5	0.0	0.0	0.0	1.3	41.4	22.0	0.9	86.2
9	136	Peas and carrots tinned	1.6	0.0	0.0	0.0	1.1	156.8	108.7	50.0	253.7
9	138	Beans runner tinned	1.9	0.0	0.0	0.0	1.3	172.0	172.0	172.0	172.0
9	139	Beans French tinned	0.2	0.0	0.0	0.0	0.3	201.0	185.0	185.0	216.2
9	140	Spinach tinned	0.3	0.0	0.0	0.0	0.2	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.2	0.0	0.0	0.0	0.3	48.0	22.7	2.2	65.3

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9	142	Beans broad tinned	0.9	0.0	0.0	0.0	0.3	152.7	130.0	130.0	189.2
9	143	Carrots tinned	0.0	0.0	0.0	0.0	0.0
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	1.3	8.7	7.4	0.6	17.5
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	1.9	0.0	0.0	0.0	1.1	183.5	174.0	174.0	211.3
9	538	Rhubarb puree w sugar	0.4	0.0	0.0	0.0	0.4	92.0	45.3	12.0	169.0
9	557	Celery raw	0.0	0.0	0.0	0.0	0.3	11.6	10.0	8.7	12.3
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.2	1.4	1.4	1.4	1.4
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.0	0.0	0.0	0.0	0.1	7.6	7.6	7.6	7.6
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.2	0.0	0.0	0.0	0.4	151.9	114.4	84.2	168.0
9	651	Spinach creamed frozen boiled	0.0	0.0	0.0	0.0	0.1	26.3	26.3	26.3	26.3
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	0.4	9.3	7.5	5.8	9.9
9	885	Sweet pepper red boiled	0.1	0.0	0.0	0.0	1.1	11.3	8.9	3.0	13.4
9	920	Broccoli boiled	3.4	0.0	0.0	29.1	4.7	96.3	65.8	7.3	183.7
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
9	951	Beans French boiled	6.6	0.0	0.0	49.4	8.4	115.3	92.5	1.4	229.4
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
9	954	Beans French frozen boiled	2.1	0.0	0.0	0.0	2.1	133.6	109.1	98.0	209.1
9	957	Asparagus boiled	4.2	0.0	0.0	0.0	1.7	286.8	245.0	244.6	350.7
9	958	Beetroot boiled	2.0	0.0	0.0	0.0	4.5	126.1	89.4	11.0	279.8
9	961	Beans runner boiled	4.1	0.0	0.0	28.7	2.7	127.0	105.7	52.0	205.7
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	0.4	0.0	0.0	0.0	1.0	41.2	29.7	26.0	49.8
9	966	Courgettes boiled	0.8	0.0	0.0	0.0	2.1	28.8	2.4	1.9	81.6
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.4	0.0	0.0	0.0	0.2	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.1	0.0	0.0	0.0	0.1	91.0	91.0	91.0	91.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1143	Beans runner frozen unprepared	1.5	0.0	0.0	0.0	1.5	120.6	110.2	57.2	162.1
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.2	24.1	20.0	20.0	30.2
9	1147	Brussel sprouts frozen boiled	0.1	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.2	0.0	0.0	0.0	1.2	35.4	8.7	8.7	108.5
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.6	17.2	7.8	0.9	23.3
9	1399	Lettuce iceberg raw	6.2	0.0	0.0	29.9	8.4	59.4	52.8	17.3	100.1
9	1454	Beetroot pickled glass	0.2	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.5	2.8	1.5	1.5	4.5
9	1904	Vegetables average boiled	1.0	0.0	0.0	0.0	1.2	88.3	61.3	35.6	156.8

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

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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.8	0.0	0.0	0.0	0.5	152.0	150.0	150.0	158.3
9	2331	Bami vegetables mixed boiled	1.0	0.0	0.0	0.0	0.9	60.7	33.9	16.5	113.5
9	2346	Lettuce green average raw	1.2	0.0	0.0	0.6	1.4	40.7	32.8	20.0	57.4
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.7	5.0	5.0	5.0	5.0
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	1.0	0.2	0.2	0.2	0.2
9	2498	Tomatoes sieved	0.8	0.0	0.0	0.0	1.2	46.8	29.3	11.7	76.7
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.3	0.4	0.4	0.4	0.4
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.1	46.7	21.4	20.9	66.9
9	2710	Cabbage red w apple pieces glass	0.2	0.0	0.0	0.0	0.3	129.3	98.0	98.0	164.8
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.6	15.4	12.9	12.5	17.5
9	2727	Carrot bunched boiled	10.8	0.0	0.0	89.3	4.3	172.9	173.0	57.2	226.1
9	2728	Carrot winter raw	0.9	0.0	0.0	0.0	0.6	85.5	85.7	7.9	119.5
9	2729	Carrot winter boiled	1.3	0.0	0.0	0.0	1.0	134.7	85.0	59.3	226.3
9	2730	Tomato vine raw	2.7	0.0	0.0	25.9	4.1	59.8	54.9	35.1	73.6
9	2731	Tomato cherry raw	2.4	0.0	0.0	17.0	4.1	33.1	25.3	10.0	67.6
9	2732	Tomato beef raw	0.2	0.0	0.0	0.0	0.6	103.9	79.8	31.0	136.2
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.0	0.0	0.0	0.0	0.1	22.2	22.2	22.2	22.2
9	2735	Tomato average boiled	0.0	0.0	0.0	0.0	0.5	16.6	2.2	2.2	43.3
9	2736	Rocket raw	0.1	0.0	0.0	0.0	0.8	17.2	21.2	5.0	24.6
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.1	8.3	3.8	3.7	11.9
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	1.1	0.0	0.0	9.2	3.1	38.3	27.0	9.0	79.6
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.0	0.0	0.0	0.0	0.1	6.5	6.5	6.5	6.5
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	0.3	20.4	12.6	12.6	37.1
9	2743	Sweet pepper average boiled	0.5	0.0	0.0	2.4	5.0	8.1	3.6	1.0	29.7
9	2840	Cabbage red w apple pieces	1.1	0.0	0.0	0.0	0.8	178.5	174.0	174.0	192.5
9	2900	Sweetcorn tinned	0.5	0.0	0.0	0.0	0.6	51.9	45.0	45.0	65.5
10	455	Peanut butter	1.3	0.0	0.0	10.9	7.6	19.5	16.7	5.0	32.4
10	541	Peanut butter with nut pieces	0.5	0.0	0.0	0.0	2.0	19.6	17.9	10.0	31.4
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.2	0.0	0.0	0.0	1.1	16.1	13.3	13.3	19.2
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.0
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
11	511	Cheese Edam 40+	0.8	0.0	0.0	4.8	2.8	20.5	16.5	5.4	36.3
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	4.1	0.0	0.0	21.6	11.3	30.8	25.2	10.1	58.0
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.3	0.0	0.0	0.0	0.5	47.1	28.1	26.0	75.8
11	515	Cheese spread 48+	0.3	0.0	0.0	0.0	2.0	25.7	13.9	2.0	37.4
11	517	Cheese spread 20+	1.8	0.0	0.0	17.8	4.4	25.9	17.6	7.0	49.3
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.2	77.0	77.0	77.0	77.0
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	1.1	22.0	22.0	22.0	22.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.3	0.0	0.0	0.0	0.9	26.7	26.7	26.7	26.7
11	716	Cheese Saint Paulin/Port Salut	0.2	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.1	6.3	6.3	6.3	6.3
11	719	Cheese cream soft Mon Chou	0.4	0.0	0.0	0.0	2.7	11.4	10.5	6.0	17.5
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.0
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.5	15.5	15.0	15.0	17.6
11	804	Cheese sheep fresh	0.6	0.0	0.0	0.0	0.7	67.6	32.2	18.0	93.2
11	881	Cheese 48+ low salt	0.7	0.0	0.0	0.0	4.7	25.3	20.0	12.0	43.2
11	883	Cheese Amsterdam 48+	0.0	0.0	0.0	0.0	0.3	23.4	22.6	22.0	23.9
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	0.6	0.0	0.0	0.0	0.8	63.5	41.6	22.0	69.9
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
11	1382	Cheese 30+	7.2	0.0	0.0	45.8	17.9	28.5	22.6	12.0	55.3
11	1487	Cheese Brie 60+	0.0	0.0	0.0	0.0	1.4	7.3	5.5	5.5	13.8
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.0	0.0	0.0	0.0	0.0
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	0.9	26.0	22.5	13.0	41.9
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.0	0.0	0.0	0.0	0.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.1	0.0	0.0	0.0	1.3	13.0	13.0	13.0	13.0
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	1.0	0.0	0.0	0.0	2.0	40.4	14.5	5.4	104.1
11	2518	Cheese goat hard	0.2	0.0	0.0	0.0	1.4	19.0	12.9	12.0	24.6
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
11	2679	Dairy spread plain/herbs light	0.2	0.0	0.0	0.0	1.1	10.0	10.0	10.0	10.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.8	0.0	0.0	12.6	7.5	24.7	22.5	13.0	49.5
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	5.1	0.0	0.0	28.6	16.4	33.5	27.1	12.1	68.1
11	2758	Cheese Gouda 48+ age 4-7 mths	1.8	0.0	0.0	13.1	8.5	27.4	23.5	10.0	46.5
11	2759	Cheese Gouda 48+ age 10-12 mths	0.7	0.0	0.0	6.6	2.4	20.8	13.8	12.0	40.0
11	2824	Cheese 30+ low salt	0.8	0.0	0.0	5.4	2.5	21.4	21.0	12.0	34.8
12	429	Stock cubes	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
12	824	Mustard	0.0	0.0	0.0	0.0	0.9	3.1	2.2	1.2	4.6
12	830	Garlic fresh	0.0	0.0	0.0	0.0	0.7	2.7	1.0	0.3	5.9
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.4	3.7	2.9	2.2	3.9
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.0
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.0	0.9	4.9	1.5	0.2	10.5
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.6	4.8	3.4	3.4	6.7
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	1.0	2.9	2.4	2.4	4.8
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.8	0.0	0.0	18.6	9.0	18.0	15.1	4.5	27.2
13	272	Milk chocolate-flavoured full fat	1.4	0.0	0.0	0.0	1.0	227.2	204.2	200.0	282.9
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.0	0.0	0.0	0.0	1.5	2.5	1.8	1.0	3.9
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	18.0	18.0	18.0	18.0
13	276	Custard chocolate full fat	2.3	0.0	0.0	0.0	0.6	183.1	75.1	51.5	267.1
13	278	Yoghurt full fat	6.7	0.0	0.0	63.6	5.3	136.6	130.0	51.8	225.2
13	279	Milk whole	9.5	0.0	0.0	97.0	7.9	157.8	150.5	7.2	261.9
13	280	Coffee creamer full fat	2.4	0.0	0.0	21.2	12.6	27.6	22.7	8.0	55.3
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	11.9	0.0	0.0	69.0	10.0	131.2	127.7	47.9	253.3
13	284	Yoghurt low fat with fruit	3.3	0.0	0.0	7.4	1.5	144.2	118.0	64.8	224.9
13	285	Coffee creamer half fat	8.3	0.0	0.0	41.5	35.4	21.5	16.4	4.2	47.0
13	286	Milk semi-skimmed	96.2	3.9	0.0	309.7	43.1	214.9	210.8	8.0	463.3
13	288	Porridge oatmeal	0.9	0.0	0.0	0.0	0.7	190.8	176.4	110.2	213.0
13	289	Buttermilk	30.1	0.0	0.0	235.2	10.9	224.2	201.4	135.8	392.5
13	290	Porridge buttermilk w wheat flour	0.5	0.0	0.0	0.0	0.9	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.5	0.0	0.0	0.0	3.6	16.1	12.2	10.0	31.7
13	294	Milk skimmed	53.1	0.0	0.0	252.0	3.4	747.3	729.9	56.2	1,194.8
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	3.8	0.0	0.0	0.0	3.2	172.0	143.3	138.8	245.5
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.2	11.4	8.1	6.3	13.6
13	301	Yoghurt low fat	21.6	0.0	0.0	149.5	11.2	163.3	148.9	52.0	267.1
13	303	Ice cream dairy cream based	1.6	0.0	0.0	0.0	1.4	95.9	90.6	50.0	123.1
13	305	Fromage frais low fat	6.2	0.0	0.0	33.5	3.7	123.7	121.3	19.3	207.7
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.5	0.0	0.0	0.0	1.3	116.3	60.8	6.0	118.6
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	0.8	0.0	0.0	0.0	1.4	72.5	68.3	65.0	74.3
13	532	Blancmange chocolate	1.7	0.0	0.0	0.0	0.7	168.5	150.0	150.0	193.2
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.3	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
13	736	Pudding vanilla	0.0	0.0	0.0	0.0	0.3	31.3	31.3	31.3	31.3
13	767	Mousse chocolate	2.2	0.0	0.0	0.0	1.9	89.7	101.2	28.8	122.6
13	786	Pudding chipolata	1.1	0.0	0.0	0.0	0.3	146.5	146.5	146.5	146.5

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13	812	Cream sour	0.0	0.0	0.0	0.0	0.2	3.1	3.1	3.1	3.1
13	863	Yoghurt full fat with fruit	1.6	0.0	0.0	0.0	0.9	162.3	138.6	135.0	223.2
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	0.2	0.0	0.0	0.0	0.1	49.4	49.4	49.4	49.4
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	2.6	0.0	0.0	0.0	2.1	127.8	94.0	31.3	227.5
13	931	Fromage frais low fat with fruit	1.8	0.0	0.0	0.0	0.9	161.9	171.6	100.0	198.1
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.8	0.0	0.0	0.0	2.2	121.7	116.0	116.0	139.6
13	940	Blancmange vanilla w strawberry sauce	0.3	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
13	1002	Ice cream dairy Delight Line wo ad sugar	1.3	0.0	0.0	0.0	1.3	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	3.3	0.0	0.0	0.0	1.7	193.8	183.4	150.0	284.4
13	1474	Ice lolly/ Sorbet	0.1	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
13	1502	Yoghurt half fat	5.3	0.0	0.0	58.7	4.4	150.9	137.1	77.8	207.1
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.8	17.4	7.6	7.0	29.0
13	1719	Milk semi-skimmed enriched w calcium	7.3	0.0	0.0	0.0	1.9	194.0	187.4	181.3	195.8
13	1720	Custard several flavours full fat	6.3	0.0	0.0	65.4	4.7	133.7	130.1	49.4	173.9
13	1721	Yoghurt vanilla half fat	4.4	0.0	0.0	42.3	4.2	143.2	129.4	77.8	212.6
13	1722	Porridge semolina	0.2	0.0	0.0	0.0	0.3	176.4	149.8	74.2	249.8
13	1791	Cream whipped w sugar canned	0.4	0.0	0.0	4.3	2.6	11.4	10.8	3.0	24.0
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.0
13	1813	Yakult	0.8	0.0	0.0	0.0	1.1	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.3	0.0	0.0	0.0	0.6	137.6	117.7	100.9	171.6
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.5	0.0	0.0	0.0	1.1	158.4	145.8	71.3	201.0
13	1834	Yoghurt drink w sweeteners Optimel	3.7	0.0	0.0	0.0	2.1	185.8	178.1	144.2	214.1
13	1916	Cream whipped with added sugar	0.6	0.0	0.0	3.3	4.7	12.4	11.1	3.0	26.3
13	1954	Coffee creamer Balance	0.0	0.0	0.0	0.0	0.3	4.0	4.0	4.0	4.0
13	1957	Custard with whipped cream	0.2	0.0	0.0	0.0	0.3	80.6	61.8	61.8	114.1
13	1958	Porridge buttermilk groats	0.5	0.0	0.0	0.0	0.5	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.0
13	2244	Yoghurt cream- with fruit	3.8	0.0	0.0	6.1	3.1	142.9	134.6	81.0	199.2
13	2246	Fromage frais low fat w fruit w sw	0.6	0.0	0.0	0.0	0.7	147.2	146.8	72.0	171.4
13	2247	Fromage frais yoghurt w fruit	1.1	0.0	0.0	0.0	1.0	170.0	162.6	150.0	207.4
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.8	0.0	0.0	0.0	1.1	77.2	52.2	50.0	113.2
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	1.9	0.0	0.0	0.0	0.4	257.5	257.5	257.5	257.5
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	0.9	0.0	0.0	0.0	0.7	203.0	203.0	203.0	203.0
13	2258	Actimel	0.1	0.0	0.0	0.0	0.3	113.7	105.4	100.0	118.5
13	2265	Yakult light	0.9	0.0	0.0	0.0	0.8	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	0.2	0.0	0.0	0.0	0.3	84.2	49.4	49.4	155.5
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	6.1	0.0	0.0	29.7	4.0	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2495	Drinking chocolate w s-sk milk	0.7	0.0	0.0	0.0	0.4	272.5	224.2	217.3	310.7
13	2496	Dairy drink Campina fruitmilk	0.5	0.0	0.0	0.0	0.4	271.7	252.4	252.4	330.1
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.3	0.0	0.0	0.0	0.3	253.6	217.3	217.3	381.2
13	2501	Yoghurt half fat w fruit	3.0	0.0	0.0	0.0	2.8	153.0	138.8	100.0	260.8
13	2503	Yoghurt Greek full fat	0.0	0.0	0.0	0.0	0.0	150.0	150.0	150.0	150.0
13	2504	Fromage frais full fat w fruit	1.3	0.0	0.0	0.0	0.7	97.7	72.0	72.0	163.0
13	2519	Custard half fat all flavours	4.2	0.0	0.0	61.7	2.3	154.8	146.1	120.5	184.4
13	2520	Pudding airy average	4.3	0.0	0.0	49.0	2.2	108.7	99.6	69.3	178.0
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.4	0.0	0.0	0.0	0.2	239.6	239.6	239.6	239.6
13	2537	Dessert made of custard, yoghurt & syrup	0.3	0.0	0.0	0.0	0.6	154.5	154.5	154.5	154.5
13	2538	Blancmange home-made w semi-sk milk	0.0	0.0	0.0	0.0	0.0
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	1.2	0.0	0.0	0.0	0.9	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2760	Hot chocolate from vending machine	1.1	0.0	0.0	0.0	0.7	148.6	77.7	18.5	231.1
13	2823	Yoghurt full fat stracciatella	0.3	0.0	0.0	0.0	0.5	164.1	139.3	133.0	205.8
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.3	0.0	0.0	0.0	0.2	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.1	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	0.5	0.0	0.0	0.0	0.4	254.1	254.1	254.1	254.1
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.9	12.0	12.0	12.0	12.0
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.4	10.0	8.8	8.0	11.6
13	3074	Yoghurt full fat w fruit Activia	0.3	0.0	0.0	0.0	0.5	69.8	62.5	62.5	98.3
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0

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14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.4	3.3	6.2	0.8	0.2	18.3
14	1380	Dessert soya Alpro	0.1	0.0	0.0	0.0	0.1	230.7	230.7	230.7	230.7
14	1381	Milk soya Natural Fresh Alpro	0.7	0.0	0.0	0.0	0.4	132.0	132.0	132.0	132.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.1	0.0	0.0	0.0	0.1	278.0	278.0	278.0	278.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.6	0.0	0.0	0.0	0.9	145.8	145.8	145.8	145.8
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.3	82.7	71.4	70.5	91.7
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.1	0.0	0.0	0.0	0.5	17.2	13.2	11.0	23.6
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.4	0.0	0.0	0.0	2.2	25.3	17.2	15.0	38.2
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.2	0.0	0.0	0.0	1.0	20.0	13.4	7.5	28.1
15	205	Mixed nuts and raisins	0.1	0.0	0.0	0.0	0.3	41.9	40.0	40.0	47.4
15	206	Walnuts unsalted	1.1	0.0	0.0	9.3	3.7	22.6	19.3	1.4	32.1
15	207	Nuts mixed unsalted	0.0	0.0	0.0	0.0	0.0
15	264	Biscuit salted average	0.1	0.0	0.0	0.0	1.2	8.7	8.0	8.0	10.3
15	265	Puff pastry baked	0.1	0.0	0.0	0.0	0.4	19.6	13.1	11.0	30.4
15	266	Snack sausage roll puff pastry	0.0	0.0	0.0	0.0	0.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.4	0.0	0.0	0.0	1.1	23.3	13.6	10.0	39.9
15	546	Peanuts coated	1.2	0.0	0.0	5.0	1.1	48.4	36.7	25.0	48.7
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.2	0.0	0.0	0.0	0.8	33.5	25.0	25.0	67.1
15	867	Linseeds	0.0	0.0	0.0	0.0	1.2	9.1	7.4	5.0	12.6
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.0
15	876	Peanuts salted	0.3	0.0	0.0	0.0	1.0	30.3	26.6	20.0	44.3
15	901	Snack sausage roll w bread dough pastry	1.4	0.0	0.0	0.0	1.0	75.0	75.0	75.0	75.0
15	1496	Salad fish	0.7	0.0	0.0	0.0	2.0	44.8	15.0	15.0	117.4
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.1	0.0	0.0	0.0	1.0	31.9	25.0	15.0	52.3
15	1499	Salad egg	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0

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15	1699	Biscuits & snacks cheesy averaged	0.3	0.0	0.0	0.0	0.6	60.0	60.0	60.0	60.0
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
15	1895	Pecan nuts unsalted	0.2	0.0	0.0	0.0	0.9	18.0	18.0	18.0	18.0
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
15	1935	Nuts mixed salted	0.1	0.0	0.0	0.0	0.3	45.2	34.6	25.0	48.5
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.2	5.5	5.5	5.5	5.5
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	0.5	10.8	6.8	4.9	13.6
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	2.0	0.0	0.0	0.0	1.5	84.4	68.2	63.0	115.4
15	2549	Springroll frozen unprepared	0.3	0.0	0.0	0.0	0.1	106.3	106.3	106.3	106.3
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.0	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.1	59.0	59.0	59.0	59.0
15	2924	Crisps potato flavoured	0.2	0.0	0.0	0.0	0.6	21.6	19.0	19.0	24.3
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.2	0.0	0.0	0.0	0.4	87.2	45.6	45.6	139.8
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	0.2	0.0	0.0	0.0	1.0	57.3	4.6	4.6	165.9
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.1	39.3	39.3	39.3	39.3
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.0
16	3049	Beans white tinned	0.2	0.0	0.0	0.0	0.3	76.9	74.7	74.0	78.6
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	1.7	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	12.2	0.0	0.0	0.0	3.9	379.8	356.2	200.0	488.9
19	758	Soup clear with meat	0.3	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
19	759	Soup clear with vegetables	12.4	0.0	0.0	93.2	4.2	186.6	142.8	105.2	314.8
19	760	Soup clear with meat and noodles	6.6	0.0	0.0	20.3	2.4	204.3	137.4	112.4	357.1
19	761	Soup clear with meat and vegetables	6.5	0.0	0.0	16.9	4.7	253.9	306.7	106.0	322.5
19	762	Soup clear w meat vegetables and noodles	13.2	0.0	0.0	115.9	5.2	233.5	207.8	151.0	330.3
19	763	Soup thickened w vegetables	0.1	0.0	0.0	0.0	0.1	220.5	220.5	220.5	220.5
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.2	0.0	0.0	0.0	0.1	336.0	336.0	336.0	336.0
19	792	Soup thickened w meat and vegetables	2.4	0.0	0.0	0.0	0.3	323.8	323.8	323.8	323.8
19	797	Soup vegetable based dried packet prep	11.5	0.0	0.0	125.2	4.5	228.0	246.7	115.5	298.3
19	798	Soup meat based dried packet prepared	13.0	0.0	0.0	118.2	2.7	332.3	259.6	134.4	484.6
19	800	Soup vegetable based tinned prepared	7.6	0.0	0.0	61.7	3.3	249.5	259.4	115.5	321.9
19	801	Soup meat based ready made prepared	1.1	0.0	0.0	0.0	1.4	196.5	194.3	194.3	202.3
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	3.2	0.0	0.0	0.0	2.0	193.9	161.3	80.2	225.7
19	2487	Soup veg & meat based ready made prep	1.5	0.0	0.0	0.0	1.5	197.6	182.1	154.4	229.1
19	2488	Soup vegetable&meat based prepared pack	14.2	0.0	0.0	101.9	6.9	210.4	189.3	131.0	317.7
19	2561	Soup thickened no filling	1.1	0.0	0.0	0.0	0.7	229.8	220.5	220.5	253.1
19	2932	Soup cup-a-soup prepared	8.5	0.0	0.0	101.6	2.2	246.8	223.2	175.0	299.1
20	374	Sugar brown Basterdsuiker	0.2	0.0	0.0	0.0	1.6	10.4	6.4	5.0	22.8
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.9	6.9	5.1	3.3	12.8
20	377	Sugar granulated	4.5	0.0	0.0	20.7	37.5	14.2	10.1	2.8	35.8
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.6	14.1	9.8	1.4	19.4
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.3	7.9	6.4	6.4	9.6
20	427	Syrup apple	3.2	0.0	0.0	18.3	14.3	25.0	18.2	7.4	39.4
20	431	Chocolate milk	0.4	0.0	0.0	2.7	4.9	11.7	6.9	5.0	23.6
20	432	Chocolate plain	0.9	0.0	0.0	6.5	6.7	12.6	6.9	4.1	27.0
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	1.4	8.7	7.5	7.5	9.7
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.3	12.0	7.9	5.0	14.3
20	436	Spread chocolate hazelnut	0.2	0.0	0.0	0.0	1.6	16.9	10.0	10.0	29.3

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20	442	Coloured confetti fruit-flavoured	0.2	0.0	0.0	0.0	2.5	9.5	7.8	2.9	16.9
20	443	Honey	1.1	0.0	0.0	8.2	9.2	13.2	11.3	2.8	22.7
20	444	Spread chocolade plain	0.0	0.0	0.0	0.0	0.9	13.5	10.0	10.0	26.2
20	445	Jam	8.7	0.0	0.0	34.3	35.0	24.4	18.5	6.1	65.7
20	447	Chewing gum without sugar	0.1	0.0	0.0	0.0	1.2	4.0	3.4	3.0	4.8
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.2	0.0	0.0	1.7	4.3	5.0	3.5	1.0	12.6
20	453	Peppermint	0.2	0.0	0.0	0.8	6.4	4.7	3.0	3.0	8.3
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.7	19.2	15.0	15.0	30.3
20	461	Toffees	0.0	0.0	0.0	0.0	0.4	10.1	6.0	6.0	15.3
20	484	Jam reduced sugar	0.7	0.0	0.0	5.1	4.3	15.2	10.0	10.0	36.0
20	487	Candybar Mars	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
20	520	Liquorice Dutch type salted	0.0	0.0	0.0	0.0	0.7	6.3	4.5	4.0	7.7
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	1.9	7.2	4.0	4.0	16.2
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.5	1.0	1.0	1.0	1.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.1	28.5	28.5	28.5	28.5
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.6	0.0	0.0	0.0	1.7	26.1	18.3	9.0	28.8
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.1	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.1	0.0	0.0	0.0	0.7	20.0	13.9	12.0	31.2
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.4	28.0	28.0	28.0	28.0
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
20	752	Wine gums	0.0	0.0	0.0	0.0	0.3	4.4	2.6	2.0	5.7
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.0
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.4	6.8	15.9	14.5	3.0	28.1
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	2.0	12.6	11.2	5.0	19.6
20	1963	Chocolate confetti plain	0.4	0.0	0.0	2.4	6.7	10.0	7.4	3.3	14.6
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.6	15.7	11.2	10.0	19.1
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.0	8.2	5.8	3.0	11.4
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	1.4	13.0	10.6	7.0	14.7
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	1.0	11.6	9.1	6.0	15.1
20	2376	Chocolate milk w puffed rice	0.1	0.0	0.0	0.0	0.9	15.0	15.0	15.0	15.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.3	6.5	3.0	3.0	12.9
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.2	0.0	0.0	0.0	0.5	18.0	13.8	10.0	19.4

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20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.1	0.0	0.0	0.0	1.2	6.8	5.2	4.0	7.7
20	2595	Candybar KitKat	0.0	0.0	0.0	0.0	0.0
20	2656	Chocolate confetti mix white and plain	0.2	0.0	0.0	0.0	2.2	7.9	5.6	5.0	9.6
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.3	0.0	0.0	0.0	0.7	55.8	45.0	35.0	58.5
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.4	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	2870	Candybar Lion	0.1	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	0.1	0.0	0.0	0.0	2.6	4.0	2.0	1.9	8.9
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.1	0.0	0.0	0.0	1.2	6.0	6.0	6.0	6.0
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.0
21	310	Butter unsalted	2.9	0.0	0.0	13.4	17.1	15.7	11.9	4.2	29.8
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.0	0.0	0.0	0.0	1.0	1.1	1.1	1.1	1.2
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.2	0.0	0.0	4.7	10.1	8.2	5.2	0.4	30.6
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.0
21	451	Mayonnaise	0.2	0.0	0.0	0.0	3.3	9.9	4.4	1.6	22.2
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.2	12.5	12.5	12.5	12.5
21	458	Salad cream 25% oil	0.3	0.0	0.0	0.7	4.4	9.6	3.7	1.0	35.8
21	462	Ketchup tomato	0.0	0.0	0.0	0.0	1.4	5.8	3.9	1.4	11.3
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.2	0.0	0.0	0.0	0.2	37.1	15.8	4.6	51.3
21	601	Oil olive	0.6	0.0	0.0	4.7	6.3	9.5	3.8	0.4	30.3
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.7	3.4	3.4	3.4	3.4
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	616	Peanut sauce jar prepared	0.5	0.0	0.0	0.0	0.9	47.4	35.0	7.5	73.3
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.8	0.5	0.5	0.5	0.5
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	0.9	7.2	3.5	2.0	14.5
21	879	Butter salted	0.9	0.0	0.0	4.4	6.3	15.3	8.0	2.9	43.9
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.3	4.0	4.0	4.0	4.0
21	1515	Sauce based on roux prepared	0.3	0.0	0.0	0.0	1.5	37.1	30.0	30.0	53.5
21	1517	Sauce mix packet <3% fat prepared	2.7	0.0	0.0	8.1	2.0	80.4	31.2	9.0	186.9
21	1518	Sauce mix packet >3% fat prepared	2.5	0.0	0.0	17.7	5.8	39.8	24.9	7.2	102.7
21	1524	Sauce tomato ready made jar	0.5	0.0	0.0	0.0	0.8	59.4	61.9	25.2	68.0
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.1	24.4	24.4	24.4	24.4
21	1803	Sauce oriental ready-made in jar/bag	2.5	0.0	0.0	12.1	2.6	82.4	82.1	4.6	127.4
21	1839	Low fat margarine product tub Becel Ligh	4.1	0.0	0.0	28.0	16.0	23.1	21.1	5.6	45.6

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21	1847	Margarine product tub Becel Dieet	2.2	0.0	0.0	15.3	15.7	17.5	16.0	4.5	29.9
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.1	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.0	0.0	0.0	7.3	6.0	20.4	13.8	6.0	46.1
21	1961	Low fat marg prod Blue Band Goede Start	0.3	0.0	0.0	0.0	1.9	19.8	17.2	3.0	34.1
21	2059	Low fat margarine 40% fat <17 g sat	3.9	0.0	0.0	24.6	14.5	23.1	17.1	3.8	49.8
21	2060	Low fat margarine prod 35% fat <10 g sat	1.7	0.0	0.0	8.7	7.1	17.7	15.1	4.5	29.8
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.6	0.0	0.0	0.0	4.1	13.7	12.9	6.8	17.0
21	2063	Margarine 80% fat >24 g saturates	1.0	0.0	0.0	6.5	23.1	5.6	3.8	0.4	16.8
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.5	8.0	8.0	8.0	8.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	2.3	23.2	22.5	9.9	35.2
21	2066	Cooking fat liquid 97% fat <17 g sat	1.0	0.0	0.0	5.4	20.2	4.5	2.6	0.7	11.4
21	2067	Cooking fat solid 97% fat >17 g sat	0.9	0.0	0.0	3.9	12.6	4.6	1.6	0.5	17.0
21	2068	Frying fat liquid <24 g sat fatty acids	0.2	0.0	0.0	0.0	1.9	19.0	7.4	1.2	41.3
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	1.0	0.0	0.0	5.9	7.8	13.8	11.3	1.8	24.3
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	0.0	4.3	4.8	2.9	0.6	19.6
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.0
21	2178	Pesto	0.0	0.0	0.0	0.0	0.0
21	2294	Low fat margarine Twenty four Ultralight	0.1	0.0	0.0	0.0	0.5	23.2	22.6	22.6	23.8
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.7	13.2	12.0	12.0	15.3
21	2418	Sauce hot liquid ready made <12% fat	0.1	0.0	0.0	0.0	0.3	45.1	29.3	24.0	56.9
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	0.1	0.0	0.0	0.0	1.7	21.2	19.6	9.0	30.7
21	2423	Low fat margarine prod Blue Band Idee	0.1	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
21	2445	Sauce butter-	0.1	0.0	0.0	0.0	0.1	54.0	54.0	54.0	54.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.3	0.0	0.0	0.0	0.9	27.6	23.3	20.9	34.8
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.5	19.9	13.4	8.7	23.2
21	2451	Gravy 25% fat thickend prep w gravypowde	0.5	0.0	0.0	0.0	2.6	22.9	23.4	11.7	36.4
21	2452	Gravy 25% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.8	23.0	11.6	11.6	32.5
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.5	11.6	11.6	11.6	11.6
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.7	39.2	41.3	11.6	48.1
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	2.2	15.1	12.1	1.9	24.3
21	2460	Gravy 75% fat clear prep wo gravypowder	0.0	0.0	0.0	0.0	0.3	14.6	14.6	14.6	14.6
21	2462	Gravy 5% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.7	27.4	20.3	17.5	42.6
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.1	1.4	10.6	1.9	1.9	36.4
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.7	12.7	7.4	3.9	23.3
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.2	21.6	19.7	19.4	23.1
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.3	31.9	26.0	20.7	33.6
21	2470	Sauce for chips 5% oil	0.1	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.2	3.7	1.9	1.9	5.4
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.1	22.1	22.1	22.1	22.1
21	2525	Frying fat horeca	0.4	0.0	0.0	3.9	4.1	10.9	10.2	1.1	15.5
21	2526	Gravy 25% fat thickened w gravypowder	0.0	0.0	0.0	0.0	0.4	34.9	34.9	34.9	34.9
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.7	3.6	2.7	0.5	7.4
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.4	0.0	0.0	2.8	6.4	6.2	5.2	0.2	14.1
21	2559	Low fat margarine prod AH Bewust light	0.1	0.0	0.0	0.0	1.3	23.1	9.0	9.0	48.8
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	4.0	5.0	7.9	7.9	0.4	17.6
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.8	3.6	4.7	2.1	0.8	13.4
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.3	0.0	0.0	0.0	0.2	46.6	46.6	46.6	46.6
21	2580	Gravy 5% fat thickend w gravy powder	0.2	0.0	0.0	0.0	0.9	27.0	27.0	11.6	36.2
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.4	0.0	0.0	0.0	0.8	29.5	19.3	12.5	43.3
21	2585	Gravy 25% fat w cooking fat 2067	0.8	0.0	0.0	0.0	3.5	47.1	24.3	24.3	91.8
21	2586	Gravy 25% fat w margarine 2063	0.5	0.0	0.0	0.0	1.7	25.6	24.3	20.6	31.4
21	2587	Gravy 25% fat w margarine liq 2077	0.3	0.0	0.0	0.0	0.7	41.1	32.6	24.3	42.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.4	0.0	0.0	0.0	1.3	37.4	20.9	6.4	68.3
21	2589	Gravy 25% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.3	33.8	24.3	24.3	45.4
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
21	2592	Gravy 50% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.5	17.9	13.3	8.7	25.0
21	2593	Gravy 50% fat w margarine 2063	1.0	0.0	0.0	0.0	3.5	32.2	22.6	11.7	57.5
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	53.8	34.7	24.3	66.3
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.8	23.3	19.5	11.6	36.0
21	2598	Gravy 75% fat w cooking fat 2067	0.2	0.0	0.0	0.0	1.4	36.3	24.3	24.3	66.4

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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.3	14.6	14.6	14.6	14.6
21	2600	Gravy 25% fat thickend w marg 2063	0.3	0.0	0.0	0.0	0.7	34.1	26.1	17.5	42.8
21	2601	Gravy 25% fat thickend w cook fat 2067	0.1	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.6	24.3	24.3	24.3	24.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.8	6.8	6.0	6.0	8.1
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.5	32.8	29.9	24.3	36.6
21	2625	Gravy 25% fat w cooking fat 2563	0.5	0.0	0.0	0.0	1.2	55.1	34.1	24.3	82.4
21	2626	Gravy 25% fat w cooking fat liq 2562	0.1	0.0	0.0	0.0	0.8	29.2	24.3	12.1	44.7
21	2627	Gravy 50% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	0.9	28.9	20.9	15.5	49.3
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.3	22.3	22.3	22.3	22.3
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.2	22.2	20.4	17.5	24.1
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.0
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	1.7	8.8	7.7	6.8	10.6
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.1	0.0	0.0	0.0	0.9	14.2	7.9	4.5	27.2
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.4	7.6	6.8	1.1	12.6
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.2	9.6	9.6	9.6	9.6
21	2849	Low fat marg prod Becel calorie light	0.8	0.0	0.0	0.0	2.7	32.8	26.3	2.2	42.5
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.1	25.7	24.3	24.0	26.7
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.2	0.0	0.0	0.0	0.7	38.2	27.3	17.5	41.4
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.2	0.0	0.0	0.0	0.8	21.7	21.2	17.5	24.2
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.8	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.3	0.0	0.0	0.0	0.5	27.9	19.6	18.0	34.4
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.3	1.8	1.8	1.8	1.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.1	34.9	34.9	34.9	34.9
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.4	16.9	12.1	12.1	22.8

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22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.0	0.0	0.0	0.0	0.1	99.8	99.8	99.8	99.8
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	0.5	97.8	55.8	20.0	113.6
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	2.2	0.0	0.0	0.0	1.9	82.6	76.0	76.0	76.0
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.0	0.0	0.0	0.0	0.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.1	108.8	108.8	108.8	108.8
22	815	Fish fingers unprepared	0.5	0.0	0.0	0.0	0.3	96.0	89.7	81.0	106.2
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	5.7	0.0	0.0	65.7	2.7	151.8	134.7	50.7	220.6
22	918	Plaice boiled	0.0	0.0	0.0	0.0	0.0
22	919	Pollack boiled	0.2	0.0	0.0	0.0	0.4	149.0	135.0	135.0	172.8
22	1096	Salmon smoked	3.2	0.0	0.0	0.0	1.4	113.3	83.0	30.0	154.1
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.4	0.0	0.0	0.0	1.3	75.0	75.0	75.0	75.0
22	1586	Mackerel fillet smoked	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.1	24.1	24.1	24.1	24.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	56.7	56.7	56.7	56.7
22	1610	Salmon farmed prep in microwave oven	1.6	0.0	0.0	0.0	1.9	94.8	90.3	64.2	116.1
22	1611	Trout prepared in microwave oven	1.0	0.0	0.0	0.0	0.7	77.6	45.0	45.0	116.6
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1619	Sole prepared in microwave oven	0.2	0.0	0.0	0.0	0.4	136.2	134.0	20.3	177.3
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.3	0.0	0.0	0.0	0.5	156.0	156.0	156.0	156.0
22	2474	Whitefish fillet batter deepfried wo fat	2.7	0.0	0.0	2.1	2.5	121.8	97.1	90.0	162.3
22	2765	Pangasius prep in microwave oven	0.0	0.0	0.0	0.0	0.4	18.0	18.0	18.0	18.0
23	106	Duck whole raw	0.0	0.0	0.0	0.0	0.0
23	108	Chicken with skin raw	1.8	0.0	0.0	0.0	1.9	88.7	88.3	20.0	126.5
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.2	0.0	0.0	0.0	1.4	15.2	15.0	15.0	15.0
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
23	328	Ham smoked raw	0.8	0.0	0.0	6.5	5.9	15.6	12.4	6.4	22.6
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.2	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.4	24.7	24.3	24.0	24.9

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23	335	Liver pate	0.0	0.0	0.0	0.0	0.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.4	0.0	0.0	2.2	3.4	8.9	6.0	5.0	9.9
23	343	Bacon fat raw	0.1	0.0	0.0	0.0	0.4	18.1	18.1	18.1	18.1
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.3	0.0	0.0	0.0	1.5	48.4	38.3	36.0	75.6
23	567	Sausage luncheon meat	0.2	0.0	0.0	0.0	1.5	18.5	8.8	8.0	47.2
23	568	Black pudding	0.2	0.0	0.0	0.0	0.8	18.0	18.0	18.0	18.0
23	638	Salami sausage saveloy	1.7	0.0	0.0	10.9	9.0	23.5	18.8	9.6	41.3
23	639	Bacon rashers streaky	0.2	0.0	0.0	0.0	1.3	18.3	12.5	4.8	31.9
23	640	Liver sausage	0.5	0.0	0.0	0.0	2.3	21.4	16.3	10.0	38.0
23	641	Bacon	0.3	0.0	0.0	0.0	0.1	98.0	98.0	98.0	98.0
23	642	Pate	0.7	0.0	0.0	2.5	2.3	21.3	16.9	6.7	37.3
23	643	Pork side cured and smoked	0.2	0.0	0.0	0.0	1.3	20.0	20.0	20.0	20.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	3.0	0.0	0.0	18.6	12.9	20.7	19.0	2.4	52.0
23	785	Ham shoulder medium fat boiled	0.9	0.0	0.0	8.2	5.0	23.9	18.3	1.5	40.0
23	810	Beef steak tartare spiced filet americ	0.1	0.0	0.0	0.0	0.5	22.3	5.0	5.0	40.4
23	1152	Salami	0.2	0.0	0.0	0.0	0.7	26.5	30.1	10.0	31.8
23	1155	Minced meat loaf fried	0.2	0.0	0.0	0.0	0.6	70.1	48.7	15.0	85.9
23	1162	Sausage cooked	0.2	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.5	9.0	9.0	9.0	9.0
23	1239	Liver pate sausage	0.9	0.0	0.0	0.0	2.6	35.8	19.3	10.0	59.0
23	1305	Chicken without skin raw	1.0	0.0	0.0	0.0	2.5	128.6	81.9	37.4	126.4
23	1306	Chicken for soup w skin raw	0.3	0.0	0.0	0.0	0.7	123.2	123.2	123.2	123.2
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	2.1	0.0	0.0	0.0	2.0	86.8	84.3	38.0	109.2
23	1401	Beef tenderloin steak raw	0.4	0.0	0.0	0.0	0.4	80.0	80.0	80.0	80.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	1.4	0.0	0.0	0.0	1.3	91.3	82.4	80.0	107.1
23	1405	Minced beef raw	5.9	0.0	0.0	31.4	11.2	56.0	51.4	14.0	112.3
23	1407	Liver ox raw	0.1	0.0	0.0	0.0	0.1	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.2	0.0	0.0	0.0	0.1	161.3	161.3	161.3	161.3
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.1	0.0	0.0	0.0	0.1	21.0	21.0	21.0	21.0
23	1411	Beef shank raw	0.2	0.0	0.0	0.0	0.2	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	2.4	0.0	0.0	18.4	2.7	84.0	87.4	32.5	109.6
23	1413	Beef streaked/marbled raw	0.8	0.0	0.0	0.0	0.9	75.9	74.7	65.0	83.2
23	1414	Beef stewing steak raw	1.2	0.0	0.0	0.0	1.8	119.0	98.5	38.0	170.7
23	1415	Beef steak tartare raw	1.4	0.0	0.0	0.0	1.7	94.1	82.3	72.0	98.2
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	1.4	0.0	0.0	0.0	4.1	64.7	56.0	56.0	97.9
23	1418	Pork fillet raw	1.4	0.0	0.0	0.0	2.0	73.9	67.1	38.0	102.3
23	1419	Pork fricandeau part of leg raw	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1420	Pork chop raw	0.7	0.0	0.0	0.0	0.9	98.9	90.4	52.5	164.6
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.1	74.8	74.8	74.8	74.8
23	1422	Pork tenderloin raw	0.0	0.0	0.0	0.0	0.3	64.5	56.0	56.0	73.7
23	1424	Pork loin chop raw	0.4	0.0	0.0	0.0	0.3	212.1	148.5	112.0	252.5

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23	1425	Pork shoulder chop raw	3.0	0.0	0.0	37.7	3.0	103.0	94.4	38.0	199.5
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.2	15.8	9.8	7.0	19.9
23	1428	Pork stir fry meat raw	0.6	0.0	0.0	4.3	3.4	15.5	8.9	2.1	25.6
23	1429	Pork tenderloin medaillon raw	0.5	0.0	0.0	0.0	1.1	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.8	0.0	0.0	0.0	1.9	66.3	56.6	38.0	83.7
23	1431	Kromesky meat filled raw	1.3	0.0	0.0	0.0	2.3	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	1.3	0.0	0.0	13.7	3.6	46.4	39.7	12.6	75.2
23	1434	Minced beef/pork raw	4.0	0.0	0.0	30.4	7.4	59.8	58.7	8.6	112.3
23	1435	Hamburger raw	0.6	0.0	0.0	0.0	0.8	75.0	75.0	75.0	75.0
23	1437	Veal olive raw	0.3	0.0	0.0	0.0	0.6	87.8	72.4	70.0	105.9
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.1	0.0	0.0	0.0	0.1	80.7	53.0	53.0	105.7
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
23	1545	Beef roast prepared	0.2	0.0	0.0	0.0	1.4	18.1	15.0	15.0	22.7
23	1558	Pork loin chop prepared	0.5	0.0	0.0	0.0	1.6	29.3	19.7	15.0	49.7
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.1	5.6	5.6	5.6	5.6
23	1634	Chicken fillet raw	5.4	0.0	0.0	57.3	3.9	102.6	94.2	29.0	148.0
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	1.5	0.0	0.0	0.0	1.6	85.4	71.0	58.5	109.3
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.2	18.2	18.2	18.2	18.2
23	1668	Pork 5-14% fat raw	2.4	0.0	0.0	21.4	3.2	74.0	75.5	37.0	105.2
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.6	0.0	0.0	0.0	0.2	105.1	105.1	105.1	105.1
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	1.0	15.6	11.1	8.0	26.8
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.0	16.6	15.0	15.0	21.8
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	0.5	34.3	28.7	8.0	48.0
23	1774	Sausage tongue	0.2	0.0	0.0	0.0	1.2	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.1	0.0	0.0	0.0	0.1	48.0	48.0	48.0	48.0
23	1777	Gammon boiled deboned	0.2	0.0	0.0	0.0	1.5	22.9	17.9	15.0	37.0
23	1788	Pork rib chop raw	2.5	0.0	0.0	0.0	1.7	94.1	87.3	76.0	110.2
23	1790	Pork schnitzel not breaded raw	1.7	0.0	0.0	0.0	1.7	85.8	75.6	75.0	109.9
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	1.7	16.0	11.6	8.0	20.8
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	1.1	0.0	0.0	0.0	1.4	63.7	63.7	63.7	63.7
23	2300	Sausage smoked lean cooked	0.2	0.0	0.0	0.0	0.4	94.7	91.1	90.0	97.3
23	2301	Sausage smoked beef cooked	0.0	0.0	0.0	0.0	0.0
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.0	0.0	0.0	0.0	1.5	35.0	11.2	11.2	79.5
23	2334	Minced meat beef/pork raw w egg/brcrums	0.2	0.0	0.0	0.0	0.3	63.2	51.2	50.0	72.6
23	2335	Meat average raw excl liver	0.3	0.0	0.0	0.0	0.3	112.0	112.0	112.0	112.0
23	2336	Beef average raw	1.2	0.0	0.0	0.0	1.9	99.8	89.8	38.5	121.2

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.3	0.0	0.0	0.0	1.4	53.1	41.9	32.0	75.9
23	2339	Beef olives raw	0.9	0.0	0.0	0.0	1.5	84.1	84.0	84.0	84.0
23	2340	Pork schnitzel breaded raw	2.8	0.0	0.0	3.7	1.4	106.5	105.0	105.0	110.4
23	2341	Chicken fillet breaded raw	0.2	0.0	0.0	0.0	0.2	60.7	46.9	46.9	72.9
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.0
23	2363	Minced meat w ham and cheese raw	0.4	0.0	0.0	0.0	0.6	80.0	80.0	80.0	80.0
23	2364	Chicken schnitzel raw	1.9	0.0	0.0	0.0	2.7	92.0	88.7	52.5	104.2
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.1	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
23	2654	Sandwich meat chicken	0.3	0.0	0.0	0.0	1.7	26.4	30.4	15.0	31.8
23	2766	Sausage smoked industrial cooked	2.0	0.0	0.0	8.7	2.0	76.5	68.9	15.0	110.3
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.2	0.0	0.0	0.0	1.5	16.9	16.9	9.0	23.5
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.9	0.0	0.0	7.7	6.0	13.8	10.0	10.0	19.3
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.2	0.0	0.0	0.0	0.8	18.0	18.0	18.0	18.0
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.3	24.6	18.6	16.0	28.9
23	3002	Bacon smoked Katenspek	0.3	0.0	0.0	0.0	1.8	15.5	14.3	8.9	17.2
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.3	0.0	0.0	0.0	0.4	44.8	8.5	8.5	138.4
23	3025	Bacon lean smoked raw	0.1	0.0	0.0	0.0	1.8	17.7	14.7	14.4	32.8
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.0
23	3030	Sausage beef Braadworst raw	0.1	0.0	0.0	0.0	0.7	31.8	8.7	1.8	58.8
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.2	0.0	0.0	0.0	0.5	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.2	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
1	982	Potatoes wo skins boiled average	78.6	67.8	0.0	175.1	63.8	122.4	119.7	37.0	215.1
1	1150	Potatoes sliced frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	1455	Potato puree powder av	1.1	0.0	0.0	0.0	2.4	71.9	65.6	30.0	87.6
1	1456	Chips pre-fried unprepared	1.3	0.0	0.0	0.0	2.0	86.9	75.1	30.0	136.0
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.7	0.0	0.0	0.0	1.3	87.6	61.5	29.4	131.0
1	2326	Croquettes potato frozen unprepared	0.2	0.0	0.0	0.0	0.2	67.2	67.2	67.2	67.2
1	2499	Potato puree powder w milkpowder w fat	0.1	0.0	0.0	0.0	0.5	35.6	28.3	21.6	53.1
1	2834	Potato waffels/balls frozen unprepared	0.5	0.0	0.0	0.0	1.3	114.1	91.3	62.0	142.7
2	382	Advocaat liqueur	0.3	0.0	0.0	0.0	0.7	123.5	65.6	5.0	197.4
2	383	Juice apple	1.2	0.0	0.0	0.0	0.7	249.9	218.7	166.7	323.2
2	386	Gin Dutch red currant flavoured	0.4	0.0	0.0	0.0	1.8	69.1	35.4	11.0	86.7
2	387	Fruit drink blackcurrant	0.0	0.0	0.0	0.0	0.0
2	388	Juice redcurrant	0.3	0.0	0.0	0.0	0.3	188.5	147.0	147.0	230.9
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	13.6	0.0	0.0	0.0	1.1	550.0	500.0	500.0	590.0
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.2	0.0	0.0	0.0	0.3	68.4	49.7	38.0	79.7
2	395	Soft drink cola with caffeine	6.2	0.0	0.0	85.0	1.8	174.0	181.1	78.0	207.1
2	396	Juice grape	0.0	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
2	400	Soft drink wo caffeine	1.6	0.0	0.0	0.0	2.7	118.6	103.2	100.0	137.9
2	401	Gin young Dutch	4.1	0.0	0.0	12.7	7.0	40.2	28.5	28.5	85.6
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	407	Port wine	1.5	0.0	0.0	0.0	2.1	99.9	96.3	45.0	178.1
2	408	Rum	0.2	0.0	0.0	0.0	0.8	29.0	18.8	9.5	43.9
2	409	Sherry	6.3	0.0	0.0	26.4	4.4	139.7	113.4	54.0	261.6
2	410	Juice orange pasteurized	2.4	0.0	0.0	0.0	2.7	177.0	154.9	115.0	236.6
2	411	Mineral water Spa	18.2	0.0	0.0	180.8	5.4	336.9	271.9	100.0	560.6
2	413	Tomato juice	0.3	0.0	0.0	0.0	0.5	149.0	125.9	112.0	163.3
2	414	Soft drink tonic	0.4	0.0	0.0	0.0	0.3	241.7	241.7	241.7	241.7
2	415	Vermouth	0.5	0.0	0.0	0.0	1.2	37.6	36.0	35.1	38.7
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.0
2	417	Juice drink	1.6	0.0	0.0	0.0	1.8	211.5	152.2	75.0	397.5
2	421	Whisky	0.1	0.0	0.0	0.0	0.4	39.7	38.8	38.0	40.2
2	422	Wine red	19.5	0.0	0.0	132.3	15.9	135.5	112.8	42.3	271.2
2	423	Wine white dry	19.2	0.0	0.0	138.0	11.4	174.7	129.3	21.5	376.3
2	425	Whey drink light Rivella	3.9	0.0	0.0	0.0	1.8	282.0	282.0	282.0	282.0
2	463	Fruit drink concentrate undiluted	0.0	0.0	0.0	0.0	0.0
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	1.7	11.1	7.6	5.0	19.2
2	498	Fruit drink conc Roosvicee Ferro	0.2	0.0	0.0	0.0	1.3	37.6	30.2	30.0	43.5

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.2	0.0	0.0	0.0	1.3	37.6	30.2	30.0	43.5
2	644	Coffee prepared	297.2	251.8	0.0	753.1	86.9	388.9	336.8	89.5	799.9
2	645	Tea prepared	689.6	473.0	0.0	2,065.8	83.7	693.9	551.3	159.1	2,058.2
2	664	Juice grapefruit	2.9	0.0	0.0	0.0	3.2	111.4	94.8	52.6	173.3
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	3.9	0.0	0.0	0.0	1.4	369.8	238.7	119.0	510.6
2	805	Jagermeister herb liquor	0.0	0.0	0.0	0.0	0.1	114.4	114.4	114.4	114.4
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.7	0.0	0.0	0.0	0.8	219.7	160.0	160.0	294.1
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	3.4	0.0	0.0	0.0	3.2	145.3	130.3	124.0	177.3
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	44.0	44.0	44.0	44.0
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	4.3	0.0	0.0	0.0	1.2	300.0	300.0	300.0	300.0
2	1521	Juice drink light	0.2	0.0	0.0	0.0	0.2	370.0	370.0	370.0	370.0
2	1522	Soft drink light without caffeine	2.5	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
2	1523	Cola light soft drink with caffeine	8.7	0.0	0.0	49.1	3.3	201.0	157.9	78.0	415.8
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.8	0.0	0.0	0.0	1.2	110.2	54.4	20.0	167.4
2	1810	Fruit drink concentrate Karvan Cevitam	2.2	0.0	0.0	37.5	3.6	42.9	38.6	37.5	47.3
2	1878	Fruit juice drink Roosvicee Multivit	0.6	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.4	9.0	9.0	9.0	9.0
2	1885	Water average	526.5	418.2	0.0	1,242.9	87.4	566.8	459.0	96.2	1,302.9
2	1932	Juice orange with pulp	1.8	0.0	0.0	0.0	1.7	150.9	128.7	115.0	190.3
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.6	0.0	0.0	0.0	0.9	158.6	129.5	110.0	175.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	6.7	0.0	0.0	0.0	2.2	523.4	357.2	316.0	656.7
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.9	0.0	0.0	0.0	0.7	142.0	142.0	142.0	142.0
2	2086	Ice tea	0.0	0.0	0.0	0.0	0.0
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	1.1	0.0	0.0	0.0	0.9	174.7	152.0	152.0	248.9
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	1.5	0.0	0.0	0.0	0.6	300.0	300.0	300.0	300.0
2	2142	Wine white sweet	2.5	0.0	0.0	0.0	1.7	133.3	113.3	101.0	170.8
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.0	0.0	0.0	0.0	0.0
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0
2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.0
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	1.0	0.0	0.0	0.0	0.8	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.4	0.0	0.0	0.0	0.3	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	2.5	0.0	0.0	0.0	1.4	405.1	187.5	187.5	600.9
2	2476	Cappuccino freshly made	2.5	0.0	0.0	0.0	2.7	134.0	128.3	117.0	149.5
2	2477	Coffee cappuccino instant prepared	5.4	0.0	0.0	0.0	1.6	348.1	238.3	171.0	415.3
2	2478	Cappuccino instant powder	0.2	0.0	0.0	0.0	1.0	13.9	9.6	6.0	22.4
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	1.5	0.0	0.0	0.0	0.6	300.0	300.0	300.0	300.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	1.5	0.0	0.0	0.0	1.4	171.5	119.0	119.0	327.7
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	8.3	0.0	0.0	0.0	3.3	418.9	255.1	142.0	562.8
2	2610	Wine rose	1.3	0.0	0.0	0.0	2.3	137.2	130.4	67.9	179.5
2	2633	Coffee instant powder	0.0	0.0	0.0	0.0	1.8	3.8	2.8	1.0	5.4
2	2634	Fruit juice dk minimal 2 fruits w vit C	5.6	0.0	0.0	0.0	2.5	246.0	118.4	88.0	461.5
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	1.8	0.0	0.0	0.0	0.7	276.5	273.7	272.5	278.5
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.3	0.0	0.0	0.0	0.6	140.0	140.0	140.0	140.0
2	2648	Coffee w milk vending machine	1.8	0.0	0.0	0.0	1.2	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.1	0.0	0.0	0.0	0.4	15.3	12.5	12.0	17.4
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.1	0.0	0.0	0.0	0.6	50.0	50.0	50.0	50.0

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

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2	2755	Juice orange freshly squeezed	18.5	0.0	0.0	136.8	19.2	120.4	119.2	60.0	181.8
2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	2.2	0.0	0.0	0.0	1.0	189.3	175.4	166.7	197.5
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.3	0.0	0.0	0.0	0.3	145.0	145.0	145.0	145.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.1	0.0	0.0	0.0	0.2	185.0	185.0	185.0	185.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
2	2881	Coffee wiener melange instant prepared	0.0	0.0	0.0	0.0	0.0
2	2896	Lemonade squash Spa&Fruit sparkling	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
2	2897	Juice Drink Ocean Spray	3.5	0.0	0.0	0.0	1.4	192.3	160.0	160.0	239.6
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
3	227	Crispbakes Dutch	1.3	0.0	0.0	5.0	10.0	11.8	7.8	0.9	26.6
3	228	Crackers cream	0.7	0.0	0.0	2.3	2.8	17.2	13.6	10.0	24.5
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
3	230	Roll white soft	0.6	0.0	0.0	0.0	2.3	38.8	25.0	25.0	66.0
3	233	Bread currant	0.5	0.0	0.0	0.0	2.2	45.0	33.3	30.0	64.3
3	236	Bread brown wheat	15.8	0.0	0.0	68.0	23.9	81.9	63.3	30.9	137.9
3	238	Crackers matzes	0.5	0.0	0.0	0.0	1.2	50.7	31.3	30.0	66.1
3	241	Bread white milk based	0.5	0.0	0.0	0.0	1.7	66.8	60.0	60.0	113.7
3	242	Bread rye dark	1.0	0.0	0.0	0.0	3.3	49.4	45.0	45.0	45.0
3	243	Bread rye light	0.7	0.0	0.0	6.3	1.5	22.5	17.2	12.5	24.2
3	244	Bread raisin	0.7	0.0	0.0	0.0	2.6	34.4	26.1	17.5	44.7
3	246	Bread wholemeal average	20.4	0.0	0.0	91.1	27.5	81.5	65.1	35.0	153.2
3	248	Bread white water based	20.3	0.0	0.0	95.8	14.5	85.4	76.6	7.3	116.1
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.4	0.0	0.0	0.0	1.2	26.1	11.7	10.0	70.1
3	655	Crispbakes Dutch wholemeal	1.1	0.0	0.0	8.5	8.0	12.8	9.4	5.9	18.5
3	975	Crispbread sesame	0.6	0.0	0.0	1.8	4.4	17.7	12.2	9.0	25.2
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
3	1017	Bread wheatrye wholemeal	0.6	0.0	0.0	0.0	0.5	78.8	52.5	35.0	126.1
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.4	0.0	0.0	0.0	2.9	20.0	20.0	20.0	20.0
3	1312	Crispbread Cracottes	0.4	0.0	0.0	0.0	2.1	10.1	7.0	7.0	13.2
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	2.3	8.1	7.0	7.0	11.8
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.2	0.0	0.0	0.0	0.5	26.9	18.8	17.5	33.4
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
3	1779	Crispbread wholemeal	0.4	0.0	0.0	0.0	1.3	15.6	11.0	10.0	19.1
3	1914	Dough for pizza and savoury pie	0.0	0.0	0.0	0.0	0.0

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3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.5	11.6	10.2	10.0	12.7
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.3	0.0	0.0	0.0	1.2	60.0	60.0	60.0	60.0
3	2348	Bread wholemeal w pumpkin seeds	1.6	0.0	0.0	0.0	2.3	109.7	85.2	35.0	134.5
3	2349	Bread linseed	0.7	0.0	0.0	0.0	0.8	81.3	70.0	70.0	100.3
3	2350	Bread multigrain average w seeds	8.3	0.0	0.0	62.5	12.3	78.1	57.1	30.5	124.9
3	2351	Bread white average milk/water based	0.2	0.0	0.0	0.0	1.0	43.3	32.9	25.0	48.3
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	0.8	0.0	0.0	0.0	1.5	45.4	37.5	35.0	56.7
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
3	2356	Baguette w cheese-onion	0.5	0.0	0.0	0.0	0.4	93.2	50.0	50.0	198.2
3	2357	Bread wholemeal w sunflower seeds	0.9	0.0	0.0	0.0	2.7	55.5	35.0	35.0	104.0
3	2358	Bread white w sunflower seeds	0.3	0.0	0.0	0.0	0.6	61.7	54.0	54.0	68.3
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0
3	2382	Bread brown w sunflower seeds	0.3	0.0	0.0	0.0	0.8	48.7	35.0	35.0	66.0
3	2528	Croutons	0.0	0.0	0.0	0.0	0.4	7.0	7.0	7.0	7.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	1.6	0.0	0.0	0.0	1.5	105.0	105.0	105.0	105.0
3	2704	Bread brown w seeds	0.0	0.0	0.0	0.0	0.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.2	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
3	2788	Bread sourdough wholemeal	0.7	0.0	0.0	0.0	1.6	53.8	43.7	40.0	73.8
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.2	22.0	22.0	22.0	22.0
3	2790	Bread pita white	8.1	0.0	0.0	34.7	3.8	100.0	100.0	100.0	100.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
3	2793	Baguette white	1.2	0.0	0.0	0.0	1.7	65.2	38.7	30.0	93.5
3	2794	Baguette brown	1.5	0.0	0.0	0.0	1.4	64.5	25.7	10.0	92.6
3	2795	Roll white hard	0.9	0.0	0.0	0.0	3.0	53.4	45.8	45.0	77.4
3	2796	Roll brown hard	3.0	0.0	0.0	20.2	3.8	57.1	46.7	25.8	89.2
3	2797	Roll brown soft	3.2	0.0	0.0	25.4	6.3	51.6	38.8	30.0	84.4
3	2798	Roll wholemeal soft	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
3	2799	Roll multigrain hard	0.6	0.0	0.0	0.0	3.8	39.4	42.3	25.0	47.8
3	2800	Roll multigrain soft	0.6	0.0	0.0	0.0	0.6	50.0	50.0	50.0	50.0
3	2801	Croissant prepared w butter	0.6	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
3	2803	Bun currant/raisin	3.8	0.0	0.0	26.1	6.4	50.8	37.4	25.6	97.3
3	2804	Bun wholemeal w muesli	0.0	0.0	0.0	0.0	0.2	58.0	58.0	58.0	58.0
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
3	2813	Bread raisin/current average	0.7	0.0	0.0	0.0	1.4	40.5	35.0	35.0	54.3
3	2815	Bread Tijger brown wheat	1.8	0.0	0.0	0.0	1.2	70.0	70.0	70.0	70.0
3	2816	Bread Tijger white	0.7	0.0	0.0	0.0	0.9	48.2	35.3	30.0	57.5
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.2	0.0	0.0	0.0	1.3	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	0.4	0.0	0.0	0.0	0.7	70.0	70.0	70.0	70.0
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.3	0.0	0.0	0.0	1.7	26.8	23.2	17.0	33.1

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3	2937	Toast Melba natural	0.4	0.0	0.0	2.7	3.1	9.9	8.2	4.0	15.4
3	2938	Toast Melba other varieties	0.0	0.0	0.0	0.0	0.3	12.7	8.0	8.0	18.5
3	3054	Bread glutenfree bakmix Glutafin white	1.2	0.0	0.0	0.0	0.6	93.9	87.7	87.5	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.5	77.6	60.0	60.0	109.8
4	202	Coconut meat fresh	0.1	0.0	0.0	0.0	0.5	16.0	16.0	16.0	16.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.1	6.1	6.1	6.1	6.1
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
4	535	Cocoa powder sweetened Benco	0.1	0.0	0.0	0.0	1.0	12.1	12.0	12.0	12.2
4	595	Cocoa product powder Ovomaltine	0.3	0.0	0.0	0.4	3.7	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.2	0.0	0.0	0.0	0.3	123.6	123.6	123.6	123.6
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.2	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.6	0.6	0.6	0.6	0.6
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.1	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.2	0.0	0.0	0.0	2.9	8.0	8.1	0.3	12.0
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
5	84	Eggs chicken boiled average	10.2	0.0	0.0	38.4	27.9	37.9	49.3	2.2	57.1
6	33	Raisins dried	0.3	0.0	0.0	0.0	1.5	24.5	15.7	4.0	59.8
6	137	Olives tinned/glass	0.4	0.0	0.0	0.0	2.0	15.2	18.4	1.3	26.7
6	147	Apple without skin average	24.6	0.0	0.0	131.4	22.4	116.8	127.4	27.9	229.7
6	148	Strawberries	8.6	0.0	0.0	53.2	12.7	77.6	70.3	9.5	156.0
6	149	Apricots with skin	0.1	0.0	0.0	0.0	0.3	12.4	12.4	12.4	12.4
6	150	Pineapple	0.2	0.0	0.0	0.0	0.3	116.2	116.2	116.2	116.2
6	151	Banana	23.0	0.0	0.0	112.1	17.9	119.7	113.2	43.3	156.6
6	152	Blueberries	0.0	0.0	0.0	0.0	0.3	26.0	26.0	26.0	26.0
6	153	Redcurrant	0.2	0.0	0.0	0.0	0.5	98.0	98.0	98.0	98.0
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.0	0.0	0.0	0.0	0.3	13.0	13.0	13.0	13.0
6	158	Lemon	0.0	0.0	0.0	0.0	0.3	3.1	3.1	3.1	3.1
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.0	0.0	0.0	0.0	0.1	14.3	14.3	14.3	14.3
6	161	Raspberries	1.2	0.0	0.0	0.0	1.0	69.8	51.6	40.0	105.3
6	162	Grapefruit	0.5	0.0	0.0	0.0	0.6	40.0	40.0	40.0	40.0
6	163	Cherries	1.0	0.0	0.0	0.0	1.8	79.0	23.5	21.0	148.9
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	17.3	0.0	0.0	80.3	22.9	68.8	53.5	32.1	122.8
6	166	Melon netted	0.7	0.0	0.0	0.0	1.5	109.0	89.5	40.0	166.2
6	168	Pear without skin	5.4	0.0	0.0	54.8	6.0	112.8	102.8	64.0	167.2
6	169	Peach without skin	1.5	0.0	0.0	0.0	2.2	81.9	76.5	76.5	101.3
6	170	Plums with skin	2.9	0.0	0.0	0.0	2.2	139.5	105.5	40.0	239.4
6	171	Orange	12.6	0.0	0.0	101.9	11.0	157.4	132.5	72.3	192.2

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6	172	Fruit fresh citrus average	5.2	0.0	0.0	0.0	3.4	152.0	152.0	152.0	152.0
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.2	0.0	0.0	0.0	2.5	7.8	5.3	3.0	14.3
6	176	Apricots in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	177	Pineapple in syrup tinned	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
6	179	Apple sauce tinned	1.6	0.0	0.0	0.0	4.2	62.5	37.3	20.6	194.2
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.1	0.0	0.0	0.0	1.0	14.4	9.4	6.0	22.3
6	182	Raspberries in syrup tinned	0.1	0.0	0.0	0.0	0.5	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	184	Cherries in syrup tinned	0.2	0.0	0.0	0.0	1.3	12.1	12.1	12.1	12.1
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	2.4	0.0	0.0	0.0	2.0	139.3	125.4	52.4	261.2
6	189	Peaches in syrup tinned	0.1	0.0	0.0	0.0	0.6	28.7	28.7	28.7	28.7
6	190	Prunes dried	0.3	0.0	0.0	0.0	1.5	28.2	12.0	12.0	83.8
6	191	Plums in syrup tinned	0.7	0.0	0.0	0.0	1.0	96.6	72.1	64.8	115.2
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.5	27.6	19.9	17.5	33.5
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	1.5	5.3	4.4	1.3	9.4
6	689	Avocado	0.3	0.0	0.0	0.0	0.4	90.0	90.0	90.0	90.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.0	0.0	0.0	0.0	0.0
6	875	Apple with skin average	3.3	0.0	0.0	3.8	6.0	99.7	94.8	18.1	148.1
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	12.4	0.0	0.0	54.0	18.4	75.0	54.9	37.4	85.2
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	0.1	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.2	0.0	0.0	0.0	3.3	6.8	1.8	0.3	18.1
6	1182	Apple sauce wo sugar tinned	0.9	0.0	0.0	0.0	1.0	114.7	46.3	32.1	317.8
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.2	87.5	87.5	87.5	87.5
6	1812	Nectarine	3.4	0.0	0.0	27.8	3.8	107.2	94.0	38.3	143.3
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.0	0.0	0.0	0.0	0.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.6	16.3	13.6	6.9	19.5
6	2685	Abricots dried and soaked	0.1	0.0	0.0	0.0	0.8	15.0	13.3	12.0	15.9
6	2686	Apple sauce wo sugar w sweetner tinned	0.1	0.0	0.0	0.0	0.2	77.8	77.8	77.8	77.8
6	2748	Pear with skin	1.2	0.0	0.0	0.0	0.4	270.4	180.2	128.0	363.5
6	2749	Grapes black with skin	1.7	0.0	0.0	0.0	2.2	104.1	87.7	57.0	133.5
6	2750	Grapes white with skin	1.6	0.0	0.0	0.0	3.8	71.7	43.1	23.8	165.1
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.0
6	2890	Cranberries dries sweetened	0.1	0.0	0.0	0.0	0.6	10.8	7.3	4.0	11.6
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.2	0.0	0.0	0.0	0.5	41.6	40.0	40.0	42.9
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	3.1	0.0	0.0	19.2	13.6	26.4	20.0	20.0	54.6
7	250	Almond filled pastry	0.3	0.0	0.0	0.0	0.8	36.6	28.0	20.0	38.8
7	251	Apple pie Dutch w shortbread w marg	2.4	0.0	0.0	9.6	3.1	77.0	57.4	56.0	97.7
7	252	Biscuit sweet	3.7	0.0	0.0	11.9	19.5	14.6	13.1	5.4	28.3
7	253	Cake wo butter	1.4	0.0	0.0	13.2	4.4	28.2	24.6	15.0	37.4
7	254	Cake sponge Dutch Eierkoek	1.5	0.0	0.0	7.2	3.3	45.5	40.7	25.0	55.4
7	255	Gateau with whipped cream	1.3	0.0	0.0	3.2	2.2	48.4	40.0	40.0	70.4
7	256	Gateau with butter-cream filling	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	257	Almond paste filled tarts average	0.4	0.0	0.0	0.0	2.0	40.2	36.9	15.0	54.1
7	258	Biscuits averaged	1.0	0.0	0.0	6.1	5.8	19.1	14.0	5.0	42.7
7	259	Macaroons	1.0	0.0	0.0	2.6	2.5	37.4	29.4	25.0	47.8
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
7	261	Biscuit spiced Speculaas	0.5	0.0	0.0	2.2	5.2	10.9	7.0	7.0	20.9
7	262	Biscuit Dutch shortbread spritsstukken	0.7	0.0	0.0	5.3	2.5	31.4	20.9	10.0	48.8
7	263	Biscuit brown/wholemeal	1.5	0.0	0.0	8.2	9.5	16.1	12.1	8.0	29.4
7	468	Cream slice Dutch Tompouce	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.0	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.2	107.0	85.0	85.0	136.1
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.0	0.0	0.0	0.0	0.0
7	634	Coconut flavoured cookies	0.2	0.0	0.0	0.0	0.8	19.2	16.0	16.0	23.7
7	635	Biscuits Dutch krakeling	0.0	0.0	0.0	0.0	0.8	12.0	12.0	12.0	12.0
7	636	Biscuit muesli	0.0	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
7	713	Waffle syrup average	0.5	0.0	0.0	0.0	3.0	25.7	21.4	10.0	34.9
7	789	Cake butter Dutch Boterkoek	0.1	0.0	0.0	0.0	1.1	20.0	20.0	20.0	20.0
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.0	0.0	0.0	0.0	0.3	28.8	28.8	28.8	28.8
7	836	Shortbread	2.7	0.0	0.0	12.1	8.3	19.7	14.5	10.0	24.9
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.2	14.3	14.3	14.3	14.3
7	855	Biscuit spiced Speculaas w almnd paste	0.1	0.0	0.0	0.0	0.4	67.8	44.2	19.0	103.1
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.2	0.0	0.0	0.0	1.4	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.5	38.0	38.0	38.0	38.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.9	0.0	0.0	0.0	3.9	31.7	23.4	20.1	45.4
7	1470	Berliner pastry	0.3	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
7	1475	Eclair with whipped cream filling	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	1476	Meringue with butter-cream	0.3	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0

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7	1477	Biscuits sugar free	0.4	0.0	0.0	0.0	0.3	65.4	32.4	20.0	89.6
7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.3	0.0	0.0	0.0	1.2	28.0	28.0	28.0	28.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.0	0.0	0.0	0.0	0.2	42.0	42.0	42.0	42.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.2	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.5	0.0	0.0	0.0	1.5	30.0	30.0	30.0	30.0
7	1972	Biscuits assorted with butter	0.9	0.0	0.0	5.9	3.9	15.3	12.4	8.0	25.6
7	2162	Biscuit Cafe noir	0.5	0.0	0.0	0.0	1.2	18.9	14.4	10.0	19.4
7	2190	Brownies with nuts	0.3	0.0	0.0	0.0	0.7	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.1	0.0	0.0	0.0	1.3	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
7	2228	Biscuit with chocolate layer Scholliertje	0.0	0.0	0.0	0.0	0.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.4	0.0	0.0	0.0	3.2	25.3	22.5	22.5	29.3
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.7	0.0	0.0	0.0	2.6	36.5	23.0	20.0	65.9
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.2	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.8	0.0	0.0	0.0	2.7	25.2	20.0	20.0	41.3
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.2	0.0	0.0	0.0	0.3	49.5	49.5	49.5	49.5
7	2392	Cake apple-	0.8	0.0	0.0	0.7	2.1	30.9	30.0	30.0	33.7
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.9	35.5	30.0	30.0	51.8
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.0
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.2	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.9	0.0	0.0	0.0	2.7	38.8	37.9	25.0	49.8
7	2399	Spiced cake Indonesian- Spekkoeke	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.2	0.0	0.0	0.0	1.4	17.0	11.9	10.0	29.2
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
7	2409	Biscuit Dutch shortbread w chocolate	0.3	0.0	0.0	0.0	0.8	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.5	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	1.7	5.0	5.0	5.0	5.0
7	2413	Cake wrapped in marzipan and chocolate	1.0	0.0	0.0	0.0	0.7	120.0	120.0	120.0	120.0

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	0.4	0.0	0.0	0.0	0.4	58.7	48.7	41.0	63.4
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.0
7	2607	Biscuit w nuts and chocolate	0.1	0.0	0.0	0.0	0.2	44.0	44.0	44.0	44.0
7	2609	Biscuits with nuts	1.8	0.0	0.0	7.3	9.3	15.1	12.9	10.0	16.6
7	2622	Appel pie Dutch w shortbread w butter	0.2	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
7	2661	Waffle Luikse	0.9	0.0	0.0	0.0	0.8	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.1	0.0	0.0	0.0	1.1	31.5	27.0	24.0	34.2
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.3	0.0	0.0	0.0	0.9	16.8	7.6	3.3	23.3
7	2698	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.1	33.0	33.0	33.0	33.0
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	1.6	9.9	9.1	6.0	11.6
7	2715	Meringue	0.1	0.0	0.0	0.0	0.8	20.9	14.6	9.0	23.1
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.2	0.0	0.0	0.0	1.2	22.5	22.5	22.5	22.5
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.2	27.0	27.0	27.0	27.0
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.0
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.0
7	2778	Flan sponge with custard cream	0.3	0.0	0.0	0.0	0.9	80.7	76.2	75.0	84.1
7	2820	Waffle syrup w butter	0.2	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	1.6	0.0	0.0	0.0	0.5	144.0	144.0	144.0	144.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.0	0.0	0.0	0.0	0.0
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.0
7	2893	Cake Indonesian	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.2	0.0	0.0	0.0	2.2	18.6	16.5	8.0	27.1
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.7	0.0	0.0	0.0	0.9	97.3	65.0	65.0	123.5
8	78	Semolina	0.2	0.0	0.0	0.0	0.7	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.2	0.0	0.0	0.0	0.8	18.2	13.1	11.5	22.0
8	213	Oatmeal	0.5	0.0	0.0	0.0	1.8	38.4	42.2	17.3	49.3
8	215	Cornflour	0.1	0.0	0.0	0.1	2.8	2.8	1.9	0.9	5.0
8	220	Flour wheat white 75% extraction	0.0	0.0	0.0	0.0	0.7	3.8	1.1	1.0	7.3
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.1	0.0	0.0	0.0	0.6	15.4	15.0	15.0	15.6
8	225	Breakfast cereal Brinta	0.0	0.0	0.0	0.0	0.5	12.0	12.0	12.0	12.0

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
8	226	Starch potato	0.0	0.0	0.0	0.0	0.0
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.1	0.0	0.0	0.0	0.2	59.5	59.5	59.5	59.5
8	590	Wheat bran	0.0	0.0	0.0	0.0	2.2	5.4	5.7	0.4	7.7
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.6	7.4	3.6	3.6	20.4
8	658	Rice white boiled	3.2	0.0	0.0	19.9	5.0	80.9	62.5	9.1	157.6
8	659	Pasta white average boiled	8.6	0.0	0.0	58.2	7.9	111.1	96.9	19.9	271.0
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	1.7	10.6	1.6	0.9	25.0
8	1014	Rice brown boiled	2.0	0.0	0.0	0.0	2.3	123.9	56.0	35.1	352.1
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.7	4.8	3.8	3.8	5.6
8	2157	Pasta wholemeal boiled	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
8	2158	Couscous boiled	0.1	0.0	0.0	0.0	0.3	32.4	20.0	20.0	53.6
8	2159	Millet boiled	0.1	0.0	0.0	0.0	0.5	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.3	0.0	0.0	0.0	0.6	42.0	42.0	42.0	42.0
8	2366	Muesli crunchy plain/w fruit	0.4	0.0	0.0	0.0	3.1	20.5	15.8	9.9	24.3
8	2675	Muesli crunchy w nuts	0.5	0.0	0.0	0.0	2.0	26.4	19.9	7.4	39.8
8	2676	Muesli crunchy w chocolate	0.7	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.1	0.0	0.0	0.0	1.3	21.5	13.7	11.1	36.0
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	1.0	2.6	1.8	1.0	2.9
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.1	19.7	19.7	19.7	19.7
9	7	Endive raw	1.3	0.0	0.0	0.0	1.0	102.3	85.0	83.8	132.8
9	8	Endive boiled	2.7	0.0	0.0	0.0	2.1	120.9	94.3	85.4	216.2
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
9	13	Celery boiled	0.4	0.0	0.0	0.0	1.0	54.1	27.0	5.2	174.9
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	9.3	0.0	0.0	60.3	4.6	152.2	112.6	78.0	284.3
9	16	Kale curly boiled	0.2	0.0	0.0	0.0	0.3	88.9	72.1	67.9	102.0
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	3.2	0.0	0.0	14.9	4.3	48.3	30.8	19.7	81.9
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.5	0.0	0.0	0.0	0.4	148.8	148.8	148.8	148.8
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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9	26	Celeriac boiled	0.1	0.0	0.0	0.0	0.3	40.6	40.6	40.6	40.6
9	27	Cucumber wo skin raw	4.5	0.0	0.0	33.5	7.5	85.2	67.8	7.6	159.9
9	28	Cucumber boiled	0.0	0.0	0.0	0.0	0.1	60.2	60.2	60.2	60.2
9	29	Swede boiled	0.3	0.0	0.0	0.0	0.2	162.0	162.0	162.0	162.0
9	31	Sweet pepper green raw	0.2	0.0	0.0	0.0	1.2	18.4	9.9	8.9	25.2
9	32	Sweet pepper green boiled	0.9	0.0	0.0	0.0	1.4	35.2	15.3	10.0	61.4
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	3.4	0.0	0.0	24.4	4.1	67.6	33.0	4.7	145.8
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.2	0.0	0.0	0.0	0.3	145.6	145.6	145.6	145.6
9	44	Cabbage Savoy boiled	0.1	0.0	0.0	0.0	0.6	66.3	66.3	66.3	66.3
9	46	Lettuce head raw	2.5	0.0	0.0	19.9	4.7	57.4	42.8	4.6	96.6
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.2	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	5.1	0.0	0.0	75.0	3.9	127.3	136.4	15.1	171.3
9	54	Cabbage oxheart boiled	1.5	0.0	0.0	0.0	1.0	203.2	183.3	160.0	237.1
9	55	Brussel sprouts boiled	15.2	0.0	0.0	68.1	7.9	149.7	125.4	88.7	201.8
9	57	Sweetcorn boiled	0.1	0.0	0.0	0.0	0.6	17.6	17.6	17.6	17.6
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
9	59	Bean sprouts boiled	0.2	0.0	0.0	0.0	2.0	21.7	0.8	0.3	57.3
9	60	Tomatoes normal raw	3.4	0.0	0.0	23.8	9.1	41.8	33.1	5.5	71.1
9	61	Tomatoes normal boiled	0.7	0.0	0.0	0.0	0.9	39.3	27.6	11.0	49.5
9	63	Onions raw	1.6	0.0	0.0	6.6	7.7	23.9	13.6	1.3	46.2
9	64	Onions boiled	4.6	0.0	0.0	26.1	20.1	32.7	22.9	1.1	92.0
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.5	15.4	8.9	8.6	27.0
9	67	Chicory raw	2.0	0.0	0.0	9.1	2.2	67.5	47.9	25.0	167.6
9	68	Chicory boiled	8.0	0.0	0.0	78.3	5.3	148.6	149.4	16.3	225.6
9	69	Cabbage white raw	0.0	0.0	0.0	0.0	0.8	11.8	7.7	4.0	12.9
9	70	Cabbage white cooked	0.1	0.0	0.0	0.0	2.2	11.2	2.8	1.0	29.1
9	71	Carrots raw average	0.2	0.0	0.0	0.0	1.3	16.0	10.7	4.0	29.9
9	72	Carrots boiled average	0.9	0.0	0.0	1.8	4.5	14.8	3.4	1.4	60.6
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	4.7	0.0	0.0	29.9	3.3	145.4	150.6	40.4	238.6
9	75	Vegetable mix for soup raw	2.1	0.0	0.0	3.5	1.7	54.3	13.3	13.3	114.4
9	124	Radish red/white raw	0.5	0.0	0.0	0.0	2.4	29.3	29.4	13.5	38.7
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.0
9	127	Vegetables mixture raw	0.0	0.0	0.0	0.0	0.1	12.7	12.7	12.7	12.7
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	0.6	0.0	0.0	4.9	5.2	11.5	9.7	2.0	22.5
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.7	0.0	0.0	0.3	2.3	53.5	2.8	0.9	146.1
9	136	Peas and carrots tinned	2.4	0.0	0.0	0.0	0.9	120.2	114.0	110.0	123.9
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.0	0.0	0.0	0.0	0.0
9	140	Spinach tinned	0.1	0.0	0.0	0.0	0.2	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.3	0.0	0.0	0.0	1.2	24.1	6.6	3.8	44.4

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9	142	Beans broad tinned	2.9	0.0	0.0	0.0	1.9	240.0	240.0	240.0	240.0
9	143	Carrots tinned	0.4	0.0	0.0	0.0	0.3	124.6	120.0	120.0	128.9
9	144	Silver-skin onions sweet pickled glass	0.2	0.0	0.0	1.9	4.1	3.4	2.7	0.9	5.9
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	0.1	0.0	0.0	0.0	1.3	21.6	14.8	14.8	45.5
9	538	Rhubarb puree w sugar	0.4	0.0	0.0	0.0	1.0	59.4	45.3	31.9	62.0
9	557	Celery raw	0.4	0.0	0.0	0.0	1.0	61.7	49.3	49.3	111.3
9	558	Celeriac raw	0.2	0.0	0.0	0.0	0.2	120.9	120.9	120.9	120.9
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.0	0.0	0.0	0.0	0.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.7	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	2.1	0.0	0.0	0.0	1.7	210.4	186.9	174.0	245.8
9	651	Spinach creamed frozen boiled	0.6	0.0	0.0	0.0	1.6	65.5	33.1	33.1	128.9
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.7	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.9	28.1	26.1	10.2	33.8
9	885	Sweet pepper red boiled	1.0	0.0	0.0	0.0	4.4	31.2	19.8	7.5	78.4
9	920	Broccoli boiled	6.6	0.0	0.0	57.8	5.6	143.7	123.2	35.0	197.8
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.4	51.0	51.0	51.0	51.0
9	951	Beans French boiled	5.3	0.0	0.0	42.7	10.6	96.9	78.2	1.0	205.2
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	1.0	0.0	0.0	0.0	1.3	96.6	20.0	20.0	186.6
9	954	Beans French frozen boiled	0.6	0.0	0.0	0.0	0.5	200.0	200.0	200.0	200.0
9	957	Asparagus boiled	0.0	0.0	0.0	0.0	0.0
9	958	Beetroot boiled	0.9	0.0	0.0	0.0	1.0	165.4	152.1	115.6	195.8
9	961	Beans runner boiled	4.6	0.0	0.0	53.8	2.7	132.3	122.9	75.5	172.6
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	0.2	0.0	0.0	0.0	0.5	52.0	52.0	52.0	52.0
9	966	Courgettes boiled	0.4	0.0	0.0	0.0	1.4	39.2	17.0	17.0	102.8
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1143	Beans runner frozen unprepared	0.2	0.0	0.0	0.0	0.3	98.0	98.0	98.0	98.0
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.0
9	1399	Lettuce iceberg raw	1.8	0.0	0.0	11.5	4.9	42.8	29.7	15.0	84.9
9	1454	Beetroot pickled glass	0.1	0.0	0.0	0.0	0.1	180.0	180.0	180.0	180.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.3	3.8	3.8	3.8	3.8
9	1904	Vegetables average boiled	1.2	0.0	0.0	0.0	2.1	109.4	74.6	6.7	141.9

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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.2	109.2	108.0	108.0	110.4
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.0	0.0	0.0	0.0	0.0
9	2331	Bami vegetables mixed boiled	0.0	0.0	0.0	0.0	0.0
9	2346	Lettuce green average raw	0.4	0.0	0.0	0.0	1.3	25.8	12.8	1.9	51.0
9	2377	Tomatoes dried in oil tin/glass	0.3	0.0	0.0	0.0	0.6	18.1	16.6	10.7	19.7
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.0
9	2498	Tomatoes sieved	0.0	0.0	0.0	0.0	0.0
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.2	5.3	5.3	5.3	5.3
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	1.1	12.0	8.8	7.5	18.0
9	2710	Cabbage red w apple pieces glass	0.0	0.0	0.0	0.0	0.0
9	2726	Carrot bunched raw	0.0	0.0	0.0	0.0	0.0
9	2727	Carrot bunched boiled	8.7	0.0	0.0	89.4	5.8	161.0	178.0	21.9	225.6
9	2728	Carrot winter raw	0.5	0.0	0.0	0.0	2.2	65.1	54.1	25.4	86.0
9	2729	Carrot winter boiled	3.3	0.0	0.0	20.5	2.3	101.6	100.0	23.6	161.3
9	2730	Tomato vine raw	4.2	0.0	0.0	30.3	7.4	84.2	61.2	33.3	140.4
9	2731	Tomato cherry raw	1.4	0.0	0.0	9.8	6.5	32.3	30.6	10.4	54.9
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.2	27.8	27.8	27.8	27.8
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.8	20.5	9.0	6.4	29.6
9	2735	Tomato average boiled	0.3	0.0	0.0	0.0	0.7	54.1	32.7	22.6	80.7
9	2736	Rocket raw	0.8	0.0	0.0	4.0	2.0	20.9	11.8	5.5	46.2
9	2737	Onion Welsh raw	0.2	0.0	0.0	0.0	1.3	20.7	14.5	6.4	24.6
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	1.2	0.0	0.0	9.5	2.5	41.8	36.1	12.8	83.8
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.1	0.0	0.0	0.0	0.8	17.2	16.1	10.0	20.0
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.9	2.3	5.2	3.1	1.7	10.4
9	2743	Sweet pepper average boiled	0.3	0.0	0.0	0.0	2.7	13.6	2.9	0.9	38.1
9	2840	Cabbage red w apple pieces	0.8	0.0	0.0	0.0	0.5	250.0	250.0	250.0	250.0
9	2900	Sweetcorn tinned	0.1	0.0	0.0	0.0	0.8	67.6	67.6	67.6	67.6
10	455	Peanut butter	0.5	0.0	0.0	0.0	5.1	23.5	18.0	3.3	45.3
10	541	Peanut butter with nut pieces	0.2	0.0	0.0	0.0	0.4	29.6	18.8	17.5	47.4
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.0	0.0	0.0	0.0	0.3	7.5	7.5	7.5	7.5
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.4	4.0	2.0	0.3	4.7
10	2367	Peanut butter light	0.3	0.0	0.0	0.0	2.0	26.9	17.7	13.3	33.3
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.7	3.8	2.9	2.0	3.9
11	511	Cheese Edam 40+	1.5	0.0	0.0	9.4	4.0	37.1	34.4	4.9	59.8
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	3.8	0.0	0.0	18.5	15.6	27.4	22.0	10.0	58.2
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
11	515	Cheese spread 48+	0.2	0.0	0.0	0.0	1.0	17.2	13.1	10.0	19.3
11	517	Cheese spread 20+	0.4	0.0	0.0	0.0	3.6	13.9	9.3	6.7	26.6
11	556	Cheese Camembert 45+	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.1	0.0	0.0	0.0	0.7	38.7	28.4	24.0	46.0

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

NEVO group	NEVO code	Description	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
11	714	Cheese Roquefort	0.1	0.0	0.0	0.0	0.3	21.0	21.0	21.0	21.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.4	0.0	0.0	0.0	0.8	32.0	17.6	4.0	54.9
11	719	Cheese cream soft Mon Chou	0.0	0.0	0.0	0.0	0.5	14.9	9.6	8.0	19.0
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.1	0.0	0.0	0.0	0.6	23.5	22.0	22.0	24.7
11	726	Cheese Bluefort	0.6	0.0	0.0	0.0	0.6	43.8	12.4	9.0	68.7
11	728	Cheese cream soft Boursin	0.2	0.0	0.0	0.0	0.8	18.7	13.3	13.3	36.4
11	804	Cheese sheep fresh	0.5	0.0	0.0	0.0	2.2	28.6	22.0	5.2	47.4
11	881	Cheese 48+ low salt	0.5	0.0	0.0	0.0	1.9	24.9	24.0	24.0	27.6
11	883	Cheese Amsterdam 48+	0.3	0.0	0.0	0.0	2.6	28.8	26.6	24.0	35.6
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.4	22.0	22.0	22.0	22.0
11	1108	Cheese Rambol	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	0.5	0.0	0.0	0.0	2.3	24.8	19.3	13.0	39.3
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	6.2	0.0	0.0	39.8	17.4	36.0	24.4	19.9	85.9
11	1487	Cheese Brie 60+	0.1	0.0	0.0	0.0	1.6	14.6	12.1	7.0	25.4
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
11	1650	Cheese goat fresh	0.4	0.0	0.0	0.0	0.9	18.0	11.0	11.0	28.5
11	1723	Cheese 20+	0.1	0.0	0.0	0.0	0.6	29.0	29.0	29.0	29.0
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.4	0.0	0.0	0.0	1.1	33.8	22.0	22.0	54.4
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.2	0.0	0.0	0.0	1.4	24.8	22.0	22.0	28.3
11	1809	Cheese 45+	0.1	0.0	0.0	0.0	0.4	50.0	50.0	50.0	50.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.0	0.0	0.0	0.0	0.3	15.8	6.0	2.3	23.1
11	2518	Cheese goat hard	0.4	0.0	0.0	0.0	2.2	25.4	18.3	12.0	44.2
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
11	2679	Dairy spread plain/herbs light	0.2	0.0	0.0	0.0	0.6	17.5	15.0	15.0	19.5
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.3	0.0	0.0	0.0	1.2	19.0	14.5	14.5	27.2
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	1.6	0.0	0.0	11.8	6.4	27.2	23.2	10.5	47.8
11	2758	Cheese Gouda 48+ age 4-7 mths	17.0	0.0	0.0	69.5	23.1	44.8	29.8	1.7	81.1
11	2759	Cheese Gouda 48+ age 10-12 mths	0.3	0.0	0.0	0.0	1.5	22.7	22.8	13.0	26.9
11	2824	Cheese 30+ low salt	0.0	0.0	0.0	0.0	0.0
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.1	6.0	5.0	3.3	9.1
12	824	Mustard	0.1	0.0	0.0	0.0	1.9	3.8	2.3	1.0	6.4
12	830	Garlic fresh	0.0	0.0	0.0	0.3	4.0	1.0	1.0	0.0	1.7
12	832	Ginger root fresh	0.1	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.1	1.6	0.6	0.2	3.4
12	858	Gravy powder	0.1	0.0	0.0	0.0	0.8	9.1	6.7	5.6	10.8
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.8	2.0	2.0	2.0	2.0
12	1883	Stock powder low sodium	0.3	0.0	0.0	0.0	0.5	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.3	0.5	0.5	0.5	0.5
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.1	12.9	12.9	12.9	12.9
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.0
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.2	0.0	0.0	8.2	7.6	14.3	9.6	6.8	23.5
13	272	Milk chocolate-flavoured full fat	1.1	0.0	0.0	0.0	1.4	206.8	201.9	200.0	216.8
13	273	Milk chocolate-flavoured low fat	0.3	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.3	0.0	0.0	0.0	4.2	7.7	5.1	2.2	11.8
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.5	9.0	9.0	9.0	9.0
13	276	Custard chocolate full fat	1.2	0.0	0.0	0.0	0.9	105.4	91.7	91.7	116.7
13	278	Yoghurt full fat	7.1	0.0	0.0	54.1	5.9	145.3	138.9	75.4	229.6
13	279	Milk whole	6.4	0.0	0.0	41.7	6.4	129.6	59.3	17.6	305.3
13	280	Coffee creamer full fat	0.8	0.0	0.0	5.2	8.5	14.0	13.5	4.5	21.3
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	4.7	0.0	0.0	45.3	3.1	152.9	134.3	90.0	200.3
13	284	Yoghurt low fat with fruit	1.6	0.0	0.0	0.0	2.1	130.0	118.2	83.2	184.3
13	285	Coffee creamer half fat	4.1	0.0	0.0	23.4	18.6	20.3	16.6	6.7	33.9
13	286	Milk semi-skimmed	82.9	0.0	0.0	366.7	39.1	213.7	192.3	11.0	554.3
13	288	Porridge oatmeal	2.1	0.0	0.0	0.0	0.7	257.5	257.5	257.5	257.5
13	289	Buttermilk	20.5	0.0	0.0	134.3	15.7	188.9	142.8	41.7	424.1
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	294	Milk skimmed	1.5	0.0	0.0	0.0	0.8	171.7	165.0	103.0	186.6
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.2	2.9	2.0	2.0	3.8
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	1.2	0.0	0.0	0.0	0.8	279.1	257.3	185.0	358.0
13	299	Cream whipping	0.2	0.0	0.0	0.0	1.7	22.0	11.2	7.8	55.7
13	301	Yoghurt low fat	9.3	0.0	0.0	116.3	8.0	175.8	169.9	19.4	252.2
13	303	Ice cream dairy cream based	1.5	0.0	0.0	0.0	2.7	59.7	49.8	32.0	87.8
13	305	Fromage frais low fat	2.9	0.0	0.0	0.1	4.5	104.6	74.9	2.0	217.0
13	306	Fromage frais half fat	0.8	0.0	0.0	0.0	0.9	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.7	0.0	0.0	0.0	0.8	217.8	138.0	65.0	238.8
13	477	Custard vanilla low fat	1.6	0.0	0.0	0.0	0.6	128.8	128.8	128.8	128.8
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	0.6	0.0	0.0	0.0	1.4	56.8	40.0	18.0	73.7
13	532	Blancmange chocolate	0.0	0.0	0.0	0.0	0.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	1.3	0.0	0.0	0.0	0.3	171.0	171.0	171.0	171.0
13	736	Pudding vanilla	0.5	0.0	0.0	0.0	0.6	41.7	41.7	41.7	41.7
13	767	Mousse chocolate	0.0	0.0	0.0	0.0	0.1	28.8	28.8	28.8	28.8
13	786	Pudding chipolata	0.0	0.0	0.0	0.0	0.0

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13	812	Cream sour	0.0	0.0	0.0	0.0	0.1	8.2	8.2	8.2	8.2
13	863	Yoghurt full fat with fruit	0.9	0.0	0.0	0.0	0.8	138.1	84.2	41.7	261.4
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	1.8	0.0	0.0	0.0	0.6	168.7	130.9	125.0	198.5
13	916	Yoghurt Bulgarian low fat	0.1	0.0	0.0	0.0	0.3	51.8	51.8	51.8	51.8
13	917	Fromage frais half fat w fruit	3.5	0.0	0.0	0.0	2.4	139.8	121.8	42.7	213.9
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.3	0.0	0.0	0.0	0.1	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	0.8	0.0	0.0	0.0	0.6	149.5	126.8	125.0	179.5
13	940	Blancmange vanilla w strawberry sauce	0.0	0.0	0.0	0.0	0.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	0.3	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
13	1474	Ice lolly/ Sorbet	0.6	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
13	1502	Yoghurt half fat	12.0	0.0	0.0	119.5	3.7	219.3	237.4	97.2	258.6
13	1503	Cream 25% fat	0.3	0.0	0.0	0.5	3.3	6.5	3.9	3.7	10.8
13	1719	Milk semi-skimmed enriched w calcium	0.9	0.0	0.0	0.0	0.4	287.4	287.4	287.4	287.4
13	1720	Custard several flavours full fat	1.2	0.0	0.0	0.0	1.6	146.1	82.6	49.4	258.1
13	1721	Yoghurt vanilla half fat	2.3	0.0	0.0	0.0	3.0	122.0	122.8	51.8	165.5
13	1722	Porridge semolina	1.3	0.0	0.0	0.0	0.6	228.3	181.2	144.2	249.9
13	1791	Cream whipped w sugar canned	0.4	0.0	0.0	0.0	0.7	25.6	18.5	8.0	34.2
13	1808	Creme fraiche	0.5	0.0	0.0	0.0	2.4	15.8	9.2	4.0	38.4
13	1813	Yakult	1.7	0.0	0.0	0.0	2.8	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.0	0.0	0.0	0.0	1.0	84.4	78.0	25.9	125.2
13	1834	Yoghurt drink w sweeteners Optimel	4.4	0.0	0.0	0.0	2.5	202.2	180.9	156.6	252.4
13	1916	Cream whipped with added sugar	0.2	0.0	0.0	0.0	2.0	8.6	4.5	3.0	22.7
13	1954	Coffee creamer Balance	0.6	0.0	0.0	0.0	1.8	17.5	8.0	8.0	31.9
13	1957	Custard with whipped cream	0.2	0.0	0.0	0.0	0.1	240.3	240.3	240.3	240.3
13	1958	Porridge buttermilk groats	0.9	0.0	0.0	0.0	0.5	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	1.1	0.0	0.0	0.0	1.0	201.0	161.7	161.7	234.7
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.0
13	2244	Yoghurt cream- with fruit	4.9	0.0	0.0	4.0	5.6	121.4	95.9	35.0	190.5
13	2246	Fromage frais low fat w fruit w sw	3.1	0.0	0.0	0.0	2.4	143.3	108.0	108.0	244.0
13	2247	Fromage frais yoghurt w fruit	0.3	0.0	0.0	0.0	0.8	97.8	77.8	77.8	124.8
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.0	0.0	0.0	0.0	0.0
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	0.0	0.0	0.0	0.0	0.0
13	2258	Actimel	0.2	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.0	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	0.2	0.0	0.0	0.0	0.3	123.6	123.6	123.6	123.6
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	1.0	0.0	0.0	0.0	1.0	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.6	0.0	0.0	0.0	1.1	42.1	32.0	32.0	61.3
13	2495	Drinking chocolate w s-sk milk	1.5	0.0	0.0	0.0	1.2	176.2	169.2	168.9	181.9
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.4	0.0	0.0	0.0	0.1	220.4	220.4	220.4	220.4
13	2501	Yoghurt half fat w fruit	3.1	0.0	0.0	0.0	2.7	206.0	156.6	143.6	257.6
13	2503	Yoghurt Greek full fat	0.8	0.0	0.0	0.0	0.8	160.9	150.7	58.3	226.5
13	2504	Fromage frais full fat w fruit	0.3	0.0	0.0	0.0	0.8	104.0	81.0	81.0	140.3
13	2519	Custard half fat all flavours	0.6	0.0	0.0	0.0	0.9	171.2	170.0	170.0	175.8
13	2520	Pudding airy average	0.7	0.0	0.0	0.0	0.8	76.0	58.6	55.6	124.6
13	2521	Porridge milk w flour Lammetjespap	1.2	0.0	0.0	0.0	0.9	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.9	0.0	0.0	0.0	1.0	153.1	137.8	137.8	206.0
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	0.1	0.0	0.0	0.0	0.4	96.1	96.1	96.1	96.1
13	2539	Custard soft & airy Campina	1.4	0.0	0.0	0.0	0.5	135.0	135.0	135.0	135.0
13	2655	Yoghurt 0% fat w fruit Activia	0.1	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2689	Actimel light	0.0	0.0	0.0	0.0	0.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	2.2	0.0	0.0	0.0	1.2	207.2	130.0	130.0	340.5
13	2823	Yoghurt full fat stracciatella	1.5	0.0	0.0	0.0	0.3	204.1	204.1	204.1	204.1
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	1.0	0.0	0.0	0.0	0.5	236.9	236.9	236.9	236.9
13	3047	Yoghurt Turkish 10% fat	0.1	0.0	0.0	0.0	0.2	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	0.5	0.0	0.0	0.0	1.0	159.7	159.7	159.7	159.7
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.3	15.3	15.3	15.3	15.3
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.0
13	3074	Yoghurt full fat w fruit Activia	2.1	0.0	0.0	0.0	1.2	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.2	0.0	0.0	0.0	0.7	57.8	39.0	39.0	129.1
14	688	Tempeh fermented soya beans	0.4	0.0	0.0	0.0	1.1	50.7	37.7	37.7	64.7

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14	870	Milk soya natural	0.9	0.0	0.0	0.0	0.9	228.9	212.0	212.0	265.7
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.1	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.2	2.2	1.8	1.8	2.5
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.0	2.0	7.8	0.5	0.2	28.2
14	1380	Dessert soya Alpro	1.6	0.0	0.0	0.0	0.7	126.9	103.5	100.0	145.3
14	1381	Milk soya Natural Fresh Alpro	1.6	0.0	0.0	0.0	0.9	190.4	129.1	25.0	399.8
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	2.9	0.0	0.0	0.0	1.0	250.1	225.1	200.0	292.8
14	1953	Soya based yoghurt Yofu soja Alpro	0.1	0.0	0.0	0.0	0.2	65.1	38.9	38.9	93.5
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.4	0.0	0.0	0.0	0.7	53.2	53.2	53.2	53.2
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.4	0.0	0.0	0.0	0.5	84.6	84.6	84.6	84.6
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	1.0	0.0	0.0	0.0	0.9	90.1	35.0	32.0	220.4
14	2888	Soya based yoghurt Yofu soja Alpro natur	1.0	0.0	0.0	0.0	1.7	169.9	118.7	25.9	254.6
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.0	0.0	0.0	0.0	0.0
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.7	0.0	0.0	0.0	3.8	37.0	19.5	5.1	63.8
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.0	0.0	0.0	0.0	0.3	16.0	15.0	15.0	17.9
15	205	Mixed nuts and raisins	0.0	0.0	0.0	0.0	0.4	19.4	15.0	15.0	27.4
15	206	Walnuts unsalted	0.5	0.0	0.0	0.0	1.8	18.6	10.3	6.5	31.2
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.2	27.4	25.0	25.0	29.5
15	264	Biscuit salted average	0.7	0.0	0.0	3.8	6.1	14.9	9.5	4.0	22.6
15	265	Puff pastry baked	0.4	0.0	0.0	0.0	2.3	50.0	31.8	16.0	75.4
15	266	Snack sausage roll puff pastry	0.0	0.0	0.0	0.0	0.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.4	27.6	22.0	22.0	37.1
15	546	Peanuts coated	0.0	0.0	0.0	0.0	0.0
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.7	10.0	10.0	10.0	10.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	1.5	4.0	3.2	2.6	4.3
15	852	Salad celeriac	0.2	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
15	867	Linseeds	0.2	0.0	0.0	0.0	6.2	9.4	5.7	3.6	29.7
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.7	5.0	5.0	5.0	5.0
15	876	Peanuts salted	0.1	0.0	0.0	0.0	0.8	15.0	15.0	15.0	15.0
15	901	Snack sausage roll w bread dough pastry	0.0	0.0	0.0	0.0	0.0
15	1496	Salad fish	0.6	0.0	0.0	0.0	2.0	38.0	30.2	12.5	57.8
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.0
15	1499	Salad egg	0.0	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0

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15	1699	Biscuits & snacks cheesy averaged	0.8	0.0	0.0	0.0	1.9	32.8	25.1	10.0	55.3
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.2	16.0	12.0	12.0	19.2
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.0
15	1935	Nuts mixed salted	0.4	0.0	0.0	0.0	3.6	23.7	20.9	0.4	47.3
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.5	0.0	0.0	0.0	2.5	50.9	15.0	15.0	124.6
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.2	0.0	0.0	0.0	1.3	18.1	14.0	10.0	18.5
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	2.7	5.3	3.8	2.4	9.2
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.1	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	0.3	0.0	0.0	0.0	0.5	108.4	90.9	90.0	122.5
15	2549	Springroll frozen unprepared	0.3	0.0	0.0	0.0	0.8	150.0	150.0	150.0	150.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.1	0.0	0.0	0.0	0.3	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.7	5.0	5.0	5.0	5.0
15	2830	Croissant with cheese	0.7	0.0	0.0	0.0	1.1	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.1	0.0	0.0	0.0	0.8	19.8	12.6	6.0	27.1
15	2886	Cashew nuts salted	0.2	0.0	0.0	0.0	0.4	31.6	25.0	20.0	42.2
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	2.3	0.0	0.0	0.0	1.0	108.6	100.0	100.0	143.0
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	2.0	0.0	0.0	0.0	0.8	135.3	69.5	49.4	222.4
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.1	49.2	49.2	49.2	49.2
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.4	0.0	0.0	0.0	0.4	51.3	24.8	2.0	60.8
16	3049	Beans white tinned	0.3	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.4	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.4	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.7	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0

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17	2545	Meal replacer mlkshk prep s-sk milk	1.3	0.0	0.0	0.0	0.6	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	1.1	0.0	0.0	0.0	0.4	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.3	0.0	0.0	0.0	0.2	566.5	566.5	566.5	566.5
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	1.5	0.0	0.0	0.0	1.4	237.5	226.2	101.9	324.2
19	758	Soup clear with meat	0.0	0.0	0.0	0.0	0.0
19	759	Soup clear with vegetables	4.2	0.0	0.0	0.0	1.4	224.1	205.9	196.4	252.5
19	760	Soup clear with meat and noodles	0.1	0.0	0.0	0.0	0.1	348.6	348.6	348.6	348.6
19	761	Soup clear with meat and vegetables	6.6	0.0	0.0	0.0	1.4	276.2	248.9	157.5	362.9
19	762	Soup clear w meat vegetables and noodles	1.1	0.0	0.0	0.0	0.7	219.5	195.9	174.3	265.2
19	763	Soup thickened w vegetables	1.3	0.0	0.0	0.0	0.4	278.2	194.3	194.3	389.6
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	0.0	0.0	0.0	0.0	0.0
19	797	Soup vegetable based dried packet prep	11.1	0.0	0.0	92.6	4.9	284.2	262.6	141.8	380.1
19	798	Soup meat based dried packet prepared	0.9	0.0	0.0	0.0	0.3	269.8	216.7	210.0	311.8
19	800	Soup vegetable based tinned prepared	10.5	0.0	0.0	131.2	1.8	295.0	284.4	165.9	351.2
19	801	Soup meat based ready made prepared	2.3	0.0	0.0	0.0	0.6	171.8	157.5	157.5	223.9
19	802	Soup legume based ready made prepared	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
19	1528	Stock from cube prepared	6.8	0.0	0.0	94.3	3.8	177.5	177.3	34.0	289.5
19	2487	Soup veg & meat based ready made prep	4.0	0.0	0.0	0.0	1.5	271.5	259.0	259.0	307.0
19	2488	Soup vegetable&meat based prepared pack	4.0	0.0	0.0	0.0	1.2	332.6	259.0	259.0	578.4
19	2561	Soup thickened no filling	0.0	0.0	0.0	0.0	0.1	165.9	165.9	165.9	165.9
19	2932	Soup cup-a-soup prepared	4.1	0.0	0.0	0.0	2.1	215.9	189.9	174.3	253.7
20	374	Sugar brown Basterdsuiker	0.1	0.0	0.0	0.0	1.7	5.6	5.1	1.4	7.8
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	1.2	8.0	5.0	5.0	13.9
20	377	Sugar granulated	2.6	0.0	0.0	13.9	25.0	12.4	5.6	0.5	40.4
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.6	14.6	12.7	10.0	18.8
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.0
20	427	Syrup apple	1.8	0.0	0.0	16.1	8.7	21.5	15.0	10.0	39.9
20	431	Chocolate milk	1.2	0.0	0.0	6.6	8.3	14.4	11.2	5.0	27.6
20	432	Chocolate plain	0.8	0.0	0.0	5.1	7.4	15.2	12.7	5.0	30.7
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	0.0
20	435	Chocolate flakes plain	0.1	0.0	0.0	0.0	2.3	5.1	4.1	3.3	6.8
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0

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20	442	Coloured confetti fruit-flavoured	0.3	0.0	0.0	0.0	3.9	7.8	6.6	5.0	12.8
20	443	Honey	1.5	0.0	0.0	9.9	10.3	13.9	12.6	2.2	19.8
20	444	Spread chocolade plain	0.0	0.0	0.0	0.0	0.0
20	445	Jam	6.0	0.0	0.0	27.4	28.7	24.5	19.2	5.3	48.2
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.6	3.1	2.0	2.0	6.6
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.1	0.0	0.0	1.0	4.1	4.3	2.7	2.0	9.6
20	453	Peppermint	0.2	0.0	0.0	1.3	5.4	4.0	2.7	2.0	5.5
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.0
20	461	Toffees	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	484	Jam reduced sugar	1.3	0.0	0.0	11.3	5.7	35.8	34.9	20.0	58.7
20	487	Candybar Mars	0.2	0.0	0.0	0.0	0.9	21.4	16.9	8.0	33.2
20	520	Liquorice Dutch type salted	0.4	0.0	0.0	1.4	3.9	11.5	9.7	4.0	19.3
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.0	0.0	0.0	0.0	1.4	5.0	4.0	4.0	6.9
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.0	0.0	0.0	0.0	0.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	717	Chocolate bar milk with nuts	1.0	0.0	0.0	6.7	2.6	25.6	13.7	12.0	44.8
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	1.4	12.6	9.7	7.0	13.6
20	751	Liquorice allsorts	0.2	0.0	0.0	0.0	0.5	27.0	16.8	12.0	34.1
20	752	Wine gums	0.1	0.0	0.0	0.0	1.3	7.5	5.2	4.0	14.5
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.4	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.7	0.0	0.0	3.1	3.8	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.1	0.0	0.0	0.0	0.3	17.5	15.0	15.0	19.5
20	1507	Fondant cream	0.1	0.0	0.0	0.0	0.9	14.3	10.0	10.0	25.7
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.2	5.9	19.9	14.0	4.9	45.4
20	1962	Chocolate confetti milk	0.1	0.0	0.0	0.0	2.4	6.6	5.2	5.0	7.5
20	1963	Chocolate confetti plain	1.8	0.0	0.0	7.3	14.3	8.5	7.2	5.0	12.2
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.1	0.0	0.0	0.0	0.8	17.2	10.0	10.0	44.8
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	0.8	2.0	1.0	1.0	3.6
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.1	0.0	0.0	0.0	0.6	10.9	8.0	8.0	19.6
20	2374	Chocolate milk w raisins	0.2	0.0	0.0	0.0	2.6	14.0	14.0	14.0	14.0
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	0.0
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	1.3	3.0	3.0	3.0	3.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
20	2386	Nougat	0.2	0.0	0.0	0.0	1.3	14.2	10.0	10.0	18.8

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

NEVO group	NEVO code	Description	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
20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.7	8.0	8.0	8.0	8.0
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.8	16.0	16.0	16.0	16.0
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.1	0.0	0.0	0.0	0.7	10.0	10.0	10.0	10.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.6	2.0	2.0	2.0	2.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	0.4	0.0	0.0	0.0	3.2	16.0	8.7	4.0	44.6
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.1	7.5	7.5	7.5	7.5
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.4	14.2	12.0	12.0	17.2
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.8	9.3	4.5	4.5	14.2
21	310	Butter unsalted	7.0	0.0	0.0	26.8	25.5	20.6	16.9	3.2	38.8
21	312	Oil corn	0.0	0.0	0.0	0.0	0.5	8.7	7.4	7.4	12.8
21	313	Oil soya	0.0	0.0	0.0	0.0	0.6	4.1	4.1	4.1	4.1
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.4	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	0.3	0.0	0.0	2.2	5.7	8.5	6.5	0.9	20.0
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.8	6.9	3.9	3.9	10.6
21	451	Mayonnaise	0.4	0.0	0.0	0.0	2.2	16.9	8.6	6.3	48.3
21	454	Piccalilly	0.1	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
21	458	Salad cream 25% oil	0.2	0.0	0.0	0.0	2.1	9.8	5.8	3.0	20.0
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	2.1	15.7	10.3	3.0	25.3
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.0
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.2	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.0	0.0	0.0	0.0	0.0
21	601	Oil olive	1.8	0.0	0.0	8.5	24.6	7.6	5.9	0.7	21.0
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.3	4.4	4.4	4.4	4.4
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0
21	616	Peanut sauce jar prepared	0.4	0.0	0.0	0.0	0.8	95.4	74.6	56.4	102.5
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	0.7	10.3	9.0	8.7	11.3
21	879	Butter salted	0.9	0.0	0.0	7.1	8.4	9.9	8.1	2.7	20.7
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.4	5.2	3.2	1.9	6.4
21	1515	Sauce based on roux prepared	0.0	0.0	0.0	0.0	0.0
21	1517	Sauce mix packet <3% fat prepared	0.0	0.0	0.0	0.0	0.2	34.0	34.0	34.0	34.0
21	1518	Sauce mix packet >3% fat prepared	1.6	0.0	0.0	8.6	5.4	35.4	21.7	9.8	74.7
21	1524	Sauce tomato ready made jar	0.5	0.0	0.0	0.0	1.3	50.2	48.7	2.3	68.0
21	1530	Butter product half fat	0.1	0.0	0.0	0.0	1.0	14.4	15.6	6.0	20.3
21	1803	Sauce oriental ready-made in jar/bag	0.1	0.0	0.0	0.0	1.5	27.6	21.3	2.0	44.9
21	1839	Low fat margarine product tub Becel Ligh	3.0	0.0	0.0	21.3	17.5	17.4	17.2	4.6	32.2

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21	1847	Margarine product tub Becel Dieet	1.5	0.0	0.0	8.7	11.0	15.8	12.3	3.4	32.3
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.5	4.4	4.4	4.4	4.4
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	2.6	0.0	0.0	18.7	11.9	15.1	14.6	3.0	25.8
21	1961	Low fat marg prod Blue Band Goede Start	0.1	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
21	2059	Low fat margarine 40% fat <17 g sat	1.1	0.0	0.0	9.2	8.4	12.8	10.3	5.1	25.6
21	2060	Low fat margarine prod 35% fat <10 g sat	0.3	0.0	0.0	0.0	1.1	27.0	27.0	27.0	27.0
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2062	Margarine 80% fat 17-24 g saturates	0.3	0.0	0.0	0.0	1.9	28.0	28.0	28.0	28.0
21	2063	Margarine 80% fat >24 g saturates	0.9	0.0	0.0	4.7	19.9	5.4	2.8	0.6	16.9
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.2	0.0	0.0	0.0	1.5	22.6	20.4	12.0	30.7
21	2066	Cooking fat liquid 97% fat <17 g sat	1.1	0.0	0.0	6.9	12.8	6.5	4.3	0.4	17.2
21	2067	Cooking fat solid 97% fat >17 g sat	0.3	0.0	0.0	0.9	8.7	2.0	1.0	0.5	6.6
21	2068	Frying fat liquid <24 g sat fatty acids	0.1	0.0	0.0	0.0	1.6	10.9	9.5	3.6	16.5
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.0	0.0	0.0	0.0	1.6	9.2	9.6	3.0	11.9
21	2076	Low fat margarine product Benecol light	0.2	0.0	0.0	0.0	1.3	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	0.0	0.4	22.6	10.7	4.2	38.9
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.0
21	2178	Pesto	0.1	0.0	0.0	0.6	1.7	2.8	1.5	1.2	7.2
21	2294	Low fat margarine Twenty four Ultralight	0.1	0.0	0.0	0.0	0.2	15.0	9.0	8.0	19.8
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.6	5.2	4.5	4.5	5.8
21	2418	Sauce hot liquid ready made <12% fat	0.5	0.0	0.0	0.0	2.3	36.7	20.6	2.0	61.7
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.6	0.0	0.0	0.0	0.9	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.1	0.0	0.0	0.0	0.7	11.4	3.0	3.0	27.7
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.2	0.0	0.0	0.0	1.1	32.6	24.2	24.0	46.9
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.0	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
21	2451	Gravy 25% fat thickend prep w gravypowde	0.3	0.0	0.0	0.0	1.7	55.8	45.2	26.2	89.7
21	2452	Gravy 25% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.3	20.1	17.5	17.5	23.4
21	2453	Gravy 50% fat thick prep wo gravypowder	0.4	0.0	0.0	0.0	1.1	17.1	13.3	8.7	23.6
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.8	30.5	18.7	17.5	48.0
21	2460	Gravy 75% fat clear prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2462	Gravy 5% fat clear prep wo gravypowder	0.5	0.0	0.0	0.0	1.3	22.7	12.1	12.1	32.4
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.0
21	2466	Salad dressing vinaigrette	0.1	0.0	0.0	0.0	0.8	7.2	6.4	1.9	10.6
21	2467	Salad dressing./sauce approx 13% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	2468	Salad dressing honey/mustard	0.3	0.0	0.0	0.0	1.3	9.9	9.1	3.0	14.3
21	2469	Sauce mayonnaise based average	0.3	0.0	0.0	0.0	1.3	18.7	11.5	11.5	37.0
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.0
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.3	11.6	11.6	11.6	11.6
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.6	5.8	5.0	5.0	8.3
21	2525	Frying fat horeca	0.2	0.0	0.0	0.0	3.0	11.6	9.3	6.2	19.5
21	2526	Gravy 25% fat thickened w gravypowder	0.2	0.0	0.0	0.0	0.7	25.0	25.0	25.0	25.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.0	0.0	0.0	0.0	0.4	6.9	3.9	1.3	7.8
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.1	0.0	0.0	0.0	3.3	7.4	4.5	0.3	16.6
21	2559	Low fat margarine prod AH Bewust light	0.4	0.0	0.0	0.0	1.2	23.9	20.8	18.0	29.2
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.1	0.0	0.0	0.3	4.6	4.2	1.5	0.6	10.1
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.0	0.0	0.0	0.0	1.9	2.5	1.3	0.6	4.4
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.7	1.5	1.5	1.5	1.5
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2567	Low fat margarine prod AH chol verlegend	0.1	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	8.8	0.0	0.0	37.6	3.8	108.6	108.6	108.6	108.6
21	2580	Gravy 5% fat thickend w gravy powder	0.0	0.0	0.0	0.0	0.4	8.7	8.7	8.7	8.7
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.2	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
21	2585	Gravy 25% fat w cooking fat 2067	0.2	0.0	0.0	0.0	1.1	43.9	38.3	34.9	47.5
21	2586	Gravy 25% fat w margarine 2063	1.4	0.0	0.0	11.8	6.3	22.5	20.0	11.6	35.2
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.3	0.0	0.0	0.0	1.2	29.8	30.8	11.6	43.5
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	2.2	10.2	10.0	10.0	11.1
21	2590	Gravy 25% fat w butter	0.3	0.0	0.0	0.0	2.0	17.8	14.7	12.1	22.7
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.6	0.0	0.0	0.0	1.0	40.8	28.9	20.0	46.5
21	2593	Gravy 50% fat w margarine 2063	0.2	0.0	0.0	0.0	0.6	36.4	24.2	23.3	46.1
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.0	21.8	11.6	11.6	44.2
21	2598	Gravy 75% fat w cooking fat 2067	0.5	0.0	0.0	0.0	0.6	54.8	48.5	48.5	67.5

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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2600	Gravy 25% fat thickend w marg 2063	0.0	0.0	0.0	0.0	0.0
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.0
21	2602	Gravy 25% fat thickend w olive oil	0.2	0.0	0.0	0.0	1.0	21.5	13.6	13.6	44.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.3	0.0	0.0	0.0	0.8	23.5	23.3	23.3	24.0
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.7	9.0	5.5	5.5	13.3
21	2612	Tapenade olive	1.2	0.0	0.0	0.0	0.5	90.8	68.4	48.0	96.8
21	2624	Gravy 25% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.0
21	2625	Gravy 25% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2626	Gravy 25% fat w cooking fat liq 2562	0.2	0.0	0.0	0.0	1.8	22.2	23.2	17.5	24.6
21	2627	Gravy 50% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.3	12.1	12.1	12.1	12.1
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.3	0.0	0.0	0.0	1.0	61.6	42.3	31.4	74.1
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.4	11.6	11.6	11.6	11.6
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.5	12.1	12.1	12.1	12.1
21	2632	Gravy 75% fat w cooking fat 2563	0.3	0.0	0.0	0.0	0.7	62.4	54.0	54.0	70.7
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.7	23.0	20.5	18.4	23.9
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.7	1.9	1.9	1.9	1.9
21	2667	Salad dressing 20% oil w yogurt	0.3	0.0	0.0	1.1	3.8	8.0	3.6	1.9	18.2
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.5	14.7	12.0	12.0	17.3
21	2711	Margarine product AlbertHeijn Bewust	0.3	0.0	0.0	0.0	1.8	21.3	19.5	18.0	23.5
21	2712	Margarine product liquid light unsalted	0.0	0.0	0.0	0.0	1.1	10.5	7.9	3.2	13.0
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.3	0.0	0.0	0.0	3.8	16.3	15.4	6.0	21.1
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	1.1	16.8	15.1	14.3	21.5
21	2852	Low fat marg prod Dieetella Double Activ	0.1	0.0	0.0	0.0	1.4	13.2	9.0	9.0	17.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.1	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.1	0.0	0.0	0.0	0.3	48.5	48.5	48.5	48.5
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.0
21	2934	Low fat spead Becel pro.activ light	0.0	0.0	0.0	0.0	0.0
21	3036	Gravy 75%fat thick prep w gravy powder	0.1	0.0	0.0	0.0	0.3	23.3	23.3	23.3	23.3
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.5	11.0	11.0	11.0	11.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.3	49.1	45.0	45.0	53.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.3	0.0	0.0	0.0	2.0	17.6	13.8	11.6	25.6

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	0.2	0.0	0.0	0.0	0.6	99.8	99.8	99.8	99.8
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.2	0.0	0.0	0.0	0.7	14.6	13.8	13.0	14.9
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	3.1	0.0	0.0	6.2	3.7	76.0	40.1	5.0	145.4
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.4	48.6	48.6	48.6	48.6
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	1.2	0.0	0.0	1.9	2.1	28.3	5.0	5.0	94.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.0
22	815	Fish fingers unprepared	2.0	0.0	0.0	0.0	1.9	135.0	135.0	135.0	135.0
22	818	White fish fillet in batter deep-fried	0.8	0.0	0.0	0.0	0.6	201.0	201.0	201.0	201.0
22	819	Cod boiled	5.9	0.0	0.0	59.5	4.0	139.9	123.7	75.0	185.7
22	918	Plaice boiled	1.6	0.0	0.0	0.0	1.5	237.2	176.2	94.5	301.0
22	919	Pollack boiled	0.1	0.0	0.0	0.0	0.4	74.5	55.7	45.2	86.6
22	1096	Salmon smoked	0.8	0.0	0.0	0.0	3.1	42.1	37.2	14.5	62.8
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.0	0.0	0.0	0.0	0.0
22	1586	Mackerel fillet smoked	0.0	0.0	0.0	0.0	0.0
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.4	0.0	0.0	0.0	0.6	33.3	33.3	33.3	33.3
22	1590	Tuna in water tinned	0.4	0.0	0.0	0.0	0.7	79.8	71.6	70.0	86.2
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	1.1	0.0	0.0	0.0	0.3	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	0.8	0.0	0.0	0.0	1.6	50.9	39.5	39.5	81.9
22	1611	Trout prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
22	1616	Whiting prepared in microwave oven	0.1	0.0	0.0	0.0	0.3	110.0	110.0	110.0	110.0
22	1617	Plaice prepared in microwave oven	1.4	0.0	0.0	0.0	0.5	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	0.4	0.0	0.0	0.0	0.6	72.4	54.8	54.0	86.5
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.7	67.5	67.5	67.5	67.5
22	1621	Gurnard prepared in microwave oven	0.8	0.0	0.0	0.0	0.5	148.3	94.0	50.0	171.4
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.1	0.0	0.0	0.0	0.3	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.0	0.0	0.0	0.0	0.0
22	2474	Whitefish fillet batter deepfried wo fat	1.2	0.0	0.0	0.0	2.0	128.1	122.7	78.0	173.6
22	2765	Pangasius prep in microwave oven	0.2	0.0	0.0	0.0	0.4	180.0	180.0	180.0	180.0
23	106	Duck whole raw	0.8	0.0	0.0	0.0	0.5	76.0	76.0	76.0	76.0
23	108	Chicken with skin raw	4.0	0.0	0.0	0.0	1.3	191.4	130.4	125.0	253.3
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.3	0.0	0.0	0.0	2.2	17.2	15.0	15.0	24.9
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.4	29.6	17.6	17.6	52.5
23	328	Ham smoked raw	0.7	0.0	0.0	3.1	2.9	18.6	12.0	12.0	40.0
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.0	0.0	0.0	0.0	0.6	16.0	16.0	16.0	16.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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23	335	Liver pate	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.1	0.0	0.0	0.0	1.0	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.2	0.0	0.0	0.0	1.6	10.0	10.0	10.0	10.0
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.0
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
23	566	Sausage frankfurter tinned	0.0	0.0	0.0	0.0	0.0
23	567	Sausage luncheon meat	0.2	0.0	0.0	0.0	1.5	21.9	15.0	9.0	30.2
23	568	Black pudding	0.0	0.0	0.0	0.0	0.0
23	638	Salami sausage saveloy	0.5	0.0	0.0	0.0	3.1	25.8	17.3	9.3	37.5
23	639	Bacon rashers streaky	0.6	0.0	0.0	0.0	2.3	20.5	7.9	7.2	51.4
23	640	Liver sausage	0.6	0.0	0.0	4.6	4.6	15.0	9.5	9.0	35.0
23	641	Bacon	0.0	0.0	0.0	0.0	0.0
23	642	Pate	0.5	0.0	0.0	0.0	1.1	21.3	15.0	15.0	28.2
23	643	Pork side cured and smoked	0.1	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
23	784	Ham lean boiled	1.3	0.0	0.0	9.2	6.9	27.4	19.0	6.7	66.3
23	785	Ham shoulder medium fat boiled	0.1	0.0	0.0	0.0	0.7	24.6	20.0	20.0	35.6
23	810	Beef steak tartare spiced filet americ	0.3	0.0	0.0	0.0	2.6	19.6	14.7	5.0	35.9
23	1152	Salami	0.5	0.0	0.0	0.0	1.8	19.7	15.6	14.0	29.2
23	1155	Minced meat loaf fried	0.0	0.0	0.0	0.0	0.0
23	1162	Sausage cooked	0.2	0.0	0.0	0.0	1.9	19.9	17.3	9.0	25.1
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	0.2	0.0	0.0	0.0	2.1	19.6	16.7	15.0	25.4
23	1305	Chicken without skin raw	2.6	0.0	0.0	6.9	2.1	69.6	50.4	18.6	131.3
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	2.1	0.0	0.0	9.6	1.9	64.2	55.8	20.0	84.7
23	1401	Beef tenderloin steak raw	0.0	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
23	1402	Beef prime rib raw	2.6	0.0	0.0	0.0	1.7	167.9	103.5	76.0	246.7
23	1404	Beef frying steak raw	0.5	0.0	0.0	0.0	1.4	72.6	58.6	38.0	103.4
23	1405	Minced beef raw	20.6	0.0	0.0	90.2	10.3	118.0	110.8	11.7	191.4
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.7	0.0	0.0	0.0	1.6	62.2	60.0	59.6	64.5
23	1409	Beef sirloin rolled raw	0.1	0.0	0.0	0.0	0.3	84.0	84.0	84.0	84.0
23	1410	Beef roast raw	0.6	0.0	0.0	0.0	0.9	34.8	25.0	25.0	46.8
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	9.7	0.0	0.0	39.9	5.2	112.0	112.0	112.0	112.0
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	2.9	0.0	0.0	0.0	2.0	130.7	108.9	60.0	173.1
23	1415	Beef steak tartare raw	1.5	0.0	0.0	0.0	2.8	76.4	71.1	64.0	83.7
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	0.5	0.0	0.0	0.0	1.0	65.1	41.7	32.7	88.6
23	1418	Pork fillet raw	0.8	0.0	0.0	0.0	1.4	73.4	61.1	49.0	74.5
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.2	0.0	0.0	0.0	0.5	81.2	76.6	70.0	86.3
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.4	20.9	20.9	20.9	20.9
23	1422	Pork tenderloin raw	1.7	0.0	0.0	3.4	1.6	70.9	66.8	52.5	92.7
23	1424	Pork loin chop raw	0.0	0.0	0.0	0.0	0.0

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23	1425	Pork shoulder chop raw	1.8	0.0	0.0	0.0	1.2	79.6	45.6	35.0	105.4
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	0.1	0.0	0.0	0.0	1.4	4.6	2.2	2.2	7.4
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.1	0.0	0.0	0.0	0.2	38.5	38.5	38.5	38.5
23	1431	Kromesky meat filled raw	0.9	0.0	0.0	0.0	1.8	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.4	0.0	0.0	0.0	1.9	41.8	27.7	4.5	93.5
23	1434	Minced beef/pork raw	3.0	0.0	0.0	39.4	4.9	53.6	38.2	10.1	95.3
23	1435	Hamburger raw	0.1	0.0	0.0	0.0	0.4	54.6	38.0	38.0	70.9
23	1437	Veal olive raw	0.1	0.0	0.0	0.0	0.2	73.5	73.5	73.5	73.5
23	1443	Lamb leg raw	0.1	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.0
23	1544	Beef rolled prepared	0.1	0.0	0.0	0.0	0.3	32.0	32.0	32.0	32.0
23	1545	Beef roast prepared	1.4	0.0	0.0	10.9	1.9	35.6	29.1	15.0	49.6
23	1558	Pork loin chop prepared	0.0	0.0	0.0	0.0	0.0
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	6.8	0.0	0.0	36.3	5.9	125.2	75.1	3.9	291.3
23	1642	Chicken rolled raw	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.3	0.0	0.0	0.0	0.6	120.0	120.0	120.0	120.0
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	1.4	0.0	0.0	0.0	2.2	64.0	41.6	30.3	107.4
23	1673	Veal <5% fat raw average	0.2	0.0	0.0	0.0	0.4	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.0	0.0	0.0	0.0	0.0
23	1772	Pork fricandeau fried	0.1	0.0	0.0	0.0	0.7	27.2	25.5	24.0	27.8
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.6	0.0	0.0	0.0	1.4	29.8	20.0	20.0	55.1
23	1777	Gammon boiled deboned	0.2	0.0	0.0	0.0	0.9	27.4	20.0	20.0	38.8
23	1788	Pork rib chop raw	0.7	0.0	0.0	0.0	0.3	151.2	122.4	112.0	172.4
23	1790	Pork schnitzel not breaded raw	0.3	0.0	0.0	0.0	0.6	79.8	77.5	70.0	83.4
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	0.1	0.0	0.0	0.0	0.5	56.6	45.5	45.5	81.7
23	2300	Sausage smoked lean cooked	0.1	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
23	2301	Sausage smoked beef cooked	0.5	0.0	0.0	0.0	0.4	107.6	78.9	56.0	120.4
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	0.0	0.0	0.0	0.0	0.4	22.7	11.1	7.0	31.3
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.0	0.0	0.0	0.0	0.0
23	2336	Beef average raw	0.3	0.0	0.0	0.0	0.2	76.0	76.0	76.0	76.0

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23	2338	Beef for stewing averaged raw	0.0	0.0	0.0	0.0	0.1	28.3	28.3	28.3	28.3
23	2339	Beef olives raw	0.5	0.0	0.0	0.0	1.3	80.2	74.7	68.3	87.0
23	2340	Pork schnitzel breaded raw	7.2	0.0	0.0	52.6	1.6	210.2	156.3	43.8	253.2
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.2	0.0	0.0	0.0	0.4	86.4	80.0	80.0	100.1
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
23	2364	Chicken schnitzel raw	0.1	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
23	2365	Chicken cordon bleu raw	0.1	0.0	0.0	0.0	0.4	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.1	0.0	0.0	0.0	0.5	26.6	26.6	26.6	26.6
23	2654	Sandwich meat chicken	0.1	0.0	0.0	0.0	0.7	32.4	30.0	30.0	41.7
23	2766	Sausage smoked industrial cooked	2.1	0.0	0.0	0.0	2.2	78.0	73.7	25.0	115.9
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.1	0.0	0.0	0.0	0.6	19.6	18.0	18.0	23.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.4	0.0	0.0	0.0	3.9	10.4	6.8	5.0	19.6
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.0
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0
23	3002	Bacon smoked Katenspek	0.0	0.0	0.0	0.0	0.5	8.0	8.0	8.0	8.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.2	0.0	0.0	0.0	0.9	32.4	31.2	8.1	36.9
23	3027	Pork shoarma seasoning raw	0.3	0.0	0.0	0.0	1.3	40.4	38.1	28.2	45.6
23	3030	Sausage beef Braadworst raw	0.5	0.0	0.0	0.0	1.6	19.9	1.0	1.0	82.0
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	63.1	50.3	0.0	152.8	53.9	112.9	103.8	54.8	201.4
1	1150	Potatoes sliced frozen unprepared	1.8	0.0	0.0	0.0	2.6	100.3	53.7	11.5	113.4
1	1455	Potato puree powder av	0.0	0.0	0.0	0.0	0.0
1	1456	Chips pre-fried unprepared	0.3	0.0	0.0	0.0	0.5	97.0	97.0	97.0	97.0
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.3	0.0	0.0	0.0	0.7	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	0.3	0.0	0.0	0.0	0.7	103.0	103.0	103.0	103.0
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.0
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	2.0	0.0	0.0	0.0	1.1	137.5	137.5	137.5	137.5
2	383	Juice apple	10.2	0.0	0.0	0.0	5.4	267.5	261.5	154.0	278.1
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.0	0.0	0.0	0.0	0.0
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	8.5	0.0	0.0	5.2	2.5	158.5	29.1	29.1	407.9
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.0	0.0	0.0	0.0	0.0
2	395	Soft drink cola with caffeine	0.0	0.0	0.0	0.0	0.0
2	396	Juice grape	0.0	0.0	0.0	0.0	0.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	0.6	0.0	0.0	0.0	0.5	252.0	252.0	252.0	252.0
2	401	Gin young Dutch	0.2	0.0	0.0	0.0	0.2	68.4	68.4	68.4	68.4
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
2	407	Port wine	10.2	0.0	0.0	83.9	6.3	112.8	82.0	55.0	218.3
2	408	Rum	0.0	0.0	0.0	0.0	0.0
2	409	Sherry	6.3	0.0	0.0	0.0	3.1	165.9	158.5	50.0	230.4
2	410	Juice orange pasteurized	4.3	0.0	0.0	0.0	2.4	212.6	194.6	175.0	240.8
2	411	Mineral water Spa	2.3	0.0	0.0	0.0	2.5	140.0	140.0	140.0	140.0
2	413	Tomato juice	0.0	0.0	0.0	0.0	0.0
2	414	Soft drink tonic	4.8	0.0	0.0	41.1	4.1	117.7	88.7	60.0	117.8
2	415	Vermouth	2.7	0.0	0.0	0.0	4.7	82.0	82.0	82.0	82.0
2	416	Brandy Dutch vieux	0.2	0.0	0.0	0.0	0.3	57.0	57.0	57.0	57.0
2	417	Juice drink	0.0	0.0	0.0	0.0	0.0
2	421	Whisky	0.1	0.0	0.0	0.0	0.2	54.2	54.2	54.2	54.2
2	422	Wine red	31.6	0.0	0.0	154.0	24.1	177.0	153.6	92.2	331.0
2	423	Wine white dry	10.6	0.0	0.0	73.4	5.1	235.6	238.9	18.9	430.7
2	425	Whey drink light Rivella	0.0	0.0	0.0	0.0	0.0
2	463	Fruit drink concentrate undiluted	0.2	0.0	0.0	0.0	2.6	23.2	11.3	11.3	47.5
2	497	Fruit drink concentrate Roosvicee Origin	0.1	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.0

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2	500	Fruit drink conc Roosvicee Laxo	0.1	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
2	644	Coffee prepared	352.3	340.4	0.0	670.6	81.1	429.0	404.1	127.8	779.5
2	645	Tea prepared	420.2	264.9	0.0	1,226.3	81.2	610.4	543.2	148.2	1,288.3
2	664	Juice grapefruit	0.7	0.0	0.0	0.0	1.9	101.1	74.7	33.3	152.6
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	11.6	0.0	0.0	0.0	5.8	383.4	448.7	69.9	531.5
2	805	Jagermeister herb liquor	0.0	0.0	0.0	0.0	0.0
2	857	Madeira	0.0	0.0	0.0	0.0	0.4	3.1	2.1	2.0	3.8
2	923	Juice pear	0.1	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	1.8	0.0	0.0	0.0	2.0	139.9	127.7	93.8	160.9
2	1465	Liqueur <15 vol% alcohol	0.5	0.0	0.0	0.0	1.1	33.0	33.0	33.0	33.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.6	2.2	2.2	2.2	2.2
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	0.4	0.0	0.0	0.0	0.9	150.0	150.0	150.0	150.0
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	0.0	0.0	0.0	0.0	0.0
2	1523	Cola light soft drink with caffeine	0.0	0.0	0.0	0.0	0.0
2	1655	Fruit juice concentrated	0.1	0.0	0.0	0.0	1.0	17.5	15.0	15.0	25.6
2	1656	Juice carrot	0.0	0.0	0.0	0.0	0.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.2	0.0	0.0	0.0	1.0	17.7	15.0	15.0	26.3
2	1878	Fruit juice drink Roosvicee Multivit	3.3	0.0	0.0	0.0	0.7	350.0	350.0	350.0	350.0
2	1881	Fruit drink conc Roosvicee Multivit	0.1	0.0	0.0	0.0	1.0	15.0	15.0	15.0	15.0
2	1885	Water average	487.2	450.8	0.0	980.4	87.0	567.7	486.7	136.7	1,128.7
2	1932	Juice orange with pulp	0.0	0.0	0.0	0.0	0.0
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.6	0.0	0.0	0.0	0.7	157.0	157.0	157.0	157.0
2	2074	Mineral water Bar le Duc	0.3	0.0	0.0	0.0	0.3	248.0	248.0	248.0	248.0
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.0	0.0	0.0	0.0	0.0
2	2086	Ice tea	0.0	0.0	0.0	0.0	0.0
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	10.3	0.0	0.0	0.0	1.3	409.0	238.6	200.0	541.4
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	4.9	0.0	0.0	0.0	0.9	250.0	250.0	250.0	250.0
2	2142	Wine white sweet	1.1	0.0	0.0	0.0	0.8	150.8	134.0	120.0	157.4
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.0	0.0	0.0	0.0	0.0
2	2153	Fruit drink Fruit2day	5.8	0.0	0.0	0.0	3.1	200.0	200.0	200.0	200.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.1	0.0	0.0	0.0	0.3	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.8	9.0	9.0	9.0	9.0
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.4	22.5	22.5	22.5	22.5
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	3.9	0.0	0.0	0.0	1.4	322.5	235.0	235.0	546.3
2	2476	Cappuccino freshly made	7.7	0.0	0.0	48.9	3.9	151.1	130.0	130.0	177.8
2	2477	Coffee cappuccino instant prepared	5.9	0.0	0.0	0.0	3.8	210.9	172.4	75.0	322.7
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.0
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.9	0.0	0.0	0.0	0.8	212.8	200.0	200.0	235.1
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.2	0.0	0.0	0.0	0.2	166.0	166.0	166.0	166.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	0.0	0.0	0.0	0.0	0.0
2	2610	Wine rose	4.9	0.0	0.0	46.2	2.2	159.0	119.3	111.0	215.6
2	2633	Coffee instant powder	0.3	0.0	0.0	1.5	7.0	3.4	2.7	2.0	6.2
2	2634	Fruit juice dk minimal 2 fruits w vit C	12.1	0.0	0.0	86.9	4.1	320.0	244.6	90.0	475.6
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	3.3	0.0	0.0	0.0	1.1	350.0	350.0	350.0	350.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.8	4.5	4.5	4.5	4.5
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	1.3	0.0	0.0	0.0	1.1	283.8	199.1	120.0	302.5
2	2755	Juice orange freshly squeezed	43.1	0.0	0.0	185.1	26.1	147.4	120.7	40.1	213.8

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.9	8.8	8.8	8.8	8.8
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	1.1	0.0	0.0	0.0	1.8	162.5	91.0	91.0	310.4
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	13.7	0.0	0.0	97.6	5.1	193.2	181.6	170.0	214.0
2	2896	Lemonade squash Spa&Fruit sparkling	0.0	0.0	0.0	0.0	0.0
2	2897	Juice Drink Ocean Spray	5.0	0.0	0.0	0.0	1.5	217.3	190.0	190.0	239.1
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.0
3	227	Crispbakes Dutch	0.7	0.0	0.0	5.0	6.7	13.5	10.0	1.7	26.2
3	228	Crackers cream	1.0	0.0	0.0	0.0	3.7	35.1	21.7	8.0	67.3
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	0.4	0.0	0.0	0.0	1.9	45.0	45.0	45.0	45.0
3	233	Bread currant	0.2	0.0	0.0	0.0	0.6	35.0	35.0	35.0	35.0
3	236	Bread brown wheat	17.1	0.0	0.0	91.2	20.6	98.8	73.2	35.0	193.2
3	238	Crackers matzes	0.1	0.0	0.0	0.0	0.9	10.0	10.0	10.0	10.0
3	241	Bread white milk based	0.0	0.0	0.0	0.0	0.0
3	242	Bread rye dark	4.3	0.0	0.0	23.5	12.0	45.5	45.0	45.0	47.4
3	243	Bread rye light	0.2	0.0	0.0	0.0	0.6	46.5	31.4	25.0	70.6
3	244	Bread raisin	1.3	0.0	0.0	6.7	2.7	36.3	35.0	35.0	39.1
3	246	Bread wholemeal average	33.9	9.7	0.0	107.5	38.0	79.4	62.8	35.0	135.7
3	248	Bread white water based	1.1	0.0	0.0	0.0	2.8	45.5	48.9	15.0	67.6
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.8	0.0	0.0	6.8	3.2	19.0	14.4	10.0	19.4
3	655	Crispbakes Dutch wholemeal	0.9	0.0	0.0	6.3	9.0	10.0	5.8	1.9	12.8
3	975	Crispbread sesame	1.4	0.0	0.0	13.2	6.2	18.7	15.0	13.0	27.2
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.0
3	1312	Crispbread Cracottes	0.1	0.0	0.0	0.0	2.7	7.0	7.0	7.0	7.0
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	2.0	10.9	7.0	7.0	18.5
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.0	0.0	0.0	0.0	0.0
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
3	1779	Crispbread wholemeal	0.6	0.0	0.0	0.0	3.0	24.4	22.5	10.0	27.4
3	1914	Dough for pizza and savoury pie	2.2	0.0	0.0	9.8	2.8	75.6	60.0	42.1	98.3
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0

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3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.0	0.0	0.0	0.0	0.0
3	2348	Bread wholemeal w pumpkin seeds	0.8	0.0	0.0	0.0	1.7	98.1	60.8	40.0	149.1
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	14.6	0.0	0.0	69.0	17.0	73.6	64.7	35.0	120.9
3	2351	Bread white average milk/water based	0.3	0.0	0.0	0.0	1.2	31.3	12.5	12.5	46.3
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	0.5	0.0	0.0	0.0	3.1	24.2	20.0	20.0	40.9
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.0	0.0	0.0	0.0	0.0
3	2356	Baguette w cheese-onion	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	2357	Bread wholemeal w sunflower seeds	1.7	0.0	0.0	0.0	3.9	72.9	35.0	35.0	127.5
3	2358	Bread white w sunflower seeds	1.7	0.0	0.0	0.0	1.4	103.7	72.1	62.9	133.2
3	2369	Breadsticks	0.1	0.0	0.0	0.0	2.2	11.2	10.0	10.0	15.7
3	2382	Bread brown w sunflower seeds	3.9	0.0	0.0	6.6	4.8	88.9	70.0	70.0	127.0
3	2528	Croutons	0.0	0.0	0.0	0.0	0.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.7	0.0	0.0	0.0	1.4	50.0	40.0	40.0	58.0
3	2704	Bread brown w seeds	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.0	0.0	0.0	0.0	0.0
3	2788	Bread sourdough wholemeal	1.0	0.0	0.0	0.0	2.2	57.1	50.2	50.0	69.8
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.0
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.5	55.0	55.0	55.0	55.0
3	2793	Baguette white	3.5	0.0	0.0	28.2	3.5	83.3	56.9	30.0	118.3
3	2794	Baguette brown	1.2	0.0	0.0	0.0	2.2	80.2	60.4	60.0	96.0
3	2795	Roll white hard	0.7	0.0	0.0	0.0	1.3	50.9	47.2	30.0	58.7
3	2796	Roll brown hard	0.0	0.0	0.0	0.0	0.0
3	2797	Roll brown soft	0.6	0.0	0.0	0.0	1.6	35.8	30.0	30.0	46.6
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.9	0.0	0.0	0.0	1.0	50.0	50.0	50.0	50.0
3	2800	Roll multigrain soft	0.2	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	4.2	0.0	0.0	22.9	8.7	43.9	38.9	25.0	48.9
3	2804	Bun wholemeal w muesli	0.0	0.0	0.0	0.0	0.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	0.7	0.0	0.0	0.0	2.7	35.0	35.0	35.0	35.0
3	2815	Bread Tijger brown wheat	0.4	0.0	0.0	0.0	0.9	70.0	70.0	70.0	70.0
3	2816	Bread Tijger white	0.0	0.0	0.0	0.0	0.0
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.2	0.0	0.0	0.0	1.3	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	3.1	0.0	0.0	15.0	3.5	70.0	70.0	70.0	70.0
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.1	0.0	0.0	0.0	2.7	6.7	5.0	4.0	10.4

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3	2938	Toast Melba other varieties	0.1	0.0	0.0	0.0	1.1	22.8	18.0	18.0	27.0
3	3054	Bread glutenfree bakmix Glutafin white	0.3	0.0	0.0	0.0	0.3	93.8	87.6	87.6	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	1.7	8.2	8.2	8.2	8.2
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.0	0.0	0.0	0.0	0.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.3	0.0	0.0	3.5	6.8	4.9	3.4	1.1	10.8
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	5.3	0.0	0.0	24.5	16.5	43.5	45.1	7.1	87.8
6	33	Raisins dried	0.1	0.0	0.0	0.0	1.3	6.9	6.0	6.0	7.8
6	137	Olives tinned/glass	1.8	0.0	0.0	12.8	4.2	22.1	13.5	5.6	57.3
6	147	Apple without skin average	39.6	0.0	0.0	166.9	30.0	122.8	113.5	18.9	190.5
6	148	Strawberries	5.4	0.0	0.0	43.3	9.2	75.5	71.1	13.4	118.9
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	3.2	0.0	0.0	0.0	3.6	82.0	82.2	30.0	98.2
6	151	Banana	17.4	0.0	0.0	80.2	21.8	117.0	105.2	54.5	154.5
6	152	Blueberries	0.4	0.0	0.0	0.0	0.8	200.0	200.0	200.0	200.0
6	153	Redcurrant	1.3	0.0	0.0	0.0	1.8	27.8	9.8	9.8	45.5
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.2	0.0	0.0	0.0	0.5	66.6	66.6	66.6	66.6
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	1.0	0.0	0.0	0.0	2.0	44.3	33.2	30.0	52.8
6	161	Raspberries	0.0	0.0	0.0	0.0	0.0
6	162	Grapefruit	0.9	0.0	0.0	0.0	1.0	91.6	75.0	75.0	133.1
6	163	Cherries	3.5	0.0	0.0	23.0	3.7	75.0	46.8	30.0	132.9
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	14.2	0.0	0.0	71.7	18.3	60.4	60.1	17.3	118.3
6	166	Melon netted	3.6	0.0	0.0	26.2	4.7	93.8	82.0	30.0	161.3
6	168	Pear without skin	4.9	0.0	0.0	41.2	3.1	135.8	103.8	64.0	173.1
6	169	Peach without skin	7.1	0.0	0.0	49.4	4.6	105.5	75.7	57.6	151.3
6	170	Plums with skin	23.7	0.0	0.0	159.8	6.9	281.2	193.7	161.2	375.8
6	171	Orange	8.7	0.0	0.0	78.1	11.2	127.5	104.1	41.0	197.1
6	172	Fruit fresh citrus average	0.0	0.0	0.0	0.0	0.0

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6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.9	6.5	3.0	3.0	12.9
6	176	Apricots in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	177	Pineapple in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	179	Apple sauce tinned	5.6	0.0	0.0	59.9	9.8	94.5	88.1	20.1	161.0
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.3	0.0	0.0	0.0	0.5	111.8	111.8	111.8	111.8
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	184	Cherries in syrup tinned	1.5	0.0	0.0	0.0	1.7	151.7	3.0	3.0	309.5
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.8	0.0	0.0	0.0	1.1	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	1.1	0.0	0.0	0.0	2.8	63.7	61.4	23.3	80.7
6	189	Peaches in syrup tinned	0.3	0.0	0.0	0.0	0.4	105.0	105.0	105.0	105.0
6	190	Prunes dried	0.8	0.0	0.0	4.1	3.0	18.7	11.3	6.0	35.7
6	191	Plums in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	192	Fruit mixed dried	0.6	0.0	0.0	0.0	1.6	100.0	100.0	100.0	100.0
6	193	Figs dried	0.3	0.0	0.0	0.0	1.6	50.5	34.2	24.8	83.8
6	440	Ginger stem in syrup tinned	0.4	0.0	0.0	0.0	4.3	21.4	14.8	8.9	35.6
6	689	Avocado	0.3	0.0	0.0	0.0	0.9	74.4	59.2	45.0	77.9
6	691	Lime	0.3	0.0	0.0	0.0	0.7	118.0	118.0	118.0	118.0
6	692	Mango	3.6	0.0	0.0	0.0	1.8	196.1	181.2	93.8	262.6
6	875	Apple with skin average	0.2	0.0	0.0	0.0	0.2	128.4	128.4	128.4	128.4
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	18.2	0.0	0.0	73.6	19.3	88.1	66.8	35.4	138.2
6	1057	Kaki / Sharon fruit	1.4	0.0	0.0	0.0	0.5	135.0	135.0	135.0	135.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.4	0.0	0.0	3.5	5.4	11.6	10.7	5.2	14.3
6	1182	Apple sauce wo sugar tinned	1.5	0.0	0.0	0.0	2.4	86.2	67.1	64.2	119.2
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	1.9	0.0	0.0	0.0	1.8	125.9	114.8	114.8	170.1
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.1	0.0	0.0	0.0	0.2	182.0	182.0	182.0	182.0
6	2379	Raisins soaked in water	0.4	0.0	0.0	0.7	1.9	11.7	9.3	8.0	15.6
6	2685	Abricots dried and soaked	0.3	0.0	0.0	0.0	2.1	7.7	3.8	3.0	15.7
6	2686	Apple sauce wo sugar w sweetner tinned	0.0	0.0	0.0	0.0	0.0
6	2748	Pear with skin	0.3	0.0	0.0	0.0	0.9	128.0	128.0	128.0	128.0
6	2749	Grapes black with skin	2.6	0.0	0.0	18.2	5.2	69.6	38.1	8.4	156.0
6	2750	Grapes white with skin	7.3	0.0	0.0	58.4	6.8	89.4	53.9	47.5	159.1
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.2	0.0	0.0	0.0	1.4	38.8	22.5	13.0	48.9
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.1	12.1	12.1	12.1	12.1
6	2954	Apple dried soaked in water	0.1	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.3	0.0	0.0	0.0	1.5	21.0	7.5	3.9	43.5
6	2957	Fruit mixed dried soaked in water	1.2	0.0	0.0	0.0	1.2	200.0	200.0	200.0	200.0
7	232	Danish pastry	0.3	0.0	0.0	0.0	1.1	65.0	65.0	65.0	65.0

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7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	7.2	0.0	0.0	38.8	29.6	30.2	20.2	16.2	55.7
7	250	Almond filled pastry	0.4	0.0	0.0	0.0	0.6	65.0	65.0	65.0	65.0
7	251	Apple pie Dutch w shortbread w marg	0.6	0.0	0.0	0.0	0.7	113.8	77.0	56.0	137.3
7	252	Biscuit sweet	1.6	0.0	0.0	13.7	9.5	13.4	9.8	4.0	27.8
7	253	Cake wo butter	0.5	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
7	254	Cake sponge Dutch Eierkoek	1.9	0.0	0.0	0.5	2.1	53.1	30.0	30.0	89.4
7	255	Gateau with whipped cream	1.7	0.0	0.0	0.0	0.9	80.0	80.0	80.0	80.0
7	256	Gateau with butter-cream filling	1.0	0.0	0.0	0.0	2.8	50.0	50.0	50.0	50.0
7	257	Almond paste filled tarts average	0.7	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
7	258	Biscuits averaged	0.3	0.0	0.0	3.7	3.0	9.0	7.9	7.0	10.6
7	259	Macaroons	0.0	0.0	0.0	0.0	0.0
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	0.8	16.0	16.0	16.0	16.0
7	261	Biscuit spiced Speculaas	0.1	0.0	0.0	0.0	1.8	11.7	7.0	5.0	19.8
7	262	Biscuit Dutch shortbread spritsstukken	2.7	0.0	0.0	16.7	3.5	39.1	29.3	10.0	66.5
7	263	Biscuit brown/wholemeal	1.2	0.0	0.0	7.5	8.4	17.0	12.2	8.0	29.7
7	468	Cream slice Dutch Tompouce	0.0	0.0	0.0	0.0	0.0
7	474	Doughnut Dutch style	0.0	0.0	0.0	0.0	0.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.2	0.0	0.0	0.0	1.5	7.4	5.0	5.0	9.5
7	486	Flan with fruit filling	0.3	0.0	0.0	0.0	0.5	115.0	115.0	115.0	115.0
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.1	0.0	0.0	0.0	1.7	20.0	20.0	20.0	20.0
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.0
7	635	Biscuits Dutch krakeling	1.7	0.0	0.0	3.4	3.3	27.0	24.7	12.0	43.3
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	713	Waffle syrup average	0.4	0.0	0.0	0.0	2.4	16.6	10.0	10.0	31.0
7	789	Cake butter Dutch Boterkoek	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	833	Appel strudel	0.1	0.0	0.0	0.0	0.2	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.0	0.0	0.0	0.0	0.0
7	836	Shortbread	2.2	0.0	0.0	25.0	5.8	30.3	25.7	10.0	48.8
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.7	0.0	0.0	0.0	1.5	45.2	19.0	19.0	69.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.8	0.0	0.0	3.5	2.4	23.6	20.0	20.0	28.6
7	1321	Biscuit fortified Liga Fruitkick	0.2	0.0	0.0	0.0	1.4	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.3	5.5	4.0	4.0	6.7
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	2.1	0.0	0.0	12.1	3.8	32.0	25.0	25.0	47.4
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	0.9	14.9	10.0	10.0	25.9
7	1475	Eclair with whipped cream filling	0.2	0.0	0.0	0.0	1.9	30.0	30.0	30.0	30.0
7	1476	Meringue with butter-cream	0.0	0.0	0.0	0.0	0.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.5	0.0	0.0	0.0	3.7	22.9	10.3	7.0	32.5
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.1	0.0	0.0	0.0	1.0	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.0	0.0	0.0	0.0	0.0
7	1972	Biscuits assorted with butter	0.4	0.0	0.0	0.0	2.0	23.1	24.1	10.0	25.8
7	2162	Biscuit Cafe noir	0.3	0.0	0.0	1.2	2.0	8.6	7.0	6.0	9.7
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.2	0.0	0.0	0.0	1.4	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	1.2	0.0	0.0	7.8	5.3	20.8	16.3	10.0	26.7
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.5	11.1	10.2	10.0	11.8
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	1.0	0.0	0.0	2.7	1.2	33.0	33.0	33.0	33.0
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.7	0.0	0.0	0.0	2.5	71.9	71.6	20.0	99.9
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.0	0.0	0.0	0.0	0.6	22.7	20.4	20.0	24.5
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.0	0.0	0.0	0.0	0.0
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	1.3	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
7	2396	Chocolate pastry w whipped cream	0.6	0.0	0.0	0.0	1.2	96.0	96.0	96.0	96.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	3.2	0.0	0.0	0.0	1.7	87.9	22.4	12.5	164.4
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.0	0.0	0.0	0.0	0.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.1	0.0	0.0	0.0	0.8	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	1.0	0.0	0.0	9.6	1.9	25.0	20.7	15.0	29.1
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
7	2413	Cake wrapped in marzipan and chocolate	0.0	0.0	0.0	0.0	0.0

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.3	0.0	0.0	0.0	0.6	48.0	48.0	48.0	48.0
7	2432	Cake with nuts	0.2	0.0	0.0	0.0	1.0	50.0	50.0	50.0	50.0
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	1.0	15.5	14.7	14.0	15.9
7	2560	Apple turnover	0.0	0.0	0.0	0.0	0.0
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	2609	Biscuits with nuts	0.4	0.0	0.0	0.0	1.3	15.6	15.2	15.0	15.9
7	2622	Appel pie Dutch w shortbread w butter	0.1	0.0	0.0	0.0	0.2	115.0	115.0	115.0	115.0
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.0	0.0	0.0	0.0	0.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.0	0.0	0.0	0.0	0.0
7	2698	Cake chocolate made wo butter	0.0	0.0	0.0	0.0	0.0
7	2699	Biscuit Dutch Frou frou	0.0	0.0	0.0	0.0	0.5	6.0	6.0	6.0	6.0
7	2715	Meringue	0.0	0.0	0.0	0.0	0.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.0	0.0	0.0	0.0	0.0
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.0
7	2775	Biscuit digestive w chocolate	0.4	0.0	0.0	0.0	1.6	14.6	10.1	9.0	24.3
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	1.9	0.0	0.0	0.0	1.1	130.0	130.0	130.0	130.0
7	2778	Flan sponge with custard cream	0.0	0.0	0.0	0.0	0.0
7	2820	Waffle syrup w butter	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
7	2832	Cake chocolate made w butter	0.2	0.0	0.0	0.0	0.7	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	0.0	0.0	0.0	0.0	0.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.0	0.0	0.0	0.0	0.0
7	2892	Waffle penny-	0.3	0.0	0.0	0.0	2.2	22.0	16.0	16.0	29.9
7	2893	Cake Indonesian	0.0	0.0	0.0	0.0	0.0
7	2894	Biscuit Dutch digestive	0.5	0.0	0.0	0.0	3.5	13.6	12.4	8.0	15.7
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	0.5	0.0	0.0	0.0	0.7	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.4	0.0	0.0	0.0	3.7	20.1	10.0	10.0	35.6
8	213	Oatmeal	0.2	0.0	0.0	0.0	2.4	18.4	9.9	1.5	40.0
8	215	Cornflour	0.0	0.0	0.0	0.0	0.0
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.7	4.0	3.0	1.6	1.6	6.7
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.3	20.3	20.3	20.3	20.3
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.0
8	225	Breakfast cereal Brinta	0.0	0.0	0.0	0.0	0.0

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8	226	Starch potato	0.0	0.0	0.0	0.0	2.4	3.6	1.5	1.5	6.5
8	231	Wheat germ	0.1	0.0	0.0	0.0	1.1	9.4	2.7	2.7	18.9
8	530	Flour for pancakes	0.0	0.0	0.0	0.0	0.0
8	590	Wheat bran	0.0	0.0	0.0	0.0	0.0
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.2	9.6	9.6	9.6	9.6
8	658	Rice white boiled	7.1	0.0	0.0	39.8	12.1	67.1	58.9	11.0	110.6
8	659	Pasta white average boiled	12.2	0.0	0.0	61.5	8.8	108.8	105.5	19.2	163.9
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	2.0	6.0	4.8	2.9	7.8
8	1014	Rice brown boiled	1.6	0.0	0.0	0.0	2.7	88.6	32.9	23.4	226.8
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.1	0.0	0.0	0.0	1.4	7.0	7.0	7.0	7.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.1	0.0	0.0	0.0	0.5	21.6	21.6	21.6	21.6
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.9	2.9	2.9	2.9	2.9
8	2008	Muesli Country Store Kellogg's	0.1	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.0
8	2157	Pasta wholemeal boiled	0.4	0.0	0.0	0.0	0.7	96.8	94.5	94.5	102.3
8	2158	Couscous boiled	0.7	0.0	0.0	0.0	2.7	41.7	34.4	30.0	46.2
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.0
8	2366	Muesli crunchy plain/w fruit	3.0	0.0	0.0	20.5	9.6	24.7	19.9	4.9	39.7
8	2675	Muesli crunchy w nuts	0.1	0.0	0.0	0.0	0.7	28.3	22.2	19.7	37.8
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.8	0.0	0.0	7.7	10.2	13.7	8.9	0.8	25.9
8	3058	Oat bran raw	0.2	0.0	0.0	0.0	3.1	18.6	7.1	6.0	27.7
8	3059	Muesli crunchy Cruesli Balans	0.2	0.0	0.0	0.0	0.9	40.0	40.0	40.0	40.0
9	7	Endive raw	0.3	0.0	0.0	0.0	0.7	14.8	14.8	14.8	14.8
9	8	Endive boiled	1.8	0.0	0.0	0.0	2.4	99.2	63.2	50.0	157.6
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0
9	13	Celery boiled	0.3	0.0	0.0	0.0	1.6	27.9	12.5	12.5	83.1
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	2.9	0.0	0.0	25.3	3.4	63.3	50.9	27.0	100.1
9	16	Kale curly boiled	0.0	0.0	0.0	0.0	0.0
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.1	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
9	20	Mushrooms boiled	1.4	0.0	0.0	12.5	8.5	27.1	25.7	8.8	56.0
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.0
9	27	Cucumber wo skin raw	5.9	0.0	0.0	51.2	10.1	54.1	39.7	34.2	95.6
9	28	Cucumber boiled	0.0	0.0	0.0	0.0	0.0
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.3	8.3	8.3	8.3	8.3
9	32	Sweet pepper green boiled	0.5	0.0	0.0	0.0	2.9	25.7	20.6	17.3	28.7
9	36	Purslane boiled	0.1	0.0	0.0	0.0	0.2	145.0	145.0	145.0	145.0
9	37	Leek boiled	4.8	0.0	0.0	34.5	6.3	87.5	47.1	5.0	201.1
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	2.3	0.0	0.0	0.0	1.5	174.0	174.0	174.0	174.0
9	44	Cabbage Savoy boiled	0.0	0.0	0.0	0.0	0.0
9	46	Lettuce head raw	1.2	0.0	0.0	8.9	6.0	28.7	18.8	2.8	53.1
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	1.1	0.0	0.0	0.0	1.2	134.0	120.0	120.0	165.1
9	54	Cabbage oxheart boiled	0.1	0.0	0.0	0.0	0.2	174.0	174.0	174.0	174.0
9	55	Brussel sprouts boiled	3.9	0.0	0.0	15.1	2.7	104.8	64.9	38.5	197.4
9	57	Sweetcorn boiled	0.1	0.0	0.0	0.0	0.5	23.9	23.9	23.9	23.9
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.5	5.0	5.0	5.0	5.0
9	59	Bean sprouts boiled	0.0	0.0	0.0	0.0	1.1	2.0	2.0	2.0	2.0
9	60	Tomatoes normal raw	6.2	0.0	0.0	26.7	14.1	47.9	32.9	15.0	68.3
9	61	Tomatoes normal boiled	1.2	0.0	0.0	9.9	5.5	21.2	18.5	0.9	40.5
9	63	Onions raw	0.5	0.0	0.0	3.6	5.1	12.6	9.9	2.6	23.4
9	64	Onions boiled	5.0	0.0	0.0	22.9	20.9	29.7	21.8	2.7	77.8
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.9	24.8	20.8	7.4	38.9
9	67	Chicory raw	0.3	0.0	0.0	0.0	0.3	92.6	28.9	28.9	155.0
9	68	Chicory boiled	12.4	0.0	0.0	93.5	5.8	158.2	151.5	67.2	243.2
9	69	Cabbage white raw	0.2	0.0	0.0	0.0	1.5	18.2	8.3	1.9	30.2
9	70	Cabbage white cooked	0.4	0.0	0.0	0.0	1.4	31.2	1.6	1.6	123.7
9	71	Carrots raw average	0.0	0.0	0.0	0.0	1.2	8.6	6.2	1.9	10.3
9	72	Carrots boiled average	1.3	0.0	0.0	1.4	3.2	60.4	24.0	4.1	118.2
9	73	Cabbage sauerkraut raw	0.6	0.0	0.0	0.0	0.5	128.4	128.4	128.4	128.4
9	74	Cabbage sauerkraut cooked	6.2	0.0	0.0	70.0	3.1	118.3	94.3	50.1	170.3
9	75	Vegetable mix for soup raw	0.0	0.0	0.0	0.0	0.0
9	124	Radish red/white raw	1.9	0.0	0.0	14.3	4.5	36.2	28.9	1.7	62.3
9	126	Cress garden raw	0.1	0.0	0.0	0.0	1.1	17.5	10.9	4.8	19.1
9	127	Vegetables mixture raw	0.0	0.0	0.0	0.0	0.0
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	1.3	0.0	0.0	10.0	6.9	16.9	14.4	8.5	27.9
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	0.5	0.0	0.0	0.0	1.6	42.8	1.6	1.6	116.8
9	136	Peas and carrots tinned	0.2	0.0	0.0	0.0	0.7	27.3	27.3	27.3	27.3
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.0	0.0	0.0	0.0	0.0
9	140	Spinach tinned	0.0	0.0	0.0	0.0	0.0
9	141	Tomato puree concentrated tinned	0.0	0.0	0.0	0.0	0.0

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9	142	Beans broad tinned	0.0	0.0	0.0	0.0	0.0
9	143	Carrots tinned	0.0	0.0	0.0	0.0	0.0
9	144	Silver-skin onions sweet pickled glass	0.2	0.0	0.0	0.0	2.8	7.6	2.7	2.1	19.1
9	145	Cabbage red glass	0.2	0.0	0.0	0.0	0.3	170.0	170.0	170.0	170.0
9	146	Spinach frozen boiled	0.0	0.0	0.0	0.0	0.0
9	538	Rhubarb puree w sugar	0.0	0.0	0.0	0.0	0.0
9	557	Celery raw	0.1	0.0	0.0	0.0	1.0	29.6	29.0	28.6	29.9
9	558	Celeriac raw	0.3	0.0	0.0	0.0	1.4	22.5	20.0	20.0	24.5
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.5	0.0	0.0	0.0	1.8	23.5	18.3	18.3	30.9
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	1.3	0.0	0.0	0.0	1.6	174.0	174.0	174.0	174.0
9	651	Spinach creamed frozen boiled	8.1	0.0	0.0	61.6	3.2	152.3	99.0	98.0	223.7
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.5	0.0	0.0	1.2	1.9	15.0	10.6	7.0	22.5
9	885	Sweet pepper red boiled	0.8	0.0	0.0	4.0	4.0	26.6	23.0	9.5	40.5
9	920	Broccoli boiled	17.3	0.0	0.0	89.1	9.6	158.7	148.5	27.0	238.9
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.0
9	951	Beans French boiled	8.8	0.0	0.0	44.3	6.8	93.9	85.2	17.3	178.3
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.1	0.0	0.0	0.0	0.5	33.9	33.9	33.9	33.9
9	954	Beans French frozen boiled	0.1	0.0	0.0	0.0	0.5	33.4	33.4	33.4	33.4
9	957	Asparagus boiled	1.6	0.0	0.0	0.0	1.1	78.0	16.0	16.0	137.8
9	958	Beetroot boiled	1.5	0.0	0.0	0.0	1.9	109.6	95.0	95.0	166.6
9	961	Beans runner boiled	3.1	0.0	0.0	0.2	1.2	142.5	113.8	113.8	187.0
9	962	Beans broad boiled	1.4	0.0	0.0	0.0	0.7	141.0	141.0	141.0	141.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.5	18.9	18.9	18.9	18.9
9	964	Mange-tout boiled	0.4	0.0	0.0	0.0	0.9	50.0	49.1	49.1	51.5
9	966	Courgettes boiled	5.7	0.0	0.0	30.0	5.9	78.7	50.7	24.4	164.3
9	967	Fennel boiled	0.4	0.0	0.0	0.0	0.5	124.5	124.5	124.5	124.5
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	1.3	50.0	50.0	50.0	50.0
9	1141	Vegetable mixed Mexico frozen unprepared	3.8	0.0	0.0	0.0	1.4	194.9	190.0	190.0	199.0
9	1143	Beans runner frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1144	Vegetables mixture for soup frozen	0.2	0.0	0.0	0.0	0.7	74.9	74.9	74.9	74.9
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.0
9	1399	Lettuce iceberg raw	3.2	0.0	0.0	19.6	8.9	38.5	35.4	13.6	66.8
9	1454	Beetroot pickled glass	0.0	0.0	0.0	0.0	0.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.0
9	1904	Vegetables average boiled	4.3	0.0	0.0	24.1	7.2	62.5	37.5	12.7	156.3

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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.6	0.0	0.0	0.0	0.7	220.0	220.0	220.0	220.0
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.0	0.0	0.0	0.0	0.0
9	2331	Bami vegetables mixed boiled	0.0	0.0	0.0	0.0	0.0
9	2346	Lettuce green average raw	0.5	0.0	0.0	0.0	3.2	31.2	25.0	25.0	51.4
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.0
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.6	0.2	0.2	0.2	0.2
9	2498	Tomatoes sieved	1.4	0.0	0.0	11.5	3.8	40.0	36.4	29.2	48.8
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.3	0.0	0.0	0.0	0.8	50.0	50.0	50.0	50.0
9	2710	Cabbage red w apple pieces glass	0.0	0.0	0.0	0.0	0.0
9	2726	Carrot bunched raw	0.3	0.0	0.0	0.0	1.4	33.6	18.0	18.0	67.0
9	2727	Carrot bunched boiled	6.2	0.0	0.0	58.7	4.1	118.3	89.8	3.1	217.9
9	2728	Carrot winter raw	0.3	0.0	0.0	0.0	0.9	32.7	25.0	25.0	57.7
9	2729	Carrot winter boiled	2.6	0.0	0.0	0.0	1.9	130.5	118.5	117.0	154.4
9	2730	Tomato vine raw	6.2	0.0	0.0	42.3	8.4	60.7	64.2	23.4	98.7
9	2731	Tomato cherry raw	3.0	0.0	0.0	23.7	6.0	30.7	22.3	10.0	53.7
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.0
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.4	72.7	66.5	66.5	78.4
9	2735	Tomato average boiled	0.0	0.0	0.0	0.0	0.0
9	2736	Rocket raw	0.3	0.0	0.0	0.0	2.5	18.4	10.7	7.4	32.2
9	2737	Onion Welsh raw	0.3	0.0	0.0	0.0	3.4	11.5	8.7	6.4	12.4
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	2.2	0.0	0.0	20.4	3.3	54.6	42.7	9.0	94.8
9	2740	Sweet pepper yellow raw	0.2	0.0	0.0	0.0	2.5	9.0	9.0	9.0	9.0
9	2741	Sweet pepper yellow boiled	1.2	0.0	0.0	0.0	2.1	52.3	27.4	17.3	104.6
9	2742	Sweet pepper average raw	0.3	0.0	0.0	0.0	1.1	18.3	18.3	18.3	18.3
9	2743	Sweet pepper average boiled	0.9	0.0	0.0	9.9	2.8	20.5	19.4	19.3	22.1
9	2840	Cabbage red w apple pieces	0.0	0.0	0.0	0.0	0.0
9	2900	Sweetcorn tinned	0.0	0.0	0.0	0.0	0.3	14.6	14.6	14.6	14.6
10	455	Peanut butter	1.6	0.0	0.0	10.9	5.9	22.6	18.8	5.0	33.1
10	541	Peanut butter with nut pieces	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.9	0.0	0.0	3.0	1.3	30.0	30.0	30.0	30.0
10	1461	Sesame paste tahin	0.2	0.0	0.0	0.0	2.1	9.3	7.9	7.0	11.6
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.0
11	511	Cheese Edam 40+	0.7	0.0	0.0	7.2	3.7	18.0	16.2	13.0	21.4
11	512	Cheese processed rindless 40+	0.2	0.0	0.0	0.0	0.7	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	5.1	0.0	0.0	29.4	20.3	27.8	23.7	10.0	49.4
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.1	0.0	0.0	0.0	2.1	12.3	11.1	6.5	12.8
11	515	Cheese spread 48+	0.0	0.0	0.0	0.0	0.0
11	517	Cheese spread 20+	1.0	0.0	0.0	8.6	3.1	25.3	24.6	13.3	29.6
11	556	Cheese Camembert 45+	0.5	0.0	0.0	0.0	0.3	192.3	173.8	168.0	206.4
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.2	8.0	8.0	8.0	8.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.3	0.0	0.0	1.7	3.0	10.5	6.9	2.0	19.6
11	719	Cheese cream soft Mon Chou	0.0	0.0	0.0	0.0	0.0
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.1	0.0	0.0	0.9	1.6	5.1	4.6	4.5	5.5
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	1.2	3.5	0.8	0.8	6.9
11	728	Cheese cream soft Boursin	0.0	0.0	0.0	0.0	0.0
11	804	Cheese sheep fresh	0.4	0.0	0.0	0.0	2.0	42.5	22.1	2.0	78.5
11	881	Cheese 48+ low salt	1.8	0.0	0.0	7.7	2.4	74.6	40.4	14.4	134.9
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	0.7	29.0	29.0	29.0	29.0
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	2.9	0.0	0.0	21.1	5.4	34.5	27.4	3.7	57.6
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	9.7	0.0	0.0	48.5	19.4	32.5	23.4	5.4	86.9
11	1487	Cheese Brie 60+	1.0	0.0	0.0	0.0	3.0	77.5	43.9	42.0	125.5
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
11	1650	Cheese goat fresh	0.7	0.0	0.0	1.5	6.0	29.0	20.8	5.5	46.3
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	2.3	11.8	6.5	6.5	20.1
11	1724	Cheese 50+	0.2	0.0	0.0	0.0	1.4	20.9	13.0	13.0	50.6
11	1725	Cheese Leerdammer/Maasdammer 45+	0.1	0.0	0.0	0.0	0.3	29.0	29.0	29.0	29.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.5	0.0	0.0	0.0	1.2	28.3	15.0	15.0	39.3
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.2	25.3	25.3	25.3	25.3
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.4	0.0	0.0	0.0	2.8	29.1	13.6	12.6	54.8
11	2518	Cheese goat hard	2.1	0.0	0.0	14.8	12.7	26.2	27.2	6.5	51.2
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.0	0.0	0.0	0.0	0.2	8.0	8.0	8.0	8.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.7	0.0	0.0	0.0	1.4	48.5	35.0	35.0	59.3
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	2.8	0.0	0.0	16.0	7.1	27.3	21.7	12.0	52.4
11	2758	Cheese Gouda 48+ age 4-7 mths	7.5	0.0	0.0	63.8	14.7	56.2	29.3	9.1	128.4
11	2759	Cheese Gouda 48+ age 10-12 mths	0.7	0.0	0.0	4.4	6.9	14.5	10.1	10.1	26.8
11	2824	Cheese 30+ low salt	0.0	0.0	0.0	0.0	0.0
12	429	Stock cubes	0.0	0.0	0.0	0.1	3.6	0.6	0.4	0.4	1.3
12	824	Mustard	0.1	0.0	0.0	0.5	4.8	2.7	0.9	0.6	7.6
12	830	Garlic fresh	0.1	0.0	0.0	0.3	8.6	1.4	0.6	0.4	4.1
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.7	5.0	5.0	5.0	5.0
12	842	Stock powder	0.1	0.0	0.0	0.0	2.5	3.6	2.2	0.9	3.8
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.0
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.0
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.0
12	2681	Mixed spices Wereldgerechten unprep	0.2	0.0	0.0	0.0	1.6	9.3	7.4	7.4	11.3
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	2.5	0.0	0.0	18.9	8.4	18.2	14.6	4.2	31.6
13	272	Milk chocolate-flavoured full fat	0.0	0.0	0.0	0.0	0.0
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.1	4.0	10.2	7.5	3.0	15.1
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.0
13	276	Custard chocolate full fat	0.1	0.0	0.0	0.0	0.3	103.0	103.0	103.0	103.0
13	278	Yoghurt full fat	8.3	0.0	0.0	10.6	5.1	183.8	147.7	38.9	267.7
13	279	Milk whole	16.8	0.0	0.0	0.0	5.1	396.1	375.8	128.8	596.3
13	280	Coffee creamer full fat	1.8	0.0	0.0	7.7	7.3	49.0	15.6	7.7	96.9
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	7.5	0.0	0.0	62.7	3.2	128.3	103.5	49.4	179.6
13	284	Yoghurt low fat with fruit	0.5	0.0	0.0	0.0	0.7	150.0	150.0	150.0	150.0
13	285	Coffee creamer half fat	3.8	0.0	0.0	24.3	23.4	14.8	12.2	3.9	28.8
13	286	Milk semi-skimmed	68.4	0.0	0.0	247.2	28.8	180.4	194.4	27.6	336.5
13	288	Porridge oatmeal	2.6	0.0	0.0	0.0	0.6	381.7	274.0	274.0	488.0
13	289	Buttermilk	67.8	0.0	0.0	407.8	23.9	298.7	217.4	167.1	719.1
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.1	0.0	0.0	0.0	2.1	11.3	8.0	8.0	15.0
13	294	Milk skimmed	8.5	0.0	0.0	11.8	6.1	209.2	142.2	23.0	345.2
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.6	5.0	5.0	5.0	5.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	0.0	0.0	0.0	0.0	0.0
13	299	Cream whipping	0.1	0.0	0.0	0.0	0.9	7.5	7.5	7.5	7.5
13	301	Yoghurt low fat	36.1	0.0	0.0	197.4	13.5	202.1	174.0	84.8	344.0
13	303	Ice cream dairy cream based	2.0	0.0	0.0	0.0	2.9	80.9	71.4	50.0	97.4
13	305	Fromage frais low fat	5.3	0.0	0.0	46.4	6.1	122.4	112.0	24.0	177.7
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.4	0.0	0.0	0.0	0.3	154.7	90.0	90.0	210.9
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	0.7	0.0	0.0	0.0	0.9	75.0	75.0	75.0	75.0
13	532	Blancmange chocolate	0.0	0.0	0.0	0.0	0.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.0	0.0	0.0	0.0	0.0
13	736	Pudding vanilla	0.0	0.0	0.0	0.0	0.0
13	767	Mousse chocolate	0.3	0.0	0.0	0.0	1.1	22.8	22.8	22.8	22.8
13	786	Pudding chipolata	1.4	0.0	0.0	0.0	2.2	101.7	97.7	97.7	105.0

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13	812	Cream sour	0.1	0.0	0.0	0.0	1.3	16.6	16.6	16.6	16.6
13	863	Yoghurt full fat with fruit	2.2	0.0	0.0	0.0	2.0	227.3	167.2	114.5	286.4
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	1.4	0.0	0.0	0.0	0.6	175.1	175.1	175.1	175.1
13	916	Yoghurt Bulgarian low fat	1.6	0.0	0.0	0.0	0.5	124.2	124.2	124.2	124.2
13	917	Fromage frais half fat w fruit	8.5	0.0	0.0	70.2	8.4	121.5	107.4	48.0	195.2
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.0	0.0	0.0	0.0	0.0
13	940	Blancmange vanilla w strawberry sauce	0.0	0.0	0.0	0.0	0.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	2.9	0.0	0.0	0.0	1.8	173.1	151.1	137.3	221.0
13	1474	Ice lolly/ Sorbet	0.0	0.0	0.0	0.0	0.3	32.0	32.0	32.0	32.0
13	1502	Yoghurt half fat	12.9	0.0	0.0	137.3	8.1	145.3	141.7	57.1	194.5
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	1.4	7.8	6.0	6.0	9.6
13	1719	Milk semi-skimmed enriched w calcium	3.1	0.0	0.0	0.0	1.3	154.5	154.5	154.5	154.5
13	1720	Custard several flavours full fat	1.4	0.0	0.0	0.0	1.7	127.0	113.0	55.6	150.4
13	1721	Yoghurt vanilla half fat	0.4	0.0	0.0	0.0	0.5	166.4	124.2	124.2	226.3
13	1722	Porridge semolina	0.0	0.0	0.0	0.0	0.2	54.6	54.6	54.6	54.6
13	1791	Cream whipped w sugar canned	0.0	0.0	0.0	0.0	0.0
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.0
13	1813	Yakult	1.7	0.0	0.0	0.0	1.6	71.0	65.0	65.0	95.2
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	3.5	0.0	0.0	0.0	1.7	140.0	70.6	55.0	324.5
13	1834	Yoghurt drink w sweeteners Optimel	9.2	0.0	0.0	0.0	3.5	277.9	252.7	180.6	321.4
13	1916	Cream whipped with added sugar	0.9	0.0	0.0	4.4	4.0	18.8	10.5	3.0	39.3
13	1954	Coffee creamer Balance	0.0	0.0	0.0	0.0	0.0
13	1957	Custard with whipped cream	0.0	0.0	0.0	0.0	0.0
13	1958	Porridge buttermilk groats	0.0	0.0	0.0	0.0	0.0
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	0.2	0.0	0.0	0.0	0.7	81.0	81.0	81.0	81.0
13	2244	Yoghurt cream- with fruit	0.0	0.0	0.0	0.0	0.0
13	2246	Fromage frais low fat w fruit w sw	0.5	0.0	0.0	0.0	0.5	150.0	150.0	150.0	150.0
13	2247	Fromage frais yoghurt w fruit	0.0	0.0	0.0	0.0	0.0
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.9	0.0	0.0	0.0	0.6	52.0	52.0	52.0	52.0
13	2252	Ice cream dairy w fruitcoating	1.4	0.0	0.0	0.0	0.9	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	9.0	0.0	0.0	0.0	3.1	298.8	270.0	270.0	338.0
13	2258	Actimel	0.0	0.0	0.0	0.0	0.0
13	2265	Yakult light	1.3	0.0	0.0	0.0	1.2	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	4.5	0.0	0.0	0.0	0.7	226.6	226.6	226.6	226.6
13	2268	Creme fraiche half fat	0.1	0.0	0.0	0.0	0.3	62.5	62.5	62.5	62.5
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.3	0.0	0.0	0.0	0.7	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	8.7	0.0	0.0	65.8	6.0	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.0	0.0	0.0	0.0	0.0
13	2495	Drinking chocolate w s-sk milk	11.1	0.0	0.0	41.0	1.5	381.3	340.0	340.0	423.8
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	0.3	0.0	0.0	0.0	0.4	158.1	126.1	124.2	183.6
13	2503	Yoghurt Greek full fat	1.6	0.0	0.0	0.0	2.4	77.3	61.7	48.2	135.1
13	2504	Fromage frais full fat w fruit	1.4	0.0	0.0	0.0	3.1	60.3	58.1	48.0	72.4
13	2519	Custard half fat all flavours	0.0	0.0	0.0	0.0	0.0
13	2520	Pudding airy average	1.0	0.0	0.0	0.0	1.6	61.0	23.9	23.9	128.6
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.0	0.0	0.0	0.0	0.0
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	0.0	0.0	0.0	0.0	0.0
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	1.3	0.0	0.0	0.0	2.6	120.6	97.0	60.0	132.5
13	2689	Actimel light	0.8	0.0	0.0	0.0	1.7	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.2	0.0	0.0	0.0	0.3	103.0	103.0	103.0	103.0
13	2760	Hot chocolate from vending machine	8.6	0.0	0.0	0.0	1.0	386.2	386.2	386.2	386.2
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	1.7	0.0	0.0	0.0	0.8	255.4	255.4	255.4	255.4
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.0
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.0
13	3074	Yoghurt full fat w fruit Activia	0.4	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0

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14	870	Milk soya natural	0.1	0.0	0.0	0.0	0.7	27.0	27.0	27.0	27.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.3	2.4	2.4	2.4	2.4
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.0	1.7	5.9	1.6	1.6	13.2
14	1380	Dessert soya Alpro	2.4	0.0	0.0	0.0	1.6	141.2	111.3	103.0	164.1
14	1381	Milk soya Natural Fresh Alpro	4.6	0.0	0.0	0.0	3.4	156.4	112.3	100.0	227.8
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.0	0.0	0.0	0.0	0.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.7	0.0	0.0	0.0	0.6	124.2	124.2	124.2	124.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.2	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.1	0.0	0.0	0.0	0.5	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.8	0.0	0.0	0.0	1.7	57.5	55.9	51.8	59.6
14	2282	Vegetarian schnitzel Valess unprepared	0.1	0.0	0.0	0.0	0.2	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.0
14	2542	Pate vegetarian	0.3	0.0	0.0	0.0	0.9	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	1.3	0.0	0.0	0.0	1.2	245.8	229.8	225.0	257.9
14	2888	Soya based yoghurt Yofu soja Alpro natur	1.5	0.0	0.0	0.0	2.9	135.3	123.1	118.8	164.9
14	3040	Vegetarian prod w cheese Valess unprep	0.1	0.0	0.0	0.0	0.2	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.6	0.0	0.0	2.4	4.6	19.0	19.0	19.0	19.0
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.5	13.4	9.0	7.5	16.6
15	199	Cashew nuts unsalted	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.2	27.0	27.0	27.0	27.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.2	0.0	0.0	0.0	1.3	21.9	15.0	15.0	41.2
15	205	Mixed nuts and raisins	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
15	206	Walnuts unsalted	0.3	0.0	0.0	0.7	3.6	13.5	9.2	5.9	23.0
15	207	Nuts mixed unsalted	0.2	0.0	0.0	0.0	2.3	28.4	7.5	7.5	45.7
15	264	Biscuit salted average	0.1	0.0	0.0	0.0	1.1	21.2	9.5	8.0	48.4
15	265	Puff pastry baked	0.8	0.0	0.0	4.9	2.8	26.0	17.8	11.0	42.1
15	266	Snack sausage roll puff pastry	2.7	0.0	0.0	12.7	3.9	70.0	70.0	70.0	70.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.1	0.0	0.0	0.0	0.3	19.0	19.0	19.0	19.0
15	546	Peanuts coated	1.0	0.0	0.0	0.0	1.7	25.6	21.1	20.0	30.9
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	1.9	5.0	5.0	5.0	5.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.6	0.7	0.7	0.7	0.7
15	852	Salad celeriac	0.0	0.0	0.0	0.0	0.7	16.6	16.6	16.6	16.6
15	867	Linseeds	0.6	0.0	0.0	2.8	2.9	9.9	7.7	7.2	14.3
15	872	Sunflower seeds	0.1	0.0	0.0	0.0	0.9	3.2	3.0	3.0	3.6
15	876	Peanuts salted	0.7	0.0	0.0	0.0	3.5	45.3	30.0	30.0	60.1
15	901	Snack sausage roll w bread dough pastry	0.0	0.0	0.0	0.0	0.0
15	1496	Salad fish	3.6	0.0	0.0	27.3	3.4	61.5	47.9	15.0	94.6
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.0
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0

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15	1699	Biscuits & snacks cheesy averaged	0.9	0.0	0.0	10.8	3.9	15.1	9.0	8.0	24.3
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.5	28.0	28.0	28.0	28.0
15	1935	Nuts mixed salted	0.5	0.0	0.0	0.0	1.3	65.9	35.7	20.3	93.6
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	6.5	6.5	6.5	6.5
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.8	14.5	10.0	10.0	18.1
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.9	1.9	1.9	1.9	1.9
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.0
15	2370	Cocktail snacks based on corn or wheat	0.2	0.0	0.0	0.1	2.0	5.7	2.5	2.5	9.1
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	2.3	0.0	0.0	9.9	2.0	63.0	63.0	63.0	63.0
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.1	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.3	0.0	0.0	0.0	1.1	11.0	11.0	11.0	11.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.5	0.0	0.0	0.0	1.7	40.6	27.9	24.0	62.8
15	2887	Almonds unsalted	0.1	0.0	0.0	0.0	1.2	10.1	7.2	7.2	17.4
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	0.8	0.0	0.0	0.0	0.7	110.0	110.0	110.0	110.0
16	197	Beans baked in tomato sauce tinned	0.2	0.0	0.0	0.0	0.7	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	0.9	0.0	0.0	0.0	0.9	217.4	217.4	217.4	217.4
16	968	Beans white/brown boiled	1.9	0.0	0.0	0.0	2.2	111.2	111.2	111.2	111.2
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.1	0.0	0.0	0.0	0.5	32.2	32.2	32.2	32.2
16	3049	Beans white tinned	0.4	0.0	0.0	0.0	0.9	163.7	163.7	163.7	163.7
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	0.0	0.0	0.0	0.0	0.0
19	758	Soup clear with meat	2.7	0.0	0.0	0.0	1.3	214.0	196.9	194.3	227.6
19	759	Soup clear with vegetables	6.1	0.0	0.0	0.0	2.5	264.0	252.2	231.0	286.6
19	760	Soup clear with meat and noodles	2.6	0.0	0.0	0.0	2.2	154.0	154.0	154.0	154.0
19	761	Soup clear with meat and vegetables	0.6	0.0	0.0	0.0	0.6	207.9	207.9	207.9	207.9
19	762	Soup clear w meat vegetables and noodles	0.0	0.0	0.0	0.0	0.0
19	763	Soup thickened w vegetables	0.0	0.0	0.0	0.0	0.0
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	0.0	0.0	0.0	0.0	0.0
19	797	Soup vegetable based dried packet prep	10.0	0.0	0.0	65.5	3.2	270.3	293.1	173.3	320.7
19	798	Soup meat based dried packet prepared	0.0	0.0	0.0	0.0	0.0
19	800	Soup vegetable based tinned prepared	6.7	0.0	0.0	2.2	3.1	231.4	226.5	12.7	397.7
19	801	Soup meat based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	11.3	0.0	0.0	104.6	14.6	121.4	154.1	4.0	260.0
19	2487	Soup veg & meat based ready made prep	2.4	0.0	0.0	0.0	1.9	315.0	315.0	315.0	315.0
19	2488	Soup vegetable&meat based prepared pack	0.8	0.0	0.0	0.0	1.3	200.0	200.0	200.0	200.0
19	2561	Soup thickened no filling	0.0	0.0	0.0	0.0	0.0
19	2932	Soup cup-a-soup prepared	2.7	0.0	0.0	0.0	1.4	233.7	197.8	175.0	279.1
20	374	Sugar brown Basterdsuiker	0.3	0.0	0.0	1.7	3.1	6.7	2.9	2.1	14.3
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.0
20	377	Sugar granulated	1.4	0.0	0.0	8.5	13.2	8.8	6.7	0.7	23.1
20	378	Syrup Keukenstroop	0.1	0.0	0.0	0.0	1.0	15.4	11.1	10.0	21.9
20	381	Syrup sugar	0.0	0.0	0.0	0.0	1.4	3.0	3.0	3.0	3.0
20	427	Syrup apple	2.9	0.0	0.0	19.3	12.4	26.4	19.1	11.4	54.4
20	431	Chocolate milk	2.0	0.0	0.0	14.3	9.6	17.0	13.7	4.4	29.2
20	432	Chocolate plain	1.6	0.0	0.0	14.1	15.1	19.9	16.6	5.0	36.2
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	0.0
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.0
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0

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

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20	442	Coloured confetti fruit-flavoured	0.1	0.0	0.0	0.0	1.8	9.0	7.5	7.5	13.2
20	443	Honey	0.9	0.0	0.0	5.4	12.7	13.7	10.8	5.6	24.8
20	444	Spread chocolade plain	0.3	0.0	0.0	0.0	0.8	35.0	35.0	35.0	35.0
20	445	Jam	5.1	0.0	0.0	16.6	26.3	18.7	13.5	5.8	34.1
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.9	3.0	3.0	3.0	3.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.4	0.0	0.0	1.7	3.2	6.9	4.1	3.0	14.6
20	453	Peppermint	0.2	0.0	0.0	0.2	3.4	10.7	3.0	3.0	26.1
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.0
20	461	Toffees	0.0	0.0	0.0	0.0	0.0
20	484	Jam reduced sugar	1.4	0.0	0.0	10.7	5.4	21.6	17.9	10.8	30.2
20	487	Candybar Mars	0.2	0.0	0.0	0.0	0.3	54.0	54.0	54.0	54.0
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	0.7	20.0	20.0	20.0	20.0
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.0	0.0	0.0	0.0	0.9	4.8	2.6	0.9	5.7
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.9	3.0	3.0	3.0	3.0
20	524	M&M's chocolate	0.2	0.0	0.0	0.0	1.1	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.0	0.0	0.0	0.0	0.9	10.3	7.6	7.0	12.5
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.0
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.0
20	752	Wine gums	0.1	0.0	0.0	0.0	1.4	7.3	6.4	6.0	7.8
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.1	0.0	0.0	0.0	0.7	18.0	18.0	18.0	18.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.0
20	1508	Chocolates filled/Belguim chocolate	0.9	0.0	0.0	6.3	8.7	18.8	14.0	6.0	32.4
20	1962	Chocolate confetti milk	0.3	0.0	0.0	0.0	1.0	15.0	15.0	15.0	15.0
20	1963	Chocolate confetti plain	0.4	0.0	0.0	2.3	4.7	8.7	7.6	3.8	14.1
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.7	6.1	4.8	4.0	6.8
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.1	0.8	0.5	0.5	1.6
20	2372	Raisins coated w milkchocolate	0.2	0.0	0.0	0.0	1.9	30.0	30.0	30.0	30.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.0
20	2375	Chocolate plain w nuts	0.3	0.0	0.0	0.0	2.9	19.6	14.7	14.0	25.0
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	1.9	4.0	4.0	4.0	4.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.3	45.0	45.0	45.0	45.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2386	Nougat	0.0	0.0	0.0	0.0	0.0

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20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.2	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.0
20	2595	Candybar KitKat	0.2	0.0	0.0	0.0	0.7	15.2	12.0	12.0	21.8
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	0.6	0.0	0.0	0.0	4.3	22.9	10.9	5.6	39.8
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	1.0	0.0	0.0	7.0	2.9	16.2	8.6	7.5	33.5
20	3067	Sweets cream hard	0.5	0.0	0.0	2.6	3.6	11.8	8.9	6.0	14.2
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.0
21	310	Butter unsalted	5.1	0.0	0.0	20.8	31.8	16.5	11.3	2.4	44.0
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.0	0.0	0.0	0.0	0.5	1.4	1.4	1.4	1.4
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	0.5	0.0	0.0	4.3	5.8	4.8	3.7	1.0	9.2
21	437	Sauce cocktail/party/table 25% oil	0.8	0.0	0.0	0.0	1.2	57.1	49.4	6.2	70.3
21	451	Mayonnaise	0.4	0.0	0.0	0.8	4.8	10.9	3.8	1.9	26.7
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.4	0.0	0.0	0.0	3.6	15.4	9.9	5.8	22.5
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	2.8	6.9	5.0	4.6	11.8
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	466	Sauce for chips 35% oil	0.2	0.0	0.0	0.0	1.3	21.0	6.2	6.2	34.1
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.0	0.0	0.0	0.0	0.0
21	601	Oil olive	2.0	0.0	0.0	11.6	22.6	12.2	11.0	1.1	36.0
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.0
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.2	5.2	5.2	5.2	5.2
21	616	Peanut sauce jar prepared	0.3	0.0	0.0	0.0	0.5	79.2	79.2	79.2	79.2
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	2.2	3.8	2.0	2.0	9.0
21	879	Butter salted	0.8	0.0	0.0	3.4	7.7	15.4	8.7	2.1	37.5
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0
21	1515	Sauce based on roux prepared	0.7	0.0	0.0	0.0	2.5	38.2	35.0	35.0	51.1
21	1517	Sauce mix packet <3% fat prepared	0.0	0.0	0.0	0.0	0.0
21	1518	Sauce mix packet >3% fat prepared	0.7	0.0	0.0	0.0	1.7	24.8	2.0	2.0	61.0
21	1524	Sauce tomato ready made jar	1.5	0.0	0.0	0.0	2.2	61.1	51.0	44.7	74.4
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.0
21	1803	Sauce oriental ready-made in jar/bag	0.0	0.0	0.0	0.0	0.0
21	1839	Low fat margarine product tub Becel Ligh	1.8	0.0	0.0	11.3	11.4	20.0	14.4	6.0	37.4

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21	1847	Margarine product tub Becel Dieet	0.5	0.0	0.0	0.0	6.1	15.2	12.9	3.0	22.5
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.0
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.8	0.0	0.0	8.9	13.1	12.5	10.0	3.4	23.9
21	1961	Low fat marg prod Blue Band Goede Start	0.2	0.0	0.0	0.0	0.7	36.0	36.0	36.0	36.0
21	2059	Low fat margarine 40% fat <17 g sat	2.5	0.0	0.0	15.5	9.1	18.4	12.6	5.4	33.3
21	2060	Low fat margarine prod 35% fat <10 g sat	0.4	0.0	0.0	4.0	4.5	10.5	7.8	6.0	11.9
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.2	0.0	0.0	0.0	1.0	25.5	14.9	13.0	33.9
21	2063	Margarine 80% fat >24 g saturates	1.2	0.0	0.0	6.3	11.5	9.0	6.1	0.6	24.0
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.0	0.0	0.0	0.0	0.0
21	2066	Cooking fat liquid 97% fat <17 g sat	1.6	0.0	0.0	12.0	19.2	8.2	3.6	0.7	26.0
21	2067	Cooking fat solid 97% fat >17 g sat	0.2	0.0	0.0	0.0	1.4	22.0	22.0	22.0	22.0
21	2068	Frying fat liquid <24 g sat fatty acids	0.0	0.0	0.0	0.0	0.0
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.5	0.0	0.0	4.9	5.8	9.6	10.8	1.4	12.8
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.1	0.0	0.0	0.0	2.6	4.1	3.7	1.1	6.8
21	2083	Mayonnaise product w olive oil	0.3	0.0	0.0	0.0	1.2	11.8	6.5	1.9	20.1
21	2178	Pesto	0.2	0.0	0.0	1.4	5.1	6.9	3.0	2.0	18.4
21	2294	Low fat margarine Twenty four Ultralight	0.4	0.0	0.0	0.0	1.1	20.9	18.0	18.0	30.4
21	2295	Butter product 25% fat	0.1	0.0	0.0	0.0	2.5	10.8	6.0	6.0	16.8
21	2418	Sauce hot liquid ready made <12% fat	0.2	0.0	0.0	0.0	0.9	12.0	12.0	12.0	12.0
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	1.5	0.0	0.0	0.0	1.3	96.9	86.7	77.0	98.7
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	0.7	0.0	0.0	0.0	1.5	26.4	23.5	16.0	31.1
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.0	0.0	0.0	0.0	0.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.7	10.7	10.7	10.7	10.7
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.2	44.3	44.3	44.3	44.3
21	2451	Gravy 25% fat thickend prep w gravypowde	0.0	0.0	0.0	0.0	0.0
21	2452	Gravy 25% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.6	0.0	0.0	0.0	1.5	57.1	25.0	25.0	88.9
21	2460	Gravy 75% fat clear prep wo gravypowder	0.2	0.0	0.0	0.0	0.7	38.7	34.0	34.0	44.2
21	2462	Gravy 5% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.4	23.8	17.5	17.5	28.8
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.0
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.2	13.5	13.5	13.5	13.5
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	2.4	5.4	3.5	1.9	8.1
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.0
21	2469	Sauce mayonnaise based average	0.3	0.0	0.0	0.0	1.1	20.7	20.7	20.7	20.7
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.5	1.9	1.9	1.9	1.9
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	1.3	4.0	3.9	3.8	4.0
21	2472	Oil wok average	0.2	0.0	0.0	1.0	1.3	6.7	4.0	3.6	8.9
21	2525	Frying fat horeca	0.4	0.0	0.0	2.4	4.8	8.4	5.3	1.3	14.2
21	2526	Gravy 25% fat thickened w gravypowder	0.0	0.0	0.0	0.0	0.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.2	0.0	0.0	0.0	1.8	13.6	4.6	4.5	24.0
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.5	0.0	0.0	1.8	9.8	6.8	3.9	1.1	14.3
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.1	12.0	12.0	12.0	12.0
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.0	0.0	0.0	0.0	1.2	3.0	1.1	1.1	9.3
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.0	0.0	0.0	0.0	0.6	0.4	0.4	0.4	0.4
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	1.3	15.8	8.0	8.0	22.4
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.0	0.0	0.0	0.0	0.0
21	2580	Gravy 5% fat thickend w gravy powder	0.8	0.0	0.0	0.0	0.8	43.7	31.7	23.3	50.3
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.0
21	2586	Gravy 25% fat w margarine 2063	0.5	0.0	0.0	0.0	0.8	37.5	36.9	36.9	38.5
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.2	0.0	0.0	0.0	0.9	23.3	23.3	23.3	23.3
21	2589	Gravy 25% fat w olive oil	0.0	0.0	0.0	0.0	0.2	5.8	5.8	5.8	5.8
21	2590	Gravy 25% fat w butter	0.0	0.0	0.0	0.0	0.0
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.0
21	2593	Gravy 50% fat w margarine 2063	0.3	0.0	0.0	0.0	1.7	11.6	11.6	11.6	11.6
21	2594	Gravy 50% fat w margarine liq 2077	0.1	0.0	0.0	0.0	1.0	23.3	23.3	23.3	23.3
21	2596	Gravy 75% fat w margarine 2063	0.0	0.0	0.0	0.0	0.0
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.0

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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2600	Gravy 25% fat thickend w marg 2063	0.0	0.0	0.0	0.0	0.0
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.0
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.0	0.0	0.0	0.0	0.0
21	2605	Salad dressing olive oil-vinegar	0.2	0.0	0.0	0.0	2.5	11.4	11.4	11.4	11.4
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	1.0	12.6	12.6	12.6	12.6
21	2625	Gravy 25% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.6	23.3	23.3	23.3	23.3
21	2626	Gravy 25% fat w cooking fat liq 2562	0.0	0.0	0.0	0.0	0.0
21	2627	Gravy 50% fat w margarine liquid 2558	0.5	0.0	0.0	0.0	0.9	24.3	24.3	24.3	24.3
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.0
21	2667	Salad dressing 20% oil w yogurt	0.0	0.0	0.0	0.0	0.0
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	0.0
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.4	10.1	9.2	7.1	11.7
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.0	0.0	0.0	0.0	0.0
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.0	0.0	0.0	0.0	0.0
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.0
21	2934	Low fat spead Becel pro.activ light	0.3	0.0	0.0	0.0	1.1	17.7	17.7	17.7	17.7
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.1	0.0	0.0	0.0	3.6	10.6	9.4	8.3	10.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	1.7	24.3	24.3	24.3	24.3
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0

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22	111	Mussels boiled	1.9	0.0	0.0	0.0	2.0	149.2	137.4	135.0	158.5
22	114	Fish lean 0-2 g fat raw	6.2	0.0	0.0	54.7	4.0	165.2	166.2	60.0	197.5
22	115	Fish medium fat > 2-10 g fat raw	0.1	0.0	0.0	0.0	0.2	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.7	0.0	0.0	0.0	2.7	43.2	36.3	14.5	70.4
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	0.3	0.0	0.0	0.0	0.9	67.0	51.1	38.0	73.5
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	1.9	0.0	0.0	17.2	2.2	79.4	72.1	32.8	98.7
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
22	815	Fish fingers unprepared	2.3	0.0	0.0	9.3	2.2	86.6	69.5	67.5	122.6
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	0.6	0.0	0.0	0.0	0.9	180.0	180.0	180.0	180.0
22	918	Plaice boiled	0.0	0.0	0.0	0.0	0.0
22	919	Pollack boiled	0.0	0.0	0.0	0.0	0.0
22	1096	Salmon smoked	1.1	0.0	0.0	3.8	4.2	33.1	14.1	10.0	83.0
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.0	0.0	0.0	0.0	0.0
22	1586	Mackerel fillet smoked	3.0	0.0	0.0	0.0	1.6	223.3	140.7	60.0	284.1
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.3	0.0	0.0	0.0	1.6	33.6	14.5	14.5	58.9
22	1590	Tuna in water tinned	0.7	0.0	0.0	0.0	1.6	42.7	30.7	19.4	44.9
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.3	43.2	43.2	43.2	43.2
22	1610	Salmon farmed prep in microwave oven	3.7	0.0	0.0	31.6	3.0	101.6	76.5	63.0	156.9
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	3.1	0.0	0.0	0.0	0.7	185.0	185.0	185.0	185.0
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	1.6	0.0	0.0	0.0	0.9	135.0	135.0	135.0	135.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.0	0.0	0.0	0.0	0.0
22	2474	Whitefish fillet batter deepfried wo fat	0.7	0.0	0.0	0.0	1.7	150.0	150.0	150.0	150.0
22	2765	Pangasius prep in microwave oven	1.8	0.0	0.0	0.0	0.9	195.3	132.4	77.0	215.7
23	106	Duck whole raw	0.0	0.0	0.0	0.0	0.0
23	108	Chicken with skin raw	0.0	0.0	0.0	0.0	0.0
23	109	Rabbit domesticated raw	1.3	0.0	0.0	0.0	1.8	101.9	101.9	101.9	101.9
23	319	Corned beef	0.1	0.0	0.0	0.0	2.3	11.7	8.3	7.5	14.3
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.0
23	328	Ham smoked raw	1.1	0.0	0.0	8.0	5.1	18.6	14.4	12.0	23.9
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.7	32.0	32.0	32.0	32.0

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23	335	Liver pate	0.0	0.0	0.0	0.0	0.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.0
23	339	Venison raw	0.5	0.0	0.0	0.0	0.3	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.2	0.0	0.0	0.0	4.5	11.0	10.0	10.0	13.8
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.2	7.2	7.2	7.2	7.2
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.4	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
23	567	Sausage luncheon meat	0.1	0.0	0.0	0.0	2.1	14.2	14.0	14.0	14.7
23	568	Black pudding	0.0	0.0	0.0	0.0	0.0
23	638	Salami sausage saveloy	1.5	0.0	0.0	13.4	5.0	24.5	20.1	8.1	39.7
23	639	Bacon rashers streaky	0.1	0.0	0.0	0.0	1.3	24.0	9.8	9.6	40.2
23	640	Liver sausage	0.2	0.0	0.0	0.0	2.7	21.9	15.0	10.0	25.4
23	641	Bacon	0.2	0.0	0.0	0.0	0.4	60.0	60.0	60.0	60.0
23	642	Pate	0.1	0.0	0.0	0.0	0.5	20.0	20.0	20.0	20.0
23	643	Pork side cured and smoked	0.0	0.0	0.0	0.0	0.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	2.3	0.0	0.0	15.6	10.3	22.2	14.6	10.0	44.7
23	785	Ham shoulder medium fat boiled	2.2	0.0	0.0	0.0	2.3	108.8	74.6	16.0	142.2
23	810	Beef steak tartare spiced filet americ	1.2	0.0	0.0	0.0	2.4	55.3	42.4	30.0	75.3
23	1152	Salami	1.1	0.0	0.0	6.7	3.7	23.6	18.2	10.0	40.4
23	1155	Minced meat loaf fried	0.4	0.0	0.0	0.0	1.8	26.6	22.5	22.5	30.9
23	1162	Sausage cooked	0.1	0.0	0.0	0.0	1.1	17.7	16.0	16.0	22.2
23	1238	Liver sausage coarse hausmacher	0.9	0.0	0.0	0.0	1.7	20.5	18.0	18.0	22.5
23	1239	Liver pate sausage	0.1	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
23	1305	Chicken without skin raw	0.1	0.0	0.0	0.0	0.2	105.4	105.4	105.4	105.4
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	0.5	0.0	0.0	0.0	1.2	80.0	80.0	80.0	80.0
23	1401	Beef tenderloin steak raw	0.0	0.0	0.0	0.0	0.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	0.0	0.0	0.0	0.0	0.0
23	1405	Minced beef raw	5.8	0.0	0.0	35.5	9.6	55.9	52.2	24.2	74.9
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.0	0.0	0.0	0.0	0.0
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	0.0	0.0	0.0	0.0	0.0
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	1.4	0.0	0.0	0.0	1.4	62.5	42.5	38.0	92.7
23	1415	Beef steak tartare raw	1.6	0.0	0.0	0.0	3.9	66.3	60.0	60.0	73.2
23	1416	Beef tongue raw	2.1	0.0	0.0	0.0	2.7	101.9	51.5	6.8	117.7
23	1417	Sausage pork Braadworst raw	0.5	0.0	0.0	0.0	1.5	65.9	31.4	18.8	91.3
23	1418	Pork fillet raw	0.0	0.0	0.0	0.0	0.0
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.0	0.0	0.0	0.0	0.0
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.0
23	1422	Pork tenderloin raw	0.9	0.0	0.0	0.0	0.8	70.6	54.0	54.0	101.9
23	1424	Pork loin chop raw	7.0	0.0	0.0	32.3	2.9	178.0	178.0	178.0	178.0

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23	1425	Pork shoulder chop raw	0.0	0.0	0.0	0.0	0.0
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	0.0	0.0	0.0	0.0	0.0
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	1.3	0.0	0.0	0.0	0.9	63.0	63.0	63.0	63.0
23	1431	Kromesky meat filled raw	0.2	0.0	0.0	0.0	0.5	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.8	0.0	0.0	3.7	2.5	14.6	3.9	3.9	23.8
23	1434	Minced beef/pork raw	2.8	0.0	0.0	29.3	3.1	70.6	60.1	13.7	104.3
23	1435	Hamburger raw	0.1	0.0	0.0	0.0	0.6	37.5	37.5	37.5	37.5
23	1437	Veal olive raw	0.0	0.0	0.0	0.0	0.0
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	1.2	0.0	0.0	0.0	1.1	87.0	53.5	31.1	106.1
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	0.8	0.0	0.0	0.0	1.6	26.9	16.0	16.0	37.4
23	1558	Pork loin chop prepared	0.0	0.0	0.0	0.0	0.0
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	3.5	0.0	0.0	28.3	6.9	56.7	55.5	10.6	92.5
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.3	0.0	0.0	0.0	0.7	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	0.9	0.0	0.0	0.0	2.1	98.7	96.0	76.0	110.5
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	0.0	0.0	0.0	0.0	0.0
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	1.6	10.5	9.0	9.0	11.7
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.7	27.6	24.0	24.0	31.1
23	1773	Brawn, pork pickled in vinegar	0.0	0.0	0.0	0.0	0.0
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
23	1776	Ham lean grilled	2.0	0.0	0.0	17.5	3.9	34.0	32.4	20.0	39.2
23	1777	Gammon boiled deboned	0.7	0.0	0.0	0.0	1.3	36.8	22.0	16.0	55.5
23	1788	Pork rib chop raw	1.3	0.0	0.0	0.0	0.6	87.5	87.5	87.5	87.5
23	1790	Pork schnitzel not breaded raw	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.0
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.7	0.0	0.0	0.0	1.5	75.8	52.5	52.5	104.4
23	2090	Chicken drumstick w skin raw	0.2	0.0	0.0	0.0	0.7	68.3	68.3	68.3	68.3
23	2300	Sausage smoked lean cooked	0.3	0.0	0.0	0.0	0.6	49.0	49.0	49.0	49.0
23	2301	Sausage smoked beef cooked	2.9	0.0	0.0	7.9	1.2	97.9	97.9	97.9	97.9
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	4.5	0.0	0.0	15.9	1.6	119.8	56.1	42.4	169.4
23	2334	Minced meat beef/pork raw w egg/brcrums	1.0	0.0	0.0	0.0	1.1	75.0	75.0	75.0	75.0
23	2335	Meat average raw excl liver	0.0	0.0	0.0	0.0	0.0
23	2336	Beef average raw	0.4	0.0	0.0	0.0	0.5	112.0	112.0	112.0	112.0

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.5	0.0	0.0	0.0	2.9	47.8	39.8	39.8	55.7
23	2339	Beef olives raw	1.6	0.0	0.0	0.0	1.5	69.0	56.0	56.0	81.0
23	2340	Pork schnitzel breaded raw	0.4	0.0	0.0	0.0	1.2	69.9	56.1	43.8	74.0
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.2	52.5	52.5	52.5	52.5
23	2363	Minced meat w ham and cheese raw	0.6	0.0	0.0	0.0	0.5	120.0	120.0	120.0	120.0
23	2364	Chicken schnitzel raw	0.0	0.0	0.0	0.0	0.0
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	1.1	0.0	0.0	7.6	5.6	23.9	15.7	15.0	43.2
23	2766	Sausage smoked industrial cooked	0.0	0.0	0.0	0.0	0.0
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.3	0.0	0.0	0.0	0.9	18.2	16.1	15.0	19.6
23	2898	Horse meat smoked	0.2	0.0	0.0	0.0	1.8	9.1	6.9	5.0	9.7
23	2899	Scrapple, pork	0.2	0.0	0.0	0.0	1.3	30.0	30.0	30.0	30.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.0	0.0	0.0	0.0	0.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.1	0.0	0.0	0.0	1.0	17.9	8.4	2.5	23.6
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.0
23	3030	Sausage beef Braadworst raw	0.2	0.0	0.0	0.0	1.3	12.1	1.8	1.8	52.9
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.5	0.0	0.0	0.0	0.7	200.0	200.0	200.0	200.0

Table 2.5.a Food consumption (foods) of the Dutch population 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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	75.6	67.2	0.0	170.8	61.1	131.6	119.3	41.3	279.1
1	1150	Potatoes sliced frozen unprepared	2.4	0.0	0.0	0.0	0.9	206.2	140.8	120.0	408.6
1	1455	Potato puree powder av	0.8	0.0	0.0	0.0	2.2	60.2	49.8	22.6	86.8
1	1456	Chips pre-fried unprepared	6.1	0.0	0.0	52.0	2.1	159.5	118.5	68.2	246.3
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.1	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	0.9	0.0	0.0	0.0	0.8	131.8	109.4	58.7	184.2
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	2499	Potato puree powder w milkpowder w fat	0.1	0.0	0.0	0.0	0.1	28.9	28.9	28.9	28.9
1	2834	Potato waffles/balls frozen unprepared	0.1	0.0	0.0	0.0	0.1	62.0	62.0	62.0	62.0
2	382	Advocaat liqueur	0.2	0.0	0.0	0.0	0.6	46.7	19.5	5.0	89.4
2	383	Juice apple	2.5	0.0	0.0	0.0	1.6	128.9	133.2	40.0	232.3
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.1	0.0	0.0	0.0	1.0	16.8	12.0	12.0	22.5
2	388	Juice redcurrant	0.2	0.0	0.0	0.0	0.2	188.5	147.0	147.0	230.9
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	14.9	0.0	0.0	0.0	4.0	396.7	296.2	29.1	868.3
2	391	Brandy	0.0	0.0	0.0	0.0	0.2	54.2	54.2	54.2	54.2
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.2	0.0	0.0	0.0	0.2	41.2	38.6	38.0	43.2
2	395	Soft drink cola with caffeine	4.4	0.0	0.0	0.0	1.4	198.8	191.2	175.0	208.1
2	396	Juice grape	0.4	0.0	0.0	0.0	0.3	107.5	29.6	12.5	250.5
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	1.8	0.0	0.0	0.0	1.5	146.7	125.0	125.0	219.5
2	401	Gin young Dutch	4.7	0.0	0.0	17.6	6.8	48.0	30.3	28.5	97.0
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
2	407	Port wine	1.8	0.0	0.0	4.0	3.2	67.6	45.9	38.0	119.9
2	408	Rum	0.2	0.0	0.0	0.0	0.6	29.0	18.8	9.5	43.9
2	409	Sherry	4.4	0.0	0.0	0.0	2.1	159.5	132.7	16.0	231.6
2	410	Juice orange pasteurized	4.0	0.0	0.0	0.0	2.8	207.6	173.0	103.0	357.7
2	411	Mineral water Spa	2.4	0.0	0.0	0.0	0.9	272.1	182.4	180.0	512.8
2	413	Tomato juice	1.5	0.0	0.0	0.0	0.6	178.5	147.8	120.0	227.9
2	414	Soft drink tonic	1.7	0.0	0.0	0.0	1.4	140.5	121.0	121.0	204.3
2	415	Vermouth	0.5	0.0	0.0	0.0	1.0	37.6	37.6	35.1	38.9
2	416	Brandy Dutch vieux	0.2	0.0	0.0	0.0	0.5	77.9	77.9	77.9	77.9
2	417	Juice drink	1.2	0.0	0.0	0.0	1.1	147.3	126.0	123.8	205.6
2	421	Whisky	1.1	0.0	0.0	0.0	1.9	58.8	37.5	28.5	149.3
2	422	Wine red	51.2	0.0	0.0	285.9	26.8	217.4	137.9	68.5	548.7
2	423	Wine white dry	20.6	0.0	0.0	196.2	10.7	189.8	185.9	68.9	359.8
2	425	Whey drink light Rivella	0.0	0.0	0.0	0.0	0.0
2	463	Fruit drink concentrate undiluted	0.1	0.0	0.0	0.0	2.8	12.0	5.5	0.9	25.8

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

NEVO group	NEVO code	Description	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
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	0.5	10.7	9.0	9.0	13.9
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.0
2	644	Coffee prepared	319.9	290.3	0.0	744.0	82.6	437.8	401.3	113.8	865.0
2	645	Tea prepared	575.7	308.6	0.0	2,019.0	82.2	625.9	457.4	164.3	1,833.1
2	664	Juice grapefruit	0.4	0.0	0.0	0.0	0.3	121.3	101.1	50.0	157.7
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	5.0	0.0	0.0	0.0	1.8	324.5	280.6	69.4	568.7
2	805	Jagermeister herb liquor	0.8	0.0	0.0	0.0	1.5	47.6	39.9	39.9	71.2
2	857	Madeira	0.0	0.0	0.0	0.0	0.1	3.1	2.1	2.0	3.8
2	923	Juice pear	0.5	0.0	0.0	0.0	0.6	217.6	160.0	160.0	297.6
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.4	0.0	0.0	0.0	0.8	107.0	91.0	40.0	138.4
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	2.4	0.0	0.0	0.0	2.5	162.6	151.6	93.8	197.9
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.3	33.0	33.0	33.0	33.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	2.2	2.2	2.2	2.2
2	1468	Beer >7 vol% alcohol	1.8	0.0	0.0	0.0	0.9	425.6	300.0	300.0	644.5
2	1519	Beer alcohol free <0,1 vol%	3.4	0.0	0.0	0.0	0.9	375.2	240.1	150.0	605.1
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	3.9	0.0	0.0	0.0	1.0	193.3	193.3	193.3	193.3
2	1523	Cola light soft drink with caffeine	11.9	0.0	0.0	0.0	1.7	369.2	290.6	177.0	633.3
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.6	0.0	0.0	0.0	0.5	97.2	29.5	20.0	246.6
2	1810	Fruit drink concentrate Karvan Cevitam	2.0	0.0	0.0	4.4	4.8	24.5	12.5	9.0	45.2
2	1878	Fruit juice drink Roosvicee Multivit	1.4	0.0	0.0	0.0	0.4	230.5	110.5	100.0	326.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.6	12.1	9.3	9.0	14.4
2	1885	Water average	446.4	416.8	0.0	1,072.1	86.7	494.0	379.0	47.1	1,231.2
2	1932	Juice orange with pulp	1.2	0.0	0.0	0.0	0.9	127.9	114.7	92.0	142.9
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.2	0.0	0.0	0.0	0.2	110.0	110.0	110.0	110.0
2	2042	Sports drink AA High Energy	0.8	0.0	0.0	0.0	0.5	249.7	168.5	157.0	313.9
2	2074	Mineral water Bar le Duc	0.4	0.0	0.0	0.0	0.8	153.2	25.0	25.0	301.4
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.4	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
2	2086	Ice tea	0.2	0.0	0.0	0.0	0.2	191.7	191.7	191.7	191.7
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	1.1	0.0	0.0	0.0	0.8	235.2	152.0	152.0	493.7
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.2	0.0	0.0	0.0	0.3	160.0	160.0	160.0	160.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	8.2	0.0	0.0	0.0	0.9	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	0.4	0.0	0.0	0.0	0.3	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	0.0	0.0	0.0	0.0	0.0
2	2142	Wine white sweet	0.5	0.0	0.0	0.0	0.4	149.5	134.1	120.0	184.2
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.1	0.0	0.0	0.0	0.2	44.0	44.0	44.0	44.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2152	Fruit juice dk Coolbest light orange	0.1	0.0	0.0	0.0	0.2	88.0	88.0	88.0	88.0
2	2153	Fruit drink Fruitzday	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0
2	2289	Fruit drink concentrate light	0.1	0.0	0.0	0.0	0.6	16.4	15.0	15.0	17.7
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.1	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.2	0.0	0.0	0.0	0.5	62.5	62.5	62.5	62.5
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.6	21.7	21.6	6.3	29.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	1.4	0.0	0.0	0.0	0.3	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	0.7	0.0	0.0	0.0	0.5	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	0.3	0.0	0.0	0.0	0.3	338.7	152.0	152.0	576.2
2	2476	Cappuccino freshly made	9.3	0.0	0.0	47.7	3.3	206.1	130.0	130.0	407.1
2	2477	Coffee cappuccino instant prepared	4.9	0.0	0.0	0.0	1.2	340.9	337.5	170.0	425.3
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.0	4.0	4.0	4.0	4.0
2	2490	Fruit juice drink 12fruit nectar light	1.0	0.0	0.0	0.0	0.8	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.1	0.0	0.0	0.0	0.2	113.0	113.0	113.0	113.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.1	0.0	0.0	0.0	0.2	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.2	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
2	2564	Juice fruit Hero Fruit&Co	8.4	0.0	0.0	0.0	2.6	432.5	360.6	150.0	573.4
2	2610	Wine rose	0.4	0.0	0.0	0.0	0.8	113.3	93.5	83.0	164.5
2	2633	Coffee instant powder	0.4	0.0	0.0	3.1	6.9	5.5	3.7	1.3	8.3
2	2634	Fruit juice dk minimal 2 fruits w vit C	1.1	0.0	0.0	0.0	1.2	111.5	88.0	88.0	141.3
2	2635	Fruit juice drink diary Wicky fruitzacht	0.4	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	1.0	0.0	0.0	0.0	0.3	350.0	350.0	350.0	350.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	1.3	0.0	0.0	0.0	0.5	276.5	273.7	272.5	278.5
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.5	0.0	0.0	0.0	0.6	178.9	140.0	140.0	241.5
2	2648	Coffee w milk vending machine	1.6	0.0	0.0	0.0	1.2	161.2	130.0	130.0	272.3
2	2649	Tea herbal instant powder	0.3	0.0	0.0	0.0	1.3	59.7	23.5	1.5	84.8
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.3	0.0	0.0	0.0	0.3	314.0	314.0	314.0	314.0
2	2755	Juice orange freshly squeezed	25.6	0.0	0.0	151.8	19.6	132.9	120.1	60.0	202.0
2	2828	Liqueur with cream 15-25 vol% alcohol	0.2	0.0	0.0	0.0	0.7	33.9	33.5	30.0	35.0
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	1.4	0.0	0.0	0.0	1.0	178.8	182.2	91.0	254.6
2	2847	Fruit drink light AH multivit red fruit	0.1	0.0	0.0	0.0	0.1	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.2	0.0	0.0	0.0	0.2	145.0	145.0	145.0	145.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	2.5	0.0	0.0	0.0	1.2	151.7	140.9	125.0	174.2
2	2896	Lemonade squash Spa&Fruit sparkling	2.8	0.0	0.0	0.0	1.3	236.8	157.8	80.0	240.8
2	2897	Juice Drink Ocean Spray	0.4	0.0	0.0	0.0	0.2	244.5	244.5	244.5	244.5
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.7	10.8	9.5	3.1	14.2
3	227	Crispbakes Dutch	1.3	0.0	0.0	7.8	15.3	11.8	10.0	1.2	19.8
3	228	Crackers cream	0.1	0.0	0.0	0.0	1.3	17.2	14.7	8.0	27.5
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	1.2	0.0	0.0	0.0	1.8	48.7	37.7	30.0	69.7
3	233	Bread currant	0.4	0.0	0.0	0.0	2.0	53.0	60.3	17.5	69.0
3	236	Bread brown wheat	28.0	0.0	0.0	120.4	29.6	97.6	68.9	31.2	200.7
3	238	Crackers matzes	0.1	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
3	241	Bread white milk based	1.5	0.0	0.0	3.4	2.5	49.3	30.0	30.0	106.2
3	242	Bread rye dark	1.4	0.0	0.0	0.7	5.3	47.3	34.3	22.7	61.9
3	243	Bread rye light	2.0	0.0	0.0	9.1	4.0	30.5	25.0	25.0	46.9
3	244	Bread raisin	0.2	0.0	0.0	0.0	1.0	35.0	35.0	35.0	35.0
3	246	Bread wholemeal average	33.0	0.0	0.0	113.6	33.1	100.3	70.0	31.7	200.8
3	248	Bread white water based	16.1	0.0	0.0	98.6	13.5	76.2	60.2	9.3	114.0
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.3	0.0	0.0	0.0	1.9	18.2	12.4	10.0	29.2
3	655	Crispbakes Dutch wholemeal	0.9	0.0	0.0	7.0	9.8	11.3	10.0	10.0	17.0
3	975	Crispbread sesame	2.5	0.0	0.0	12.9	4.5	30.3	13.1	10.0	47.9
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	0.2	0.0	0.0	0.0	0.9	48.4	45.0	45.0	55.2
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.3	0.0	0.0	0.0	1.9	20.0	20.0	20.0	20.0
3	1312	Crispbread Cracottes	0.3	0.0	0.0	0.0	2.5	12.6	9.2	7.0	18.6
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	1.6	9.7	7.0	7.0	17.8
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.3	0.0	0.0	0.0	0.7	30.9	23.6	17.5	33.9
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.6	38.7	36.6	35.0	39.7

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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3	1779	Crispbread wholemeal	0.2	0.0	0.0	0.0	2.6	11.8	10.0	10.0	17.1
3	1914	Dough for pizza and savoury pie	1.3	0.0	0.0	0.0	1.1	155.5	161.7	17.6	192.5
3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.3	0.0	0.0	0.0	1.0	64.7	60.0	60.0	81.3
3	2348	Bread wholemeal w pumpkin seeds	0.3	0.0	0.0	0.0	0.4	132.0	105.0	105.0	154.4
3	2349	Bread linseed	0.3	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
3	2350	Bread multigrain average w seeds	9.2	0.0	0.0	58.6	12.4	87.9	68.0	31.7	153.9
3	2351	Bread white average milk/water based	0.0	0.0	0.0	0.0	0.2	12.5	12.5	12.5	12.5
3	2352	Bread currant w almond paste	0.1	0.0	0.0	0.0	0.4	40.0	40.0	40.0	40.0
3	2353	Bread brown/wholemeal w muesli	0.2	0.0	0.0	0.0	1.0	44.6	36.0	35.0	63.7
3	2354	Bread wholemeal w nuts	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.4	39.2	35.0	35.0	43.8
3	2356	Baguette w cheese-onion	0.1	0.0	0.0	0.0	0.5	24.8	10.0	10.0	40.9
3	2357	Bread wholemeal w sunflower seeds	3.6	0.0	0.0	0.0	3.6	90.0	47.2	35.0	201.1
3	2358	Bread white w sunflower seeds	0.5	0.0	0.0	0.0	0.4	119.8	111.3	70.0	137.1
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
3	2382	Bread brown w sunflower seeds	0.8	0.0	0.0	0.0	1.3	48.2	35.0	35.0	98.3
3	2528	Croutons	0.0	0.0	0.0	0.0	0.1	4.2	2.0	2.0	6.4
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	1.2	0.0	0.0	0.0	1.2	101.5	71.9	40.0	197.6
3	2704	Bread brown w seeds	0.1	0.0	0.0	0.0	0.5	59.4	44.9	35.0	67.5
3	2707	Bread corn w sunflower seeds	0.1	0.0	0.0	0.0	0.4	56.3	41.3	35.0	67.1
3	2785	Bread corn	0.1	0.0	0.0	0.0	0.2	105.0	105.0	105.0	105.0
3	2788	Bread sourdough wholemeal	0.5	0.0	0.0	0.0	1.1	66.7	59.5	50.0	78.0
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
3	2790	Bread pita white	5.8	0.0	0.0	28.6	2.6	100.0	100.0	100.0	100.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	1.3	0.0	0.0	0.0	2.7	66.1	60.4	5.0	96.0
3	2794	Baguette brown	0.5	0.0	0.0	0.0	0.9	84.4	67.3	60.0	96.7
3	2795	Roll white hard	1.0	0.0	0.0	0.0	1.2	55.3	47.6	25.0	85.4
3	2796	Roll brown hard	2.8	0.0	0.0	20.7	2.5	62.6	41.9	25.0	114.3
3	2797	Roll brown soft	1.4	0.0	0.0	0.0	1.8	68.2	50.0	50.0	133.7
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0	50.0	50.0	50.0	50.0
3	2799	Roll multigrain hard	0.1	0.0	0.0	0.0	0.7	25.0	25.0	25.0	25.0
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
3	2803	Bun currant/raisin	2.2	0.0	0.0	20.4	5.9	55.0	42.9	25.6	88.4
3	2804	Bun wholemeal w muesli	0.0	0.0	0.0	0.0	0.1	29.0	29.0	29.0	29.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	0.9	0.0	0.0	0.0	1.9	40.7	35.0	35.0	59.3
3	2815	Bread Tijger brown wheat	1.4	0.0	0.0	0.0	1.1	77.7	70.0	70.0	97.1
3	2816	Bread Tijger white	0.2	0.0	0.0	0.0	0.8	71.1	46.2	30.0	85.6
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.2	0.0	0.0	0.0	1.0	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	0.8	0.0	0.0	0.0	0.9	70.0	70.0	70.0	70.0

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3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.7	0.0	0.0	4.2	4.2	11.2	8.0	4.0	20.2
3	2938	Toast Melba other varieties	0.2	0.0	0.0	0.0	1.6	17.8	14.4	12.0	19.4
3	3054	Bread glutenfree bakmix Glutafin white	0.9	0.0	0.0	0.0	0.5	93.9	87.8	87.5	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.5	0.0	0.0	0.0	0.5	230.6	211.2	210.0	246.1
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.5	12.9	9.2	7.2	15.3
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	4.6	2.9	2.0	5.8
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.5	8.2	8.2	8.2	8.2
4	595	Cocoa product powder Ovomaltine	0.2	0.0	0.0	0.0	2.5	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.0	0.0	0.0	0.0	0.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.2	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.1	5.4	5.4	5.4	5.4
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.2	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.2	17.4	17.4	17.4	17.4
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.2	0.0	0.0	0.1	4.5	5.5	3.4	0.3	11.9
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
5	84	Eggs chicken boiled average	8.7	0.0	0.0	47.2	19.5	44.5	49.3	8.1	97.1
6	33	Raisins dried	0.3	0.0	0.0	0.0	1.6	22.0	10.4	4.0	62.8
6	137	Olives tinned/glass	0.1	0.0	0.0	0.0	1.8	8.0	5.3	1.3	18.9
6	147	Apple without skin average	30.5	0.0	0.0	136.0	27.6	123.0	127.7	64.2	176.1
6	148	Strawberries	6.1	0.0	0.0	43.0	9.8	82.0	71.5	32.0	182.6
6	149	Apricots with skin	0.1	0.0	0.0	0.0	0.2	12.4	12.4	12.4	12.4
6	150	Pineapple	0.6	0.0	0.0	0.0	0.3	94.9	84.3	75.0	98.4
6	151	Banana	14.6	0.0	0.0	118.1	16.0	113.0	109.0	42.9	150.9
6	152	Blueberries	0.1	0.0	0.0	0.0	0.5	56.8	36.0	26.0	71.1
6	153	Redcurrant	0.3	0.0	0.0	0.0	0.4	43.6	22.9	19.6	105.2
6	155	Bilberries	0.0	0.0	0.0	0.0	0.1	16.1	16.1	16.1	16.1
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.3	8.4	8.4	8.4	8.4
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.1	0.0	0.0	0.0	0.2	58.0	58.0	58.0	58.0
6	161	Raspberries	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
6	162	Grapefruit	0.8	0.0	0.0	0.0	1.3	66.3	58.4	40.0	96.3
6	163	Cherries	1.4	0.0	0.0	0.0	1.7	96.8	87.7	18.0	148.4
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	11.1	0.0	0.0	48.8	15.5	64.4	44.3	32.2	116.9
6	166	Melon netted	1.2	0.0	0.0	0.0	2.3	138.7	113.4	39.7	224.4
6	168	Pear without skin	4.1	0.0	0.0	41.7	3.9	113.4	97.6	32.0	170.0
6	169	Peach without skin	0.9	0.0	0.0	0.0	1.1	95.8	76.5	76.5	135.3

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6	170	Plums with skin	7.1	0.0	0.0	0.0	2.8	232.0	183.4	40.0	368.9
6	171	Orange	10.7	0.0	0.0	77.4	8.6	166.6	131.9	77.6	231.7
6	172	Fruit fresh citrus average	1.8	0.0	0.0	0.0	1.0	152.0	152.0	152.0	152.0
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.2	0.0	0.0	0.0	2.9	9.4	5.6	3.0	18.6
6	176	Apricots in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	177	Pineapple in syrup tinned	1.5	0.0	0.0	0.0	2.0	48.3	34.1	34.1	69.7
6	179	Apple sauce tinned	4.5	0.0	0.0	40.0	7.8	66.9	46.7	25.9	131.1
6	180	Billberries in syrup tinned	0.2	0.0	0.0	0.0	0.3	31.1	25.9	25.9	37.3
6	181	Dates dried	0.0	0.0	0.0	0.0	0.7	8.8	5.9	3.3	14.1
6	182	Raspberries in syrup tinned	0.1	0.0	0.0	0.0	0.3	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	0.3	0.0	0.0	0.0	1.2	26.4	24.0	24.0	31.1
6	184	Cherries in syrup tinned	0.1	0.0	0.0	0.0	0.4	11.4	3.0	3.0	40.8
6	185	Currants dried	0.0	0.0	0.0	0.0	0.2	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.2	0.0	0.0	0.0	1.4	95.7	81.7	52.4	139.1
6	189	Peaches in syrup tinned	0.6	0.0	0.0	0.0	1.5	46.3	40.0	40.0	69.6
6	190	Prunes dried	0.2	0.0	0.0	0.0	2.9	12.3	10.8	6.0	17.3
6	191	Plums in syrup tinned	0.3	0.0	0.0	0.0	1.2	38.9	38.9	38.9	38.9
6	192	Fruit mixed dried	0.2	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
6	193	Figs dried	0.1	0.0	0.0	0.0	0.6	39.0	32.6	17.5	50.5
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	3.0	9.8	4.0	2.5	30.4
6	689	Avocado	1.0	0.0	0.0	0.0	1.0	173.3	87.2	45.7	274.9
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	2.5	0.0	0.0	0.0	1.2	213.5	191.9	131.2	262.6
6	875	Apple with skin average	11.8	0.0	0.0	115.0	6.4	130.0	99.7	18.1	224.8
6	1007	Pomegranate	0.1	0.0	0.0	0.0	0.2	78.0	78.0	78.0	78.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	10.4	0.0	0.0	49.2	14.4	82.3	66.2	44.8	120.7
6	1057	Kaki / Sharon fruit	0.4	0.0	0.0	0.0	0.2	135.0	135.0	135.0	135.0
6	1090	Lychees	0.2	0.0	0.0	0.0	0.2	52.0	52.0	52.0	52.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.2	0.0	0.0	0.0	3.1	8.6	8.4	0.1	17.3
6	1182	Apple sauce wo sugar tinned	0.6	0.0	0.0	0.0	1.0	74.5	61.8	32.1	116.6
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	3.3	0.0	0.0	1.3	2.6	118.5	100.8	57.4	148.0
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.3	0.0	0.0	0.0	0.3	173.0	173.0	173.0	173.0
6	2379	Raisins soaked in water	0.2	0.0	0.0	0.0	1.0	15.3	11.8	6.9	25.1
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	1.0	8.9	5.4	3.0	15.3
6	2686	Apple sauce wo sugar w sweetner tinned	0.0	0.0	0.0	0.0	0.0
6	2748	Pear with skin	0.5	0.0	0.0	0.0	0.9	160.3	137.7	128.0	176.5
6	2749	Grapes black with skin	1.3	0.0	0.0	0.0	1.8	101.6	86.0	47.5	154.0
6	2750	Grapes white with skin	2.0	0.0	0.0	0.0	2.7	83.8	53.3	9.5	169.4
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.4	45.8	35.0	25.9	50.2
6	2890	Cranberries dries sweetened	0.1	0.0	0.0	0.0	0.8	8.1	5.0	4.9	12.1
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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6	2956	Prunes dried soaked in water	0.0	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.3	65.0	65.0	65.0	65.0
7	234	Biscuit fortified Liga Tweede Stap	0.1	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	3.4	0.0	0.0	19.6	13.9	32.1	19.2	10.8	64.1
7	250	Almond filled pastry	0.8	0.0	0.0	0.0	0.9	48.4	41.4	20.0	66.8
7	251	Apple pie Dutch w shortbread w marg	2.6	0.0	0.0	19.1	4.9	68.2	55.0	38.0	110.9
7	252	Biscuit sweet	2.4	0.0	0.0	11.5	14.7	12.9	9.5	5.0	25.3
7	253	Cake wo butter	1.0	0.0	0.0	8.6	2.9	31.6	25.7	22.5	48.7
7	254	Cake sponge Dutch Eierkoek	0.6	0.0	0.0	0.0	2.0	41.8	30.0	30.0	55.5
7	255	Gateau with whipped cream	1.4	0.0	0.0	1.5	1.6	51.3	40.0	40.0	72.9
7	256	Gateau with butter-cream filling	0.2	0.0	0.0	0.0	0.6	47.1	36.0	30.0	65.5
7	257	Almond paste filled tarts average	1.0	0.0	0.0	0.0	2.1	53.9	51.1	45.0	59.1
7	258	Biscuits averaged	0.9	0.0	0.0	7.2	5.1	17.9	14.2	5.6	37.9
7	259	Macaroons	0.8	0.0	0.0	0.0	0.9	61.7	50.0	50.0	99.1
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	1.1	8.4	5.0	5.0	13.9
7	261	Biscuit spiced Speculaas	0.9	0.0	0.0	5.9	7.7	10.8	6.9	3.0	18.0
7	262	Biscuit Dutch shortbread spritsstukken	0.3	0.0	0.0	0.0	2.0	22.1	20.4	10.0	44.3
7	263	Biscuit brown/wholemeal	0.8	0.0	0.0	6.2	5.5	17.4	16.1	8.0	29.1
7	468	Cream slice Dutch Tompouce	0.1	0.0	0.0	0.0	0.4	71.9	50.0	50.0	94.3
7	474	Doughnut Dutch style	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	1.2	12.2	8.5	5.0	19.1
7	486	Flan with fruit filling	0.3	0.0	0.0	0.0	0.5	104.4	91.8	85.0	112.7
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.0	0.0	0.0	0.0	0.7	21.2	15.0	10.0	32.0
7	634	Coconut flavoured cookies	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	635	Biscuits Dutch krakeling	0.6	0.0	0.0	0.0	2.2	20.0	12.9	12.0	40.3
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	713	Waffle syrup average	0.5	0.0	0.0	0.0	3.2	23.3	19.6	10.0	36.5
7	789	Cake butter Dutch Boterkoek	0.1	0.0	0.0	0.0	0.9	21.3	20.0	20.0	26.1
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.2	0.0	0.0	0.0	0.3	45.4	28.8	28.8	75.2
7	836	Shortbread	2.8	0.0	0.0	12.9	9.4	27.1	25.4	10.0	49.4
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.2	14.3	14.3	14.3	14.3
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.3	30.8	19.5	19.0	57.6
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.6	0.0	0.0	0.0	1.6	21.7	20.0	20.0	27.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.4	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.6	5.9	5.0	4.0	6.8
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.0	0.0	0.0	0.0	3.5	31.1	23.3	20.2	45.0
7	1470	Berliner pastry	0.2	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.3	0.0	0.0	0.0	1.7	15.3	10.0	10.0	19.7

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7	1475	Eclair with whipped cream filling	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	1476	Meringue with butter-cream	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.2	0.0	0.0	0.0	0.8	28.0	28.0	28.0	28.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.1	0.0	0.0	0.0	0.3	13.0	13.0	13.0	13.0
7	1481	Rice cakes puffed	0.0	0.0	0.0	0.0	0.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.4	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.7	0.0	0.0	0.0	1.1	48.9	32.5	30.0	70.4
7	1972	Biscuits assorted with butter	0.6	0.0	0.0	0.0	2.5	24.2	18.8	13.0	41.7
7	2162	Biscuit Cafe noir	0.1	0.0	0.0	0.0	1.3	10.6	10.0	10.0	11.7
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.4	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.1	0.0	0.0	0.0	0.9	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.5	0.0	0.0	1.4	1.9	18.2	16.4	10.0	26.6
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.4	17.4	11.3	10.0	27.2
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	1.3	0.0	0.0	5.2	3.1	28.2	15.2	13.0	53.0
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.2	0.0	0.0	0.0	1.4	29.8	23.5	20.0	37.7
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.2	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	1.0	0.0	0.0	3.3	1.9	38.7	30.0	30.0	73.6
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2396	Chocolate pastry w whipped cream	0.1	0.0	0.0	0.0	0.2	96.0	96.0	96.0	96.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.2	0.0	0.0	0.0	0.7	31.2	25.0	25.0	44.9
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.3	0.0	0.0	0.0	1.8	24.9	21.1	12.8	27.1
7	2399	Spiced cake Indonesian- Spekkoek	0.6	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.0	0.0	0.0	0.0	0.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.1	0.0	0.0	0.0	0.8	18.9	9.8	9.0	38.5
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0
7	2410	Teacakes chocolate coated marshmellow	0.0	0.0	0.0	0.0	0.0

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7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.8	5.5	3.0	2.5	12.1
7	2413	Cake wrapped in marzipan and chocolate	0.8	0.0	0.0	0.0	0.8	90.9	70.2	30.0	115.0
7	2417	Cake Dutch w icing & cream 'Oranjeboek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.3	15.5	14.7	14.0	15.9
7	2560	Apple turnover	1.1	0.0	0.0	0.0	1.4	111.4	84.5	65.0	125.4
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.2	0.0	0.0	0.0	0.9	17.9	15.0	15.0	17.4
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.3	38.8	32.9	30.0	42.9
7	2609	Biscuits with nuts	1.2	0.0	0.0	7.1	5.7	15.3	13.2	10.0	17.2
7	2622	Appel pie Dutch w shortbread w butter	1.1	0.0	0.0	0.0	0.5	110.4	100.0	100.0	126.6
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.1	0.0	0.0	0.0	0.3	24.0	24.0	24.0	24.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.1	0.0	0.0	0.0	2.5	9.4	6.3	3.3	9.6
7	2698	Cake chocolate made wo butter	0.2	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2699	Biscuit Dutch Frou frou	0.2	0.0	0.0	0.0	2.1	10.4	9.1	8.0	11.6
7	2715	Meringue	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.5	0.0	0.0	0.0	1.3	41.4	22.5	22.5	79.3
7	2763	Biscuit spiced Speculaas w butter	0.2	0.0	0.0	0.0	0.3	36.0	36.0	36.0	36.0
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	0.5	0.0	0.0	0.0	0.8	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.0	0.0	0.0	0.0	0.0
7	2820	Waffle syrup w butter	0.6	0.0	0.0	0.0	1.1	43.5	30.9	10.0	59.5
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.0	0.0	0.0	0.0	0.0
7	2864	Biscuit syrup with chocolate	0.2	0.0	0.0	0.0	0.6	20.0	15.0	15.0	27.7
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodeboek'	0.0	0.0	0.0	0.0	0.5	23.9	15.6	14.0	33.9
7	2892	Waffle penny-	0.2	0.0	0.0	0.0	0.8	31.1	23.2	16.0	43.0
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.8	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.3	0.0	0.0	0.0	4.4	15.9	11.8	8.0	26.0
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.4	0.0	0.0	0.0	1.0	110.0	83.1	65.0	125.3
8	78	Semolina	0.2	0.0	0.0	0.0	0.5	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.9	0.0	0.0	0.0	1.5	38.9	33.7	11.5	59.8
8	213	Oatmeal	0.9	0.0	0.0	0.0	1.7	35.7	37.8	5.0	50.9
8	215	Cornflour	0.0	0.0	0.0	0.0	1.1	2.5	2.5	2.5	2.5
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	1.1	10.3	8.2	1.3	18.0
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.2	60.3	60.3	60.3	60.3

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8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.0
8	225	Breakfast cereal Brinta	1.2	0.0	0.0	6.5	5.8	19.4	14.3	5.4	41.6
8	226	Starch potato	0.0	0.0	0.0	0.0	0.0
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.8	9.2	5.2	2.7	17.4
8	530	Flour for pancakes	0.4	0.0	0.0	0.0	0.4	65.2	53.8	12.7	91.0
8	590	Wheat bran	0.0	0.0	0.0	0.0	0.9	4.0	3.4	2.6	5.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.1	18.2	9.6	9.6	26.7
8	658	Rice white boiled	5.6	0.0	0.0	64.3	5.9	89.5	74.2	38.9	165.7
8	659	Pasta white average boiled	15.1	0.0	0.0	114.3	10.3	126.8	109.4	23.8	240.6
8	955	Rice white parboiled boiled	0.7	0.0	0.0	0.0	0.4	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	2.4	11.5	8.3	1.1	24.9
8	1014	Rice brown boiled	2.8	0.0	0.0	0.0	3.1	164.2	165.6	25.0	258.3
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.6	9.0	9.0	9.0	9.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.2	21.6	21.6	21.6	21.6
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.3	7.2	7.2	7.2	7.2
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.0
8	2157	Pasta wholemeal boiled	0.3	0.0	0.0	0.0	0.6	72.2	67.8	19.2	112.3
8	2158	Couscous boiled	0.3	0.0	0.0	0.0	1.1	46.8	33.8	20.0	84.6
8	2159	Millet boiled	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.1	22.4	22.4	22.4	22.4
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.3	18.0	18.0	18.0	18.0
8	2366	Muesli crunchy plain/w fruit	0.8	0.0	0.0	0.0	2.6	30.4	21.5	4.9	61.0
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.2	28.3	22.2	19.7	37.8
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.3	6.2	5.4	5.4	7.0
8	2809	Muesli w fruit	1.2	0.0	0.0	1.1	6.8	25.8	18.3	0.9	64.5
8	3058	Oat bran raw	0.1	0.0	0.0	0.0	1.2	15.6	6.3	1.0	27.4
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.0
9	7	Endive raw	0.5	0.0	0.0	0.0	1.2	110.7	76.9	45.5	118.7
9	8	Endive boiled	2.4	0.0	0.0	0.0	2.1	120.0	93.7	45.9	219.5
9	11	Aubergine boiled	0.5	0.0	0.0	0.0	0.4	77.4	57.6	57.6	96.8
9	13	Celery boiled	1.1	0.0	0.0	0.0	2.4	35.9	21.6	1.7	96.5
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	5.3	0.0	0.0	49.0	5.4	112.4	97.9	32.4	174.6
9	16	Kale curly boiled	0.4	0.0	0.0	0.0	1.4	53.6	45.6	45.6	81.9
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	20	Mushrooms boiled	0.7	0.0	0.0	0.0	3.6	25.2	25.4	1.3	56.8
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0
9	26	Celeriac boiled	0.4	0.0	0.0	0.0	1.4	29.4	20.0	20.0	65.4
9	27	Cucumber wo skin raw	1.6	0.0	0.0	9.5	4.3	48.9	49.5	4.0	94.9
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	0.5	48.5	44.1	40.4	50.3
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.2	15.4	10.3	8.3	19.0
9	32	Sweet pepper green boiled	0.0	0.0	0.0	0.0	0.3	17.3	17.3	17.3	17.3
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	3.1	0.0	0.0	9.9	5.2	66.3	26.5	1.8	168.4
9	38	Turnip tops raw	0.1	0.0	0.0	0.0	0.1	158.8	158.8	158.8	158.8
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.5	0.0	0.0	0.0	1.0	51.9	25.0	25.0	132.8
9	44	Cabbage Savoy boiled	0.7	0.0	0.0	0.0	0.1	213.3	213.3	213.3	213.3
9	46	Lettuce head raw	1.3	0.0	0.0	3.6	5.4	50.2	39.7	8.7	95.1
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	4.7	0.0	0.0	31.2	3.9	126.7	114.2	48.0	194.8
9	54	Cabbage oxheart boiled	1.4	0.0	0.0	0.0	1.2	186.4	154.2	84.2	232.3
9	55	Brussel sprouts boiled	11.9	0.0	0.0	69.8	6.6	144.3	132.1	59.2	212.1
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.4	16.5	7.6	5.0	23.3
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.0	0.7	6.5	2.2	1.0	16.5
9	60	Tomatoes normal raw	3.9	0.0	0.0	29.4	10.2	49.5	40.0	12.9	84.5
9	61	Tomatoes normal boiled	0.5	0.0	0.0	0.0	3.1	22.1	10.1	1.7	54.5
9	63	Onions raw	1.0	0.0	0.0	5.0	7.2	14.3	9.8	0.6	43.7
9	64	Onions boiled	4.1	0.0	0.0	22.9	16.9	27.7	23.0	1.7	76.7
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.2	26.5	24.0	8.6	46.2
9	67	Chicory raw	1.1	0.0	0.0	0.0	0.9	74.3	64.6	28.9	120.6
9	68	Chicory boiled	5.7	0.0	0.0	44.7	3.5	148.8	107.9	16.3	282.6
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.9	26.6	18.2	4.0	57.8
9	70	Cabbage white cooked	0.3	0.0	0.0	0.0	2.4	12.9	3.9	2.0	35.6
9	71	Carrots raw average	0.1	0.0	0.0	0.0	0.8	14.1	8.9	4.0	29.7
9	72	Carrots boiled average	0.6	0.0	0.0	0.0	3.5	25.2	6.1	1.7	100.0
9	73	Cabbage sauerkraut raw	0.2	0.0	0.0	0.0	0.1	128.4	128.4	128.4	128.4
9	74	Cabbage sauerkraut cooked	2.7	0.0	0.0	0.0	2.3	140.0	101.3	40.4	248.0
9	75	Vegetable mix for soup raw	2.0	0.0	0.0	31.8	1.9	81.9	63.6	45.0	167.2
9	124	Radish red/white raw	0.5	0.0	0.0	0.0	2.0	33.5	25.8	1.7	62.2
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.4	14.4	8.8	0.7	18.9
9	127	Vegetables mixture raw	0.8	0.0	0.0	0.0	1.6	58.7	50.0	50.0	78.4
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.1	0.0	0.0	0.0	1.0	16.0	16.0	16.0	16.0
9	132	Gherkins sweet pickled	0.6	0.0	0.0	0.0	3.0	15.6	9.1	2.0	52.8
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.1	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	0.7	0.0	0.0	0.0	1.7	66.8	30.0	2.7	134.4
9	136	Peas and carrots tinned	1.5	0.0	0.0	0.0	0.4	184.7	110.0	110.0	248.9
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	2.4	0.0	0.0	0.0	2.2	117.7	58.0	33.1	160.6

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

NEVO group	NEVO code	Description	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
9	140	Spinach tinned	0.1	0.0	0.0	0.0	0.1	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.1	0.0	0.0	0.0	1.4	13.3	5.6	1.0	33.3
9	142	Beans broad tinned	2.1	0.0	0.0	0.0	1.5	218.8	138.0	60.0	229.8
9	143	Carrots tinned	0.2	0.0	0.0	0.0	0.2	178.0	178.0	178.0	178.0
9	144	Silver-skin onions sweet pickled glass	0.2	0.0	0.0	0.0	2.0	6.0	3.6	2.1	11.7
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	3.5	0.0	0.0	8.7	3.5	87.4	21.1	14.8	169.1
9	538	Rhubarb puree w sugar	0.4	0.0	0.0	0.0	1.0	47.0	37.8	31.9	61.2
9	557	Celery raw	0.4	0.0	0.0	0.0	1.5	48.3	36.3	11.4	100.4
9	558	Celeriac raw	0.2	0.0	0.0	0.0	0.6	46.5	21.6	20.0	101.2
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.2	5.2	4.0	4.0	6.6
9	562	Leek raw	0.0	0.0	0.0	0.0	0.2	23.0	23.0	23.0	23.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.0	0.0	0.0	0.0	0.0
9	651	Spinach creamed frozen boiled	0.9	0.0	0.0	0.0	1.6	90.4	32.9	26.5	204.9
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.3	0.0	0.0	0.0	2.0	15.3	10.9	6.0	29.6
9	885	Sweet pepper red boiled	0.4	0.0	0.0	0.0	1.7	35.2	22.9	7.6	91.7
9	920	Broccoli boiled	8.1	0.0	0.0	67.4	5.7	147.9	128.5	53.7	253.0
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.5	55.2	39.9	13.9	82.8
9	951	Beans French boiled	6.1	0.0	0.0	42.3	7.7	111.1	100.2	6.9	217.8
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.5	0.0	0.0	0.0	0.4	167.5	108.9	60.0	190.9
9	954	Beans French frozen boiled	2.1	0.0	0.0	0.0	1.5	153.0	119.2	30.7	260.0
9	957	Asparagus boiled	0.5	0.0	0.0	0.0	0.3	116.9	80.8	80.4	145.7
9	958	Beetroot boiled	2.6	0.0	0.0	0.0	2.2	122.7	95.9	75.0	191.8
9	961	Beans runner boiled	6.5	0.0	0.0	52.8	2.7	133.1	109.5	98.0	172.8
9	962	Beans broad boiled	0.5	0.0	0.0	0.0	0.4	132.3	123.0	120.0	139.2
9	963	Peas fresh boiled	1.0	0.0	0.0	0.0	0.4	217.6	207.1	200.0	223.6
9	964	Mange-tout boiled	0.4	0.0	0.0	0.0	0.8	76.1	52.0	52.0	116.7
9	966	Courgettes boiled	1.8	0.0	0.0	0.0	3.8	59.7	50.5	1.9	134.4
9	967	Fennel boiled	0.1	0.0	0.0	0.0	0.2	124.5	124.5	124.5	124.5
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	0.3	67.8	60.0	60.0	86.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.2	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
9	1143	Beans runner frozen unprepared	0.8	0.0	0.0	0.0	0.8	112.2	80.5	57.2	162.2
9	1144	Vegetables mixture for soup frozen	0.1	0.0	0.0	0.0	0.2	74.9	74.9	74.9	74.9
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.6	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.1	18.8	18.8	18.8	18.8
9	1399	Lettuce iceberg raw	4.0	0.0	0.0	27.8	5.8	48.9	42.0	12.3	84.7
9	1454	Beetroot pickled glass	0.0	0.0	0.0	0.0	0.0

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

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9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.6	6.0	1.9	1.5	9.3
9	1904	Vegetables average boiled	2.8	0.0	0.0	21.6	3.7	89.0	66.6	34.9	181.9
9	1905	Vegetables average raw	0.6	0.0	0.0	0.0	0.2	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
9	2293	Tomatoes tinned	1.0	0.0	0.0	0.0	0.8	125.5	93.2	41.4	224.4
9	2330	Mange-tout and carrots boiled	1.0	0.0	0.0	0.0	0.6	160.4	150.0	150.0	177.1
9	2331	Bami vegetables mixed boiled	0.3	0.0	0.0	0.0	0.3	68.1	58.5	58.5	93.7
9	2346	Lettuce green average raw	0.3	0.0	0.0	0.0	0.9	21.7	12.3	1.9	37.0
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.1	11.9	6.1	5.0	16.5
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.2	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.4	1.1	0.2	0.2	2.0
9	2498	Tomatoes sieved	0.6	0.0	0.0	0.0	1.3	67.8	68.9	40.7	80.8
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.3	0.4	0.4	0.4	0.4
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.6	18.4	13.3	7.5	32.7
9	2710	Cabbage red w apple pieces glass	0.2	0.0	0.0	0.0	0.2	153.0	116.7	87.0	168.3
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.7	30.3	20.0	11.0	64.2
9	2727	Carrot bunched boiled	7.6	0.0	0.0	67.8	6.3	133.7	139.8	21.0	200.2
9	2728	Carrot winter raw	1.3	0.0	0.0	0.0	1.9	73.9	74.2	25.0	115.3
9	2729	Carrot winter boiled	1.3	0.0	0.0	0.0	1.2	100.6	90.1	23.6	193.7
9	2730	Tomato vine raw	3.5	0.0	0.0	32.2	7.5	84.8	65.6	33.3	132.8
9	2731	Tomato cherry raw	1.5	0.0	0.0	13.8	4.8	36.1	37.6	15.2	54.8
9	2732	Tomato beef raw	0.6	0.0	0.0	0.0	0.6	53.4	30.7	27.8	74.9
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.6	25.3	11.6	6.4	49.6
9	2735	Tomato average boiled	0.0	0.0	0.0	0.0	0.3	11.1	4.8	4.8	34.2
9	2736	Rocket raw	0.2	0.0	0.0	0.0	1.1	22.9	13.3	5.5	56.8
9	2737	Onion Welsh raw	0.2	0.0	0.0	0.0	1.1	14.5	11.0	3.7	24.0
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	0.6	0.0	0.0	0.0	1.9	48.5	43.7	12.8	85.8
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.3	0.0	0.0	0.0	0.6	55.2	17.3	17.3	106.5
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	0.5	13.3	1.7	1.7	44.9
9	2743	Sweet pepper average boiled	0.3	0.0	0.0	0.0	3.1	9.8	3.7	1.6	29.1
9	2840	Cabbage red w apple pieces	0.6	0.0	0.0	0.0	0.6	183.5	174.0	174.0	196.4
9	2900	Sweetcorn tinned	0.2	0.0	0.0	0.0	0.7	21.2	11.5	7.2	36.1
10	455	Peanut butter	1.5	0.0	0.0	11.0	8.8	22.0	18.3	4.5	42.6
10	541	Peanut butter with nut pieces	0.6	0.0	0.0	0.0	1.3	31.1	23.6	10.0	50.7
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.1	0.0	0.0	0.0	0.4	19.4	18.7	18.7	19.9
10	1461	Sesame paste tahin	0.1	0.0	0.0	0.0	2.0	7.7	4.6	0.1	21.9
10	2367	Peanut butter light	0.1	0.0	0.0	0.0	0.9	32.4	21.0	10.0	33.6
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
11	511	Cheese Edam 40+	0.7	0.0	0.0	0.0	2.5	43.2	39.8	12.5	57.9
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	3.9	0.0	0.0	28.4	12.6	36.9	29.8	10.1	66.5
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.4	0.0	0.0	0.0	1.3	27.6	12.8	7.7	66.3
11	515	Cheese spread 48+	1.0	0.0	0.0	6.0	2.9	29.0	29.2	10.0	38.7
11	517	Cheese spread 20+	1.7	0.0	0.0	16.7	4.4	29.9	19.1	6.7	56.2
11	556	Cheese Camembert 45+	0.0	0.0	0.0	0.0	0.1	10.5	10.5	10.5	10.5

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NEVO group	NEVO code	Description	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
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.4	10.9	7.7	7.0	13.4
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.3	17.6	12.5	8.0	19.2
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.2	7.0	7.0	7.0	7.0
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	0.3	9.2	4.7	2.3	12.2
11	719	Cheese cream soft Mon Chou	0.2	0.0	0.0	0.0	0.6	19.5	9.7	4.0	48.7
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.3	10.0	5.0	2.3	13.4
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.4	4.5	2.5	2.5	6.5
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.2	29.1	20.1	20.1	43.7
11	804	Cheese sheep fresh	0.4	0.0	0.0	0.0	2.7	15.2	10.2	5.2	36.2
11	881	Cheese 48+ low salt	0.8	0.0	0.0	0.0	2.3	52.5	32.2	24.0	112.2
11	883	Cheese Amsterdam 48+	0.9	0.0	0.0	13.5	4.0	25.2	26.7	13.0	37.7
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.3	22.0	22.0	22.0	22.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	1.6	0.0	0.0	13.2	3.8	48.4	32.0	13.0	84.2
11	1113	Cheese sodium reduced 48+	0.2	0.0	0.0	0.0	0.2	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	7.4	0.0	0.0	51.7	16.6	34.0	26.6	11.1	56.8
11	1487	Cheese Brie 60+	0.7	0.0	0.0	0.0	2.9	37.7	21.7	7.0	111.3
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.2	21.3	20.0	20.0	23.4
11	1650	Cheese goat fresh	0.3	0.0	0.0	0.0	1.9	29.7	21.7	5.1	48.9
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	0.4	32.3	24.3	9.8	42.0
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.1	74.0	74.0	74.0	74.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.0	0.0	0.0	0.0	0.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.6	0.0	0.0	0.0	2.0	31.4	27.9	24.0	34.5
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
11	1955	Cheese Mozzarella	0.3	0.0	0.0	0.0	1.2	36.9	32.1	11.3	56.6
11	2518	Cheese goat hard	0.8	0.0	0.0	0.0	5.1	27.5	24.3	12.2	51.1
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.0	0.0	0.0	0.0	2.3	56.2	50.7	6.5	107.3
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.0	0.0	0.0	28.6	11.2	35.7	28.6	12.8	65.2
11	2758	Cheese Gouda 48+ age 4-7 mths	13.7	0.0	0.0	70.1	18.6	50.6	40.4	11.0	97.4
11	2759	Cheese Gouda 48+ age 10-12 mths	1.1	0.0	0.0	5.2	5.0	32.1	23.1	10.1	71.8
11	2824	Cheese 30+ low salt	0.1	0.0	0.0	0.0	0.3	13.0	13.0	13.0	13.0
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.3	4.6	3.6	0.9	8.1
12	824	Mustard	0.1	0.0	0.0	0.0	2.9	2.8	1.0	0.3	8.3
12	830	Garlic fresh	0.0	0.0	0.0	0.3	7.0	1.1	0.6	0.0	2.7
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.5	6.6	5.0	5.0	9.2
12	842	Stock powder	0.0	0.0	0.0	0.0	0.5	4.0	4.0	4.0	4.0
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.5	8.8	6.3	5.6	10.7
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.0	1.9	2.6	0.9	0.3	8.4
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0

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12	2473	Herb paste boemboe	0.1	0.0	0.0	0.0	0.4	13.5	10.8	10.5	19.4
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.1	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.4	7.8	5.0	4.7	12.3
12	2681	Mixed spices Wereldgerechten unprep	0.1	0.0	0.0	0.0	1.7	5.6	2.9	2.4	10.8
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.1	0.0	0.0	3.9	4.9	17.6	13.0	4.0	39.9
13	272	Milk chocolate-flavoured full fat	0.6	0.0	0.0	0.0	0.7	203.9	202.0	195.7	205.6
13	273	Milk chocolate-flavoured low fat	0.2	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.0	3.7	9.5	6.7	1.5	15.9
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	9.0	9.0	9.0	9.0
13	276	Custard chocolate full fat	4.4	0.0	0.0	0.0	2.6	155.7	139.6	51.5	207.1
13	278	Yoghurt full fat	8.0	0.0	0.0	51.5	5.3	180.5	187.3	38.9	261.3
13	279	Milk whole	27.3	0.0	0.0	179.0	13.2	244.8	192.9	30.8	556.2
13	280	Coffee creamer full fat	1.7	0.0	0.0	15.4	10.6	17.9	14.3	6.2	40.5
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	11.3	0.0	0.0	76.8	6.5	144.1	131.2	57.6	209.6
13	284	Yoghurt low fat with fruit	1.3	0.0	0.0	0.0	1.1	193.7	151.5	101.1	350.1
13	285	Coffee creamer half fat	4.5	0.0	0.0	28.4	22.3	21.7	17.9	4.9	43.2
13	286	Milk semi-skimmed	97.0	0.0	0.0	467.6	37.6	248.4	236.3	8.7	509.7
13	288	Porridge oatmeal	3.7	0.0	0.0	0.0	1.9	240.3	214.9	187.0	271.8
13	289	Buttermilk	22.7	0.0	0.0	185.9	11.3	272.3	227.0	134.9	514.7
13	290	Porridge buttermilk w wheat flour	0.5	0.0	0.0	0.0	0.8	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.1	0.0	0.0	0.0	1.1	10.1	9.1	8.0	11.7
13	294	Milk skimmed	50.1	0.0	0.0	142.9	4.5	569.5	261.0	47.4	1,161.3
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.4	4.1	4.1	2.0	4.9
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	2.3	0.0	0.0	0.0	2.1	150.5	127.3	74.2	186.4
13	299	Cream whipping	0.0	0.0	0.0	0.0	0.6	7.4	6.5	3.1	9.0
13	301	Yoghurt low fat	11.8	0.0	0.0	107.8	7.8	176.0	175.2	17.7	302.2
13	303	Ice cream dairy cream based	1.7	0.0	0.0	0.0	2.8	82.3	76.6	49.0	97.7
13	305	Fromage frais low fat	3.8	0.0	0.0	0.2	5.1	115.2	120.0	2.0	203.9
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.6	0.0	0.0	0.0	1.2	119.1	105.2	65.0	123.0
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	1.4	0.0	0.0	0.0	1.6	65.9	41.1	18.0	71.6
13	532	Blancmange chocolate	0.8	0.0	0.0	0.0	0.6	165.0	150.0	150.0	191.7
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.4	0.0	0.0	0.0	0.2	212.2	212.2	212.2	212.2
13	736	Pudding vanilla	0.0	0.0	0.0	0.0	0.0

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13	767	Mousse chocolate	0.2	0.0	0.0	0.0	0.7	32.9	28.8	28.8	47.5
13	786	Pudding chipolata	0.4	0.0	0.0	0.0	0.7	101.7	97.7	97.7	105.0
13	812	Cream sour	0.0	0.0	0.0	0.0	0.6	5.9	3.5	3.5	14.2
13	863	Yoghurt full fat with fruit	0.5	0.0	0.0	0.0	0.4	271.1	280.1	114.5	298.0
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	0.4	0.0	0.0	0.0	0.2	175.1	175.1	175.1	175.1
13	916	Yoghurt Bulgarian low fat	0.2	0.0	0.0	0.0	0.3	150.0	150.0	150.0	150.0
13	917	Fromage frais half fat w fruit	1.6	0.0	0.0	0.0	1.6	130.3	138.5	48.0	164.4
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.0	0.0	0.0	0.0	0.0
13	940	Blancmange vanilla w strawberry sauce	0.3	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	0.7	0.0	0.0	0.0	0.7	200.0	200.0	200.0	200.0
13	1464	Milk chocolate-flavoured semi-skimmed	1.9	0.0	0.0	0.0	1.0	213.0	195.8	187.5	256.6
13	1474	Ice lolly/ Sorbet	0.4	0.0	0.0	0.0	1.2	50.0	50.0	50.0	50.0
13	1502	Yoghurt half fat	11.5	0.0	0.0	119.2	7.0	195.1	131.5	51.8	458.4
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	1.3	7.9	6.9	6.0	9.3
13	1719	Milk semi-skimmed enriched w calcium	1.6	0.0	0.0	0.0	0.7	211.1	154.5	154.5	271.8
13	1720	Custard several flavours full fat	6.6	0.0	0.0	66.5	2.9	149.4	136.0	105.9	195.7
13	1721	Yoghurt vanilla half fat	1.2	0.0	0.0	0.0	1.3	142.8	136.3	93.5	164.5
13	1722	Porridge semolina	1.4	0.0	0.0	0.0	0.7	189.2	174.3	54.6	249.3
13	1791	Cream whipped w sugar canned	0.1	0.0	0.0	0.0	0.7	9.2	6.6	3.0	12.7
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.9	11.1	9.9	4.0	16.8
13	1813	Yakult	1.1	0.0	0.0	0.0	2.0	66.5	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	3.7	0.0	0.0	0.0	1.4	155.4	116.2	70.2	278.2
13	1834	Yoghurt drink w sweeteners Optimel	1.5	0.0	0.0	0.0	1.0	222.0	164.9	156.6	315.2
13	1916	Cream whipped with added sugar	0.3	0.0	0.0	0.0	3.4	12.0	8.1	3.0	33.2
13	1954	Coffee creamer Balance	0.1	0.0	0.0	0.0	1.0	10.3	7.3	4.0	15.1
13	1957	Custard with whipped cream	1.9	0.0	0.0	0.0	1.0	194.8	141.8	139.1	387.9
13	1958	Porridge buttermilk groats	1.0	0.0	0.0	0.0	0.5	247.3	208.8	185.0	270.6
13	1970	Milk chocolate-flavoured Chocomel light	0.4	0.0	0.0	0.0	0.2	212.2	212.2	212.2	212.2
13	2240	Milk goats- full fat	0.5	0.0	0.0	0.0	0.8	176.2	121.0	81.0	204.9
13	2244	Yoghurt cream- with fruit	5.5	0.0	0.0	0.0	4.2	154.3	160.8	38.9	266.6
13	2246	Fromage frais low fat w fruit w sw	0.1	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
13	2247	Fromage frais yoghurt w fruit	0.1	0.0	0.0	0.0	0.2	210.6	210.6	210.6	210.6
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	1.0	0.0	0.0	0.0	1.0	50.0	50.0	50.0	50.0
13	2252	Ice cream dairy w fruitcoating	0.4	0.0	0.0	0.0	0.3	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	1.3	0.0	0.0	0.0	1.0	237.2	203.0	203.0	321.4

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13	2258	Actimel	0.3	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.3	0.0	0.0	0.0	1.0	65.0	65.0	65.0	65.0
13	2267	Custard no fat w sweeteners Optimel	0.0	0.0	0.0	0.0	0.0
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.2	4.4	4.4	4.4	4.4
13	2275	Cream cooking	0.0	0.0	0.0	0.0	1.1	5.0	5.0	5.0	5.0
13	2276	Cream cooking light	0.1	0.0	0.0	0.0	0.2	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	0.8	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.0	0.0	0.0	0.0	0.0
13	2495	Drinking chocolate w s-sk milk	1.0	0.0	0.0	0.0	0.2	434.6	434.6	434.6	434.6
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	6.5	0.0	0.0	67.6	4.0	164.5	133.7	124.3	251.0
13	2503	Yoghurt Greek full fat	1.1	0.0	0.0	0.0	1.6	116.4	81.7	58.3	219.9
13	2504	Fromage frais full fat w fruit	1.2	0.0	0.0	0.0	1.4	83.1	72.6	63.0	124.3
13	2519	Custard half fat all flavours	0.3	0.0	0.0	0.0	0.4	154.5	154.5	154.5	154.5
13	2520	Pudding airy average	1.3	0.0	0.0	0.0	1.1	88.1	72.2	52.9	154.3
13	2521	Porridge milk w flour Lammetjespap	0.9	0.0	0.0	0.0	0.6	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.3	0.0	0.0	0.0	0.3	141.0	141.0	141.0	141.0
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	0.1	0.0	0.0	0.0	0.2	96.1	96.1	96.1	96.1
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	0.9	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
13	2689	Actimel light	0.0	0.0	0.0	0.0	0.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.1	103.0	103.0	103.0	103.0
13	2760	Hot chocolate from vending machine	3.5	0.0	0.0	0.0	2.6	144.8	100.5	18.5	237.4
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.1	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
13	2917	Dairy drink Milk&Fruit mango	1.4	0.0	0.0	0.0	0.4	184.4	184.4	184.4	184.4
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.1	0.0	0.0	0.0	0.2	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	2.3	0.0	0.0	0.0	1.2	328.9	266.6	254.1	490.4
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.6	11.2	8.4	8.0	16.1
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.3	12.7	10.6	8.0	15.4
13	3074	Yoghurt full fat w fruit Activia	1.1	0.0	0.0	0.0	1.6	190.7	154.1	62.5	240.4

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

NEVO group	NEVO code	Description	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	687	Tahoe soya curd	0.8	0.0	0.0	0.0	0.9	86.2	78.4	47.0	110.1
14	688	Tempeh fermented soya beans	0.2	0.0	0.0	0.0	0.3	68.3	68.3	68.3	68.3
14	870	Milk soya natural	0.4	0.0	0.0	0.0	0.4	128.6	27.0	27.0	247.7
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.4	2.6	2.5	1.8	2.8
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.0	3.0	9.6	5.9	0.7	15.9
14	1380	Dessert soya Alpro	0.5	0.0	0.0	0.0	0.3	94.5	84.5	76.2	98.4
14	1381	Milk soya Natural Fresh Alpro	2.5	0.0	0.0	0.0	1.7	169.0	118.8	25.0	247.5
14	1511	Hamburger vegetarian unprep	0.1	0.0	0.0	0.0	0.3	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.3	0.0	0.0	0.0	1.0	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	1.1	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.7	0.0	0.0	0.0	1.2	119.0	112.8	38.9	142.5
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.1	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.1	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.3	0.0	0.0	0.0	0.5	53.2	53.2	53.2	53.2
14	2047	Mincemeat vegetarian unprepared	0.1	0.0	0.0	0.0	0.3	55.2	53.4	51.8	55.7
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.1	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.3	0.0	0.0	0.0	0.3	84.6	84.6	84.6	84.6
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.6	0.0	0.0	0.0	0.3	169.5	120.0	120.0	296.5
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.5	0.0	0.0	0.0	1.1	128.3	122.9	25.9	169.9
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.1	0.0	0.0	0.0	0.6	23.3	15.1	11.0	36.8
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.3	16.9	11.3	7.5	31.4
15	199	Cashew nuts unsalted	0.6	0.0	0.0	0.0	1.5	58.4	47.1	15.0	73.6
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.2	20.3	17.6	12.0	26.8
15	201	Chestnuts	0.1	0.0	0.0	0.0	1.0	12.9	11.8	11.8	16.6
15	204	Peanuts unsalted	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
15	205	Mixed nuts and raisins	0.5	0.0	0.0	0.0	1.0	59.4	29.9	15.0	94.4
15	206	Walnuts unsalted	0.9	0.0	0.0	5.8	5.8	22.1	12.3	6.5	62.9
15	207	Nuts mixed unsalted	0.4	0.0	0.0	0.0	1.2	55.3	39.0	25.0	81.5
15	264	Biscuit salted average	0.3	0.0	0.0	0.0	2.9	15.9	11.0	4.2	22.7
15	265	Puff pastry baked	0.4	0.0	0.0	0.0	1.8	50.7	48.2	11.0	74.2
15	266	Snack sausage roll puff pastry	0.9	0.0	0.0	0.0	1.4	78.2	70.0	70.0	111.1
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.3	20.6	14.3	10.0	23.9
15	269	Prawn crackers	0.1	0.0	0.0	0.0	0.6	13.2	10.0	10.0	16.6
15	546	Peanuts coated	1.2	0.0	0.0	0.0	1.2	53.8	50.0	50.0	64.8
15	618	Cocktail snacks Nibbits	0.1	0.0	0.0	0.0	0.6	22.6	19.6	19.0	26.4
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.1	4.8	2.6	2.6	7.2
15	852	Salad celeriac	0.0	0.0	0.0	0.0	0.3	16.1	15.5	15.0	16.5
15	867	Linseeds	0.1	0.0	0.0	0.0	2.4	12.4	6.8	1.0	30.7
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.3	2.3	1.6	1.6	3.4
15	876	Peanuts salted	0.4	0.0	0.0	0.0	1.3	27.9	29.8	15.0	45.8
15	901	Snack sausage roll w bread dough pastry	0.0	0.0	0.0	0.0	0.0
15	1496	Salad fish	1.5	0.0	0.0	9.4	2.3	53.0	40.1	10.0	112.2
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0

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15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.5	43.1	36.4	30.0	44.1
15	1699	Biscuits & snacks cheesy averaged	0.5	0.0	0.0	0.0	1.4	33.8	9.8	8.0	61.0
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.1	16.0	12.0	12.0	19.2
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.7	10.5	10.0	10.0	11.6
15	1935	Nuts mixed salted	0.6	0.0	0.0	0.0	3.2	32.2	22.7	0.4	65.4
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.2	5.5	5.5	5.5	5.5
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0	6.5	6.5	6.5	6.5
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	0.9	5.4	2.5	0.8	10.6
15	2345	Peanuts sugar coated	0.1	0.0	0.0	0.0	0.4	22.0	15.0	15.0	28.4
15	2362	Sausage Dutch Frikandel frozen unprep	1.1	0.0	0.0	0.0	0.8	104.5	80.0	80.0	146.9
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	3.0	0.0	0.0	22.2	1.6	103.8	93.5	36.7	122.7
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
15	2830	Croissant with cheese	0.5	0.0	0.0	0.0	0.7	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.2	12.6	6.0	6.0	25.7
15	2886	Cashew nuts salted	0.2	0.0	0.0	0.0	0.8	26.2	24.8	15.0	38.3
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.6	13.5	9.2	7.2	18.9
15	2923	Crisps potato unflavoured	0.2	0.0	0.0	0.0	0.5	27.5	19.0	19.0	49.6
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.3	26.5	25.0	25.0	29.2
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.2	0.0	0.0	0.0	0.1	183.6	183.6	183.6	183.6
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	0.4	0.0	0.0	0.0	0.7	70.2	56.7	31.8	109.6
16	968	Beans white/brown boiled	0.1	0.0	0.0	0.0	0.1	133.7	133.7	133.7	133.7
16	970	Lentils boiled	0.2	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.7	0.0	0.0	0.0	1.2	29.0	5.6	1.0	80.2
16	3049	Beans white tinned	0.9	0.0	0.0	0.0	1.5	92.2	74.2	74.2	141.5
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	1.6	0.0	0.0	0.0	0.5	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0

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17	1997	Preparation Respifor p 100 ml	1.6	0.0	0.0	0.0	0.7	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	1.3	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	1.6	0.0	0.0	0.0	0.5	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	1.5	0.0	0.0	0.0	1.1	183.0	193.3	101.9	266.2
19	758	Soup clear with meat	0.5	0.0	0.0	0.0	0.2	231.0	231.0	231.0	231.0
19	759	Soup clear with vegetables	8.6	0.0	0.0	118.2	2.4	254.9	245.5	190.5	294.1
19	760	Soup clear with meat and noodles	5.6	0.0	0.0	0.0	2.0	236.2	204.3	112.4	375.6
19	761	Soup clear with meat and vegetables	3.8	0.0	0.0	0.0	1.8	231.2	192.2	192.2	361.5
19	762	Soup clear w meat vegetables and noodles	3.9	0.0	0.0	0.0	1.6	257.2	208.7	151.0	384.8
19	763	Soup thickened w vegetables	3.8	0.0	0.0	0.0	0.9	182.2	169.8	157.5	182.6
19	766	Soup main course w legumes and meat	0.8	0.0	0.0	0.0	0.1	678.3	678.3	678.3	678.3
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	2.7	0.0	0.0	0.0	1.2	245.7	245.7	245.7	245.7
19	797	Soup vegetable based dried packet prep	10.5	0.0	0.0	146.1	3.9	295.3	289.4	141.8	381.0
19	798	Soup meat based dried packet prepared	0.9	0.0	0.0	0.0	0.4	206.8	200.2	194.3	209.0
19	800	Soup vegetable based tinned prepared	4.3	0.0	0.0	0.0	2.3	280.4	261.0	157.5	414.0
19	801	Soup meat based ready made prepared	0.5	0.0	0.0	0.0	0.1	223.7	223.7	223.7	223.7
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	17.9	0.0	0.0	173.8	8.7	236.6	225.6	67.0	416.9
19	2487	Soup veg & meat based ready made prep	3.1	0.0	0.0	0.0	1.7	228.5	192.2	192.2	265.7
19	2488	Soup vegetable&meat based prepared pack	4.3	0.0	0.0	0.0	1.8	297.1	259.0	259.0	448.2
19	2561	Soup thickened no filling	1.0	0.0	0.0	0.0	0.5	219.8	193.3	157.5	261.9
19	2932	Soup cup-a-soup prepared	2.3	0.0	0.0	0.0	1.6	217.9	212.1	175.0	265.4
20	374	Sugar brown Basterdsuiker	0.5	0.0	0.0	0.0	4.3	13.0	11.3	1.4	24.5
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	0.7	6.5	5.0	5.0	9.2
20	377	Sugar granulated	8.0	0.0	0.0	36.3	40.7	21.8	15.9	2.1	64.4
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.3	18.2	16.1	15.0	19.6
20	381	Syrup sugar	0.1	0.0	0.0	0.0	0.4	18.0	15.8	15.0	19.6
20	427	Syrup apple	3.8	0.0	0.0	21.0	14.9	24.2	18.9	7.1	39.6
20	431	Chocolate milk	1.9	0.0	0.0	18.7	10.0	17.5	13.4	4.4	37.7
20	432	Chocolate plain	0.9	0.0	0.0	6.0	9.4	17.3	13.8	5.0	33.8
20	433	Chocolate flakes milk	0.1	0.0	0.0	0.0	0.6	27.9	22.2	10.0	34.2

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20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.5	10.4	7.5	7.5	14.3
20	436	Spread chocolate hazelnut	0.4	0.0	0.0	0.0	1.9	23.8	13.2	10.0	45.8
20	442	Coloured confetti fruit-flavoured	0.3	0.0	0.0	0.0	2.1	18.0	15.7	6.8	30.8
20	443	Honey	2.4	0.0	0.0	16.2	17.1	18.6	17.8	2.5	38.0
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.6	29.8	23.5	20.0	33.8
20	445	Jam	9.4	0.0	0.0	45.8	29.5	29.9	19.8	9.6	61.4
20	447	Chewing gum without sugar	0.1	0.0	0.0	0.0	2.5	3.0	2.0	1.0	4.8
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.2	0.0	0.0	0.0	2.9	6.5	4.4	3.0	14.9
20	453	Peppermint	0.1	0.0	0.0	0.0	3.6	6.5	3.0	3.0	17.0
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	461	Toffees	0.0	0.0	0.0	0.0	0.5	10.9	6.0	6.0	20.7
20	484	Jam reduced sugar	0.7	0.0	0.0	0.0	3.2	30.9	32.9	10.0	46.5
20	487	Candybar Mars	0.2	0.0	0.0	0.0	0.6	46.6	41.2	36.0	53.2
20	520	Liquorice Dutch type salted	0.2	0.0	0.0	0.0	2.5	10.4	8.9	4.0	15.4
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	0.8	6.9	4.7	0.9	11.1
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.6	3.7	1.0	1.0	8.3
20	524	M&M's chocolate	0.1	0.0	0.0	0.0	0.3	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
20	539	Sauce fruit for pudding	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.3	16.7	15.0	15.0	19.3
20	717	Chocolate bar milk with nuts	0.6	0.0	0.0	0.0	2.4	38.5	39.0	13.0	55.6
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	1.0	12.7	9.7	7.0	13.6
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
20	752	Wine gums	0.0	0.0	0.0	0.0	0.2	14.6	10.0	10.0	18.9
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.5	0.0	0.0	2.6	2.6	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
20	1508	Chocolates filled/Belguim chocolate	1.1	0.0	0.0	7.1	8.4	17.5	13.9	3.0	38.9
20	1962	Chocolate confetti milk	1.6	0.0	0.0	19.9	6.4	18.5	14.8	5.0	28.4
20	1963	Chocolate confetti plain	1.4	0.0	0.0	7.0	10.7	11.6	8.8	4.0	22.4
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.3	18.9	5.9	4.0	49.8
20	2292	Boiled sweets sugar free	0.1	0.0	0.0	0.0	1.6	7.2	3.7	2.0	14.2
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.5	11.2	8.1	7.0	13.4
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	1.2	18.4	15.3	12.1	25.9
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.4	13.6	10.0	10.0	18.6
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.2	27.7	15.0	15.0	41.5
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0

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

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20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.3	17.5	17.5	17.5	17.5
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.7	6.5	4.8	4.0	7.7
20	2595	Candybar KitKat	2.8	0.0	0.0	1.1	1.4	97.8	49.7	16.0	123.8
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	2.1	0.0	0.0	5.6	8.1	26.5	9.3	1.2	74.2
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.1	7.5	7.5	7.5	7.5
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.4	8.2	7.5	7.5	9.6
20	3067	Sweets cream hard	0.2	0.0	0.0	0.0	1.7	10.3	7.5	6.0	12.9
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.1	4.1	4.1	4.1	4.1
21	310	Butter unsalted	6.7	0.0	0.0	26.7	27.4	20.0	17.1	3.9	38.8
21	312	Oil corn	0.0	0.0	0.0	0.0	0.3	7.5	7.5	7.5	7.5
21	313	Oil soya	0.1	0.0	0.0	0.0	1.1	14.0	14.3	1.4	20.2
21	314	Lard	0.0	0.0	0.0	0.0	0.1	4.1	4.1	4.1	4.1
21	315	Beef fat	0.0	0.0	0.0	0.0	0.3	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	1.0	0.0	0.0	6.2	7.6	10.1	7.4	0.4	29.7
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.7	11.9	3.9	3.9	21.2
21	451	Mayonnaise	0.2	0.0	0.0	0.0	3.6	9.9	5.9	1.5	24.4
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.2	0.0	0.0	0.0	2.9	7.4	3.0	1.0	11.1
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.4	16.8	13.1	0.3	32.4
21	465	Sauce for chips 25% oil	0.5	0.0	0.0	0.0	1.1	23.1	14.8	8.7	29.6
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	6.2	6.2	6.2	6.2
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.6	0.0	0.0	0.0	1.1	25.1	12.4	8.3	50.1
21	601	Oil olive	1.6	0.0	0.0	9.2	18.6	8.8	6.2	0.8	22.8
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.1	3.4	3.4	3.4	3.4
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0
21	616	Peanut sauce jar prepared	0.3	0.0	0.0	0.0	0.6	85.0	81.2	52.8	94.4
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	1.8	6.7	4.6	3.9	8.3
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	0.7	12.3	6.9	6.1	21.8
21	879	Butter salted	0.9	0.0	0.0	4.4	8.5	10.2	7.6	4.1	24.1
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
21	1515	Sauce based on roux prepared	0.2	0.0	0.0	0.0	0.4	51.4	41.5	36.0	64.4
21	1517	Sauce mix packet <3% fat prepared	0.8	0.0	0.0	0.0	1.2	73.9	50.0	24.0	122.5
21	1518	Sauce mix packet >3% fat prepared	2.8	0.0	0.0	17.8	5.4	39.1	31.8	9.6	125.0
21	1524	Sauce tomato ready made jar	1.6	0.0	0.0	0.0	2.2	63.0	39.6	16.1	134.8
21	1530	Butter product half fat	0.2	0.0	0.0	0.0	0.6	35.8	32.1	24.4	41.1
21	1803	Sauce oriental ready-made in jar/bag	0.0	0.0	0.0	0.0	0.0	20.8	20.8	20.8	20.8

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21	1839	Low fat margarine product tub Becel Ligh	1.6	0.0	0.0	11.5	8.9	24.4	21.9	5.3	43.9
21	1847	Margarine product tub Becel Dieet	2.1	0.0	0.0	16.9	13.1	18.9	15.8	3.8	34.6
21	1886	Mango chutney	0.1	0.0	0.0	0.0	1.3	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.4	0.0	0.0	0.0	0.4	52.8	52.8	52.8	52.8
21	1956	Low fat spread Becel pro-activ	1.5	0.0	0.0	14.2	8.1	16.4	16.9	3.8	27.7
21	1961	Low fat marg prod Blue Band Goede Start	0.1	0.0	0.0	0.0	0.6	21.0	13.8	6.0	25.2
21	2059	Low fat margarine 40% fat <17 g sat	3.7	0.0	0.0	24.4	15.4	21.3	16.7	0.7	50.1
21	2060	Low fat margarine prod 35% fat <10 g sat	1.6	0.0	0.0	12.1	5.5	25.4	21.7	6.0	46.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.4	0.0	0.0	0.0	1.9	25.9	24.0	9.0	33.5
21	2063	Margarine 80% fat >24 g saturates	1.5	0.0	0.0	8.2	18.7	7.1	4.0	0.5	18.4
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.4	0.0	0.0	0.1	3.5	13.1	8.5	0.7	25.9
21	2066	Cooking fat liquid 97% fat <17 g sat	1.1	0.0	0.0	10.5	14.2	5.7	3.4	0.6	21.1
21	2067	Cooking fat solid 97% fat >17 g sat	1.0	0.0	0.0	1.5	9.4	11.2	1.1	0.5	60.3
21	2068	Frying fat liquid <24 g sat fatty acids	0.6	0.0	0.0	0.9	1.7	18.8	13.4	6.3	30.7
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.1	6.5	6.5	6.5	6.5
21	2072	Margarine product 60% fat <17 g sat	1.4	0.0	0.0	11.9	5.2	17.8	11.4	2.7	42.2
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.4	0.0	0.0	0.1	2.7	7.8	4.4	0.5	24.4
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.4	7.3	3.4	1.9	17.4
21	2178	Pesto	0.1	0.0	0.0	0.7	2.8	5.4	2.3	1.2	16.3
21	2294	Low fat margarine Twenty four Ultralight	0.1	0.0	0.0	0.0	0.6	14.4	10.5	8.0	20.0
21	2295	Butter product 25% fat	0.2	0.0	0.0	0.0	1.0	24.7	16.7	9.0	38.8
21	2418	Sauce hot liquid ready made <12% fat	0.2	0.0	0.0	0.0	1.3	27.8	27.7	12.0	33.0
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.1	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.1	77.0	77.0	77.0	77.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.0	0.0	0.0	11.7	3.7	17.9	15.1	3.0	43.6
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.2	21.6	21.6	21.6	21.6
21	2446	Sauce chasseur	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.0	0.0	0.0	0.0	0.3	34.0	34.0	34.0	34.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.2	10.7	10.7	10.7	10.7
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.7	26.1	24.3	24.3	31.2
21	2451	Gravy 25% fat thickend prep w gravypowde	0.1	0.0	0.0	0.0	0.4	23.3	23.3	23.3	23.3
21	2452	Gravy 25% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.4	12.1	12.1	12.1	12.1

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21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.3	33.8	20.0	11.6	42.1
21	2459	Gravy 50% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	1.0	30.6	1.9	1.9	85.8
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.3	53.0	31.8	12.6	59.1
21	2462	Gravy 5% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	2.1	23.6	16.8	12.1	43.5
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.0	1.4	2.5	1.9	1.9	3.5
21	2466	Salad dressing vinaigrette	0.2	0.0	0.0	0.0	1.5	13.1	9.4	1.9	18.7
21	2467	Salad dressing./sauce approx 13% oil	0.0	0.0	0.0	0.0	0.7	7.4	5.1	3.9	11.8
21	2468	Salad dressing honey/mustard	0.1	0.0	0.0	0.0	0.6	9.2	6.3	3.0	14.2
21	2469	Sauce mayonnaise based average	0.2	0.0	0.0	0.0	0.3	34.4	34.4	34.4	34.4
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.3	7.8	7.8	7.8	7.8
21	2471	Mayonnaise product approx 35% oil	0.4	0.0	0.0	0.0	1.3	12.8	7.2	3.8	16.5
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.6	9.1	4.9	4.3	18.9
21	2525	Frying fat horeca	0.2	0.0	0.0	0.0	2.4	8.6	7.9	2.5	12.7
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.0	0.0	0.0	0.0	1.1	8.7	2.7	2.7	22.1
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.4	0.0	0.0	1.5	7.7	4.7	1.6	0.9	15.2
21	2559	Low fat margarine prod AH Bewust light	0.1	0.0	0.0	0.0	0.5	27.3	24.5	24.0	29.4
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	4.2	5.8	8.7	8.0	0.6	19.5
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.0	0.0	0.0	0.0	0.8	7.3	1.8	0.9	15.0
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.7	22.1	19.8	8.0	33.3
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	6.3	0.0	0.0	31.0	2.6	108.6	108.6	108.6	108.6
21	2580	Gravy 5% fat thickend w gravy powder	0.2	0.0	0.0	0.0	0.6	24.9	12.7	8.7	34.0
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.1	0.0	0.0	0.0	1.1	26.9	22.6	20.4	33.4
21	2586	Gravy 25% fat w margarine 2063	0.6	0.0	0.0	0.0	3.3	25.3	23.7	17.5	36.2
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.2	0.0	0.0	0.0	1.1	24.2	18.7	12.1	42.1
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	1.6	13.9	8.2	5.9	27.6
21	2590	Gravy 25% fat w butter	0.2	0.0	0.0	0.0	1.4	21.9	16.5	16.5	33.5
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.2	0.0	0.0	0.0	0.8	28.6	21.3	19.4	43.6
21	2593	Gravy 50% fat w margarine 2063	0.8	0.0	0.0	0.0	2.3	34.2	22.6	11.6	67.5
21	2594	Gravy 50% fat w margarine liq 2077	0.2	0.0	0.0	0.0	0.7	22.4	17.0	11.6	22.7

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21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.9	24.2	11.6	8.7	55.7
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.4	37.3	24.3	24.3	63.1
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	9.7	9.7	9.7	9.7
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.5	41.1	34.9	34.9	47.0
21	2601	Gravy 25% fat thickend w cook fat 2067	0.5	0.0	0.0	0.0	1.0	27.1	24.7	22.6	27.8
21	2602	Gravy 25% fat thickend w olive oil	0.1	0.0	0.0	0.0	0.2	28.1	28.1	28.1	28.1
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	1.0	23.8	23.4	23.3	24.2
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.4	35.1	32.5	25.6	39.3
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.3	34.9	34.9	34.9	34.9
21	2625	Gravy 25% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.3	55.2	37.5	36.4	69.3
21	2626	Gravy 25% fat w cooking fat liq 2562	0.1	0.0	0.0	0.0	0.5	24.3	24.3	24.3	24.3
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.7	25.3	19.8	15.5	34.5
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.4	34.9	34.9	34.9	34.9
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.1	36.4	36.4	36.4	36.4
21	2631	Gravy 75% fat w olive oil	0.2	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	0.4	0.0	0.0	0.0	1.1	35.1	31.0	18.4	48.4
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.9	5.4	1.9	1.9	10.4
21	2667	Salad dressing 20% oil w yogurt	0.1	0.0	0.0	0.0	0.8	14.5	10.1	8.0	22.4
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	0.1	33.0	33.0	33.0	33.0
21	2712	Margarine product liquid light unsalted	0.0	0.0	0.0	0.0	1.0	7.7	7.2	1.9	11.4
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.4	0.0	0.0	0.0	2.4	20.9	21.1	2.0	25.8
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.0	0.0	0.0	0.0	0.2	27.2	27.2	27.2	27.2
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	1.8	20.2	13.7	6.0	33.2
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.1	0.0	0.0	0.0	1.5	10.7	9.5	8.3	10.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.2	49.1	45.0	45.0	53.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	Consumption % days	On consumption days			
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21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.5	24.3	24.3	24.3	24.3
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.8	16.5	16.5	16.5	16.5
22	111	Mussels boiled	0.6	0.0	0.0	0.0	0.6	149.2	137.4	135.0	158.5
22	114	Fish lean 0-2 g fat raw	0.7	0.0	0.0	0.0	1.4	84.9	90.7	37.5	122.2
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.3	0.0	0.0	0.0	0.7	78.7	53.9	13.0	159.9
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	2.6	0.0	0.0	2.4	3.6	75.5	58.1	5.0	142.7
22	352	Lobster boiled	0.3	0.0	0.0	0.0	1.1	58.4	53.4	21.1	65.4
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.3	0.0	0.0	0.0	1.2	29.7	5.0	5.0	101.9
22	603	Eel smoked	1.4	0.0	0.0	0.0	0.5	188.2	136.2	70.0	263.4
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
22	815	Fish fingers unprepared	0.4	0.0	0.0	0.0	0.6	80.5	81.4	67.5	89.1
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	1.3	0.0	0.0	0.0	1.4	171.4	130.2	90.0	175.0
22	918	Plaice boiled	0.8	0.0	0.0	0.0	1.2	94.1	70.0	70.0	183.7
22	919	Pollack boiled	0.6	0.0	0.0	0.0	0.4	106.8	92.2	90.0	118.3
22	1096	Salmon smoked	0.3	0.0	0.0	0.0	1.8	35.4	28.3	10.7	61.2
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.0	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
22	1586	Mackerel fillet smoked	0.9	0.0	0.0	0.0	0.5	223.3	140.7	60.0	284.1
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.1	0.0	0.0	0.0	0.2	59.5	50.8	44.1	63.6
22	1590	Tuna in water tinned	0.3	0.0	0.0	0.0	0.5	71.8	66.8	19.4	86.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	43.2	43.2	43.2	43.2
22	1610	Salmon farmed prep in microwave oven	3.9	0.0	0.0	45.9	3.6	82.9	90.5	39.5	106.1
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.4	0.0	0.0	0.0	0.3	84.5	54.0	54.0	129.2
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.1	0.0	0.0	0.0	0.2	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.4	0.0	0.0	0.0	0.5	118.7	101.2	90.0	148.1
22	2474	Whitefish fillet batter deepfried wo fat	0.6	0.0	0.0	0.0	1.1	133.8	141.5	100.0	149.5
22	2765	Pangasius prep in microwave oven	0.5	0.0	0.0	0.0	1.2	92.7	60.7	18.0	174.0
23	106	Duck whole raw	0.1	0.0	0.0	0.0	0.2	58.2	58.2	58.2	58.2
23	108	Chicken with skin raw	1.9	0.0	0.0	14.0	2.9	65.1	41.7	26.3	124.0
23	109	Rabbit domesticated raw	0.4	0.0	0.0	0.0	0.6	101.9	101.9	101.9	101.9
23	319	Corned beef	0.1	0.0	0.0	0.0	1.6	13.9	10.6	7.5	14.6

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23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	328	Ham smoked raw	0.8	0.0	0.0	6.6	3.8	23.8	13.7	12.0	61.3
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.5	22.8	15.0	15.0	30.1
23	335	Liver pate	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
23	339	Venison raw	0.1	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.3	0.0	0.0	1.0	3.5	9.1	6.5	5.0	14.2
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.1	7.2	7.2	7.2	7.2
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.1	0.0	0.0	0.0	0.2	125.0	125.0	125.0	125.0
23	567	Sausage luncheon meat	0.4	0.0	0.0	0.0	2.4	20.9	14.7	8.0	52.1
23	568	Black pudding	0.0	0.0	0.0	0.0	0.1	23.0	23.0	23.0	23.0
23	638	Salami sausage saveloy	1.4	0.0	0.0	9.4	5.9	30.6	20.8	11.3	71.0
23	639	Bacon rashers streaky	0.4	0.0	0.0	0.0	1.9	29.3	23.7	7.2	38.4
23	640	Liver sausage	0.9	0.0	0.0	8.3	5.6	20.8	18.1	9.0	46.4
23	641	Bacon	0.1	0.0	0.0	0.0	1.1	19.7	15.0	4.2	42.9
23	642	Pate	0.3	0.0	0.0	0.0	1.9	25.2	18.2	6.7	37.8
23	643	Pork side cured and smoked	0.3	0.0	0.0	0.0	0.7	73.6	54.6	40.0	99.1
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.5	12.2	10.4	10.0	13.6
23	784	Ham lean boiled	1.5	0.0	0.0	12.1	6.0	25.2	19.8	9.9	38.5
23	785	Ham shoulder medium fat boiled	1.4	0.0	0.0	10.1	2.3	35.3	20.8	16.2	56.5
23	810	Beef steak tartare spiced filet americ	0.1	0.0	0.0	0.0	0.7	21.8	18.9	10.0	28.9
23	1152	Salami	0.3	0.0	0.0	0.0	1.9	18.9	14.0	5.0	31.6
23	1155	Minced meat loaf fried	0.3	0.0	0.0	0.0	0.8	35.7	25.9	22.5	43.1
23	1162	Sausage cooked	0.5	0.0	0.0	0.0	1.5	21.6	18.6	14.2	31.6
23	1238	Liver sausage coarse hausmacher	0.2	0.0	0.0	0.0	0.5	20.5	18.0	18.0	22.5
23	1239	Liver pate sausage	0.1	0.0	0.0	0.0	0.9	20.4	15.4	15.0	28.3
23	1305	Chicken without skin raw	2.0	0.0	0.0	0.0	1.8	93.3	69.7	45.5	123.6
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	2.0	0.0	0.0	0.5	1.7	85.1	91.2	20.0	109.8
23	1401	Beef tenderloin steak raw	0.3	0.0	0.0	0.0	0.1	96.0	96.0	96.0	96.0
23	1402	Beef prime rib raw	1.0	0.0	0.0	0.0	0.8	92.6	81.4	76.0	109.4
23	1404	Beef frying steak raw	2.5	0.0	0.0	0.0	2.1	102.2	85.9	38.0	149.3
23	1405	Minced beef raw	15.6	0.0	0.0	93.7	9.1	103.3	74.7	14.5	187.4
23	1407	Liver ox raw	0.1	0.0	0.0	0.0	0.1	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.2	0.0	0.0	0.0	0.1	161.3	161.3	161.3	161.3
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.1	0.0	0.0	0.0	0.1	21.0	21.0	21.0	21.0
23	1411	Beef shank raw	0.2	0.0	0.0	0.0	0.2	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	6.9	0.0	0.0	40.1	3.8	100.5	68.4	33.2	107.6
23	1413	Beef streaked/marbled raw	0.3	0.0	0.0	0.0	0.4	84.0	84.0	84.0	84.0
23	1414	Beef stewing steak raw	1.0	0.0	0.0	0.0	2.0	89.6	65.0	65.0	139.0
23	1415	Beef steak tartare raw	1.4	0.0	0.0	0.0	2.0	85.2	73.6	72.0	122.7
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	3.1	0.0	0.0	45.5	5.9	77.4	71.0	20.7	97.9
23	1418	Pork fillet raw	0.9	0.0	0.0	0.0	1.5	92.6	65.5	38.0	178.3
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0

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23	1420	Pork chop raw	3.3	0.0	0.0	0.0	2.0	185.0	118.8	33.5	317.0
23	1421	Minced pork raw	0.4	0.0	0.0	0.0	0.3	66.7	66.7	66.7	66.7
23	1422	Pork tenderloin raw	0.4	0.0	0.0	0.0	0.7	136.9	130.4	56.0	174.4
23	1424	Pork loin chop raw	2.0	0.0	0.0	0.0	0.9	178.0	178.0	178.0	178.0
23	1425	Pork shoulder chop raw	1.3	0.0	0.0	0.0	0.8	115.9	112.0	112.0	121.6
23	1426	Liver pork raw	1.2	0.0	0.0	0.0	0.3	176.0	176.0	176.0	176.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	0.4	0.0	0.0	0.0	0.9	21.7	8.7	7.7	46.3
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.7	0.0	0.0	0.0	0.7	70.2	65.0	63.0	74.0
23	1431	Kromesky meat filled raw	0.7	0.0	0.0	0.0	1.2	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.4	0.0	0.0	0.0	2.2	38.7	31.6	5.9	77.3
23	1434	Minced beef/pork raw	2.5	0.0	0.0	16.2	5.7	69.8	48.7	9.3	173.0
23	1435	Hamburger raw	0.1	0.0	0.0	0.0	0.6	49.3	37.7	37.5	69.0
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.2	110.3	110.3	110.3	110.3
23	1443	Lamb leg raw	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.3	0.0	0.0	0.0	0.2	112.0	112.0	112.0	112.0
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	0.8	0.0	0.0	0.0	2.7	21.9	10.3	4.0	59.7
23	1558	Pork loin chop prepared	0.1	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
23	1568	Minced beef/pork ball prep w egg/crums	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	3.7	0.0	0.0	33.5	4.2	80.9	69.6	26.0	164.2
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	1.3	0.0	0.0	0.0	1.8	92.3	84.5	23.8	117.9
23	1667	Pork <5% fat raw	0.1	0.0	0.0	0.0	0.3	92.2	92.2	92.2	92.2
23	1668	Pork 5-14% fat raw	0.1	0.0	0.0	0.0	0.7	50.5	44.9	42.8	64.2
23	1673	Veal <5% fat raw average	0.1	0.0	0.0	0.0	0.2	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.7	13.9	10.2	9.0	20.6
23	1772	Pork fricandeau fried	0.1	0.0	0.0	0.0	0.8	20.1	15.0	15.0	29.2
23	1773	Brawn, pork pickled in vinegar	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.9	0.0	0.0	0.0	2.9	29.6	20.0	20.0	37.9
23	1777	Gammon boiled deboned	0.6	0.0	0.0	0.0	1.2	34.0	21.5	8.0	58.3
23	1788	Pork rib chop raw	0.5	0.0	0.0	0.0	0.7	76.2	71.0	69.1	85.3
23	1790	Pork schnitzel not breaded raw	1.2	0.0	0.0	0.0	0.9	90.8	76.3	70.0	107.9
23	1907	Processed meat prod excl liver average	0.8	0.0	0.0	0.0	0.9	40.0	40.0	40.0	40.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.2	25.8	19.4	18.0	30.7
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	1.4	0.0	0.0	0.0	2.6	55.3	34.0	20.2	87.5
23	2300	Sausage smoked lean cooked	0.3	0.0	0.0	0.0	0.7	68.6	52.1	50.0	97.4
23	2301	Sausage smoked beef cooked	0.2	0.0	0.0	0.0	0.4	47.6	27.8	18.0	76.8
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
23	2333	Minced meat raw average	1.7	0.0	0.0	0.4	3.1	37.1	22.9	7.0	118.7

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23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.4	0.0	0.0	0.0	0.3	109.7	103.6	98.0	111.2
23	2336	Beef average raw	0.1	0.0	0.0	0.0	0.2	112.0	112.0	112.0	112.0
23	2338	Beef for stewing averaged raw	0.7	0.0	0.0	0.0	1.7	70.1	63.6	28.3	106.1
23	2339	Beef olives raw	0.4	0.0	0.0	0.0	1.1	71.7	63.6	42.0	87.0
23	2340	Pork schnitzel breaded raw	7.2	0.0	0.0	49.8	2.0	169.1	101.9	87.5	244.7
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
23	2363	Minced meat w ham and cheese raw	0.2	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
23	2364	Chicken schnitzel raw	0.1	0.0	0.0	0.0	0.3	105.0	105.0	105.0	105.0
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.4	0.0	0.0	0.0	1.3	17.0	15.0	15.0	23.8
23	2766	Sausage smoked industrial cooked	1.1	0.0	0.0	0.0	0.8	102.4	87.0	65.8	120.4
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.3	0.0	0.0	0.0	3.1	10.3	7.4	5.0	13.7
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.5	5.0	5.0	5.0	5.0
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.3	39.7	34.0	15.0	48.4
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.1	0.0	0.0	0.0	0.8	15.0	15.0	15.0	15.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.2	0.0	0.0	0.0	1.7	19.6	12.6	7.2	33.0
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.2	32.1	32.1	32.1	32.1
23	3030	Sausage beef Braadworst raw	0.1	0.0	0.0	0.0	0.6	27.5	7.0	3.0	55.5
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.1	0.0	0.0	0.0	0.2	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.2	0.0	0.0	0.0	0.3	99.3	88.0	60.0	115.3
1	982	Potatoes wo skins boiled average	94.8	84.8	0.0	223.5	69.1	142.9	138.1	61.4	290.3
1	1150	Potatoes sliced frozen unprepared	0.9	0.0	0.0	0.0	0.7	162.7	108.6	11.5	246.2
1	1455	Potato puree powder av	0.3	0.0	0.0	0.0	0.9	28.2	23.2	11.4	49.9
1	1456	Chips pre-fried unprepared	1.8	0.0	0.0	0.0	1.7	104.4	86.4	30.0	144.2
1	1679	Chips oven frozen prepared	0.2	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.3	0.0	0.0	0.0	0.3	99.5	58.9	29.4	202.0
1	2326	Croquettes potato frozen unprepared	0.5	0.0	0.0	0.0	0.6	106.3	109.1	33.6	128.8
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.2	24.8	18.4	1.4	52.6
1	2834	Potato waffels/balls frozen unprepared	0.6	0.0	0.0	0.0	0.4	137.4	108.8	108.8	179.7
2	382	Advocaat liqueur	1.1	0.0	0.0	0.0	1.5	71.2	54.4	28.1	150.0
2	383	Juice apple	4.5	0.0	0.0	0.0	2.7	210.2	185.3	119.0	301.0
2	386	Gin Dutch red currant flavoured	0.2	0.0	0.0	0.0	0.6	68.9	72.4	11.0	90.4
2	387	Fruit drink blackcurrant	0.4	0.0	0.0	0.0	1.0	39.0	31.3	12.0	55.1
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
2	389	Beer brown	0.3	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
2	390	Beer pilsner	48.4	0.0	0.0	425.5	9.4	538.5	435.6	251.2	1,157.0
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.2	0.0	0.0	0.0	0.1	126.8	78.1	71.3	210.4
2	394	Cognac	0.5	0.0	0.0	0.0	0.4	66.7	51.1	19.8	90.0
2	395	Soft drink cola with caffeine	5.2	0.0	0.0	0.0	2.4	307.9	181.1	78.0	568.8
2	396	Juice grape	0.4	0.0	0.0	0.0	0.3	133.7	137.9	25.0	180.7
2	399	Fruit juice drink raspberry	0.2	0.0	0.0	0.0	0.6	39.8	30.3	18.0	46.2
2	400	Soft drink wo caffeine	5.4	0.0	0.0	0.0	3.1	185.8	169.7	86.6	369.8
2	401	Gin young Dutch	6.6	0.0	0.0	53.0	6.3	90.2	90.2	33.3	173.9
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.1	112.6	100.1	38.0	152.4
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	11.9	5.7	5.0	16.8
2	407	Port wine	3.9	0.0	0.0	0.0	2.4	114.0	106.8	45.8	202.4
2	408	Rum	0.3	0.0	0.0	0.0	0.4	50.1	39.1	23.8	68.1
2	409	Sherry	2.8	0.0	0.0	0.0	2.3	121.7	110.2	8.0	251.7
2	410	Juice orange pasteurized	8.7	0.0	0.0	75.7	4.7	190.7	170.9	70.9	372.2
2	411	Mineral water Spa	10.0	0.0	0.0	0.0	2.7	374.8	263.8	100.0	1,088.2
2	413	Tomato juice	0.2	0.0	0.0	0.0	0.2	158.9	118.2	112.0	265.9
2	414	Soft drink tonic	1.5	0.0	0.0	0.0	0.6	292.2	183.4	60.0	578.8
2	415	Vermouth	0.5	0.0	0.0	0.0	0.7	83.0	82.0	82.0	86.8
2	416	Brandy Dutch vieux	0.2	0.0	0.0	0.0	0.6	44.2	41.4	38.0	50.9
2	417	Juice drink	2.9	0.0	0.0	0.0	1.7	227.0	148.8	77.1	482.9
2	421	Whisky	1.2	0.0	0.0	0.0	2.7	68.0	61.7	23.7	124.7
2	422	Wine red	38.2	0.0	0.0	245.7	15.9	216.0	153.1	76.1	478.3
2	423	Wine white dry	8.3	0.0	0.0	67.1	4.6	178.1	140.3	62.2	373.9
2	425	Whey drink light Rivella	2.7	0.0	0.0	0.0	1.1	281.0	261.6	159.0	373.0
2	463	Fruit drink concentrate undiluted	0.3	0.0	0.0	0.0	1.7	17.3	13.4	1.2	37.5
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	1.7	15.3	10.6	5.0	28.5
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	0.5	31.6	24.7	9.0	43.1

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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2	500	Fruit drink conc Roosvicee Laxo	0.2	0.0	0.0	0.0	1.0	24.7	17.2	9.0	43.1
2	644	Coffee prepared	425.8	417.8	71.7	836.3	93.9	452.3	426.4	134.1	887.2
2	645	Tea prepared	367.7	335.8	0.0	988.8	76.7	494.1	429.5	133.6	1,065.5
2	664	Juice grapefruit	1.1	0.0	0.0	0.0	1.5	100.9	98.1	35.8	166.8
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.2	8.9	8.8	8.8	9.0
2	747	Mineral water average	9.4	0.0	0.0	0.0	2.2	468.7	420.6	141.3	800.4
2	805	Jagermeister herb liquor	0.1	0.0	0.0	0.0	0.5	56.8	38.0	38.0	117.5
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.2	0.0	0.0	0.0	0.2	74.0	74.0	74.0	74.0
2	1134	Berenburg herb liquor	0.1	0.0	0.0	0.0	0.2	73.6	69.7	66.5	75.4
2	1462	Juice pineapple	0.1	0.0	0.0	0.0	0.1	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	2.4	0.0	0.0	0.0	2.0	157.4	151.9	21.7	274.5
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.1	132.0	132.0	132.0	132.0
2	1466	Liqueur >25 vol% alcohol	0.4	0.0	0.0	0.0	0.4	50.4	46.8	41.8	57.5
2	1468	Beer >7 vol% alcohol	1.7	0.0	0.0	0.0	0.4	383.8	302.6	250.0	511.7
2	1519	Beer alcohol free <0,1 vol%	3.4	0.0	0.0	0.0	0.8	329.2	300.0	300.0	609.4
2	1521	Juice drink light	1.1	0.0	0.0	0.0	0.2	318.9	295.8	150.0	427.4
2	1522	Soft drink light without caffeine	4.2	0.0	0.0	0.0	1.3	208.8	196.6	140.0	319.2
2	1523	Cola light soft drink with caffeine	8.6	0.0	0.0	0.0	2.2	307.3	236.4	78.0	681.1
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.3	6.9	5.0	5.0	13.7
2	1656	Juice carrot	0.1	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.6	0.0	0.0	0.0	2.6	16.5	8.8	7.5	46.0
2	1878	Fruit juice drink Roosvicee Multivit	3.1	0.0	0.0	0.0	0.9	267.9	200.0	200.0	373.2
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	10.4	7.8	7.5	14.2
2	1885	Water average	464.0	357.2	0.0	1,320.7	86.4	519.5	389.3	87.5	1,302.8
2	1932	Juice orange with pulp	0.5	0.0	0.0	0.0	0.5	172.0	168.7	53.0	203.8
2	1933	Juice tomato/vegetable Appelsientje	0.2	0.0	0.0	0.0	0.1	175.2	131.1	125.0	301.5
2	1934	Juice tomato Appelsientje Zontomaat	0.1	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	3.8	0.0	0.0	0.0	1.3	568.8	542.7	257.3	713.5
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.9	0.0	0.0	0.0	0.4	164.4	142.0	142.0	240.2
2	2086	Ice tea	1.6	0.0	0.0	0.0	0.5	209.4	174.4	137.0	393.3
2	2088	Ice tea with suiker and sweetner	0.3	0.0	0.0	0.0	0.2	184.2	182.0	180.0	184.7
2	2134	Juice drink Dubbelfrisss	2.3	0.0	0.0	0.0	0.6	285.0	205.2	140.3	546.4
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.4	0.0	0.0	0.0	0.2	176.7	173.0	173.0	184.6
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.1	145.0	145.0	145.0	145.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.5	0.0	0.0	0.0	0.2	158.7	120.0	120.0	203.3
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	3.8	0.0	0.0	0.0	1.4	242.5	199.8	146.4	400.3
2	2142	Wine white sweet	2.9	0.0	0.0	0.0	2.0	142.5	126.7	55.0	300.5
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.6	0.0	0.0	0.0	0.5	149.1	139.0	139.0	161.6
2	2152	Fruit juice dk Coolbest light orange	1.3	0.0	0.0	0.0	0.5	186.0	149.5	55.0	329.9
2	2153	Fruit drink Fruit2day	0.8	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
2	2218	Sports drink Extran Energy	0.8	0.0	0.0	0.0	0.2	330.0	330.0	330.0	330.0

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2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.4	12.8	10.2	9.0	17.5
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.2	37.7	21.8	9.0	56.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.2	0.0	0.0	0.0	0.1	172.2	130.1	120.0	246.5
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.1	0.0	0.0	0.0	0.1	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	0.6	0.0	0.0	0.0	0.1	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.1	0.0	0.0	0.0	0.0	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	3.8	0.0	0.0	0.0	1.8	330.8	323.9	157.0	555.0
2	2476	Cappuccino freshly made	5.6	0.0	0.0	1.7	2.9	195.9	135.0	80.3	390.3
2	2477	Coffee cappuccino instant prepared	2.3	0.0	0.0	0.0	1.0	242.6	176.6	78.6	434.3
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	1.1	15.6	14.1	10.0	23.8
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.8	0.0	0.0	0.0	0.2	329.2	300.0	300.0	407.8
2	2492	Lemonade fruit Wicky light	0.1	0.0	0.0	0.0	0.0	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.2	0.0	0.0	0.0	0.2	86.2	60.9	24.0	117.9
2	2507	Juice multifruit	2.9	0.0	0.0	0.0	1.4	190.8	189.3	38.3	326.2
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.5	0.0	0.0	0.0	0.3	319.4	278.9	140.0	378.9
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.5	0.0	0.0	0.0	0.2	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
2	2564	Juice fruit Hero Fruit&Co	0.8	0.0	0.0	0.0	0.6	188.2	193.2	142.0	250.9
2	2610	Wine rose	2.8	0.0	0.0	0.0	1.5	224.4	192.3	90.0	362.1
2	2633	Coffee instant powder	0.1	0.0	0.0	0.0	2.1	7.8	1.7	0.5	36.8
2	2634	Fruit juice dk minimal 2 fruits w vit C	3.5	0.0	0.0	0.0	0.9	369.5	451.5	90.0	509.1
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.1	0.0	0.0	0.0	0.1	179.7	158.4	152.0	195.8
2	2637	Fruit juice dk Roosvicee Multivit light	0.7	0.0	0.0	0.0	0.2	174.5	158.5	150.0	185.1
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.2	0.0	0.0	0.0	0.1	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.1	109.0	109.0	109.0	109.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.5	0.0	0.0	0.0	0.1	386.2	302.0	302.0	476.7
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	0.9	0.0	0.0	0.0	0.3	225.0	170.6	118.0	298.3
2	2646	Sports drink Aquarius	0.4	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.3	0.0	0.0	0.0	0.3	130.5	129.4	116.7	133.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.6	6.2	3.6	1.0	15.3
2	2663	Juice fruit Vruchtoase multivit	1.7	0.0	0.0	0.0	0.3	416.3	284.0	170.0	680.7
2	2674	Energy drink Mxxed up	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.1	0.0	0.0	0.0	0.2	57.8	50.0	50.0	88.4
2	2755	Juice orange freshly squeezed	22.0	0.0	0.0	138.4	17.0	124.2	119.1	50.8	207.5

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	17.9	8.8	8.8	43.3
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.5	0.0	0.0	0.0	0.2	145.3	125.0	125.0	168.1
2	2842	Fruit drink Coolbest Powerfruit	0.2	0.0	0.0	0.0	0.1	166.7	166.7	166.7	166.7
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.1	0.0	0.0	0.0	0.1	165.0	165.0	165.0	165.0
2	2854	Fruit drink light Papaya multivitamins	1.4	0.0	0.0	0.0	0.3	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.1	0.0	0.0	0.0	0.1	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.3	0.0	0.0	0.0	0.2	226.4	202.9	185.0	237.8
2	2880	Coffee wiener melange instant powder	0.1	0.0	0.0	0.0	0.6	16.2	15.5	7.5	26.6
2	2881	Coffee wiener melange instant prepared	4.1	0.0	0.0	0.0	1.3	297.5	195.6	63.9	564.1
2	2896	Lemonade squash Spa&Fruit sparkling	8.5	0.0	0.0	0.0	1.5	219.4	149.4	86.0	454.9
2	2897	Juice Drink Ocean Spray	3.5	0.0	0.0	0.0	1.1	193.3	168.6	150.0	272.6
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.4	14.7	9.0	9.0	26.6
3	227	Crispbakes Dutch	1.8	0.0	0.0	9.6	13.6	11.8	10.0	1.3	26.5
3	228	Crackers cream	0.6	0.0	0.0	0.0	2.3	20.2	16.0	4.9	53.3
3	229	Crispbread averaged	0.2	0.0	0.0	0.0	1.3	13.3	10.0	10.0	33.5
3	230	Roll white soft	2.0	0.0	0.0	15.3	4.2	51.9	40.2	23.1	86.9
3	233	Bread currant	1.4	0.0	0.0	3.5	3.7	43.3	33.3	30.1	65.7
3	236	Bread brown wheat	26.6	0.0	0.0	104.5	28.3	97.3	88.0	23.6	173.5
3	238	Crackers matzes	0.2	0.0	0.0	0.0	0.7	32.4	21.6	10.0	62.9
3	241	Bread white milk based	2.1	0.0	0.0	0.0	2.1	111.7	59.4	12.0	202.9
3	242	Bread rye dark	3.3	0.0	0.0	22.2	7.1	46.6	42.4	20.7	68.4
3	243	Bread rye light	1.0	0.0	0.0	0.0	2.8	39.7	34.4	13.2	49.8
3	244	Bread raisin	0.8	0.0	0.0	0.0	1.8	39.7	31.3	17.5	56.4
3	246	Bread wholemeal average	34.2	0.0	0.0	122.0	36.2	105.5	96.6	35.0	205.2
3	248	Bread white water based	3.3	0.0	0.0	23.3	4.8	71.0	59.1	14.5	120.4
3	249	Bread wheat malt Tarvo	0.3	0.0	0.0	0.0	0.4	111.2	51.1	35.0	204.6
3	565	Toast	0.0	0.0	0.0	0.0	0.2	14.8	14.0	14.0	17.8
3	596	Crispbread gold-brown	0.2	0.0	0.0	0.0	0.9	17.6	10.0	10.0	30.0
3	655	Crispbakes Dutch wholemeal	1.1	0.0	0.0	8.9	8.9	12.7	9.5	5.3	19.8
3	975	Crispbread sesame	0.8	0.0	0.0	5.1	4.1	19.3	12.7	8.5	32.2
3	976	Crispbread light	0.1	0.0	0.0	0.0	0.9	9.8	9.4	5.0	12.5
3	1017	Bread wheatrye wholemeal	0.7	0.0	0.0	0.0	0.7	78.8	46.1	35.0	161.9
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.1	0.0	0.0	0.0	1.0	16.6	10.3	10.0	26.3
3	1312	Crispbread Cracottes	0.6	0.0	0.0	4.3	4.2	11.7	7.0	7.0	13.8
3	1322	Crispbread wholemeal Cracottes	0.2	0.0	0.0	0.0	2.8	8.8	7.0	7.0	13.0
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.3	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.4	0.0	0.0	0.0	1.1	50.8	36.9	12.0	66.9
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.1	43.6	35.0	35.0	62.9
3	1779	Crispbread wholemeal	0.8	0.0	0.0	6.7	4.7	16.4	10.0	10.0	28.5
3	1914	Dough for pizza and savoury pie	3.3	0.0	0.0	0.0	2.3	117.1	96.0	34.9	240.9
3	2229	Crackers VitalU	0.2	0.0	0.0	0.0	0.3	22.3	11.5	7.0	38.1

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	0.7	14.4	9.7	7.0	25.2
3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.1	92.7	64.9	60.0	114.5
3	2348	Bread wholemeal w pumpkin seeds	1.1	0.0	0.0	0.0	1.4	103.8	75.1	35.0	166.5
3	2349	Bread linseed	0.2	0.0	0.0	0.0	0.2	97.6	87.8	70.0	103.3
3	2350	Bread multigrain average w seeds	15.4	0.0	0.0	79.1	14.1	104.6	69.2	31.2	247.9
3	2351	Bread white average milk/water based	0.3	0.0	0.0	0.0	0.7	55.8	36.4	25.0	90.8
3	2352	Bread currant w almond paste	0.1	0.0	0.0	0.0	0.3	49.0	35.4	25.0	74.0
3	2353	Bread brown/wholemeal w muesli	0.8	0.0	0.0	0.0	1.3	46.0	48.7	20.0	59.8
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.7	48.1	37.3	21.7	80.9
3	2356	Baguette w cheese-onion	0.4	0.0	0.0	0.0	0.4	77.3	59.6	10.0	132.9
3	2357	Bread wholemeal w sunflower seeds	1.6	0.0	0.0	0.0	2.6	76.5	48.0	35.0	134.2
3	2358	Bread white w sunflower seeds	0.5	0.0	0.0	0.0	0.6	66.2	56.8	45.0	106.2
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.5	12.6	10.0	10.0	15.9
3	2382	Bread brown w sunflower seeds	2.2	0.0	0.0	0.0	2.1	92.8	62.7	35.0	161.1
3	2528	Croutons	0.0	0.0	0.0	0.0	0.5	9.3	6.2	2.0	20.2
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	0.7	0.0	0.0	0.0	0.6	83.2	77.1	35.0	104.6
3	2704	Bread brown w seeds	0.4	0.0	0.0	0.0	0.4	152.1	126.3	70.0	198.8
3	2707	Bread corn w sunflower seeds	0.1	0.0	0.0	0.0	0.1	245.0	245.0	245.0	245.0
3	2785	Bread corn	0.4	0.0	0.0	0.0	0.4	59.4	35.0	35.0	119.6
3	2788	Bread sourdough wholemeal	0.5	0.0	0.0	0.0	0.8	98.6	48.1	40.0	225.6
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	50.1	22.0	22.0	120.8
3	2790	Bread pita white	0.2	0.0	0.0	0.0	0.1	90.1	90.1	90.1	90.1
3	2791	Stollen w almond/imitat paste wo nuts	0.1	0.0	0.0	0.0	0.2	63.6	55.0	55.0	88.2
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.5	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.9	0.0	0.0	0.0	1.0	53.2	52.1	5.0	100.4
3	2794	Baguette brown	0.5	0.0	0.0	0.0	0.3	55.8	11.5	10.0	91.2
3	2795	Roll white hard	1.6	0.0	0.0	0.0	2.4	65.7	48.2	30.3	98.6
3	2796	Roll brown hard	1.8	0.0	0.0	0.0	2.2	84.4	87.5	28.2	123.6
3	2797	Roll brown soft	2.9	0.0	0.0	24.5	3.9	68.7	49.7	33.4	98.1
3	2798	Roll wholemeal soft	0.1	0.0	0.0	0.0	0.4	58.8	47.0	45.0	87.9
3	2799	Roll multigrain hard	0.4	0.0	0.0	0.0	1.3	47.9	44.8	42.0	49.9
3	2800	Roll multigrain soft	0.3	0.0	0.0	0.0	0.4	60.0	50.0	50.0	87.5
3	2801	Croissant prepared w butter	0.2	0.0	0.0	0.0	0.1	90.0	90.0	90.0	90.0
3	2803	Bun currant/raisin	4.1	0.0	0.0	23.5	6.1	57.4	44.4	27.1	98.9
3	2804	Bun wholemeal w muesli	0.9	0.0	0.0	0.0	1.2	67.8	58.0	58.0	105.0
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.3	47.0	35.0	35.0	72.2
3	2813	Bread raisin/current average	0.4	0.0	0.0	0.0	0.9	42.5	35.6	35.0	64.8
3	2815	Bread Tijger brown wheat	0.4	0.0	0.0	0.0	0.5	101.9	70.0	70.0	168.7
3	2816	Bread Tijger white	0.5	0.0	0.0	0.0	0.5	58.4	43.5	30.0	83.0
3	2817	Stollen w almond/imitat paste average	0.4	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.6	0.0	0.0	0.0	1.2	43.6	40.0	40.0	60.0
3	2821	Bread brown w pumpkin seeds	0.5	0.0	0.0	0.0	0.9	75.3	61.4	52.5	113.3
3	2876	Bread brioche	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.1	0.0	0.0	0.0	0.5	26.8	23.2	17.0	33.1
3	2937	Toast Melba natural	0.5	0.0	0.0	2.1	3.4	13.5	9.7	4.0	23.9

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

NEVO group	NEVO code	Description	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
3	2938	Toast Melba other varieties	0.2	0.0	0.0	0.0	1.6	14.2	7.7	6.0	28.2
3	3054	Bread glutenfree bakmix Glutafin white	0.1	0.0	0.0	0.0	0.0	225.0	225.0	225.0	225.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.1	0.0	0.0	0.0	0.2	109.6	100.0	100.0	146.3
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.1	44.8	40.0	40.0	60.6
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.2	92.9	65.3	60.0	114.5
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	4.4	4.0	4.0	5.6
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.9	5.4	3.5	2.5	9.2
4	535	Cocoa powder sweetened Benco	0.1	0.0	0.0	0.0	0.3	15.7	12.1	12.0	28.3
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.2	0.0	0.0	0.0	0.2	154.6	125.6	123.6	261.2
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.2	0.6	0.6	0.6	0.6
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0	9.5	9.5	9.5	9.5
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.3	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.5	14.7	11.3	4.1	23.4
4	2615	Vinegar	0.2	0.0	0.0	1.0	4.5	6.0	4.0	0.9	11.9
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
5	84	Eggs chicken boiled average	13.4	2.3	0.0	49.0	28.1	42.7	49.4	4.3	94.5
6	33	Raisins dried	0.1	0.0	0.0	0.0	1.9	11.6	5.3	1.4	26.7
6	137	Olives tinned/glass	0.4	0.0	0.0	0.0	1.8	18.2	9.5	3.5	57.2
6	147	Apple without skin average	34.3	0.0	0.0	139.8	28.4	115.7	117.7	32.3	256.7
6	148	Strawberries	11.1	0.0	0.0	71.7	9.3	87.2	80.6	13.8	218.8
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.6	0.0	0.0	0.0	0.7	99.8	90.6	33.3	164.9
6	151	Banana	20.4	0.0	0.0	120.2	16.3	126.2	112.5	50.8	164.8
6	152	Blueberries	0.1	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
6	153	Redcurrant	1.2	0.0	0.0	0.0	1.1	102.1	68.1	9.8	183.0
6	155	Bilberries	0.1	0.0	0.0	0.0	0.4	32.2	32.2	32.2	32.2
6	157	Blackberries	0.0	0.0	0.0	0.0	0.2	28.6	11.1	8.0	60.1
6	158	Lemon	0.1	0.0	0.0	0.0	0.3	32.5	17.0	3.1	58.1
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.2	0.0	0.0	0.0	0.3	61.9	48.7	14.3	76.9
6	161	Raspberries	0.6	0.0	0.0	0.0	0.6	57.8	60.1	18.0	96.4
6	162	Grapefruit	1.1	0.0	0.0	0.0	1.1	82.1	75.0	75.0	110.6
6	163	Cherries	1.2	0.0	0.0	0.0	2.0	65.5	56.0	21.1	116.1
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
6	165	Mandarins	16.5	0.0	0.0	80.1	20.9	77.4	62.7	32.1	184.5
6	166	Melon netted	1.3	0.0	0.0	0.0	1.5	146.1	86.7	40.0	325.3
6	168	Pear without skin	9.7	0.0	0.0	90.2	7.4	128.6	113.3	53.7	180.7
6	169	Peach without skin	3.2	0.0	0.0	0.0	2.7	127.4	76.4	74.5	237.0
6	170	Plums with skin	4.0	0.0	0.0	12.7	4.1	128.1	72.8	22.7	285.1
6	171	Orange	16.6	0.0	0.0	120.3	11.7	162.3	130.7	42.6	291.5
6	172	Fruit fresh citrus average	2.6	0.0	0.0	0.0	1.3	147.0	111.3	76.0	147.9

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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6	173	Fruit fresh average excluding citrus	0.1	0.0	0.0	0.0	0.2	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.8	5.1	3.0	3.0	8.9
6	176	Apricots in syrup tinned	0.8	0.0	0.0	0.0	0.5	103.9	80.7	40.0	173.9
6	177	Pineapple in syrup tinned	0.2	0.0	0.0	0.0	0.9	20.3	12.7	3.9	40.5
6	179	Apple sauce tinned	6.0	0.0	0.0	39.8	8.3	78.7	62.5	13.0	190.2
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
6	181	Dates dried	0.3	0.0	0.0	0.0	1.0	26.4	17.8	9.0	48.2
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	1.3	0.0	0.0	0.0	0.7	104.2	120.9	24.0	136.8
6	184	Cherries in syrup tinned	0.9	0.0	0.0	0.0	0.9	79.9	10.4	2.7	278.2
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.1	0.0	0.0	0.0	0.2	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	1.7	0.0	0.0	0.0	2.1	141.4	146.7	23.3	261.5
6	189	Peaches in syrup tinned	0.4	0.0	0.0	0.0	0.5	53.7	35.0	28.7	97.3
6	190	Prunes dried	0.4	0.0	0.0	0.0	1.1	23.3	8.4	6.0	77.6
6	191	Plums in syrup tinned	0.3	0.0	0.0	0.0	0.6	59.7	23.4	13.0	115.5
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.1	47.9	24.8	24.8	91.0
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	0.9	8.8	9.0	0.4	20.1
6	689	Avocado	0.5	0.0	0.0	0.0	0.3	165.9	92.2	20.0	171.2
6	691	Lime	0.0	0.0	0.0	0.0	0.1	118.0	118.0	118.0	118.0
6	692	Mango	0.3	0.0	0.0	0.0	0.3	177.4	134.0	83.0	282.7
6	875	Apple with skin average	6.6	0.0	0.0	56.6	6.4	122.8	115.5	33.2	152.9
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	8.6	0.0	0.0	58.6	10.8	78.5	56.2	37.4	130.6
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
6	1105	Melon water	0.6	0.0	0.0	0.0	0.5	117.2	106.9	100.0	123.2
6	1106	Melon honeydew	0.1	0.0	0.0	0.0	0.1	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.2	0.0	0.0	0.0	3.1	9.9	6.2	0.4	26.3
6	1182	Apple sauce wo sugar tinned	0.6	0.0	0.0	0.0	0.6	105.9	49.9	25.9	319.4
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.1	79.7	41.5	0.2	135.4
6	1812	Nectarine	2.5	0.0	0.0	0.0	2.3	92.3	74.0	19.1	140.8
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.2	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.2	0.0	0.0	0.0	0.2	148.4	131.6	60.0	251.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.4	10.6	7.6	4.3	16.5
6	2685	Abricots dried and soaked	0.2	0.0	0.0	0.0	1.5	10.5	9.5	4.6	16.2
6	2686	Apple sauce wo sugar w sweetner tinned	0.4	0.0	0.0	0.0	0.6	66.5	45.8	25.9	132.7
6	2748	Pear with skin	1.3	0.0	0.0	0.0	0.7	154.4	117.3	100.0	253.3
6	2749	Grapes black with skin	1.6	0.0	0.0	0.0	2.2	83.3	64.6	9.5	149.7
6	2750	Grapes white with skin	6.4	0.0	0.0	47.8	4.9	93.8	75.2	22.6	250.3
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.2	24.4	24.1	23.9	24.7
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.2	24.0	12.0	8.6	46.9
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.2	5.4	4.0	4.0	7.4
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.4	0.0	0.0	0.0	0.7	37.5	30.2	3.9	49.1
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.1	57.2	57.2	57.2	57.2
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.2	46.6	37.5	37.5	60.8

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

NEVO group	NEVO code	Description	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
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	5.5	0.0	0.0	29.9	19.5	27.6	19.7	18.1	53.6
7	250	Almond filled pastry	0.3	0.0	0.0	0.0	0.5	61.1	53.7	40.0	78.3
7	251	Apple pie Dutch w shortbread w marg	3.2	0.0	0.0	33.0	3.2	84.4	82.7	35.9	114.0
7	252	Biscuit sweet	1.4	0.0	0.0	9.6	11.2	13.0	10.3	4.3	27.2
7	253	Cake wo butter	1.4	0.0	0.0	11.2	3.3	36.2	25.7	15.1	56.2
7	254	Cake sponge Dutch Eierkoek	1.0	0.0	0.0	0.0	1.8	49.0	42.5	25.0	85.8
7	255	Gateau with whipped cream	1.4	0.0	0.0	0.0	1.7	86.4	74.7	40.0	126.1
7	256	Gateau with butter-cream filling	0.9	0.0	0.0	0.0	1.0	61.5	47.6	40.0	135.8
7	257	Almond paste filled tarts average	1.9	0.0	0.0	15.3	3.5	65.3	50.5	26.4	125.1
7	258	Biscuits averaged	0.7	0.0	0.0	4.8	5.7	14.6	11.8	6.2	28.8
7	259	Macaroons	0.4	0.0	0.0	0.0	0.8	33.3	25.9	15.5	50.8
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.2	11.9	9.5	5.0	17.8
7	261	Biscuit spiced Speculaas	1.2	0.0	0.0	6.1	6.5	15.7	7.0	5.1	40.2
7	262	Biscuit Dutch shortbread spritsstukken	0.7	0.0	0.0	1.8	2.6	26.8	22.4	10.0	46.1
7	263	Biscuit brown/wholemeal	1.1	0.0	0.0	7.6	7.3	19.8	15.2	8.0	41.6
7	468	Cream slice Dutch Tompouce	0.3	0.0	0.0	0.0	0.3	98.8	86.8	75.0	98.7
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.3	37.9	35.0	35.0	49.2
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.2	0.0	0.0	0.0	1.0	13.2	10.0	10.0	21.9
7	486	Flan with fruit filling	0.5	0.0	0.0	0.0	0.4	119.2	104.8	85.0	159.3
7	489	Flan filled with rice pudding	0.1	0.0	0.0	0.0	0.0	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.3	0.0	0.0	0.0	1.7	14.7	10.0	10.0	30.1
7	634	Coconut flavoured cookies	0.2	0.0	0.0	0.0	0.6	29.5	14.1	10.0	61.6
7	635	Biscuits Dutch krakeling	0.2	0.0	0.0	0.0	0.7	23.4	12.0	12.0	43.8
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.7	27.7	19.6	10.0	50.8
7	713	Waffle syrup average	1.5	0.0	0.0	10.7	4.0	35.8	24.3	10.0	82.0
7	789	Cake butter Dutch Boterkoek	0.3	0.0	0.0	0.0	1.0	34.9	26.4	20.0	63.6
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.9	0.0	0.0	0.0	0.8	101.5	89.9	56.0	132.3
7	836	Shortbread	0.8	0.0	0.0	6.1	4.3	17.1	12.2	7.0	34.8
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.1	43.0	43.0	43.0	43.0
7	855	Biscuit spiced Speculaas w almnd paste	0.2	0.0	0.0	0.0	0.6	36.6	19.0	19.0	68.1
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	43.3	38.0	38.0	53.6
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.2	0.0	0.0	0.0	1.3	20.5	14.8	10.0	19.8
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	19.3	14.5	10.0	20.4
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.1	38.0	38.0	38.0	38.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.0	0.0	0.0	0.0	3.1	26.9	22.6	20.0	39.3
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	1.1	17.7	14.4	5.4	27.0
7	1475	Eclair with whipped cream filling	0.6	0.0	0.0	0.0	1.4	35.8	32.3	15.0	44.1
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	0.4	61.0	46.5	35.0	67.6
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
7	1478	Flan fruit and crumble topping	0.3	0.0	0.0	0.0	0.3	127.3	118.7	115.0	133.4
7	1479	Cheesecake made with cream cheese	0.1	0.0	0.0	0.0	0.1	144.0	144.0	144.0	144.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0	26.0	26.0	26.0	26.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.7	9.0	7.0	7.0	13.8
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	1945	Bun with vanilla custard	0.5	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.4	0.0	0.0	0.0	1.5	39.2	26.4	15.5	74.4
7	1972	Biscuits assorted with butter	0.8	0.0	0.0	6.1	4.4	18.2	12.7	8.2	30.0
7	2162	Biscuit Cafe noir	0.2	0.0	0.0	0.0	1.0	15.1	9.1	6.0	27.1
7	2190	Brownies with nuts	0.1	0.0	0.0	0.0	0.3	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.3	0.0	0.0	0.0	1.3	18.2	13.3	10.0	28.9
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.6	13.5	12.0	12.0	19.3
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	0.5	0.0	0.0	0.0	1.9	27.1	24.9	11.1	45.5
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.4	0.0	0.0	0.0	1.1	53.1	50.7	20.0	93.1
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.2	31.0	25.0	25.0	44.8
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.6	0.0	0.0	0.0	1.5	26.5	20.0	20.0	47.4
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.1	0.0	0.0	0.0	0.8	29.9	19.2	8.3	41.1
7	2392	Cake apple-	0.6	0.0	0.0	0.0	1.0	42.5	33.2	30.0	61.7
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.2	0.0	0.0	0.0	0.3	54.1	49.4	17.0	73.6
7	2396	Chocolate pastry w whipped cream	0.1	0.0	0.0	0.0	0.1	27.8	25.6	25.0	29.6
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	1.1	0.0	0.0	0.0	2.3	37.7	25.0	25.0	65.0
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	1.0	0.0	0.0	0.0	1.1	53.6	37.8	20.0	74.9
7	2403	Cup cake iced	0.3	0.0	0.0	0.0	0.5	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	0.4	0.0	0.0	4.6	2.4	14.6	11.6	9.1	26.7
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.2	19.7	19.0	19.0	20.7
7	2409	Biscuit Dutch shortbread w chocolate	0.1	0.0	0.0	0.0	0.4	25.4	20.0	20.0	36.3
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.2	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	0.9	9.8	5.2	5.0	18.5
7	2413	Cake wrapped in marzipan and chocolate	0.6	0.0	0.0	0.0	0.9	50.5	38.1	30.0	57.8

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.4	26.8	21.0	21.0	43.2
7	2430	Fritter banana	0.2	0.0	0.0	0.0	0.2	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.1	0.0	0.0	0.0	0.1	51.2	48.0	48.0	55.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.2	56.0	50.0	50.0	65.3
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.2	15.8	10.0	10.0	28.3
7	2560	Apple turnover	1.2	0.0	0.0	0.0	1.0	103.6	112.1	41.0	144.5
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	2571	Cake with 'bitterkoekjes'	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.1	0.0	0.0	0.0	0.5	17.8	15.0	15.0	26.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.5	0.0	0.0	0.0	2.9	21.8	16.4	10.0	36.2
7	2622	Appel pie Dutch w shortbread w butter	1.4	0.0	0.0	0.0	0.6	106.8	108.8	25.0	158.5
7	2661	Waffle Luikse	0.4	0.0	0.0	0.0	0.6	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.3	0.0	0.0	0.0	0.9	30.2	26.0	4.0	48.4
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.2	0.0	0.0	0.0	0.6	24.5	20.1	10.0	47.6
7	2698	Cake chocolate made w butter	0.1	0.0	0.0	0.0	0.4	30.8	28.6	28.0	32.6
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	1.4	9.2	6.7	6.0	14.0
7	2715	Meringue	0.1	0.0	0.0	0.0	0.5	14.4	8.6	7.5	22.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.2	0.0	0.0	0.0	0.7	42.0	33.1	30.0	56.7
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.8	20.5	17.1	7.0	31.8
7	2775	Biscuit digestive w chocolate	0.2	0.0	0.0	0.0	0.7	23.1	19.1	9.0	30.0
7	2776	Flan apple and crumble topping	1.2	0.0	0.0	0.0	0.7	148.0	115.0	115.0	213.5
7	2777	Flan hard shell with custard cream	0.3	0.0	0.0	0.0	0.2	130.0	130.0	130.0	130.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.4	85.1	81.3	75.0	102.4
7	2820	Waffle syrup w butter	0.2	0.0	0.0	0.0	1.5	25.5	21.2	10.0	29.6
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	0.9	0.0	0.0	0.0	0.3	127.6	102.8	88.0	176.2
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.2	0.0	0.0	0.0	0.6	29.3	18.0	18.0	61.6
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.4	16.2	16.0	16.0	16.3
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.4	37.2	30.0	30.0	53.7
7	2894	Biscuit Dutch digestive	0.5	0.0	0.0	1.0	3.2	16.4	15.3	8.0	27.3
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	0.9	0.0	0.0	0.0	0.3	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.1	0.0	0.0	0.0	0.8	15.8	6.5	3.8	37.3
8	213	Oatmeal	0.4	0.0	0.0	0.0	1.8	23.4	17.7	1.6	47.5
8	215	Cornflour	0.0	0.0	0.0	0.0	1.7	3.0	2.4	0.5	5.9
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	2.1	4.8	4.2	1.0	11.4
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0	20.3	20.3	20.3	20.3
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.4	10.8	11.6	3.7	16.6
8	225	Breakfast cereal Brinta	0.3	0.0	0.0	0.0	2.0	19.8	12.5	9.0	33.2

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NEVO group	NEVO code	Description	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
8	226	Starch potato	0.0	0.0	0.0	0.0	1.1	2.1	0.8	0.6	5.9
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.9	0.0	0.0	0.0	1.1	56.8	48.1	19.0	114.1
8	590	Wheat bran	0.1	0.0	0.0	0.0	1.8	6.6	6.2	0.4	10.5
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.3	14.7	7.5	3.6	28.2
8	658	Rice white boiled	8.7	0.0	0.0	61.2	7.2	114.0	110.1	11.0	248.7
8	659	Pasta white average boiled	11.1	0.0	0.0	80.3	7.1	130.4	110.1	30.7	271.6
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.2	0.0	0.0	0.0	2.0	11.1	5.9	1.1	43.5
8	1014	Rice brown boiled	0.7	0.0	0.0	0.0	0.7	108.1	54.6	35.1	346.0
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.3	7.2	7.0	7.0	7.6
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.1	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.1	46.0	46.0	46.0	46.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0	21.0	21.0	21.0	21.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.1	4.1	2.9	2.9	8.8
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.7	9.7	5.8	3.8	19.7
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.2	230.8	167.4	164.7	308.3
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.1	85.2	60.0	60.0	106.6
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.2	0.0	0.0	0.0	0.4	22.5	17.5	17.5	39.5
8	2361	Breakfast prod Albona 7-cereals-energy	0.2	0.0	0.0	0.0	0.3	48.5	42.0	42.0	56.9
8	2366	Muesli crunchy plain/w fruit	0.8	0.0	0.0	0.0	3.0	27.6	20.1	9.8	54.5
8	2675	Muesli crunchy w nuts	0.2	0.0	0.0	0.0	0.8	27.6	27.0	7.4	39.9
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.2	19.7	19.7	19.7	19.7
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.1	13.3	13.3	13.3	13.3
8	2809	Muesli w fruit	1.1	0.0	0.0	4.2	4.3	30.1	20.5	4.9	80.0
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.3	4.8	3.0	3.0	8.6
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.3	41.4	34.2	19.7	48.5
9	7	Endive raw	1.6	0.0	0.0	0.0	1.7	91.2	85.8	14.8	140.1
9	8	Endive boiled	4.3	0.0	0.0	38.2	3.5	146.4	143.2	53.8	244.4
9	11	Aubergine boiled	0.3	0.0	0.0	0.0	0.4	68.3	40.0	12.5	114.6
9	13	Celery boiled	0.3	0.0	0.0	0.0	0.5	92.5	19.8	5.2	226.0
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.1	41.0	41.0	41.0	41.0
9	15	Cauliflower boiled	9.8	0.0	0.0	81.7	5.6	160.0	138.1	45.8	265.1
9	16	Kale curly boiled	1.5	0.0	0.0	0.0	1.3	110.2	106.5	28.8	170.2
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.1	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	20	Mushrooms boiled	2.5	0.0	0.0	17.4	7.1	29.2	26.6	3.6	77.0
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
9	22	Cabbage Chinese boiled	0.3	0.0	0.0	0.0	0.3	116.7	98.0	98.0	141.9
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.2	3.5	2.9	2.9	5.6
9	27	Cucumber wo skin raw	5.0	0.0	0.0	41.7	8.4	69.6	59.9	12.9	155.9
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	0.9	44.8	21.7	9.1	85.5
9	29	Swede boiled	0.5	0.0	0.0	0.0	0.4	197.9	149.7	119.6	295.5
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.5	17.3	9.0	8.9	26.4
9	32	Sweet pepper green boiled	0.5	0.0	0.0	0.0	1.2	27.0	25.3	5.9	55.2
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0	145.0	145.0	145.0	145.0
9	37	Leek boiled	2.5	0.0	0.0	19.5	5.8	42.4	22.3	4.5	140.4
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	1.0	0.0	0.0	0.0	0.7	152.7	145.1	80.0	234.7
9	44	Cabbage Savoy boiled	0.2	0.0	0.0	0.0	0.4	97.8	70.0	66.3	178.8
9	46	Lettuce head raw	2.2	0.0	0.0	19.6	5.5	44.9	38.8	5.0	97.0
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.1	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.2	0.0	0.0	0.0	0.1	137.1	72.8	25.0	169.3
9	51	Spinach raw	0.1	0.0	0.0	0.0	0.1	113.3	113.3	113.3	113.3
9	52	Spinach boiled	1.5	0.0	0.0	0.0	1.6	100.6	70.6	15.1	179.0
9	54	Cabbage oxheart boiled	2.1	0.0	0.0	0.0	1.4	125.5	95.1	84.2	199.7
9	55	Brussel sprouts boiled	4.6	0.0	0.0	39.4	3.6	141.5	134.8	58.7	216.0
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.2	19.3	17.6	17.6	22.7
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.2	26.9	20.0	20.0	43.5
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.5	2.6	7.7	2.0	0.3	39.1
9	60	Tomatoes normal raw	4.4	0.0	0.0	33.2	10.4	45.4	33.2	5.7	79.0
9	61	Tomatoes normal boiled	0.9	0.0	0.0	0.4	2.7	31.2	5.5	0.8	120.2
9	63	Onions raw	1.3	0.0	0.0	6.8	6.5	25.5	16.9	5.2	61.5
9	64	Onions boiled	5.4	0.0	0.0	28.9	20.2	32.4	22.0	1.6	91.9
9	65	Lettuce lambs raw	0.3	0.0	0.0	0.0	1.1	26.2	23.5	7.4	65.1
9	67	Chicory raw	1.3	0.0	0.0	0.0	1.5	104.2	79.7	25.0	190.6
9	68	Chicory boiled	8.2	0.0	0.0	81.3	4.2	169.7	161.7	75.5	350.5
9	69	Cabbage white raw	0.0	0.0	0.0	0.0	0.5	12.7	6.4	1.9	26.8
9	70	Cabbage white cooked	0.3	0.0	0.0	1.8	2.8	7.7	3.9	0.9	16.2
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.5	14.8	6.1	1.9	47.1
9	72	Carrots boiled average	1.2	0.0	0.0	2.8	4.3	34.4	13.4	1.3	132.6
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.1	27.9	25.0	25.0	31.4
9	74	Cabbage sauerkraut cooked	3.3	0.0	0.0	0.0	1.9	148.5	163.9	67.6	217.0
9	75	Vegetable mix for soup raw	2.0	0.0	0.0	0.0	1.9	81.3	70.3	12.8	151.9
9	124	Radish red/white raw	0.4	0.0	0.0	0.0	1.2	32.4	27.9	13.5	51.0
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.4	6.6	4.5	3.0	7.6
9	127	Vegetables mixture raw	0.3	0.0	0.0	0.0	0.5	61.0	45.8	12.7	166.3
9	129	Endive tinned	0.7	0.0	0.0	0.0	0.1	340.0	340.0	340.0	340.0
9	130	Asparagus tinned	0.8	0.0	0.0	0.0	0.3	100.8	100.8	100.8	100.8
9	132	Gherkins sweet pickled	1.0	0.0	0.0	8.1	5.2	16.9	13.8	2.2	36.3
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	1.3	0.0	0.0	0.0	1.4	72.9	54.6	0.7	160.9
9	136	Peas and carrots tinned	2.0	0.0	0.0	0.0	1.6	111.5	108.6	27.3	160.9
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.9	0.0	0.0	0.0	1.0	150.0	180.0	98.1	200.1
9	140	Spinach tinned	0.8	0.0	0.0	0.0	0.2	320.3	195.0	195.0	422.9
9	141	Tomato puree concentrated tinned	0.4	0.0	0.0	0.0	1.3	25.2	16.9	3.3	57.9

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

NEVO group	NEVO code	Description	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
9	142	Beans broad tinned	0.5	0.0	0.0	0.0	0.4	101.1	71.9	69.7	170.3
9	143	Carrots tinned	0.4	0.0	0.0	0.0	0.3	153.8	144.1	120.0	175.9
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	2.0	5.8	2.2	0.5	18.9
9	145	Cabbage red glass	0.3	0.0	0.0	0.0	0.6	152.2	104.5	22.6	173.7
9	146	Spinach frozen boiled	1.7	0.0	0.0	0.0	0.8	256.0	206.7	106.3	377.4
9	538	Rhubarb puree w sugar	1.4	0.0	0.0	0.0	1.0	88.9	67.2	21.6	193.8
9	557	Celery raw	0.1	0.0	0.0	0.0	0.3	38.1	33.8	12.6	48.4
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.1	1.4	1.4	1.4	1.4
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	0.5	15.0	9.0	4.6	28.4
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.2	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	1.3	0.0	0.0	0.0	1.2	211.7	225.5	88.6	247.6
9	651	Spinach creamed frozen boiled	1.5	0.0	0.0	0.0	0.4	192.4	187.4	80.0	240.7
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.3	0.0	0.0	0.0	0.5	69.1	43.7	9.6	130.6
9	851	Sweet pepper sweet/sour pickled	0.2	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	0.9	21.5	20.1	6.0	33.7
9	885	Sweet pepper red boiled	0.6	0.0	0.0	0.0	3.1	20.4	16.9	4.1	35.1
9	920	Broccoli boiled	4.8	0.0	0.0	38.9	3.6	150.2	130.8	18.5	305.5
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.0
9	951	Beans French boiled	9.8	0.0	0.0	85.9	10.6	125.5	123.1	2.7	239.8
9	952	Kale curly frozen boiled	0.2	0.0	0.0	0.0	0.1	142.6	132.6	105.2	153.4
9	953	Peas frozen boiled	0.5	0.0	0.0	0.0	1.0	88.1	104.5	7.6	128.0
9	954	Beans French frozen boiled	0.8	0.0	0.0	0.0	0.8	128.9	107.7	33.4	213.6
9	957	Asparagus boiled	2.8	0.0	0.0	0.0	1.4	226.0	229.2	16.0	335.1
9	958	Beetroot boiled	3.1	0.0	0.0	0.0	3.2	141.4	122.5	12.1	285.2
9	961	Beans runner boiled	2.7	0.0	0.0	0.0	1.8	160.5	161.7	52.0	251.5
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.1	18.9	18.9	18.9	18.9
9	964	Mange-tout boiled	1.2	0.0	0.0	0.0	1.1	110.2	50.7	9.8	307.7
9	966	Courgettes boiled	1.2	0.0	0.0	0.0	2.1	50.5	25.5	3.1	150.5
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.2	0.0	0.0	0.0	0.1	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	0.4	88.2	50.0	50.0	176.4
9	1141	Vegetable mixed Mexico frozen unprepared	0.7	0.0	0.0	0.0	0.2	261.1	169.3	129.0	406.6
9	1143	Beans runner frozen unprepared	0.7	0.0	0.0	0.0	0.7	148.7	128.1	98.0	214.1
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.1	22.3	18.4	16.6	29.6
9	1147	Brussel sprouts frozen boiled	0.2	0.0	0.0	0.0	0.2	161.7	139.2	88.0	210.8
9	1148	Beans broad frozen unprepared	0.1	0.0	0.0	0.0	0.2	119.2	88.7	9.5	143.9
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	0.5	35.4	8.7	8.7	108.5
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.4	13.0	6.0	0.8	23.0
9	1399	Lettuce iceberg raw	4.1	0.0	0.0	29.7	6.5	59.2	51.8	14.8	129.0
9	1454	Beetroot pickled glass	0.3	0.0	0.0	0.0	0.3	110.7	66.5	20.9	184.4
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.3	4.1	3.8	3.8	4.8
9	1904	Vegetables average boiled	2.3	0.0	0.0	11.6	3.2	93.2	65.8	8.7	217.8

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

NEVO group	NEVO code	Description	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
9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.1	0.0	0.0	0.0	0.1	181.8	136.7	108.0	211.7
9	2293	Tomatoes tinned	0.2	0.0	0.0	0.0	0.3	102.3	63.3	30.6	166.0
9	2330	Mange-tout and carrots boiled	0.6	0.0	0.0	0.0	0.2	338.7	247.6	162.0	357.8
9	2331	Bami vegetables mixed boiled	0.6	0.0	0.0	0.0	0.8	48.2	31.4	16.0	112.3
9	2346	Lettuce green average raw	1.1	0.0	0.0	0.0	1.8	48.0	32.3	11.0	90.9
9	2377	Tomatoes dried in oil tin/glass	0.2	0.0	0.0	0.0	0.7	12.5	11.9	5.0	19.3
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.5	3.5	0.2	0.2	10.5
9	2498	Tomatoes sieved	1.6	0.0	0.0	2.6	2.3	48.6	40.1	8.4	141.7
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.2	4.9	3.6	3.2	7.0
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.3	29.0	9.6	9.6	65.5
9	2710	Cabbage red w apple pieces glass	0.2	0.0	0.0	0.0	0.2	153.3	90.0	90.0	285.3
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.5	19.4	16.7	9.0	24.2
9	2727	Carrot bunched boiled	9.4	0.0	0.0	89.6	3.9	169.8	178.3	59.8	227.9
9	2728	Carrot winter raw	0.1	0.0	0.0	0.0	0.5	53.9	45.3	7.9	82.2
9	2729	Carrot winter boiled	2.1	0.0	0.0	0.0	1.7	108.4	109.9	15.4	220.2
9	2730	Tomato vine raw	4.3	0.0	0.0	31.0	5.5	79.3	60.1	29.6	163.8
9	2731	Tomato cherry raw	2.2	0.0	0.0	17.8	4.7	38.6	30.6	10.0	73.3
9	2732	Tomato beef raw	0.1	0.0	0.0	0.0	0.2	138.4	102.5	66.5	184.3
9	2733	Tomato beef boiled	0.2	0.0	0.0	0.0	0.3	103.4	52.4	2.0	105.3
9	2734	Tomato average raw	0.2	0.0	0.0	0.0	0.4	36.5	22.2	22.0	69.3
9	2735	Tomato average boiled	0.4	0.0	0.0	0.0	0.8	40.5	3.4	1.1	128.9
9	2736	Rocket raw	0.4	0.0	0.0	0.0	1.4	24.0	13.1	2.8	49.4
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.5	16.7	11.8	7.2	23.8
9	2738	Onion Welsh boiled	0.2	0.0	0.0	0.0	0.5	28.5	16.9	4.0	52.1
9	2739	Cucumber w skin raw	1.1	0.0	0.0	7.2	2.8	35.6	26.0	4.6	89.8
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.4	11.7	9.0	9.0	20.8
9	2741	Sweet pepper yellow boiled	0.1	0.0	0.0	0.0	0.6	20.3	15.3	6.6	34.9
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.4	7.3	3.9	3.6	15.7
9	2743	Sweet pepper average boiled	0.5	0.0	0.0	2.4	3.2	13.4	5.8	0.8	44.4
9	2840	Cabbage red w apple pieces	0.6	0.0	0.0	0.0	0.4	189.8	168.9	116.0	242.6
9	2900	Sweetcorn tinned	0.4	0.0	0.0	0.0	0.8	52.5	48.2	10.2	72.8
10	455	Peanut butter	1.2	0.0	0.0	9.5	5.7	20.9	18.0	5.5	39.2
10	541	Peanut butter with nut pieces	0.3	0.0	0.0	0.0	1.1	26.4	18.9	10.0	47.6
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.2	34.0	30.0	30.0	38.7
10	575	Sandwich spread original	0.4	0.0	0.0	0.0	1.6	20.4	14.7	5.0	40.8
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.1	9.2	4.8	1.5	11.4
10	2367	Peanut butter light	0.2	0.0	0.0	0.0	1.1	27.1	19.5	10.0	45.6
11	304	Cheese Swiss dried	0.1	0.0	0.0	0.0	0.7	8.4	2.6	1.3	30.3
11	511	Cheese Edam 40+	1.5	0.0	0.0	10.1	4.6	27.2	19.6	4.9	61.4
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.1	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	5.8	0.0	0.0	29.2	16.9	34.0	24.0	10.0	65.4
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.4	0.0	0.0	0.0	1.8	34.3	27.2	20.2	54.7
11	515	Cheese spread 48+	0.2	0.0	0.0	0.0	1.4	15.5	14.8	2.0	25.7
11	517	Cheese spread 20+	0.7	0.0	0.0	0.8	2.6	38.6	19.9	6.5	104.4
11	556	Cheese Camembert 45+	0.3	0.0	0.0	0.0	0.5	51.9	37.1	14.0	163.1
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.4	22.0	22.0	22.0	22.0
11	654	Cheese cottage	0.1	0.0	0.0	0.0	0.4	29.3	21.2	15.0	44.5

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

NEVO group	NEVO code	Description	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
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	16.9	14.0	14.0	20.1
11	715	Cheese cream 60+	0.1	0.0	0.0	0.0	0.3	26.7	26.7	26.7	26.7
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
11	718	Cheese Parmesan	0.2	0.0	0.0	0.0	0.9	12.2	7.9	2.1	27.9
11	719	Cheese cream soft Mon Chou	0.2	0.0	0.0	0.0	1.7	10.1	6.9	4.1	17.6
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.1	0.0	0.0	0.0	0.4	16.7	5.6	4.5	26.6
11	725	Cheese Cheddar	0.1	0.0	0.0	0.0	0.3	31.3	23.4	22.0	46.4
11	726	Cheese Bluefort	0.2	0.0	0.0	0.0	0.4	24.3	7.7	0.8	64.1
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.6	17.6	13.5	4.0	42.7
11	804	Cheese sheep fresh	0.6	0.0	0.0	0.0	1.7	34.2	18.3	6.0	92.1
11	881	Cheese 48+ low salt	0.3	0.0	0.0	0.0	1.6	17.8	13.0	12.0	24.5
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	0.5	24.9	23.4	10.0	36.0
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.1	48.3	24.7	22.0	79.7
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	0.6	0.0	0.0	0.0	1.6	35.5	36.5	12.0	57.6
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.1	23.8	16.6	10.0	25.6
11	1382	Cheese 30+	6.5	0.0	0.0	35.5	18.3	31.1	23.3	11.9	84.1
11	1487	Cheese Brie 60+	0.8	0.0	0.0	0.0	2.6	28.6	20.2	5.5	71.8
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.3	0.0	0.0	0.0	1.4	30.1	22.4	11.0	46.2
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	1.5	19.6	15.3	6.5	34.3
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.3	0.0	0.0	0.0	0.4	41.5	29.1	22.0	86.1
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.2	0.0	0.0	0.0	1.0	18.6	13.0	13.0	33.7
11	1809	Cheese 45+	0.1	0.0	0.0	0.0	0.5	34.7	28.2	24.0	49.8
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0	84.0	84.0	84.0	84.0
11	1955	Cheese Mozzarella	0.8	0.0	0.0	1.2	2.5	29.5	17.7	3.5	74.8
11	2518	Cheese goat hard	0.2	0.0	0.0	0.0	1.7	21.9	19.2	6.5	30.5
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.8	14.5	10.7	10.0	19.3
11	2679	Dairy spread plain/herbs light	0.2	0.0	0.0	0.0	0.9	14.3	10.0	10.0	23.5
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.2	0.0	0.0	10.5	4.7	29.1	22.9	13.0	57.9
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.0	0.0	0.0	23.4	11.0	35.1	28.6	11.6	73.0
11	2758	Cheese Gouda 48+ age 4-7 mths	2.6	0.0	0.0	17.7	9.6	28.6	23.9	6.2	57.5
11	2759	Cheese Gouda 48+ age 10-12 mths	1.2	0.0	0.0	7.5	4.5	31.1	29.1	12.5	47.1
11	2824	Cheese 30+ low salt	0.6	0.0	0.0	0.0	2.0	27.9	23.8	12.0	42.5
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.3	2.1	1.8	0.2	5.0
12	824	Mustard	0.1	0.0	0.0	0.0	1.9	3.5	2.3	0.6	7.4
12	830	Garlic fresh	0.0	0.0	0.0	0.0	2.6	1.2	0.7	0.1	3.9
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.2	5.3	5.0	5.0	5.9
12	842	Stock powder	0.0	0.0	0.0	0.0	1.1	2.8	2.9	0.2	4.3
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.3	8.1	5.8	5.0	10.6
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.9	2.3	1.4	0.5	3.9
12	1883	Stock powder low sodium	0.1	0.0	0.0	0.0	0.1	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.1	0.5	0.5	0.5	0.5
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.2	4.1	3.1	2.2	6.2

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

NEVO group	NEVO code	Description	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
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.2	18.4	15.5	12.9	23.5
12	2669	Mix Maggi oven-/dagschotel prepared	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.1	0.0	0.0	0.0	1.1	11.3	6.8	3.3	24.1
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.4	7.6	7.3	7.0	8.5
13	270	Milk raw	0.5	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	1.7	0.0	0.0	17.3	7.9	21.2	17.6	7.2	40.8
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	0.7	221.2	209.2	155.5	293.0
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.3	0.0	0.0	0.1	4.2	7.4	3.7	1.5	18.0
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	19.4	18.0	18.0	22.4
13	276	Custard chocolate full fat	2.2	0.0	0.0	0.0	0.9	156.9	125.6	37.1	279.7
13	278	Yoghurt full fat	8.2	0.0	0.0	68.2	4.9	195.8	160.3	53.7	461.6
13	279	Milk whole	10.8	0.0	0.0	95.6	6.9	205.7	199.1	24.9	389.4
13	280	Coffee creamer full fat	1.7	0.0	0.0	13.4	8.6	28.1	21.9	6.4	75.8
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.1	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	9.7	0.0	0.0	87.8	6.5	161.4	165.1	72.2	261.8
13	284	Yoghurt low fat with fruit	3.9	0.0	0.0	0.0	3.1	136.3	120.9	43.2	270.2
13	285	Coffee creamer half fat	8.2	0.0	0.0	39.2	30.0	22.6	17.6	6.4	54.3
13	286	Milk semi-skimmed	95.8	12.4	0.0	379.2	40.7	225.5	205.4	19.3	527.2
13	288	Porridge oatmeal	0.3	0.0	0.0	0.0	0.3	177.1	112.0	103.0	431.1
13	289	Buttermilk	33.9	0.0	0.0	240.3	15.9	216.5	204.5	123.8	352.7
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	1.5	17.0	12.5	4.3	31.7
13	294	Milk skimmed	5.7	0.0	0.0	0.0	2.2	307.6	251.5	23.5	533.5
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0	2.5	2.5	2.5	2.5
13	298	Porridge rice	1.6	0.0	0.0	0.0	1.0	194.5	194.7	82.4	285.9
13	299	Cream whipping	0.2	0.0	0.0	0.0	1.3	11.9	7.2	3.4	29.5
13	301	Yoghurt low fat	23.0	0.0	0.0	146.9	11.9	188.0	171.9	64.7	338.5
13	303	Ice cream dairy cream based	1.9	0.0	0.0	0.0	2.1	92.2	89.0	32.0	147.3
13	305	Fromage frais low fat	3.8	0.0	0.0	19.0	3.0	99.5	88.1	3.8	206.4
13	306	Fromage frais half fat	0.3	0.0	0.0	0.0	0.2	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.6	0.0	0.0	0.0	0.5	163.5	124.8	70.0	246.5
13	477	Custard vanilla low fat	1.2	0.0	0.0	0.0	0.7	127.6	114.2	103.0	167.9
13	478	Custard chocolate low fat	0.2	0.0	0.0	0.0	0.1	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	0.6	0.0	0.0	0.0	0.4	282.8	245.0	221.5	363.9
13	485	Ice cream dairy cornet	1.0	0.0	0.0	0.0	1.1	80.6	71.8	65.0	107.1
13	532	Blancmange chocolate	0.6	0.0	0.0	0.0	0.2	243.1	200.0	200.0	288.4
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	5.0	0.0	0.0	0.0	1.2	489.8	300.0	171.0	683.7
13	736	Pudding vanilla	0.5	0.0	0.0	0.0	0.5	84.0	40.0	31.3	175.8
13	767	Mousse chocolate	1.2	0.0	0.0	0.0	1.0	85.0	85.8	7.3	121.8
13	786	Pudding chipolata	0.9	0.0	0.0	0.0	0.3	128.4	131.9	60.0	149.4

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
13	812	Cream sour	0.0	0.0	0.0	0.0	0.3	12.1	6.4	3.1	15.6
13	863	Yoghurt full fat with fruit	1.2	0.0	0.0	0.0	1.0	157.7	139.1	41.7	257.6
13	912	Pudding raspberries w currant sauce	0.8	0.0	0.0	0.0	0.6	95.3	71.0	71.0	123.5
13	915	Chocolate pudding with sauce	0.8	0.0	0.0	0.0	0.4	147.2	135.3	49.4	198.4
13	916	Yoghurt Bulgarian low fat	0.3	0.0	0.0	0.0	0.2	85.3	51.8	51.8	116.4
13	917	Fromage frais half fat w fruit	4.7	0.0	0.0	60.1	3.3	133.0	123.1	31.3	243.2
13	931	Fromage frais low fat with fruit	3.0	0.0	0.0	0.0	1.5	212.2	210.5	75.6	231.0
13	933	Blancmange caramel	0.1	0.0	0.0	0.0	0.0	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	1.9	0.0	0.0	0.0	1.3	150.8	117.9	116.0	248.8
13	940	Blancmange vanilla w strawberry sauce	0.3	0.0	0.0	0.0	0.3	151.1	125.0	125.0	193.4
13	1002	Ice cream dairy Delight Line wo ad sugar	0.6	0.0	0.0	0.0	0.8	95.0	65.2	49.0	114.5
13	1008	Dairy dessert with cream averaged	1.4	0.0	0.0	0.0	0.6	164.4	157.6	37.1	195.8
13	1464	Milk chocolate-flavoured semi-skimmed	2.5	0.0	0.0	0.0	1.5	217.4	182.1	114.0	426.3
13	1474	Ice lolly/ Sorbet	0.3	0.0	0.0	0.0	0.3	68.0	48.0	32.0	102.3
13	1502	Yoghurt half fat	7.8	0.0	0.0	73.9	4.6	166.7	148.6	13.0	250.9
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.5	19.8	19.8	7.0	31.9
13	1719	Milk semi-skimmed enriched w calcium	3.7	0.0	0.0	0.0	1.1	187.1	185.9	142.1	214.0
13	1720	Custard several flavours full fat	4.7	0.0	0.0	16.4	3.7	163.4	161.3	43.6	294.4
13	1721	Yoghurt vanilla half fat	4.1	0.0	0.0	29.3	3.3	144.2	131.0	59.7	267.2
13	1722	Porridge semolina	0.3	0.0	0.0	0.0	0.3	218.3	223.4	99.9	273.6
13	1791	Cream whipped w sugar canned	0.4	0.0	0.0	1.0	2.3	15.5	11.3	3.0	33.9
13	1808	Creme fraiche	0.2	0.0	0.0	0.0	0.6	22.3	9.2	9.0	48.7
13	1813	Yakult	0.8	0.0	0.0	0.0	1.0	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.7	0.0	0.0	0.0	0.5	164.7	156.3	100.9	194.5
13	1833	Yoghurt l fat w fruit/van w sw Optimel	2.7	0.0	0.0	0.0	1.7	130.2	120.6	29.7	200.6
13	1834	Yoghurt drink w sweeteners Optimel	6.4	0.0	0.0	0.0	2.7	221.6	207.0	146.9	304.7
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	2.5	3.5	16.4	11.3	3.0	37.0
13	1954	Coffee creamer Balance	0.3	0.0	0.0	0.0	0.9	18.4	7.7	5.0	35.1
13	1957	Custard with whipped cream	0.4	0.0	0.0	0.0	0.4	116.0	81.3	24.7	211.8
13	1958	Porridge buttermilk groats	0.3	0.0	0.0	0.0	0.2	256.9	220.6	190.6	271.8
13	1970	Milk chocolate-flavoured Chocomel light	0.4	0.0	0.0	0.0	0.3	201.0	161.7	161.7	234.7
13	2240	Milk goats- full fat	0.4	0.0	0.0	0.0	0.1	527.4	527.4	527.4	527.4
13	2244	Yoghurt cream- with fruit	2.8	0.0	0.0	0.0	1.7	140.3	132.7	81.0	222.3
13	2246	Fromage frais low fat w fruit w sw	1.4	0.0	0.0	0.0	1.1	144.8	106.3	72.0	240.4
13	2247	Fromage frais yoghurt w fruit	1.0	0.0	0.0	0.0	0.7	150.2	154.0	77.8	203.2
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.7	0.0	0.0	0.0	0.9	66.7	50.0	50.0	107.0
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.9	0.0	0.0	0.0	0.2	183.2	86.6	25.0	240.4
13	2254	Yoghurt drink with sweeteners	0.3	0.0	0.0	0.0	0.2	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	1.3	0.0	0.0	0.0	0.5	290.5	252.5	210.6	336.9
13	2258	Actimel	0.3	0.0	0.0	0.0	0.5	104.1	100.0	100.0	115.2
13	2265	Yakult light	0.7	0.0	0.0	0.0	0.5	65.0	65.0	65.0	65.0

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
13	2267	Custard no fat w sweeteners Optimel	1.2	0.0	0.0	0.0	0.6	159.0	180.1	49.4	223.9
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0	62.5	62.5	62.5	62.5
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	4.4	0.0	0.0	2.7	3.0	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2308	Yoghurt drink Becel pro-activ	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.7	0.0	0.0	0.0	1.0	66.0	51.5	32.0	131.6
13	2495	Drinking chocolate w s-sk milk	1.5	0.0	0.0	0.0	0.8	224.9	177.2	160.0	365.8
13	2496	Dairy drink Campina fruitmilk	0.6	0.0	0.0	0.0	0.2	245.9	209.9	188.5	316.6
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.3	0.0	0.0	0.0	0.2	247.5	217.3	217.3	363.1
13	2501	Yoghurt half fat w fruit	2.3	0.0	0.0	0.0	1.7	162.4	157.1	100.0	256.3
13	2503	Yoghurt Greek full fat	1.6	0.0	0.0	0.0	0.7	155.9	138.0	48.2	285.9
13	2504	Fromage frais full fat w fruit	0.6	0.0	0.0	0.0	0.6	88.7	56.4	48.0	175.3
13	2519	Custard half fat all flavours	2.8	0.0	0.0	0.0	1.5	154.1	150.3	87.9	216.6
13	2520	Pudding airy average	2.0	0.0	0.0	0.0	1.4	96.7	98.7	23.9	176.2
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
13	2536	Yoghurt & custard Campina	0.5	0.0	0.0	0.0	0.5	232.3	239.8	137.8	290.9
13	2537	Dessert made of custard, yoghurt & syrup	0.7	0.0	0.0	0.0	0.7	192.0	199.0	154.5	214.3
13	2538	Blancmange home-made w semi-sk milk	0.9	0.0	0.0	0.0	0.6	107.4	98.8	24.7	157.8
13	2539	Custard soft & airy Campina	0.9	0.0	0.0	0.0	0.3	116.6	111.3	80.0	133.1
13	2655	Yoghurt 0% fat w fruit Activia	0.2	0.0	0.0	0.0	0.4	120.9	96.5	60.0	132.2
13	2689	Actimel light	0.9	0.0	0.0	0.0	1.0	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0	14.0	14.0	14.0	14.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.2	0.0	0.0	0.0	0.2	100.9	100.0	100.0	102.5
13	2760	Hot chocolate from vending machine	1.5	0.0	0.0	0.0	0.8	223.6	178.7	157.6	361.3
13	2823	Yoghurt full fat stracciatella	0.7	0.0	0.0	0.0	0.3	181.4	168.7	133.0	214.0
13	2835	Coffee iced	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	0.4	0.0	0.0	0.0	0.1	254.5	250.0	250.0	265.5
13	2917	Dairy drink Milk&Fruit mango	0.2	0.0	0.0	0.0	0.1	253.4	170.0	170.0	322.7
13	2921	Yoghurt drink Fristi	0.1	0.0	0.0	0.0	0.1	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	0.6	0.0	0.0	0.0	0.3	205.5	169.1	144.2	245.6
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	1.7	0.0	0.0	0.0	0.7	210.7	159.1	128.8	325.6
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.6	11.2	9.3	8.0	14.1
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.1	10.3	9.0	9.0	11.7
13	3074	Yoghurt full fat w fruit Activia	1.2	0.0	0.0	0.0	0.7	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.1	0.0	0.0	0.0	0.2	54.2	28.7	17.8	123.3
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.2	36.5	31.1	25.8	37.1

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

NEVO group	NEVO code	Description	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	870	Milk soya natural	0.2	0.0	0.0	0.0	0.2	212.0	212.0	212.0	212.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0	2.6	2.6	2.6	2.6
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.6	3.2	6.3	2.4	0.2	31.1
14	1380	Dessert soya Alpro	0.7	0.0	0.0	0.0	0.3	144.1	133.4	103.0	167.4
14	1381	Milk soya Natural Fresh Alpro	0.3	0.0	0.0	0.0	0.2	132.0	132.0	132.0	132.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.6	0.0	0.0	0.0	0.3	250.1	225.1	200.0	292.2
14	1953	Soya based yoghurt Yofu soja Alpro	0.1	0.0	0.0	0.0	0.1	124.2	124.2	124.2	124.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.1	0.0	0.0	0.0	0.1	90.8	89.7	89.7	95.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.2	97.5	76.0	70.5	147.2
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	0.2	0.0	0.0	0.0	0.3	140.0	36.0	32.0	254.8
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.3	0.0	0.0	0.0	0.4	181.8	120.3	108.0	254.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.3	0.0	0.0	0.0	1.2	30.9	16.2	10.5	73.9
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.3	0.0	0.0	0.0	1.8	21.4	17.6	5.0	29.7
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.5	0.0	0.0	0.0	0.6	41.0	20.1	7.5	113.5
15	205	Mixed nuts and raisins	0.0	0.0	0.0	0.0	0.1	37.1	33.0	30.0	39.3
15	206	Walnuts unsalted	0.8	0.0	0.0	2.9	2.3	23.5	19.6	2.8	32.8
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.6	23.0	25.6	7.5	40.3
15	264	Biscuit salted average	0.4	0.0	0.0	1.0	2.4	13.8	7.7	4.0	23.8
15	265	Puff pastry baked	0.3	0.0	0.0	0.0	0.8	24.3	16.3	11.0	55.9
15	266	Snack sausage roll puff pastry	0.5	0.0	0.0	0.0	1.0	88.6	56.1	17.5	136.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.2	0.0	0.0	0.0	0.5	27.4	20.1	12.9	39.5
15	546	Peanuts coated	0.4	0.0	0.0	0.0	0.3	54.0	24.1	20.0	148.4
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.5	7.3	5.0	5.0	9.4
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.5	3.3	1.9	0.7	3.7
15	852	Salad celeriac	0.4	0.0	0.0	0.0	0.8	36.5	22.7	14.3	79.5
15	867	Linseeds	0.1	0.0	0.0	0.0	2.1	7.3	5.9	3.6	13.8
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.3	4.4	3.5	3.0	4.9
15	876	Peanuts salted	0.6	0.0	0.0	0.0	1.6	38.4	28.8	15.1	66.0
15	901	Snack sausage roll w bread dough pastry	1.6	0.0	0.0	0.0	0.9	94.1	57.9	37.5	173.7
15	1496	Salad fish	1.2	0.0	0.0	2.7	2.3	34.0	15.7	12.5	84.0
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	1498	Salad chicken curry	0.3	0.0	0.0	0.0	0.7	36.3	25.9	10.0	68.3
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.9	21.7	14.7	14.3	35.8

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

NEVO group	NEVO code	Description	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
15	1699	Biscuits & snacks cheesy averaged	0.6	0.0	0.0	0.0	1.2	36.9	24.7	10.0	59.2
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.4	16.3	15.0	15.0	21.2
15	1877	Salad meat	0.2	0.0	0.0	0.0	0.5	56.1	37.9	25.0	84.5
15	1895	Pecan nuts unsalted	0.1	0.0	0.0	0.0	0.4	21.1	18.0	18.0	32.0
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.3	23.8	20.0	20.0	27.2
15	1935	Nuts mixed salted	0.1	0.0	0.0	0.0	0.3	35.0	32.1	16.7	48.1
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.2	0.0	0.0	0.0	0.7	51.8	15.0	15.0	136.4
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.5	21.0	19.0	19.0	27.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	1.0	7.6	5.0	1.9	21.5
15	2345	Peanuts sugar coated	0.2	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.2	0.0	0.0	0.0	0.4	84.5	80.0	80.0	88.8
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.4	5.5	3.3	2.5	9.2
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	1.3	0.0	0.0	0.0	1.8	75.0	64.4	63.0	101.6
15	2549	Springroll frozen unprepared	0.6	0.0	0.0	0.0	0.4	146.4	118.8	70.0	243.0
15	2550	Wrap shoarma roll prep wo fat	0.2	0.0	0.0	0.0	0.1	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	0.6	0.0	0.0	0.0	0.5	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.2	10.7	10.2	10.0	10.9
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.5	27.9	15.8	15.0	54.4
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0	119.0	119.0	119.0	119.0
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.5	15.9	10.0	10.0	26.8
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	0.7	0.0	0.0	0.0	0.6	128.1	116.9	45.6	191.6
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.1	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	1.6	0.0	0.0	0.0	1.7	119.7	75.3	49.4	247.3
16	968	Beans white/brown boiled	0.3	0.0	0.0	0.0	0.4	101.2	74.7	39.3	107.6
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
16	972	Peas green boiled	0.1	0.0	0.0	0.0	0.1	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.1	26.6	18.3	12.2	30.8
16	3049	Beans white tinned	0.4	0.0	0.0	0.0	0.3	156.8	95.6	33.0	265.9
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.1	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.3	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.5	0.0	0.0	0.0	0.2	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.4	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.1	0.0	0.0	0.0	0.1	181.0	181.0	181.0	181.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.1	0.0	0.0	0.0	0.1	84.4	40.0	40.0	124.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	6.4	0.0	0.0	0.0	2.1	357.3	327.1	166.0	486.9
19	758	Soup clear with meat	0.7	0.0	0.0	0.0	0.6	208.9	197.5	194.3	235.4
19	759	Soup clear with vegetables	7.1	0.0	0.0	29.7	2.5	233.0	208.7	106.0	482.8
19	760	Soup clear with meat and noodles	2.4	0.0	0.0	0.0	1.1	325.5	191.3	154.0	578.8
19	761	Soup clear with meat and vegetables	7.0	0.0	0.0	50.2	3.3	240.4	242.9	95.6	322.7
19	762	Soup clear w meat vegetables and noodles	8.0	0.0	0.0	76.4	3.1	260.7	255.1	135.5	383.4
19	763	Soup thickened w vegetables	3.3	0.0	0.0	0.0	0.8	313.1	293.9	194.3	392.5
19	766	Soup main course w legumes and meat	0.1	0.0	0.0	0.0	0.1	181.5	181.5	181.5	181.5
19	791	Soup clear with noodles	0.3	0.0	0.0	0.0	0.2	249.7	204.4	157.0	317.0
19	792	Soup thickened w meat and vegetables	3.7	0.0	0.0	0.0	1.1	348.7	340.3	91.0	480.1
19	797	Soup vegetable based dried packet prep	9.8	0.0	0.0	90.1	4.1	231.1	208.0	147.2	322.4
19	798	Soup meat based dried packet prepared	8.2	0.0	0.0	73.1	2.5	255.5	206.6	134.4	458.6
19	800	Soup vegetable based tinned prepared	9.8	0.0	0.0	98.5	2.9	265.9	268.4	120.2	410.1
19	801	Soup meat based ready made prepared	1.4	0.0	0.0	0.0	0.9	202.7	183.5	157.5	226.8
19	802	Soup legume based ready made prepared	0.7	0.0	0.0	0.0	0.2	182.7	149.6	149.6	299.1
19	1528	Stock from cube prepared	4.4	0.0	0.0	1.6	3.6	136.7	175.2	3.4	241.7
19	2487	Soup veg & meat based ready made prep	4.8	0.0	0.0	0.0	1.7	272.7	230.8	157.7	403.0
19	2488	Soup vegetable&meat based prepared pack	7.2	0.0	0.0	83.6	3.2	205.7	195.6	118.1	317.3
19	2561	Soup thickened no filling	0.8	0.0	0.0	0.0	0.3	199.9	179.2	130.2	287.9
19	2932	Soup cup-a-soup prepared	6.4	0.0	0.0	0.0	2.3	233.8	206.4	174.4	336.6
20	374	Sugar brown Basterdsuiker	0.3	0.0	0.0	0.0	2.5	10.2	5.5	1.9	30.8
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	1.0	9.0	6.5	2.8	17.4
20	377	Sugar granulated	4.4	0.0	0.0	21.5	29.0	14.8	10.6	1.6	42.9
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.6	16.9	13.5	2.2	22.9
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.5	10.7	5.4	3.0	21.9
20	427	Syrup apple	2.4	0.0	0.0	17.4	10.7	25.8	18.4	8.2	59.7
20	431	Chocolate milk	0.9	0.0	0.0	6.7	5.6	14.8	13.0	4.2	30.6
20	432	Chocolate plain	0.7	0.0	0.0	5.9	6.4	12.4	8.8	4.8	27.3
20	433	Chocolate flakes milk	0.1	0.0	0.0	0.0	0.8	15.2	7.8	5.0	42.3
20	435	Chocolate flakes plain	0.1	0.0	0.0	0.0	1.5	21.3	18.1	3.3	35.9
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	0.6	25.0	20.4	15.0	33.3

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
20	442	Coloured confetti fruit-flavoured	0.5	0.0	0.0	4.2	5.1	11.3	8.5	3.4	30.2
20	443	Honey	1.6	0.0	0.0	9.9	11.2	16.4	11.2	3.0	41.4
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	1.1	17.8	13.1	10.0	20.0
20	445	Jam	7.4	0.0	0.0	34.5	28.2	25.3	19.3	6.0	59.9
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.5	2.8	2.3	1.0	3.9
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
20	450	Boiled sweets	0.3	0.0	0.0	1.8	5.3	5.7	4.3	1.2	14.0
20	453	Peppermint	0.2	0.0	0.0	1.3	4.8	4.8	2.8	2.1	8.9
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.5	27.0	18.8	15.0	42.8
20	461	Toffees	0.1	0.0	0.0	0.0	0.6	14.9	16.9	6.0	19.0
20	484	Jam reduced sugar	1.6	0.0	0.0	9.6	6.6	34.6	21.6	8.5	96.0
20	487	Candybar Mars	0.2	0.0	0.0	0.0	0.7	25.9	17.4	8.0	52.4
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	0.9	14.1	8.5	4.0	29.7
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	2.1	8.4	4.0	0.3	25.4
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.3	3.5	3.1	3.0	3.9
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.2	12.8	12.3	12.0	12.9
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.3	28.1	28.0	28.0	28.4
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
20	539	Sauce fruit for pudding	0.4	0.0	0.0	0.0	1.0	29.4	26.0	9.3	40.9
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.1	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.5	0.0	0.0	0.0	1.6	21.6	14.3	2.0	47.6
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.3	23.4	17.6	14.0	27.0
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.6	17.2	10.1	6.0	32.4
20	752	Wine gums	0.1	0.0	0.0	0.0	0.6	13.8	6.1	2.0	34.6
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.4	15.4	11.1	10.0	23.6
20	1508	Chocolates filled/Belguim chocolate	1.3	0.0	0.0	9.4	6.1	18.3	14.6	6.4	29.4
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	0.9	19.2	10.4	5.0	35.1
20	1963	Chocolate confetti plain	0.8	0.0	0.0	5.9	7.3	11.9	8.6	3.4	25.2
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.2	15.7	11.2	10.0	19.1
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.3	9.8	6.3	5.0	14.5
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.2	4.9	3.5	0.5	10.3
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.5	27.8	24.7	22.5	29.5
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.2	10.9	8.0	8.0	19.6
20	2374	Chocolate milk w raisins	0.1	0.0	0.0	0.0	1.2	14.1	14.0	14.0	14.7
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.5	17.9	14.0	11.0	27.4
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.6	10.4	5.6	4.0	14.1
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.5	3.3	3.0	3.0	4.3
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.7	17.1	13.0	1.0	26.9

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

NEVO group	NEVO code	Description	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
20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.6	6.7	6.4	4.0	7.8
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.4	18.8	13.9	12.0	28.8
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.5	15.7	10.0	10.0	30.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.2	0.0	0.0	0.0	0.4	50.5	41.1	30.0	58.1
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.3	3.5	2.0	2.0	5.5
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	0.8	0.0	0.0	0.0	4.0	15.1	11.9	1.4	40.1
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.1	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.4	5.2	5.2	5.2	5.2
20	3064	Syrup apple enriched w iron	0.1	0.0	0.0	0.0	0.3	19.6	10.0	10.0	35.3
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.5	7.7	6.0	6.0	15.4
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.4	10.6	5.5	4.5	20.9
21	310	Butter unsalted	2.5	0.0	0.0	14.4	16.7	14.3	11.4	2.2	40.7
21	312	Oil corn	0.0	0.0	0.0	0.0	0.4	2.1	0.6	0.6	10.0
21	313	Oil soya	0.0	0.0	0.0	0.0	0.9	2.6	1.2	0.9	4.1
21	314	Lard	0.0	0.0	0.0	0.0	0.1	10.4	5.7	2.6	18.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.1	0.0	0.0	6.3	10.6	8.8	5.4	1.0	25.6
21	437	Sauce cocktail/party/table 25% oil	0.1	0.0	0.0	0.0	0.4	33.2	16.7	7.1	67.0
21	451	Mayonnaise	0.3	0.0	0.0	1.3	3.5	11.3	8.4	2.3	25.5
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.3	27.1	19.6	12.5	35.0
21	458	Salad cream 25% oil	0.5	0.0	0.0	2.8	4.2	11.6	8.8	2.5	24.3
21	462	Ketchup tomato	0.1	0.0	0.0	0.0	1.8	9.3	4.8	1.8	22.1
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.5	13.6	9.5	1.4	21.8
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	29.6	23.3	23.3	35.8
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.0	0.0	0.0	0.0	0.3	13.2	9.7	4.6	20.3
21	601	Oil olive	1.4	0.0	0.0	8.8	16.2	9.3	5.8	0.8	29.0
21	606	Oil Becel	0.0	0.0	0.0	0.0	1.0	12.7	11.1	2.8	19.6
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	9.6	8.1	5.2	11.5
21	616	Peanut sauce jar prepared	0.8	0.0	0.0	0.0	1.6	60.9	52.4	7.6	108.5
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.4	2.2	0.5	0.5	8.5
21	844	Salad dressing naturel without oil	0.2	0.0	0.0	0.0	2.1	13.3	7.7	1.0	38.9
21	879	Butter salted	0.9	0.0	0.0	3.9	5.8	15.0	7.4	1.7	46.4
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.1	11.4	11.0	11.0	12.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.2	5.7	4.0	4.0	8.6
21	1515	Sauce based on roux prepared	0.5	0.0	0.0	0.0	1.1	38.4	30.7	14.9	71.3
21	1517	Sauce mix packet <3% fat prepared	0.9	0.0	0.0	0.0	0.6	66.8	34.2	9.0	189.6
21	1518	Sauce mix packet >3% fat prepared	2.2	0.0	0.0	17.1	4.7	43.3	34.1	4.8	116.3
21	1524	Sauce tomato ready made jar	1.1	0.0	0.0	0.0	1.3	68.9	66.2	8.4	120.9
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.4	16.9	16.5	1.8	29.1
21	1803	Sauce oriental ready-made in jar/bag	1.7	0.0	0.0	0.0	1.8	66.3	45.9	2.0	152.4
21	1839	Low fat margarine product tub Becel Ligh	4.3	0.0	0.0	28.7	17.4	23.4	19.6	6.3	52.8

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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21	1847	Margarine product tub Becel Dieet	2.3	0.0	0.0	15.0	12.5	20.9	17.7	5.2	42.9
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.2	4.4	4.4	4.4	4.4
21	1938	Peanut sauce packet prepared	0.1	0.0	0.0	0.0	0.0	55.0	55.0	55.0	55.0
21	1956	Low fat spread Becel pro-activ	2.2	0.0	0.0	16.8	9.7	24.7	18.0	4.6	62.3
21	1961	Low fat marg prod Blue Band Goede Start	0.3	0.0	0.0	0.0	1.7	23.6	17.9	3.0	46.9
21	2059	Low fat margarine 40% fat <17 g sat	2.8	0.0	0.0	20.3	11.9	26.5	19.1	5.3	62.8
21	2060	Low fat margarine prod 35% fat <10 g sat	0.9	0.0	0.0	3.8	5.0	23.9	17.1	3.8	50.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.2	21.7	22.6	12.0	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.5	0.0	0.0	0.0	3.0	19.3	13.5	4.6	47.2
21	2063	Margarine 80% fat >24 g saturates	1.1	0.0	0.0	5.4	18.3	6.3	3.6	0.5	19.0
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	2.0	21.3	20.3	3.6	35.5
21	2066	Cooking fat liquid 97% fat <17 g sat	1.1	0.0	0.0	6.6	17.6	5.8	3.9	0.7	18.3
21	2067	Cooking fat solid 97% fat >17 g sat	0.6	0.0	0.0	1.3	6.7	6.2	1.8	0.6	24.5
21	2068	Frying fat liquid <24 g sat fatty acids	0.3	0.0	0.0	0.0	2.3	15.6	11.4	1.2	42.5
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0	14.7	12.3	11.0	16.2
21	2072	Margarine product 60% fat <17 g sat	1.0	0.0	0.0	7.5	6.4	17.8	12.5	3.0	43.2
21	2076	Low fat margarine product Benecol light	0.1	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.3	0.0	0.0	0.5	3.8	6.5	4.4	0.6	18.7
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.2	13.7	12.2	11.1	16.6
21	2178	Pesto	0.0	0.0	0.0	0.0	0.4	5.2	2.3	2.0	15.0
21	2294	Low fat margarine Twenty four Ultralight	0.2	0.0	0.0	0.0	0.6	23.7	19.7	18.0	34.0
21	2295	Butter product 25% fat	0.1	0.0	0.0	0.0	0.9	13.5	5.9	4.5	25.9
21	2418	Sauce hot liquid ready made <12% fat	0.2	0.0	0.0	0.0	0.6	44.7	46.5	2.0	76.4
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.2	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
21	2421	Sauce Chicken Tonight low fat varieties	0.2	0.0	0.0	0.0	0.3	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.5	0.0	0.0	0.0	2.2	27.0	22.4	8.2	47.3
21	2423	Low fat margarine prod Blue Band Idee	0.1	0.0	0.0	0.0	0.3	28.6	20.3	15.0	33.5
21	2445	Sauce butter-	0.2	0.0	0.0	0.0	0.2	41.6	26.7	18.3	51.3
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.1	93.5	93.5	93.5	93.5
21	2447	Sauce veg w semi-skimmed milk and maize	0.2	0.0	0.0	0.0	0.7	30.1	23.3	13.0	48.8
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.1	2.6	2.6	2.6	2.6
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.2	22.2	23.6	8.7	32.9
21	2451	Gravy 25% fat thickend prep w gravypowde	0.5	0.0	0.0	0.0	2.2	35.2	23.9	11.9	84.5
21	2452	Gravy 25% fat thick prep wo gravypowder	0.3	0.0	0.0	0.0	0.9	27.1	21.5	11.6	72.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.3	0.0	0.0	0.0	0.5	28.6	16.7	8.7	77.1
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.1	12.1	12.1	12.1	12.1

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

NEVO group	NEVO code	Description	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
21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.6	28.9	23.3	23.3	42.8
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.6	28.5	24.3	8.7	48.6
21	2460	Gravy 75% fat clear prep wo gravypowder	0.2	0.0	0.0	0.0	0.3	40.6	24.7	14.6	74.8
21	2462	Gravy 5% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.5	30.5	27.2	12.2	36.5
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.2	11.5	10.8	10.8	13.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.2	34.6	26.9	8.2	44.7
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.3	8.3	6.9	1.9	10.9
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.8	12.7	8.2	1.9	23.3
21	2468	Salad dressing honey/mustard	0.1	0.0	0.0	0.0	0.4	12.6	11.4	5.9	21.2
21	2469	Sauce mayonnaise based average	0.1	0.0	0.0	0.0	0.4	21.7	19.2	4.6	34.5
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.1	11.4	1.9	1.9	20.9
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.1	8.5	4.5	1.9	10.9
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.4	6.7	5.8	3.0	9.3
21	2525	Frying fat horeca	0.3	0.0	0.0	3.1	3.6	11.7	9.7	2.3	23.9
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.2	45.5	34.9	34.9	78.8
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.4	6.1	4.2	0.5	14.5
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.3	0.0	0.0	1.9	6.7	5.2	4.5	0.4	13.7
21	2559	Low fat margarine prod AH Bewust light	0.3	0.0	0.0	0.0	1.5	19.2	13.7	4.5	41.5
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.2	0.0	0.0	1.3	4.7	5.8	3.3	0.4	21.0
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.3	0.0	0.0	0.8	3.8	7.0	2.4	0.6	21.1
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.3	1.7	1.5	1.5	2.1
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.3	14.5	11.8	6.0	17.4
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	0.2	0.0	0.0	0.0	0.5	26.5	25.1	7.8	43.8
21	2580	Gravy 5% fat thickend w gravy powder	0.2	0.0	0.0	0.0	0.6	35.4	26.6	11.6	65.7
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.2	0.0	0.0	0.0	0.6	30.6	23.1	12.5	48.9
21	2585	Gravy 25% fat w cooking fat 2067	0.5	0.0	0.0	0.0	1.6	52.0	46.9	24.3	91.2
21	2586	Gravy 25% fat w margarine 2063	1.1	0.0	0.0	8.0	2.8	36.4	29.5	11.6	91.4
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.4	35.2	31.8	17.5	41.9
21	2588	Gravy 25% fat clear prep w gravy powder	0.7	0.0	0.0	0.0	1.9	37.9	34.0	11.0	75.3
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	0.3	25.4	18.1	11.6	42.9
21	2590	Gravy 25% fat w butter	0.1	0.0	0.0	0.0	0.6	31.7	19.0	11.6	57.0
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	27.4	17.5	17.5	37.4
21	2592	Gravy 50% fat w cooking fat 2067	0.5	0.0	0.0	0.0	1.3	30.0	24.1	5.8	59.6
21	2593	Gravy 50% fat w margarine 2063	0.5	0.0	0.0	0.0	1.9	31.5	23.5	11.6	60.2
21	2594	Gravy 50% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	28.1	18.9	17.5	55.3
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.0	30.7	31.5	11.6	48.0
21	2598	Gravy 75% fat w cooking fat 2067	0.2	0.0	0.0	0.0	0.7	35.1	23.9	12.1	69.9

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

NEVO group	NEVO code	Description	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
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	15.3	13.0	12.1	20.7
21	2600	Gravy 25% fat thickend w marg 2063	0.2	0.0	0.0	0.0	0.5	31.3	23.9	17.5	43.2
21	2601	Gravy 25% fat thickend w cook fat 2067	0.1	0.0	0.0	0.0	0.2	18.6	16.5	16.5	22.9
21	2602	Gravy 25% fat thickend w olive oil	0.2	0.0	0.0	0.0	0.3	33.5	13.6	13.6	81.8
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.1	0.0	0.0	0.0	0.4	30.7	24.3	24.3	43.9
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	1.2	10.3	8.8	4.5	18.1
21	2612	Tapenade olive	0.4	0.0	0.0	0.0	0.3	60.4	39.8	20.0	94.5
21	2624	Gravy 25% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.7	42.3	35.7	12.6	88.6
21	2625	Gravy 25% fat w cooking fat 2563	0.3	0.0	0.0	0.0	0.8	42.8	31.2	12.1	82.1
21	2626	Gravy 25% fat w cooking fat liq 2562	0.4	0.0	0.0	0.0	1.0	35.7	24.3	12.1	65.7
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.6	31.6	24.5	12.1	49.7
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	0.5	34.3	29.2	12.0	46.5
21	2629	Gravy 50% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.6	42.3	26.7	15.6	70.8
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.2	18.9	11.6	11.6	39.2
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.1	12.1	12.1	12.1	12.1
21	2632	Gravy 75% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	40.8	22.0	17.5	68.5
21	2650	Gravy no fat prep w gravy powder	0.4	0.0	0.0	0.0	1.0	53.9	58.8	20.7	77.1
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.0	46.6	46.6	46.6	46.6
21	2667	Salad dressing 20% oil w yogurt	0.3	0.0	0.0	0.0	2.4	11.2	8.4	2.7	30.4
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.2	17.6	12.4	12.0	29.2
21	2711	Margarine product AlbertHeijn Bewust	0.3	0.0	0.0	0.0	1.5	24.2	19.1	4.5	49.5
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.4	8.2	7.5	1.0	13.6
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.4	3.6	2.2	2.2	7.7
21	2849	Low fat marg prod Becel calorie light	0.8	0.0	0.0	0.0	2.2	33.3	26.9	6.0	65.8
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.6	20.0	15.0	9.0	39.3
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.4	13.4	9.0	9.0	17.1
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.2	0.0	0.0	0.0	0.4	38.9	38.7	17.5	45.2
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.2	0.0	0.0	0.0	0.7	38.2	24.1	12.1	74.8
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.3	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.1	0.0	0.0	0.0	0.2	28.6	31.9	18.0	35.8
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.5	19.3	10.4	6.0	44.0
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.1	23.3	23.3	23.3	23.3
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.1	1.8	1.8	1.8	1.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.2	9.4	6.7	6.0	11.5
21	3053	Margarine product tub Jumbo diet	0.1	0.0	0.0	0.0	0.4	37.5	40.1	18.0	43.2
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.4	31.9	31.4	24.3	34.9
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.6	20.6	21.4	11.6	28.3

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.1	0.0	0.0	0.0	0.0	204.0	204.0	204.0	204.0
22	114	Fish lean 0-2 g fat raw	1.1	0.0	0.0	0.0	0.6	174.9	165.3	67.2	197.4
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.1	0.0	0.0	0.0	0.3	44.0	30.0	30.0	69.9
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	1.1	58.0	33.6	11.9	141.6
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
22	350	Herring salted	2.9	0.0	0.0	14.1	2.5	99.3	67.7	38.0	201.1
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.1	0.0	0.0	0.0	0.1	84.9	83.3	42.0	98.4
22	602	Salmon tinned	0.6	0.0	0.0	0.0	0.4	66.5	61.9	24.2	106.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.1	0.0	0.0	0.0	0.2	73.3	46.2	30.0	106.4
22	815	Fish fingers unprepared	1.4	0.0	0.0	0.0	1.1	128.9	118.4	67.5	196.1
22	818	White fish fillet in batter deep-fried	0.3	0.0	0.0	0.0	0.2	201.0	201.0	201.0	201.0
22	819	Cod boiled	4.7	0.0	0.0	44.1	2.4	147.8	134.4	75.0	217.2
22	918	Plaice boiled	0.6	0.0	0.0	0.0	0.5	222.7	173.8	94.5	298.4
22	919	Pollack boiled	0.3	0.0	0.0	0.0	0.4	96.1	66.9	45.2	162.1
22	1096	Salmon smoked	2.0	0.0	0.0	1.3	2.2	60.1	44.2	10.0	139.6
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.1	1.8	1.8	1.8	1.8
22	1100	Herring pickled (sweet)sour	0.6	0.0	0.0	0.0	1.1	74.2	59.5	8.0	123.0
22	1586	Mackerel fillet smoked	0.5	0.0	0.0	0.0	0.6	79.2	77.4	5.0	97.7
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0	20.0	20.0	20.0	20.0
22	1589	Tuna in oil tinned	0.7	0.0	0.0	0.0	0.6	60.4	32.4	14.5	123.1
22	1590	Tuna in water tinned	0.1	0.0	0.0	0.0	0.2	42.4	32.8	24.1	45.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.1	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.4	0.0	0.0	0.0	0.1	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0	56.7	56.7	56.7	56.7
22	1610	Salmon farmed prep in microwave oven	1.7	0.0	0.0	0.0	1.0	121.7	106.8	63.0	210.0
22	1611	Trout prepared in microwave oven	0.6	0.0	0.0	0.0	0.5	76.0	49.4	45.0	130.5
22	1616	Whiting prepared in microwave oven	0.2	0.0	0.0	0.0	0.2	166.6	127.9	110.0	193.7
22	1617	Plaice prepared in microwave oven	0.5	0.0	0.0	0.0	0.2	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	0.5	0.0	0.0	0.0	0.3	147.4	124.7	90.0	188.3
22	1619	Sole prepared in microwave oven	0.1	0.0	0.0	0.0	0.3	97.4	53.9	20.3	173.8
22	1621	Gurnard prepared in microwave oven	0.5	0.0	0.0	0.0	0.2	142.1	117.4	50.0	174.4
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.2	65.4	60.0	60.0	76.9
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.2	0.0	0.0	0.0	0.3	144.3	131.5	126.0	153.5
22	2474	Whitefish fillet batter deepfried wo fat	2.6	0.0	0.0	0.0	2.2	128.4	125.3	60.6	200.6
22	2765	Pangasius prep in microwave oven	0.8	0.0	0.0	0.0	0.3	165.2	132.8	126.0	213.6
23	106	Duck whole raw	0.3	0.0	0.0	0.0	0.2	65.3	51.2	42.0	73.5
23	108	Chicken with skin raw	2.6	0.0	0.0	0.0	1.3	126.0	112.0	21.2	231.1
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.2	0.0	0.0	0.0	1.2	15.5	11.2	7.5	24.3
23	324	Sausage smoked cooked average	0.1	0.0	0.0	0.0	0.2	32.2	22.0	17.6	50.9
23	328	Ham smoked raw	1.0	0.0	0.0	6.5	6.1	18.2	11.8	6.3	31.9
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	1.0	20.1	15.2	15.0	31.4

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

NEVO group	NEVO code	Description	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
23	335	Liver pate	0.1	0.0	0.0	0.0	0.6	18.3	16.5	7.4	24.1
23	336	Luncheon meat tinned	0.1	0.0	0.0	0.0	0.2	66.9	27.9	9.0	93.7
23	338	Beef salted cooked	0.1	0.0	0.0	0.0	1.2	17.7	15.0	15.0	25.8
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.4	0.0	0.0	2.8	3.2	10.1	7.2	5.0	14.1
23	343	Bacon fat raw	0.1	0.0	0.0	0.0	0.3	16.8	15.0	13.8	17.8
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.3	12.8	10.0	10.0	16.5
23	566	Sausage frankfurter tinned	0.8	0.0	0.0	0.0	0.8	90.0	38.7	36.0	259.7
23	567	Sausage luncheon meat	0.4	0.0	0.0	0.0	2.3	21.8	15.3	8.0	51.8
23	568	Black pudding	0.2	0.0	0.0	0.0	1.1	27.7	16.5	14.0	42.4
23	638	Salami sausage saveloy	2.2	0.0	0.0	12.0	7.8	30.4	23.7	8.0	62.6
23	639	Bacon rashers streaky	0.8	0.0	0.0	7.2	3.1	22.7	17.6	4.8	60.0
23	640	Liver sausage	0.9	0.0	0.0	4.2	3.9	23.9	18.3	10.0	61.4
23	641	Bacon	0.2	0.0	0.0	0.0	0.4	21.4	11.3	7.0	62.8
23	642	Pate	0.8	0.0	0.0	6.5	2.5	31.7	19.3	10.7	59.5
23	643	Pork side cured and smoked	0.4	0.0	0.0	0.0	1.0	28.5	19.1	16.1	39.5
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0	55.0	55.0	55.0	55.0
23	784	Ham lean boiled	3.2	0.0	0.0	19.8	13.6	25.3	19.0	3.1	69.2
23	785	Ham shoulder medium fat boiled	1.7	0.0	0.0	8.6	4.5	38.0	19.0	2.0	114.9
23	810	Beef steak tartare spiced filet americ	0.7	0.0	0.0	0.0	2.0	33.9	29.1	5.0	76.0
23	1152	Salami	0.4	0.0	0.0	0.0	1.8	25.4	24.3	10.0	32.5
23	1155	Minced meat loaf fried	0.4	0.0	0.0	0.0	1.4	35.8	26.4	15.0	79.3
23	1162	Sausage cooked	0.4	0.0	0.0	0.0	1.6	35.1	21.3	9.3	71.2
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.2	11.1	9.0	9.0	19.5
23	1239	Liver pate sausage	0.8	0.0	0.0	0.0	2.3	28.7	18.0	10.0	65.2
23	1305	Chicken without skin raw	1.7	0.0	0.0	0.0	2.1	105.1	106.9	45.5	138.4
23	1306	Chicken for soup w skin raw	0.4	0.0	0.0	0.0	0.6	101.2	88.2	75.0	120.1
23	1391	Bacon lean prepared	0.1	0.0	0.0	0.0	0.2	21.9	16.4	10.0	28.7
23	1400	Beef rump steak raw	1.7	0.0	0.0	0.0	1.8	97.9	84.2	38.6	163.2
23	1401	Beef tenderloin steak raw	0.2	0.0	0.0	0.0	0.3	81.3	80.0	80.0	84.7
23	1402	Beef prime rib raw	0.6	0.0	0.0	0.0	0.2	264.0	264.0	264.0	264.0
23	1404	Beef frying steak raw	0.6	0.0	0.0	0.0	0.7	92.2	82.1	73.0	116.3
23	1405	Minced beef raw	6.1	0.0	0.0	42.9	9.6	68.2	61.8	19.2	128.8
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.3	0.0	0.0	0.0	0.9	45.8	44.3	16.3	64.9
23	1409	Beef sirloin rolled raw	0.2	0.0	0.0	0.0	0.2	108.3	76.8	60.0	169.3
23	1410	Beef roast raw	0.2	0.0	0.0	0.0	0.3	34.8	25.0	25.0	46.8
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	1.5	0.0	0.0	0.0	1.4	107.9	96.1	50.0	146.2
23	1413	Beef streaked/marbled raw	0.2	0.0	0.0	0.0	0.2	68.3	65.0	65.0	74.2
23	1414	Beef stewing steak raw	3.1	0.0	0.0	0.0	2.4	129.8	110.3	38.0	230.1
23	1415	Beef steak tartare raw	1.8	0.0	0.0	0.0	2.8	79.0	70.5	58.0	99.9
23	1416	Beef tongue raw	0.3	0.0	0.0	0.0	0.4	95.0	45.8	6.8	117.1
23	1417	Sausage pork Braadworst raw	0.9	0.0	0.0	0.0	1.5	72.6	65.6	32.7	98.3
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.4	81.3	72.3	10.6	180.0
23	1419	Pork fricandeau part of leg raw	0.1	0.0	0.0	0.0	0.2	96.1	74.5	60.0	108.3
23	1420	Pork chop raw	0.4	0.0	0.0	0.0	0.6	96.4	81.5	27.5	168.6
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.2	34.3	20.9	20.9	67.5
23	1422	Pork tenderloin raw	0.9	0.0	0.0	0.0	0.9	74.6	67.5	52.5	98.1
23	1424	Pork loin chop raw	0.8	0.0	0.0	0.0	0.6	144.0	111.3	78.1	255.1

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	4.3	0.0	0.0	41.6	3.9	122.2	108.6	35.6	220.9
23	1426	Liver pork raw	0.1	0.0	0.0	0.0	0.1	98.0	98.0	98.0	98.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	24.8	20.4	7.0	33.0
23	1428	Pork stir fry meat raw	0.5	0.0	0.0	3.8	2.4	16.9	16.2	1.9	29.2
23	1429	Pork tenderloin medaillon raw	0.2	0.0	0.0	0.0	0.4	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.4	0.0	0.0	0.0	1.0	66.4	61.3	38.0	104.0
23	1431	Kromesky meat filled raw	0.8	0.0	0.0	0.0	1.3	77.0	75.9	48.1	78.5
23	1432	Bacon rasher raw	1.6	0.0	0.0	12.5	3.2	48.6	35.6	3.9	117.1
23	1434	Minced beef/pork raw	3.7	0.0	0.0	32.6	6.4	68.3	66.4	9.9	124.9
23	1435	Hamburger raw	0.6	0.0	0.0	0.0	0.5	86.5	71.6	67.5	126.7
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.3	74.2	71.9	70.0	78.0
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.1	0.0	0.0	0.0	0.1	54.3	39.7	31.1	63.5
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.1	25.9	19.1	16.0	30.7
23	1545	Beef roast prepared	0.9	0.0	0.0	4.8	2.3	26.7	15.1	8.0	49.9
23	1558	Pork loin chop prepared	0.3	0.0	0.0	0.0	0.9	28.1	18.4	15.0	54.4
23	1568	Minced beef/pork ball prep w egg/crumbs	0.1	0.0	0.0	0.0	0.1	50.0	26.7	5.6	56.7
23	1634	Chicken fillet raw	6.2	0.0	0.0	46.5	7.6	83.5	75.0	8.5	264.3
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	0.9	0.0	0.0	0.0	1.5	87.2	73.9	42.1	116.8
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.1	18.2	18.2	18.2	18.2
23	1668	Pork 5-14% fat raw	2.1	0.0	0.0	0.0	2.3	76.1	75.8	20.4	116.4
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.3	0.0	0.0	0.0	0.2	97.1	84.8	76.0	113.3
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.6	34.5	15.9	10.7	59.8
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	0.9	22.4	18.8	8.0	34.4
23	1773	Brawn, pork pickled in vinegar	0.4	0.0	0.0	0.0	1.6	34.7	32.5	8.4	52.4
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.5	28.9	21.9	15.0	29.2
23	1776	Ham lean grilled	0.6	0.0	0.0	0.0	1.6	34.0	22.4	16.1	73.4
23	1777	Gammon boiled deboned	0.6	0.0	0.0	0.0	1.7	36.2	19.8	16.1	61.4
23	1788	Pork rib chop raw	1.7	0.0	0.0	0.0	1.2	105.5	96.6	46.0	157.1
23	1790	Pork schnitzel not breaded raw	0.5	0.0	0.0	0.0	0.7	107.4	93.1	70.1	158.2
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.1	28.6	24.0	24.0	42.7
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	1.1	17.4	14.4	12.0	23.4
23	1936	Turkey fillet raw	0.1	0.0	0.0	0.0	0.4	65.0	46.9	29.5	67.7
23	2057	Lamb <10 g fat raw av	0.1	0.0	0.0	0.0	0.2	79.2	52.5	52.5	110.2
23	2090	Chicken drumstick w skin raw	1.0	0.0	0.0	0.0	1.2	72.2	61.1	31.9	87.9
23	2300	Sausage smoked lean cooked	0.4	0.0	0.0	0.0	0.7	84.2	93.7	45.7	106.7
23	2301	Sausage smoked beef cooked	0.7	0.0	0.0	0.0	0.5	95.3	94.3	35.0	122.7
23	2303	Sausage cooked lean	0.1	0.0	0.0	0.0	0.3	25.3	11.5	10.0	51.7
23	2304	Salami sausage saveloy lean	0.1	0.0	0.0	0.0	0.4	25.7	19.7	10.0	30.8
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.1	0.0	0.0	0.0	1.6	62.8	41.3	17.0	126.5
23	2334	Minced meat beef/pork raw w egg/brcrums	0.2	0.0	0.0	0.0	0.3	69.8	59.2	50.0	73.4
23	2335	Meat average raw excl liver	0.4	0.0	0.0	0.0	0.7	77.0	60.2	14.0	138.3
23	2336	Beef average raw	1.1	0.0	0.0	0.0	1.3	95.0	87.5	9.6	122.2

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.3	0.0	0.0	0.0	1.4	49.1	44.8	13.8	89.6
23	2339	Beef olives raw	0.8	0.0	0.0	0.0	1.1	79.8	74.2	57.4	83.0
23	2340	Pork schnitzel breaded raw	1.2	0.0	0.0	0.0	1.3	86.5	72.5	43.8	141.7
23	2341	Chicken fillet breaded raw	0.1	0.0	0.0	0.0	0.0	76.0	76.0	76.0	76.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	89.3	71.4	52.5	116.4
23	2363	Minced meat w ham and cheese raw	0.4	0.0	0.0	0.0	0.5	94.2	80.0	80.0	116.2
23	2364	Chicken schnitzel raw	1.2	0.0	0.0	0.0	1.5	89.8	100.4	52.5	111.7
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.2	0.0	0.0	0.0	0.8	20.8	16.0	10.0	29.5
23	2654	Sandwich meat chicken	0.4	0.0	0.0	0.0	2.1	29.0	28.5	15.0	49.0
23	2766	Sausage smoked industrial cooked	2.1	0.0	0.0	0.0	2.2	86.4	80.3	22.6	177.6
23	2767	Sausage smoked traditional cooked	0.2	0.0	0.0	0.0	0.2	82.4	75.9	75.0	95.7
23	2768	Sausage raw beef	0.3	0.0	0.0	0.0	1.1	25.4	19.3	9.0	56.5
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.7	0.0	0.0	4.6	3.8	14.9	9.2	5.0	29.8
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.3	9.8	7.4	5.1	9.7
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.2	32.7	30.0	30.0	43.5
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.1	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.2	0.0	0.0	0.0	1.1	23.5	17.6	10.0	39.6
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.4	18.3	15.0	15.0	30.6
23	3002	Bacon smoked Katenspek	0.2	0.0	0.0	0.0	0.8	17.6	15.2	8.0	37.1
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0	48.2	48.2	48.2	48.2
23	3020	Veal rib steak raw	0.1	0.0	0.0	0.0	0.1	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.3	0.0	0.0	0.0	0.2	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.1	0.0	0.0	0.0	0.0	178.0	178.0	178.0	178.0
23	3025	Bacon lean smoked raw	0.6	0.0	0.0	0.0	2.2	53.3	36.3	3.2	118.1
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.4	48.5	43.0	28.2	58.9
23	3030	Sausage beef Braadworst raw	1.2	0.0	0.0	0.0	2.6	55.1	56.9	1.6	96.7
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.3	0.0	0.0	0.0	0.2	161.2	122.4	120.0	192.2

Table 2.5.b Food consumption (foods) on consumption days of the Dutch population 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)

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	91.9	84.8	0.0	173.9	62.9	164.1	139.4	52.3	349.9
1	1150	Potatoes sliced frozen unprepared	5.6	0.0	0.0	0.0	1.5	252.8	165.1	160.0	446.3
1	1455	Potato puree powder av	0.1	0.0	0.0	0.0	0.4	22.6	22.6	22.6	22.6
1	1456	Chips pre-fried unprepared	13.2	0.0	0.0	95.0	2.8	213.4	167.8	66.1	255.3
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	1.9	0.0	0.0	0.0	1.1	143.8	87.5	58.7	181.6
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.0
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	0.1	0.0	0.0	0.0	0.6	17.0	14.1	13.2	19.2
2	383	Juice apple	1.2	0.0	0.0	0.0	1.3	108.2	100.0	100.0	138.9
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.0	0.0	0.0	0.0	0.0
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	38.1	0.0	0.0	183.4	8.7	459.4	307.4	219.6	886.7
2	391	Brandy	0.1	0.0	0.0	0.0	0.4	54.2	54.2	54.2	54.2
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.2	0.0	0.0	0.0	0.3	43.7	43.7	43.7	43.7
2	395	Soft drink cola with caffeine	0.0	0.0	0.0	0.0	0.0
2	396	Juice grape	1.0	0.0	0.0	0.0	0.7	109.0	12.5	12.5	254.5
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	3.1	0.0	0.0	0.0	1.1	147.3	144.4	144.4	158.7
2	401	Gin young Dutch	7.8	0.0	0.0	34.9	9.3	65.4	54.2	38.0	111.7
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.3	66.0	66.0	66.0	66.0
2	407	Port wine	3.1	0.0	0.0	12.3	4.9	67.3	38.0	38.0	119.2
2	408	Rum	0.0	0.0	0.0	0.0	0.0
2	409	Sherry	3.8	0.0	0.0	0.0	1.9	126.2	79.6	16.0	203.2
2	410	Juice orange pasteurized	7.9	0.0	0.0	105.5	3.7	249.0	179.6	103.0	403.6
2	411	Mineral water Spa	1.2	0.0	0.0	0.0	0.7	292.4	194.0	194.0	378.4
2	413	Tomato juice	3.6	0.0	0.0	0.0	1.0	184.9	130.7	120.0	227.3
2	414	Soft drink tonic	0.0	0.0	0.0	0.0	0.0
2	415	Vermouth	0.0	0.0	0.0	0.0	0.0
2	416	Brandy Dutch vieux	0.4	0.0	0.0	0.0	1.4	77.9	77.9	77.9	77.9
2	417	Juice drink	2.0	0.0	0.0	0.0	1.8	142.9	127.0	127.0	218.3
2	421	Whisky	2.6	0.0	0.0	20.8	4.7	59.7	37.6	28.5	152.4
2	422	Wine red	101.8	0.0	0.0	443.1	42.1	260.3	155.3	78.0	583.1
2	423	Wine white dry	21.3	0.0	0.0	183.5	14.3	183.2	188.9	78.0	331.5
2	425	Whey drink light Rivella	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	463	Fruit drink concentrate undiluted	0.1	0.0	0.0	0.0	5.2	7.5	2.9	0.9	16.7
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	0.0
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	0.9	15.0	15.0	15.0	15.0
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.0
2	644	Coffee prepared	438.8	400.2	0.0	976.7	93.2	486.8	435.6	123.9	1,104.5
2	645	Tea prepared	335.9	247.5	0.0	1,093.4	75.4	476.6	358.4	162.3	1,106.6
2	664	Juice grapefruit	0.0	0.0	0.0	0.0	0.0
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	11.4	0.0	0.0	0.0	2.7	393.1	296.8	250.0	581.7
2	805	Jagermeister herb liquor	2.0	0.0	0.0	13.1	3.9	47.6	39.9	39.9	71.2
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	1.0	0.0	0.0	0.0	2.0	107.0	91.0	40.0	138.4
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	2.7	0.0	0.0	0.0	2.6	181.4	154.5	150.0	202.6
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1468	Beer >7 vol% alcohol	4.6	0.0	0.0	0.0	2.2	425.6	300.0	300.0	644.5
2	1519	Beer alcohol free <0,1 vol%	8.6	0.0	0.0	0.0	1.7	471.7	330.0	330.0	621.6
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	10.3	0.0	0.0	51.5	2.6	193.3	193.3	193.3	193.3
2	1523	Cola light soft drink with caffeine	27.7	0.0	0.0	123.6	3.0	412.1	301.4	250.0	656.6
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.7	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.6	0.0	0.0	3.5	4.3	11.4	9.0	9.0	16.0
2	1878	Fruit juice drink Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.0
2	1885	Water average	354.5	286.1	23.9	1,062.9	86.7	400.4	325.0	45.5	1,056.9
2	1932	Juice orange with pulp	0.5	0.0	0.0	0.0	0.3	92.0	92.0	92.0	92.0
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	1.6	0.0	0.0	0.0	0.6	330.0	330.0	330.0	330.0
2	2074	Mineral water Bar le Duc	0.7	0.0	0.0	0.0	1.7	140.7	25.0	25.0	274.9
2	2079	Breakfast drink HeroFruitontbijt p 100ml	1.0	0.0	0.0	0.0	0.6	206.0	206.0	206.0	206.0
2	2086	Ice tea	0.0	0.0	0.0	0.0	0.0
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	0.5	0.0	0.0	0.0	0.2	660.0	660.0	660.0	660.0
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.6	0.0	0.0	0.0	0.9	160.0	160.0	160.0	160.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	21.5	0.0	0.0	48.0	2.2	750.0	750.0	750.0	750.0
2	2139	Juice drink Spa&Fruit light still	1.0	0.0	0.0	0.0	0.9	395.2	386.6	386.6	423.4
2	2141	Mineral water w sweetner	0.0	0.0	0.0	0.0	0.0
2	2142	Wine white sweet	1.1	0.0	0.0	0.0	0.8	158.7	142.0	142.0	187.3
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.2	0.0	0.0	0.0	0.6	44.0	44.0	44.0	44.0

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

NEVO group	NEVO code	Description	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
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.3	0.0	0.0	0.0	0.6	88.0	88.0	88.0	88.0
2	2153	Fruit drink Fruitzday	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0
2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.8	18.0	18.0	18.0	18.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.6	0.0	0.0	0.0	1.2	62.5	62.5	62.5	62.5
2	2390	Fruit drink conc with 15-20 mg vit C	0.3	0.0	0.0	0.0	0.9	20.1	13.6	6.3	28.3
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	3.7	0.0	0.0	0.0	0.7	212.0	212.0	212.0	212.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	0.2	0.0	0.0	0.0	0.4	152.0	152.0	152.0	152.0
2	2476	Cappuccino freshly made	16.4	0.0	0.0	160.1	4.0	234.3	174.9	130.0	409.9
2	2477	Coffee cappuccino instant prepared	0.4	0.0	0.0	0.0	0.1	313.0	313.0	313.0	313.0
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.0	0.0	0.0	0.0	0.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.4	0.0	0.0	0.0	0.4	205.0	205.0	205.0	205.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.6	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
2	2564	Juice fruit Hero Fruit&Co	1.5	0.0	0.0	0.0	0.9	150.0	150.0	150.0	150.0
2	2610	Wine rose	0.2	0.0	0.0	0.0	0.8	92.0	92.0	92.0	92.0
2	2633	Coffee instant powder	0.5	0.0	0.0	4.5	4.0	10.7	5.3	2.0	29.9
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.0	0.0	0.0	0.0	0.0
2	2635	Fruit juice drink diary Wicky fruitzacht	1.0	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.0	0.0	0.0	0.0	0.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.8	0.0	0.0	0.0	0.5	260.0	260.0	260.0	260.0
2	2648	Coffee w milk vending machine	1.2	0.0	0.0	0.0	1.2	210.3	130.0	130.0	319.8
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.6	1.5	1.5	1.5	1.5

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	Consumption % days	On consumption days			
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2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	32.8	0.0	0.0	142.5	18.3	131.5	134.2	82.9	169.5
2	2828	Liqueur with cream 15-25 vol% alcohol	0.1	0.0	0.0	0.0	0.6	31.5	30.1	30.0	32.7
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.2	0.0	0.0	0.0	0.3	292.0	292.0	292.0	292.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	1.0	0.0	0.0	0.0	1.6	132.0	125.0	125.0	140.7
2	2896	Lemonade squash Spa&Fruit sparkling	7.2	0.0	0.0	16.0	3.0	250.0	250.0	250.0	250.0
2	2897	Juice Drink Ocean Spray	0.0	0.0	0.0	0.0	0.0
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	1.1	11.2	8.7	3.1	14.4
3	227	Crispbakes Dutch	1.5	0.0	0.0	6.5	16.6	9.8	9.9	1.0	19.7
3	228	Crackers cream	0.1	0.0	0.0	0.0	1.9	21.6	18.3	18.0	28.0
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	2.6	0.0	0.0	19.5	2.7	51.5	38.0	30.0	78.4
3	233	Bread currant	0.8	0.0	0.0	0.0	4.1	56.9	62.0	17.5	69.2
3	236	Bread brown wheat	34.7	30.9	0.0	87.3	30.6	105.7	67.8	35.0	274.5
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.0
3	241	Bread white milk based	0.5	0.0	0.0	0.0	1.4	47.3	30.0	30.0	73.1
3	242	Bread rye dark	2.4	0.0	0.0	12.2	7.9	45.7	45.0	45.0	45.0
3	243	Bread rye light	2.9	0.0	0.0	12.7	6.7	30.1	25.0	25.0	42.9
3	244	Bread raisin	0.1	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
3	246	Bread wholemeal average	45.7	5.1	0.0	122.4	37.5	120.4	100.2	32.3	224.7
3	248	Bread white water based	7.8	0.0	0.0	35.9	11.5	57.9	45.6	5.6	73.4
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.1	0.0	0.0	0.0	0.9	24.3	10.0	10.0	36.9
3	655	Crispbakes Dutch wholemeal	0.7	0.0	0.0	4.4	8.9	10.7	10.0	10.0	12.6
3	975	Crispbread sesame	0.1	0.0	0.0	0.0	1.8	10.7	10.0	10.0	12.3
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	0.0	0.0	0.0	0.0	0.0
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.0
3	1312	Crispbread Cracottes	0.5	0.0	0.0	0.0	2.3	13.8	10.0	7.0	20.1
3	1322	Crispbread wholemeal Cracottes	0.0	0.0	0.0	0.0	0.7	14.0	14.0	14.0	14.0
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.0	0.0	0.0	0.0	0.0

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3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.0
3	1779	Crispbread wholemeal	0.4	0.0	0.0	1.5	5.2	10.9	10.0	10.0	13.1
3	1914	Dough for pizza and savoury pie	1.3	0.0	0.0	0.0	1.7	131.6	154.7	17.6	164.7
3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.0
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.1	0.0	0.0	0.0	0.3	94.6	68.0	60.0	114.8
3	2348	Bread wholemeal w pumpkin seeds	0.4	0.0	0.0	0.0	0.6	105.0	105.0	105.0	105.0
3	2349	Bread linseed	0.0	0.0	0.0	0.0	0.0
3	2350	Bread multigrain average w seeds	11.5	0.0	0.0	89.2	13.8	98.3	80.5	30.1	159.4
3	2351	Bread white average milk/water based	0.0	0.0	0.0	0.0	0.0
3	2352	Bread currant w almond paste	0.4	0.0	0.0	0.0	1.1	40.0	40.0	40.0	40.0
3	2353	Bread brown/wholemeal w muesli	0.2	0.0	0.0	0.0	0.5	70.0	70.0	70.0	70.0
3	2354	Bread wholemeal w nuts	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
3	2355	Bread white w sugar Suikerbrood	0.2	0.0	0.0	0.0	0.4	45.0	45.0	45.0	45.0
3	2356	Baguette w cheese-onion	0.0	0.0	0.0	0.0	0.0
3	2357	Bread wholemeal w sunflower seeds	4.5	0.0	0.0	0.0	2.6	151.0	130.7	70.0	202.5
3	2358	Bread white w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.0
3	2382	Bread brown w sunflower seeds	0.9	0.0	0.0	0.0	2.7	35.0	35.0	35.0	35.0
3	2528	Croutons	0.0	0.0	0.0	0.0	0.2	4.2	2.0	2.0	6.4
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	2.3	0.0	0.0	0.0	1.2	149.4	105.0	105.0	226.5
3	2704	Bread brown w seeds	0.2	0.0	0.0	0.0	1.1	57.6	42.9	35.0	67.3
3	2707	Bread corn w sunflower seeds	0.2	0.0	0.0	0.0	1.1	56.3	41.3	35.0	67.1
3	2785	Bread corn	0.2	0.0	0.0	0.0	0.6	105.0	105.0	105.0	105.0
3	2788	Bread sourdough wholemeal	0.2	0.0	0.0	0.0	0.6	80.0	80.0	80.0	80.0
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.0
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	0.8	0.0	0.0	0.0	2.2	60.0	42.1	10.0	94.0
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	1.9	0.0	0.0	15.5	1.6	63.1	51.3	25.0	92.4
3	2796	Roll brown hard	2.7	0.0	0.0	23.8	2.8	68.8	46.4	45.0	122.1
3	2797	Roll brown soft	1.8	0.0	0.0	0.0	1.9	95.1	58.0	50.0	143.4
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.0	0.0	0.0	0.0	0.0
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.1	0.0	0.0	0.0	0.6	40.0	40.0	40.0	40.0
3	2803	Bun currant/raisin	1.8	0.0	0.0	5.9	4.1	57.4	43.0	35.0	89.2
3	2804	Bun wholemeal w muesli	0.0	0.0	0.0	0.0	0.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	1.0	0.0	0.0	0.0	0.8	70.0	70.0	70.0	70.0
3	2815	Bread Tijger brown wheat	0.0	0.0	0.0	0.0	0.0
3	2816	Bread Tijger white	0.5	0.0	0.0	0.0	1.3	90.0	90.0	90.0	90.0
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.1	0.0	0.0	0.0	0.4	40.0	40.0	40.0	40.0

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3	2821	Bread brown w pumpkin seeds	0.0	0.0	0.0	0.0	0.0
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	1.1	0.0	0.0	9.5	6.8	12.0	8.7	4.0	20.5
3	2938	Toast Melba other varieties	0.5	0.0	0.0	3.4	4.2	17.8	14.4	12.0	19.4
3	3054	Bread glutenfree bakmix Glutafin white	0.0	0.0	0.0	0.0	0.0
3	3055	Bread glutenfree bakmix Glutafin brown	1.3	0.0	0.0	0.0	1.4	230.6	211.2	210.0	246.1
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.1	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.5	7.2	7.2	7.2	7.2
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.0
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.0	0.0	0.0	0.0	0.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.2	5.4	5.4	5.4	5.4
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.6	1.4	1.4	1.4	1.4
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.1	0.0	0.0	0.0	0.4	17.4	17.4	17.4	17.4
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.1	0.0	0.0	0.1	4.7	4.7	2.8	0.7	10.6
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	10.3	0.0	0.0	49.8	22.6	43.5	42.8	8.7	98.8
6	33	Raisins dried	0.5	0.0	0.0	0.0	1.8	23.3	16.2	5.0	44.7
6	137	Olives tinned/glass	0.0	0.0	0.0	0.0	2.3	5.1	2.6	2.1	10.5
6	147	Apple without skin average	47.7	0.0	0.0	140.6	34.8	125.2	126.8	72.2	191.9
6	148	Strawberries	7.9	0.0	0.0	56.3	7.8	112.6	87.2	47.5	281.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.0	0.0	0.0	0.0	0.0
6	151	Banana	6.3	0.0	0.0	40.5	9.4	107.0	97.6	32.5	150.4
6	152	Blueberries	0.3	0.0	0.0	0.0	0.8	75.0	75.0	75.0	75.0
6	153	Redcurrant	0.7	0.0	0.0	0.0	0.9	43.6	22.9	19.6	105.2
6	155	Bilberries	0.0	0.0	0.0	0.0	0.1	16.1	16.1	16.1	16.1
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.0	0.0	0.0	0.0	0.0
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.3	0.0	0.0	0.0	0.6	58.0	58.0	58.0	58.0
6	161	Raspberries	0.2	0.0	0.0	0.0	0.3	75.0	75.0	75.0	75.0
6	162	Grapefruit	0.5	0.0	0.0	0.0	1.0	68.4	58.0	58.0	88.9
6	163	Cherries	0.8	0.0	0.0	0.0	1.4	58.8	66.3	18.0	78.6
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	9.1	0.0	0.0	48.2	12.1	69.1	43.5	34.5	132.2
6	166	Melon netted	2.2	0.0	0.0	0.0	3.7	134.7	118.5	39.7	222.3
6	168	Pear without skin	5.9	0.0	0.0	48.0	5.7	103.5	80.2	32.0	170.3

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6	169	Peach without skin	1.1	0.0	0.0	0.0	0.8	76.5	76.5	76.5	76.5
6	170	Plums with skin	0.5	0.0	0.0	0.0	1.1	68.9	40.0	40.0	135.1
6	171	Orange	8.7	0.0	0.0	62.9	6.3	185.3	131.3	101.2	317.6
6	172	Fruit fresh citrus average	0.0	0.0	0.0	0.0	0.0
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.2	17.0	6.0	6.0	31.9
6	176	Apricots in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	177	Pineapple in syrup tinned	3.3	0.0	0.0	26.8	2.3	63.2	52.1	43.5	68.2
6	179	Apple sauce tinned	5.7	0.0	0.0	48.9	8.3	65.0	51.8	51.8	127.1
6	180	Billberries in syrup tinned	0.1	0.0	0.0	0.0	0.5	25.9	25.9	25.9	25.9
6	181	Dates dried	0.0	0.0	0.0	0.0	0.7	8.0	3.3	3.3	16.5
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.8	0.0	0.0	2.8	3.1	26.4	24.0	24.0	31.1
6	184	Cherries in syrup tinned	0.2	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
6	185	Currants dried	0.0	0.0	0.0	0.0	0.6	9.7	9.7	9.7	9.7
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	0.4	0.0	0.0	0.0	1.1	115.7	99.0	65.0	157.0
6	189	Peaches in syrup tinned	1.2	0.0	0.0	3.8	3.6	41.0	40.0	40.0	44.1
6	190	Prunes dried	0.3	0.0	0.0	0.8	3.0	12.0	12.0	12.0	12.0
6	191	Plums in syrup tinned	0.8	0.0	0.0	0.0	3.0	38.9	38.9	38.9	38.9
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	2.9	2.7	2.5	2.5	3.6
6	689	Avocado	0.0	0.0	0.0	0.0	0.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	4.4	0.0	0.0	0.0	2.6	205.6	176.6	131.2	254.1
6	875	Apple with skin average	3.6	0.0	0.0	30.2	5.7	113.6	92.2	58.0	128.8
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
6	1056	Kiwi fruit	6.4	0.0	0.0	32.8	11.5	79.4	57.1	32.2	112.0
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.6	0.0	0.0	0.0	0.5	52.0	52.0	52.0	52.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.0	0.0	0.0	0.0	1.3	1.9	0.7	0.7	3.6
6	1182	Apple sauce wo sugar tinned	0.0	0.0	0.0	0.0	0.0
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	3.4	0.0	0.0	0.0	2.8	104.0	75.7	57.4	117.5
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.8	0.0	0.0	0.0	0.7	173.0	173.0	173.0	173.0
6	2379	Raisins soaked in water	0.3	0.0	0.0	0.0	0.4	27.3	27.3	27.3	27.3
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
6	2686	Apple sauce wo sugar w sweetner tinned	0.0	0.0	0.0	0.0	0.0
6	2748	Pear with skin	0.6	0.0	0.0	0.0	0.8	180.8	180.8	180.8	180.8
6	2749	Grapes black with skin	0.2	0.0	0.0	0.0	0.8	68.0	66.5	66.5	70.5
6	2750	Grapes white with skin	1.4	0.0	0.0	0.0	1.2	85.7	48.5	47.5	228.8
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.2	25.9	25.9	25.9	25.9
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.0

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6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.3	75.0	75.0	75.0	75.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0
7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	4.5	0.0	0.0	18.9	17.7	35.8	20.0	20.0	107.1
7	250	Almond filled pastry	0.8	0.0	0.0	0.0	1.2	52.5	43.0	30.0	68.4
7	251	Apple pie Dutch w shortbread w marg	2.9	0.0	0.0	20.7	6.8	79.4	67.9	56.0	109.0
7	252	Biscuit sweet	0.7	0.0	0.0	4.4	7.3	14.9	9.1	6.0	28.7
7	253	Cake wo butter	1.0	0.0	0.0	2.1	2.3	39.8	30.0	30.0	56.6
7	254	Cake sponge Dutch Eierkoek	0.1	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
7	255	Gateau with whipped cream	0.0	0.0	0.0	0.0	0.0
7	256	Gateau with butter-cream filling	0.3	0.0	0.0	0.0	0.1	96.0	96.0	96.0	96.0
7	257	Almond paste filled tarts average	2.5	0.0	0.0	25.6	5.3	53.9	51.1	45.0	59.1
7	258	Biscuits averaged	0.7	0.0	0.0	5.7	2.9	18.9	15.0	15.0	26.1
7	259	Macaroons	1.0	0.0	0.0	0.0	0.4	120.0	120.0	120.0	120.0
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.3	12.6	10.2	10.0	14.5
7	261	Biscuit spiced Speculaas	1.8	0.0	0.0	7.0	13.2	11.6	8.6	3.0	20.0
7	262	Biscuit Dutch shortbread spritsstukken	0.3	0.0	0.0	0.0	2.6	19.7	13.6	10.0	28.3
7	263	Biscuit brown/wholemeal	0.3	0.0	0.0	0.0	1.4	21.9	20.7	14.0	23.7
7	468	Cream slice Dutch Tompouce	0.3	0.0	0.0	0.0	0.9	71.9	50.0	50.0	94.3
7	474	Doughnut Dutch style	0.0	0.0	0.0	0.0	0.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	2.1	14.8	12.0	10.0	19.4
7	486	Flan with fruit filling	0.4	0.0	0.0	0.0	0.5	108.3	95.7	85.0	113.1
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.0	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.0
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	2.2	14.4	13.1	12.0	14.8
7	636	Biscuit muesli	0.0	0.0	0.0	0.0	0.0
7	713	Waffle syrup average	0.5	0.0	0.0	0.0	4.2	20.0	15.0	15.0	28.9
7	789	Cake butter Dutch Boterkoek	0.1	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.3	0.0	0.0	0.0	0.3	71.6	61.5	56.0	78.2
7	836	Shortbread	2.2	0.0	0.0	14.4	11.0	25.4	12.6	10.0	49.3
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.2	0.0	0.0	0.0	1.0	19.0	19.0	19.0	19.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.9	0.0	0.0	3.7	2.3	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	1.4	6.0	5.1	5.0	6.8
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.0	0.0	0.0	0.0	0.0
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0

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7	1471	Biscuit chocolate	0.4	0.0	0.0	0.0	1.6	15.0	10.0	10.0	19.0
7	1475	Eclair with whipped cream filling	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	1476	Meringue with butter-cream	0.1	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0
7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.2	0.0	0.0	0.0	0.8	13.0	13.0	13.0	13.0
7	1481	Rice cakes puffed	0.0	0.0	0.0	0.0	0.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	1.8	0.0	0.0	13.1	2.4	52.7	41.5	30.0	70.8
7	1972	Biscuits assorted with butter	1.2	0.0	0.0	2.0	3.5	28.9	20.8	13.0	52.6
7	2162	Biscuit Cafe noir	0.3	0.0	0.0	0.6	3.2	10.6	10.0	10.0	11.7
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.5	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	2.5	0.0	0.0	16.2	3.5	42.6	23.3	15.0	56.3
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.2	0.0	0.0	0.0	0.5	36.3	35.0	35.0	37.3
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.0	0.0	0.0	0.0	0.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	1.3	0.0	0.0	6.3	1.9	52.3	30.0	30.0	99.5
7	2393	Cake raisins-	0.0	0.0	0.0	0.0	0.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.0	0.0	0.0	0.0	0.0
7	2396	Chocolate pastry w whipped cream	0.2	0.0	0.0	0.0	0.5	96.0	96.0	96.0	96.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.3	0.0	0.0	0.0	0.8	34.4	25.0	25.0	60.1
7	2399	Spiced cake Indonesian- Spekkoek	1.6	0.0	0.0	0.0	0.9	80.0	80.0	80.0	80.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.0	0.0	0.0	0.0	0.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.2	0.0	0.0	0.0	1.6	20.1	9.8	9.0	39.5
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0

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7	2410	Teacakes chocolate coated marshmellow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.5	5.0	5.0	5.0	5.0
7	2413	Cake wrapped in marzipan and chocolate	0.2	0.0	0.0	0.0	0.8	46.8	33.2	30.0	57.3
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.1	0.0	0.0	0.0	0.3	56.0	56.0	56.0	56.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	1.4	0.0	0.0	0.0	1.6	108.7	81.7	65.0	125.2
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.4	0.0	0.0	1.0	2.2	15.0	15.0	15.0	15.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.8	0.0	0.0	8.1	5.1	16.5	15.8	10.0	19.1
7	2622	Appel pie Dutch w shortbread w butter	1.2	0.0	0.0	0.0	0.4	129.0	129.0	129.0	129.0
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.0	0.0	0.0	0.0	0.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.2	0.0	0.0	0.0	5.8	10.0	10.0	10.0	10.0
7	2698	Cake chocolate made w butter	0.6	0.0	0.0	0.0	1.0	30.0	30.0	30.0	30.0
7	2699	Biscuit Dutch Frou frou	0.3	0.0	0.0	0.8	3.4	10.7	10.0	10.0	11.9
7	2715	Meringue	0.0	0.0	0.0	0.0	0.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.8	0.0	0.0	0.0	1.3	70.6	60.0	60.0	85.8
7	2763	Biscuit spiced Speculaas w butter	0.0	0.0	0.0	0.0	0.0
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	1.2	0.0	0.0	0.0	1.8	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.0	0.0	0.0	0.0	0.0
7	2820	Waffle syrup w butter	1.3	0.0	0.0	5.5	2.3	45.7	35.5	10.0	60.0
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.0	0.0	0.0	0.0	0.0
7	2864	Biscuit syrup with chocolate	0.3	0.0	0.0	0.0	1.1	15.0	15.0	15.0	15.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.1	0.0	0.0	0.0	0.7	31.9	24.4	18.0	34.8
7	2892	Waffle penny-	0.4	0.0	0.0	0.0	1.4	30.6	22.4	16.0	44.6
7	2893	Cake Indonesian	0.1	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.6	0.0	0.0	0.0	8.0	17.0	10.9	8.0	26.6
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	0.6	0.0	0.0	0.0	0.5	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.8	0.0	0.0	0.0	0.7	45.0	45.0	45.0	45.0
8	213	Oatmeal	0.2	0.0	0.0	0.0	0.9	53.0	51.8	51.8	57.2
8	215	Cornflour	0.0	0.0	0.0	0.0	1.7	2.5	2.5	2.5	2.5

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8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	2.3	11.1	10.4	1.3	18.5
8	222	Flour wheat 50% extraction	0.1	0.0	0.0	0.0	0.6	60.3	60.3	60.3	60.3
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.0
8	225	Breakfast cereal Brinta	3.1	0.0	0.0	17.0	15.0	19.4	14.3	5.4	41.6
8	226	Starch potato	0.0	0.0	0.0	0.0	0.0
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	1.2	0.0	0.0	0.0	1.2	65.2	53.8	12.7	91.0
8	590	Wheat bran	0.0	0.0	0.0	0.0	0.5	5.3	5.3	5.3	5.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.0
8	658	Rice white boiled	9.3	0.0	0.0	72.8	9.1	99.8	75.2	52.8	168.5
8	659	Pasta white average boiled	28.8	0.0	0.0	118.2	12.8	150.3	139.1	37.0	245.1
8	955	Rice white parboiled boiled	2.0	0.0	0.0	0.0	1.1	210.0	210.0	210.0	210.0
8	1013	Bread crumbs	0.2	0.0	0.0	0.0	3.1	11.1	8.7	2.9	16.6
8	1014	Rice brown boiled	1.9	0.0	0.0	0.0	0.9	179.1	155.8	125.0	266.7
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.7	7.2	7.2	7.2	7.2
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.0
8	2157	Pasta wholemeal boiled	0.4	0.0	0.0	0.0	0.6	53.3	19.2	19.2	102.3
8	2158	Couscous boiled	0.2	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.1	22.4	22.4	22.4	22.4
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.7	18.0	18.0	18.0	18.0
8	2366	Muesli crunchy plain/w fruit	0.7	0.0	0.0	0.0	1.0	54.8	29.5	29.5	75.0
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.0
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.7	6.2	5.4	5.4	7.0
8	2809	Muesli w fruit	2.4	0.0	0.0	14.8	8.9	34.8	21.0	14.8	72.2
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.0
9	7	Endive raw	1.1	0.0	0.0	0.0	2.5	123.4	123.4	123.4	123.4
9	8	Endive boiled	3.6	0.0	0.0	20.5	3.1	108.8	86.0	45.9	188.2
9	11	Aubergine boiled	1.2	0.0	0.0	0.0	0.9	77.4	57.6	57.6	96.8
9	13	Celery boiled	0.1	0.0	0.0	0.0	1.5	9.1	1.9	1.7	22.6
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	2.4	0.0	0.0	0.0	3.4	124.7	106.1	28.2	177.8
9	16	Kale curly boiled	0.2	0.0	0.0	0.0	0.4	72.8	72.8	72.8	72.8
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.1	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0

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

NEVO group	NEVO code	Description	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
9	20	Mushrooms boiled	1.1	0.0	0.0	0.0	3.9	28.1	17.9	2.6	58.4
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0
9	26	Celeriac boiled	0.5	0.0	0.0	0.0	2.7	20.0	20.0	20.0	20.0
9	27	Cucumber wo skin raw	0.9	0.0	0.0	0.0	3.6	37.8	18.0	12.9	73.7
9	28	Cucumber boiled	0.3	0.0	0.0	0.0	1.3	48.5	44.1	40.4	50.3
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.0
9	32	Sweet pepper green boiled	0.0	0.0	0.0	0.0	0.0
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	1.0	0.0	0.0	4.6	3.6	45.5	15.2	3.5	151.7
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.6	0.0	0.0	0.0	2.1	25.0	25.0	25.0	25.0
9	44	Cabbage Savoy boiled	1.8	0.0	0.0	0.0	0.3	213.3	213.3	213.3	213.3
9	46	Lettuce head raw	1.3	0.0	0.0	10.4	6.3	48.3	37.2	21.2	79.6
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	1.5	0.0	0.0	0.0	1.8	141.1	64.4	48.0	200.8
9	54	Cabbage oxheart boiled	0.0	0.0	0.0	0.0	0.0
9	55	Brussel sprouts boiled	5.8	0.0	0.0	58.2	4.3	156.1	130.2	94.0	210.8
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
9	59	Bean sprouts boiled	0.2	0.0	0.0	0.0	1.1	10.5	6.0	6.0	20.4
9	60	Tomatoes normal raw	3.3	0.0	0.0	26.6	10.9	43.7	29.5	12.1	85.8
9	61	Tomatoes normal boiled	0.5	0.0	0.0	0.0	3.6	26.7	14.2	2.0	61.0
9	63	Onions raw	1.4	0.0	0.0	4.2	6.9	18.8	9.2	1.5	47.8
9	64	Onions boiled	6.0	0.0	0.0	38.3	20.0	32.9	23.6	2.9	82.0
9	65	Lettuce lambs raw	0.0	0.0	0.0	0.0	0.7	10.9	10.9	10.9	10.9
9	67	Chicory raw	0.4	0.0	0.0	0.0	0.1	119.2	119.2	119.2	119.2
9	68	Chicory boiled	5.5	0.0	0.0	36.0	2.9	151.9	140.0	64.8	262.4
9	69	Cabbage white raw	0.2	0.0	0.0	0.0	1.3	26.2	22.3	21.0	29.2
9	70	Cabbage white cooked	0.5	0.0	0.0	0.0	2.2	20.6	11.5	4.0	36.9
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.0
9	72	Carrots boiled average	1.3	0.0	0.0	2.6	4.7	29.2	6.6	1.7	81.9
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	1.4	0.0	0.0	0.0	1.4	186.8	123.6	123.5	237.4
9	75	Vegetable mix for soup raw	0.7	0.0	0.0	0.0	1.5	59.0	52.3	44.0	81.4
9	124	Radish red/white raw	0.3	0.0	0.0	0.0	1.3	15.7	10.6	10.3	23.2
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.0
9	127	Vegetables mixture raw	2.0	0.0	0.0	9.9	4.0	58.7	50.0	50.0	78.4
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.1	0.0	0.0	0.0	2.6	16.0	16.0	16.0	16.0
9	132	Gherkins sweet pickled	1.1	0.0	0.0	0.0	2.9	21.7	8.0	4.6	58.0
9	133	Mushrooms tinned	0.1	0.0	0.0	0.0	0.3	57.5	57.5	57.5	57.5
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.2	0.0	0.0	0.0	1.1	130.0	130.0	130.0	130.0
9	136	Peas and carrots tinned	0.0	0.0	0.0	0.0	0.0

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NEVO group	NEVO code	Description	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
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	6.2	0.0	0.0	11.7	5.7	117.7	58.0	33.1	160.6
9	140	Spinach tinned	0.0	0.0	0.0	0.0	0.0
9	141	Tomato puree concentrated tinned	0.4	0.0	0.0	1.0	3.7	13.3	5.6	1.0	33.3
9	142	Beans broad tinned	0.1	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
9	143	Carrots tinned	0.5	0.0	0.0	0.0	0.5	178.0	178.0	178.0	178.0
9	144	Silver-skin onions sweet pickled glass	0.3	0.0	0.0	1.5	2.1	8.3	4.6	2.4	11.3
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	7.9	0.0	0.0	75.0	5.3	93.0	22.2	22.2	169.1
9	538	Rhubarb puree w sugar	0.8	0.0	0.0	0.0	1.2	36.6	31.9	31.9	41.8
9	557	Celery raw	0.0	0.0	0.0	0.0	0.0
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.4	5.2	4.0	4.0	6.6
9	562	Leek raw	0.1	0.0	0.0	0.0	0.5	23.0	23.0	23.0	23.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.0	0.0	0.0	0.0	0.0
9	651	Spinach creamed frozen boiled	1.5	0.0	0.0	0.0	1.4	175.8	112.5	112.5	235.1
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.4	0.0	0.0	4.1	2.4	13.4	10.9	6.3	20.5
9	885	Sweet pepper red boiled	0.5	0.0	0.0	0.0	2.2	20.3	21.0	7.6	25.2
9	920	Broccoli boiled	6.2	0.0	0.0	27.9	3.6	129.4	77.1	69.5	249.6
9	922	Courgettes raw	0.1	0.0	0.0	0.0	0.2	19.7	13.9	13.9	24.3
9	951	Beans French boiled	6.8	0.0	0.0	71.1	9.2	140.0	157.1	26.0	217.3
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.1	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
9	954	Beans French frozen boiled	2.6	0.0	0.0	0.0	1.3	95.6	54.5	30.7	121.6
9	957	Asparagus boiled	0.1	0.0	0.0	0.0	0.4	80.4	80.4	80.4	80.4
9	958	Beetroot boiled	5.3	0.0	0.0	47.1	3.2	126.0	92.5	75.0	184.3
9	961	Beans runner boiled	9.2	0.0	0.0	45.0	3.6	118.9	98.0	98.0	175.4
9	962	Beans broad boiled	0.2	0.0	0.0	0.0	0.4	120.0	120.0	120.0	120.0
9	963	Peas fresh boiled	2.5	0.0	0.0	0.0	1.0	217.6	207.1	200.0	223.6
9	964	Mange-tout boiled	0.3	0.0	0.0	0.0	0.6	129.0	129.0	129.0	129.0
9	966	Courgettes boiled	2.3	0.0	0.0	0.0	2.6	62.8	38.1	3.8	120.9
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.3	0.0	0.0	0.0	0.6	62.5	60.0	60.0	69.2
9	1141	Vegetable mixed Mexico frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1143	Beans runner frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.0
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	1.5	0.0	0.0	0.0	0.3	250.0	250.0	250.0	250.0
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.2	18.8	18.8	18.8	18.8

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NEVO group	NEVO code	Description	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
9	1399	Lettuce iceberg raw	3.5	0.0	0.0	27.6	4.6	49.2	49.7	15.0	89.3
9	1454	Beetroot pickled glass	0.0	0.0	0.0	0.0	0.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.8	10.1	10.1	10.1	10.1
9	1904	Vegetables average boiled	5.2	0.0	0.0	33.3	4.8	102.4	67.3	34.9	188.7
9	1905	Vegetables average raw	1.6	0.0	0.0	0.0	0.5	134.7	134.7	134.7	134.7
9	2113	Pumpkin boiled	0.2	0.0	0.0	0.0	0.5	100.0	100.0	100.0	100.0
9	2293	Tomatoes tinned	2.7	0.0	0.0	0.0	2.1	125.5	93.2	41.4	224.4
9	2330	Mange-tout and carrots boiled	1.2	0.0	0.0	0.0	0.5	182.0	182.0	182.0	182.0
9	2331	Bami vegetables mixed boiled	0.7	0.0	0.0	0.0	0.7	68.1	58.5	58.5	93.7
9	2346	Lettuce green average raw	0.0	0.0	0.0	0.0	0.0
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
9	2378	Tomato sun-dried	0.1	0.0	0.0	0.0	0.6	6.8	6.8	6.8	6.8
9	2402	Capers	0.0	0.0	0.0	0.0	0.4	2.2	2.2	2.2	2.2
9	2498	Tomatoes sieved	0.8	0.0	0.0	0.0	2.4	62.2	55.4	38.1	75.3
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.0
9	2708	Lettuce red raw	0.2	0.0	0.0	0.0	0.7	20.4	13.7	13.7	40.2
9	2710	Cabbage red w apple pieces glass	0.5	0.0	0.0	0.0	0.5	153.0	116.7	87.0	168.3
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.8	23.0	16.8	11.0	24.2
9	2727	Carrot bunched boiled	13.2	0.0	0.0	63.6	8.7	142.6	123.6	48.7	197.6
9	2728	Carrot winter raw	0.6	0.0	0.0	0.0	0.9	79.3	50.0	50.0	191.3
9	2729	Carrot winter boiled	1.2	0.0	0.0	0.0	1.1	143.9	103.2	41.0	215.5
9	2730	Tomato vine raw	3.9	0.0	0.0	27.3	9.1	81.9	58.7	47.4	192.5
9	2731	Tomato cherry raw	0.7	0.0	0.0	0.0	2.5	46.6	40.3	20.0	69.8
9	2732	Tomato beef raw	1.4	0.0	0.0	0.0	0.7	80.0	80.0	80.0	80.0
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.0	0.0	0.0	0.0	0.0
9	2735	Tomato average boiled	0.1	0.0	0.0	0.0	0.8	11.1	4.8	4.8	34.2
9	2736	Rocket raw	0.2	0.0	0.0	0.0	0.7	22.3	15.0	15.0	41.6
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.7	19.2	19.2	19.2	19.2
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	0.3	0.0	0.0	0.0	0.9	61.3	42.4	27.0	85.2
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.0	0.0	0.0	0.0	0.0
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	0.4	18.9	9.5	9.5	39.9
9	2743	Sweet pepper average boiled	0.2	0.0	0.0	0.0	3.7	12.5	7.2	1.6	29.9
9	2840	Cabbage red w apple pieces	0.5	0.0	0.0	0.0	0.5	200.0	200.0	200.0	200.0
9	2900	Sweetcorn tinned	0.5	0.0	0.0	0.0	1.5	22.1	9.5	7.2	36.2
10	455	Peanut butter	1.6	0.0	0.0	9.4	8.9	19.1	17.7	10.0	23.0
10	541	Peanut butter with nut pieces	0.6	0.0	0.0	0.0	0.7	45.6	41.1	40.0	49.1
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.4	0.0	0.0	0.0	1.0	19.4	18.7	18.7	19.9
10	1461	Sesame paste tahin	0.1	0.0	0.0	0.0	2.0	12.2	3.1	0.8	29.8
10	2367	Peanut butter light	0.0	0.0	0.0	0.0	0.0
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
11	511	Cheese Edam 40+	1.0	0.0	0.0	0.0	2.7	31.1	24.8	8.7	52.6
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	5.3	0.0	0.0	30.8	15.3	42.7	41.7	13.0	64.4
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.3	0.0	0.0	0.0	2.1	22.7	13.0	13.0	37.8
11	515	Cheese spread 48+	1.9	0.0	0.0	14.5	3.7	25.5	28.3	12.0	29.8

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
11	517	Cheese spread 20+	0.7	0.0	0.0	0.0	2.0	46.5	47.3	10.0	58.7
11	556	Cheese Camembert 45+	0.0	0.0	0.0	0.0	0.2	10.5	10.5	10.5	10.5
11	593	Cheese Brie 50+	0.2	0.0	0.0	0.0	0.9	10.9	7.7	7.0	13.4
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.5	7.0	7.0	7.0	7.0
11	718	Cheese Parmesan	0.1	0.0	0.0	0.0	0.8	9.2	4.7	2.3	12.2
11	719	Cheese cream soft Mon Chou	0.3	0.0	0.0	0.0	1.1	19.3	5.7	4.0	65.7
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.8	10.0	5.0	2.3	13.4
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.1	0.0	0.0	0.0	0.9	4.5	2.5	2.5	6.5
11	728	Cheese cream soft Boursin	0.0	0.0	0.0	0.0	0.4	20.1	20.1	20.1	20.1
11	804	Cheese sheep fresh	0.3	0.0	0.0	0.0	3.7	10.7	9.7	9.0	12.7
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.0
11	883	Cheese Amsterdam 48+	1.9	0.0	0.0	13.4	6.5	22.6	21.2	13.0	31.4
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	2.2	0.0	0.0	11.4	4.2	73.6	57.6	29.0	84.1
11	1113	Cheese sodium reduced 48+	0.5	0.0	0.0	0.0	0.5	72.0	72.0	72.0	72.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	8.8	0.0	0.0	49.5	16.1	39.4	44.4	12.5	52.6
11	1487	Cheese Brie 60+	0.9	0.0	0.0	0.0	4.0	20.0	7.0	7.0	56.4
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.2	0.0	0.0	0.0	1.4	21.8	13.2	10.0	38.8
11	1723	Cheese 20+	0.3	0.0	0.0	0.0	0.5	44.0	44.0	44.0	44.0
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.0	0.0	0.0	0.0	0.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	1.4	0.0	0.0	5.7	3.9	32.5	29.0	29.0	34.7
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.2	0.0	0.0	0.0	1.4	24.0	21.0	8.1	30.0
11	2518	Cheese goat hard	0.2	0.0	0.0	0.0	1.4	22.0	22.0	22.0	22.0
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.0	0.0	0.0	0.0	0.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	2.0	0.0	0.0	0.0	4.0	65.7	60.0	6.5	113.6
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	6.3	0.0	0.0	35.7	14.0	38.4	28.9	19.9	79.5
11	2758	Cheese Gouda 48+ age 4-7 mths	2.7	0.0	0.0	14.2	8.8	35.5	27.5	15.2	80.3
11	2759	Cheese Gouda 48+ age 10-12 mths	1.7	0.0	0.0	10.6	7.3	40.0	39.1	13.2	73.7
11	2824	Cheese 30+ low salt	0.0	0.0	0.0	0.0	0.0
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.0	3.2	2.6	0.9	4.0
12	824	Mustard	0.1	0.0	0.0	0.0	3.7	4.4	1.5	0.3	9.1
12	830	Garlic fresh	0.0	0.0	0.0	0.3	7.5	0.9	0.4	0.1	2.0
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.7	8.0	5.8	5.0	9.6
12	842	Stock powder	0.0	0.0	0.0	0.0	0.0
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.7	11.2	11.2	11.2	11.2
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.1	2.9	0.8	0.6	0.5	1.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.2	0.0	0.0	0.0	1.0	13.5	10.8	10.5	19.4
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.1	12.3	12.3	12.3	12.3
12	2668	Mix Maggi oven/dagschotel unprepared	0.1	0.0	0.0	0.0	0.2	25.0	25.0	25.0	25.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.7	5.9	4.9	4.7	8.2
12	2681	Mixed spices Wereldgerechten unprep	0.1	0.0	0.0	0.0	1.8	7.6	7.4	4.7	8.9
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.1	0.0	0.0	0.0	4.4	25.3	15.7	9.0	49.1
13	272	Milk chocolate-flavoured full fat	0.3	0.0	0.0	0.0	0.3	195.7	195.7	195.7	195.7
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.4	0.0	0.0	0.0	3.8	12.1	15.1	2.0	16.8
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.0
13	276	Custard chocolate full fat	10.7	0.0	0.0	129.1	6.0	166.6	150.0	150.0	211.2
13	278	Yoghurt full fat	8.8	0.0	0.0	0.0	5.3	202.9	198.4	40.0	246.3
13	279	Milk whole	46.8	0.0	0.0	245.7	15.5	310.0	248.4	30.1	523.4
13	280	Coffee creamer full fat	2.9	0.0	0.0	15.7	12.8	19.0	12.8	4.5	42.0
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	17.4	0.0	0.0	116.8	10.3	164.7	155.3	79.3	222.3
13	284	Yoghurt low fat with fruit	2.4	0.0	0.0	0.0	1.7	224.6	154.1	100.0	380.5
13	285	Coffee creamer half fat	7.5	0.0	0.0	30.7	35.7	23.8	23.8	4.7	56.1
13	286	Milk semi-skimmed	120.0	0.0	0.0	502.4	36.5	274.4	224.3	5.9	509.0
13	288	Porridge oatmeal	1.6	0.0	0.0	0.0	1.7	222.8	206.0	206.0	244.2
13	289	Buttermilk	18.4	0.0	0.0	245.8	10.0	304.7	248.5	180.3	529.3
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.0	0.0	0.0	0.0	0.7	8.0	8.0	8.0	8.0
13	294	Milk skimmed	1.9	0.0	0.0	0.0	2.6	192.7	174.5	50.2	261.2
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	0.8	0.0	0.0	0.0	0.4	74.2	74.2	74.2	74.2
13	299	Cream whipping	0.0	0.0	0.0	0.0	0.9	7.2	4.7	3.1	8.8
13	301	Yoghurt low fat	7.6	0.0	0.0	79.7	7.1	143.9	157.4	6.2	249.9
13	303	Ice cream dairy cream based	3.5	0.0	0.0	29.6	4.9	88.6	67.7	49.0	96.8
13	305	Fromage frais low fat	3.2	0.0	0.0	0.0	4.4	119.8	121.5	48.0	164.3
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	0.0	0.0	0.0	0.0	0.0
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	1.3	0.0	0.0	0.0	1.6	75.0	75.0	75.0	75.0
13	532	Blancmange chocolate	0.8	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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13	657	Yoghurt drink	1.0	0.0	0.0	0.0	0.6	212.2	212.2	212.2	212.2
13	736	Pudding vanilla	0.0	0.0	0.0	0.0	0.0
13	767	Mousse chocolate	0.2	0.0	0.0	0.0	0.1	81.0	81.0	81.0	81.0
13	786	Pudding chipolata	0.0	0.0	0.0	0.0	0.0
13	812	Cream sour	0.0	0.0	0.0	0.0	1.3	5.5	3.5	3.5	13.3
13	863	Yoghurt full fat with fruit	0.4	0.0	0.0	0.0	0.1	270.0	270.0	270.0	270.0
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	0.0	0.0	0.0	0.0	0.0
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	0.7	0.0	0.0	0.0	1.2	99.2	48.4	48.0	139.8
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.0	0.0	0.0	0.0	0.0
13	940	Blancmange vanilla w strawberry sauce	0.9	0.0	0.0	0.0	1.6	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	1.8	0.0	0.0	0.0	1.8	200.0	200.0	200.0	200.0
13	1464	Milk chocolate-flavoured semi-skimmed	3.0	0.0	0.0	0.0	1.4	225.6	210.0	200.0	249.2
13	1474	Ice lolly/ Sorbet	1.0	0.0	0.0	0.0	3.0	50.0	50.0	50.0	50.0
13	1502	Yoghurt half fat	5.7	0.0	0.0	69.5	6.6	131.9	78.0	51.8	330.8
13	1503	Cream 25% fat	0.0	0.0	0.0	0.0	0.0
13	1719	Milk semi-skimmed enriched w calcium	0.0	0.0	0.0	0.0	0.0
13	1720	Custard several flavours full fat	8.4	0.0	0.0	70.8	3.9	164.4	147.3	131.8	200.7
13	1721	Yoghurt vanilla half fat	0.2	0.0	0.0	0.0	0.3	112.2	92.9	92.9	130.4
13	1722	Porridge semolina	0.0	0.0	0.0	0.0	0.0
13	1791	Cream whipped w sugar canned	0.1	0.0	0.0	0.0	1.2	7.8	3.0	3.0	12.8
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	1.0	9.9	9.9	9.8	10.0
13	1813	Yakult	1.3	0.0	0.0	0.0	2.0	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	8.1	0.0	0.0	41.9	2.6	141.8	138.0	138.0	157.7
13	1834	Yoghurt drink w sweeteners Optimel	0.8	0.0	0.0	0.0	0.4	330.0	330.0	330.0	330.0
13	1916	Cream whipped with added sugar	0.3	0.0	0.0	0.0	3.4	15.0	7.6	6.0	36.0
13	1954	Coffee creamer Balance	0.2	0.0	0.0	0.0	1.9	12.8	10.0	10.0	15.3
13	1957	Custard with whipped cream	5.0	0.0	0.0	5.7	2.6	194.8	141.8	139.1	387.9
13	1958	Porridge buttermilk groats	0.9	0.0	0.0	0.0	0.4	185.0	185.0	185.0	185.0
13	1970	Milk chocolate-flavoured Chocomel light	1.0	0.0	0.0	0.0	0.5	212.2	212.2	212.2	212.2
13	2240	Milk goats- full fat	1.2	0.0	0.0	0.0	1.4	214.2	214.2	214.2	214.2
13	2244	Yoghurt cream- with fruit	4.3	0.0	0.0	0.0	1.5	284.4	243.0	216.0	352.0
13	2246	Fromage frais low fat w fruit w sw	0.0	0.0	0.0	0.0	0.0
13	2247	Fromage frais yoghurt w fruit	0.3	0.0	0.0	0.0	0.4	210.6	210.6	210.6	210.6
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	2.7	0.0	0.0	13.3	2.6	50.0	50.0	50.0	50.0
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0

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								Mean g/day	Median g/day	P5 g/day	P95 g/day
13	2257	Breakfast drink Goede Morgen original	1.3	0.0	0.0	0.0	0.8	311.6	281.0	270.0	334.3
13	2258	Actimel	0.8	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.0	0.0	0.0	0.0	0.0
13	2267	Custard no fat w sweeteners Optimel	0.0	0.0	0.0	0.0	0.0
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.4	4.4	4.4	4.4	4.4
13	2275	Cream cooking	0.1	0.0	0.0	0.0	2.7	5.0	5.0	5.0	5.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	0.0	0.0	0.0	0.0	0.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.0	0.0	0.0	0.0	0.0
13	2495	Drinking chocolate w s-sk milk	0.0	0.0	0.0	0.0	0.0
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	12.4	0.0	0.0	96.2	6.0	131.4	125.0	125.0	142.9
13	2503	Yoghurt Greek full fat	0.6	0.0	0.0	0.0	1.6	109.2	96.5	70.0	121.2
13	2504	Fromage frais full fat w fruit	0.0	0.0	0.0	0.0	0.0
13	2519	Custard half fat all flavours	0.0	0.0	0.0	0.0	0.0
13	2520	Pudding airy average	0.0	0.0	0.0	0.0	0.0
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.0	0.0	0.0	0.0	0.0
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	0.0	0.0	0.0	0.0	0.0
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	2.4	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
13	2689	Actimel light	0.0	0.0	0.0	0.0	0.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.4	6.0	6.0	6.0	6.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2760	Hot chocolate from vending machine	5.3	0.0	0.0	22.3	4.0	153.2	130.0	130.0	256.1
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.4	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
13	2917	Dairy drink Milk&Fruit mango	3.6	0.0	0.0	0.0	1.0	184.4	184.4	184.4	184.4
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	4.7	0.0	0.0	0.0	2.0	367.6	289.1	277.5	498.8
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	1.5	11.2	8.4	8.0	16.1
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.7	13.5	12.0	12.0	15.5

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13	3074	Yoghurt full fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
14	687	Tahoe soya curd	2.2	0.0	0.0	0.0	2.2	86.2	78.4	47.0	110.1
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0
14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.5	2.9	2.9	2.9	2.9
14	1215	Soya sauce sweet	0.2	0.0	0.0	1.5	2.6	4.9	4.0	1.2	10.3
14	1380	Dessert soya Alpro	0.1	0.0	0.0	0.0	0.2	76.2	76.2	76.2	76.2
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.4	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
14	1512	Schnitzel vegetarian unprep	0.9	0.0	0.0	0.0	2.6	100.0	100.0	100.0	100.0
14	1602	Milk soya several flavours Alpro	0.0	0.0	0.0	0.0	0.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.3	0.0	0.0	0.0	0.7	60.0	60.0	60.0	60.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.0
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.3	0.0	0.0	0.0	0.5	40.0	40.0	40.0	40.0
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.4	20.1	12.0	12.0	33.5
15	199	Cashew nuts unsalted	0.7	0.0	0.0	0.0	1.2	50.1	23.8	15.0	69.9
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
15	201	Chestnuts	0.3	0.0	0.0	0.3	2.4	12.9	11.8	11.8	16.6
15	204	Peanuts unsalted	0.0	0.0	0.0	0.0	0.0
15	205	Mixed nuts and raisins	0.9	0.0	0.0	0.0	1.1	100.0	100.0	100.0	100.0
15	206	Walnuts unsalted	1.3	0.0	0.0	5.7	8.1	28.3	11.8	6.6	64.4
15	207	Nuts mixed unsalted	0.9	0.0	0.0	0.0	2.2	57.6	40.5	25.0	84.1
15	264	Biscuit salted average	0.0	0.0	0.0	0.0	0.0
15	265	Puff pastry baked	0.0	0.0	0.0	0.0	0.0
15	266	Snack sausage roll puff pastry	0.3	0.0	0.0	0.0	0.4	150.0	150.0	150.0	150.0
15	267	Pretzel sticks	0.1	0.0	0.0	0.0	0.9	20.6	14.3	10.0	23.9
15	269	Prawn crackers	0.0	0.0	0.0	0.0	0.0
15	546	Peanuts coated	0.2	0.0	0.0	0.0	0.6	70.0	70.0	70.0	70.0
15	618	Cocktail snacks Nibbits	0.1	0.0	0.0	0.0	1.0	21.2	19.0	19.0	25.6
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	867	Linseeds	0.0	0.0	0.0	0.0	0.7	2.2	1.0	1.0	3.6
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.4	1.6	1.6	1.6	1.6
15	876	Peanuts salted	0.8	0.0	0.0	0.0	1.4	35.6	29.9	29.8	59.6
15	901	Snack sausage roll w bread dough pastry	0.0	0.0	0.0	0.0	0.0
15	1496	Salad fish	2.6	0.0	0.0	14.6	3.3	40.5	24.9	10.0	43.0

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

NEVO group	NEVO code	Description	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
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.0
15	1499	Salad egg	0.3	0.0	0.0	0.0	1.1	45.0	45.0	45.0	45.0
15	1699	Biscuits & snacks cheesy averaged	0.6	0.0	0.0	0.0	0.4	62.0	62.0	62.0	62.0
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.0
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.0
15	1935	Nuts mixed salted	0.4	0.0	0.0	0.0	1.2	41.0	45.3	25.0	49.5
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.9	4.0	1.4	0.8	8.6
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
15	2362	Sausage Dutch Frikandel frozen unprep	3.0	0.0	0.0	0.0	2.1	104.5	80.0	80.0	146.9
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	6.4	0.0	0.0	50.4	3.3	97.9	87.5	35.6	122.1
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.0	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	1.0	19.0	19.0	19.0	19.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.0	0.0	0.0	0.0	0.0
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.0	0.0	0.0	0.0	1.8	70.2	56.7	31.8	109.6
16	968	Beans white/brown boiled	0.3	0.0	0.0	0.0	0.3	133.7	133.7	133.7	133.7
16	970	Lentils boiled	0.6	0.0	0.0	0.0	0.5	300.0	300.0	300.0	300.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	1.0	0.0	0.0	0.0	1.3	33.7	6.1	6.1	76.8
16	3049	Beans white tinned	2.1	0.0	0.0	4.7	3.0	74.2	74.2	74.2	74.2
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	4.3	0.0	0.0	0.0	1.4	200.0	200.0	200.0	200.0

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

NEVO group	NEVO code	Description	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
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	4.1	0.0	0.0	0.0	1.9	250.0	250.0	250.0	250.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	3.5	0.0	0.0	0.0	0.7	200.0	200.0	200.0	200.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
19	757	Soup clear with vegetables and noodles	0.3	0.0	0.0	0.0	0.5	196.1	191.1	191.1	204.4
19	758	Soup clear with meat	0.0	0.0	0.0	0.0	0.0
19	759	Soup clear with vegetables	2.8	0.0	0.0	0.0	1.5	265.8	241.3	225.8	309.2
19	760	Soup clear with meat and noodles	9.9	0.0	0.0	107.4	3.1	309.9	248.3	194.3	401.3
19	761	Soup clear with meat and vegetables	2.5	0.0	0.0	0.0	0.5	260.2	228.9	206.9	277.1
19	762	Soup clear w meat vegetables and noodles	7.7	0.0	0.0	36.9	1.6	336.2	277.8	170.1	593.0
19	763	Soup thickened w vegetables	10.1	0.0	0.0	85.8	2.4	182.2	169.8	157.5	182.6
19	766	Soup main course w legumes and meat	2.1	0.0	0.0	0.0	0.2	678.3	678.3	678.3	678.3
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	7.0	0.0	0.0	15.7	3.0	245.7	245.7	245.7	245.7
19	797	Soup vegetable based dried packet prep	0.8	0.0	0.0	0.0	0.4	324.2	214.2	214.2	562.2
19	798	Soup meat based dried packet prepared	0.4	0.0	0.0	0.0	0.4	210.0	210.0	210.0	210.0
19	800	Soup vegetable based tinned prepared	5.1	0.0	0.0	0.0	3.4	312.2	254.9	184.0	416.6
19	801	Soup meat based ready made prepared	1.3	0.0	0.0	0.0	0.3	223.7	223.7	223.7	223.7
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	39.1	0.0	0.0	230.2	13.5	274.6	223.3	81.5	424.8
19	2487	Soup veg & meat based ready made prep	0.7	0.0	0.0	0.0	0.2	315.0	315.0	315.0	315.0
19	2488	Soup vegetable&meat based prepared pack	1.2	0.0	0.0	0.0	0.7	282.2	259.0	259.0	364.1
19	2561	Soup thickened no filling	1.9	0.0	0.0	0.0	0.8	212.2	164.8	157.5	249.6
19	2932	Soup cup-a-soup prepared	2.5	0.0	0.0	0.0	1.8	185.3	175.0	175.0	207.0
20	374	Sugar brown Basterdsuiker	1.0	0.0	0.0	11.7	6.8	16.7	14.0	5.8	26.6
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
20	377	Sugar granulated	14.7	9.5	0.0	52.4	54.9	26.9	19.8	6.1	77.1
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	2.2	19.1	16.9	15.0	19.7
20	381	Syrup sugar	0.2	0.0	0.0	0.0	1.0	18.0	15.8	15.0	19.6
20	427	Syrup apple	2.9	0.0	0.0	24.7	13.9	22.4	18.3	7.1	38.1
20	431	Chocolate milk	3.8	0.0	0.0	20.2	12.5	24.2	19.8	5.0	38.9
20	432	Chocolate plain	0.3	0.0	0.0	0.0	3.6	17.1	10.6	7.0	45.6

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NEVO group	NEVO code	Description	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
20	433	Chocolate flakes milk	0.3	0.0	0.0	0.0	1.5	27.9	22.2	10.0	34.2
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
20	436	Spread chocolate hazelnut	0.9	0.0	0.0	0.0	2.6	34.9	26.5	20.0	47.8
20	442	Coloured confetti fruit-flavoured	0.7	0.0	0.0	1.6	4.4	19.7	17.3	10.0	31.5
20	443	Honey	2.9	0.0	0.0	25.8	19.5	23.5	20.0	4.0	39.8
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.8	25.5	20.0	20.0	33.0
20	445	Jam	12.6	0.0	0.0	63.5	28.1	36.7	22.0	9.7	97.2
20	447	Chewing gum without sugar	0.1	0.0	0.0	0.6	2.5	1.9	1.4	1.0	1.9
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.1	0.0	0.0	0.0	3.1	5.4	3.0	3.0	11.1
20	453	Peppermint	0.0	0.0	0.0	0.0	0.7	3.0	3.0	3.0	3.0
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.0
20	461	Toffees	0.1	0.0	0.0	0.0	0.6	15.2	6.3	6.0	22.2
20	484	Jam reduced sugar	1.0	0.0	0.0	0.8	5.7	30.2	31.4	10.0	47.6
20	487	Candybar Mars	0.2	0.0	0.0	0.0	0.7	51.0	51.0	51.0	51.0
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	1.2	8.0	8.0	8.0	8.0
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.4	4.0	4.0	4.0	4.0
20	522	Liquorice Dutch type sweet	0.2	0.0	0.0	0.0	1.4	8.0	4.0	4.0	11.2
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.6	7.5	6.1	6.0	8.7
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.5	25.0	25.0	25.0	25.0
20	539	Sauce fruit for pudding	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
20	717	Chocolate bar milk with nuts	0.7	0.0	0.0	0.0	1.7	38.7	37.4	28.0	52.9
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
20	751	Liquorice allsorts	0.2	0.0	0.0	0.0	0.4	24.0	24.0	24.0	24.0
20	752	Wine gums	0.0	0.0	0.0	0.0	0.0
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.0
20	1508	Chocolates filled/Belguim chocolate	1.4	0.0	0.0	7.2	9.5	18.2	13.6	11.0	36.6
20	1962	Chocolate confetti milk	3.9	0.0	0.0	22.8	10.8	23.4	19.6	10.7	29.0
20	1963	Chocolate confetti plain	1.0	0.0	0.0	9.3	6.8	19.6	13.6	5.0	44.9
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.0
20	2292	Boiled sweets sugar free	0.2	0.0	0.0	0.0	3.9	7.4	3.8	3.0	14.2
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.4	14.0	14.0	14.0	14.0
20	2375	Chocolate plain w nuts	0.3	0.0	0.0	0.0	1.7	21.2	18.7	12.0	26.4
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0

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

NEVO group	NEVO code	Description	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
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.0	0.0	0.0	0.0	0.0
20	2489	Spread speculaas flavoured	0.3	0.0	0.0	0.0	0.7	17.5	17.5	17.5	17.5
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.7	4.0	4.0	4.0	4.0
20	2595	Candybar KitKat	7.2	0.0	0.0	38.9	2.9	121.3	68.1	16.0	125.6
20	2656	Chocolate confetti mix white and plain	0.1	0.0	0.0	0.0	1.1	10.0	10.0	10.0	10.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	5.0	0.0	0.0	40.6	12.0	41.1	32.1	1.3	74.6
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.4	6.0	6.0	6.0	6.0
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.3	4.1	4.1	4.1	4.1
21	310	Butter unsalted	3.4	0.0	0.0	20.2	17.1	18.8	15.9	2.4	43.7
21	312	Oil corn	0.0	0.0	0.0	0.0	0.0
21	313	Oil soya	0.1	0.0	0.0	0.0	0.5	20.6	16.2	13.8	23.5
21	314	Lard	0.0	0.0	0.0	0.0	0.3	4.1	4.1	4.1	4.1
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.8	0.0	0.0	7.9	12.4	9.5	6.6	0.4	29.6
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.7	23.3	23.3	23.3	23.3
21	451	Mayonnaise	0.2	0.0	0.0	0.0	4.0	9.8	7.6	1.6	20.2
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.3	0.0	0.0	0.0	2.9	9.0	2.6	1.1	7.7
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	2.1	21.9	13.9	0.3	33.8
21	465	Sauce for chips 25% oil	1.3	0.0	0.0	9.5	2.9	23.1	14.8	8.7	29.6
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.0
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	1.1	0.0	0.0	6.1	2.5	20.4	11.8	8.3	35.9
21	601	Oil olive	1.8	0.0	0.0	8.4	19.0	8.4	5.9	2.0	18.1
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.3	3.4	3.4	3.4	3.4
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0
21	616	Peanut sauce jar prepared	0.7	0.0	0.0	0.0	1.6	85.0	81.2	52.8	94.4
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.0
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	1.3	13.8	6.1	6.1	22.3
21	879	Butter salted	0.3	0.0	0.0	2.0	7.3	7.3	4.4	0.8	11.4
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0
21	1515	Sauce based on roux prepared	0.1	0.0	0.0	0.0	0.3	36.0	36.0	36.0	36.0
21	1517	Sauce mix packet <3% fat prepared	0.2	0.0	0.0	0.0	1.2	56.2	41.6	36.0	93.5
21	1518	Sauce mix packet >3% fat prepared	6.2	0.0	0.0	38.9	8.7	47.9	35.0	11.4	125.2
21	1524	Sauce tomato ready made jar	2.9	0.0	0.0	0.0	1.9	90.1	63.5	16.1	149.1
21	1530	Butter product half fat	0.6	0.0	0.0	0.0	1.2	38.6	36.0	36.0	41.3

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

NEVO group	NEVO code	Description	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
21	1803	Sauce oriental ready-made in jar/bag	0.1	0.0	0.0	0.0	0.1	20.8	20.8	20.8	20.8
21	1839	Low fat margarine product tub Becel Ligh	2.8	0.0	0.0	22.6	11.8	29.3	24.7	9.4	47.7
21	1847	Margarine product tub Becel Dieet	3.6	0.0	0.0	20.1	16.5	24.9	21.5	8.2	58.5
21	1886	Mango chutney	0.3	0.0	0.0	0.0	3.0	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	1.0	0.0	0.0	0.0	1.0	52.8	52.8	52.8	52.8
21	1956	Low fat spread Becel pro-activ	0.6	0.0	0.0	1.0	6.0	19.2	15.1	9.0	27.5
21	1961	Low fat marg prod Blue Band Goede Start	0.1	0.0	0.0	0.0	0.5	15.3	6.0	6.0	26.4
21	2059	Low fat margarine 40% fat <17 g sat	2.4	0.0	0.0	18.7	17.5	20.1	17.0	0.7	47.4
21	2060	Low fat margarine prod 35% fat <10 g sat	1.3	0.0	0.0	10.6	5.1	25.8	20.0	6.0	47.9
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.2	0.0	0.0	0.0	0.4	26.7	21.0	21.0	39.9
21	2063	Margarine 80% fat >24 g saturates	2.0	0.0	0.0	6.6	14.8	8.9	3.5	0.6	34.2
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.9	0.0	0.0	4.2	7.1	11.0	5.9	0.7	23.4
21	2066	Cooking fat liquid 97% fat <17 g sat	1.3	0.0	0.0	8.5	15.9	6.8	5.2	0.6	20.6
21	2067	Cooking fat solid 97% fat >17 g sat	2.2	0.0	0.0	2.2	8.3	30.0	4.9	0.9	79.2
21	2068	Frying fat liquid <24 g sat fatty acids	1.5	0.0	0.0	13.1	3.9	19.7	17.1	6.3	30.8
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.3	6.5	6.5	6.5	6.5
21	2072	Margarine product 60% fat <17 g sat	3.0	0.0	0.0	17.7	8.2	23.2	27.0	5.0	43.3
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.9	0.0	0.0	7.0	5.9	8.4	4.6	0.5	24.5
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.6	5.6	5.6	5.6	5.6
21	2178	Pesto	0.0	0.0	0.0	0.0	0.0
21	2294	Low fat margarine Twenty four Ultralight	0.1	0.0	0.0	0.0	1.2	14.2	10.2	9.0	17.2
21	2295	Butter product 25% fat	0.5	0.0	0.0	0.0	1.1	37.5	36.0	36.0	39.5
21	2418	Sauce hot liquid ready made <12% fat	0.0	0.0	0.0	0.0	0.2	25.9	25.9	25.9	25.9
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.2	19.9	19.9	19.9	19.9
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.8	0.0	0.0	11.1	6.3	19.1	14.4	6.0	45.1
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.1	0.0	0.0	0.0	0.6	21.6	21.6	21.6	21.6
21	2446	Sauce chasseur	0.1	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.0	0.0	0.0	0.0	0.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.0	0.0	0.0	0.0	0.0
21	2451	Gravy 25% fat thickend prep w gravypowde	0.0	0.0	0.0	0.0	0.0
21	2452	Gravy 25% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2453	Gravy 50% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	1.0	12.1	12.1	12.1	12.1

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

NEVO group	NEVO code	Description	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
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2456	Gravy 5% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2459	Gravy 50% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	48.5	48.5	48.5	48.5
21	2460	Gravy 75% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.8	53.0	31.8	12.6	59.1
21	2462	Gravy 5% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	1.7	26.0	17.5	17.5	45.4
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	1.0	3.9	3.9	3.9	3.9
21	2466	Salad dressing vinaigrette	0.6	0.0	0.0	2.9	3.2	14.1	11.4	11.4	18.6
21	2467	Salad dressing./sauce approx 13% oil	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.5	8.7	8.7	8.7	8.7
21	2469	Sauce mayonnaise based average	0.0	0.0	0.0	0.0	0.0
21	2470	Sauce for chips 5% oil	0.1	0.0	0.0	0.0	0.9	7.8	7.8	7.8	7.8
21	2471	Mayonnaise product approx 35% oil	0.9	0.0	0.0	5.6	2.3	16.7	10.3	3.9	16.8
21	2472	Oil wok average	0.0	0.0	0.0	0.0	0.4	7.0	5.2	4.3	8.2
21	2525	Frying fat horeca	0.2	0.0	0.0	0.9	3.5	6.7	6.9	2.8	10.7
21	2526	Gravy 25% fat thickened w gravypowder	0.0	0.0	0.0	0.0	0.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.7	12.4	3.9	2.7	24.0
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.4	0.0	0.0	1.1	11.2	3.9	1.4	0.8	15.2
21	2559	Low fat margarine prod AH Bewust light	0.3	0.0	0.0	0.0	1.2	27.3	24.5	24.0	29.4
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	0.3	9.6	10.4	7.3	0.6	20.0
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.0	2.0	7.3	1.8	0.9	15.0
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.8	30.6	27.0	27.0	34.9
21	2567	Low fat margarine prod AH chol verlagend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.0	0.0	0.0	0.0	0.0
21	2580	Gravy 5% fat thickend w gravy powder	0.0	0.0	0.0	0.0	0.0
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.9	20.4	20.4	20.4	20.4
21	2586	Gravy 25% fat w margarine 2063	0.1	0.0	0.0	0.0	0.7	34.9	34.9	34.9	34.9
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.2	0.0	0.0	0.0	1.6	18.6	12.8	12.1	30.6
21	2589	Gravy 25% fat w olive oil	0.2	0.0	0.0	0.0	0.6	35.9	35.9	35.9	35.9
21	2590	Gravy 25% fat w butter	0.0	0.0	0.0	0.0	0.0
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.4	0.0	0.0	0.0	0.8	37.3	24.8	19.4	46.1
21	2593	Gravy 50% fat w margarine 2063	0.4	0.0	0.0	0.0	1.3	59.8	43.6	19.0	90.7
21	2594	Gravy 50% fat w margarine liq 2077	0.4	0.0	0.0	0.0	0.9	21.7	16.5	11.6	22.6

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NEVO group	NEVO code	Description	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
21	2596	Gravy 75% fat w margarine 2063	0.1	0.0	0.0	0.0	0.6	55.7	30.1	8.7	65.8
21	2598	Gravy 75% fat w cooking fat 2067	0.0	0.0	0.0	0.0	0.0
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	9.7	9.7	9.7	9.7
21	2600	Gravy 25% fat thickend w marg 2063	0.2	0.0	0.0	0.0	1.2	41.1	34.9	34.9	47.0
21	2601	Gravy 25% fat thickend w cook fat 2067	1.2	0.0	0.0	12.4	2.6	27.1	24.7	22.6	27.8
21	2602	Gravy 25% fat thickend w olive oil	0.1	0.0	0.0	0.0	0.5	28.1	28.1	28.1	28.1
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.0	0.0	0.0	0.0	0.0
21	2605	Salad dressing olive oil-vinegar	0.2	0.0	0.0	0.0	0.9	37.2	34.3	34.2	39.4
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.8	34.9	34.9	34.9	34.9
21	2625	Gravy 25% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.8	55.2	37.5	36.4	69.3
21	2626	Gravy 25% fat w cooking fat liq 2562	0.0	0.0	0.0	0.0	0.0
21	2627	Gravy 50% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.0
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.1	0.0	0.0	0.0	1.0	34.9	34.9	34.9	34.9
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.2	36.4	36.4	36.4	36.4
21	2631	Gravy 75% fat w olive oil	0.4	0.0	0.0	0.0	0.4	48.5	48.5	48.5	48.5
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	1.0	0.0	0.0	0.0	2.6	36.7	31.7	29.1	49.1
21	2651	Sauce cocktail/party/table >25% oil	0.1	0.0	0.0	0.0	1.1	9.1	5.9	3.9	11.0
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	1.0	19.8	18.8	11.6	22.9
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	0.0
21	2712	Margarine product liquid light unsalted	0.0	0.0	0.0	0.0	1.1	6.9	6.3	6.1	7.3
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.7	0.0	0.0	0.0	1.5	28.3	21.5	21.0	42.8
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.1	0.0	0.0	0.0	0.4	27.2	27.2	27.2	27.2
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.5	18.0	18.0	18.0	18.0
21	2934	Low fat spead Becel pro.activ light	0.3	0.0	0.0	0.0	4.6	20.2	13.7	6.0	33.2
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0

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NEVO group	NEVO code	Description	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
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.0
22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	1.4	0.0	0.0	0.0	2.0	85.7	76.6	37.5	123.9
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.3	0.0	0.0	0.0	0.4	160.2	130.0	130.0	210.0
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	0.7	0.0	0.0	0.0	1.8	73.8	57.1	41.3	90.0
22	352	Lobster boiled	0.1	0.0	0.0	0.0	0.3	21.1	21.1	21.1	21.1
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.3	0.0	0.0	0.0	0.2	110.0	110.0	110.0	110.0
22	603	Eel smoked	3.6	0.0	0.0	0.0	1.4	188.2	136.2	70.0	263.4
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.0
22	815	Fish fingers unprepared	0.4	0.0	0.0	0.0	0.6	90.0	90.0	90.0	90.0
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	1.2	0.0	0.0	0.0	0.6	127.9	90.0	90.0	169.3
22	918	Plaice boiled	2.1	0.0	0.0	1.8	3.1	94.1	70.0	70.0	183.7
22	919	Pollack boiled	1.4	0.0	0.0	0.0	0.5	121.2	121.2	121.2	121.2
22	1096	Salmon smoked	0.3	0.0	0.0	0.0	0.9	55.9	49.3	10.0	71.5
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
22	1586	Mackerel fillet smoked	0.0	0.0	0.0	0.0	0.0
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.0	0.0	0.0	0.0	0.2	44.1	44.1	44.1	44.1
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	6.2	0.0	0.0	34.1	2.7	99.8	95.8	95.8	113.0
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.3	0.0	0.0	0.0	0.3	141.8	141.8	141.8	141.8
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.3	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.9	0.0	0.0	0.0	1.2	118.7	101.2	90.0	148.1
22	2474	Whitefish fillet batter deepfried wo fat	1.2	0.0	0.0	0.0	1.5	118.6	100.0	100.0	139.6
22	2765	Pangasius prep in microwave oven	0.7	0.0	0.0	0.0	1.3	108.0	123.6	31.4	150.1
23	106	Duck whole raw	0.2	0.0	0.0	0.0	0.6	58.2	58.2	58.2	58.2
23	108	Chicken with skin raw	1.4	0.0	0.0	11.2	3.5	31.9	26.3	26.3	45.2
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.0	0.0	0.0	0.0	0.8	9.2	7.5	7.5	13.3

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

NEVO group	NEVO code	Description	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
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.0
23	328	Ham smoked raw	1.4	0.0	0.0	7.3	5.4	28.8	13.8	12.0	73.1
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0
23	335	Liver pate	0.0	0.0	0.0	0.0	0.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.2	0.0	0.0	0.0	2.4	10.6	7.4	5.0	16.3
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.0
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.0	0.0	0.0	0.0	0.0
23	567	Sausage luncheon meat	0.7	0.0	0.0	4.5	3.3	18.1	10.1	8.0	45.3
23	568	Black pudding	0.1	0.0	0.0	0.0	0.1	23.0	23.0	23.0	23.0
23	638	Salami sausage saveloy	2.4	0.0	0.0	16.7	8.3	36.3	17.8	6.0	82.4
23	639	Bacon rashers streaky	1.0	0.0	0.0	8.8	3.4	30.7	22.9	12.3	31.1
23	640	Liver sausage	1.5	0.0	0.0	12.1	7.2	26.8	21.0	10.0	48.0
23	641	Bacon	0.2	0.0	0.0	0.0	2.6	14.5	13.7	4.2	20.4
23	642	Pate	0.2	0.0	0.0	0.0	1.8	20.4	15.8	10.0	34.6
23	643	Pork side cured and smoked	0.5	0.0	0.0	0.0	1.0	84.2	57.2	40.0	100.2
23	783	Sausage with smoked bacon-bits	0.1	0.0	0.0	0.0	1.3	12.2	10.4	10.0	13.6
23	784	Ham lean boiled	2.2	0.0	0.0	13.1	11.2	25.5	19.3	11.5	37.6
23	785	Ham shoulder medium fat boiled	3.1	0.0	0.0	17.9	3.6	39.3	20.7	20.0	55.9
23	810	Beef steak tartare spiced filet americ	0.1	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
23	1152	Salami	0.5	0.0	0.0	0.3	2.8	17.8	12.7	5.0	31.6
23	1155	Minced meat loaf fried	0.4	0.0	0.0	0.0	1.2	45.0	45.0	45.0	45.0
23	1162	Sausage cooked	0.7	0.0	0.0	7.3	1.8	24.4	19.3	14.0	36.0
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0
23	1239	Liver pate sausage	0.1	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
23	1305	Chicken without skin raw	4.5	0.0	0.0	31.9	3.1	74.1	59.2	45.5	77.9
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	1.2	0.0	0.0	0.0	0.9	97.6	94.1	80.0	110.7
23	1401	Beef tenderloin steak raw	0.9	0.0	0.0	0.0	0.4	96.0	96.0	96.0	96.0
23	1402	Beef prime rib raw	0.8	0.0	0.0	0.0	0.4	92.0	92.0	92.0	92.0
23	1404	Beef frying steak raw	5.6	0.0	0.0	46.3	3.4	121.5	96.7	76.0	160.3
23	1405	Minced beef raw	5.5	0.0	0.0	37.7	6.9	82.8	80.7	26.7	112.9
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.0	0.0	0.0	0.0	0.0
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	0.0	0.0	0.0	0.0	0.0
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	2.5	0.0	0.0	5.4	4.9	89.2	65.0	65.0	139.3
23	1415	Beef steak tartare raw	1.5	0.0	0.0	0.0	1.5	108.7	73.5	72.0	136.9
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	6.1	0.0	0.0	47.3	7.8	90.3	91.1	58.0	101.4
23	1418	Pork fillet raw	0.7	0.0	0.0	0.0	0.6	201.8	135.3	112.0	251.1
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
23	1420	Pork chop raw	8.1	0.0	0.0	0.0	4.0	224.0	154.2	33.5	323.2
23	1421	Minced pork raw	1.0	0.0	0.0	0.0	0.8	66.7	66.7	66.7	66.7
23	1422	Pork tenderloin raw	0.9	0.0	0.0	0.0	1.3	161.1	150.0	150.0	175.9
23	1424	Pork loin chop raw	0.0	0.0	0.0	0.0	0.0
23	1425	Pork shoulder chop raw	1.9	0.0	0.0	0.0	0.6	124.4	120.4	120.4	137.0
23	1426	Liver pork raw	3.0	0.0	0.0	0.0	0.7	176.0	176.0	176.0	176.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	0.9	0.0	0.0	0.0	0.8	45.7	42.3	42.3	55.7
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.0	0.0	0.0	0.0	0.0
23	1431	Kromesky meat filled raw	0.2	0.0	0.0	0.0	0.4	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.8	0.0	0.0	3.1	4.7	40.1	26.1	5.7	74.3
23	1434	Minced beef/pork raw	4.9	0.0	0.0	36.2	8.2	90.3	73.7	8.6	209.5
23	1435	Hamburger raw	0.2	0.0	0.0	0.0	0.6	67.3	51.4	37.5	72.6
23	1437	Veal olive raw	0.0	0.0	0.0	0.0	0.0
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.0
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	0.3	0.0	0.0	0.0	4.4	13.2	4.0	4.0	30.6
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.4	16.0	16.0	16.0	16.0
23	1568	Minced beef/pork ball prep w egg/crums	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	2.8	0.0	0.0	30.1	3.5	77.1	75.5	19.0	150.9
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.6	0.0	0.0	0.0	1.8	85.9	76.2	23.8	115.6
23	1667	Pork <5% fat raw	0.2	0.0	0.0	0.0	0.8	92.2	92.2	92.2	92.2
23	1668	Pork 5-14% fat raw	0.1	0.0	0.0	0.0	0.6	42.8	42.8	42.8	42.8
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.5	22.5	22.5	22.5	22.5
23	1772	Pork fricandeau fried	0.0	0.0	0.0	0.0	0.0
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
23	1774	Sausage tongue	0.0	0.0	0.0	0.0	0.0
23	1776	Ham lean grilled	1.4	0.0	0.0	11.3	5.2	28.6	20.0	20.0	37.7
23	1777	Gammon boiled deboned	1.0	0.0	0.0	0.0	1.4	37.1	14.9	8.0	93.8
23	1788	Pork rib chop raw	0.2	0.0	0.0	0.0	0.8	69.1	69.1	69.1	69.1
23	1790	Pork schnitzel not breaded raw	1.8	0.0	0.0	0.0	1.5	99.7	85.1	77.0	109.3
23	1907	Processed meat prod excl liver average	2.1	0.0	0.0	10.7	2.2	40.0	40.0	40.0	40.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.3	18.0	18.0	18.0	18.0
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	3.4	0.0	0.0	18.6	5.4	55.3	29.8	19.9	83.7
23	2300	Sausage smoked lean cooked	0.4	0.0	0.0	0.0	0.7	79.7	59.1	56.0	95.9
23	2301	Sausage smoked beef cooked	0.3	0.0	0.0	0.0	0.9	45.8	18.0	18.0	73.1
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
23	2333	Minced meat raw average	1.3	0.0	0.0	8.4	5.0	27.8	23.8	5.7	57.9

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

NEVO group	NEVO code	Description	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
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.3	0.0	0.0	0.0	0.1	98.0	98.0	98.0	98.0
23	2336	Beef average raw	0.0	0.0	0.0	0.0	0.0
23	2338	Beef for stewing averaged raw	1.7	0.0	0.0	0.0	3.7	70.9	62.7	38.4	107.2
23	2339	Beef olives raw	0.1	0.0	0.0	0.0	0.7	58.1	42.0	42.0	78.5
23	2340	Pork schnitzel breaded raw	0.3	0.0	0.0	0.0	0.5	87.5	87.5	87.5	87.5
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.0	0.0	0.0	0.0	0.0
23	2363	Minced meat w ham and cheese raw	0.0	0.0	0.0	0.0	0.0
23	2364	Chicken schnitzel raw	0.1	0.0	0.0	0.0	0.2	105.0	105.0	105.0	105.0
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.7	0.0	0.0	3.0	2.1	17.7	15.0	15.0	26.0
23	2766	Sausage smoked industrial cooked	0.0	0.0	0.0	0.0	0.0
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.2	0.0	0.0	0.2	1.9	7.9	5.7	5.0	9.6
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	1.4	5.0	5.0	5.0	5.0
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.3	22.5	15.0	15.0	28.5
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.0	0.0	0.0	0.0	0.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.0	0.0	0.0	0.0	0.3	48.0	48.0	48.0	48.0
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.0
23	3030	Sausage beef Braadworst raw	0.1	0.0	0.0	0.0	0.3	35.8	35.8	35.8	35.8
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.4	0.0	0.0	0.0	0.5	106.4	96.0	96.0	115.7
1	982	Potatoes wo skins boiled average	110.7	100.0	0.0	246.5	68.4	167.1	139.8	72.6	316.3
1	1150	Potatoes sliced frozen unprepared	0.9	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
1	1455	Potato puree powder av	0.4	0.0	0.0	0.0	1.0	29.2	15.0	11.4	65.2
1	1456	Chips pre-fried unprepared	2.7	0.0	0.0	0.0	2.2	108.0	77.1	41.3	147.3
1	1679	Chips oven frozen prepared	0.6	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.2	0.0	0.0	0.0	0.2	173.1	161.5	100.0	224.5
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.1	64.0	33.6	33.6	92.8
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.2	10.1	1.4	1.4	28.7
1	2834	Potato waffels/balls frozen unprepared	0.0	0.0	0.0	0.0	0.0
2	382	Advocaat liqueur	0.4	0.0	0.0	0.0	0.8	56.0	53.3	49.5	63.4
2	383	Juice apple	1.6	0.0	0.0	0.0	1.2	197.5	156.2	129.0	409.1
2	386	Gin Dutch red currant flavoured	0.1	0.0	0.0	0.0	0.1	66.0	66.0	66.0	66.0
2	387	Fruit drink blackcurrant	0.4	0.0	0.0	0.0	0.4	37.3	12.0	12.0	85.7
2	388	Juice redcurrant	0.1	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
2	389	Beer brown	0.8	0.0	0.0	0.0	0.6	300.0	300.0	300.0	300.0
2	390	Beer pilsner	98.4	0.0	0.0	568.4	18.5	546.3	329.6	250.7	1,164.2
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.1	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
2	393	Gin Dutch lemon flavoured	0.4	0.0	0.0	0.0	0.3	126.8	78.1	71.3	210.4
2	394	Cognac	1.1	0.0	0.0	0.0	0.7	63.3	47.2	19.1	86.1
2	395	Soft drink cola with caffeine	11.8	0.0	0.0	0.0	4.8	323.4	210.5	113.2	606.2
2	396	Juice grape	0.9	0.0	0.0	0.0	0.4	121.8	128.5	25.0	161.5
2	399	Fruit juice drink raspberry	0.4	0.0	0.0	0.0	1.1	43.8	33.5	24.0	46.5
2	400	Soft drink wo caffeine	8.1	0.0	0.0	77.8	3.7	206.1	168.6	84.7	414.4
2	401	Gin young Dutch	14.2	0.0	0.0	95.7	12.1	93.8	93.8	33.3	179.1
2	402	Gin old Dutch	0.1	0.0	0.0	0.0	0.1	112.6	100.1	38.0	152.4
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
2	407	Port wine	2.5	0.0	0.0	0.0	1.3	109.4	94.9	48.0	155.9
2	408	Rum	0.7	0.0	0.0	0.0	0.9	50.1	39.1	23.8	68.1
2	409	Sherry	1.0	0.0	0.0	0.0	1.3	100.1	93.7	0.2	157.9
2	410	Juice orange pasteurized	10.7	0.0	0.0	79.8	5.0	175.6	161.0	67.3	338.3
2	411	Mineral water Spa	9.5	0.0	0.0	0.0	1.7	547.2	407.4	132.0	1,191.3
2	413	Tomato juice	0.4	0.0	0.0	0.0	0.3	176.9	142.7	120.0	283.9
2	414	Soft drink tonic	3.7	0.0	0.0	0.0	1.2	304.4	187.5	100.0	583.2
2	415	Vermouth	0.2	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
2	416	Brandy Dutch vieux	0.4	0.0	0.0	0.0	1.2	43.2	40.7	38.0	46.2
2	417	Juice drink	3.9	0.0	0.0	0.0	1.8	258.4	130.3	70.5	770.3
2	421	Whisky	2.9	0.0	0.0	22.1	5.5	69.2	62.5	23.5	125.6
2	422	Wine red	53.3	0.0	0.0	298.6	21.8	223.9	162.4	82.6	451.7
2	423	Wine white dry	5.9	0.0	0.0	53.3	3.0	186.8	138.1	34.2	418.1
2	425	Whey drink light Rivella	2.7	0.0	0.0	0.0	0.9	244.5	200.5	159.0	364.0
2	463	Fruit drink concentrate undiluted	0.5	0.0	0.0	0.6	2.9	18.4	14.6	1.2	37.6
2	497	Fruit drink concentrate Roosvicee Origin	0.2	0.0	0.0	0.0	2.3	17.5	9.0	9.0	27.4
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.5	15.3	9.8	9.0	28.9
2	644	Coffee prepared	461.3	449.9	58.0	902.2	94.3	501.8	476.2	141.4	927.4
2	645	Tea prepared	345.9	299.6	0.0	1,062.4	70.2	477.6	388.8	115.7	1,175.8
2	664	Juice grapefruit	0.4	0.0	0.0	0.0	0.5	92.7	75.0	50.0	125.9
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.4	8.9	8.8	8.8	9.0
2	747	Mineral water average	16.2	0.0	0.0	0.0	2.8	497.7	393.7	50.0	945.9
2	805	Jagermeister herb liquor	0.2	0.0	0.0	0.0	0.4	73.7	57.9	57.0	108.8
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.2	0.0	0.0	0.0	0.3	73.6	69.7	66.5	75.4
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	2.9	0.0	0.0	0.0	2.1	185.0	162.7	20.0	338.1
2	1465	Liqueur <15 vol% alcohol	0.1	0.0	0.0	0.0	0.2	132.0	132.0	132.0	132.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.2	52.4	41.8	41.8	63.2
2	1468	Beer >7 vol% alcohol	4.2	0.0	0.0	0.0	0.9	383.8	302.6	250.0	511.7
2	1519	Beer alcohol free <0,1 vol%	4.5	0.0	0.0	0.0	0.9	355.6	300.0	300.0	633.4
2	1521	Juice drink light	2.5	0.0	0.0	0.0	0.2	435.0	435.0	435.0	435.0
2	1522	Soft drink light without caffeine	5.8	0.0	0.0	0.0	1.6	215.1	158.8	140.0	344.0
2	1523	Cola light soft drink with caffeine	18.1	0.0	0.0	35.4	4.0	337.9	240.4	87.0	685.1
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.0	0.0	0.0	0.0	0.0
2	1810	Fruit drink concentrate Karvan Cevitam	1.1	0.0	0.0	4.0	2.2	23.5	12.2	9.0	51.5
2	1878	Fruit juice drink Roosvicee Multivit	3.8	0.0	0.0	0.0	0.8	200.0	200.0	200.0	200.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	13.0	11.3	11.3	14.6
2	1885	Water average	303.9	221.4	0.0	900.6	78.8	406.3	309.6	66.4	1,057.4
2	1932	Juice orange with pulp	0.6	0.0	0.0	0.0	0.7	154.8	154.8	53.0	185.2
2	1933	Juice tomato/vegetable Appelsientje	0.5	0.0	0.0	0.0	0.3	175.2	131.1	125.0	301.5
2	1934	Juice tomato Appelsientje Zontomaat	0.0	0.0	0.0	0.0	0.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	3.7	0.0	0.0	0.0	1.4	613.7	420.5	257.3	687.4
2	2079	Breakfast drink HeroFruitontbijt p 100ml	1.2	0.0	0.0	0.0	0.2	226.1	214.7	189.0	247.6
2	2086	Ice tea	0.8	0.0	0.0	0.0	0.4	137.0	137.0	137.0	137.0
2	2088	Ice tea with suiker and sweetner	0.7	0.0	0.0	0.0	0.3	185.0	185.0	185.0	185.0
2	2134	Juice drink Dubbelfrisss	1.9	0.0	0.0	0.0	0.8	207.2	198.3	140.0	243.9
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.1	0.0	0.0	0.0	0.2	145.0	145.0	145.0	145.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.4	0.0	0.0	0.0	0.2	215.0	215.0	215.0	215.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	6.2	0.0	0.0	0.0	2.5	232.9	192.9	145.7	410.6
2	2142	Wine white sweet	1.8	0.0	0.0	0.0	1.6	105.6	85.1	55.0	175.8
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0	184.0	184.0	184.0	184.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	1.3	0.0	0.0	0.0	1.0	149.1	139.0	139.0	161.6
2	2152	Fruit juice dk Coolbest light orange	2.5	0.0	0.0	0.0	0.6	171.5	72.7	55.0	326.6
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0
2	2218	Sports drink Extran Energy	2.0	0.0	0.0	0.0	0.4	330.0	330.0	330.0	330.0

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2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.2	18.8	18.8	18.8	18.8
2	2390	Fruit drink conc with 15-20 mg vit C	0.1	0.0	0.0	0.0	0.5	37.7	21.8	9.0	56.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.3	0.0	0.0	0.0	0.1	236.7	206.0	186.0	254.6
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.2	0.0	0.0	0.0	0.1	500.0	500.0	500.0	500.0
2	2444	Tea herbal instant sw prepared	0.7	0.0	0.0	0.0	0.7	185.0	157.3	157.0	262.8
2	2476	Cappuccino freshly made	8.7	0.0	0.0	18.6	2.8	279.1	232.0	116.7	482.3
2	2477	Coffee cappuccino instant prepared	3.4	0.0	0.0	0.0	0.5	380.1	295.8	171.0	511.9
2	2478	Cappuccino instant powder	0.1	0.0	0.0	0.0	0.6	15.4	13.8	12.0	19.6
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.2	0.0	0.0	0.0	0.1	378.0	378.0	378.0	378.0
2	2492	Lemonade fruit Wicky light	0.1	0.0	0.0	0.0	0.1	179.0	179.0	179.0	179.0
2	2505	Fruit dried in brandy	0.5	0.0	0.0	0.0	0.4	86.2	60.9	24.0	117.9
2	2507	Juice multifruit	1.1	0.0	0.0	0.0	0.5	175.8	132.0	132.0	282.7
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.5	0.0	0.0	0.0	0.3	333.0	333.0	333.0	333.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
2	2564	Juice fruit Hero Fruit&Co	0.4	0.0	0.0	0.0	0.2	276.0	276.0	276.0	276.0
2	2610	Wine rose	4.1	0.0	0.0	0.0	1.5	315.8	311.8	160.0	370.0
2	2633	Coffee instant powder	0.2	0.0	0.0	0.0	1.5	12.5	6.1	0.5	36.0
2	2634	Fruit juice dk minimal 2 fruits w vit C	0.5	0.0	0.0	0.0	0.2	347.1	215.7	134.0	426.6
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	0.6	0.0	0.0	0.0	0.2	150.0	150.0	150.0	150.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.5	0.0	0.0	0.0	0.3	143.0	143.0	143.0	143.0
2	2639	Smoothie fruit	0.0	0.0	0.0	0.0	0.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	1.2	0.0	0.0	0.0	0.3	386.2	302.0	302.0	476.7
2	2642	Fruit drink conc prepared 15-20mg vit C	0.1	0.0	0.0	0.0	0.0	294.0	294.0	294.0	294.0
2	2644	Fruit drink Roosvicee 50/50	1.3	0.0	0.0	0.0	0.2	266.6	182.7	118.0	306.3
2	2646	Sports drink Aquarius	1.0	0.0	0.0	0.0	0.2	500.0	500.0	500.0	500.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.5	0.0	0.0	0.0	0.5	130.5	130.3	116.7	133.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.9	3.7	2.4	1.0	5.5
2	2663	Juice fruit Vruchtoase multivit	0.3	0.0	0.0	0.0	0.1	170.0	170.0	170.0	170.0
2	2674	Energy drink Mxxed up	0.3	0.0	0.0	0.0	0.3	250.0	250.0	250.0	250.0
2	2718	Fruit drink Linessa Vital&Active light	0.0	0.0	0.0	0.0	0.0
2	2755	Juice orange freshly squeezed	26.1	0.0	0.0	166.0	17.2	129.2	115.3	60.0	246.3

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2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	1.1	0.0	0.0	0.0	0.4	145.3	125.0	125.0	168.1
2	2842	Fruit drink Coolbest Powerfruit	0.0	0.0	0.0	0.0	0.0
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.3	0.0	0.0	0.0	0.2	165.0	165.0	165.0	165.0
2	2854	Fruit drink light Papaya multivitamins	3.5	0.0	0.0	0.0	0.7	440.0	220.0	220.0	616.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.6	0.0	0.0	0.0	0.3	241.7	241.7	241.7	241.7
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
2	2881	Coffee wiener melange instant prepared	1.8	0.0	0.0	0.0	0.9	360.8	278.6	125.0	531.9
2	2896	Lemonade squash Spa&Fruit sparkling	4.0	0.0	0.0	0.0	0.5	310.5	265.3	230.0	366.4
2	2897	Juice Drink Ocean Spray	1.1	0.0	0.0	0.0	0.5	231.8	189.7	163.0	278.2
2	3068	Fruit drink concentrated Fruitmix	0.1	0.0	0.0	0.0	0.5	17.3	9.0	9.0	27.4
3	227	Crispbakes Dutch	1.5	0.0	0.0	6.6	11.3	11.9	10.0	1.2	29.7
3	228	Crackers cream	0.4	0.0	0.0	0.0	1.6	15.5	12.3	6.0	26.0
3	229	Crispbread averaged	0.2	0.0	0.0	0.0	2.3	10.0	10.0	10.0	10.0
3	230	Roll white soft	2.4	0.0	0.0	15.9	3.1	70.1	61.8	35.0	100.1
3	233	Bread currant	1.6	0.0	0.0	7.0	4.4	41.0	33.3	30.2	60.7
3	236	Bread brown wheat	29.4	0.0	0.0	114.5	26.8	104.7	91.8	18.3	198.5
3	238	Crackers matzes	0.0	0.0	0.0	0.0	0.4	11.4	10.0	10.0	16.4
3	241	Bread white milk based	4.3	0.0	0.0	0.0	3.3	131.4	141.2	14.5	204.8
3	242	Bread rye dark	2.9	0.0	0.0	21.8	5.9	52.7	42.3	20.0	80.5
3	243	Bread rye light	1.9	0.0	0.0	6.8	4.7	42.7	36.9	25.0	49.8
3	244	Bread raisin	0.7	0.0	0.0	0.0	1.1	44.7	33.7	20.0	68.9
3	246	Bread wholemeal average	37.3	0.0	0.0	146.0	37.0	124.4	100.2	35.0	237.8
3	248	Bread white water based	4.7	0.0	0.0	28.3	5.5	81.1	68.8	19.6	141.5
3	249	Bread wheat malt Tarvo	0.7	0.0	0.0	0.0	0.8	106.7	35.0	35.0	195.0
3	565	Toast	0.0	0.0	0.0	0.0	0.3	14.8	14.0	14.0	17.8
3	596	Crispbread gold-brown	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
3	655	Crispbakes Dutch wholemeal	1.2	0.0	0.0	7.9	9.2	14.3	9.7	8.6	20.4
3	975	Crispbread sesame	0.8	0.0	0.0	0.0	3.3	22.7	20.3	6.4	36.3
3	976	Crispbread light	0.1	0.0	0.0	0.0	1.7	9.2	9.3	5.0	9.9
3	1017	Bread wheatrye wholemeal	1.1	0.0	0.0	0.0	1.1	78.8	45.0	45.0	154.5
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.2	0.0	0.0	0.0	1.1	22.8	20.0	20.0	33.0
3	1312	Crispbread Cracottes	0.2	0.0	0.0	0.0	1.8	16.2	7.0	7.0	46.0
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	0.7	7.0	7.0	7.0	7.0
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.5	0.0	0.0	0.0	0.4	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.9	0.0	0.0	0.0	2.0	53.9	44.4	12.0	67.4
3	1459	Bread current wholemeal	0.1	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
3	1779	Crispbread wholemeal	0.8	0.0	0.0	6.1	5.3	16.1	11.6	10.0	19.3
3	1914	Dough for pizza and savoury pie	6.0	0.0	0.0	42.0	3.4	134.9	96.6	33.0	318.1
3	2229	Crackers VitalU	0.0	0.0	0.0	0.0	0.1	7.0	7.0	7.0	7.0

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3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	0.5	23.8	21.0	21.0	27.1
3	2277	Bread Blue Band Goede Start white bread	0.2	0.0	0.0	0.0	0.3	92.7	64.9	60.0	114.5
3	2348	Bread wholemeal w pumpkin seeds	0.2	0.0	0.0	0.0	0.6	39.8	35.0	35.0	44.0
3	2349	Bread linseed	0.2	0.0	0.0	0.0	0.2	100.5	84.9	70.0	103.0
3	2350	Bread multigrain average w seeds	21.6	0.0	0.0	114.7	15.4	120.8	69.6	31.2	271.7
3	2351	Bread white average milk/water based	0.4	0.0	0.0	0.0	0.7	68.4	35.3	25.0	93.5
3	2352	Bread currant w almond paste	0.1	0.0	0.0	0.0	0.6	49.0	35.4	25.0	74.0
3	2353	Bread brown/wholemeal w muesli	0.5	0.0	0.0	0.0	0.8	50.4	50.0	50.0	51.7
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
3	2355	Bread white w sugar Suikerbrood	0.4	0.0	0.0	0.0	1.4	50.3	38.5	22.5	81.6
3	2356	Baguette w cheese-onion	0.6	0.0	0.0	0.0	0.6	77.5	51.5	10.0	97.0
3	2357	Bread wholemeal w sunflower seeds	2.6	0.0	0.0	0.0	2.2	97.9	85.2	35.0	138.9
3	2358	Bread white w sunflower seeds	0.8	0.0	0.0	0.0	0.7	69.0	45.0	45.0	122.1
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
3	2382	Bread brown w sunflower seeds	3.4	0.0	0.0	0.0	1.8	113.2	69.1	35.0	169.5
3	2528	Croutons	0.1	0.0	0.0	0.0	0.8	10.1	4.7	2.0	20.7
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
3	2703	Bread wholemeal w seeds	0.3	0.0	0.0	0.0	0.3	67.6	35.0	35.0	144.7
3	2704	Bread brown w seeds	1.0	0.0	0.0	0.0	0.9	152.1	126.3	70.0	198.8
3	2707	Bread corn w sunflower seeds	0.2	0.0	0.0	0.0	0.1	245.0	245.0	245.0	245.0
3	2785	Bread corn	0.2	0.0	0.0	0.0	0.2	114.4	70.0	70.0	162.6
3	2788	Bread sourdough wholemeal	0.7	0.0	0.0	0.0	0.9	144.2	123.6	50.0	232.3
3	2789	Bread ciabatta no filling	0.1	0.0	0.0	0.0	0.1	86.9	25.0	25.0	137.4
3	2790	Bread pita white	0.0	0.0	0.0	0.0	0.0
3	2791	Stollen w almond/imitat paste wo nuts	0.2	0.0	0.0	0.0	0.3	63.6	55.0	55.0	88.2
3	2792	Stollen w almond/imitat paste w nuts	0.3	0.0	0.0	0.0	0.7	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.9	0.0	0.0	0.0	1.2	54.2	63.6	10.0	78.4
3	2794	Baguette brown	0.0	0.0	0.0	0.0	0.0
3	2795	Roll white hard	2.2	0.0	0.0	0.0	2.4	72.8	58.4	15.0	99.5
3	2796	Roll brown hard	2.0	0.0	0.0	0.0	1.6	102.8	92.1	38.4	131.1
3	2797	Roll brown soft	1.1	0.0	0.0	0.0	2.1	67.7	48.8	45.0	97.2
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.0
3	2799	Roll multigrain hard	0.2	0.0	0.0	0.0	0.7	53.6	50.0	50.0	66.4
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	3.6	0.0	0.0	23.4	7.3	57.7	44.2	26.6	99.6
3	2804	Bun wholemeal w muesli	1.0	0.0	0.0	0.0	1.5	70.5	58.0	58.0	102.6
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.4	35.6	35.0	35.0	37.9
3	2813	Bread raisin/current average	0.5	0.0	0.0	0.0	1.5	38.5	35.0	35.0	40.0
3	2815	Bread Tijger brown wheat	0.9	0.0	0.0	0.0	0.8	112.3	70.0	70.0	170.3
3	2816	Bread Tijger white	0.7	0.0	0.0	0.0	0.7	57.6	40.9	30.0	85.2
3	2817	Stollen w almond/imitat paste average	1.0	0.0	0.0	0.0	0.4	100.0	100.0	100.0	100.0
3	2818	Croissant average	0.5	0.0	0.0	0.0	1.1	47.0	40.0	40.0	73.9
3	2821	Bread brown w pumpkin seeds	0.4	0.0	0.0	0.0	0.6	81.9	52.5	52.5	127.0
3	2876	Bread brioche	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0
3	2937	Toast Melba natural	0.8	0.0	0.0	5.3	4.2	14.8	12.2	4.0	26.4

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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3	2938	Toast Melba other varieties	0.5	0.0	0.0	0.0	1.1	24.5	22.1	20.0	28.3
3	3054	Bread glutenfree bakmix Glutafin white	0.1	0.0	0.0	0.0	0.1	225.0	225.0	225.0	225.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.4	0.0	0.0	0.0	0.5	109.6	100.0	100.0	146.3
3	3056	Bread brown wheat low sodium	0.1	0.0	0.0	0.0	0.3	44.8	40.0	40.0	60.6
3	3057	Bread fibre Brinta	0.2	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.4	4.4	4.0	4.0	5.6
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	1.6	4.2	3.0	2.5	4.9
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.1	36.7	36.7	36.7	36.7
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.2	0.0	0.0	0.0	0.3	153.9	128.8	128.8	237.7
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0	9.5	9.5	9.5	9.5
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.6	8.2	8.2	8.2	8.2
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.6	14.5	7.5	4.1	22.7
4	2615	Vinegar	0.4	0.0	0.0	1.7	4.7	6.3	4.1	0.8	11.8
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
5	84	Eggs chicken boiled average	14.5	0.0	0.0	53.4	25.8	49.8	49.6	5.8	98.5
6	33	Raisins dried	0.1	0.0	0.0	0.0	1.7	14.7	5.8	5.1	24.9
6	137	Olives tinned/glass	0.3	0.0	0.0	0.0	2.2	14.8	6.0	3.0	43.3
6	147	Apple without skin average	22.9	0.0	0.0	115.5	22.8	102.4	114.1	10.7	152.1
6	148	Strawberries	7.6	0.0	0.0	63.9	5.5	97.6	66.8	22.0	242.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.2	0.0	0.0	0.0	0.4	66.2	37.5	33.3	156.9
6	151	Banana	20.1	0.0	0.0	131.6	15.7	127.6	112.7	50.3	164.9
6	152	Blueberries	0.0	0.0	0.0	0.0	0.0
6	153	Redcurrant	1.9	0.0	0.0	0.0	1.1	136.5	114.3	50.0	187.9
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.1	0.0	0.0	0.0	0.2	48.7	22.8	8.0	65.3
6	158	Lemon	0.1	0.0	0.0	0.0	0.2	33.3	33.3	33.3	33.3
6	159	Cranberries	0.0	0.0	0.0	0.0	0.1	25.9	25.9	25.9	25.9
6	160	Grapes with skin average	0.0	0.0	0.0	0.0	0.0
6	161	Raspberries	0.4	0.0	0.0	0.0	0.5	52.4	45.1	32.2	72.2
6	162	Grapefruit	1.7	0.0	0.0	0.0	1.8	84.7	75.0	75.0	120.9
6	163	Cherries	1.1	0.0	0.0	0.0	1.3	76.5	61.8	21.0	94.3
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Mandarins	18.6	0.0	0.0	115.5	21.6	77.3	59.6	32.3	138.7
6	166	Melon netted	1.3	0.0	0.0	0.0	1.1	204.7	158.7	40.0	345.4
6	168	Pear without skin	7.2	0.0	0.0	67.2	6.0	143.5	127.6	53.7	178.2
6	169	Peach without skin	3.3	0.0	0.0	0.0	2.6	175.0	162.1	76.5	269.9
6	170	Plums with skin	5.2	0.0	0.0	13.3	4.9	141.9	84.8	22.0	269.6
6	171	Orange	18.2	0.0	0.0	131.5	10.1	182.7	138.2	38.1	376.7
6	172	Fruit fresh citrus average	0.8	0.0	0.0	0.0	0.5	143.8	109.4	76.0	147.7

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6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.0	0.0	0.0	0.0	0.4	6.0	6.0	6.0	6.0
6	176	Apricots in syrup tinned	1.9	0.0	0.0	0.0	1.0	103.9	80.7	40.0	173.9
6	177	Pineapple in syrup tinned	0.3	0.0	0.0	0.0	1.3	21.4	17.9	5.0	38.7
6	179	Apple sauce tinned	8.0	0.0	0.0	51.8	8.7	88.5	70.7	13.0	201.3
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	181	Dates dried	0.1	0.0	0.0	0.0	0.8	19.0	16.9	6.0	23.3
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	184	Cherries in syrup tinned	0.1	0.0	0.0	0.0	0.3	35.2	31.5	13.0	42.3
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.4	0.0	0.0	0.0	2.2	111.1	85.4	23.3	222.3
6	189	Peaches in syrup tinned	0.6	0.0	0.0	0.0	0.5	79.0	65.4	40.0	106.9
6	190	Prunes dried	0.2	0.0	0.0	0.0	0.3	53.2	48.0	48.0	66.5
6	191	Plums in syrup tinned	0.1	0.0	0.0	0.0	0.6	19.9	13.0	13.0	20.1
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.0
6	440	Ginger stem in syrup tinned	0.0	0.0	0.0	0.0	0.4	6.7	0.4	0.4	20.4
6	689	Avocado	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	0.3	0.0	0.0	0.0	0.2	192.2	123.1	83.0	274.2
6	875	Apple with skin average	9.5	0.0	0.0	76.0	8.7	130.7	120.1	56.5	174.1
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	5.0	0.0	0.0	32.5	6.2	78.5	55.0	37.4	135.9
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.3	0.0	0.0	0.0	0.3	75.1	75.1	75.1	75.1
6	1127	Juice lemon	0.3	0.0	0.0	0.0	3.8	8.4	2.8	0.4	24.2
6	1182	Apple sauce wo sugar tinned	0.8	0.0	0.0	0.0	0.9	84.5	37.7	25.9	63.6
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.1	70.3	0.2	0.2	134.0
6	1812	Nectarine	1.4	0.0	0.0	0.0	2.3	69.7	31.3	19.1	114.0
6	1887	Dates fresh	0.1	0.0	0.0	0.0	0.3	29.8	12.0	12.0	53.5
6	1906	Fruit fresh average including citrus	0.3	0.0	0.0	0.0	0.1	186.7	186.7	186.7	186.7
6	2379	Raisins soaked in water	0.0	0.0	0.0	0.0	0.5	10.3	7.5	7.0	17.4
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
6	2686	Apple sauce wo sugar w sweetner tinned	0.5	0.0	0.0	0.0	0.5	82.4	51.8	51.8	134.3
6	2748	Pear with skin	2.3	0.0	0.0	0.0	1.4	135.1	115.6	100.0	167.1
6	2749	Grapes black with skin	2.3	0.0	0.0	0.0	2.5	94.8	96.4	10.0	146.1
6	2750	Grapes white with skin	5.2	0.0	0.0	48.9	4.4	88.3	71.5	14.3	166.7
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.3	24.8	24.8	24.8	24.8
6	2885	Cranberry compote sweetened	0.0	0.0	0.0	0.0	0.1	19.8	12.6	8.6	24.6
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.3	5.7	4.0	4.0	7.5
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.2	0.0	0.0	0.0	0.2	56.1	20.7	20.0	126.5
6	2957	Fruit mixed dried soaked in water	0.1	0.0	0.0	0.0	0.1	57.2	57.2	57.2	57.2
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.4	46.6	37.5	37.5	60.8

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7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	3.9	0.0	0.0	19.7	16.0	26.9	19.5	18.1	60.9
7	250	Almond filled pastry	0.3	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
7	251	Apple pie Dutch w shortbread w marg	2.3	0.0	0.0	0.0	3.5	86.8	81.2	50.0	130.5
7	252	Biscuit sweet	0.8	0.0	0.0	7.6	8.3	12.9	9.3	5.0	25.3
7	253	Cake wo butter	1.1	0.0	0.0	0.0	2.5	38.7	30.0	30.0	69.9
7	254	Cake sponge Dutch Eierkoek	0.6	0.0	0.0	0.0	1.1	50.3	34.7	30.0	90.2
7	255	Gateau with whipped cream	0.9	0.0	0.0	0.0	1.3	100.6	89.9	40.0	131.6
7	256	Gateau with butter-cream filling	1.7	0.0	0.0	0.0	1.2	69.2	51.5	40.0	137.6
7	257	Almond paste filled tarts average	2.3	0.0	0.0	22.8	4.5	62.3	52.9	30.1	103.0
7	258	Biscuits averaged	1.2	0.0	0.0	7.2	8.8	15.3	12.6	6.1	29.1
7	259	Macaroons	0.4	0.0	0.0	0.0	0.7	34.9	24.6	15.5	62.6
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	0.9	9.3	5.0	5.0	18.1
7	261	Biscuit spiced Speculaas	1.7	0.0	0.0	6.6	7.5	16.9	7.0	7.0	39.5
7	262	Biscuit Dutch shortbread spritsstukken	0.4	0.0	0.0	0.0	1.6	23.7	21.1	10.0	42.7
7	263	Biscuit brown/wholemeal	1.2	0.0	0.0	8.5	5.9	27.0	20.3	8.2	58.5
7	468	Cream slice Dutch Tompouce	0.2	0.0	0.0	0.0	0.4	97.5	86.1	75.0	98.6
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.2	47.5	35.0	35.0	65.1
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.3	0.0	0.0	0.0	1.5	13.8	10.0	10.0	24.5
7	486	Flan with fruit filling	0.3	0.0	0.0	0.0	0.2	145.3	125.8	125.0	173.9
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.2	0.0	0.0	0.0	2.5	11.2	10.0	10.0	12.4
7	634	Coconut flavoured cookies	0.0	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
7	635	Biscuits Dutch krakeling	0.3	0.0	0.0	0.0	0.5	39.5	30.0	24.0	50.4
7	636	Biscuit muesli	0.3	0.0	0.0	0.0	0.8	35.4	23.2	19.0	53.9
7	713	Waffle syrup average	2.6	0.0	0.0	13.5	5.7	40.6	23.9	10.0	83.5
7	789	Cake butter Dutch Boterkoek	0.8	0.0	0.0	0.0	1.8	36.1	26.6	25.0	71.8
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	1.1	0.0	0.0	0.0	0.8	99.8	90.4	80.0	111.6
7	836	Shortbread	0.6	0.0	0.0	4.6	3.2	20.6	14.3	6.5	35.0
7	837	Biscuit oatmeal	0.1	0.0	0.0	0.0	0.2	43.0	43.0	43.0	43.0
7	855	Biscuit spiced Speculaas w almnd paste	0.0	0.0	0.0	0.0	0.0
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.2	0.0	0.0	0.0	1.3	20.0	20.0	20.0	20.0
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.3	19.3	14.5	10.0	20.4
7	1356	Biscuit fortified Liga Evergr assortment	0.0	0.0	0.0	0.0	0.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.0	0.0	0.0	0.0	3.7	27.0	22.5	20.0	39.7
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.1	0.0	0.0	0.0	1.4	13.0	8.4	5.1	19.3
7	1475	Eclair with whipped cream filling	0.2	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
7	1476	Meringue with butter-cream	0.2	0.0	0.0	0.0	0.2	35.0	35.0	35.0	35.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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7	1478	Flan fruit and crumble topping	0.5	0.0	0.0	0.0	0.4	135.0	135.0	135.0	135.0
7	1479	Cheesecake made with cream cheese	0.0	0.0	0.0	0.0	0.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.1	26.0	26.0	26.0	26.0
7	1481	Rice cakes puffed	0.2	0.0	0.0	0.0	2.4	8.4	7.0	7.0	13.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
7	1945	Bun with vanilla custard	0.5	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.0
7	1969	Cake made with butter	0.6	0.0	0.0	0.0	1.6	48.6	36.8	15.0	81.0
7	1972	Biscuits assorted with butter	0.4	0.0	0.0	0.0	3.2	18.8	12.5	10.0	38.4
7	2162	Biscuit Cafe noir	0.4	0.0	0.0	0.0	1.1	20.3	17.6	10.0	28.4
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.3	0.0	0.0	0.0	1.3	13.9	11.7	10.0	16.7
7	2228	Biscuit with chocolate layer Scholietje	0.1	0.0	0.0	0.0	1.1	13.6	12.0	12.0	19.6
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.5	0.0	0.0	0.0	2.1	27.3	17.2	7.2	52.6
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.3	0.0	0.0	0.0	0.6	39.7	25.0	25.0	66.4
7	2234	Cereal bar Hero B'tween	0.1	0.0	0.0	0.0	0.6	25.0	25.0	25.0	25.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.2	0.0	0.0	0.0	0.5	42.4	42.0	20.0	49.2
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.9	0.0	0.0	0.0	0.8	58.7	54.0	50.0	66.9
7	2393	Cake raisins-	0.2	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
7	2395	Chocolate eclair	0.1	0.0	0.0	0.0	0.2	31.0	17.0	17.0	56.7
7	2396	Chocolate pastry w whipped cream	0.2	0.0	0.0	0.0	0.3	27.8	25.6	25.0	29.6
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.0	0.0	0.0	0.0	0.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.7	0.0	0.0	0.0	2.2	27.9	25.0	25.0	48.1
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
7	2401	Tarts filled with jam	0.8	0.0	0.0	0.0	1.2	57.2	42.9	20.0	86.6
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.5	0.0	0.0	4.7	2.9	14.9	14.0	9.1	21.0
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.1	0.0	0.0	0.0	0.3	36.4	27.8	20.0	38.8
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.0	0.0	0.0	0.0	0.6	10.1	7.8	5.0	13.1
7	2413	Cake wrapped in marzipan and chocolate	1.1	0.0	0.0	0.0	1.6	51.5	39.1	30.0	57.9

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	Consumption % days	On consumption days			
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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.4	33.3	21.0	21.0	46.6
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.1	68.0	68.0	68.0	68.0
7	2556	Biscuit fortified LU Time Out	0.1	0.0	0.0	0.0	0.3	15.8	10.0	10.0	28.3
7	2560	Apple turnover	1.9	0.0	0.0	0.0	1.6	95.7	69.7	41.0	127.8
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0
7	2571	Cake with 'bitterkoekjes'	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.1	0.0	0.0	0.0	0.6	20.4	15.0	15.0	27.9
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.6	0.0	0.0	0.0	3.6	26.4	18.4	10.0	40.2
7	2622	Appel pie Dutch w shortbread w butter	1.4	0.0	0.0	0.0	0.7	82.5	64.3	25.0	156.1
7	2661	Waffle Luikse	0.2	0.0	0.0	0.0	0.8	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.2	0.0	0.0	0.0	0.4	24.0	6.6	4.0	55.9
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.2	0.0	0.0	0.0	0.9	24.3	10.0	10.0	49.0
7	2698	Cake chocolate made wo butter	0.1	0.0	0.0	0.0	0.3	33.0	33.0	33.0	33.0
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	1.4	9.0	6.8	6.0	11.8
7	2715	Meringue	0.0	0.0	0.0	0.0	0.4	8.5	7.9	7.5	8.9
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.5	0.0	0.0	0.0	1.1	46.4	39.0	30.0	57.6
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.8	18.9	11.5	7.0	34.0
7	2775	Biscuit digestive w chocolate	0.2	0.0	0.0	0.0	1.1	26.6	21.3	20.0	33.0
7	2776	Flan apple and crumble topping	1.4	0.0	0.0	0.0	0.3	230.0	230.0	230.0	230.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.2	98.5	84.7	80.0	111.8
7	2820	Waffle syrup w butter	0.3	0.0	0.0	0.0	2.1	24.0	17.5	10.0	29.7
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.7	0.0	0.0	0.0	0.3	95.5	90.4	88.0	99.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.3	0.0	0.0	0.0	1.1	30.4	18.0	18.0	59.1
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.2	16.8	16.0	16.0	19.0
7	2893	Cake Indonesian	0.4	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.7	0.0	0.0	6.4	4.1	17.7	15.6	8.0	28.3
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
7	3060	Apple turnover w puff pastry w butter	0.0	0.0	0.0	0.0	0.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.0	0.0	0.0	0.0	0.7	8.6	3.8	3.8	32.5
8	213	Oatmeal	0.2	0.0	0.0	0.0	1.9	15.9	11.7	6.5	25.9
8	215	Cornflour	0.0	0.0	0.0	0.0	1.1	2.7	1.0	0.4	6.4
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	1.7	5.7	5.0	2.2	9.1
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.3	10.3	5.1	3.7	20.2
8	225	Breakfast cereal Brinta	0.7	0.0	0.0	0.0	3.5	21.8	15.5	9.0	33.6

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8	226	Starch potato	0.0	0.0	0.0	0.0	1.2	1.7	0.6	0.6	5.5
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	1.1	0.0	0.0	0.0	1.6	48.7	19.0	19.0	120.0
8	590	Wheat bran	0.1	0.0	0.0	0.0	2.3	7.0	5.9	1.8	10.3
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.1	0.0	0.0	0.0	0.5	22.1	18.3	11.5	28.5
8	658	Rice white boiled	11.7	0.0	0.0	87.2	7.4	143.7	127.7	61.3	335.6
8	659	Pasta white average boiled	12.0	0.0	0.0	81.2	7.5	134.7	123.7	27.8	223.3
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.5	0.0	0.0	1.3	3.3	12.9	6.7	1.8	45.2
8	1014	Rice brown boiled	0.8	0.0	0.0	0.0	0.6	95.9	58.6	40.0	208.3
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.1	7.8	7.8	7.8	7.8
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.1	0.0	0.0	0.0	0.2	46.0	46.0	46.0	46.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.1	21.0	21.0	21.0	21.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0	15.0	15.0	15.0	15.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.8	10.9	9.0	3.8	20.8
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.2	164.7	164.7	164.7	164.7
8	2158	Couscous boiled	0.0	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.2	0.0	0.0	0.0	0.2	36.8	23.3	23.3	62.2
8	2361	Breakfast prod Albona 7-cereals-energy	0.1	0.0	0.0	0.0	0.3	56.6	53.1	50.0	57.5
8	2366	Muesli crunchy plain/w fruit	0.5	0.0	0.0	0.0	1.8	25.9	19.8	9.8	40.3
8	2675	Muesli crunchy w nuts	0.1	0.0	0.0	0.0	0.4	31.5	27.9	9.8	49.4
8	2676	Muesli crunchy w chocolate	0.1	0.0	0.0	0.0	0.5	19.7	19.7	19.7	19.7
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.2	13.3	13.3	13.3	13.3
8	2809	Muesli w fruit	2.0	0.0	0.0	3.5	5.7	40.1	28.1	5.9	80.0
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.0
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.3	47.4	43.3	40.0	49.3
9	7	Endive raw	1.0	0.0	0.0	0.0	1.7	105.1	89.9	64.2	138.1
9	8	Endive boiled	5.0	0.0	0.0	45.4	3.0	174.5	171.2	47.7	255.0
9	11	Aubergine boiled	0.6	0.0	0.0	0.0	0.7	72.9	41.6	25.0	115.6
9	13	Celery boiled	0.1	0.0	0.0	0.0	0.2	49.8	49.8	49.8	49.8
9	14	Cauliflower raw	0.1	0.0	0.0	0.0	0.2	41.0	41.0	41.0	41.0
9	15	Cauliflower boiled	7.2	0.0	0.0	84.7	3.9	194.4	177.6	94.0	248.3
9	16	Kale curly boiled	1.7	0.0	0.0	0.0	1.4	133.3	125.0	40.1	170.3
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.2	6.2	6.2	6.2	6.2
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	1.7	0.0	0.0	14.3	7.6	21.9	16.8	3.1	50.8
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.2	0.0	0.0	0.0	0.4	98.0	98.0	98.0	98.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.3	2.9	2.9	2.9	2.9
9	27	Cucumber wo skin raw	4.6	0.0	0.0	43.6	7.7	65.7	64.5	13.4	133.2
9	28	Cucumber boiled	0.1	0.0	0.0	0.0	1.2	19.6	20.4	9.1	22.7
9	29	Swede boiled	1.0	0.0	0.0	0.0	0.5	222.2	147.0	131.9	302.5
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.0	41.7	41.7	41.7	41.7
9	32	Sweet pepper green boiled	0.3	0.0	0.0	0.0	1.1	21.5	16.1	10.9	32.7
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	2.1	0.0	0.0	14.5	6.4	43.2	20.1	4.5	150.6
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	1.6	0.0	0.0	0.0	0.8	158.4	145.8	80.0	259.4
9	44	Cabbage Savoy boiled	0.1	0.0	0.0	0.0	0.4	88.9	88.9	88.9	88.9
9	46	Lettuce head raw	2.5	0.0	0.0	26.0	5.1	48.9	32.0	4.7	97.1
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.3	0.0	0.0	0.0	0.2	180.0	180.0	180.0	180.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	1.4	0.0	0.0	0.0	2.1	72.7	47.6	21.0	141.7
9	54	Cabbage oxheart boiled	1.5	0.0	0.0	0.0	1.0	174.6	164.4	120.0	225.1
9	55	Brussel sprouts boiled	3.5	0.0	0.0	0.0	2.9	139.7	119.3	65.3	218.6
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.7	2.6	4.1	2.9	0.6	6.8
9	60	Tomatoes normal raw	4.5	0.0	0.0	33.2	9.3	47.6	33.1	7.0	100.9
9	61	Tomatoes normal boiled	0.4	0.0	0.0	0.7	2.9	23.6	5.2	1.1	108.1
9	63	Onions raw	1.3	0.0	0.0	9.0	7.2	24.7	15.9	5.2	63.9
9	64	Onions boiled	6.5	0.0	0.0	36.0	21.2	34.1	24.7	2.3	83.7
9	65	Lettuce lambs raw	0.4	0.0	0.0	0.0	0.8	38.0	20.2	17.8	75.7
9	67	Chicory raw	1.8	0.0	0.0	0.0	1.8	128.8	89.2	49.6	193.8
9	68	Chicory boiled	7.5	0.0	0.0	62.7	3.8	187.4	161.4	84.2	356.1
9	69	Cabbage white raw	0.0	0.0	0.0	0.0	0.0
9	70	Cabbage white cooked	0.4	0.0	0.0	2.9	3.0	6.7	5.2	2.0	14.3
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.1	48.1	35.6	25.3	69.0
9	72	Carrots boiled average	1.4	0.0	0.0	4.3	4.8	40.5	17.2	1.9	140.4
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.1	27.9	25.0	25.0	31.4
9	74	Cabbage sauerkraut cooked	3.6	0.0	0.0	0.0	2.0	146.8	134.0	72.2	217.1
9	75	Vegetable mix for soup raw	0.9	0.0	0.0	0.0	1.6	49.7	40.0	12.8	103.4
9	124	Radish red/white raw	0.2	0.0	0.0	0.0	0.7	39.9	24.1	20.0	82.7
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.6	8.0	8.0	8.0	8.0
9	127	Vegetables mixture raw	0.6	0.0	0.0	0.0	1.0	54.5	45.9	43.9	67.5
9	129	Endive tinned	1.8	0.0	0.0	0.0	0.2	340.0	340.0	340.0	340.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	1.1	0.0	0.0	8.1	6.0	15.4	13.8	1.9	31.3
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.3	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
9	135	Pea garden super fine tinned	1.1	0.0	0.0	0.0	1.2	84.7	25.3	0.4	200.2
9	136	Peas and carrots tinned	2.8	0.0	0.0	22.4	2.2	109.1	105.5	52.4	125.4
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	1.9	0.0	0.0	0.0	2.0	143.7	102.2	98.0	192.3
9	140	Spinach tinned	1.6	0.0	0.0	0.0	0.2	448.5	448.5	448.5	448.5
9	141	Tomato puree concentrated tinned	0.4	0.0	0.0	0.0	1.8	22.3	16.5	2.5	43.5

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NEVO group	NEVO code	Description	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
9	142	Beans broad tinned	0.2	0.0	0.0	0.0	0.5	71.8	70.4	69.7	72.7
9	143	Carrots tinned	0.5	0.0	0.0	0.0	0.5	165.1	162.7	145.0	176.5
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	1.8	3.9	0.9	0.4	15.5
9	145	Cabbage red glass	0.7	0.0	0.0	0.0	1.2	151.1	99.1	22.1	168.8
9	146	Spinach frozen boiled	3.3	0.0	0.0	0.0	1.4	266.9	199.0	125.0	380.8
9	538	Rhubarb puree w sugar	2.7	0.0	0.0	0.0	1.6	91.5	70.3	31.9	215.6
9	557	Celery raw	0.1	0.0	0.0	0.0	0.5	46.3	37.7	30.0	48.8
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.0
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.0	0.0	0.0	0.0	0.5	8.0	6.1	4.6	8.9
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	1.0	0.0	0.0	0.0	1.0	243.3	243.0	243.0	243.0
9	651	Spinach creamed frozen boiled	1.0	0.0	0.0	0.0	0.3	170.6	178.1	80.0	218.5
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.8	0.0	0.0	0.0	1.1	69.1	43.7	9.6	130.6
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.1	0.0	0.0	0.0	0.6	8.3	6.4	6.0	10.5
9	885	Sweet pepper red boiled	0.5	0.0	0.0	1.2	2.6	17.8	14.2	3.9	33.2
9	920	Broccoli boiled	4.3	0.0	0.0	0.0	2.4	218.6	198.7	110.2	314.1
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.0
9	951	Beans French boiled	13.5	0.0	0.0	85.9	11.6	134.0	163.6	3.3	235.8
9	952	Kale curly frozen boiled	0.4	0.0	0.0	0.0	0.3	142.6	132.6	105.2	153.4
9	953	Peas frozen boiled	0.7	0.0	0.0	0.0	1.4	111.3	71.2	10.2	131.9
9	954	Beans French frozen boiled	0.5	0.0	0.0	0.0	0.4	200.9	179.8	98.0	231.7
9	957	Asparagus boiled	2.2	0.0	0.0	0.0	1.3	184.4	170.5	52.0	262.5
9	958	Beetroot boiled	4.8	0.0	0.0	29.9	2.6	157.9	175.2	29.3	241.6
9	961	Beans runner boiled	1.8	0.0	0.0	0.0	1.4	202.0	228.7	66.3	262.3
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	2.6	0.0	0.0	1.0	1.5	154.0	81.3	9.8	343.7
9	966	Courgettes boiled	0.4	0.0	0.0	0.0	2.0	45.7	23.5	6.0	138.1
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.5	0.0	0.0	0.0	0.5	115.5	62.7	50.0	186.2
9	1141	Vegetable mixed Mexico frozen unprepared	0.5	0.0	0.0	0.0	0.1	363.9	230.7	129.0	428.1
9	1143	Beans runner frozen unprepared	0.9	0.0	0.0	0.0	0.7	176.2	156.5	150.0	227.4
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.1	16.6	16.6	16.6	16.6
9	1147	Brussel sprouts frozen boiled	0.5	0.0	0.0	0.0	0.2	199.0	181.1	176.0	212.5
9	1148	Beans broad frozen unprepared	0.2	0.0	0.0	0.0	0.3	119.2	88.7	9.5	143.9
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.4	5.1	1.9	0.8	7.4
9	1399	Lettuce iceberg raw	3.9	0.0	0.0	32.2	5.0	71.1	65.0	6.4	133.0
9	1454	Beetroot pickled glass	0.4	0.0	0.0	0.0	0.3	106.4	63.2	20.9	163.7
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.3	3.8	3.8	3.8	3.8
9	1904	Vegetables average boiled	2.5	0.0	0.0	17.0	3.0	106.1	63.3	24.1	236.7

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0
9	2293	Tomatoes tinned	0.4	0.0	0.0	0.0	0.6	102.3	63.3	30.6	166.0
9	2330	Mange-tout and carrots boiled	1.3	0.0	0.0	0.0	0.4	370.0	370.0	370.0	370.0
9	2331	Bami vegetables mixed boiled	0.3	0.0	0.0	0.0	0.9	36.4	23.4	16.0	74.9
9	2346	Lettuce green average raw	1.1	0.0	0.0	4.5	1.6	61.1	31.4	8.3	93.1
9	2377	Tomatoes dried in oil tin/glass	0.2	0.0	0.0	0.0	0.5	17.0	13.9	13.5	19.4
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.3	13.2	8.5	8.5	25.0
9	2498	Tomatoes sieved	2.8	0.0	0.0	17.6	3.2	55.9	39.9	7.8	153.7
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.4	4.8	3.2	3.2	6.8
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
9	2710	Cabbage red w apple pieces glass	0.5	0.0	0.0	0.0	0.2	144.3	90.0	90.0	282.4
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.5	23.3	16.0	9.0	24.1
9	2727	Carrot bunched boiled	5.3	0.0	0.0	41.3	2.7	154.8	157.8	58.0	232.5
9	2728	Carrot winter raw	0.2	0.0	0.0	0.0	0.5	58.9	35.7	15.0	65.9
9	2729	Carrot winter boiled	1.0	0.0	0.0	0.0	1.5	76.3	50.7	15.4	146.4
9	2730	Tomato vine raw	3.7	0.0	0.0	23.8	4.0	99.0	67.5	26.2	182.4
9	2731	Tomato cherry raw	1.6	0.0	0.0	10.1	3.9	45.6	35.7	10.7	69.6
9	2732	Tomato beef raw	0.0	0.0	0.0	0.0	0.1	209.0	209.0	209.0	209.0
9	2733	Tomato beef boiled	0.6	0.0	0.0	0.0	0.7	103.4	52.4	2.0	105.3
9	2734	Tomato average raw	0.4	0.0	0.0	0.0	0.7	35.2	22.6	22.0	59.7
9	2735	Tomato average boiled	0.6	0.0	0.0	0.0	0.8	44.8	1.9	1.1	130.1
9	2736	Rocket raw	0.2	0.0	0.0	0.0	1.2	31.2	19.1	2.7	53.1
9	2737	Onion Welsh raw	0.0	0.0	0.0	0.0	0.0
9	2738	Onion Welsh boiled	0.6	0.0	0.0	0.0	1.0	28.5	16.9	4.0	52.1
9	2739	Cucumber w skin raw	0.3	0.0	0.0	0.0	2.0	22.9	11.7	4.5	54.5
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.1	45.9	45.9	45.9	45.9
9	2741	Sweet pepper yellow boiled	0.2	0.0	0.0	0.0	0.7	19.5	12.2	10.9	30.6
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.4	6.2	3.6	3.6	10.0
9	2743	Sweet pepper average boiled	0.3	0.0	0.0	1.6	2.3	13.8	5.9	1.6	43.5
9	2840	Cabbage red w apple pieces	0.1	0.0	0.0	0.0	0.2	116.0	116.0	116.0	116.0
9	2900	Sweetcorn tinned	0.3	0.0	0.0	0.0	0.8	44.0	24.2	10.2	87.3
10	455	Peanut butter	1.5	0.0	0.0	11.9	5.8	23.1	17.0	7.5	49.4
10	541	Peanut butter with nut pieces	0.5	0.0	0.0	0.0	1.4	35.0	34.8	10.0	48.6
10	574	Sandwich spread cucumber	0.1	0.0	0.0	0.0	0.5	34.0	30.0	30.0	38.7
10	575	Sandwich spread original	0.5	0.0	0.0	0.0	1.9	22.3	15.8	5.0	41.9
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.1	1.5	1.5	1.5	1.5
10	2367	Peanut butter light	0.4	0.0	0.0	0.0	1.9	31.9	24.1	15.0	46.7
11	304	Cheese Swiss dried	0.3	0.0	0.0	0.0	1.1	10.4	2.1	1.3	36.1
11	511	Cheese Edam 40+	1.5	0.0	0.0	10.3	4.2	28.3	18.5	4.3	62.5
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	7.4	0.0	0.0	31.6	18.7	39.5	28.3	8.6	72.9
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.8	0.0	0.0	0.0	3.7	34.7	27.2	20.2	57.4
11	515	Cheese spread 48+	0.4	0.0	0.0	0.0	1.9	17.5	15.4	8.0	30.1
11	517	Cheese spread 20+	0.8	0.0	0.0	0.0	1.9	79.2	67.7	5.0	114.8
11	556	Cheese Camembert 45+	0.3	0.0	0.0	0.0	0.8	33.4	29.5	14.0	54.9
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.6	8.2	7.4	2.5	12.0
11	719	Cheese cream soft Mon Chou	0.1	0.0	0.0	0.0	1.2	8.0	4.8	4.0	16.9
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.1	0.0	0.0	0.0	0.4	29.0	29.0	29.0	29.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.2	44.1	33.3	25.0	49.2
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.5	23.2	4.0	4.0	51.8
11	804	Cheese sheep fresh	0.6	0.0	0.0	0.0	2.3	20.6	18.1	8.8	37.3
11	881	Cheese 48+ low salt	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	0.3	24.2	12.9	10.0	41.1
11	1104	Cheese smoked	0.3	0.0	0.0	0.0	0.3	48.3	24.7	22.0	79.7
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	0.9	0.0	0.0	0.0	2.4	36.5	31.4	13.0	57.3
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.2	26.6	26.6	26.6	26.6
11	1382	Cheese 30+	5.4	0.0	0.0	33.2	18.9	29.3	23.6	12.9	46.7
11	1487	Cheese Brie 60+	1.8	0.0	0.0	10.9	3.6	37.8	21.8	7.3	84.0
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.5	0.0	0.0	0.0	2.0	36.2	29.7	17.8	59.1
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	1.6	18.0	14.2	8.0	28.8
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.2	24.0	24.0	24.0	24.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.3	0.0	0.0	0.0	0.2	71.9	83.7	35.0	87.6
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.1	0.0	0.0	0.0	0.3	21.9	14.6	13.0	27.6
11	1809	Cheese 45+	0.3	0.0	0.0	0.0	0.8	31.0	25.2	24.0	46.1
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.1	84.0	84.0	84.0	84.0
11	1955	Cheese Mozzarella	1.0	0.0	0.0	5.8	3.4	28.1	18.4	3.6	58.0
11	2518	Cheese goat hard	0.2	0.0	0.0	0.0	1.1	30.9	24.4	10.0	52.2
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	1.1	12.0	10.5	10.0	11.0
11	2679	Dairy spread plain/herbs light	0.1	0.0	0.0	0.0	0.5	19.5	14.5	10.0	28.1
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.9	0.0	0.0	0.0	3.3	39.6	29.7	13.0	59.5
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	3.7	0.0	0.0	22.2	8.4	41.0	33.1	10.7	77.3
11	2758	Cheese Gouda 48+ age 4-7 mths	2.4	0.0	0.0	18.0	8.8	29.6	28.2	10.4	57.4
11	2759	Cheese Gouda 48+ age 10-12 mths	2.0	0.0	0.0	20.1	6.4	37.1	36.3	16.2	49.5
11	2824	Cheese 30+ low salt	0.7	0.0	0.0	0.0	2.4	32.1	30.8	22.0	44.9
12	429	Stock cubes	0.0	0.0	0.0	0.0	1.7	2.8	2.5	0.5	5.2
12	824	Mustard	0.1	0.0	0.0	0.0	2.4	3.4	2.0	0.6	7.1
12	830	Garlic fresh	0.0	0.0	0.0	0.2	3.1	0.9	0.6	0.2	1.7
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.0	3.3	2.9	2.0	4.7
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.4	5.4	5.0	5.0	5.9
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	1.3	2.2	1.0	0.5	4.0
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.5	4.1	3.1	2.2	6.2

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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.1	0.0	0.0	0.0	0.4	19.1	16.4	16.4	23.6
12	2669	Mix Maggi oven-/dagschotel prepared	0.1	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.1	18.0	18.0	18.0	18.0
12	2671	Mix rice/Chines noodles unprepared	0.3	0.0	0.0	0.0	1.8	13.2	10.4	3.3	25.1
12	2681	Mixed spices Wereldgerechten unprep	0.1	0.0	0.0	0.0	0.6	7.7	7.4	7.4	8.7
13	270	Milk raw	1.1	0.0	0.0	0.0	0.6	300.0	300.0	300.0	300.0
13	271	Coffee creamer with pufa Becel	1.2	0.0	0.0	4.1	5.2	28.5	23.6	8.0	63.9
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	0.7	220.7	197.6	155.5	288.3
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.4	0.0	0.0	2.6	6.0	7.9	3.7	1.3	19.0
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.3	20.5	18.0	18.0	22.9
13	276	Custard chocolate full fat	2.2	0.0	0.0	0.0	1.0	152.8	146.4	37.1	234.2
13	278	Yoghurt full fat	9.4	0.0	0.0	82.4	3.8	296.8	256.8	116.3	517.8
13	279	Milk whole	15.4	0.0	0.0	126.9	9.4	222.5	204.8	19.6	503.0
13	280	Coffee creamer full fat	1.0	0.0	0.0	3.3	5.6	23.8	22.1	6.7	48.9
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.2	27.9	27.9	27.9	27.9
13	282	Custard vanilla full fat	12.9	0.0	0.0	104.5	7.3	158.4	152.0	72.2	254.4
13	284	Yoghurt low fat with fruit	5.1	0.0	0.0	14.2	4.5	140.6	126.7	43.2	274.0
13	285	Coffee creamer half fat	8.5	0.0	0.0	38.9	25.8	25.2	18.6	5.4	58.0
13	286	Milk semi-skimmed	102.6	18.6	0.0	401.8	41.5	246.2	211.3	33.1	555.0
13	288	Porridge oatmeal	0.7	0.0	0.0	0.0	0.6	185.0	115.0	103.0	438.4
13	289	Buttermilk	29.7	0.0	0.0	222.4	15.4	224.8	218.6	153.3	319.5
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	1.1	14.6	7.1	4.1	29.4
13	294	Milk skimmed	9.7	0.0	0.0	0.0	2.8	360.7	409.6	133.4	537.9
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.1	2.5	2.5	2.5	2.5
13	298	Porridge rice	1.3	0.0	0.0	0.0	0.9	179.6	195.6	82.4	204.0
13	299	Cream whipping	0.1	0.0	0.0	0.0	1.6	10.4	4.0	3.4	36.2
13	301	Yoghurt low fat	23.1	0.0	0.0	123.4	13.4	188.9	160.8	55.9	426.0
13	303	Ice cream dairy cream based	1.6	0.0	0.0	0.0	1.7	108.5	87.7	32.0	183.9
13	305	Fromage frais low fat	1.7	0.0	0.0	0.0	2.2	66.7	36.7	1.9	179.3
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	1.0	0.0	0.0	0.0	0.7	109.1	74.5	70.0	157.3
13	477	Custard vanilla low fat	1.6	0.0	0.0	0.0	1.2	127.2	109.7	103.0	175.1
13	478	Custard chocolate low fat	0.6	0.0	0.0	0.0	0.2	154.5	154.5	154.5	154.5
13	479	Buttermilk with fruit	1.5	0.0	0.0	0.0	0.9	282.8	245.0	221.5	363.9
13	485	Ice cream dairy cornet	1.5	0.0	0.0	0.0	0.8	98.4	76.8	75.0	115.7
13	532	Blancmange chocolate	0.2	0.0	0.0	0.0	0.2	300.0	300.0	300.0	300.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	657	Yoghurt drink	11.0	0.0	0.0	0.0	2.4	517.7	334.4	242.1	687.1
13	736	Pudding vanilla	0.6	0.0	0.0	0.0	0.5	141.6	100.0	100.0	192.5
13	767	Mousse chocolate	0.3	0.0	0.0	0.0	0.8	61.8	59.3	7.2	84.9
13	786	Pudding chipolata	0.9	0.0	0.0	0.0	0.4	116.3	130.6	60.0	149.6

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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13	812	Cream sour	0.0	0.0	0.0	0.0	0.0
13	863	Yoghurt full fat with fruit	1.0	0.0	0.0	0.0	1.1	157.6	128.3	111.7	235.6
13	912	Pudding raspberries w currant sauce	1.8	0.0	0.0	0.0	1.2	95.3	71.0	71.0	123.5
13	915	Chocolate pudding with sauce	0.3	0.0	0.0	0.0	0.3	158.0	130.8	105.1	163.1
13	916	Yoghurt Bulgarian low fat	0.0	0.0	0.0	0.0	0.0
13	917	Fromage frais half fat w fruit	4.4	0.0	0.0	52.7	2.4	148.6	128.7	57.8	237.5
13	931	Fromage frais low fat with fruit	5.2	0.0	0.0	0.0	2.4	229.1	143.5	62.7	224.3
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	3.0	0.0	0.0	0.0	0.7	220.9	158.8	125.0	424.3
13	940	Blancmange vanilla w strawberry sauce	0.4	0.0	0.0	0.0	0.4	125.0	125.0	125.0	125.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.2	0.0	0.0	0.0	0.6	49.0	49.0	49.0	49.0
13	1008	Dairy dessert with cream averaged	3.5	0.0	0.0	0.0	1.4	164.4	157.6	37.1	195.8
13	1464	Milk chocolate-flavoured semi-skimmed	2.4	0.0	0.0	0.0	1.4	260.1	201.5	114.0	471.5
13	1474	Ice lolly/ Sorbet	0.1	0.0	0.0	0.0	0.3	101.7	100.0	100.0	107.0
13	1502	Yoghurt half fat	7.3	0.0	0.0	77.0	4.5	175.9	215.1	13.0	251.7
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.3	25.6	18.0	10.0	36.1
13	1719	Milk semi-skimmed enriched w calcium	1.0	0.0	0.0	0.0	0.7	172.1	142.1	142.1	231.7
13	1720	Custard several flavours full fat	7.4	0.0	0.0	61.6	4.2	187.6	163.9	83.2	300.4
13	1721	Yoghurt vanilla half fat	4.4	0.0	0.0	0.0	2.4	162.4	138.7	100.6	306.5
13	1722	Porridge semolina	0.5	0.0	0.0	0.0	0.4	211.4	229.5	99.9	274.6
13	1791	Cream whipped w sugar canned	0.4	0.0	0.0	0.0	2.5	17.0	11.2	8.0	32.9
13	1808	Creme fraiche	0.1	0.0	0.0	0.0	0.3	37.9	33.8	33.8	51.2
13	1813	Yakult	0.3	0.0	0.0	0.0	0.6	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	1.5	0.0	0.0	0.0	0.7	185.2	176.1	176.1	195.2
13	1833	Yoghurt l fat w fruit/van w sw Optimel	3.6	0.0	0.0	0.0	2.0	121.6	135.8	51.8	175.7
13	1834	Yoghurt drink w sweeteners Optimel	6.1	0.0	0.0	0.0	2.0	233.4	202.9	154.0	308.7
13	1916	Cream whipped with added sugar	0.5	0.0	0.0	5.1	3.1	19.4	11.7	3.0	47.8
13	1954	Coffee creamer Balance	0.2	0.0	0.0	0.0	0.7	19.9	18.5	5.0	31.7
13	1957	Custard with whipped cream	0.7	0.0	0.0	0.0	0.5	121.0	89.7	24.7	188.5
13	1958	Porridge buttermilk groats	0.2	0.0	0.0	0.0	0.1	190.6	190.6	190.6	190.6
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	1.0	0.0	0.0	0.0	0.2	527.4	527.4	527.4	527.4
13	2244	Yoghurt cream- with fruit	3.7	0.0	0.0	0.0	1.3	172.3	140.6	103.7	235.6
13	2246	Fromage frais low fat w fruit w sw	0.2	0.0	0.0	0.0	0.3	148.0	148.0	148.0	148.0
13	2247	Fromage frais yoghurt w fruit	0.9	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	2248	Fromage frais w fruit Danoontje	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
13	2250	Ice lolly Festini	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.5	0.0	0.0	0.0	0.7	55.8	50.0	50.0	67.3
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.8	0.0	0.0	0.0	0.5	177.2	177.2	177.2	177.2
13	2257	Breakfast drink Goede Morgen original	0.1	0.0	0.0	0.0	0.1	210.6	210.6	210.6	210.6
13	2258	Actimel	0.4	0.0	0.0	0.0	0.6	100.0	100.0	100.0	100.0
13	2265	Yakult light	0.4	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	1.0	0.0	0.0	0.0	0.6	173.9	158.6	121.5	209.0
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	1.5	0.0	0.0	0.0	1.5	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.1	0.0	0.0	0.0	0.1	65.0	65.0	65.0	65.0
13	2308	Yoghurt drink Becel pro-activ	0.2	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	1.1	0.0	0.0	0.0	1.3	77.8	53.8	48.0	135.1
13	2495	Drinking chocolate w s-sk milk	1.5	0.0	0.0	0.0	0.6	259.1	176.2	160.0	453.8
13	2496	Dairy drink Campina fruitmilk	0.9	0.0	0.0	0.0	0.2	188.5	188.5	188.5	188.5
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	1.8	0.0	0.0	0.0	0.9	186.5	174.1	125.0	241.2
13	2503	Yoghurt Greek full fat	3.7	0.0	0.0	0.0	1.2	172.1	141.4	77.8	289.3
13	2504	Fromage frais full fat w fruit	0.7	0.0	0.0	0.0	0.7	96.4	60.0	60.0	139.9
13	2519	Custard half fat all flavours	2.2	0.0	0.0	0.0	1.1	144.7	144.6	77.3	208.5
13	2520	Pudding airy average	0.7	0.0	0.0	0.0	1.0	96.7	61.1	50.0	178.3
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.4	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	2536	Yoghurt & custard Campina	0.5	0.0	0.0	0.0	0.4	296.8	296.8	296.8	296.8
13	2537	Dessert made of custard, yoghurt & syrup	1.4	0.0	0.0	0.0	1.0	209.8	204.5	195.7	214.9
13	2538	Blancmange home-made w semi-sk milk	2.1	0.0	0.0	0.0	1.3	107.4	98.8	24.7	157.8
13	2539	Custard soft & airy Campina	1.1	0.0	0.0	0.0	0.4	102.2	85.1	80.0	115.2
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	0.6	0.0	0.0	0.0	0.9	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.3	0.0	0.0	0.0	0.2	101.4	100.0	100.0	102.7
13	2760	Hot chocolate from vending machine	2.2	0.0	0.0	0.0	1.4	201.2	167.0	157.6	306.1
13	2823	Yoghurt full fat stracciatella	0.1	0.0	0.0	0.0	0.1	216.0	216.0	216.0	216.0
13	2835	Coffee iced	0.2	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
13	2853	Yoghurt with fruit Mona Boordevol	1.1	0.0	0.0	0.0	0.2	254.5	250.0	250.0	265.5
13	2917	Dairy drink Milk&Fruit mango	0.5	0.0	0.0	0.0	0.2	253.4	170.0	170.0	322.7
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.1	0.0	0.0	0.0	0.1	143.6	143.6	143.6	143.6
13	3004	Milk chocolate-flavoured w sw Optimel	0.6	0.0	0.0	0.0	0.3	170.2	144.2	144.2	229.9
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	3.0	0.0	0.0	0.0	0.7	244.3	220.0	128.8	339.3
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.4	8.0	8.0	8.0	8.0
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.0
13	3074	Yoghurt full fat w fruit Activia	1.2	0.0	0.0	0.0	0.8	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0	17.8	17.8	17.8	17.8
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.0	25.8	25.8	25.8	25.8

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14	870	Milk soya natural	0.0	0.0	0.0	0.0	0.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.0
14	1215	Soya sauce sweet	0.3	0.0	0.0	1.1	3.6	7.1	3.2	0.5	26.2
14	1380	Dessert soya Alpro	0.0	0.0	0.0	0.0	0.0
14	1381	Milk soya Natural Fresh Alpro	0.0	0.0	0.0	0.0	0.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.4	0.0	0.0	0.0	0.2	250.0	250.0	250.0	250.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.0	0.0	0.0	0.0	0.0
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.2	0.0	0.0	0.0	0.3	90.8	89.7	89.7	95.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.0	0.0	0.0	0.0	0.1	169.2	169.2	169.2	169.2
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	0.0	0.0	0.0	0.0	0.0
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.0	0.0	0.0	0.0	0.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.5	0.0	0.0	0.0	1.1	45.4	21.1	10.0	76.7
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.0	0.0	0.0	0.0	0.5	9.5	5.4	5.4	22.6
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.8	0.0	0.0	0.0	0.3	98.5	58.4	30.0	140.8
15	205	Mixed nuts and raisins	0.0	0.0	0.0	0.0	0.0
15	206	Walnuts unsalted	0.7	0.0	0.0	0.0	1.7	23.7	19.5	6.6	36.8
15	207	Nuts mixed unsalted	0.2	0.0	0.0	0.0	0.9	28.5	18.5	7.6	43.6
15	264	Biscuit salted average	0.5	0.0	0.0	2.3	2.7	15.3	12.7	4.0	24.9
15	265	Puff pastry baked	0.4	0.0	0.0	0.0	0.7	32.7	24.8	11.0	61.0
15	266	Snack sausage roll puff pastry	1.3	0.0	0.0	0.0	2.2	88.6	56.1	17.5	136.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.2	0.0	0.0	0.0	0.5	18.8	16.6	12.5	19.8
15	546	Peanuts coated	0.7	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.0
15	852	Salad celeriac	0.6	0.0	0.0	0.0	0.8	29.1	16.8	14.3	63.8
15	867	Linseeds	0.0	0.0	0.0	0.0	0.8	8.0	7.2	7.2	11.1
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.0
15	876	Peanuts salted	1.0	0.0	0.0	0.0	2.1	36.4	28.3	15.2	62.3
15	901	Snack sausage roll w bread dough pastry	2.3	0.0	0.0	0.0	1.1	108.6	60.1	37.5	195.8
15	1496	Salad fish	1.6	0.0	0.0	10.2	2.3	31.6	17.6	15.0	49.2
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15	1498	Salad chicken curry	0.5	0.0	0.0	0.0	0.9	37.6	25.5	10.0	78.8
15	1499	Salad egg	0.2	0.0	0.0	0.0	1.1	18.1	14.7	14.3	28.2

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15	1699	Biscuits & snacks cheesy averaged	0.5	0.0	0.0	0.0	0.8	52.0	25.4	15.0	129.2
15	1876	Salad cucumber	0.1	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0
15	1877	Salad meat	0.4	0.0	0.0	0.0	0.6	71.1	55.0	30.0	86.5
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.1	57.3	57.3	57.3	57.3
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	0.4	22.3	20.0	20.0	26.6
15	1935	Nuts mixed salted	0.2	0.0	0.0	0.0	0.3	35.6	32.4	25.0	44.6
15	1937	Crisps tortilla unflavoured	0.1	0.0	0.0	0.0	0.8	20.0	20.0	20.0	20.0
15	1943	Japanese rice cracker mix w peanuts	0.1	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.0	0.0	0.0	0.0	0.3	18.4	10.0	1.9	33.4
15	2345	Peanuts sugar coated	0.4	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.4	0.0	0.0	0.0	0.7	85.3	80.0	80.0	99.8
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	1.2	0.0	0.0	0.0	2.2	73.5	65.2	63.0	94.8
15	2549	Springroll frozen unprepared	1.0	0.0	0.0	0.0	0.3	155.8	70.0	70.0	267.4
15	2550	Wrap shoarma roll prep wo fat	0.5	0.0	0.0	0.0	0.2	86.7	86.7	86.7	86.7
15	2551	Croissant w ham and cheese	1.4	0.0	0.0	0.0	0.8	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.5	26.7	20.4	15.0	29.0
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.1	0.0	0.0	0.0	0.1	119.0	119.0	119.0	119.0
15	2924	Crisps potato flavoured	0.0	0.0	0.0	0.0	0.3	14.0	10.0	10.0	18.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	1.2	0.0	0.0	0.0	0.6	158.3	123.9	74.0	193.4
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	1.7	0.0	0.0	0.0	2.6	101.9	62.6	50.0	248.1
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.0
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.3	0.0	0.0	0.0	0.3	132.1	132.1	132.1	132.1
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.1	12.2	12.2	12.2	12.2
16	3049	Beans white tinned	0.6	0.0	0.0	0.0	0.4	207.0	203.4	33.0	269.4
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.3	0.0	0.0	0.0	0.2	181.0	181.0	181.0	181.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.3	0.0	0.0	0.0	0.3	84.4	40.0	40.0	124.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	2.6	0.0	0.0	0.0	1.2	251.9	244.9	153.3	333.3
19	758	Soup clear with meat	1.1	0.0	0.0	0.0	0.9	214.1	200.0	200.0	239.0
19	759	Soup clear with vegetables	8.1	0.0	0.0	0.0	2.3	310.0	234.5	147.0	533.7
19	760	Soup clear with meat and noodles	4.7	0.0	0.0	0.0	1.6	395.4	236.2	210.0	594.8
19	761	Soup clear with meat and vegetables	7.6	0.0	0.0	95.8	3.6	212.9	207.7	95.6	306.6
19	762	Soup clear w meat vegetables and noodles	7.1	0.0	0.0	72.1	3.7	255.6	255.1	120.6	384.0
19	763	Soup thickened w vegetables	6.8	0.0	0.0	0.0	1.4	323.3	296.1	259.0	381.2
19	766	Soup main course w legumes and meat	0.3	0.0	0.0	0.0	0.3	181.5	181.5	181.5	181.5
19	791	Soup clear with noodles	0.4	0.0	0.0	0.0	0.2	221.8	185.8	157.0	237.8
19	792	Soup thickened w meat and vegetables	6.3	0.0	0.0	0.0	2.1	352.0	351.3	91.0	481.2
19	797	Soup vegetable based dried packet prep	13.4	0.0	0.0	100.1	5.1	226.8	187.5	151.8	322.9
19	798	Soup meat based dried packet prepared	6.8	0.0	0.0	80.2	3.2	192.4	177.1	142.0	272.4
19	800	Soup vegetable based tinned prepared	6.6	0.0	0.0	0.0	2.4	250.7	202.5	153.0	435.8
19	801	Soup meat based ready made prepared	0.3	0.0	0.0	0.0	0.2	291.7	175.4	175.4	532.1
19	802	Soup legume based ready made prepared	1.6	0.0	0.0	0.0	0.3	180.2	149.6	149.6	290.1
19	1528	Stock from cube prepared	4.6	0.0	0.0	2.0	3.1	149.1	181.0	3.3	253.3
19	2487	Soup veg & meat based ready made prep	9.1	0.0	0.0	97.8	2.3	274.3	221.5	163.8	471.5
19	2488	Soup vegetable&meat based prepared pack	3.0	0.0	0.0	0.0	1.1	212.3	203.4	110.0	248.8
19	2561	Soup thickened no filling	1.8	0.0	0.0	0.0	0.7	199.9	179.2	130.2	287.9
19	2932	Soup cup-a-soup prepared	5.2	0.0	0.0	0.0	2.7	233.8	191.0	175.0	348.2
20	374	Sugar brown Basterdsuiker	0.4	0.0	0.0	2.2	3.8	10.7	5.3	1.9	30.5
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	1.0	10.3	9.5	2.8	18.8
20	377	Sugar granulated	6.3	0.0	0.0	35.2	31.4	17.7	12.0	1.6	53.6
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	1.3	22.2	14.6	10.0	65.7
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.4	21.1	20.0	20.0	22.8
20	427	Syrup apple	3.0	0.0	0.0	18.9	10.9	27.5	18.8	8.1	63.0
20	431	Chocolate milk	0.7	0.0	0.0	6.0	5.1	12.7	10.4	2.5	26.3
20	432	Chocolate plain	0.5	0.0	0.0	5.3	6.5	10.8	7.5	5.1	18.1
20	433	Chocolate flakes milk	0.2	0.0	0.0	0.0	0.5	30.7	9.0	5.0	83.0
20	435	Chocolate flakes plain	0.3	0.0	0.0	0.0	2.0	31.0	26.4	10.0	36.5
20	436	Spread chocolate hazelnut	0.0	0.0	0.0	0.0	0.4	26.3	21.3	20.0	33.4

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20	442	Coloured confetti fruit-flavoured	0.8	0.0	0.0	4.7	6.2	13.5	9.2	6.5	30.9
20	443	Honey	2.6	0.0	0.0	17.0	15.0	18.6	11.4	2.8	59.4
20	444	Spread chocolade plain	0.2	0.0	0.0	0.0	1.5	20.0	20.0	20.0	20.0
20	445	Jam	8.2	0.0	0.0	40.8	26.5	27.9	23.1	9.2	56.9
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.8	2.7	1.8	1.0	3.8
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	450	Boiled sweets	0.5	0.0	0.0	4.6	5.8	7.1	5.6	2.2	13.7
20	453	Peppermint	0.2	0.0	0.0	0.4	3.8	5.6	3.6	3.0	10.8
20	457	Jam rose hip	0.2	0.0	0.0	0.0	0.4	38.6	33.6	33.3	47.4
20	461	Toffees	0.1	0.0	0.0	0.0	1.0	16.6	14.7	6.0	19.3
20	484	Jam reduced sugar	2.1	0.0	0.0	9.6	7.2	43.0	31.0	7.8	100.4
20	487	Candybar Mars	0.3	0.0	0.0	0.0	1.1	31.7	21.5	18.0	53.0
20	520	Liquorice Dutch type salted	0.0	0.0	0.0	0.0	0.5	22.1	10.3	4.0	29.8
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	2.2	10.4	4.4	0.3	29.7
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.4	3.9	3.4	3.0	3.9
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.1	0.0	0.0	0.0	0.3	13.0	13.0	13.0	13.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.2	28.0	28.0	28.0	28.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
20	539	Sauce fruit for pudding	0.4	0.0	0.0	0.0	0.6	37.9	28.5	22.5	43.4
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.2	0.0	0.0	0.0	0.8	20.0	20.0	20.0	20.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.3	0.0	0.0	0.0	1.6	16.6	14.4	2.0	29.4
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	0.3	20.9	14.0	14.0	26.6
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.6	14.5	8.8	6.0	22.6
20	752	Wine gums	0.1	0.0	0.0	0.0	0.4	26.9	20.6	5.0	37.4
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.4	19.1	16.0	10.0	24.3
20	1508	Chocolates filled/Belguim chocolate	1.3	0.0	0.0	10.6	5.4	18.4	14.7	7.6	28.9
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	0.7	34.1	23.1	7.5	77.6
20	1963	Chocolate confetti plain	1.1	0.0	0.0	7.6	6.9	15.3	9.5	6.7	28.7
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.0	35.0	35.0	35.0	35.0
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.0	4.4	3.1	2.0	6.0
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.4	24.9	22.5	22.5	28.8
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
20	2375	Chocolate plain w nuts	0.1	0.0	0.0	0.0	0.3	28.0	28.0	28.0	28.0
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.1	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.8	15.5	8.1	1.0	28.4

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20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.4	22.0	16.6	12.0	28.7
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.1	0.0	0.0	0.0	0.5	20.6	13.9	10.0	32.3
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	1.6	0.0	0.0	14.7	6.9	15.4	12.0	1.3	40.0
20	2930	Chocolate spread white	0.1	0.0	0.0	0.0	0.2	58.3	58.3	58.3	58.3
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.8	5.2	5.2	5.2	5.2
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.0
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.2	8.7	6.0	6.0	15.4
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.3	13.1	6.8	5.5	28.0
21	310	Butter unsalted	2.4	0.0	0.0	14.8	18.4	14.6	11.4	2.0	41.6
21	312	Oil corn	0.0	0.0	0.0	0.0	0.7	0.6	0.6	0.6	0.6
21	313	Oil soya	0.0	0.0	0.0	0.0	0.6	3.9	2.6	0.9	8.5
21	314	Lard	0.0	0.0	0.0	0.0	0.2	10.4	5.7	2.6	18.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	1.2	0.0	0.0	9.7	11.9	10.0	6.3	1.2	25.6
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.3	18.2	14.7	7.1	21.9
21	451	Mayonnaise	0.4	0.0	0.0	1.8	3.9	10.1	8.4	2.1	22.1
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
21	458	Salad cream 25% oil	0.6	0.0	0.0	5.7	4.5	11.0	9.8	4.1	19.3
21	462	Ketchup tomato	0.0	0.0	0.0	0.0	1.1	7.2	3.4	1.7	12.6
21	465	Sauce for chips 25% oil	0.1	0.0	0.0	0.0	0.9	13.9	10.3	1.4	22.0
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.1	0.0	0.0	0.0	0.7	14.2	10.4	6.9	20.5
21	601	Oil olive	1.7	0.0	0.0	10.9	18.2	9.4	5.8	1.4	26.2
21	606	Oil Becel	0.1	0.0	0.0	0.0	1.3	18.4	14.7	2.7	19.9
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	11.0	11.0	11.0	11.0
21	616	Peanut sauce jar prepared	1.1	0.0	0.0	0.0	2.1	56.1	36.6	13.2	104.5
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.1	11.0	7.8	7.8	16.1
21	844	Salad dressing naturel without oil	0.5	0.0	0.0	2.4	2.9	17.1	8.8	1.0	39.3
21	879	Butter salted	0.8	0.0	0.0	3.3	4.7	16.5	7.9	0.7	44.7
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.2	11.4	11.0	11.0	12.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.0	11.6	11.6	11.6	11.6
21	1515	Sauce based on roux prepared	0.8	0.0	0.0	0.0	0.7	49.4	20.2	14.9	92.1
21	1517	Sauce mix packet <3% fat prepared	0.1	0.0	0.0	0.0	0.2	33.8	12.0	12.0	89.4
21	1518	Sauce mix packet >3% fat prepared	1.7	0.0	0.0	9.0	3.5	48.6	30.6	5.0	106.0
21	1524	Sauce tomato ready made jar	1.6	0.0	0.0	0.0	1.4	83.7	94.7	14.8	139.7
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.2	23.5	15.5	1.8	34.1
21	1803	Sauce oriental ready-made in jar/bag	2.2	0.0	0.0	0.0	1.3	81.0	27.1	13.8	173.3
21	1839	Low fat margarine product tub Becel Ligh	3.7	0.0	0.0	27.9	13.3	27.4	20.9	6.0	69.3

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21	1847	Margarine product tub Becel Dieet	2.8	0.0	0.0	21.7	11.2	24.7	19.5	5.2	47.8
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.0
21	1938	Peanut sauce packet prepared	0.2	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
21	1956	Low fat spread Becel pro-activ	3.1	0.0	0.0	18.2	10.1	33.3	29.1	12.1	65.1
21	1961	Low fat marg prod Blue Band Goede Start	0.4	0.0	0.0	0.0	1.9	26.0	17.8	3.1	50.3
21	2059	Low fat margarine 40% fat <17 g sat	4.2	0.0	0.0	31.9	13.2	34.3	32.0	5.4	66.4
21	2060	Low fat margarine prod 35% fat <10 g sat	1.5	0.0	0.0	14.1	6.9	31.0	28.7	5.2	57.8
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.1	0.0	0.0	0.0	0.4	23.5	22.9	22.5	23.9
21	2062	Margarine 80% fat 17-24 g saturates	0.6	0.0	0.0	0.0	3.0	25.4	18.3	2.4	50.9
21	2063	Margarine 80% fat >24 g saturates	1.3	0.0	0.0	7.8	16.2	6.9	3.5	0.5	24.2
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	2.0	18.7	8.2	3.3	35.0
21	2066	Cooking fat liquid 97% fat <17 g sat	0.9	0.0	0.0	7.8	16.3	5.6	3.4	0.6	17.5
21	2067	Cooking fat solid 97% fat >17 g sat	0.3	0.0	0.0	0.7	6.4	6.3	2.1	0.5	31.0
21	2068	Frying fat liquid <24 g sat fatty acids	0.5	0.0	0.0	3.3	2.6	15.1	11.6	4.3	27.2
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.1	14.7	12.3	11.0	16.2
21	2072	Margarine product 60% fat <17 g sat	1.7	0.0	0.0	11.9	8.0	21.8	16.6	3.1	47.6
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.4	0.0	0.0	2.8	3.9	7.3	4.9	0.8	17.4
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.1	11.1	11.1	11.1	11.1
21	2178	Pesto	0.0	0.0	0.0	0.0	0.8	5.4	2.4	2.4	15.5
21	2294	Low fat margarine Twenty four Ultralight	0.3	0.0	0.0	0.0	0.5	25.9	18.0	18.0	40.1
21	2295	Butter product 25% fat	0.1	0.0	0.0	0.0	0.8	21.2	15.8	6.0	31.3
21	2418	Sauce hot liquid ready made <12% fat	0.1	0.0	0.0	0.0	0.5	45.7	25.2	12.0	73.8
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	1.0	0.0	0.0	8.2	3.6	27.6	22.2	7.9	47.6
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
21	2445	Sauce butter-	0.3	0.0	0.0	0.0	0.4	38.5	22.4	18.3	50.8
21	2446	Sauce chasseur	0.1	0.0	0.0	0.0	0.3	93.5	93.5	93.5	93.5
21	2447	Sauce veg w semi-skimmed milk and maize	0.1	0.0	0.0	0.0	0.3	34.2	20.8	13.0	42.6
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.2	2.6	2.6	2.6	2.6
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	0.4	26.7	24.0	11.6	33.4
21	2451	Gravy 25% fat thickend prep w gravypowde	0.5	0.0	0.0	0.0	1.9	36.4	20.5	16.5	71.9
21	2452	Gravy 25% fat thick prep wo gravypowder	0.4	0.0	0.0	0.0	1.3	29.8	23.2	11.6	72.8
21	2453	Gravy 50% fat thick prep wo gravypowder	0.5	0.0	0.0	0.0	0.4	49.8	16.7	11.6	105.1
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.3	12.1	12.1	12.1	12.1

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.9	23.3	23.3	23.3	23.3
21	2459	Gravy 50% fat clear prep wo gravypowder	0.5	0.0	0.0	0.0	1.9	31.4	23.8	8.7	48.8
21	2460	Gravy 75% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.2	78.4	72.0	72.0	97.3
21	2462	Gravy 5% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.7	28.1	24.2	11.6	35.2
21	2464	Sauce powder approx 10% fat	0.1	0.0	0.0	0.0	0.3	11.5	10.8	10.8	13.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.2	8.3	7.6	1.9	11.0
21	2467	Salad dressing./sauce approx 13% oil	0.3	0.0	0.0	0.0	1.0	14.5	11.6	11.6	20.9
21	2468	Salad dressing honey/mustard	0.0	0.0	0.0	0.0	0.3	11.6	8.7	5.8	15.5
21	2469	Sauce mayonnaise based average	0.1	0.0	0.0	0.0	0.3	19.3	13.0	4.6	30.2
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.0
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.0
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.5	6.7	5.6	3.0	8.4
21	2525	Frying fat horeca	0.3	0.0	0.0	0.5	2.7	13.9	10.3	5.8	27.1
21	2526	Gravy 25% fat thickened w gravypowder	0.1	0.0	0.0	0.0	0.1	97.0	97.0	97.0	97.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.1	4.4	4.0	0.8	6.7
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.3	0.0	0.0	1.8	7.3	3.4	2.1	0.6	9.9
21	2559	Low fat margarine prod AH Bewust light	0.2	0.0	0.0	0.0	1.1	14.1	13.8	4.5	21.6
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.3	0.0	0.0	1.7	4.6	4.9	2.9	0.5	18.9
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.5	0.0	0.0	0.9	3.8	10.6	6.2	0.9	27.8
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.1	2.3	2.3	2.3	2.3
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.4	11.2	8.5	6.0	11.7
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	0.1	0.0	0.0	0.0	0.8	21.2	13.7	7.8	32.8
21	2580	Gravy 5% fat thickend w gravy powder	0.1	0.0	0.0	0.0	0.5	45.6	32.7	11.6	66.1
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.4	24.5	24.5	24.5	24.5
21	2585	Gravy 25% fat w cooking fat 2067	0.4	0.0	0.0	0.0	1.0	41.2	31.9	24.3	71.5
21	2586	Gravy 25% fat w margarine 2063	1.5	0.0	0.0	5.3	3.2	47.2	35.4	12.6	110.6
21	2587	Gravy 25% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.3	22.5	17.7	17.5	28.3
21	2588	Gravy 25% fat clear prep w gravy powder	1.0	0.0	0.0	0.0	2.5	40.5	39.0	10.9	75.8
21	2589	Gravy 25% fat w olive oil	0.3	0.0	0.0	0.0	0.5	31.4	24.3	24.3	44.6
21	2590	Gravy 25% fat w butter	0.3	0.0	0.0	0.0	1.2	34.9	35.3	11.6	57.9
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	17.5	17.5	17.5	17.5
21	2592	Gravy 50% fat w cooking fat 2067	0.3	0.0	0.0	0.0	1.3	34.1	28.3	5.8	75.1
21	2593	Gravy 50% fat w margarine 2063	0.4	0.0	0.0	0.0	1.9	30.1	23.8	14.8	53.1
21	2594	Gravy 50% fat w margarine liq 2077	0.1	0.0	0.0	0.0	0.5	20.1	17.5	17.5	23.3
21	2596	Gravy 75% fat w margarine 2063	0.2	0.0	0.0	0.0	0.7	39.9	33.0	33.0	57.4
21	2598	Gravy 75% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.9	18.8	12.1	12.1	32.8

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.3	16.1	12.1	12.1	21.7
21	2600	Gravy 25% fat thickend w marg 2063	0.1	0.0	0.0	0.0	0.3	26.0	23.3	23.3	32.4
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.3	16.7	16.5	16.5	17.2
21	2602	Gravy 25% fat thickend w olive oil	0.4	0.0	0.0	0.0	0.1	97.0	97.0	97.0	97.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.2	0.0	0.0	0.0	0.9	31.2	24.3	24.3	44.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	0.9	13.0	8.1	4.5	24.6
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	0.9	56.3	35.8	18.0	100.8
21	2625	Gravy 25% fat w cooking fat 2563	0.1	0.0	0.0	0.0	0.4	20.9	15.6	12.1	28.2
21	2626	Gravy 25% fat w cooking fat liq 2562	0.7	0.0	0.0	0.0	0.9	50.5	47.3	19.4	69.9
21	2627	Gravy 50% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	0.8	36.0	30.9	23.3	46.6
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.2	0.0	0.0	0.0	1.0	34.3	29.2	12.0	46.5
21	2629	Gravy 50% fat w cooking fat 2563	0.3	0.0	0.0	0.0	0.5	21.2	17.3	15.5	25.2
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.1	48.5	48.5	48.5	48.5
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.2	17.5	17.5	17.5	17.5
21	2650	Gravy no fat prep w gravy powder	0.9	0.0	0.0	0.0	1.5	64.4	73.7	22.1	77.2
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.0	46.6	46.6	46.6	46.6
21	2667	Salad dressing 20% oil w yogurt	0.2	0.0	0.0	0.0	1.7	17.6	9.8	3.4	40.1
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0	36.0	36.0	36.0	36.0
21	2711	Margarine product AlbertHeijn Bewust	0.4	0.0	0.0	0.0	1.5	32.4	34.4	12.0	51.9
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.3	7.4	6.4	1.0	13.2
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.6	2.2	2.2	2.2	2.2
21	2849	Low fat marg prod Becel calorie light	1.0	0.0	0.0	0.0	1.8	40.6	21.4	12.0	71.1
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.6	22.8	9.0	9.0	40.3
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0	18.0	18.0	18.0	18.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.1	36.4	36.4	36.4	36.4
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.3	0.0	0.0	0.0	0.7	51.1	42.2	12.1	86.7
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.1	34.0	34.0	34.0	34.0
21	2934	Low fat spead Becel pro.activ light	0.0	0.0	0.0	0.0	0.4	27.8	17.5	6.0	46.4
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.0
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
21	3053	Margarine product tub Jumbo diet	0.3	0.0	0.0	0.0	0.8	37.5	40.1	18.0	43.2
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	0.9	31.6	29.8	24.3	34.9
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	0.4	25.3	24.3	24.0	26.0

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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22	111	Mussels boiled	0.1	0.0	0.0	0.0	0.1	204.0	204.0	204.0	204.0
22	114	Fish lean 0-2 g fat raw	0.6	0.0	0.0	0.0	0.2	122.5	85.4	52.5	134.3
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.2	0.0	0.0	0.0	0.6	44.0	30.0	30.0	69.9
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	1.1	66.9	39.7	10.0	142.8
22	349	Herring fillet in tomato sauce tinned	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
22	350	Herring salted	4.8	0.0	0.0	34.3	3.8	106.8	68.8	38.0	207.1
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.2	0.0	0.0	0.0	0.3	84.9	83.3	42.0	98.4
22	602	Salmon tinned	0.0	0.0	0.0	0.0	0.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.2	0.0	0.0	0.0	0.3	65.3	30.6	30.0	93.1
22	815	Fish fingers unprepared	0.9	0.0	0.0	0.0	0.6	147.4	150.8	67.5	211.0
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	2.1	0.0	0.0	0.0	1.5	164.2	157.1	135.0	199.8
22	918	Plaice boiled	0.2	0.0	0.0	0.0	0.2	143.9	135.0	135.0	153.5
22	919	Pollack boiled	0.5	0.0	0.0	0.0	0.5	63.2	50.0	50.0	76.6
22	1096	Salmon smoked	0.6	0.0	0.0	0.0	1.7	39.8	36.4	15.0	57.0
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.2	1.8	1.8	1.8	1.8
22	1100	Herring pickled (sweet)sour	1.1	0.0	0.0	0.0	1.2	73.5	54.0	8.0	136.0
22	1586	Mackerel fillet smoked	1.0	0.0	0.0	0.0	1.1	76.8	72.0	3.0	97.4
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
22	1589	Tuna in oil tinned	1.2	0.0	0.0	0.0	0.6	98.7	111.6	29.3	124.7
22	1590	Tuna in water tinned	0.0	0.0	0.0	0.0	0.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.2	41.3	41.3	41.3	41.3
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.0
22	1610	Salmon farmed prep in microwave oven	2.3	0.0	0.0	0.0	1.1	143.8	115.3	90.0	217.7
22	1611	Trout prepared in microwave oven	0.2	0.0	0.0	0.0	0.3	77.4	50.0	50.0	159.0
22	1616	Whiting prepared in microwave oven	0.3	0.0	0.0	0.0	0.3	201.0	201.0	201.0	201.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.2	0.0	0.0	0.0	0.2	164.7	129.6	104.2	183.1
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.2	0.0	0.0	0.0	0.2	76.2	75.0	75.0	78.9
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.3	0.0	0.0	0.0	0.3	126.0	126.0	126.0	126.0
22	2474	Whitefish fillet batter deepfried wo fat	2.3	0.0	0.0	0.0	1.4	139.1	122.9	52.0	238.3
22	2765	Pangasius prep in microwave oven	1.4	0.0	0.0	0.0	0.4	132.3	127.8	126.0	139.8
23	106	Duck whole raw	0.1	0.0	0.0	0.0	0.2	42.0	42.0	42.0	42.0
23	108	Chicken with skin raw	2.7	0.0	0.0	0.0	1.8	106.6	105.7	28.0	153.2
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.1	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
23	324	Sausage smoked cooked average	0.1	0.0	0.0	0.0	0.2	32.6	32.6	32.6	32.6
23	328	Ham smoked raw	0.9	0.0	0.0	5.2	6.3	20.0	11.7	6.1	35.4
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.3	0.0	0.0	0.0	1.5	20.2	15.0	15.0	31.6

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23	335	Liver pate	0.2	0.0	0.0	0.0	1.3	18.3	16.5	7.4	24.1
23	336	Luncheon meat tinned	0.1	0.0	0.0	0.0	0.3	101.0	101.0	101.0	101.0
23	338	Beef salted cooked	0.3	0.0	0.0	0.0	2.2	18.2	15.0	15.0	26.5
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.4	0.0	0.0	2.4	4.1	9.7	6.9	5.0	14.5
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.2	13.8	13.8	13.8	13.8
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.2	17.5	17.5	17.5	17.5
23	566	Sausage frankfurter tinned	1.6	0.0	0.0	0.0	0.4	217.3	81.7	36.0	365.4
23	567	Sausage luncheon meat	0.7	0.0	0.0	4.8	3.1	25.0	15.8	8.0	60.8
23	568	Black pudding	0.4	0.0	0.0	0.0	1.7	31.7	17.1	14.0	43.1
23	638	Salami sausage saveloy	3.5	0.0	0.0	24.9	9.5	35.3	30.4	8.0	63.2
23	639	Bacon rashers streaky	1.4	0.0	0.0	9.0	4.5	24.2	17.8	6.6	50.6
23	640	Liver sausage	1.4	0.0	0.0	7.7	5.2	25.7	18.1	10.0	70.2
23	641	Bacon	0.1	0.0	0.0	0.0	0.8	11.0	10.4	7.0	13.8
23	642	Pate	1.0	0.0	0.0	7.9	3.1	38.2	24.9	10.0	71.1
23	643	Pork side cured and smoked	0.6	0.0	0.0	0.0	1.0	38.5	26.4	16.0	80.9
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	3.6	0.0	0.0	19.8	12.9	28.2	18.6	2.5	88.9
23	785	Ham shoulder medium fat boiled	2.7	0.0	0.0	15.3	5.0	40.6	18.9	2.0	108.9
23	810	Beef steak tartare spiced filet americ	1.1	0.0	0.0	0.0	1.9	37.2	31.1	7.5	67.1
23	1152	Salami	0.3	0.0	0.0	0.0	1.8	27.6	23.2	10.2	31.6
23	1155	Minced meat loaf fried	0.7	0.0	0.0	0.0	2.2	28.2	21.0	15.0	54.4
23	1162	Sausage cooked	0.7	0.0	0.0	0.0	2.2	42.8	28.2	10.0	72.6
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.0	30.0	30.0	30.0	30.0
23	1239	Liver pate sausage	1.2	0.0	0.0	5.6	2.2	27.1	17.0	10.0	66.1
23	1305	Chicken without skin raw	1.8	0.0	0.0	0.0	2.3	84.5	50.4	45.5	178.3
23	1306	Chicken for soup w skin raw	0.6	0.0	0.0	0.0	0.7	83.2	78.6	75.0	91.3
23	1391	Bacon lean prepared	0.2	0.0	0.0	0.0	0.4	21.9	16.4	10.0	28.7
23	1400	Beef rump steak raw	1.9	0.0	0.0	0.0	2.2	115.9	103.9	40.0	169.6
23	1401	Beef tenderloin steak raw	0.1	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
23	1402	Beef prime rib raw	0.0	0.0	0.0	0.0	0.0
23	1404	Beef frying steak raw	0.2	0.0	0.0	0.0	0.2	105.6	77.3	61.8	133.7
23	1405	Minced beef raw	6.0	0.0	0.0	45.3	8.7	75.9	69.7	16.3	142.1
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.1	0.0	0.0	0.0	0.9	28.5	19.5	16.3	66.9
23	1409	Beef sirloin rolled raw	0.4	0.0	0.0	0.0	0.3	123.4	90.7	60.0	172.6
23	1410	Beef roast raw	0.0	0.0	0.0	0.0	0.0
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	1.0	0.0	0.0	0.0	0.9	126.1	112.4	50.0	229.8
23	1413	Beef streaked/marbled raw	0.0	0.0	0.0	0.0	0.0
23	1414	Beef stewing steak raw	3.4	0.0	0.0	0.0	2.1	149.5	113.0	50.0	250.6
23	1415	Beef steak tartare raw	2.1	0.0	0.0	0.0	3.1	76.6	69.8	33.7	107.0
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.1	6.8	6.8	6.8	6.8
23	1417	Sausage pork Braadworst raw	1.5	0.0	0.0	0.0	2.1	72.6	65.5	56.0	96.9
23	1418	Pork fillet raw	0.9	0.0	0.0	0.0	1.6	88.1	66.6	10.6	189.6
23	1419	Pork fricandeau part of leg raw	0.2	0.0	0.0	0.0	0.3	112.0	112.0	112.0	112.0
23	1420	Pork chop raw	0.5	0.0	0.0	0.0	0.7	77.8	41.9	27.5	158.6
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
23	1422	Pork tenderloin raw	0.5	0.0	0.0	0.0	0.6	85.6	68.9	63.0	141.5
23	1424	Pork loin chop raw	1.6	0.0	0.0	0.0	1.0	124.5	111.0	78.1	199.6

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	6.6	0.0	0.0	54.7	5.7	138.7	110.6	75.3	218.9
23	1426	Liver pork raw	0.1	0.0	0.0	0.0	0.2	98.0	98.0	98.0	98.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	34.3	34.3	34.3	34.3
23	1428	Pork stir fry meat raw	0.6	0.0	0.0	4.4	2.6	18.2	16.6	4.3	28.5
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	0.5	0.0	0.0	0.0	0.9	75.4	70.0	70.0	97.4
23	1431	Kromesky meat filled raw	0.6	0.0	0.0	0.0	0.6	70.0	74.6	39.4	78.4
23	1432	Bacon rasher raw	1.9	0.0	0.0	8.0	2.5	61.7	39.6	14.9	118.7
23	1434	Minced beef/pork raw	4.2	0.0	0.0	42.0	6.9	72.2	79.2	10.1	134.5
23	1435	Hamburger raw	0.8	0.0	0.0	0.0	0.4	105.4	73.4	67.5	141.2
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.2	78.8	78.8	78.8	78.8
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.1	0.0	0.0	0.0	0.2	66.1	66.1	66.1	66.1
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	1.0	0.0	0.0	3.8	3.1	24.9	13.3	8.0	64.9
23	1558	Pork loin chop prepared	0.2	0.0	0.0	0.0	0.7	22.5	15.0	15.0	41.8
23	1568	Minced beef/pork ball prep w egg/crumbs	0.2	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
23	1634	Chicken fillet raw	5.4	0.0	0.0	39.4	9.5	68.0	62.3	12.0	112.4
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	0.9	0.0	0.0	0.0	1.7	83.3	72.1	33.2	109.8
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	1.7	0.0	0.0	0.0	1.7	75.5	74.2	16.4	133.2
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.1	0.0	0.0	0.0	0.2	87.1	76.0	76.0	111.3
23	1771	Liver pate/Berliner liver sausage	0.3	0.0	0.0	0.0	1.3	34.7	15.7	10.7	60.0
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.0	21.7	15.8	8.0	37.0
23	1773	Brawn, pork pickled in vinegar	0.8	0.0	0.0	0.0	2.6	36.8	27.7	8.0	49.5
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.6	0.0	0.0	0.0	2.3	34.3	20.6	15.1	72.5
23	1777	Gammon boiled deboned	1.0	0.0	0.0	0.0	2.2	46.0	37.1	15.3	63.1
23	1788	Pork rib chop raw	1.2	0.0	0.0	0.0	1.2	106.8	93.7	38.0	164.3
23	1790	Pork schnitzel not breaded raw	0.7	0.0	0.0	0.0	0.6	122.8	96.1	76.0	168.6
23	1907	Processed meat prod excl liver average	0.1	0.0	0.0	0.0	0.3	28.6	24.0	24.0	42.7
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	0.9	21.4	18.2	12.1	23.8
23	1936	Turkey fillet raw	0.3	0.0	0.0	0.0	0.9	65.0	46.9	29.5	67.7
23	2057	Lamb <10 g fat raw av	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
23	2090	Chicken drumstick w skin raw	1.2	0.0	0.0	0.0	1.4	78.6	62.0	31.9	88.1
23	2300	Sausage smoked lean cooked	0.7	0.0	0.0	0.0	1.2	87.2	93.3	45.4	108.0
23	2301	Sausage smoked beef cooked	0.4	0.0	0.0	0.0	0.5	82.2	86.3	35.0	119.6
23	2303	Sausage cooked lean	0.3	0.0	0.0	0.0	0.6	25.3	11.5	10.0	51.7
23	2304	Salami sausage saveloy lean	0.2	0.0	0.0	0.0	0.7	27.2	17.9	10.0	30.6
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.4	0.0	0.0	0.7	2.4	67.2	39.6	34.8	126.9
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.9	0.0	0.0	0.0	1.5	77.0	60.2	14.0	138.3
23	2336	Beef average raw	1.3	0.0	0.0	0.0	1.1	87.5	79.7	9.6	123.0

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.3	0.0	0.0	0.0	1.1	51.9	34.9	9.4	110.1
23	2339	Beef olives raw	0.4	0.0	0.0	0.0	0.6	72.9	61.2	57.4	81.7
23	2340	Pork schnitzel breaded raw	2.0	0.0	0.0	0.0	2.0	90.0	69.3	58.3	152.9
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	119.0	119.0	119.0	119.0
23	2363	Minced meat w ham and cheese raw	0.2	0.0	0.0	0.0	0.5	104.4	90.2	80.0	112.0
23	2364	Chicken schnitzel raw	2.1	0.0	0.0	0.0	1.9	96.5	101.1	75.0	113.3
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.3	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
23	2654	Sandwich meat chicken	0.4	0.0	0.0	0.0	1.3	33.2	25.7	15.0	54.0
23	2766	Sausage smoked industrial cooked	2.3	0.0	0.0	0.0	2.3	103.7	85.8	26.4	192.7
23	2767	Sausage smoked traditional cooked	0.5	0.0	0.0	0.0	0.5	82.4	75.9	75.0	95.7
23	2768	Sausage raw beef	0.4	0.0	0.0	0.0	0.7	45.4	25.7	16.0	69.8
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
23	2883	Beef smoke-dried lightly salted	0.6	0.0	0.0	0.0	3.0	18.6	8.9	7.6	51.6
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.6	10.0	10.0	10.0	10.0
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.0	60.0	60.0	60.0	60.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.1	35.3	10.2	6.0	55.0
23	2997	Sausage grill	0.4	0.0	0.0	0.0	1.5	26.1	22.4	10.0	41.7
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.1	23.2	16.0	16.0	30.2
23	3002	Bacon smoked Katenspek	0.3	0.0	0.0	0.0	0.7	23.9	15.1	15.0	43.8
23	3019	Veal frying steak raw	0.1	0.0	0.0	0.0	0.1	48.2	48.2	48.2	48.2
23	3020	Veal rib steak raw	0.2	0.0	0.0	0.0	0.2	152.0	152.0	152.0	152.0
23	3021	Sausage veal Braadworst raw	0.8	0.0	0.0	0.0	0.4	93.8	93.8	93.8	93.8
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	1.3	0.0	0.0	2.2	3.7	61.2	41.4	5.6	120.7
23	3027	Pork shoarma seasoning raw	0.1	0.0	0.0	0.0	0.3	61.1	61.1	61.1	61.1
23	3030	Sausage beef Braadworst raw	2.5	0.0	0.0	16.2	4.8	58.9	57.8	1.6	95.4
23	3031	Pork sparerib raw	0.1	0.0	0.0	0.0	0.1	250.0	250.0	250.0	250.0
23	3032	Beef ribeye steak raw	0.6	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.0	0.0	0.0	0.0	0.0
1	948	Rosti prepared without fat	0.0	0.0	0.0	0.0	0.0
1	982	Potatoes wo skins boiled average	65.5	62.8	0.0	151.3	59.9	110.0	100.4	35.5	206.8
1	1150	Potatoes sliced frozen unprepared	0.4	0.0	0.0	0.0	0.5	120.0	120.0	120.0	120.0
1	1455	Potato puree powder av	1.3	0.0	0.0	0.0	3.3	63.1	55.4	22.6	87.0
1	1456	Chips pre-fried unprepared	1.8	0.0	0.0	0.0	1.6	101.1	88.3	80.0	127.9
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.1	0.0	0.0	0.0	0.4	120.0	120.0	120.0	120.0
1	2325	Potatoes boiled with skin av	0.3	0.0	0.0	0.0	0.7	118.6	103.0	103.0	135.6
1	2326	Croquettes potato frozen unprepared	0.0	0.0	0.0	0.0	0.0
1	2499	Potato puree powder w milkpowder w fat	0.1	0.0	0.0	0.0	0.2	28.9	28.9	28.9	28.9
1	2834	Potato waffels/balls frozen unprepared	0.1	0.0	0.0	0.0	0.2	62.0	62.0	62.0	62.0
2	382	Advocaat liqueur	0.2	0.0	0.0	0.0	0.6	64.8	50.0	5.0	91.6
2	383	Juice apple	3.2	0.0	0.0	0.0	1.8	138.3	137.5	40.0	244.2
2	386	Gin Dutch red currant flavoured	0.0	0.0	0.0	0.0	0.0
2	387	Fruit drink blackcurrant	0.1	0.0	0.0	0.0	1.7	16.8	12.0	12.0	22.5
2	388	Juice redcurrant	0.3	0.0	0.0	0.0	0.3	188.5	147.0	147.0	230.9
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	0.6	0.0	0.0	0.0	1.0	61.4	29.1	29.1	186.2
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.1	0.0	0.0	0.0	0.1	38.0	38.0	38.0	38.0
2	395	Soft drink cola with caffeine	7.1	0.0	0.0	95.5	2.3	198.8	191.2	175.0	208.1
2	396	Juice grape	0.0	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.0
2	400	Soft drink wo caffeine	1.0	0.0	0.0	0.0	1.7	146.5	125.0	125.0	214.5
2	401	Gin young Dutch	2.7	0.0	0.0	10.5	5.3	28.5	28.5	28.5	28.5
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	407	Port wine	1.0	0.0	0.0	0.0	2.1	68.0	46.4	45.0	147.8
2	408	Rum	0.3	0.0	0.0	0.0	0.9	29.0	18.8	9.5	43.9
2	409	Sherry	4.7	0.0	0.0	0.0	2.2	177.1	134.7	86.7	225.9
2	410	Juice orange pasteurized	1.6	0.0	0.0	0.0	2.2	162.8	153.6	115.0	222.4
2	411	Mineral water Spa	3.1	0.0	0.0	0.0	0.9	261.8	180.0	180.0	509.0
2	413	Tomato juice	0.2	0.0	0.0	0.0	0.4	167.4	167.4	167.4	167.4
2	414	Soft drink tonic	2.7	0.0	0.0	0.0	2.4	140.5	121.0	121.0	204.3
2	415	Vermouth	0.8	0.0	0.0	0.0	1.6	37.6	37.6	35.1	38.9
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.0
2	417	Juice drink	0.7	0.0	0.0	0.0	0.6	155.5	133.6	123.8	170.9
2	421	Whisky	0.1	0.0	0.0	0.0	0.1	38.0	38.0	38.0	38.0
2	422	Wine red	20.0	0.0	0.0	123.2	17.1	150.4	125.2	55.0	303.3
2	423	Wine white dry	20.2	0.0	0.0	160.2	8.4	197.0	178.2	66.6	372.1
2	425	Whey drink light Rivella	0.0	0.0	0.0	0.0	0.0
2	463	Fruit drink concentrate undiluted	0.1	0.0	0.0	0.0	1.3	23.2	11.3	11.3	47.5
2	497	Fruit drink concentrate Roosvicee Origin	0.0	0.0	0.0	0.0	0.9	10.7	9.0	9.0	13.9
2	498	Fruit drink conc Roosvicee Ferro	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.0	0.0	0.0	0.0	0.0
2	644	Coffee prepared	246.5	212.0	0.0	659.9	75.9	399.6	371.0	86.3	802.5
2	645	Tea prepared	723.6	361.8	0.0	2,081.8	86.6	708.7	550.6	159.1	2,092.9
2	664	Juice grapefruit	0.6	0.0	0.0	0.0	0.6	121.3	101.1	50.0	157.7
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	1.0	0.0	0.0	0.0	1.2	227.1	114.6	67.0	411.2
2	805	Jagermeister herb liquor	0.0	0.0	0.0	0.0	0.0
2	857	Madeira	0.0	0.0	0.0	0.0	0.2	3.1	2.1	2.0	3.8
2	923	Juice pear	0.9	0.0	0.0	0.0	1.0	217.6	160.0	160.0	297.6
2	930	Wine medicinal pleegzusterbloedwijn	0.0	0.0	0.0	0.0	0.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.0	0.0	0.0	0.0	0.0
2	1463	Fruit juice dk minimal 2 fruits	2.3	0.0	0.0	0.0	2.5	150.4	148.8	93.8	164.8
2	1465	Liqueur <15 vol% alcohol	0.2	0.0	0.0	0.0	0.6	33.0	33.0	33.0	33.0
2	1466	Liqueur >25 vol% alcohol	0.0	0.0	0.0	0.0	0.3	2.2	2.2	2.2	2.2
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	0.2	0.0	0.0	0.0	0.5	150.0	150.0	150.0	150.0
2	1521	Juice drink light	0.0	0.0	0.0	0.0	0.0
2	1522	Soft drink light without caffeine	0.0	0.0	0.0	0.0	0.0
2	1523	Cola light soft drink with caffeine	2.2	0.0	0.0	0.0	0.8	263.5	177.0	177.0	371.3
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.0
2	1656	Juice carrot	0.5	0.0	0.0	0.0	0.7	35.3	20.5	20.0	47.1
2	1810	Fruit drink concentrate Karvan Cevitam	2.8	0.0	0.0	19.3	5.1	31.5	34.9	9.0	45.8
2	1878	Fruit juice drink Roosvicee Multivit	2.3	0.0	0.0	0.0	0.7	230.5	110.5	100.0	326.0
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	1.0	12.1	9.3	9.0	14.4
2	1885	Water average	503.1	419.1	0.0	1,025.8	86.6	553.6	457.0	67.2	1,322.4
2	1932	Juice orange with pulp	1.7	0.0	0.0	0.0	1.4	132.1	117.9	115.0	143.2
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.3	0.0	0.0	0.0	0.3	110.0	110.0	110.0	110.0
2	2042	Sports drink AA High Energy	0.3	0.0	0.0	0.0	0.4	157.0	157.0	157.0	157.0
2	2074	Mineral water Bar le Duc	0.1	0.0	0.0	0.0	0.1	248.0	248.0	248.0	248.0
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.0	0.0	0.0	0.0	0.0
2	2086	Ice tea	0.4	0.0	0.0	0.0	0.3	191.7	191.7	191.7	191.7
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.0
2	2134	Juice drink Dubbelfrisss	1.4	0.0	0.0	0.0	1.2	182.0	152.0	152.0	256.4
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.0	0.0	0.0	0.0	0.0
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.0	0.0	0.0	0.0	0.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	0.0	0.0	0.0	0.0	0.0
2	2142	Wine white sweet	0.1	0.0	0.0	0.0	0.2	123.2	120.0	120.0	126.2
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.0	0.0	0.0	0.0	0.0
2	2153	Fruit drink Fruit2day	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0
2	2289	Fruit drink concentrate light	0.1	0.0	0.0	0.0	0.6	15.0	15.0	15.0	15.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.2	30.5	30.5	30.5	30.5
2	2389	Fruit drink conc can Albert Heijn	0.0	0.0	0.0	0.0	0.0
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.4	23.8	22.7	22.5	24.8
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.0	0.0	0.0	0.0	0.0
2	2438	Fruit drink conc diluted average	1.2	0.0	0.0	0.0	0.9	166.7	166.7	166.7	166.7
2	2439	Fruit drink conc w sugar diluted AH	0.0	0.0	0.0	0.0	0.0
2	2441	Fruit drink conc diluted1 to 7	0.0	0.0	0.0	0.0	0.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	0.3	0.0	0.0	0.0	0.2	640.0	640.0	640.0	640.0
2	2476	Cappuccino freshly made	5.0	0.0	0.0	15.2	2.8	180.0	130.0	130.0	329.3
2	2477	Coffee cappuccino instant prepared	7.6	0.0	0.0	0.0	1.8	341.9	230.7	170.0	414.6
2	2478	Cappuccino instant powder	0.0	0.0	0.0	0.0	0.0
2	2490	Fruit juice drink 12fruit nectar light	1.6	0.0	0.0	0.0	1.3	145.0	145.0	145.0	145.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	0.0	0.0	0.0	0.0	0.0
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	0.2	0.0	0.0	0.0	0.3	113.0	113.0	113.0	113.0
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.0	0.0	0.0	0.0	0.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.0	0.0	0.0	0.0	0.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	12.7	0.0	0.0	0.0	3.8	473.1	390.2	187.0	576.3
2	2610	Wine rose	0.6	0.0	0.0	0.0	0.8	126.5	105.0	83.0	172.4
2	2633	Coffee instant powder	0.4	0.0	0.0	2.9	8.8	3.9	3.4	1.3	5.7
2	2634	Fruit juice dk minimal 2 fruits w vit C	1.8	0.0	0.0	0.0	2.0	111.5	88.0	88.0	141.3
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.0	0.0	0.0	0.0	0.0
2	2637	Fruit juice dk Roosvicee Multivit light	1.6	0.0	0.0	0.0	0.6	350.0	350.0	350.0	350.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	2.1	0.0	0.0	0.0	0.8	276.5	273.7	272.5	278.5
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.0	0.0	0.0	0.0	0.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.3	0.0	0.0	0.0	0.6	140.0	140.0	140.0	140.0
2	2648	Coffee w milk vending machine	1.8	0.0	0.0	0.0	1.2	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.5	0.0	0.0	0.0	1.8	71.1	34.7	4.5	85.9
2	2663	Juice fruit Vruchtoase multivit	0.0	0.0	0.0	0.0	0.0
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.5	0.0	0.0	0.0	0.5	314.0	314.0	314.0	314.0

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

NEVO group	NEVO code	Description	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
2	2755	Juice orange freshly squeezed	21.2	0.0	0.0	158.8	20.5	133.7	119.0	60.0	206.8
2	2828	Liqueur with cream 15-25 vol% alcohol	0.2	0.0	0.0	0.0	0.8	35.2	35.2	35.2	35.2
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	2.3	0.0	0.0	0.0	1.7	178.8	182.2	91.0	254.6
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.3	0.0	0.0	0.0	0.3	145.0	145.0	145.0	145.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.0	0.0	0.0	0.0	0.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.0
2	2880	Coffee wiener melange instant powder	0.0	0.0	0.0	0.0	0.0
2	2881	Coffee wiener melange instant prepared	3.5	0.0	0.0	0.0	0.9	173.3	171.2	170.0	174.6
2	2896	Lemonade squash Spa&Fruit sparkling	0.0	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
2	2897	Juice Drink Ocean Spray	0.6	0.0	0.0	0.0	0.4	244.5	244.5	244.5	244.5
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
3	227	Crispbakes Dutch	1.2	0.0	0.0	8.0	14.5	13.3	10.0	1.1	19.6
3	228	Crackers cream	0.1	0.0	0.0	0.0	1.0	11.5	8.0	8.0	22.9
3	229	Crispbread averaged	0.0	0.0	0.0	0.0	0.0
3	230	Roll white soft	0.4	0.0	0.0	0.0	1.3	45.0	45.0	45.0	45.0
3	233	Bread currant	0.1	0.0	0.0	0.0	0.6	35.0	35.0	35.0	35.0
3	236	Bread brown wheat	23.9	0.0	0.0	125.3	29.0	92.1	69.8	30.9	168.1
3	238	Crackers matzes	0.1	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
3	241	Bread white milk based	2.1	0.0	0.0	7.6	3.2	49.9	30.0	30.0	111.4
3	242	Bread rye dark	0.9	0.0	0.0	0.0	3.6	49.5	34.5	22.5	75.1
3	243	Bread rye light	1.4	0.0	0.0	4.8	2.3	31.3	25.0	25.0	55.4
3	244	Bread raisin	0.3	0.0	0.0	0.0	1.2	35.0	35.0	35.0	35.0
3	246	Bread wholemeal average	25.2	0.0	0.0	69.9	30.2	84.4	66.4	35.0	136.4
3	248	Bread white water based	21.2	0.0	0.0	93.1	14.7	85.2	75.3	30.0	115.8
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.5	0.0	0.0	0.0	2.5	16.7	12.5	10.0	19.3
3	655	Crispbakes Dutch wholemeal	1.1	0.0	0.0	7.1	10.3	11.7	10.0	10.0	16.8
3	975	Crispbread sesame	4.0	0.0	0.0	26.5	6.3	33.8	17.3	10.2	48.5
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.0
3	1017	Bread wheatrye wholemeal	0.3	0.0	0.0	0.0	1.5	48.4	45.0	45.0	55.2
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.0
3	1253	Crispbread high fibre	0.5	0.0	0.0	0.0	3.2	20.0	20.0	20.0	20.0
3	1312	Crispbread Cracottes	0.1	0.0	0.0	0.0	2.6	12.0	9.1	7.0	13.5
3	1322	Crispbread wholemeal Cracottes	0.1	0.0	0.0	0.0	2.2	8.8	7.0	7.0	15.6
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
3	1361	Bread white Turkish	0.0	0.0	0.0	0.0	0.0
3	1395	Bread rye average	0.4	0.0	0.0	0.0	1.2	30.9	23.6	17.5	33.9
3	1459	Bread current wholemeal	0.2	0.0	0.0	0.0	0.9	38.7	36.6	35.0	39.7
3	1779	Crispbread wholemeal	0.1	0.0	0.0	0.0	1.0	14.6	10.5	10.0	19.2
3	1914	Dough for pizza and savoury pie	1.4	0.0	0.0	0.0	0.6	196.7	196.7	196.7	196.7

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

NEVO group	NEVO code	Description	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
3	2229	Crackers VitaLU	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
3	2230	Crispbread Cracottes Vital	0.0	0.0	0.0	0.0	0.0
3	2277	Bread Blue Band Goede Start white bread	0.3	0.0	0.0	0.0	1.4	60.0	60.0	60.0	60.0
3	2348	Bread wholemeal w pumpkin seeds	0.2	0.0	0.0	0.0	0.4	160.0	160.0	160.0	160.0
3	2349	Bread linseed	0.5	0.0	0.0	0.0	0.5	70.0	70.0	70.0	70.0
3	2350	Bread multigrain average w seeds	7.8	0.0	0.0	53.7	11.4	79.9	65.6	35.0	139.2
3	2351	Bread white average milk/water based	0.0	0.0	0.0	0.0	0.3	12.5	12.5	12.5	12.5
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	0.2	0.0	0.0	0.0	1.3	38.4	35.0	35.0	44.0
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.3	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
3	2356	Baguette w cheese-onion	0.1	0.0	0.0	0.0	0.7	24.8	10.0	10.0	40.9
3	2357	Bread wholemeal w sunflower seeds	3.1	0.0	0.0	0.0	4.3	66.3	39.1	35.0	195.5
3	2358	Bread white w sunflower seeds	0.8	0.0	0.0	0.0	0.6	119.8	111.3	70.0	137.1
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
3	2382	Bread brown w sunflower seeds	0.7	0.0	0.0	0.0	0.4	108.3	64.8	35.0	132.5
3	2528	Croutons	0.0	0.0	0.0	0.0	0.0
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.5	0.0	0.0	0.0	1.2	70.7	52.1	40.0	99.0
3	2704	Bread brown w seeds	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.0	0.0	0.0	0.0	0.0
3	2788	Bread sourdough wholemeal	0.7	0.0	0.0	0.0	1.5	63.4	54.6	50.0	77.2
3	2789	Bread ciabatta no filling	0.1	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
3	2790	Bread pita white	9.4	0.0	0.0	36.7	4.3	100.0	100.0	100.0	100.0
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.0	0.0	0.0	0.0	0.0
3	2793	Baguette white	1.6	0.0	0.0	0.0	3.1	68.9	40.0	5.0	94.0
3	2794	Baguette brown	0.7	0.0	0.0	0.0	1.4	84.4	67.3	60.0	96.7
3	2795	Roll white hard	0.4	0.0	0.0	0.0	1.0	47.3	38.5	30.0	48.8
3	2796	Roll brown hard	2.9	0.0	0.0	19.4	2.4	57.9	38.8	25.0	92.1
3	2797	Roll brown soft	1.1	0.0	0.0	0.0	1.8	50.0	50.0	50.0	50.0
3	2798	Roll wholemeal soft	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
3	2799	Roll multigrain hard	0.1	0.0	0.0	0.0	1.2	25.0	25.0	25.0	25.0
3	2800	Roll multigrain soft	0.0	0.0	0.0	0.0	0.0
3	2801	Croissant prepared w butter	0.0	0.0	0.0	0.0	0.0
3	2803	Bun currant/raisin	2.5	0.0	0.0	21.0	7.1	54.1	42.9	25.0	87.2
3	2804	Bun wholemeal w muesli	0.0	0.0	0.0	0.0	0.2	29.0	29.0	29.0	29.0
3	2812	Bread current/raisin w almond paste	0.0	0.0	0.0	0.0	0.0
3	2813	Bread raisin/current average	0.8	0.0	0.0	0.0	2.6	35.0	35.0	35.0	35.0
3	2815	Bread Tijger brown wheat	2.3	0.0	0.0	8.0	1.7	77.7	70.0	70.0	97.1
3	2816	Bread Tijger white	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.2	0.0	0.0	0.0	1.4	40.0	40.0	40.0	40.0
3	2821	Bread brown w pumpkin seeds	1.3	0.0	0.0	0.0	1.5	70.0	70.0	70.0	70.0
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
3	2937	Toast Melba natural	0.4	0.0	0.0	3.8	2.6	9.9	7.9	4.0	19.9
3	2938	Toast Melba other varieties	0.0	0.0	0.0	0.0	0.0
3	3054	Bread glutenfree bakmix Glutafin white	1.5	0.0	0.0	0.0	0.8	93.9	87.8	87.5	98.8
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.0	0.0	0.0	0.0	0.0
4	202	Coconut meat fresh	0.1	0.0	0.0	0.0	0.6	16.0	16.0	16.0	16.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.2	6.1	6.1	6.1	6.1
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
4	535	Cocoa powder sweetened Benco	0.0	0.0	0.0	0.0	0.9	8.2	8.2	8.2	8.2
4	595	Cocoa product powder Ovomaltine	0.4	0.0	0.0	1.2	4.1	7.7	5.7	4.2	11.1
4	605	Porridge barley with raisins Bessola	0.0	0.0	0.0	0.0	0.0
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.3	36.0	36.0	36.0	36.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.0
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.0	0.0	0.0	0.0	0.0
4	2615	Vinegar	0.2	0.0	0.0	0.0	4.4	6.1	4.6	0.3	11.9
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.4	28.0	28.0	28.0	28.0
5	84	Eggs chicken boiled average	7.7	0.0	0.0	25.0	17.6	45.3	49.4	5.4	90.2
6	33	Raisins dried	0.2	0.0	0.0	0.0	1.5	21.1	7.1	4.0	60.1
6	137	Olives tinned/glass	0.2	0.0	0.0	0.0	1.5	10.8	6.9	1.3	19.4
6	147	Apple without skin average	19.9	0.0	0.0	106.8	23.0	121.0	127.6	35.4	164.5
6	148	Strawberries	4.9	0.0	0.0	39.0	11.1	68.4	58.4	27.0	127.1
6	149	Apricots with skin	0.1	0.0	0.0	0.0	0.3	12.4	12.4	12.4	12.4
6	150	Pineapple	1.0	0.0	0.0	0.0	0.6	94.9	84.3	75.0	98.4
6	151	Banana	19.8	0.0	0.0	121.2	20.2	114.8	107.2	43.3	151.0
6	152	Blueberries	0.0	0.0	0.0	0.0	0.3	26.0	26.0	26.0	26.0
6	153	Redcurrant	0.0	0.0	0.0	0.0	0.0
6	155	Bilberries	0.0	0.0	0.0	0.0	0.0
6	157	Blackberries	0.0	0.0	0.0	0.0	0.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.4	8.4	8.4	8.4	8.4
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.0	0.0	0.0	0.0	0.0
6	161	Raspberries	0.0	0.0	0.0	0.0	0.0
6	162	Grapefruit	0.9	0.0	0.0	0.0	1.5	65.4	44.6	40.0	100.6
6	163	Cherries	1.7	0.0	0.0	0.0	1.9	115.3	126.1	21.0	149.0
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.0
6	165	Manderins	12.3	0.0	0.0	50.6	17.7	62.3	44.6	32.1	112.8
6	166	Melon netted	0.6	0.0	0.0	0.0	1.5	145.0	121.9	121.9	193.1
6	168	Pear without skin	3.0	0.0	0.0	0.0	2.8	126.3	96.8	64.0	169.6
6	169	Peach without skin	0.8	0.0	0.0	0.0	1.3	103.5	76.5	76.5	139.1
6	170	Plums with skin	11.2	0.0	0.0	0.0	3.9	261.8	169.7	71.2	373.7
6	171	Orange	11.9	0.0	0.0	85.3	10.1	159.2	131.9	71.7	194.7

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

NEVO group	NEVO code	Description	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
6	172	Fruit fresh citrus average	2.9	0.0	0.0	0.0	1.7	152.0	152.0	152.0	152.0
6	173	Fruit fresh average excluding citrus	0.0	0.0	0.0	0.0	0.0
6	175	Apricots dried	0.2	0.0	0.0	0.0	4.0	7.9	5.7	3.0	15.4
6	176	Apricots in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	177	Pineapple in syrup tinned	0.3	0.0	0.0	0.0	1.8	35.8	34.1	34.1	34.1
6	179	Apple sauce tinned	3.7	0.0	0.0	27.2	7.5	68.3	51.8	25.9	126.7
6	180	Billberries in syrup tinned	0.2	0.0	0.0	0.0	0.2	38.9	38.9	38.9	38.9
6	181	Dates dried	0.0	0.0	0.0	0.0	0.7	9.3	6.5	6.0	11.4
6	182	Raspberries in syrup tinned	0.1	0.0	0.0	0.0	0.5	25.9	25.9	25.9	25.9
6	183	Fruit cocktail in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	184	Cherries in syrup tinned	0.0	0.0	0.0	0.0	0.5	3.0	3.0	3.0	3.0
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	188	Pears in syrup tinned	1.6	0.0	0.0	0.0	1.5	86.1	61.3	52.4	124.0
6	189	Peaches in syrup tinned	0.1	0.0	0.0	0.0	0.2	105.0	105.0	105.0	105.0
6	190	Prunes dried	0.1	0.0	0.0	0.0	2.8	12.5	10.5	6.0	20.0
6	191	Plums in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	192	Fruit mixed dried	0.3	0.0	0.0	0.0	0.8	100.0	100.0	100.0	100.0
6	193	Figs dried	0.2	0.0	0.0	0.0	1.1	39.0	32.6	17.5	50.5
6	440	Ginger stem in syrup tinned	0.2	0.0	0.0	0.0	3.0	14.0	5.0	3.8	33.9
6	689	Avocado	1.5	0.0	0.0	0.0	1.6	173.3	87.2	45.7	274.9
6	691	Lime	0.0	0.0	0.0	0.0	0.0
6	692	Mango	1.2	0.0	0.0	0.0	0.3	262.6	262.6	262.6	262.6
6	875	Apple with skin average	16.8	0.0	0.0	157.7	6.9	138.6	106.1	18.1	235.8
6	1007	Pomegranate	0.1	0.0	0.0	0.0	0.3	78.0	78.0	78.0	78.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	12.9	0.0	0.0	60.5	16.2	83.6	66.3	46.7	123.4
6	1057	Kaki / Sharon fruit	0.6	0.0	0.0	0.0	0.3	135.0	135.0	135.0	135.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	0.0	0.0	0.0	0.0	0.0
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.3	0.0	0.0	0.0	4.3	9.9	9.3	0.1	17.8
6	1182	Apple sauce wo sugar tinned	0.9	0.0	0.0	0.0	1.6	74.5	61.8	32.1	116.6
6	1467	Syrup from tinned fruit	0.0	0.0	0.0	0.0	0.0
6	1812	Nectarine	3.3	0.0	0.0	4.4	2.5	129.1	119.4	76.5	147.9
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.0	0.0	0.0	0.0	0.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	1.4	12.9	10.1	6.9	19.1
6	2685	Abricots dried and soaked	0.0	0.0	0.0	0.0	1.4	7.4	4.9	3.0	8.6
6	2686	Apple sauce wo sugar w sweetner tinned	0.0	0.0	0.0	0.0	0.0
6	2748	Pear with skin	0.5	0.0	0.0	0.0	1.0	149.8	128.0	128.0	174.4
6	2749	Grapes black with skin	2.0	0.0	0.0	0.0	2.5	108.0	83.2	47.5	157.0
6	2750	Grapes white with skin	2.3	0.0	0.0	10.5	3.6	83.4	54.9	9.5	162.5
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.0
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.5	51.8	51.8	51.8	51.8
6	2890	Cranberries dries sweetened	0.1	0.0	0.0	0.0	1.3	8.1	5.0	4.9	12.1
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.0
6	2956	Prunes dried soaked in water	0.1	0.0	0.0	0.0	1.4	10.0	10.0	10.0	10.0
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
7	232	Danish pastry	0.1	0.0	0.0	0.0	0.6	65.0	65.0	65.0	65.0
7	234	Biscuit fortified Liga Tweede Stap	0.2	0.0	0.0	0.0	1.1	30.0	30.0	30.0	30.0
7	240	Cake Dutch spiced Ontbijtkoek	2.8	0.0	0.0	20.3	11.5	28.5	20.9	10.8	51.3
7	250	Almond filled pastry	0.8	0.0	0.0	0.0	0.8	44.1	31.3	20.0	48.1
7	251	Apple pie Dutch w shortbread w marg	2.5	0.0	0.0	14.3	3.6	54.9	39.6	38.0	93.7
7	252	Biscuit sweet	3.4	0.0	0.0	11.7	19.3	12.4	9.3	4.8	19.6
7	253	Cake wo butter	1.0	0.0	0.0	6.9	3.3	28.1	24.1	22.5	35.1
7	254	Cake sponge Dutch Eierkoek	0.9	0.0	0.0	0.0	2.9	43.4	37.1	30.0	55.6
7	255	Gateau with whipped cream	2.2	0.0	0.0	12.1	2.7	51.3	40.0	40.0	72.9
7	256	Gateau with butter-cream filling	0.2	0.0	0.0	0.0	0.9	43.1	34.8	30.0	48.5
7	257	Almond paste filled tarts average	0.0	0.0	0.0	0.0	0.0
7	258	Biscuits averaged	1.0	0.0	0.0	7.1	6.5	17.6	10.5	5.0	42.8
7	259	Macaroons	0.7	0.0	0.0	0.0	1.2	50.0	50.0	50.0	50.0
7	260	Biscuit sponge fingers	0.0	0.0	0.0	0.0	1.0	5.0	5.0	5.0	5.0
7	261	Biscuit spiced Speculaas	0.3	0.0	0.0	1.1	4.2	9.2	7.0	7.0	16.4
7	262	Biscuit Dutch shortbread spritsstukken	0.3	0.0	0.0	0.0	1.6	24.6	20.7	10.0	51.4
7	263	Biscuit brown/wholemeal	1.2	0.0	0.0	6.7	8.1	16.9	13.6	8.0	29.3
7	468	Cream slice Dutch Tompouce	0.0	0.0	0.0	0.0	0.0
7	474	Doughnut Dutch style	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	481	Biscuit shortbread Bastogne	0.0	0.0	0.0	0.0	0.6	6.9	5.0	5.0	9.4
7	486	Flan with fruit filling	0.2	0.0	0.0	0.0	0.5	101.8	88.2	85.0	112.3
7	489	Flan filled with rice pudding	0.0	0.0	0.0	0.0	0.0
7	633	Meringue cake Bokkenpootje	0.0	0.0	0.0	0.0	1.0	18.6	14.2	10.0	19.4
7	634	Coconut flavoured cookies	0.2	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	635	Biscuits Dutch krakeling	0.8	0.0	0.0	0.0	2.2	23.4	12.0	12.0	42.5
7	636	Biscuit muesli	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	713	Waffle syrup average	0.6	0.0	0.0	0.0	2.6	26.6	21.4	10.0	37.6
7	789	Cake butter Dutch Boterkoek	0.1	0.0	0.0	0.0	1.3	20.7	20.0	20.0	23.2
7	833	Appel strudel	0.1	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
7	835	Cheesecake made with fromage frais	0.0	0.0	0.0	0.0	0.3	28.8	28.8	28.8	28.8
7	836	Shortbread	3.1	0.0	0.0	12.9	8.4	28.5	25.6	10.8	48.9
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.3	14.3	14.3	14.3	14.3
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.5	35.7	23.1	19.0	72.8
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.4	0.0	0.0	0.0	1.2	23.6	20.0	20.0	28.6
7	1321	Biscuit fortified Liga Fruitkick	0.1	0.0	0.0	0.0	0.7	33.0	33.0	33.0	33.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.2	5.5	4.0	4.0	6.7
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.2	14.0	14.0	14.0	14.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	1.5	0.0	0.0	11.5	5.7	31.1	23.3	20.2	45.0
7	1470	Berliner pastry	0.3	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	1471	Biscuit chocolate	0.2	0.0	0.0	0.0	1.8	15.4	10.0	10.0	21.4
7	1475	Eclair with whipped cream filling	0.1	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	1476	Meringue with butter-cream	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
7	1478	Flan fruit and crumble topping	0.0	0.0	0.0	0.0	0.0
7	1479	Cheesecake made with cream cheese	0.3	0.0	0.0	0.0	1.3	28.0	28.0	28.0	28.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.0	0.0	0.0	0.0	0.0
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.0	0.0	0.0	0.0	0.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.7	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	1972	Biscuits assorted with butter	0.3	0.0	0.0	0.0	1.9	18.8	13.0	13.0	25.7
7	2162	Biscuit Cafe noir	0.0	0.0	0.0	0.0	0.0
7	2190	Brownies with nuts	0.0	0.0	0.0	0.0	0.0
7	2225	Biscuit fortified Fruitkick Extra	0.1	0.0	0.0	0.0	0.7	31.2	30.0	30.0	32.6
7	2226	Biscuit fortified Liga Continue vit/min	0.1	0.0	0.0	0.0	1.5	25.0	25.0	25.0	25.0
7	2227	Biscuit filled Prince	0.5	0.0	0.0	3.1	2.6	16.2	15.6	10.0	19.6
7	2228	Biscuit with chocolate layer Scholietje	0.1	0.0	0.0	0.0	0.6	17.4	11.3	10.0	27.2
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.0
7	2232	Biscuit fruit	0.6	0.0	0.0	2.8	2.8	17.0	13.0	13.0	21.4
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.2	0.0	0.0	0.0	2.0	28.8	23.0	20.0	40.1
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.3	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
7	2239	Muesli bar	0.0	0.0	0.0	0.0	0.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.0	0.0	0.0	0.0	0.6	20.0	20.0	20.0	20.0
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.0
7	2391	Cake marble-	0.0	0.0	0.0	0.0	0.0
7	2392	Cake apple-	0.9	0.0	0.0	2.0	1.9	30.0	30.0	30.0	30.0
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.1	0.0	0.0	0.0	0.1	75.0	75.0	75.0	75.0
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.3	0.0	0.0	0.0	1.1	31.2	25.0	25.0	44.9
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	0.3	0.0	0.0	0.0	2.5	23.0	20.7	12.5	24.6
7	2399	Spiced cake Indonesian- Spekkoeke	0.0	0.0	0.0	0.0	0.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	0.0	0.0	0.0	0.0	0.0
7	2403	Cup cake iced	0.0	0.0	0.0	0.0	0.0
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.0
7	2405	Chocolate chip cookie	0.0	0.0	0.0	0.0	0.2	12.3	10.0	10.0	14.4
7	2408	Biscuit fortified Bridge fruit and grain	0.0	0.0	0.0	0.0	0.0
7	2409	Biscuit Dutch shortbread w chocolate	0.0	0.0	0.0	0.0	0.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	1.0	5.6	2.5	2.5	14.1
7	2413	Cake wrapped in marzipan and chocolate	1.1	0.0	0.0	0.0	0.8	120.0	120.0	120.0	120.0

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

NEVO group	NEVO code	Description	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
7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.4	13.0	13.0	13.0	13.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.0	0.0	0.0	0.0	0.0
7	2430	Fritter banana	0.0	0.0	0.0	0.0	0.0
7	2431	Gateau fatless sponge w marzipan	0.0	0.0	0.0	0.0	0.0
7	2432	Cake with nuts	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.5	15.5	14.7	14.0	15.9
7	2560	Apple turnover	0.9	0.0	0.0	0.0	1.3	113.4	86.3	65.0	125.6
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.1	0.0	0.0	0.0	0.3	40.0	40.0	40.0	40.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.0
7	2577	Cake made w butter and apple	0.0	0.0	0.0	0.0	0.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
7	2607	Biscuit w nuts and chocolate	0.1	0.0	0.0	0.0	0.4	38.8	32.9	30.0	42.9
7	2609	Biscuits with nuts	1.5	0.0	0.0	6.8	6.1	14.7	12.3	10.0	14.7
7	2622	Appel pie Dutch w shortbread w butter	1.0	0.0	0.0	0.0	0.5	102.7	100.0	100.0	110.8
7	2661	Waffle Luikse	0.0	0.0	0.0	0.0	0.0
7	2662	Waffle soft-/sugar-/flash-	0.1	0.0	0.0	0.0	0.5	24.0	24.0	24.0	24.0
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.0	0.0	0.0	0.0	0.4	3.3	3.3	3.3	3.3
7	2698	Cake chocolate made wo butter	0.0	0.0	0.0	0.0	0.0
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	1.4	9.8	8.8	8.0	10.9
7	2715	Meringue	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
7	2719	Biscuit Bridge ommetjes	0.0	0.0	0.0	0.0	0.0
7	2761	Almond paste filled tarts w butter	0.3	0.0	0.0	0.0	1.3	22.5	22.5	22.5	22.5
7	2763	Biscuit spiced Speculaas w butter	0.4	0.0	0.0	0.0	0.4	36.0	36.0	36.0	36.0
7	2775	Biscuit digestive w chocolate	0.0	0.0	0.0	0.0	0.0
7	2776	Flan apple and crumble topping	0.0	0.0	0.0	0.0	0.0
7	2777	Flan hard shell with custard cream	0.0	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
7	2778	Flan sponge with custard cream	0.0	0.0	0.0	0.0	0.0
7	2820	Waffle syrup w butter	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
7	2832	Cake chocolate made w butter	0.0	0.0	0.0	0.0	0.0
7	2863	Pie apple-nuts	0.0	0.0	0.0	0.0	0.0
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.0	0.0	0.0	0.0	0.4	14.0	14.0	14.0	14.0
7	2892	Waffle penny-	0.0	0.0	0.0	0.0	0.4	32.0	32.0	32.0	32.0
7	2893	Cake Indonesian	0.2	0.0	0.0	0.0	0.9	30.0	30.0	30.0	30.0
7	2894	Biscuit Dutch digestive	0.2	0.0	0.0	0.0	2.2	13.3	11.2	8.0	15.5
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.9	0.0	0.0	0.0	1.3	105.1	77.4	65.0	124.7
8	78	Semolina	0.3	0.0	0.0	0.0	0.7	36.0	36.0	36.0	36.0
8	209	Breakfast cereal Cornflakes Kellogg's	1.0	0.0	0.0	0.0	2.0	37.5	27.6	11.5	59.6
8	213	Oatmeal	1.4	0.0	0.0	0.0	2.3	31.3	33.1	5.0	43.2
8	215	Cornflour	0.0	0.0	0.0	0.0	0.8	2.5	2.5	2.5	2.5
8	220	Flour wheat white 75% extraction	0.0	0.0	0.0	0.0	0.4	7.5	7.5	7.5	7.5
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.0
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.0
8	225	Breakfast cereal Brinta	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
8	226	Starch potato	0.0	0.0	0.0	0.0	0.0
8	231	Wheat germ	0.1	0.0	0.0	0.0	1.3	9.2	5.2	2.7	17.4
8	530	Flour for pancakes	0.0	0.0	0.0	0.0	0.0
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.1	3.6	2.6	2.6	5.0
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.2	18.2	9.6	9.6	26.7
8	658	Rice white boiled	3.3	0.0	0.0	18.4	3.9	73.9	60.3	11.0	110.2
8	659	Pasta white average boiled	6.6	0.0	0.0	54.0	8.7	105.0	106.8	16.4	150.4
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.1	0.0	0.0	0.0	2.0	11.8	5.0	1.1	25.4
8	1014	Rice brown boiled	3.4	0.0	0.0	0.0	4.4	162.4	139.1	24.7	257.9
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.3	14.0	14.0	14.0	14.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.0
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.1	0.0	0.0	0.0	1.1	9.0	9.0	9.0	9.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.1	0.0	0.0	0.0	0.3	21.6	21.6	21.6	21.6
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2081	Breakfast cereal Cornflakes	0.0	0.0	0.0	0.0	0.0
8	2157	Pasta wholemeal boiled	0.2	0.0	0.0	0.0	0.5	87.6	75.1	60.0	101.6
8	2158	Couscous boiled	0.4	0.0	0.0	0.0	1.6	38.5	32.1	20.0	46.0
8	2159	Millet boiled	0.1	0.0	0.0	0.0	0.6	28.0	28.0	28.0	28.0
8	2359	Wrap/Tortilla	0.0	0.0	0.0	0.0	0.0
8	2361	Breakfast prod Albona 7-cereals-energy	0.0	0.0	0.0	0.0	0.0
8	2366	Muesli crunchy plain/w fruit	0.8	0.0	0.0	0.0	3.6	26.1	20.7	4.9	40.0
8	2675	Muesli crunchy w nuts	0.0	0.0	0.0	0.0	0.3	28.3	22.2	19.7	37.8
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.0	0.0	0.0	0.0	0.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.4	0.0	0.0	0.0	5.5	16.5	9.4	0.8	34.7
8	3058	Oat bran raw	0.1	0.0	0.0	0.0	1.8	16.5	5.5	1.0	27.4
8	3059	Muesli crunchy Cruesli Balans	0.0	0.0	0.0	0.0	0.0
9	7	Endive raw	0.1	0.0	0.0	0.0	0.3	45.5	45.5	45.5	45.5
9	8	Endive boiled	1.6	0.0	0.0	0.0	1.4	136.1	92.7	84.4	227.1
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.0
9	13	Celery boiled	1.7	0.0	0.0	10.0	2.9	44.6	22.7	12.5	97.9
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	7.0	0.0	0.0	55.8	6.7	108.4	95.9	31.0	156.5
9	16	Kale curly boiled	0.5	0.0	0.0	0.0	2.1	51.5	45.6	45.6	81.0
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.0
9	20	Mushrooms boiled	0.4	0.0	0.0	0.0	3.4	23.1	25.3	1.3	41.4
9	21	Cabbage Chinese raw	0.0	0.0	0.0	0.0	0.0
9	22	Cabbage Chinese boiled	0.0	0.0	0.0	0.0	0.0
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
9	26	Celeriac boiled	0.4	0.0	0.0	0.0	0.5	59.3	40.6	40.6	97.5
9	27	Cucumber wo skin raw	2.0	0.0	0.0	17.9	4.7	54.4	49.7	4.0	95.3
9	28	Cucumber boiled	0.0	0.0	0.0	0.0	0.0
9	29	Swede boiled	0.0	0.0	0.0	0.0	0.0
9	31	Sweet pepper green raw	0.0	0.0	0.0	0.0	0.3	15.4	10.3	8.3	19.0
9	32	Sweet pepper green boiled	0.0	0.0	0.0	0.0	0.5	17.3	17.3	17.3	17.3
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.0
9	37	Leek boiled	4.4	0.0	0.0	35.1	6.3	73.9	50.1	1.8	176.0
9	38	Turnip tops raw	0.2	0.0	0.0	0.0	0.1	158.8	158.8	158.8	158.8
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.0
9	42	Cabbage red boiled	0.4	0.0	0.0	0.0	0.3	174.0	174.0	174.0	174.0
9	44	Cabbage Savoy boiled	0.0	0.0	0.0	0.0	0.0
9	46	Lettuce head raw	1.3	0.0	0.0	1.2	4.8	51.8	38.6	5.4	95.0
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.0
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.0
9	51	Spinach raw	0.0	0.0	0.0	0.0	0.0
9	52	Spinach boiled	6.7	0.0	0.0	76.6	5.2	123.6	110.6	51.0	170.7
9	54	Cabbage oxheart boiled	2.3	0.0	0.0	0.0	2.0	186.4	154.2	84.2	232.3
9	55	Brussel sprouts boiled	15.7	0.0	0.0	69.3	8.1	140.3	129.6	54.0	203.0
9	57	Sweetcorn boiled	0.0	0.0	0.0	0.0	0.0
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.3	5.0	5.0	5.0	5.0
9	59	Bean sprouts boiled	0.0	0.0	0.0	0.0	0.5	1.1	1.0	1.0	1.1
9	60	Tomatoes normal raw	4.3	0.0	0.0	27.4	9.7	53.6	40.1	15.1	66.6
9	61	Tomatoes normal boiled	0.5	0.0	0.0	0.0	2.7	18.2	1.7	1.7	46.1
9	63	Onions raw	0.8	0.0	0.0	5.0	7.4	11.6	9.0	0.2	26.8
9	64	Onions boiled	3.0	0.0	0.0	20.6	15.0	23.3	22.9	1.6	44.2
9	65	Lettuce lambs raw	0.5	0.0	0.0	0.0	1.5	31.2	26.7	8.6	47.1
9	67	Chicory raw	1.6	0.0	0.0	0.0	1.3	71.3	62.3	28.9	84.9
9	68	Chicory boiled	5.8	0.0	0.0	34.6	3.9	147.3	97.5	16.3	271.4
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	0.7	27.0	7.4	4.0	63.5
9	70	Cabbage white cooked	0.1	0.0	0.0	0.0	2.5	8.6	2.0	2.0	28.0
9	71	Carrots raw average	0.2	0.0	0.0	0.0	1.2	14.1	8.9	4.0	29.7
9	72	Carrots boiled average	0.2	0.0	0.0	0.0	2.8	20.8	2.1	2.0	77.4
9	73	Cabbage sauerkraut raw	0.3	0.0	0.0	0.0	0.2	128.4	128.4	128.4	128.4
9	74	Cabbage sauerkraut cooked	3.5	0.0	0.0	0.0	3.0	126.4	73.7	40.4	245.7
9	75	Vegetable mix for soup raw	2.7	0.0	0.0	12.0	2.1	92.6	63.8	63.8	169.6
9	124	Radish red/white raw	0.6	0.0	0.0	0.0	2.4	39.6	28.4	1.7	63.3
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.7	14.4	8.8	0.7	18.9
9	127	Vegetables mixture raw	0.0	0.0	0.0	0.0	0.0
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	0.0	0.0	0.0	0.0	0.0
9	132	Gherkins sweet pickled	0.3	0.0	0.0	0.0	3.1	12.1	9.1	2.0	22.5
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	0.5	0.0	0.0	0.0	2.0	44.1	19.5	2.7	107.3
9	136	Peas and carrots tinned	2.4	0.0	0.0	0.0	0.6	184.7	110.0	110.0	248.9
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.0	0.0	0.0	0.0	0.0
9	140	Spinach tinned	0.1	0.0	0.0	0.0	0.2	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
9	142	Beans broad tinned	3.3	0.0	0.0	0.0	2.1	240.0	240.0	240.0	240.0
9	143	Carrots tinned	0.0	0.0	0.0	0.0	0.0
9	144	Silver-skin onions sweet pickled glass	0.1	0.0	0.0	0.0	2.0	4.4	2.7	2.1	6.2
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.0
9	146	Spinach frozen boiled	0.8	0.0	0.0	0.0	2.3	79.4	14.8	14.8	154.4
9	538	Rhubarb puree w sugar	0.2	0.0	0.0	0.0	0.8	57.3	43.8	31.9	61.8
9	557	Celery raw	0.7	0.0	0.0	0.0	2.5	48.3	36.3	11.4	100.4
9	558	Celeriac raw	0.4	0.0	0.0	0.0	1.0	46.5	21.6	20.0	101.2
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.0	0.0	0.0	0.0	0.0
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.0
9	650	Cabbage red w apple pieces frozen boiled	0.0	0.0	0.0	0.0	0.0
9	651	Spinach creamed frozen boiled	0.6	0.0	0.0	0.0	1.8	48.0	30.5	26.3	85.3
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.0	0.0	0.0	0.0	0.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.7	17.0	10.2	5.8	30.3
9	885	Sweet pepper red boiled	0.3	0.0	0.0	0.0	1.4	50.4	22.1	10.4	96.8
9	920	Broccoli boiled	9.3	0.0	0.0	73.1	7.1	153.7	138.5	33.9	215.8
9	922	Courgettes raw	0.2	0.0	0.0	0.0	0.6	64.2	51.0	51.0	84.2
9	951	Beans French boiled	5.6	0.0	0.0	27.4	6.8	86.1	65.5	3.4	205.4
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.7	0.0	0.0	0.0	0.5	200.0	200.0	200.0	200.0
9	954	Beans French frozen boiled	1.9	0.0	0.0	0.0	1.6	182.8	134.2	98.0	273.6
9	957	Asparagus boiled	0.7	0.0	0.0	0.0	0.3	152.9	152.9	152.9	152.9
9	958	Beetroot boiled	1.0	0.0	0.0	0.0	1.5	118.2	95.0	95.0	161.8
9	961	Beans runner boiled	4.8	0.0	0.0	85.0	2.1	148.9	170.2	113.8	172.6
9	962	Beans broad boiled	0.7	0.0	0.0	0.0	0.4	141.0	141.0	141.0	141.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.0
9	964	Mange-tout boiled	0.4	0.0	0.0	0.0	0.9	52.0	52.0	52.0	52.0
9	966	Courgettes boiled	1.4	0.0	0.0	0.0	4.6	58.6	50.2	1.9	126.2
9	967	Fennel boiled	0.2	0.0	0.0	0.0	0.3	124.5	124.5	124.5	124.5
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.0
9	1136	Endive frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1139	Peas and carrots frozen unprepared	0.2	0.0	0.0	0.0	0.1	91.0	91.0	91.0	91.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.3	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
9	1143	Beans runner frozen unprepared	1.3	0.0	0.0	0.0	1.3	112.2	80.5	57.2	162.2
9	1144	Vegetables mixture for soup frozen	0.1	0.0	0.0	0.0	0.3	74.9	74.9	74.9	74.9
9	1147	Brussel sprouts frozen boiled	0.0	0.0	0.0	0.0	0.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.0	0.0	0.0	0.0	0.0
9	1187	Bamboo shoots tinned	0.0	0.0	0.0	0.0	0.0
9	1399	Lettuce iceberg raw	4.3	0.0	0.0	25.9	6.6	48.8	38.2	15.9	71.7
9	1454	Beetroot pickled glass	0.0	0.0	0.0	0.0	0.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.4	1.5	1.5	1.5	1.5
9	1904	Vegetables average boiled	1.4	0.0	0.0	0.0	2.9	75.2	57.6	38.4	136.3

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

NEVO group	NEVO code	Description	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
9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.0	0.0	0.0	0.0	0.0
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.9	0.0	0.0	0.0	0.7	150.0	150.0	150.0	150.0
9	2331	Bami vegetables mixed boiled	0.0	0.0	0.0	0.0	0.0
9	2346	Lettuce green average raw	0.5	0.0	0.0	0.0	1.4	21.7	12.3	1.9	37.0
9	2377	Tomatoes dried in oil tin/glass	0.0	0.0	0.0	0.0	0.1	17.6	17.6	17.6	17.6
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.3	0.2	0.2	0.2	0.2
9	2498	Tomatoes sieved	0.6	0.0	0.0	0.0	0.6	81.6	81.6	81.6	81.6
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.4	0.4	0.4	0.4	0.4
9	2708	Lettuce red raw	0.1	0.0	0.0	0.0	0.6	16.7	12.7	7.5	20.6
9	2710	Cabbage red w apple pieces glass	0.0	0.0	0.0	0.0	0.0
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.6	36.3	18.0	18.0	67.8
9	2727	Carrot bunched boiled	4.1	0.0	0.0	20.0	4.8	123.2	139.2	21.9	201.8
9	2728	Carrot winter raw	1.8	0.0	0.0	0.0	2.6	72.8	75.6	25.0	111.8
9	2729	Carrot winter boiled	1.4	0.0	0.0	0.0	1.3	75.9	70.0	23.6	98.8
9	2730	Tomato vine raw	3.2	0.0	0.0	32.0	6.5	87.4	66.6	33.3	126.0
9	2731	Tomato cherry raw	1.9	0.0	0.0	15.9	6.3	33.4	30.5	15.2	45.5
9	2732	Tomato beef raw	0.1	0.0	0.0	0.0	0.5	29.2	27.8	27.8	30.7
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.3	0.0	0.0	0.0	1.0	25.3	11.6	6.4	49.6
9	2735	Tomato average boiled	0.0	0.0	0.0	0.0	0.0
9	2736	Rocket raw	0.2	0.0	0.0	0.0	1.4	23.0	12.0	5.5	51.1
9	2737	Onion Welsh raw	0.3	0.0	0.0	0.0	1.4	12.9	7.1	3.7	23.2
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	0.8	0.0	0.0	0.0	2.6	45.8	40.3	12.8	85.6
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.0
9	2741	Sweet pepper yellow boiled	0.5	0.0	0.0	0.0	0.9	55.2	17.3	17.3	106.5
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	0.5	10.3	1.7	1.7	33.1
9	2743	Sweet pepper average boiled	0.3	0.0	0.0	0.0	2.8	7.6	2.0	1.9	22.2
9	2840	Cabbage red w apple pieces	0.7	0.0	0.0	0.0	0.6	174.0	174.0	174.0	174.0
9	2900	Sweetcorn tinned	0.0	0.0	0.0	0.0	0.1	14.6	14.6	14.6	14.6
10	455	Peanut butter	1.4	0.0	0.0	11.3	8.8	23.9	18.4	3.3	45.5
10	541	Peanut butter with nut pieces	0.5	0.0	0.0	0.0	1.7	27.4	19.7	10.0	42.7
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.0	0.0	0.0	0.0	0.0
10	1461	Sesame paste tahin	0.1	0.0	0.0	0.0	2.0	4.8	4.0	0.1	8.9
10	2367	Peanut butter light	0.2	0.0	0.0	0.0	1.5	32.4	21.0	10.0	33.6
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
11	511	Cheese Edam 40+	0.5	0.0	0.0	0.0	2.3	52.3	43.6	37.1	56.6
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.0
11	513	Cheese Gouda 48+ average	3.0	0.0	0.0	15.5	10.8	31.7	29.2	10.0	66.9
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.4	0.0	0.0	0.0	0.8	35.3	12.6	6.5	73.9
11	515	Cheese spread 48+	0.4	0.0	0.0	0.0	2.4	32.5	20.0	10.0	38.0
11	517	Cheese spread 20+	2.3	0.0	0.0	17.0	5.8	26.3	16.9	6.7	50.8
11	556	Cheese Camembert 45+	0.0	0.0	0.0	0.0	0.0
11	593	Cheese Brie 50+	0.0	0.0	0.0	0.0	0.0
11	654	Cheese cottage	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.0
11	715	Cheese cream 60+	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
11	716	Cheese Saint Paulin/Port Salut	0.0	0.0	0.0	0.0	0.0
11	718	Cheese Parmesan	0.0	0.0	0.0	0.0	0.0
11	719	Cheese cream soft Mon Chou	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.0
11	725	Cheese Cheddar	0.0	0.0	0.0	0.0	0.0
11	726	Cheese Bluefort	0.0	0.0	0.0	0.0	0.0
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.1	48.0	48.0	48.0	48.0
11	804	Cheese sheep fresh	0.5	0.0	0.0	0.0	2.1	20.3	11.6	5.2	43.5
11	881	Cheese 48+ low salt	1.2	0.0	0.0	0.0	3.8	52.5	32.2	24.0	112.2
11	883	Cheese Amsterdam 48+	0.4	0.0	0.0	0.0	2.5	29.6	27.1	27.0	36.6
11	1104	Cheese smoked	0.1	0.0	0.0	0.0	0.5	22.0	22.0	22.0	22.0
11	1108	Cheese Rambol	0.0	0.0	0.0	0.0	0.0
11	1112	Cheese raw milk 48+	1.1	0.0	0.0	9.8	3.6	29.9	26.0	13.0	55.5
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0
11	1382	Cheese 30+	6.5	0.0	0.0	51.0	16.9	30.7	24.6	12.0	54.6
11	1487	Cheese Brie 60+	0.6	0.0	0.0	0.0	2.1	58.6	42.7	7.0	120.9
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.3	21.3	20.0	20.0	23.4
11	1650	Cheese goat fresh	0.4	0.0	0.0	0.0	2.3	32.7	29.2	4.5	47.4
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	0.4	22.5	15.7	9.8	25.0
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.1	74.0	74.0	74.0	74.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.0	0.0	0.0	0.0	0.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.2	0.0	0.0	0.0	0.7	27.9	25.8	24.0	28.7
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.0
11	1939	Cheese Gorgonzola	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
11	1955	Cheese Mozzarella	0.3	0.0	0.0	0.0	1.1	47.6	37.1	37.1	59.0
11	2518	Cheese goat hard	1.2	0.0	0.0	10.0	7.4	28.2	25.2	12.1	51.9
11	2678	Dairy spread plain/herbs	0.0	0.0	0.0	0.0	0.0
11	2679	Dairy spread plain/herbs light	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
11	2756	Cheese Gouda 48+ age 4-8 weeks	0.4	0.0	0.0	0.0	1.3	37.6	27.0	22.0	57.3
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	2.5	0.0	0.0	21.2	9.3	33.1	28.5	12.0	52.9
11	2758	Cheese Gouda 48+ age 4-7 mths	20.4	0.0	0.0	71.4	24.8	54.1	51.0	10.8	94.7
11	2759	Cheese Gouda 48+ age 10-12 mths	0.7	0.0	0.0	2.6	3.5	21.5	10.1	10.1	58.8
11	2824	Cheese 30+ low salt	0.1	0.0	0.0	0.0	0.5	13.0	13.0	13.0	13.0
12	429	Stock cubes	0.1	0.0	0.0	0.0	1.6	5.2	4.0	1.5	8.7
12	824	Mustard	0.0	0.0	0.0	0.0	2.3	1.3	0.9	0.6	2.2
12	830	Garlic fresh	0.0	0.0	0.0	0.2	6.7	1.2	0.6	0.0	2.9
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	0.9	4.0	4.0	4.0	4.0
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.3	5.6	5.6	5.6	5.6
12	1232	Pepper red hot paste	0.1	0.0	0.0	0.0	1.3	4.9	1.5	0.2	10.5
12	1883	Stock powder low sodium	0.0	0.0	0.0	0.0	0.0
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.0
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
12	2681	Mixed spices Wereldgerechten unprep	0.1	0.0	0.0	0.0	1.7	4.3	2.4	2.4	9.6
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	1.1	0.0	0.0	4.0	5.1	13.3	8.2	3.8	25.6
13	272	Milk chocolate-flavoured full fat	0.8	0.0	0.0	0.0	1.0	205.4	202.7	200.0	205.7
13	273	Milk chocolate-flavoured low fat	0.3	0.0	0.0	0.0	0.4	200.0	200.0	200.0	200.0
13	274	Coffee creamer powder	0.1	0.0	0.0	0.0	3.7	7.7	5.1	1.0	14.3
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.5	9.0	9.0	9.0	9.0
13	276	Custard chocolate full fat	0.5	0.0	0.0	0.0	0.4	51.5	51.5	51.5	51.5
13	278	Yoghurt full fat	7.5	0.0	0.0	52.9	5.3	166.2	178.0	38.9	261.8
13	279	Milk whole	15.3	0.0	0.0	69.5	11.7	189.8	142.3	19.0	513.3
13	280	Coffee creamer full fat	1.0	0.0	0.0	3.8	9.2	16.9	13.9	7.6	31.3
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	7.6	0.0	0.0	57.3	4.1	111.2	113.3	51.5	133.4
13	284	Yoghurt low fat with fruit	0.7	0.0	0.0	0.0	0.8	152.4	150.4	150.0	154.0
13	285	Coffee creamer half fat	2.7	0.0	0.0	16.6	13.7	18.3	14.7	4.6	33.0
13	286	Milk semi-skimmed	82.8	0.0	0.0	296.2	38.3	232.7	234.7	7.7	531.1
13	288	Porridge oatmeal	4.9	0.0	0.0	0.0	2.0	249.4	219.5	187.0	331.3
13	289	Buttermilk	25.3	0.0	0.0	156.2	12.1	255.2	207.2	134.9	474.8
13	290	Porridge buttermilk w wheat flour	0.8	0.0	0.0	0.0	1.4	139.1	139.1	139.1	139.1
13	293	Coffee creamer 20% fat	0.2	0.0	0.0	0.0	1.4	10.8	10.0	10.0	11.7
13	294	Milk skimmed	79.8	0.0	0.0	435.6	5.7	677.7	407.0	92.1	1,186.7
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.6	4.1	4.1	2.0	4.9
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	3.2	0.0	0.0	0.0	3.2	156.8	139.1	139.1	186.4
13	299	Cream whipping	0.0	0.0	0.0	0.0	0.4	7.8	7.8	7.8	7.8
13	301	Yoghurt low fat	14.5	0.0	0.0	124.7	8.3	193.7	177.3	19.4	312.7
13	303	Ice cream dairy cream based	0.7	0.0	0.0	0.0	1.4	68.1	65.2	64.0	71.9
13	305	Fromage frais low fat	4.1	0.0	0.0	6.0	5.6	112.8	105.2	2.0	205.0
13	306	Fromage frais half fat	0.0	0.0	0.0	0.0	0.0
13	307	Fromage frais full fat	1.0	0.0	0.0	0.0	2.0	119.1	105.2	65.0	123.0
13	477	Custard vanilla low fat	0.0	0.0	0.0	0.0	0.0
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	1.5	0.0	0.0	0.0	1.7	60.4	36.7	18.0	71.2
13	532	Blancmange chocolate	0.8	0.0	0.0	0.0	0.6	150.0	150.0	150.0	150.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.0	0.0	0.0	0.0	0.0
13	736	Pudding vanilla	0.0	0.0	0.0	0.0	0.0
13	767	Mousse chocolate	0.1	0.0	0.0	0.0	1.1	28.8	28.8	28.8	28.8
13	786	Pudding chipolata	0.7	0.0	0.0	0.0	1.1	101.7	97.7	97.7	105.0

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

NEVO group	NEVO code	Description	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	812	Cream sour	0.0	0.0	0.0	0.0	0.2	8.2	8.2	8.2	8.2
13	863	Yoghurt full fat with fruit	0.5	0.0	0.0	0.0	0.6	271.2	190.2	114.5	289.0
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	0.7	0.0	0.0	0.0	0.3	175.1	175.1	175.1	175.1
13	916	Yoghurt Bulgarian low fat	0.3	0.0	0.0	0.0	0.4	150.0	150.0	150.0	150.0
13	917	Fromage frais half fat w fruit	2.2	0.0	0.0	0.0	1.9	142.8	138.5	125.0	166.8
13	931	Fromage frais low fat with fruit	0.0	0.0	0.0	0.0	0.0
13	933	Blancmange caramel	0.0	0.0	0.0	0.0	0.0
13	938	Pudding semolina with red currant sauce	0.0	0.0	0.0	0.0	0.0
13	940	Blancmange vanilla w strawberry sauce	0.0	0.0	0.0	0.0	0.0
13	1002	Ice cream dairy Delight Line wo ad sugar	0.0	0.0	0.0	0.0	0.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	1.3	0.0	0.0	0.0	0.8	198.0	187.5	187.5	237.1
13	1474	Ice lolly/ Sorbet	0.0	0.0	0.0	0.0	0.0
13	1502	Yoghurt half fat	15.0	0.0	0.0	123.6	7.3	231.4	172.4	81.2	441.8
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	2.2	7.9	6.9	6.0	9.3
13	1719	Milk semi-skimmed enriched w calcium	2.6	0.0	0.0	0.0	1.1	211.1	154.5	154.5	271.8
13	1720	Custard several flavours full fat	5.4	0.0	0.0	65.4	2.3	133.6	131.3	89.6	146.3
13	1721	Yoghurt vanilla half fat	1.9	0.0	0.0	0.0	1.9	145.8	133.3	124.2	164.8
13	1722	Porridge semolina	2.2	0.0	0.0	0.0	1.1	189.2	174.3	54.6	249.3
13	1791	Cream whipped w sugar canned	0.1	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
13	1808	Creme fraiche	0.0	0.0	0.0	0.0	0.9	11.9	10.9	4.0	17.3
13	1813	Yakult	0.9	0.0	0.0	0.0	2.0	67.5	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.0	0.0	0.0	0.0	0.0
13	1833	Yoghurt l fat w fruit/van w sw Optimel	1.0	0.0	0.0	0.0	0.5	196.4	124.6	70.2	337.0
13	1834	Yoghurt drink w sweeteners Optimel	2.0	0.0	0.0	0.0	1.3	199.0	156.6	156.6	271.8
13	1916	Cream whipped with added sugar	0.3	0.0	0.0	1.4	3.5	10.2	11.0	3.0	14.7
13	1954	Coffee creamer Balance	0.0	0.0	0.0	0.0	0.5	4.0	4.0	4.0	4.0
13	1957	Custard with whipped cream	0.0	0.0	0.0	0.0	0.0
13	1958	Porridge buttermilk groats	1.0	0.0	0.0	0.0	0.5	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	0.0	0.0	0.0	0.0	0.0
13	2240	Milk goats- full fat	0.1	0.0	0.0	0.0	0.4	81.0	81.0	81.0	81.0
13	2244	Yoghurt cream- with fruit	6.2	0.0	0.0	33.3	5.9	133.5	142.9	38.9	197.4
13	2246	Fromage frais low fat w fruit w sw	0.2	0.0	0.0	0.0	0.3	150.0	150.0	150.0	150.0
13	2247	Fromage frais yoghurt w fruit	0.0	0.0	0.0	0.0	0.0
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
13	2251	Ice cream dairy w chocolate coating	0.0	0.0	0.0	0.0	0.0
13	2252	Ice cream dairy w fruitcoating	0.6	0.0	0.0	0.0	0.4	65.0	65.0	65.0	65.0
13	2253	Yoghurt drink Vifit fruit light	0.0	0.0	0.0	0.0	0.0
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	1.3	0.0	0.0	0.0	1.1	203.0	203.0	203.0	203.0
13	2258	Actimel	0.0	0.0	0.0	0.0	0.0
13	2265	Yakult light	0.4	0.0	0.0	0.0	1.6	65.0	65.0	65.0	65.0

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

NEVO group	NEVO code	Description	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	2267	Custard no fat w sweeteners Optimel	0.0	0.0	0.0	0.0	0.0
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.0
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.1	0.0	0.0	0.0	0.4	91.9	91.9	91.9	91.9
13	2278	Yoghurt full fat w cereal/muesli Activia	1.3	0.0	0.0	0.0	1.2	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.0	0.0	0.0	0.0	0.0
13	2495	Drinking chocolate w s-sk milk	1.7	0.0	0.0	0.0	0.3	434.6	434.6	434.6	434.6
13	2496	Dairy drink Campina fruitmilk	0.0	0.0	0.0	0.0	0.0
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.0	0.0	0.0	0.0	0.0
13	2501	Yoghurt half fat w fruit	2.8	0.0	0.0	0.0	2.8	209.3	183.8	126.7	261.9
13	2503	Yoghurt Greek full fat	1.4	0.0	0.0	0.0	1.7	120.7	69.6	58.3	223.6
13	2504	Fromage frais full fat w fruit	1.9	0.0	0.0	0.0	2.4	83.1	72.6	63.0	124.3
13	2519	Custard half fat all flavours	0.5	0.0	0.0	0.0	0.6	154.5	154.5	154.5	154.5
13	2520	Pudding airy average	2.1	0.0	0.0	14.5	1.9	88.1	72.2	52.9	154.3
13	2521	Porridge milk w flour Lammetjespap	1.4	0.0	0.0	0.0	1.1	252.4	252.4	252.4	252.4
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.6	0.0	0.0	0.0	0.4	141.0	141.0	141.0	141.0
13	2537	Dessert made of custard, yoghurt & syrup	0.0	0.0	0.0	0.0	0.0
13	2538	Blancmange home-made w semi-sk milk	0.2	0.0	0.0	0.0	0.4	96.1	96.1	96.1	96.1
13	2539	Custard soft & airy Campina	0.0	0.0	0.0	0.0	0.0
13	2655	Yoghurt 0% fat w fruit Activia	0.0	0.0	0.0	0.0	0.0
13	2689	Actimel light	0.0	0.0	0.0	0.0	0.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.1	103.0	103.0	103.0	103.0
13	2760	Hot chocolate from vending machine	2.4	0.0	0.0	0.0	1.7	132.7	101.1	18.5	180.1
13	2823	Yoghurt full fat stracciatella	0.0	0.0	0.0	0.0	0.0
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.0	0.0	0.0	0.0	0.0
13	2936	Breakfast drink Activia Start	0.0	0.0	0.0	0.0	0.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.0	0.0	0.0	0.0	0.0
13	3047	Yoghurt Turkish 10% fat	0.2	0.0	0.0	0.0	0.3	151.2	151.2	151.2	151.2
13	3050	Porridge oatmeal w semi-skimmed milk	0.8	0.0	0.0	0.0	0.6	254.1	254.1	254.1	254.1
13	3065	Cream whipped low fat w sweetener canned	0.0	0.0	0.0	0.0	0.0
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.1	8.0	8.0	8.0	8.0
13	3074	Yoghurt full fat w fruit Activia	1.8	0.0	0.0	0.0	2.6	190.7	154.1	62.5	240.4
14	687	Tahoe soya curd	0.0	0.0	0.0	0.0	0.0
14	688	Tempeh fermented soya beans	0.3	0.0	0.0	0.0	0.5	68.3	68.3	68.3	68.3

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

NEVO group	NEVO code	Description	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	870	Milk soya natural	0.6	0.0	0.0	0.0	0.6	128.6	27.0	27.0	247.7
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.3	2.2	1.9	1.8	2.4
14	1215	Soya sauce sweet	0.2	0.0	0.0	0.0	3.2	12.0	4.5	0.7	28.6
14	1380	Dessert soya Alpro	0.7	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
14	1381	Milk soya Natural Fresh Alpro	4.0	0.0	0.0	0.0	2.8	169.0	118.8	25.0	247.5
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	1.9	0.0	0.0	0.0	0.3	250.0	250.0	250.0	250.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.9	0.0	0.0	0.0	1.6	134.7	119.7	38.9	143.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.1	42.5	42.5	42.5	42.5
14	2033	Quorn southern style burger unprepared	0.1	0.0	0.0	0.0	0.2	28.2	28.2	28.2	28.2
14	2046	Vegetarian mincemeat balls unprep	0.5	0.0	0.0	0.0	0.8	53.2	53.2	53.2	53.2
14	2047	Mincemeat vegetarian unprepared	0.2	0.0	0.0	0.0	0.5	55.2	53.4	51.8	55.7
14	2282	Vegetarian schnitzel Valess unprepared	0.1	0.0	0.0	0.0	0.1	84.6	84.6	84.6	84.6
14	2286	Vegetable burger vegetarian unpr	0.4	0.0	0.0	0.0	0.5	84.6	84.6	84.6	84.6
14	2542	Pate vegetarian	0.0	0.0	0.0	0.0	0.0
14	2858	Milk soya natural Fresh light Alpro	1.0	0.0	0.0	0.0	0.4	169.5	120.0	120.0	296.5
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.8	0.0	0.0	0.0	1.7	128.3	122.9	25.9	169.9
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.0
15	122	Crisps potato average	0.0	0.0	0.0	0.0	0.7	15.3	11.5	11.0	18.2
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.3	13.4	9.0	7.5	16.6
15	199	Cashew nuts unsalted	0.5	0.0	0.0	0.0	1.7	62.3	45.2	30.0	67.5
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.2	19.3	12.0	12.0	25.5
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.1	0.0	0.0	0.0	0.7	15.0	15.0	15.0	15.0
15	205	Mixed nuts and raisins	0.3	0.0	0.0	0.0	0.9	26.2	18.6	15.0	38.6
15	206	Walnuts unsalted	0.7	0.0	0.0	5.0	4.4	14.7	10.5	6.5	25.5
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.6	50.0	50.0	50.0	50.0
15	264	Biscuit salted average	0.5	0.0	0.0	4.2	4.7	15.9	11.0	4.2	22.7
15	265	Puff pastry baked	0.6	0.0	0.0	0.0	2.9	50.7	48.2	11.0	74.2
15	266	Snack sausage roll puff pastry	1.3	0.0	0.0	0.0	2.0	70.0	70.0	70.0	70.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.2	0.0	0.0	0.0	1.0	13.2	10.0	10.0	16.6
15	546	Peanuts coated	1.9	0.0	0.0	8.2	1.6	50.0	50.0	50.0	50.0
15	618	Cocktail snacks Nibbits	0.1	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.2	4.8	2.6	2.6	7.2
15	852	Salad celeriac	0.0	0.0	0.0	0.0	0.3	16.6	16.6	16.6	16.6
15	867	Linseeds	0.2	0.0	0.0	0.0	3.5	13.7	7.2	4.9	30.8
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.1	3.7	3.7	3.7	3.7
15	876	Peanuts salted	0.2	0.0	0.0	0.0	1.3	22.5	15.0	15.0	33.6
15	901	Snack sausage roll w bread dough pastry	0.0	0.0	0.0	0.0	0.0
15	1496	Salad fish	0.8	0.0	0.0	0.0	1.8	67.8	52.0	15.0	127.2
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
15	1499	Salad egg	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0

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

NEVO group	NEVO code	Description	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
15	1699	Biscuits & snacks cheesy averaged	0.5	0.0	0.0	0.0	2.0	30.7	9.0	8.0	54.2
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.0
15	1895	Pecan nuts unsalted	0.0	0.0	0.0	0.0	0.2	16.0	12.0	12.0	19.2
15	1896	Pistachio nuts salted	0.1	0.0	0.0	0.0	1.2	10.5	10.0	10.0	11.6
15	1935	Nuts mixed salted	0.7	0.0	0.0	0.0	4.4	30.6	21.9	0.4	70.6
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.0	0.0	0.0	0.0	0.2	5.5	5.5	5.5	5.5
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.1	6.5	6.5	6.5	6.5
15	2147	Japanese rice cracker mix wo peanuts	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	0.9	6.2	3.7	2.4	10.0
15	2345	Peanuts sugar coated	0.2	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.0
15	2370	Cocktail snacks based on corn or wheat	0.0	0.0	0.0	0.0	0.0
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
15	2548	Croquette meat ragout frozen unprep	1.0	0.0	0.0	0.0	0.5	126.0	126.0	126.0	126.0
15	2549	Springroll frozen unprepared	0.0	0.0	0.0	0.0	0.0
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.0	0.0	0.0	0.0	0.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.0
15	2830	Croissant with cheese	0.8	0.0	0.0	0.0	1.2	60.0	60.0	60.0	60.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.3	12.6	6.0	6.0	25.7
15	2886	Cashew nuts salted	0.3	0.0	0.0	0.0	0.9	30.1	26.6	20.0	39.7
15	2887	Almonds unsalted	0.1	0.0	0.0	0.0	1.0	13.5	9.2	7.2	18.9
15	2923	Crisps potato unflavoured	0.2	0.0	0.0	0.0	0.2	59.0	59.0	59.0	59.0
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.0
16	196	Peas marrowfat legumes tinned	0.2	0.0	0.0	0.0	0.1	183.6	183.6	183.6	183.6
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
16	660	Beans brown tinned	0.0	0.0	0.0	0.0	0.0
16	968	Beans white/brown boiled	0.0	0.0	0.0	0.0	0.0
16	970	Lentils boiled	0.0	0.0	0.0	0.0	0.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.5	0.0	0.0	0.0	1.2	25.7	6.8	1.0	57.7
16	3049	Beans white tinned	0.2	0.0	0.0	0.0	0.5	163.7	163.7	163.7	163.7
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.0	0.0	0.0	0.0	0.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
17	2545	Meal replacer mlkshk prep s-sk milk	0.0	0.0	0.0	0.0	0.0
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	2.5	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
18	2312	Roti Surinam pancake	0.0	0.0	0.0	0.0	0.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	2.3	0.0	0.0	0.0	1.5	180.1	135.5	101.9	267.1
19	758	Soup clear with meat	0.7	0.0	0.0	0.0	0.4	231.0	231.0	231.0	231.0
19	759	Soup clear with vegetables	12.2	0.0	0.0	120.7	3.1	251.6	242.1	162.5	282.0
19	760	Soup clear with meat and noodles	2.9	0.0	0.0	0.0	1.4	128.2	112.4	112.4	151.0
19	761	Soup clear with meat and vegetables	4.7	0.0	0.0	0.0	2.6	227.7	192.2	192.2	364.3
19	762	Soup clear w meat vegetables and noodles	1.6	0.0	0.0	0.0	1.6	208.0	176.6	151.0	261.1
19	763	Soup thickened w vegetables	0.0	0.0	0.0	0.0	0.0
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.0	0.0	0.0	0.0	0.0
19	792	Soup thickened w meat and vegetables	0.0	0.0	0.0	0.0	0.0
19	797	Soup vegetable based dried packet prep	16.6	0.0	0.0	164.2	6.0	294.0	291.7	141.8	379.4
19	798	Soup meat based dried packet prepared	1.3	0.0	0.0	0.0	0.3	204.1	197.5	194.3	208.7
19	800	Soup vegetable based tinned prepared	3.8	0.0	0.0	0.0	1.6	237.2	258.2	157.5	278.7
19	801	Soup meat based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	802	Soup legume based ready made prepared	0.0	0.0	0.0	0.0	0.0
19	1528	Stock from cube prepared	4.9	0.0	0.0	0.0	5.7	179.1	172.4	70.0	270.2
19	2487	Soup veg & meat based ready made prep	4.7	0.0	0.0	0.0	2.6	223.3	192.2	192.2	251.8
19	2488	Soup vegetable&meat based prepared pack	6.2	0.0	0.0	0.0	2.5	299.9	259.0	259.0	419.5
19	2561	Soup thickened no filling	0.5	0.0	0.0	0.0	0.4	230.9	190.7	165.9	255.3
19	2932	Soup cup-a-soup prepared	2.3	0.0	0.0	0.0	1.4	246.0	234.2	234.2	276.7
20	374	Sugar brown Basterdsuiker	0.1	0.0	0.0	0.0	2.6	6.9	5.3	1.4	13.8
20	375	Sugar white Basterdsuiker	0.1	0.0	0.0	0.0	0.8	7.0	5.0	5.0	9.4
20	377	Sugar granulated	3.9	0.0	0.0	21.1	31.8	16.1	9.2	0.7	43.0
20	378	Syrup Keukenstroop	0.1	0.0	0.0	0.0	0.8	16.6	15.0	15.0	19.2
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.0
20	427	Syrup apple	4.4	0.0	0.0	19.9	15.5	25.3	19.2	7.1	44.5
20	431	Chocolate milk	0.7	0.0	0.0	4.7	8.4	11.2	9.6	4.3	21.5
20	432	Chocolate plain	1.3	0.0	0.0	10.7	13.2	17.4	15.3	5.0	33.1
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	0.0
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	0.7	10.5	7.5	7.5	14.0
20	436	Spread chocolate hazelnut	0.1	0.0	0.0	0.0	1.5	11.4	10.0	10.0	16.3

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

NEVO group	NEVO code	Description	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
20	442	Coloured confetti fruit-flavoured	0.1	0.0	0.0	0.0	0.6	9.6	8.0	6.5	9.8
20	443	Honey	2.1	0.0	0.0	9.9	15.6	14.6	15.6	2.1	20.0
20	444	Spread chocolade plain	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
20	445	Jam	7.4	0.0	0.0	33.3	30.4	25.9	19.4	6.6	49.6
20	447	Chewing gum without sugar	0.1	0.0	0.0	0.0	2.4	3.7	3.1	2.0	5.0
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.3	0.0	0.0	0.0	2.8	7.2	4.6	3.0	14.4
20	453	Peppermint	0.1	0.0	0.0	0.0	5.5	6.7	3.3	3.0	17.9
20	457	Jam rose hip	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	461	Toffees	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	484	Jam reduced sugar	0.6	0.0	0.0	0.0	1.6	32.5	30.6	15.0	39.1
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.5	42.3	36.0	36.0	51.4
20	520	Liquorice Dutch type salted	0.2	0.0	0.0	0.0	3.3	11.0	7.2	4.0	16.3
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.0	0.0	0.0	0.0	0.5	4.8	2.6	0.9	5.7
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.6	1.0	1.0	1.0	1.0
20	524	M&M's chocolate	0.1	0.0	0.0	0.0	0.6	16.0	16.0	16.0	16.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.0
20	526	Candybar Bounty	0.0	0.0	0.0	0.0	0.0
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.0	0.0	0.0	0.0	0.0
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.0
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.2	20.0	20.0	20.0	20.0
20	717	Chocolate bar milk with nuts	0.4	0.0	0.0	0.0	2.9	38.4	20.7	13.0	52.5
20	727	Chocolate liqueurs	0.1	0.0	0.0	0.0	1.4	12.5	9.6	7.0	13.6
20	751	Liquorice allsorts	0.0	0.0	0.0	0.0	0.0
20	752	Wine gums	0.0	0.0	0.0	0.0	0.3	14.6	10.0	10.0	18.9
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.0
20	866	Sweets fruit pectinbased	0.8	0.0	0.0	3.3	4.3	9.0	9.0	9.0	9.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
20	1508	Chocolates filled/Belguim chocolate	0.9	0.0	0.0	6.9	7.7	16.9	13.6	3.0	37.6
20	1962	Chocolate confetti milk	0.2	0.0	0.0	0.0	3.5	9.0	6.0	5.0	14.4
20	1963	Chocolate confetti plain	1.7	0.0	0.0	7.0	13.2	9.0	8.1	3.9	13.4
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.0
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.5	18.9	5.9	4.0	49.8
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
20	2372	Raisins coated w milkchocolate	0.0	0.0	0.0	0.0	0.0
20	2373	After eight chocolate mints	0.0	0.0	0.0	0.0	0.0
20	2374	Chocolate milk w raisins	0.0	0.0	0.0	0.0	0.6	10.1	7.0	7.0	13.2
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	0.9	15.0	15.0	15.0	15.0
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	0.0
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.0
20	2386	Nougat	0.1	0.0	0.0	0.0	0.8	10.0	10.0	10.0	10.0

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

NEVO group	NEVO code	Description	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
20	2489	Spread speculaas flavoured	0.0	0.0	0.0	0.0	0.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.0
20	2532	Liquorice sugarfree	0.1	0.0	0.0	0.0	0.7	8.0	8.0	8.0	8.0
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.5	16.0	16.0	16.0	16.0
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.0	0.0	0.0	0.0	0.0
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.0
20	2870	Candybar Lion	0.0	0.0	0.0	0.0	0.0
20	2884	Sugar demerara	0.2	0.0	0.0	1.1	5.7	6.9	7.2	1.9	10.8
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.1	7.5	7.5	7.5	7.5
20	3064	Syrup apple enriched w iron	0.0	0.0	0.0	0.0	0.4	7.5	7.5	7.5	7.5
20	3067	Sweets cream hard	0.3	0.0	0.0	0.0	2.5	10.8	8.1	6.0	13.4
21	308	Oil peanut	0.0	0.0	0.0	0.0	0.0
21	310	Butter unsalted	8.7	1.3	0.0	26.7	34.0	20.4	17.2	4.1	38.2
21	312	Oil corn	0.0	0.0	0.0	0.0	0.4	7.5	7.5	7.5	7.5
21	313	Oil soya	0.1	0.0	0.0	0.0	1.4	12.5	6.7	1.4	14.0
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.5	1.3	1.3	1.3	1.3
21	317	Oil sunflower seed	0.4	0.0	0.0	3.1	4.6	11.2	8.2	1.8	21.8
21	437	Sauce cocktail/party/table 25% oil	0.0	0.0	0.0	0.0	0.7	4.2	3.9	3.9	5.4
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.3	10.0	3.7	1.6	23.4
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.0
21	458	Salad cream 25% oil	0.1	0.0	0.0	0.2	2.9	6.4	2.9	1.0	10.9
21	462	Ketchup tomato	0.0	0.0	0.0	0.0	0.9	9.2	6.9	4.6	13.2
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.0
21	466	Sauce for chips 35% oil	0.0	0.0	0.0	0.0	0.4	6.2	6.2	6.2	6.2
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.0
21	584	Ketchup curry	0.3	0.0	0.0	0.0	0.2	55.2	55.2	55.2	55.2
21	601	Oil olive	1.5	0.0	0.0	11.2	18.4	9.1	6.3	0.5	22.8
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.0
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.0
21	616	Peanut sauce jar prepared	0.0	0.0	0.0	0.0	0.0
21	729	Mayonnaise low fat 40% oil	0.1	0.0	0.0	0.0	2.9	6.7	4.6	3.9	8.3
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	0.3	8.7	8.7	8.7	8.7
21	879	Butter salted	1.2	0.0	0.0	4.5	9.4	11.7	8.9	3.4	24.5
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.2	1.9	1.9	1.9	1.9
21	1515	Sauce based on roux prepared	0.2	0.0	0.0	0.0	0.5	57.4	49.9	36.0	64.9
21	1517	Sauce mix packet <3% fat prepared	1.2	0.0	0.0	0.0	1.2	84.7	108.9	24.0	123.4
21	1518	Sauce mix packet >3% fat prepared	0.7	0.0	0.0	3.1	3.3	24.2	16.6	12.0	41.7
21	1524	Sauce tomato ready made jar	0.8	0.0	0.0	0.0	2.5	49.9	37.7	37.1	73.4
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.2	24.4	24.4	24.4	24.4
21	1803	Sauce oriental ready-made in jar/bag	0.0	0.0	0.0	0.0	0.0
21	1839	Low fat margarine product tub Becel Ligh	0.9	0.0	0.0	8.2	7.0	19.2	17.7	3.6	35.9

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

NEVO group	NEVO code	Description	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
21	1847	Margarine product tub Becel Dieet	1.2	0.0	0.0	6.7	10.9	13.1	12.4	3.0	22.7
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.2	13.2	13.2	13.2	13.2
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	2.0	0.0	0.0	18.3	9.4	15.2	16.8	3.5	25.3
21	1961	Low fat marg prod Blue Band Goede Start	0.1	0.0	0.0	0.0	0.7	24.0	24.0	24.0	24.0
21	2059	Low fat margarine 40% fat <17 g sat	4.6	0.0	0.0	24.8	14.1	22.3	16.6	6.0	50.1
21	2060	Low fat margarine prod 35% fat <10 g sat	1.8	0.0	0.0	11.4	5.8	25.2	21.8	12.2	41.1
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.0
21	2062	Margarine 80% fat 17-24 g saturates	0.5	0.0	0.0	0.0	2.9	25.8	17.8	9.0	32.0
21	2063	Margarine 80% fat >24 g saturates	1.3	0.0	0.0	7.9	21.2	6.2	4.0	0.5	18.0
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.1	0.0	0.0	0.0	1.2	20.8	16.7	12.0	26.0
21	2066	Cooking fat liquid 97% fat <17 g sat	1.0	0.0	0.0	8.7	13.2	4.9	1.9	0.5	18.2
21	2067	Cooking fat solid 97% fat >17 g sat	0.2	0.0	0.0	0.5	10.0	1.3	0.9	0.5	2.2
21	2068	Frying fat liquid <24 g sat fatty acids	0.0	0.0	0.0	0.0	0.2	10.7	9.6	9.0	11.4
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.3	0.0	0.0	1.8	3.2	9.0	10.3	2.2	13.7
21	2076	Low fat margarine product Benecol light	0.0	0.0	0.0	0.0	0.0
21	2077	Margarine liq 80% fat <17 g saturates	0.1	0.0	0.0	0.0	0.7	4.5	1.1	1.1	15.5
21	2083	Mayonnaise product w olive oil	0.0	0.0	0.0	0.0	0.3	9.8	1.9	1.9	20.3
21	2178	Pesto	0.2	0.0	0.0	0.9	4.6	5.4	2.3	1.2	16.3
21	2294	Low fat margarine Twenty four Ultralight	0.1	0.0	0.0	0.0	0.3	15.0	9.0	8.0	19.8
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	0.9	14.7	12.1	9.0	17.4
21	2418	Sauce hot liquid ready made <12% fat	0.3	0.0	0.0	0.0	2.0	27.9	26.5	12.0	32.9
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.0	0.0	0.0	0.0	0.1	77.0	77.0	77.0	77.0
21	2421	Sauce Chicken Tonight low fat varieties	0.0	0.0	0.0	0.0	0.0
21	2422	Low fat margarine prod Becel Omega3 Plus	0.5	0.0	0.0	0.0	2.1	15.6	11.4	3.0	29.8
21	2423	Low fat margarine prod Blue Band Idee	0.0	0.0	0.0	0.0	0.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.1	0.0	0.0	0.0	0.5	34.0	34.0	34.0	34.0
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.4	10.7	10.7	10.7	10.7
21	2449	Gravy 25% fat clear prep w gravypowder	0.1	0.0	0.0	0.0	1.2	26.1	24.3	24.3	31.2
21	2451	Gravy 25% fat thickend prep w gravypowde	0.1	0.0	0.0	0.0	0.6	23.3	23.3	23.3	23.3
21	2452	Gravy 25% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2453	Gravy 50% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
21	2456	Gravy 5% fat thick prep wo gravypowder	0.1	0.0	0.0	0.0	0.5	33.8	20.0	11.6	42.1
21	2459	Gravy 50% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	1.4	26.8	1.9	1.9	78.9
21	2460	Gravy 75% fat clear prep wo gravypowder	0.0	0.0	0.0	0.0	0.0
21	2462	Gravy 5% fat clear prep wo gravypowder	0.4	0.0	0.0	0.0	2.4	22.5	18.1	12.1	39.5
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.1	0.0	0.0	0.3	1.7	1.9	1.9	1.9	1.9
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.5	9.1	5.8	1.9	13.2
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	1.0	6.8	4.3	3.9	10.4
21	2468	Salad dressing honey/mustard	0.1	0.0	0.0	0.0	0.7	9.4	3.8	3.0	13.9
21	2469	Sauce mayonnaise based average	0.3	0.0	0.0	0.0	0.4	34.4	34.4	34.4	34.4
21	2470	Sauce for chips 5% oil	0.0	0.0	0.0	0.0	0.0
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.6	4.0	3.9	3.8	4.0
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.8	9.8	5.0	5.0	19.6
21	2525	Frying fat horeca	0.1	0.0	0.0	0.0	1.7	11.1	10.6	2.5	12.8
21	2526	Gravy 25% fat thickened w gravypowder	0.2	0.0	0.0	0.0	0.8	25.0	25.0	25.0	25.0
21	2557	Margarine 80% fat > 24 g sat unsalted	0.0	0.0	0.0	0.0	0.7	2.7	2.7	2.7	2.7
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.3	0.0	0.0	1.5	5.5	5.8	3.4	1.1	13.5
21	2559	Low fat margarine prod AH Bewust light	0.0	0.0	0.0	0.0	0.0
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.4	0.0	0.0	2.4	3.4	5.7	2.6	1.0	9.7
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.0
21	2566	Low fat marg 40% fat <17g sat unsalted	0.0	0.0	0.0	0.0	0.7	15.8	8.0	8.0	22.4
21	2567	Low fat margarine prod AH chol verlegend	0.0	0.0	0.0	0.0	0.0
21	2573	Sauce garlic 20% oil	10.2	0.0	0.0	39.9	4.3	108.6	108.6	108.6	108.6
21	2580	Gravy 5% fat thickend w gravy powder	0.3	0.0	0.0	0.0	1.0	24.9	12.7	8.7	34.0
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.0	0.0	0.0	0.0	0.0
21	2585	Gravy 25% fat w cooking fat 2067	0.2	0.0	0.0	0.0	1.2	29.8	24.7	24.3	33.9
21	2586	Gravy 25% fat w margarine 2063	0.9	0.0	0.0	1.4	4.9	24.4	23.6	17.5	35.8
21	2587	Gravy 25% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.2	0.0	0.0	0.0	0.7	32.1	25.3	23.3	44.9
21	2589	Gravy 25% fat w olive oil	0.1	0.0	0.0	0.0	2.2	9.8	7.8	5.8	9.8
21	2590	Gravy 25% fat w butter	0.4	0.0	0.0	0.0	2.3	21.9	16.5	16.5	33.5
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.0
21	2592	Gravy 50% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.8	22.6	20.8	20.0	23.9
21	2593	Gravy 50% fat w margarine 2063	1.0	0.0	0.0	11.6	3.0	27.2	18.6	11.6	45.5
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.5	23.3	23.3	23.3	23.3
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.2	14.4	11.6	11.6	17.6
21	2598	Gravy 75% fat w cooking fat 2067	0.1	0.0	0.0	0.0	0.7	37.3	24.3	24.3	63.1

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

NEVO group	NEVO code	Description	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
21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.0
21	2600	Gravy 25% fat thickend w marg 2063	0.0	0.0	0.0	0.0	0.0
21	2601	Gravy 25% fat thickend w cook fat 2067	0.0	0.0	0.0	0.0	0.0
21	2602	Gravy 25% fat thickend w olive oil	0.0	0.0	0.0	0.0	0.0
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.4	0.0	0.0	0.0	1.6	23.8	23.4	23.3	24.2
21	2605	Salad dressing olive oil-vinegar	0.0	0.0	0.0	0.0	0.1	25.6	25.6	25.6	25.6
21	2612	Tapenade olive	0.0	0.0	0.0	0.0	0.0
21	2624	Gravy 25% fat w margarine liquid 2558	0.0	0.0	0.0	0.0	0.0
21	2625	Gravy 25% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2626	Gravy 25% fat w cooking fat liq 2562	0.2	0.0	0.0	0.0	0.9	24.3	24.3	24.3	24.3
21	2627	Gravy 50% fat w margarine liquid 2558	0.3	0.0	0.0	0.0	1.2	25.3	19.8	15.5	34.5
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.0
21	2632	Gravy 75% fat w cooking fat 2563	0.0	0.0	0.0	0.0	0.0
21	2650	Gravy no fat prep w gravy powder	0.0	0.0	0.0	0.0	0.2	18.4	18.4	18.4	18.4
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.8	1.9	1.9	1.9	1.9
21	2667	Salad dressing 20% oil w yogurt	0.0	0.0	0.0	0.0	0.7	9.2	8.4	8.0	11.0
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.0
21	2711	Margarine product AlbertHeijn Bewust	0.0	0.0	0.0	0.0	0.2	33.0	33.0	33.0	33.0
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.0	8.4	8.1	1.8	11.6
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.0
21	2849	Low fat marg prod Becel calorie light	0.2	0.0	0.0	0.0	3.1	18.7	17.3	2.0	21.2
21	2850	Low fat spread Becel pro-activ bloeddruk	0.0	0.0	0.0	0.0	0.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.0	0.0	0.0	0.0	0.0
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.0	0.0	0.0	0.0	0.0
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.0
21	2895	Low fat spread AH omega-3	0.0	0.0	0.0	0.0	0.0
21	2934	Low fat spead Becel pro.activ light	0.0	0.0	0.0	0.0	0.0
21	3036	Gravy 75%fat thick prep w gravy powder	0.0	0.0	0.0	0.0	0.0
21	3051	Oil linseed	0.1	0.0	0.0	0.0	2.5	10.7	9.5	8.3	10.8
21	3052	Butter product melange Campina Goud	0.1	0.0	0.0	0.0	0.3	49.1	45.0	45.0	53.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.9	24.3	24.3	24.3	24.3
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.2	0.0	0.0	0.0	1.3	16.5	16.5	16.5	16.5

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.9	0.0	0.0	0.0	1.0	149.2	137.4	135.0	158.5
22	114	Fish lean 0-2 g fat raw	0.3	0.0	0.0	0.0	1.0	84.0	66.9	60.0	96.5
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.2	0.0	0.0	0.0	0.9	54.4	42.6	13.0	72.0
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	3.8	0.0	0.0	20.4	4.7	76.0	40.2	5.0	144.5
22	352	Lobster boiled	0.4	0.0	0.0	0.0	1.6	62.2	54.7	48.6	65.5
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	0.3	0.0	0.0	0.5	1.8	24.4	5.0	5.0	81.8
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
22	815	Fish fingers unprepared	0.5	0.0	0.0	0.0	0.5	73.2	67.5	67.5	87.2
22	818	White fish fillet in batter deep-fried	0.0	0.0	0.0	0.0	0.0
22	819	Cod boiled	1.3	0.0	0.0	0.0	1.9	180.0	180.0	180.0	180.0
22	918	Plaice boiled	0.0	0.0	0.0	0.0	0.0
22	919	Pollack boiled	0.1	0.0	0.0	0.0	0.3	90.0	90.0	90.0	90.0
22	1096	Salmon smoked	0.3	0.0	0.0	0.0	2.3	30.2	17.4	14.5	46.3
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.0	0.0	0.0	0.0	0.0
22	1586	Mackerel fillet smoked	1.4	0.0	0.0	0.0	0.9	223.3	140.7	60.0	284.1
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.1	0.0	0.0	0.0	0.3	65.0	65.0	65.0	65.0
22	1590	Tuna in water tinned	0.5	0.0	0.0	0.0	0.9	71.8	66.8	19.4	86.0
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	43.2	43.2	43.2	43.2
22	1610	Salmon farmed prep in microwave oven	2.4	0.0	0.0	13.1	4.2	76.1	79.2	39.5	95.7
22	1611	Trout prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1616	Whiting prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1617	Plaice prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1618	Dab/lemon dab prep in microwave oven	0.4	0.0	0.0	0.0	0.3	54.0	54.0	54.0	54.0
22	1619	Sole prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1621	Gurnard prepared in microwave oven	0.0	0.0	0.0	0.0	0.0
22	1630	Mussels pickled	0.0	0.0	0.0	0.0	0.0
22	2297	Tuna raw	0.1	0.0	0.0	0.0	0.3	66.0	66.0	66.0	66.0
22	2299	Tilapia raw	0.0	0.0	0.0	0.0	0.0
22	2474	Whitefish fillet batter deepfried wo fat	0.3	0.0	0.0	0.0	0.9	150.0	150.0	150.0	150.0
22	2765	Pangasius prep in microwave oven	0.4	0.0	0.0	0.0	1.2	82.6	18.0	18.0	166.1
23	106	Duck whole raw	0.0	0.0	0.0	0.0	0.0
23	108	Chicken with skin raw	2.1	0.0	0.0	7.1	2.5	94.6	84.9	45.0	127.4
23	109	Rabbit domesticated raw	0.6	0.0	0.0	0.0	0.9	101.9	101.9	101.9	101.9
23	319	Corned beef	0.2	0.0	0.0	0.0	2.1	15.0	15.0	15.0	15.0
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	328	Ham smoked raw	0.4	0.0	0.0	0.0	2.8	17.6	13.2	12.0	23.8
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.0
23	334	Liver pork boiled	0.0	0.0	0.0	0.0	0.4	32.0	32.0	32.0	32.0

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

NEVO group	NEVO code	Description	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
23	335	Liver pate	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
23	339	Venison raw	0.2	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
23	340	Beef smoke-dried	0.3	0.0	0.0	1.4	4.2	8.6	6.0	5.0	12.8
23	343	Bacon fat raw	0.0	0.0	0.0	0.0	0.1	7.2	7.2	7.2	7.2
23	475	Liver chicken raw	0.0	0.0	0.0	0.0	0.0
23	566	Sausage frankfurter tinned	0.2	0.0	0.0	0.0	0.3	125.0	125.0	125.0	125.0
23	567	Sausage luncheon meat	0.2	0.0	0.0	0.0	1.8	24.2	14.8	8.0	42.7
23	568	Black pudding	0.0	0.0	0.0	0.0	0.0
23	638	Salami sausage saveloy	0.8	0.0	0.0	7.6	4.4	23.8	21.5	15.0	31.5
23	639	Bacon rashers streaky	0.1	0.0	0.0	0.0	1.0	26.2	15.8	7.2	42.6
23	640	Liver sausage	0.6	0.0	0.0	3.5	4.5	14.8	9.3	9.0	22.9
23	641	Bacon	0.1	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
23	642	Pate	0.3	0.0	0.0	0.0	2.0	28.1	19.3	6.7	37.9
23	643	Pork side cured and smoked	0.1	0.0	0.0	0.0	0.5	60.0	60.0	60.0	60.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.0
23	784	Ham lean boiled	1.1	0.0	0.0	9.7	2.7	24.4	19.0	9.7	38.5
23	785	Ham shoulder medium fat boiled	0.4	0.0	0.0	0.0	1.5	29.3	21.9	16.0	39.0
23	810	Beef steak tartare spiced filet americ	0.1	0.0	0.0	0.0	0.6	14.4	10.0	10.0	18.9
23	1152	Salami	0.2	0.0	0.0	0.0	1.3	20.5	14.5	14.0	31.6
23	1155	Minced meat loaf fried	0.1	0.0	0.0	0.0	0.5	22.5	22.5	22.5	22.5
23	1162	Sausage cooked	0.4	0.0	0.0	0.0	1.3	19.1	18.3	18.0	19.8
23	1238	Liver sausage coarse hausmacher	0.4	0.0	0.0	0.0	0.9	20.5	18.0	18.0	22.5
23	1239	Liver pate sausage	0.1	0.0	0.0	0.0	1.0	16.6	15.0	15.0	19.2
23	1305	Chicken without skin raw	0.5	0.0	0.0	0.0	1.0	131.3	131.3	131.3	131.3
23	1306	Chicken for soup w skin raw	0.0	0.0	0.0	0.0	0.0
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	2.4	0.0	0.0	10.0	2.1	81.7	90.6	20.0	108.4
23	1401	Beef tenderloin steak raw	0.0	0.0	0.0	0.0	0.0
23	1402	Beef prime rib raw	1.1	0.0	0.0	0.0	1.1	92.8	76.0	76.0	108.1
23	1404	Beef frying steak raw	0.7	0.0	0.0	0.0	1.3	71.1	52.2	38.0	103.2
23	1405	Minced beef raw	21.9	0.0	0.0	90.4	10.5	111.8	73.1	13.4	191.1
23	1407	Liver ox raw	0.1	0.0	0.0	0.0	0.2	105.0	105.0	105.0	105.0
23	1408	Beef stewing meat raw	0.3	0.0	0.0	0.0	0.1	161.3	161.3	161.3	161.3
23	1409	Beef sirloin rolled raw	0.0	0.0	0.0	0.0	0.0
23	1410	Beef roast raw	0.1	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
23	1411	Beef shank raw	0.3	0.0	0.0	0.0	0.3	65.1	65.1	65.1	65.1
23	1412	Beef rib steak raw	11.2	0.0	0.0	46.2	6.2	100.5	68.4	33.2	107.6
23	1413	Beef streaked/marbled raw	0.5	0.0	0.0	0.0	0.6	84.0	84.0	84.0	84.0
23	1414	Beef stewing steak raw	0.0	0.0	0.0	0.0	0.1	101.5	101.5	101.5	101.5
23	1415	Beef steak tartare raw	1.3	0.0	0.0	0.0	2.3	75.3	75.0	75.0	76.3
23	1416	Beef tongue raw	0.0	0.0	0.0	0.0	0.0
23	1417	Sausage pork Braadworst raw	1.3	0.0	0.0	0.0	4.7	63.9	42.7	18.8	97.8
23	1418	Pork fillet raw	1.1	0.0	0.0	0.0	2.0	73.3	60.0	38.0	104.6
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.0
23	1420	Pork chop raw	0.3	0.0	0.0	0.0	0.8	54.6	52.5	52.5	62.7
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.0
23	1422	Pork tenderloin raw	0.1	0.0	0.0	0.0	0.3	75.0	56.0	56.0	103.7
23	1424	Pork loin chop raw	3.3	0.0	0.0	0.0	1.5	178.0	178.0	178.0	178.0

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

NEVO group	NEVO code	Description	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
23	1425	Pork shoulder chop raw	0.9	0.0	0.0	0.0	0.9	112.0	112.0	112.0	112.0
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.0
23	1428	Pork stir fry meat raw	0.1	0.0	0.0	0.0	1.0	8.4	8.0	7.7	8.9
23	1429	Pork tenderloin medaillon raw	0.0	0.0	0.0	0.0	0.0
23	1430	Pork shoulder raw	1.1	0.0	0.0	0.0	1.1	70.2	65.0	63.0	74.0
23	1431	Kromesky meat filled raw	1.1	0.0	0.0	0.0	1.7	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	0.1	0.0	0.0	0.0	0.7	32.5	19.4	9.9	54.3
23	1434	Minced beef/pork raw	1.0	0.0	0.0	0.0	4.1	44.0	30.8	10.1	93.0
23	1435	Hamburger raw	0.1	0.0	0.0	0.0	0.6	37.7	37.5	37.5	37.9
23	1437	Veal olive raw	0.3	0.0	0.0	0.0	0.4	110.3	110.3	110.3	110.3
23	1443	Lamb leg raw	0.1	0.0	0.0	0.0	0.4	70.0	70.0	70.0	70.0
23	1445	Lamb chop raw	0.5	0.0	0.0	0.0	0.4	112.0	112.0	112.0	112.0
23	1544	Beef rolled prepared	0.0	0.0	0.0	0.0	0.0
23	1545	Beef roast prepared	1.1	0.0	0.0	0.0	1.6	36.9	15.0	15.0	85.1
23	1558	Pork loin chop prepared	0.0	0.0	0.0	0.0	0.0
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0
23	1634	Chicken fillet raw	4.2	0.0	0.0	35.7	4.7	82.7	65.3	54.8	144.0
23	1642	Chicken rolled raw	0.0	0.0	0.0	0.0	0.0
23	1643	Chicken nuggets prepared in oven	0.0	0.0	0.0	0.0	0.0
23	1663	Beef <5% fat raw average	1.7	0.0	0.0	0.0	1.8	96.2	84.4	58.5	109.2
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.0
23	1668	Pork 5-14% fat raw	0.1	0.0	0.0	0.0	0.8	54.3	50.0	50.0	67.8
23	1673	Veal <5% fat raw average	0.2	0.0	0.0	0.0	0.4	77.0	77.0	77.0	77.0
23	1675	Lamb >10 g fat raw average	0.0	0.0	0.0	0.0	0.0
23	1771	Liver pate/Berliner liver sausage	0.1	0.0	0.0	0.0	0.8	10.5	9.0	9.0	11.7
23	1772	Pork fricandeau fried	0.2	0.0	0.0	0.0	1.3	20.1	15.0	15.0	29.2
23	1773	Brawn, pork pickled in vinegar	0.0	0.0	0.0	0.0	0.0
23	1774	Sausage tongue	0.2	0.0	0.0	0.0	0.6	30.0	30.0	30.0	30.0
23	1776	Ham lean grilled	0.6	0.0	0.0	0.0	1.4	31.8	23.1	20.0	38.3
23	1777	Gammon boiled deboned	0.4	0.0	0.0	0.0	1.0	31.1	22.7	15.0	53.2
23	1788	Pork rib chop raw	0.7	0.0	0.0	0.0	0.7	81.2	76.0	76.0	86.2
23	1790	Pork schnitzel not breaded raw	0.8	0.0	0.0	0.0	0.5	74.0	71.9	70.0	74.7
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.0	0.0	0.0	0.0	0.2	32.0	32.0	32.0	32.0
23	1936	Turkey fillet raw	0.2	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
23	2057	Lamb <10 g fat raw av	0.0	0.0	0.0	0.0	0.0
23	2090	Chicken drumstick w skin raw	0.2	0.0	0.0	0.0	0.8	55.7	45.5	45.5	65.7
23	2300	Sausage smoked lean cooked	0.2	0.0	0.0	0.0	0.8	62.5	50.0	50.0	83.6
23	2301	Sausage smoked beef cooked	0.2	0.0	0.0	0.0	0.1	56.0	56.0	56.0	56.0
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	1.9	0.0	0.0	0.0	1.9	52.7	11.2	11.2	152.6
23	2334	Minced meat beef/pork raw w egg/brcrums	0.0	0.0	0.0	0.0	0.0
23	2335	Meat average raw excl liver	0.4	0.0	0.0	0.0	0.5	112.0	112.0	112.0	112.0
23	2336	Beef average raw	0.2	0.0	0.0	0.0	0.2	112.0	112.0	112.0	112.0

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.1	0.0	0.0	0.0	0.5	66.7	43.6	28.3	80.0
23	2339	Beef olives raw	0.6	0.0	0.0	0.0	1.3	76.3	68.7	56.0	87.3
23	2340	Pork schnitzel breaded raw	11.5	0.0	0.0	63.3	3.0	177.2	105.0	105.0	246.5
23	2341	Chicken fillet breaded raw	0.0	0.0	0.0	0.0	0.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.3	80.0	80.0	80.0	80.0
23	2363	Minced meat w ham and cheese raw	0.3	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
23	2364	Chicken schnitzel raw	0.1	0.0	0.0	0.0	0.3	105.0	105.0	105.0	105.0
23	2365	Chicken cordon bleu raw	0.0	0.0	0.0	0.0	0.0
23	2381	Pate spreadable Linera	0.0	0.0	0.0	0.0	0.0
23	2654	Sandwich meat chicken	0.2	0.0	0.0	0.0	0.7	15.7	15.2	15.0	15.9
23	2766	Sausage smoked industrial cooked	1.7	0.0	0.0	0.0	1.3	102.4	87.0	65.8	120.4
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.0	0.0	0.0	0.0	0.0
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.3	0.0	0.0	0.0	3.8	11.1	10.0	10.0	15.3
23	2898	Horse meat smoked	0.0	0.0	0.0	0.0	0.0
23	2899	Scrapple, pork	0.1	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.0	0.0	0.0	0.0	0.0
23	3001	Sandwich meat turkey	0.0	0.0	0.0	0.0	0.0
23	3002	Bacon smoked Katenspek	0.1	0.0	0.0	0.0	1.4	15.0	15.0	15.0	15.0
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.0	0.0	0.0	0.0	0.0
23	3025	Bacon lean smoked raw	0.3	0.0	0.0	0.0	2.6	17.8	12.2	7.1	28.0
23	3027	Pork shoarma seasoning raw	0.0	0.0	0.0	0.0	0.3	32.1	32.1	32.1	32.1
23	3030	Sausage beef Braadworst raw	0.1	0.0	0.0	0.0	0.7	25.1	3.0	3.0	52.2
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
1	665	Plantain ripe raw	0.1	0.0	0.0	0.0	0.3	111.4	111.4	111.4	111.4
1	948	Rosti prepared without fat	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
1	982	Potatoes wo skins boiled average	83.6	73.0	0.0	171.3	69.6	122.4	105.9	56.9	224.8
1	1150	Potatoes sliced frozen unprepared	0.8	0.0	0.0	0.0	1.1	160.4	94.0	11.5	239.7
1	1455	Potato puree powder av	0.2	0.0	0.0	0.0	0.9	27.2	24.2	22.6	33.2
1	1456	Chips pre-fried unprepared	1.2	0.0	0.0	0.0	1.4	99.5	98.5	30.0	141.4
1	1679	Chips oven frozen prepared	0.0	0.0	0.0	0.0	0.0
1	2112	Sweet potato boiled	0.0	0.0	0.0	0.0	0.0
1	2325	Potatoes boiled with skin av	0.3	0.0	0.0	0.0	0.5	67.9	48.3	29.4	70.5
1	2326	Croquettes potato frozen unprepared	0.7	0.0	0.0	0.0	1.1	108.5	89.4	33.6	129.5
1	2499	Potato puree powder w milkpowder w fat	0.0	0.0	0.0	0.0	0.2	38.4	26.8	21.6	54.5
1	2834	Potato waffels/balls frozen unprepared	1.1	0.0	0.0	0.0	0.8	137.4	108.8	108.8	179.7
2	382	Advocaat liqueur	1.5	0.0	0.0	0.0	2.2	76.3	54.5	26.4	165.9
2	383	Juice apple	6.6	0.0	0.0	13.8	3.9	213.5	190.4	119.0	279.4
2	386	Gin Dutch red currant flavoured	0.2	0.0	0.0	0.0	1.0	69.1	35.4	11.0	86.7
2	387	Fruit drink blackcurrant	0.4	0.0	0.0	0.0	1.4	39.5	36.0	36.0	45.9
2	388	Juice redcurrant	0.0	0.0	0.0	0.0	0.0
2	389	Beer brown	0.0	0.0	0.0	0.0	0.0
2	390	Beer pilsner	13.1	0.0	0.0	0.0	1.5	458.2	426.6	300.0	574.7
2	391	Brandy	0.0	0.0	0.0	0.0	0.0
2	392	Campari	0.0	0.0	0.0	0.0	0.0
2	393	Gin Dutch lemon flavoured	0.0	0.0	0.0	0.0	0.0
2	394	Cognac	0.1	0.0	0.0	0.0	0.1	83.0	83.0	83.0	83.0
2	395	Soft drink cola with caffeine	0.5	0.0	0.0	0.0	0.3	93.6	78.0	78.0	142.9
2	396	Juice grape	0.1	0.0	0.0	0.0	0.1	187.0	187.0	187.0	187.0
2	399	Fruit juice drink raspberry	0.0	0.0	0.0	0.0	0.2	21.1	18.3	18.0	23.4
2	400	Soft drink wo caffeine	3.4	0.0	0.0	0.0	2.7	161.7	168.7	91.5	248.6
2	401	Gin young Dutch	1.2	0.0	0.0	0.0	1.4	63.4	54.2	38.0	91.3
2	402	Gin old Dutch	0.0	0.0	0.0	0.0	0.0
2	403	Liqueur 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.1	5.0	5.0	5.0	5.0
2	407	Port wine	4.9	0.0	0.0	43.3	3.3	115.6	106.0	45.4	209.1
2	408	Rum	0.0	0.0	0.0	0.0	0.0
2	409	Sherry	4.1	0.0	0.0	0.0	3.2	129.5	111.0	50.8	254.2
2	410	Juice orange pasteurized	7.2	0.0	0.0	63.9	4.4	205.6	172.0	71.2	393.3
2	411	Mineral water Spa	10.3	0.0	0.0	0.0	3.5	301.0	245.5	100.0	553.4
2	413	Tomato juice	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
2	414	Soft drink tonic	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
2	415	Vermouth	0.7	0.0	0.0	0.0	1.2	82.0	82.0	82.0	82.0
2	416	Brandy Dutch vieux	0.0	0.0	0.0	0.0	0.1	57.0	57.0	57.0	57.0
2	417	Juice drink	2.2	0.0	0.0	0.0	1.7	199.1	148.7	78.7	466.1
2	421	Whisky	0.1	0.0	0.0	0.0	0.2	43.9	40.3	40.3	51.5
2	422	Wine red	27.6	0.0	0.0	152.1	10.8	202.4	132.4	48.2	433.8
2	423	Wine white dry	10.0	0.0	0.0	69.6	5.9	174.3	130.4	36.7	373.6
2	425	Whey drink light Rivella	2.7	0.0	0.0	0.0	1.3	301.8	264.6	240.0	369.1
2	463	Fruit drink concentrate undiluted	0.1	0.0	0.0	0.0	0.7	13.5	13.5	13.5	13.5
2	497	Fruit drink concentrate Roosvicee Origin	0.3	0.0	0.0	0.0	1.3	11.9	11.5	5.0	17.9
2	498	Fruit drink conc Roosvicee Ferro	0.1	0.0	0.0	0.0	0.9	31.6	24.7	9.0	43.1

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

NEVO group	NEVO code	Description	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
2	500	Fruit drink conc Roosvicee Laxo	0.3	0.0	0.0	0.0	1.4	27.7	18.4	15.0	42.1
2	644	Coffee prepared	400.8	391.3	72.8	776.9	93.6	409.3	381.0	128.1	827.6
2	645	Tea prepared	383.2	350.4	0.0	888.2	82.3	506.3	463.8	144.9	1,003.7
2	664	Juice grapefruit	1.7	0.0	0.0	0.0	2.3	102.4	98.0	36.0	169.7
2	738	Fruit drink conc Roosvicee Dieet	0.0	0.0	0.0	0.0	0.0
2	747	Mineral water average	4.6	0.0	0.0	0.0	1.7	428.2	498.3	160.3	542.3
2	805	Jagermeister herb liquor	0.1	0.0	0.0	0.0	0.6	45.8	38.0	38.0	76.8
2	857	Madeira	0.0	0.0	0.0	0.0	0.0
2	923	Juice pear	0.0	0.0	0.0	0.0	0.0
2	930	Wine medicinal pleegzusterbloedwijn	0.4	0.0	0.0	0.0	0.3	74.0	74.0	74.0	74.0
2	1134	Berenburg herb liquor	0.0	0.0	0.0	0.0	0.0
2	1462	Juice pineapple	0.2	0.0	0.0	0.0	0.2	135.0	135.0	135.0	135.0
2	1463	Fruit juice dk minimal 2 fruits	2.1	0.0	0.0	0.0	1.9	130.6	117.8	40.7	169.8
2	1465	Liqueur <15 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1466	Liqueur >25 vol% alcohol	0.6	0.0	0.0	0.0	0.5	49.9	46.9	44.0	50.0
2	1468	Beer >7 vol% alcohol	0.0	0.0	0.0	0.0	0.0
2	1519	Beer alcohol free <0,1 vol%	2.6	0.0	0.0	0.0	0.7	300.0	300.0	300.0	300.0
2	1521	Juice drink light	0.2	0.0	0.0	0.0	0.2	232.0	150.0	150.0	340.5
2	1522	Soft drink light without caffeine	3.1	0.0	0.0	0.0	1.0	200.0	200.0	200.0	200.0
2	1523	Cola light soft drink with caffeine	1.9	0.0	0.0	0.0	0.7	154.8	105.1	78.0	251.7
2	1655	Fruit juice concentrated	0.0	0.0	0.0	0.0	0.6	6.9	5.0	5.0	13.7
2	1656	Juice carrot	0.2	0.0	0.0	0.0	0.3	180.0	180.0	180.0	180.0
2	1810	Fruit drink concentrate Karvan Cevitam	0.2	0.0	0.0	0.0	2.9	12.1	8.5	7.5	26.4
2	1878	Fruit juice drink Roosvicee Multivit	2.6	0.0	0.0	0.0	1.0	315.1	241.7	200.0	384.2
2	1881	Fruit drink conc Roosvicee Multivit	0.0	0.0	0.0	0.0	0.2	7.5	7.5	7.5	7.5
2	1885	Water average	576.9	470.2	0.0	1,563.0	93.0	602.3	461.2	96.8	1,537.9
2	1932	Juice orange with pulp	0.4	0.0	0.0	0.0	0.3	202.2	200.0	200.0	207.7
2	1933	Juice tomato/vegetable Appelsientje	0.0	0.0	0.0	0.0	0.0
2	1934	Juice tomato Appelsientje Zontomaat	0.2	0.0	0.0	0.0	0.3	180.0	180.0	180.0	180.0
2	2042	Sports drink AA High Energy	0.0	0.0	0.0	0.0	0.0
2	2074	Mineral water Bar le Duc	3.9	0.0	0.0	0.0	1.2	523.4	357.2	316.0	656.7
2	2079	Breakfast drink HeroFruitontbijt p 100ml	0.7	0.0	0.0	0.0	0.5	144.3	142.0	142.0	149.8
2	2086	Ice tea	2.2	0.0	0.0	0.0	0.7	244.0	183.7	165.0	479.4
2	2088	Ice tea with suiker and sweetner	0.0	0.0	0.0	0.0	0.1	180.0	180.0	180.0	180.0
2	2134	Juice drink Dubbelfrisss	2.6	0.0	0.0	0.0	0.4	407.3	400.3	164.0	563.9
2	2135	Juice drink Vruchtenfris/Tintelfruit	0.6	0.0	0.0	0.0	0.4	176.7	173.0	173.0	184.6
2	2136	Lemonade squash Dubbelfrisss light	0.0	0.0	0.0	0.0	0.0
2	2137	Juice drink Vruchtenfris/Tintelfruit lig	0.6	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
2	2138	Juice drink Spa&Fruit still	0.0	0.0	0.0	0.0	0.0
2	2139	Juice drink Spa&Fruit light still	0.0	0.0	0.0	0.0	0.0
2	2141	Mineral water w sweetner	2.1	0.0	0.0	0.0	0.6	279.6	257.8	250.0	295.8
2	2142	Wine white sweet	3.8	0.0	0.0	0.0	2.4	163.2	128.2	95.6	313.3
2	2144	Juice apple with vitamin C	0.0	0.0	0.0	0.0	0.0
2	2145	Juice fruit Vitamientje oranje vruchten	0.0	0.0	0.0	0.0	0.0
2	2151	Juice fruit Coolbest Vitaday original	0.0	0.0	0.0	0.0	0.0
2	2152	Fruit juice dk Coolbest light orange	0.4	0.0	0.0	0.0	0.4	205.1	179.4	170.0	224.0
2	2153	Fruit drink Fruit2day	1.4	0.0	0.0	0.0	0.8	200.0	200.0	200.0	200.0
2	2218	Sports drink Extran Energy	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
2	2289	Fruit drink concentrate light	0.0	0.0	0.0	0.0	0.0
2	2388	Fruit drink conc with 10-15 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2389	Fruit drink conc can Albert Heijn	0.1	0.0	0.0	0.0	0.6	10.5	9.5	9.0	11.1
2	2390	Fruit drink conc with 15-20 mg vit C	0.0	0.0	0.0	0.0	0.0
2	2435	Soft drink w sugar & sweetner 2-<5 g KH	0.0	0.0	0.0	0.0	0.0
2	2436	Juice drink w sugar & sw	0.1	0.0	0.0	0.0	0.2	129.4	123.9	120.0	132.4
2	2438	Fruit drink conc diluted average	0.0	0.0	0.0	0.0	0.0
2	2439	Fruit drink conc w sugar diluted AH	0.2	0.0	0.0	0.0	0.2	476.0	476.0	476.0	476.0
2	2441	Fruit drink conc diluted1 to 7	1.1	0.0	0.0	0.0	0.3	162.0	162.0	162.0	162.0
2	2443	Sport drink River Powerdrink/Freeway	0.0	0.0	0.0	0.0	0.0
2	2444	Tea herbal instant sw prepared	6.0	0.0	0.0	0.0	2.9	360.3	342.8	166.0	571.0
2	2476	Cappuccino freshly made	3.4	0.0	0.0	0.0	3.0	127.3	128.9	70.6	148.4
2	2477	Coffee cappuccino instant prepared	1.5	0.0	0.0	0.0	1.4	203.4	175.2	75.0	318.6
2	2478	Cappuccino instant powder	0.2	0.0	0.0	0.0	1.5	15.7	13.2	8.2	23.9
2	2490	Fruit juice drink 12fruit nectar light	0.0	0.0	0.0	0.0	0.0
2	2491	Fruit juicedrink w sweetener 5-<8g CHO	1.2	0.0	0.0	0.0	0.4	323.2	300.0	300.0	388.9
2	2492	Lemonade fruit Wicky light	0.0	0.0	0.0	0.0	0.0
2	2505	Fruit dried in brandy	0.0	0.0	0.0	0.0	0.0
2	2507	Juice multifruit	4.2	0.0	0.0	0.0	2.2	193.7	207.3	38.3	352.1
2	2508	Fruit juice drink ACE Aldi/Kruidvat	0.4	0.0	0.0	0.0	0.3	307.1	219.3	140.0	370.0
2	2509	Juice drink Sisi Fruitmania Smooth peach	0.0	0.0	0.0	0.0	0.0
2	2515	Fruit juice dk Surango multivit light	0.8	0.0	0.0	0.0	0.5	186.0	186.0	186.0	186.0
2	2534	Fruitdrink conc sugar and sw 5-10 g CHO	0.0	0.0	0.0	0.0	0.0
2	2564	Juice fruit Hero Fruit&Co	1.0	0.0	0.0	0.0	0.9	172.6	167.6	142.0	198.6
2	2610	Wine rose	1.9	0.0	0.0	0.0	1.6	149.9	132.2	72.2	217.0
2	2633	Coffee instant powder	0.1	0.0	0.0	0.0	2.6	5.5	1.5	0.5	16.1
2	2634	Fruit juice dk minimal 2 fruits w vit C	5.6	0.0	0.0	0.0	1.5	371.5	296.2	90.0	509.4
2	2635	Fruit juice drink diary Wicky fruitzacht	0.0	0.0	0.0	0.0	0.0
2	2636	Fruit juice dk Solevita multivit 12 fru	0.2	0.0	0.0	0.0	0.1	179.7	158.4	152.0	195.8
2	2637	Fruit juice dk Roosvicee Multivit light	0.9	0.0	0.0	0.0	0.2	188.0	188.0	188.0	188.0
2	2638	Fruit juice dk ACE Fruxano/Super/Tasting	0.0	0.0	0.0	0.0	0.0
2	2639	Smoothie fruit	0.1	0.0	0.0	0.0	0.1	109.0	109.0	109.0	109.0
2	2641	Soft drink w sugar,sw&caffeine 2-<5 carb	0.0	0.0	0.0	0.0	0.0
2	2642	Fruit drink conc prepared 15-20mg vit C	0.0	0.0	0.0	0.0	0.0
2	2644	Fruit drink Roosvicee 50/50	0.7	0.0	0.0	0.0	0.3	200.0	200.0	200.0	200.0
2	2646	Sports drink Aquarius	0.0	0.0	0.0	0.0	0.0
2	2647	Coffee w sugar and milk vending machine	0.0	0.0	0.0	0.0	0.0
2	2648	Coffee w milk vending machine	0.2	0.0	0.0	0.0	0.1	130.0	130.0	130.0	130.0
2	2649	Tea herbal instant powder	0.0	0.0	0.0	0.0	0.4	11.5	8.3	4.5	17.1
2	2663	Juice fruit Vruchtoase multivit	2.6	0.0	0.0	0.0	0.4	485.5	340.7	200.0	700.3
2	2674	Energy drink Mxxed up	0.0	0.0	0.0	0.0	0.0
2	2718	Fruit drink Linessa Vital&Active light	0.1	0.0	0.0	0.0	0.4	57.8	50.0	50.0	88.4
2	2755	Juice orange freshly squeezed	19.1	0.0	0.0	120.3	16.8	119.8	119.2	50.1	195.1

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

NEVO group	NEVO code	Description	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
2	2828	Liqueur with cream 15-25 vol% alcohol	0.0	0.0	0.0	0.0	0.3	17.9	8.8	8.8	43.3
2	2837	Beer with fruit flavour	0.0	0.0	0.0	0.0	0.0
2	2841	Fruit drink Coolbest Vitaday light	0.0	0.0	0.0	0.0	0.0
2	2842	Fruit drink Coolbest Powerfruit	0.4	0.0	0.0	0.0	0.2	166.7	166.7	166.7	166.7
2	2847	Fruit drink light AH multivit red fruit	0.0	0.0	0.0	0.0	0.0
2	2851	Juice multifruit mild w vit C	0.0	0.0	0.0	0.0	0.0
2	2854	Fruit drink light Papaya multivitamins	0.0	0.0	0.0	0.0	0.0
2	2855	Juice drink Sisi Fruitmania Smooth lime	0.2	0.0	0.0	0.0	0.2	131.0	131.0	131.0	131.0
2	2866	Juice Appelsientje Superfruit pomegranat	0.0	0.0	0.0	0.0	0.1	185.0	185.0	185.0	185.0
2	2880	Coffee wiener melange instant powder	0.1	0.0	0.0	0.0	0.9	15.9	14.8	7.5	27.1
2	2881	Coffee wiener melange instant prepared	5.8	0.0	0.0	0.0	1.7	269.7	180.9	61.6	648.3
2	2896	Lemonade squash Spa&Fruit sparkling	11.6	0.0	0.0	70.9	2.4	202.3	86.0	86.0	426.6
2	2897	Juice Drink Ocean Spray	5.2	0.0	0.0	0.0	1.6	183.1	164.3	150.0	233.6
2	3068	Fruit drink concentrated Fruitmix	0.0	0.0	0.0	0.0	0.4	11.5	9.0	9.0	14.3
3	227	Crispbakes Dutch	2.1	0.0	0.0	10.0	15.5	11.7	10.0	1.7	25.8
3	228	Crackers cream	0.8	0.0	0.0	0.0	2.8	22.6	15.2	4.5	61.8
3	229	Crispbread averaged	0.1	0.0	0.0	0.0	0.4	27.9	15.6	10.0	47.0
3	230	Roll white soft	1.7	0.0	0.0	14.2	5.1	42.3	32.2	22.8	62.4
3	233	Bread currant	1.3	0.0	0.0	0.0	3.0	46.3	33.2	30.0	67.8
3	236	Bread brown wheat	24.7	0.0	0.0	96.4	29.7	91.5	68.3	22.6	163.8
3	238	Crackers matzes	0.3	0.0	0.0	0.0	0.9	40.8	24.0	10.0	64.9
3	241	Bread white milk based	0.6	0.0	0.0	0.0	1.0	55.4	39.4	30.0	80.6
3	242	Bread rye dark	3.6	0.0	0.0	22.4	8.2	42.9	42.1	22.5	45.0
3	243	Bread rye light	0.4	0.0	0.0	0.0	1.2	29.2	19.3	12.5	47.9
3	244	Bread raisin	0.9	0.0	0.0	0.0	2.4	37.8	30.1	17.5	49.1
3	246	Bread wholemeal average	32.0	0.0	0.0	104.4	35.4	88.5	67.7	35.0	165.8
3	248	Bread white water based	2.4	0.0	0.0	13.3	4.2	59.5	55.2	4.0	89.4
3	249	Bread wheat malt Tarvo	0.0	0.0	0.0	0.0	0.0	175.0	175.0	175.0	175.0
3	565	Toast	0.0	0.0	0.0	0.0	0.0
3	596	Crispbread gold-brown	0.3	0.0	0.0	0.0	1.4	19.3	10.0	10.0	42.6
3	655	Crispbakes Dutch wholemeal	1.0	0.0	0.0	8.7	8.7	11.2	8.8	2.3	19.1
3	975	Crispbread sesame	0.8	0.0	0.0	5.5	4.8	17.2	12.0	9.0	26.2
3	976	Crispbread light	0.0	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
3	1017	Bread wheatrye wholemeal	0.4	0.0	0.0	0.0	0.3	78.8	52.5	35.0	126.1
3	1022	Crispbakes Dutch low sodium	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
3	1253	Crispbread high fibre	0.0	0.0	0.0	0.0	0.9	10.0	10.0	10.0	10.0
3	1312	Crispbread Cracottes	0.9	0.0	0.0	5.7	6.3	10.6	7.0	7.0	13.5
3	1322	Crispbread wholemeal Cracottes	0.3	0.0	0.0	0.0	4.5	9.1	7.0	7.0	13.2
3	1352	Crackers gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
3	1361	Bread white Turkish	0.2	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
3	1395	Bread rye average	0.0	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
3	1459	Bread current wholemeal	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
3	1779	Crispbread wholemeal	0.8	0.0	0.0	5.9	4.2	16.7	10.0	10.0	31.4
3	1914	Dough for pizza and savoury pie	1.4	0.0	0.0	0.0	1.3	78.7	62.7	42.1	114.4
3	2229	Crackers VitalU	0.3	0.0	0.0	0.0	0.5	25.2	12.5	10.0	38.8

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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3	2230	Crispbread Cracottes Vital	0.1	0.0	0.0	0.0	0.9	10.1	7.0	7.0	13.2
3	2277	Bread Blue Band Goede Start white bread	0.0	0.0	0.0	0.0	0.0
3	2348	Bread wholemeal w pumpkin seeds	1.7	0.0	0.0	0.0	2.0	119.8	97.1	35.0	168.2
3	2349	Bread linseed	0.2	0.0	0.0	0.0	0.2	94.6	83.7	80.0	102.9
3	2350	Bread multigrain average w seeds	11.0	0.0	0.0	67.7	13.0	88.0	67.9	31.3	133.0
3	2351	Bread white average milk/water based	0.2	0.0	0.0	0.0	0.7	44.7	34.2	25.0	48.4
3	2352	Bread currant w almond paste	0.0	0.0	0.0	0.0	0.0
3	2353	Bread brown/wholemeal w muesli	1.0	0.0	0.0	0.0	1.7	44.4	48.1	20.0	59.9
3	2354	Bread wholemeal w nuts	0.0	0.0	0.0	0.0	0.0
3	2355	Bread white w sugar Suikerbrood	0.0	0.0	0.0	0.0	0.1	21.7	21.7	21.7	21.7
3	2356	Baguette w cheese-onion	0.3	0.0	0.0	0.0	0.3	77.1	29.7	10.0	188.2
3	2357	Bread wholemeal w sunflower seeds	0.9	0.0	0.0	0.0	2.9	62.4	35.0	35.0	129.5
3	2358	Bread white w sunflower seeds	0.3	0.0	0.0	0.0	0.5	63.1	60.6	54.0	69.2
3	2369	Breadsticks	0.0	0.0	0.0	0.0	0.8	11.1	10.0	10.0	13.9
3	2382	Bread brown w sunflower seeds	1.4	0.0	0.0	0.0	2.4	79.4	59.3	35.0	123.5
3	2528	Croutons	0.0	0.0	0.0	0.0	0.2	6.8	6.1	5.5	6.9
3	2702	Bread C1000 Kids Wit	0.0	0.0	0.0	0.0	0.0
3	2703	Bread wholemeal w seeds	0.9	0.0	0.0	0.0	0.9	88.4	59.1	35.0	100.4
3	2704	Bread brown w seeds	0.0	0.0	0.0	0.0	0.0
3	2707	Bread corn w sunflower seeds	0.0	0.0	0.0	0.0	0.0
3	2785	Bread corn	0.6	0.0	0.0	0.0	0.6	43.5	35.0	35.0	62.8
3	2788	Bread sourdough wholemeal	0.3	0.0	0.0	0.0	0.7	46.5	41.5	40.0	53.2
3	2789	Bread ciabatta no filling	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
3	2790	Bread pita white	0.4	0.0	0.0	0.0	0.2	90.1	90.1	90.1	90.1
3	2791	Stollen w almond/imitat paste wo nuts	0.0	0.0	0.0	0.0	0.0
3	2792	Stollen w almond/imitat paste w nuts	0.2	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
3	2793	Baguette white	0.8	0.0	0.0	0.0	0.8	51.8	25.4	5.0	113.5
3	2794	Baguette brown	0.8	0.0	0.0	0.0	0.6	55.8	11.5	10.0	91.2
3	2795	Roll white hard	1.2	0.0	0.0	0.0	2.3	59.3	44.9	30.5	91.3
3	2796	Roll brown hard	1.7	0.0	0.0	0.0	2.7	74.8	61.6	50.0	97.2
3	2797	Roll brown soft	4.1	0.0	0.0	25.0	5.4	69.0	49.7	30.0	97.8
3	2798	Roll wholemeal soft	0.2	0.0	0.0	0.0	0.7	58.8	47.0	45.0	87.9
3	2799	Roll multigrain hard	0.5	0.0	0.0	0.0	1.7	45.8	43.7	42.0	49.1
3	2800	Roll multigrain soft	0.5	0.0	0.0	0.0	0.8	60.0	50.0	50.0	87.5
3	2801	Croissant prepared w butter	0.3	0.0	0.0	0.0	0.2	90.0	90.0	90.0	90.0
3	2803	Bun currant/raisin	4.4	0.0	0.0	23.6	5.1	57.1	43.3	27.6	98.2
3	2804	Bun wholemeal w muesli	0.8	0.0	0.0	0.0	0.8	63.6	58.0	58.0	79.5
3	2812	Bread current/raisin w almond paste	0.1	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
3	2813	Bread raisin/current average	0.4	0.0	0.0	0.0	0.4	55.6	47.7	40.0	68.0
3	2815	Bread Tijger brown wheat	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
3	2816	Bread Tijger white	0.4	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
3	2817	Stollen w almond/imitat paste average	0.0	0.0	0.0	0.0	0.0
3	2818	Croissant average	0.7	0.0	0.0	0.0	1.3	41.3	40.0	40.0	45.6
3	2821	Bread brown w pumpkin seeds	0.6	0.0	0.0	0.0	1.1	72.3	70.0	70.0	80.2
3	2876	Bread brioche	0.0	0.0	0.0	0.0	0.0
3	2916	Cracker VitaLU w added calcium	0.2	0.0	0.0	0.0	0.9	26.8	23.2	17.0	33.1
3	2937	Toast Melba natural	0.2	0.0	0.0	0.0	2.7	11.7	8.0	4.3	21.9

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3	2938	Toast Melba other varieties	0.1	0.0	0.0	0.0	2.0	9.5	6.8	6.0	22.1
3	3054	Bread glutenfree bakmix Glutafin white	0.0	0.0	0.0	0.0	0.0
3	3055	Bread glutenfree bakmix Glutafin brown	0.0	0.0	0.0	0.0	0.0
3	3056	Bread brown wheat low sodium	0.0	0.0	0.0	0.0	0.0
3	3057	Bread fibre Brinta	0.1	0.0	0.0	0.0	0.3	77.6	60.0	60.0	109.8
4	202	Coconut meat fresh	0.0	0.0	0.0	0.0	0.0
4	430	Cocoa powder	0.0	0.0	0.0	0.0	0.0
4	441	Yeast extract Marmite	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
4	535	Cocoa powder sweetened Benco	0.1	0.0	0.0	0.0	0.5	12.1	12.0	12.0	12.2
4	595	Cocoa product powder Ovomaltine	0.0	0.0	0.0	0.0	0.0
4	605	Porridge barley with raisins Bessola	0.2	0.0	0.0	0.0	0.2	155.4	123.6	123.6	218.9
4	790	Almond paste with egg	0.0	0.0	0.0	0.0	0.0
4	809	Coconut creamed block Santen	0.0	0.0	0.0	0.0	0.3	0.6	0.6	0.6	0.6
4	1025	Yeast dried	0.0	0.0	0.0	0.0	0.0
4	1897	Seaweed kelp raw	0.0	0.0	0.0	0.0	0.0	0.9	0.9	0.9	0.9
4	2290	Coconut milk	0.0	0.0	0.0	0.0	0.0
4	2415	Cocoa product sweetened Nesquik Hot Choc	0.0	0.0	0.0	0.0	0.0
4	2535	Cocoa powder sweetened Nesquik plus	0.1	0.0	0.0	0.0	0.4	15.0	12.2	12.2	17.7
4	2615	Vinegar	0.2	0.0	0.0	0.0	4.3	5.6	2.4	1.0	11.9
4	2807	Almond/imitation paste average	0.0	0.0	0.0	0.0	0.0
5	83	Eggs chicken whole raw average	0.0	0.0	0.0	0.0	0.0
5	84	Eggs chicken boiled average	12.7	3.8	0.0	44.2	30.1	37.5	45.0	4.1	64.4
6	33	Raisins dried	0.1	0.0	0.0	0.0	2.0	9.4	3.0	1.3	22.5
6	137	Olives tinned/glass	0.6	0.0	0.0	0.0	1.4	22.6	18.8	4.9	55.0
6	147	Apple without skin average	42.4	0.0	0.0	165.9	33.2	123.6	99.2	38.8	256.7
6	148	Strawberries	13.6	0.0	0.0	77.9	12.6	83.3	80.8	11.6	154.4
6	149	Apricots with skin	0.0	0.0	0.0	0.0	0.0
6	150	Pineapple	0.9	0.0	0.0	0.0	0.9	113.8	100.0	100.0	162.5
6	151	Banana	20.6	0.0	0.0	108.8	16.8	125.1	112.3	51.2	159.8
6	152	Blueberries	0.1	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
6	153	Redcurrant	0.7	0.0	0.0	0.0	1.0	70.2	37.8	9.8	157.3
6	155	Bilberries	0.1	0.0	0.0	0.0	0.7	32.2	32.2	32.2	32.2
6	157	Blackberries	0.0	0.0	0.0	0.0	0.2	13.0	13.0	13.0	13.0
6	158	Lemon	0.1	0.0	0.0	0.0	0.4	32.1	15.3	3.1	60.8
6	159	Cranberries	0.0	0.0	0.0	0.0	0.0
6	160	Grapes with skin average	0.3	0.0	0.0	0.0	0.6	61.9	48.7	14.3	76.9
6	161	Raspberries	0.7	0.0	0.0	0.0	0.6	61.7	48.3	18.0	102.6
6	162	Grapefruit	0.6	0.0	0.0	0.0	0.5	75.0	75.0	75.0	75.0
6	163	Cherries	1.2	0.0	0.0	0.0	2.6	60.5	51.4	19.2	123.7
6	164	Gooseberries	0.0	0.0	0.0	0.0	0.1	47.5	47.5	47.5	47.5
6	165	Mandarins	15.0	0.0	0.0	78.2	20.4	77.6	63.2	32.1	185.7
6	166	Melon netted	1.3	0.0	0.0	0.0	1.8	114.0	81.4	40.0	258.0
6	168	Pear without skin	11.4	0.0	0.0	90.3	8.6	119.7	106.4	64.0	180.6
6	169	Peach without skin	3.1	0.0	0.0	31.6	2.7	87.4	75.7	71.7	115.9
6	170	Plums with skin	3.2	0.0	0.0	5.0	3.4	111.0	66.3	40.0	225.6
6	171	Orange	15.4	0.0	0.0	98.6	13.2	148.9	127.1	44.8	190.2
6	172	Fruit fresh citrus average	3.9	0.0	0.0	0.0	2.1	147.7	111.7	76.0	148.0

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6	173	Fruit fresh average excluding citrus	0.2	0.0	0.0	0.0	0.4	143.0	143.0	143.0	143.0
6	175	Apricots dried	0.1	0.0	0.0	0.0	1.2	4.8	3.0	3.0	9.4
6	176	Apricots in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	177	Pineapple in syrup tinned	0.1	0.0	0.0	0.0	0.6	18.4	6.3	3.9	57.4
6	179	Apple sauce tinned	4.5	0.0	0.0	27.4	8.0	69.6	51.3	13.0	167.4
6	180	Billberries in syrup tinned	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
6	181	Dates dried	0.5	0.0	0.0	0.0	1.2	30.7	18.1	18.0	71.7
6	182	Raspberries in syrup tinned	0.0	0.0	0.0	0.0	0.0
6	183	Fruit cocktail in syrup tinned	2.3	0.0	0.0	0.0	1.4	104.2	120.9	24.0	136.8
6	184	Cherries in syrup tinned	1.5	0.0	0.0	0.0	1.4	87.5	8.8	2.7	288.7
6	185	Currants dried	0.0	0.0	0.0	0.0	0.0
6	186	Tangerines in syrup tinned	0.2	0.0	0.0	0.0	0.3	55.0	55.0	55.0	55.0
6	188	Pears in syrup tinned	1.8	0.0	0.0	0.0	2.0	170.4	177.9	23.3	252.5
6	189	Peaches in syrup tinned	0.2	0.0	0.0	0.0	0.5	33.1	28.7	28.7	38.5
6	190	Prunes dried	0.5	0.0	0.0	0.0	1.8	18.9	7.8	6.0	58.4
6	191	Plums in syrup tinned	0.4	0.0	0.0	0.0	0.6	96.6	72.1	64.8	115.2
6	192	Fruit mixed dried	0.0	0.0	0.0	0.0	0.0
6	193	Figs dried	0.0	0.0	0.0	0.0	0.2	47.9	24.8	24.8	91.0
6	440	Ginger stem in syrup tinned	0.1	0.0	0.0	0.0	1.4	9.3	9.2	1.3	17.0
6	689	Avocado	0.9	0.0	0.0	0.0	0.5	180.0	180.0	180.0	180.0
6	691	Lime	0.1	0.0	0.0	0.0	0.2	118.0	118.0	118.0	118.0
6	692	Mango	0.2	0.0	0.0	0.0	0.3	169.6	113.1	93.8	249.0
6	875	Apple with skin average	4.5	0.0	0.0	33.3	4.5	109.4	96.5	18.1	146.9
6	1007	Pomegranate	0.0	0.0	0.0	0.0	0.0
6	1010	Figs fresh	0.0	0.0	0.0	0.0	0.0
6	1056	Kiwi fruit	11.2	0.0	0.0	64.8	14.8	78.5	56.6	37.4	107.5
6	1057	Kaki / Sharon fruit	0.0	0.0	0.0	0.0	0.0
6	1090	Lychees	0.0	0.0	0.0	0.0	0.0
6	1105	Melon water	1.1	0.0	0.0	0.0	0.9	117.2	106.9	100.0	123.2
6	1106	Melon honeydew	0.0	0.0	0.0	0.0	0.0
6	1127	Juice lemon	0.2	0.0	0.0	0.0	2.5	11.9	8.6	1.0	26.2
6	1182	Apple sauce wo sugar tinned	0.4	0.0	0.0	0.0	0.4	143.2	64.0	64.0	324.4
6	1467	Syrup from tinned fruit	0.1	0.0	0.0	0.0	0.1	87.5	87.5	87.5	87.5
6	1812	Nectarine	3.3	0.0	0.0	15.6	2.4	110.9	88.2	39.0	141.5
6	1887	Dates fresh	0.0	0.0	0.0	0.0	0.0
6	1906	Fruit fresh average including citrus	0.1	0.0	0.0	0.0	0.3	133.6	60.0	60.0	258.0
6	2379	Raisins soaked in water	0.1	0.0	0.0	0.0	0.3	11.2	5.8	4.3	15.4
6	2685	Abricots dried and soaked	0.3	0.0	0.0	4.8	2.5	10.9	9.7	4.5	16.4
6	2686	Apple sauce wo sugar w sweetner tinned	0.3	0.0	0.0	0.0	0.7	56.3	39.1	25.9	99.1
6	2748	Pear with skin	0.6	0.0	0.0	0.0	0.1	384.0	384.0	384.0	384.0
6	2749	Grapes black with skin	1.1	0.0	0.0	0.0	1.9	70.1	38.3	9.6	168.1
6	2750	Grapes white with skin	7.2	0.0	0.0	46.6	5.4	97.7	75.2	23.8	250.5
6	2843	Pineapple in own juice tinned	0.0	0.0	0.0	0.0	0.2	23.9	23.9	23.9	23.9
6	2885	Cranberry compote sweetened	0.1	0.0	0.0	0.0	0.3	25.2	11.6	10.0	46.1
6	2890	Cranberries dries sweetened	0.0	0.0	0.0	0.0	0.1	4.0	4.0	4.0	4.0
6	2954	Apple dried soaked in water	0.0	0.0	0.0	0.0	0.1	6.0	6.0	6.0	6.0
6	2956	Prunes dried soaked in water	0.6	0.0	0.0	0.0	1.2	34.5	28.7	3.9	46.7
6	2957	Fruit mixed dried soaked in water	0.0	0.0	0.0	0.0	0.0
7	232	Danish pastry	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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7	234	Biscuit fortified Liga Tweede Stap	0.0	0.0	0.0	0.0	0.0
7	240	Cake Dutch spiced Ontbijtkoek	6.6	0.0	0.0	32.2	22.5	28.0	19.8	18.0	51.6
7	250	Almond filled pastry	0.3	0.0	0.0	0.0	0.9	59.4	47.1	40.0	78.0
7	251	Apple pie Dutch w shortbread w marg	3.8	0.0	0.0	35.7	3.0	81.9	84.0	33.3	111.4
7	252	Biscuit sweet	1.8	0.0	0.0	12.0	13.7	13.0	10.6	4.0	28.3
7	253	Cake wo butter	1.6	0.0	0.0	13.2	4.0	34.8	25.5	15.0	53.1
7	254	Cake sponge Dutch Eierkoek	1.2	0.0	0.0	0.0	2.4	48.5	43.0	25.0	82.9
7	255	Gateau with whipped cream	1.8	0.0	0.0	0.0	2.0	78.4	65.8	56.0	83.2
7	256	Gateau with butter-cream filling	0.4	0.0	0.0	0.0	0.8	51.3	44.3	40.0	66.6
7	257	Almond paste filled tarts average	1.6	0.0	0.0	0.0	2.7	69.5	47.8	15.0	130.9
7	258	Biscuits averaged	0.4	0.0	0.0	3.4	3.1	12.8	9.6	7.0	23.8
7	259	Macaroons	0.4	0.0	0.0	0.0	1.0	32.4	26.2	25.0	45.4
7	260	Biscuit sponge fingers	0.1	0.0	0.0	0.0	1.4	13.2	10.9	5.0	15.5
7	261	Biscuit spiced Speculaas	0.8	0.0	0.0	5.7	5.5	14.3	10.5	5.1	39.6
7	262	Biscuit Dutch shortbread spritsstukken	1.0	0.0	0.0	10.2	3.5	28.1	22.9	10.0	46.4
7	263	Biscuit brown/wholemeal	1.0	0.0	0.0	7.5	8.5	15.5	10.7	8.0	28.9
7	468	Cream slice Dutch Tompouce	0.3	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
7	474	Doughnut Dutch style	0.2	0.0	0.0	0.0	0.5	35.0	35.0	35.0	35.0
7	480	Biscuit chocolate coated Chocoprins	0.0	0.0	0.0	0.0	0.0
7	481	Biscuit shortbread Bastogne	0.1	0.0	0.0	0.0	0.6	11.9	10.0	10.0	17.4
7	486	Flan with fruit filling	0.6	0.0	0.0	0.0	0.5	108.3	94.6	85.0	126.9
7	489	Flan filled with rice pudding	0.1	0.0	0.0	0.0	0.1	115.0	115.0	115.0	115.0
7	633	Meringue cake Bokkenpootje	0.4	0.0	0.0	0.0	1.0	22.5	15.0	10.0	36.0
7	634	Coconut flavoured cookies	0.3	0.0	0.0	0.0	0.9	32.5	14.9	10.0	63.1
7	635	Biscuits Dutch krakeling	0.1	0.0	0.0	0.0	0.8	13.3	12.0	12.0	18.7
7	636	Biscuit muesli	0.0	0.0	0.0	0.0	0.6	18.5	13.0	10.0	27.9
7	713	Waffle syrup average	0.7	0.0	0.0	0.0	2.6	26.8	21.5	10.0	29.6
7	789	Cake butter Dutch Boterkoek	0.0	0.0	0.0	0.0	0.3	29.1	20.0	20.0	37.8
7	833	Appel strudel	0.0	0.0	0.0	0.0	0.0
7	835	Cheesecake made with fromage frais	0.8	0.0	0.0	0.0	0.9	102.7	79.0	56.0	130.2
7	836	Shortbread	1.0	0.0	0.0	6.1	5.3	15.3	11.5	10.0	29.2
7	837	Biscuit oatmeal	0.0	0.0	0.0	0.0	0.0
7	855	Biscuit spiced Speculaas w almnd paste	0.3	0.0	0.0	0.0	1.1	36.6	19.0	19.0	68.1
7	873	Biscuit fortifd w currants LigaEvergreen	0.0	0.0	0.0	0.0	0.1	38.0	38.0	38.0	38.0
7	925	Cake Dutch spiced Ontbijtkoek wholemeal	0.2	0.0	0.0	0.0	1.2	21.0	14.6	10.0	25.9
7	1321	Biscuit fortified Liga Fruitkick	0.0	0.0	0.0	0.0	0.0
7	1353	Biscuit gluten free Glutafin	0.0	0.0	0.0	0.0	0.0
7	1356	Biscuit fortified Liga Evergr assortment	0.1	0.0	0.0	0.0	0.3	38.0	38.0	38.0	38.0
7	1460	Cake Dutch spiced Ontbijtkoek w ginger	0.9	0.0	0.0	0.0	2.5	26.9	22.7	20.0	39.2
7	1470	Berliner pastry	0.0	0.0	0.0	0.0	0.0
7	1471	Biscuit chocolate	0.2	0.0	0.0	0.0	0.9	24.0	20.8	13.0	27.3
7	1475	Eclair with whipped cream filling	0.9	0.0	0.0	2.6	2.4	35.3	31.9	15.0	44.1
7	1476	Meringue with butter-cream	0.3	0.0	0.0	0.0	0.6	70.0	70.0	70.0	70.0
7	1477	Biscuits sugar free	0.0	0.0	0.0	0.0	0.0

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7	1478	Flan fruit and crumble topping	0.2	0.0	0.0	0.0	0.2	115.0	115.0	115.0	115.0
7	1479	Cheesecake made with cream cheese	0.1	0.0	0.0	0.0	0.2	144.0	144.0	144.0	144.0
7	1480	Biscuit Jaffa cakes/Cake PiM's	0.0	0.0	0.0	0.0	0.0
7	1481	Rice cakes puffed	0.1	0.0	0.0	0.0	1.1	10.3	7.0	7.0	23.6
7	1509	Muesli bar with chocolate	0.0	0.0	0.0	0.0	0.0
7	1945	Bun with vanilla custard	0.4	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
7	1965	Biscuit fortified Liga Milkbreak	0.0	0.0	0.0	0.0	0.1	22.0	22.0	22.0	22.0
7	1969	Cake made with butter	0.4	0.0	0.0	0.0	1.4	30.0	30.0	30.0	30.0
7	1972	Biscuits assorted with butter	1.1	0.0	0.0	10.3	5.4	17.9	12.8	8.0	28.9
7	2162	Biscuit Cafe noir	0.1	0.0	0.0	0.0	0.8	8.9	7.2	6.0	9.7
7	2190	Brownies with nuts	0.2	0.0	0.0	0.0	0.5	43.0	43.0	43.0	43.0
7	2225	Biscuit fortified Fruitkick Extra	0.0	0.0	0.0	0.0	0.0
7	2226	Biscuit fortified Liga Continue vit/min	0.0	0.0	0.0	0.0	0.0
7	2227	Biscuit filled Prince	0.2	0.0	0.0	0.0	1.3	21.8	17.4	15.0	29.4
7	2228	Biscuit with chocolate layer Scholietje	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
7	2231	Rice cakes puffed w chocolate	0.0	0.0	0.0	0.0	0.1	16.0	16.0	16.0	16.0
7	2232	Biscuit fruit	0.5	0.0	0.0	0.0	1.8	26.8	26.3	13.0	32.1
7	2233	Cake Dutch spiced Ontbijtkoek w raisin	0.5	0.0	0.0	0.0	1.5	57.6	53.5	20.0	95.6
7	2234	Cereal bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2236	Fruit bar Hero B'tween	0.0	0.0	0.0	0.0	0.0
7	2239	Muesli bar	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
7	2329	Cake Dutch spiced Ontbijtkoek less sugar	0.8	0.0	0.0	1.3	2.4	23.4	20.0	20.0	38.5
7	2360	Rice cakes puffed w caramel	0.0	0.0	0.0	0.0	0.1	13.0	13.0	13.0	13.0
7	2391	Cake marble-	0.2	0.0	0.0	0.0	1.5	29.9	19.2	8.3	41.1
7	2392	Cake apple-	0.3	0.0	0.0	0.0	1.2	32.7	30.4	30.0	34.5
7	2393	Cake raisins-	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
7	2394	Eclair filled w banana and whipped cream	0.0	0.0	0.0	0.0	0.0
7	2395	Chocolate eclair	0.3	0.0	0.0	0.0	0.3	64.3	65.1	32.5	74.0
7	2396	Chocolate pastry w whipped cream	0.0	0.0	0.0	0.0	0.0
7	2397	Cake Dutch spiced Ontbijtkoek w nuts	0.1	0.0	0.0	0.0	0.4	25.0	25.0	25.0	25.0
7	2398	Cake Dutchspiced Ontbijtkoek w rockcandy	1.4	0.0	0.0	0.0	2.4	45.4	25.0	25.0	93.5
7	2399	Spiced cake Indonesian- Spekkoek	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
7	2400	Croissant chocolate-	0.0	0.0	0.0	0.0	0.0
7	2401	Tarts filled with jam	1.2	0.0	0.0	0.0	1.1	50.2	50.0	50.0	50.0
7	2403	Cup cake iced	0.5	0.0	0.0	0.0	1.0	41.1	30.0	30.0	72.9
7	2404	Cake Dutch spiced Complete Start vezels	0.0	0.0	0.0	0.0	0.2	65.0	65.0	65.0	65.0
7	2405	Chocolate chip cookie	0.4	0.0	0.0	0.3	2.0	14.3	10.6	10.0	26.7
7	2408	Biscuit fortified Bridge fruit and grain	0.1	0.0	0.0	0.0	0.4	19.7	19.0	19.0	20.7
7	2409	Biscuit Dutch shortbread w chocolate	0.2	0.0	0.0	0.0	0.4	20.0	20.0	20.0	20.0
7	2410	Teacakes chocolate coated marshmallow	0.0	0.0	0.0	0.0	0.3	8.0	8.0	8.0	8.0
7	2412	Gingersnap	0.1	0.0	0.0	0.0	1.2	9.7	5.0	5.0	18.2
7	2413	Cake wrapped in marzipan and chocolate	0.2	0.0	0.0	0.0	0.3	46.0	31.8	30.0	57.2

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7	2417	Cake Dutch w icing & cream 'Oranjekoek'	0.0	0.0	0.0	0.0	0.0
7	2425	Wafer galette	0.0	0.0	0.0	0.0	0.0
7	2428	Wafer w milk & hazelnuts Knoppers	0.1	0.0	0.0	0.0	0.4	21.8	21.0	21.0	24.0
7	2430	Fritter banana	0.3	0.0	0.0	0.0	0.3	82.0	82.0	82.0	82.0
7	2431	Gateau fatless sponge w marzipan	0.2	0.0	0.0	0.0	0.3	51.2	48.0	48.0	55.0
7	2432	Cake with nuts	0.0	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
7	2556	Biscuit fortified LU Time Out	0.0	0.0	0.0	0.0	0.0
7	2560	Apple turnover	0.7	0.0	0.0	0.0	0.5	123.5	100.6	41.0	162.8
7	2569	Cake Dutch Ontbijtkoek w nuts&fruit	0.0	0.0	0.0	0.0	0.0	25.0	25.0	25.0	25.0
7	2571	Cake with 'bitterkoekjes'	0.0	0.0	0.0	0.0	0.2	30.0	30.0	30.0	30.0
7	2577	Cake made w butter and apple	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
7	2583	Biscuit peanut	0.0	0.0	0.0	0.0	0.5	15.0	15.0	15.0	15.0
7	2607	Biscuit w nuts and chocolate	0.0	0.0	0.0	0.0	0.0
7	2609	Biscuits with nuts	0.4	0.0	0.0	0.0	2.3	15.9	15.8	10.0	16.9
7	2622	Appel pie Dutch w shortbread w butter	1.3	0.0	0.0	0.0	0.5	137.8	108.3	80.0	142.2
7	2661	Waffle Luikse	0.5	0.0	0.0	0.0	0.4	69.0	69.0	69.0	69.0
7	2662	Waffle soft-/sugar-/flash-	0.4	0.0	0.0	0.0	1.3	32.0	27.5	21.0	40.8
7	2696	Biscuit Dutch Amaretti Bitterkoekjes	0.2	0.0	0.0	0.0	0.3	25.0	25.0	25.0	25.0
7	2698	Cake chocolate made wo butter	0.1	0.0	0.0	0.0	0.4	29.4	28.0	28.0	32.1
7	2699	Biscuit Dutch Frou frou	0.1	0.0	0.0	0.0	1.4	9.3	6.6	6.0	14.2
7	2715	Meringue	0.1	0.0	0.0	0.0	0.6	17.7	11.1	9.0	22.7
7	2719	Biscuit Bridge ommetjes	0.1	0.0	0.0	0.0	0.7	30.0	30.0	30.0	30.0
7	2761	Almond paste filled tarts w butter	0.0	0.0	0.0	0.0	0.4	30.0	30.0	30.0	30.0
7	2763	Biscuit spiced Speculaas w butter	0.1	0.0	0.0	0.0	0.7	22.0	21.0	21.0	25.3
7	2775	Biscuit digestive w chocolate	0.1	0.0	0.0	0.0	0.4	14.6	10.1	9.0	24.3
7	2776	Flan apple and crumble topping	1.1	0.0	0.0	0.0	1.0	130.0	115.0	115.0	186.2
7	2777	Flan hard shell with custard cream	0.4	0.0	0.0	0.0	0.3	130.0	130.0	130.0	130.0
7	2778	Flan sponge with custard cream	0.2	0.0	0.0	0.0	0.5	80.7	76.2	75.0	84.1
7	2820	Waffle syrup w butter	0.2	0.0	0.0	0.0	1.1	28.1	18.9	10.0	28.9
7	2832	Cake chocolate made w butter	0.1	0.0	0.0	0.0	0.2	40.0	40.0	40.0	40.0
7	2863	Pie apple-nuts	1.0	0.0	0.0	0.0	0.3	156.5	144.0	144.0	187.5
7	2864	Biscuit syrup with chocolate	0.0	0.0	0.0	0.0	0.0
7	2869	Fritter apple	0.0	0.0	0.0	0.0	0.0
7	2891	Biscuit Dutch 'Jodekoek'	0.1	0.0	0.0	0.0	0.2	23.4	18.0	18.0	33.0
7	2892	Waffle penny-	0.1	0.0	0.0	0.0	0.5	16.0	16.0	16.0	16.0
7	2893	Cake Indonesian	0.1	0.0	0.0	0.0	0.2	52.0	39.6	30.0	58.0
7	2894	Biscuit Dutch digestive	0.3	0.0	0.0	0.0	2.4	14.5	9.9	8.0	26.2
7	2933	Sponge cake wholemeal	0.0	0.0	0.0	0.0	0.0
7	3060	Apple turnover w puff pastry w butter	1.5	0.0	0.0	0.0	0.5	130.0	130.0	130.0	130.0
8	78	Semolina	0.0	0.0	0.0	0.0	0.0
8	209	Breakfast cereal Cornflakes Kellogg's	0.1	0.0	0.0	0.0	0.9	20.1	10.0	10.0	35.6
8	213	Oatmeal	0.6	0.0	0.0	0.0	1.7	30.6	34.0	1.5	48.7
8	215	Cornflour	0.1	0.0	0.0	0.0	2.3	3.2	2.5	0.9	5.5
8	220	Flour wheat white 75% extraction	0.1	0.0	0.0	0.0	2.5	4.3	2.1	1.0	12.2
8	222	Flour wheat 50% extraction	0.0	0.0	0.0	0.0	0.1	20.3	20.3	20.3	20.3
8	223	Binding agents averaged	0.0	0.0	0.0	0.0	0.5	11.1	8.3	4.0	15.6
8	225	Breakfast cereal Brinta	0.1	0.0	0.0	0.0	0.8	12.2	10.4	10.0	16.9

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8	226	Starch potato	0.0	0.0	0.0	0.0	1.1	2.4	1.4	0.8	5.9
8	231	Wheat germ	0.0	0.0	0.0	0.0	0.0
8	530	Flour for pancakes	0.7	0.0	0.0	0.0	0.6	74.7	58.2	38.0	103.6
8	590	Wheat bran	0.0	0.0	0.0	0.0	1.4	5.9	5.8	0.4	9.0
8	591	Breakfast cereal All-Bran Plus Kellogg's	0.0	0.0	0.0	0.0	0.3	3.6	3.6	3.6	3.6
8	658	Rice white boiled	6.7	0.0	0.0	55.5	7.0	87.0	82.7	6.2	171.3
8	659	Pasta white average boiled	10.4	0.0	0.0	77.5	6.9	126.4	95.8	30.8	288.2
8	955	Rice white parboiled boiled	0.0	0.0	0.0	0.0	0.0
8	1013	Bread crumbs	0.0	0.0	0.0	0.0	1.0	5.6	1.8	0.9	14.2
8	1014	Rice brown boiled	0.6	0.0	0.0	0.0	0.8	116.9	50.8	35.1	441.4
8	1018	Rye flakes rolled	0.0	0.0	0.0	0.0	0.0
8	1019	Buckwheat groats	0.0	0.0	0.0	0.0	0.4	7.0	7.0	7.0	7.0
8	1020	Flour wheat self-raising	0.0	0.0	0.0	0.0	0.2	4.2	4.2	4.2	4.2
8	1991	Br prod Bambix Peuter Ontbijt 8 granen	0.0	0.0	0.0	0.0	0.0
8	2004	Breakfast cereal All-Bran Fruit n Fibre	0.0	0.0	0.0	0.0	0.0
8	2005	Breakfast product Special K Original	0.0	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
8	2006	Breakfast cereal Smacks Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2007	Breakfast cereal Honey Loops Kellogg's	0.0	0.0	0.0	0.0	0.2	2.9	2.9	2.9	2.9
8	2008	Muesli Country Store Kellogg's	0.0	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
8	2081	Breakfast cereal Cornflakes	0.1	0.0	0.0	0.0	0.6	8.3	5.1	3.8	16.8
8	2157	Pasta wholemeal boiled	0.3	0.0	0.0	0.0	0.3	280.1	215.0	171.1	316.7
8	2158	Couscous boiled	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
8	2159	Millet boiled	0.0	0.0	0.0	0.0	0.0
8	2359	Wrap/Tortilla	0.2	0.0	0.0	0.0	0.6	17.5	17.5	17.5	17.5
8	2361	Breakfast prod Albona 7-cereals-energy	0.2	0.0	0.0	0.0	0.3	42.0	42.0	42.0	42.0
8	2366	Muesli crunchy plain/w fruit	1.0	0.0	0.0	2.0	4.1	28.2	20.7	9.8	51.9
8	2675	Muesli crunchy w nuts	0.3	0.0	0.0	0.0	1.1	26.4	19.9	7.4	39.8
8	2676	Muesli crunchy w chocolate	0.0	0.0	0.0	0.0	0.0
8	2682	Rice multi-grain boiled	0.1	0.0	0.0	0.0	0.1	102.0	102.0	102.0	102.0
8	2705	Breakfast prod All-Bran flakes Kellogg's	0.0	0.0	0.0	0.0	0.0
8	2809	Muesli w fruit	0.5	0.0	0.0	2.0	3.0	13.9	8.5	4.9	31.1
8	3058	Oat bran raw	0.0	0.0	0.0	0.0	0.6	4.8	3.0	3.0	8.6
8	3059	Muesli crunchy Cruesli Balans	0.1	0.0	0.0	0.0	0.3	36.3	27.6	19.7	38.8
9	7	Endive raw	1.9	0.0	0.0	0.1	1.7	79.6	67.4	14.8	120.8
9	8	Endive boiled	3.8	0.0	0.0	36.8	4.0	128.1	114.4	57.9	205.6
9	11	Aubergine boiled	0.0	0.0	0.0	0.0	0.1	12.5	12.5	12.5	12.5
9	13	Celery boiled	0.4	0.0	0.0	0.0	0.7	102.4	13.0	5.2	228.7
9	14	Cauliflower raw	0.0	0.0	0.0	0.0	0.0
9	15	Cauliflower boiled	11.6	0.0	0.0	66.2	7.1	143.8	114.3	41.3	262.4
9	16	Kale curly boiled	1.4	0.0	0.0	0.0	1.1	85.3	46.3	34.2	152.7
9	18	Mushrooms chanterelle boiled	0.0	0.0	0.0	0.0	0.0
9	19	Mushrooms raw	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
9	20	Mushrooms boiled	3.1	0.0	0.0	17.7	6.6	36.5	28.6	3.8	81.2
9	21	Cabbage Chinese raw	0.1	0.0	0.0	0.0	0.0	250.0	250.0	250.0	250.0
9	22	Cabbage Chinese boiled	0.3	0.0	0.0	0.0	0.2	148.8	148.8	148.8	148.8
9	25	Cabbage green boiled	0.0	0.0	0.0	0.0	0.0

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

NEVO group	NEVO code	Description	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
9	26	Celeriac boiled	0.0	0.0	0.0	0.0	0.1	4.6	3.1	3.1	6.5
9	27	Cucumber wo skin raw	5.3	0.0	0.0	33.3	8.9	72.5	49.9	12.9	166.5
9	28	Cucumber boiled	0.2	0.0	0.0	0.0	0.6	86.5	73.1	60.2	88.3
9	29	Swede boiled	0.2	0.0	0.0	0.0	0.2	145.6	127.4	119.6	158.5
9	31	Sweet pepper green raw	0.1	0.0	0.0	0.0	0.9	16.4	8.9	8.9	24.8
9	32	Sweet pepper green boiled	0.7	0.0	0.0	0.0	1.4	30.6	18.8	5.9	59.3
9	36	Purslane boiled	0.0	0.0	0.0	0.0	0.1	145.0	145.0	145.0	145.0
9	37	Leek boiled	2.8	0.0	0.0	24.8	5.4	41.6	22.9	4.4	137.9
9	38	Turnip tops raw	0.0	0.0	0.0	0.0	0.0
9	41	Cabbage red raw	0.0	0.0	0.0	0.0	0.2	12.5	12.5	12.5	12.5
9	42	Cabbage red boiled	0.5	0.0	0.0	0.0	0.5	144.9	133.9	98.0	170.7
9	44	Cabbage Savoy boiled	0.2	0.0	0.0	0.0	0.4	105.1	66.3	66.3	202.7
9	46	Lettuce head raw	2.0	0.0	0.0	17.7	5.9	41.8	38.4	4.2	95.9
9	47	Lettuce head boiled	0.0	0.0	0.0	0.0	0.1	16.4	16.4	16.4	16.4
9	48	Swiss chard leaf boiled	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	51	Spinach raw	0.2	0.0	0.0	0.0	0.1	113.3	113.3	113.3	113.3
9	52	Spinach boiled	1.6	0.0	0.0	0.0	1.2	145.1	144.8	15.1	212.7
9	54	Cabbage oxheart boiled	2.5	0.0	0.0	42.1	1.8	102.6	91.2	84.2	126.2
9	55	Brussel sprouts boiled	5.4	0.0	0.0	50.3	4.3	142.6	135.2	48.6	214.2
9	57	Sweetcorn boiled	0.1	0.0	0.0	0.0	0.5	19.3	17.6	17.6	22.7
9	58	Bean sprouts raw	0.0	0.0	0.0	0.0	0.3	20.0	20.0	20.0	20.0
9	59	Bean sprouts boiled	0.1	0.0	0.0	0.5	2.6	10.9	1.7	0.2	44.7
9	60	Tomatoes normal raw	4.2	0.0	0.0	33.0	11.4	43.8	33.2	4.8	65.4
9	61	Tomatoes normal boiled	1.2	0.0	0.0	0.2	2.4	39.0	12.4	0.9	94.4
9	63	Onions raw	1.3	0.0	0.0	5.1	5.9	26.4	16.6	2.6	48.0
9	64	Onions boiled	4.5	0.0	0.0	26.4	19.3	30.9	21.4	1.4	91.9
9	65	Lettuce lambs raw	0.2	0.0	0.0	0.0	1.3	19.7	21.7	7.4	34.2
9	67	Chicory raw	0.9	0.0	0.0	0.0	1.3	74.7	37.4	25.0	164.8
9	68	Chicory boiled	8.8	0.0	0.0	82.6	4.7	157.3	161.7	62.3	199.9
9	69	Cabbage white raw	0.1	0.0	0.0	0.0	1.0	12.7	6.4	1.9	26.8
9	70	Cabbage white cooked	0.3	0.0	0.0	1.5	2.6	8.8	3.5	0.8	18.0
9	71	Carrots raw average	0.0	0.0	0.0	0.0	0.8	9.8	5.4	1.9	14.3
9	72	Carrots boiled average	1.0	0.0	0.0	2.5	3.8	27.8	5.1	1.4	111.5
9	73	Cabbage sauerkraut raw	0.0	0.0	0.0	0.0	0.0
9	74	Cabbage sauerkraut cooked	3.2	0.0	0.0	0.0	1.9	150.0	158.3	41.8	189.9
9	75	Vegetable mix for soup raw	2.7	0.0	0.0	19.8	2.3	100.3	73.1	31.9	155.7
9	124	Radish red/white raw	0.5	0.0	0.0	0.0	1.6	29.5	28.8	13.5	38.1
9	126	Cress garden raw	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
9	127	Vegetables mixture raw	0.1	0.0	0.0	0.0	0.1	100.7	12.7	12.7	186.1
9	129	Endive tinned	0.0	0.0	0.0	0.0	0.0
9	130	Asparagus tinned	1.3	0.0	0.0	0.0	0.6	100.8	100.8	100.8	100.8
9	132	Gherkins sweet pickled	0.9	0.0	0.0	6.8	4.4	18.7	11.8	2.5	47.4
9	133	Mushrooms tinned	0.0	0.0	0.0	0.0	0.0
9	134	Peas garden medium fine tinned	0.0	0.0	0.0	0.0	0.0
9	135	Pea garden super fine tinned	1.4	0.0	0.0	0.0	1.6	65.3	52.8	0.9	147.0
9	136	Peas and carrots tinned	1.4	0.0	0.0	0.0	1.2	115.1	109.0	27.3	191.3
9	138	Beans runner tinned	0.0	0.0	0.0	0.0	0.0
9	139	Beans French tinned	0.1	0.0	0.0	0.0	0.2	201.0	185.0	185.0	216.2
9	140	Spinach tinned	0.2	0.0	0.0	0.0	0.2	195.0	195.0	195.0	195.0
9	141	Tomato puree concentrated tinned	0.3	0.0	0.0	0.0	0.9	30.2	12.6	2.3	62.6

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9	142	Beans broad tinned	0.7	0.0	0.0	0.0	0.2	152.7	130.0	130.0	189.2
9	143	Carrots tinned	0.2	0.0	0.0	0.0	0.2	124.6	120.0	120.0	128.9
9	144	Silver-skin onions sweet pickled glass	0.2	0.0	0.0	0.4	2.2	7.1	3.7	0.6	21.0
9	145	Cabbage red glass	0.0	0.0	0.0	0.0	0.1	170.0	170.0	170.0	170.0
9	146	Spinach frozen boiled	0.6	0.0	0.0	0.0	0.2	193.9	144.0	104.9	216.9
9	538	Rhubarb puree w sugar	0.5	0.0	0.0	0.0	0.5	81.6	44.3	12.0	158.9
9	557	Celery raw	0.0	0.0	0.0	0.0	0.1	12.6	12.6	12.6	12.6
9	558	Celeriac raw	0.0	0.0	0.0	0.0	0.2	1.4	1.4	1.4	1.4
9	560	Kohlrabi raw	0.0	0.0	0.0	0.0	0.1	45.0	45.0	45.0	45.0
9	561	Purslane raw	0.0	0.0	0.0	0.0	0.0
9	562	Leek raw	0.1	0.0	0.0	0.0	0.5	21.1	14.4	7.6	30.6
9	563	Swiss chard leaf raw	0.0	0.0	0.0	0.0	0.4	9.6	9.6	9.6	9.6
9	650	Cabbage red w apple pieces frozen boiled	1.4	0.0	0.0	0.0	1.3	192.2	151.0	84.2	243.9
9	651	Spinach creamed frozen boiled	1.9	0.0	0.0	0.0	0.5	201.6	159.2	150.0	234.6
9	849	Fennel raw	0.0	0.0	0.0	0.0	0.0
9	850	Vegetables mixed pickled Atjar tjampoer	0.0	0.0	0.0	0.0	0.0
9	851	Sweet pepper sweet/sour pickled	0.4	0.0	0.0	0.0	0.2	60.0	60.0	60.0	60.0
9	884	Sweet pepper red raw	0.2	0.0	0.0	0.0	1.1	27.2	28.0	7.0	33.8
9	885	Sweet pepper red boiled	0.7	0.0	0.0	0.0	3.5	22.0	17.4	3.3	37.6
9	920	Broccoli boiled	5.1	0.0	0.0	39.0	4.7	119.5	105.2	7.3	216.8
9	922	Courgettes raw	0.0	0.0	0.0	0.0	0.0
9	951	Beans French boiled	7.2	0.0	0.0	51.9	9.8	116.7	97.6	1.0	231.1
9	952	Kale curly frozen boiled	0.0	0.0	0.0	0.0	0.0
9	953	Peas frozen boiled	0.3	0.0	0.0	0.0	0.6	41.6	20.0	20.0	107.2
9	954	Beans French frozen boiled	1.0	0.0	0.0	0.0	1.1	106.0	69.2	33.4	110.1
9	957	Asparagus boiled	3.2	0.0	0.0	0.0	1.4	257.3	217.3	16.0	348.7
9	958	Beetroot boiled	1.9	0.0	0.0	0.0	3.7	131.5	97.8	11.1	287.7
9	961	Beans runner boiled	3.4	0.0	0.0	0.0	2.1	136.2	127.3	52.0	215.3
9	962	Beans broad boiled	0.0	0.0	0.0	0.0	0.0
9	963	Peas fresh boiled	0.0	0.0	0.0	0.0	0.1	18.9	18.9	18.9	18.9
9	964	Mange-tout boiled	0.3	0.0	0.0	0.0	0.8	41.6	40.3	26.0	51.7
9	966	Courgettes boiled	1.7	0.0	0.0	0.0	2.2	54.2	23.9	3.1	137.2
9	967	Fennel boiled	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	1087	Dandelion leaves raw	0.0	0.0	0.0	0.0	0.1	25.0	25.0	25.0	25.0
9	1136	Endive frozen unprepared	0.3	0.0	0.0	0.0	0.2	243.0	243.0	243.0	243.0
9	1139	Peas and carrots frozen unprepared	0.0	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
9	1141	Vegetable mixed Mexico frozen unprepared	0.8	0.0	0.0	0.0	0.2	190.0	190.0	190.0	190.0
9	1143	Beans runner frozen unprepared	0.6	0.0	0.0	0.0	0.7	122.5	109.4	98.0	127.0
9	1144	Vegetables mixture for soup frozen	0.0	0.0	0.0	0.0	0.2	24.1	20.0	20.0	30.2
9	1147	Brussel sprouts frozen boiled	0.1	0.0	0.0	0.0	0.1	88.0	88.0	88.0	88.0
9	1148	Beans broad frozen unprepared	0.0	0.0	0.0	0.0	0.0
9	1161	Cucumber sliced pickled	0.1	0.0	0.0	0.0	0.9	35.4	8.7	8.7	108.5
9	1187	Bamboo shoots tinned	0.1	0.0	0.0	0.0	0.4	20.1	9.9	0.9	23.5
9	1399	Lettuce iceberg raw	4.3	0.0	0.0	27.7	7.8	52.7	45.6	14.8	100.1
9	1454	Beetroot pickled glass	0.2	0.0	0.0	0.0	0.3	114.6	100.0	100.0	158.0
9	1484	Onions deep-fried sachet	0.0	0.0	0.0	0.0	0.3	4.3	3.8	3.8	4.9
9	1904	Vegetables average boiled	2.1	0.0	0.0	4.1	3.3	83.1	62.4	7.4	160.8

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9	1905	Vegetables average raw	0.0	0.0	0.0	0.0	0.0
9	2113	Pumpkin boiled	0.2	0.0	0.0	0.0	0.3	181.8	136.7	108.0	211.7
9	2293	Tomatoes tinned	0.0	0.0	0.0	0.0	0.0
9	2330	Mange-tout and carrots boiled	0.2	0.0	0.0	0.0	0.1	162.0	162.0	162.0	162.0
9	2331	Bami vegetables mixed boiled	0.7	0.0	0.0	0.0	0.7	60.7	33.9	16.5	113.5
9	2346	Lettuce green average raw	1.1	0.0	0.0	0.0	1.9	38.0	31.7	20.0	57.9
9	2377	Tomatoes dried in oil tin/glass	0.2	0.0	0.0	0.0	0.8	10.3	5.0	5.0	19.2
9	2378	Tomato sun-dried	0.0	0.0	0.0	0.0	0.0
9	2402	Capers	0.0	0.0	0.0	0.0	0.7	0.2	0.2	0.2	0.2
9	2498	Tomatoes sieved	0.7	0.0	0.0	0.0	1.6	35.9	35.9	11.7	49.7
9	2524	Chili pepper raw	0.0	0.0	0.0	0.0	0.1	5.3	5.3	5.3	5.3
9	2708	Lettuce red raw	0.0	0.0	0.0	0.0	0.4	17.5	9.6	9.6	47.4
9	2710	Cabbage red w apple pieces glass	0.0	0.0	0.0	0.0	0.1	174.0	174.0	174.0	174.0
9	2726	Carrot bunched raw	0.1	0.0	0.0	0.0	0.5	15.7	13.3	12.5	17.5
9	2727	Carrot bunched boiled	12.3	0.0	0.0	89.9	4.9	177.0	178.6	101.4	225.3
9	2728	Carrot winter raw	0.1	0.0	0.0	0.0	0.5	49.7	27.8	7.9	84.1
9	2729	Carrot winter boiled	2.8	0.0	0.0	0.0	1.9	130.8	121.5	34.0	222.5
9	2730	Tomato vine raw	4.7	0.0	0.0	31.8	6.8	69.3	58.3	33.4	125.7
9	2731	Tomato cherry raw	2.6	0.0	0.0	22.2	5.4	34.2	26.5	10.0	72.1
9	2732	Tomato beef raw	0.2	0.0	0.0	0.0	0.3	127.4	95.1	66.5	137.8
9	2733	Tomato beef boiled	0.0	0.0	0.0	0.0	0.0
9	2734	Tomato average raw	0.0	0.0	0.0	0.0	0.1	42.7	22.2	22.2	71.7
9	2735	Tomato average boiled	0.2	0.0	0.0	0.0	0.7	36.3	26.5	2.2	78.8
9	2736	Rocket raw	0.6	0.0	0.0	0.0	1.7	19.8	12.2	5.0	44.2
9	2737	Onion Welsh raw	0.1	0.0	0.0	0.0	1.0	16.7	11.8	7.2	23.8
9	2738	Onion Welsh boiled	0.0	0.0	0.0	0.0	0.0
9	2739	Cucumber w skin raw	1.7	0.0	0.0	12.8	3.5	41.7	36.5	9.0	90.6
9	2740	Sweet pepper yellow raw	0.0	0.0	0.0	0.0	0.6	9.0	9.0	9.0	9.0
9	2741	Sweet pepper yellow boiled	0.1	0.0	0.0	0.0	0.4	21.4	19.4	6.5	32.4
9	2742	Sweet pepper average raw	0.1	0.0	0.0	0.0	1.4	8.3	4.0	4.0	16.9
9	2743	Sweet pepper average boiled	0.6	0.0	0.0	2.5	4.0	13.2	5.0	0.7	43.8
9	2840	Cabbage red w apple pieces	1.0	0.0	0.0	0.0	0.6	212.2	191.5	174.0	244.4
9	2900	Sweetcorn tinned	0.4	0.0	0.0	0.0	0.8	59.7	51.1	45.0	69.2
10	455	Peanut butter	0.9	0.0	0.0	9.0	5.7	19.0	17.7	5.0	31.6
10	541	Peanut butter with nut pieces	0.2	0.0	0.0	0.0	0.9	14.7	11.6	10.0	19.6
10	574	Sandwich spread cucumber	0.0	0.0	0.0	0.0	0.0
10	575	Sandwich spread original	0.4	0.0	0.0	0.0	1.3	18.2	13.3	7.5	27.9
10	1461	Sesame paste tahin	0.0	0.0	0.0	0.0	0.1	12.2	12.2	12.2	12.2
10	2367	Peanut butter light	0.1	0.0	0.0	0.0	0.5	12.5	11.1	10.0	13.1
11	304	Cheese Swiss dried	0.0	0.0	0.0	0.0	0.4	3.7	2.9	2.0	3.9
11	511	Cheese Edam 40+	1.5	0.0	0.0	9.7	4.9	26.4	19.3	4.9	52.1
11	512	Cheese processed rindless 40+	0.0	0.0	0.0	0.0	0.2	29.0	29.0	29.0	29.0
11	513	Cheese Gouda 48+ average	4.7	0.0	0.0	21.9	15.4	28.2	23.5	10.1	50.2
11	514	Cheese 20+ Leidse w cumin/Fries clove	0.1	0.0	0.0	0.0	0.2	28.5	27.2	26.0	28.8
11	515	Cheese spread 48+	0.1	0.0	0.0	0.0	0.9	11.8	8.6	2.0	18.9
11	517	Cheese spread 20+	0.7	0.0	0.0	6.5	3.2	18.1	13.8	6.8	29.1
11	556	Cheese Camembert 45+	0.2	0.0	0.0	0.0	0.3	94.9	52.4	30.0	196.8
11	593	Cheese Brie 50+	0.1	0.0	0.0	0.0	0.8	22.0	22.0	22.0	22.0
11	654	Cheese cottage	0.1	0.0	0.0	0.0	0.5	34.4	23.6	20.0	45.4

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

NEVO group	NEVO code	Description	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
11	714	Cheese Roquefort	0.0	0.0	0.0	0.0	0.2	21.0	21.0	21.0	21.0
11	715	Cheese cream 60+	0.2	0.0	0.0	0.0	0.6	26.7	26.7	26.7	26.7
11	716	Cheese Saint Paulin/Port Salut	0.1	0.0	0.0	0.0	0.3	35.0	35.0	35.0	35.0
11	718	Cheese Parmesan	0.3	0.0	0.0	0.0	1.2	13.9	7.9	2.1	28.5
11	719	Cheese cream soft Mon Chou	0.3	0.0	0.0	0.0	2.1	11.2	10.2	6.0	17.4
11	722	Cheese Gruyere	0.0	0.0	0.0	0.0	0.0
11	724	Cheese Emmenthaler	0.0	0.0	0.0	0.0	0.4	5.1	4.6	4.5	5.5
11	725	Cheese Cheddar	0.1	0.0	0.0	0.0	0.3	23.5	22.0	22.0	24.7
11	726	Cheese Bluefort	0.3	0.0	0.0	0.0	0.7	24.6	7.2	0.8	63.0
11	728	Cheese cream soft Boursin	0.1	0.0	0.0	0.0	0.8	14.8	13.8	13.3	16.3
11	804	Cheese sheep fresh	0.6	0.0	0.0	0.0	1.2	55.9	38.0	2.7	97.0
11	881	Cheese 48+ low salt	0.5	0.0	0.0	0.0	2.8	18.1	13.9	12.0	24.5
11	883	Cheese Amsterdam 48+	0.1	0.0	0.0	0.0	0.6	25.2	23.3	22.0	28.1
11	1104	Cheese smoked	0.0	0.0	0.0	0.0	0.0
11	1108	Cheese Rambol	0.1	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
11	1112	Cheese raw milk 48+	0.5	0.0	0.0	0.0	0.9	33.5	35.5	2.9	43.9
11	1113	Cheese sodium reduced 48+	0.0	0.0	0.0	0.0	0.0
11	1302	Cheese cream soft Paturain	0.0	0.0	0.0	0.0	0.0	10.0	10.0	10.0	10.0
11	1382	Cheese 30+	7.2	0.0	0.0	42.0	17.8	32.8	23.0	11.2	85.6
11	1487	Cheese Brie 60+	0.1	0.0	0.0	0.0	1.6	11.3	5.5	5.5	19.3
11	1489	Cheese fresh light 8% fat	0.0	0.0	0.0	0.0	0.0
11	1650	Cheese goat fresh	0.2	0.0	0.0	0.0	0.9	18.3	20.4	11.0	21.8
11	1723	Cheese 20+	0.2	0.0	0.0	0.0	1.4	21.2	18.2	6.5	34.8
11	1724	Cheese 50+	0.0	0.0	0.0	0.0	0.0
11	1725	Cheese Leerdammer/Maasdammer 45+	0.3	0.0	0.0	0.0	0.6	33.3	22.0	22.0	54.0
11	1726	Cheese 40+ Leiden w cumin/Fries clove	0.2	0.0	0.0	0.0	1.7	18.0	13.0	13.0	31.2
11	1809	Cheese 45+	0.0	0.0	0.0	0.0	0.3	45.0	34.5	25.3	48.5
11	1939	Cheese Gorgonzola	0.0	0.0	0.0	0.0	0.0
11	1955	Cheese Mozzarella	0.7	0.0	0.0	0.0	1.7	31.9	12.0	2.4	95.0
11	2518	Cheese goat hard	0.3	0.0	0.0	0.0	2.2	18.0	12.9	6.5	29.9
11	2678	Dairy spread plain/herbs	0.1	0.0	0.0	0.0	0.7	18.0	13.7	10.0	19.4
11	2679	Dairy spread plain/herbs light	0.2	0.0	0.0	0.0	1.1	12.1	10.0	10.0	18.2
11	2756	Cheese Gouda 48+ age 4-8 weeks	1.4	0.0	0.0	11.5	5.9	24.1	22.4	13.0	48.8
11	2757	Cheese Gouda 48+ age 8 wk-4 mths	4.2	0.0	0.0	23.5	13.3	31.8	23.5	11.5	67.7
11	2758	Cheese Gouda 48+ age 4-7 mths	2.8	0.0	0.0	14.9	10.2	27.9	23.5	1.7	57.0
11	2759	Cheese Gouda 48+ age 10-12 mths	0.6	0.0	0.0	6.6	2.7	18.9	13.9	12.0	29.5
11	2824	Cheese 30+ low salt	0.5	0.0	0.0	0.2	1.6	22.6	22.4	12.0	35.7
12	429	Stock cubes	0.0	0.0	0.0	0.0	0.9	1.1	0.4	0.4	3.5
12	824	Mustard	0.1	0.0	0.0	0.0	1.6	3.7	3.8	0.8	6.1
12	830	Garlic fresh	0.0	0.0	0.0	0.0	2.1	1.5	1.1	0.1	4.5
12	832	Ginger root fresh	0.0	0.0	0.0	0.0	0.2	5.0	5.0	5.0	5.0
12	842	Stock powder	0.0	0.0	0.0	0.0	1.1	2.4	2.1	0.2	3.8
12	858	Gravy powder	0.0	0.0	0.0	0.0	0.3	11.2	11.2	11.2	11.2
12	1232	Pepper red hot paste	0.0	0.0	0.0	0.0	0.5	2.4	2.0	2.0	3.4
12	1883	Stock powder low sodium	0.2	0.0	0.0	0.0	0.3	108.6	108.6	108.6	108.6
12	1891	Horse-radish raw	0.0	0.0	0.0	0.0	0.2	0.5	0.5	0.5	0.5
12	2473	Herb paste boemboe	0.0	0.0	0.0	0.0	0.0
12	2606	Mix for marinade powder unprepared	0.0	0.0	0.0	0.0	0.0

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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12	2613	Mix seasoning Mexican unprepared	0.0	0.0	0.0	0.0	0.0
12	2668	Mix Maggi oven/dagschotel unprepared	0.0	0.0	0.0	0.0	0.0	12.9	12.9	12.9	12.9
12	2669	Mix Maggi oven-/dagschotel prepared	0.0	0.0	0.0	0.0	0.0
12	2670	Mix Hollands Pannetje Maggi unprepared	0.0	0.0	0.0	0.0	0.0
12	2671	Mix rice/Chines noodles unprepared	0.0	0.0	0.0	0.0	0.5	4.8	3.4	3.4	6.7
12	2681	Mixed spices Wereldgerechten unprep	0.0	0.0	0.0	0.0	0.3	7.3	7.1	7.0	7.4
13	270	Milk raw	0.0	0.0	0.0	0.0	0.0
13	271	Coffee creamer with pufa Becel	2.1	0.0	0.0	18.3	10.2	17.9	15.6	7.1	26.9
13	272	Milk chocolate-flavoured full fat	1.0	0.0	0.0	0.0	0.8	221.5	211.9	200.0	269.4
13	273	Milk chocolate-flavoured low fat	0.0	0.0	0.0	0.0	0.0
13	274	Coffee creamer powder	0.2	0.0	0.0	0.0	2.7	6.4	3.9	2.0	11.7
13	275	Coffee creamer semi-sk w veg oil Nutroma	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
13	276	Custard chocolate full fat	2.2	0.0	0.0	0.0	0.8	161.2	108.9	91.7	260.8
13	278	Yoghurt full fat	7.4	0.0	0.0	68.0	5.9	138.7	136.1	51.8	232.3
13	279	Milk whole	7.6	0.0	0.0	83.1	4.6	176.6	183.5	26.8	309.5
13	280	Coffee creamer full fat	2.3	0.0	0.0	18.7	11.2	30.0	18.0	4.5	76.2
13	281	Milk full fat condensed w sugar tinned	0.0	0.0	0.0	0.0	0.0
13	282	Custard vanilla full fat	7.4	0.0	0.0	71.0	5.9	164.6	165.7	50.5	268.9
13	284	Yoghurt low fat with fruit	3.0	0.0	0.0	0.0	1.9	127.5	119.6	64.8	193.4
13	285	Coffee creamer half fat	7.9	0.0	0.0	37.3	33.7	20.9	16.0	4.8	46.2
13	286	Milk semi-skimmed	91.1	6.9	0.0	340.0	39.9	206.9	196.6	9.4	431.8
13	288	Porridge oatmeal	0.0	0.0	0.0	0.0	0.1	110.2	110.2	110.2	110.2
13	289	Buttermilk	36.9	0.0	0.0	240.2	16.3	209.8	186.3	66.1	371.6
13	290	Porridge buttermilk w wheat flour	0.0	0.0	0.0	0.0	0.0
13	293	Coffee creamer 20% fat	0.3	0.0	0.0	0.0	1.9	18.2	13.2	8.2	34.0
13	294	Milk skimmed	2.9	0.0	0.0	0.0	1.7	232.6	177.3	23.0	429.0
13	295	Milk skimmed dried	0.0	0.0	0.0	0.0	0.0
13	296	Milk whole dried	0.0	0.0	0.0	0.0	0.0
13	298	Porridge rice	1.8	0.0	0.0	0.0	1.1	205.6	183.7	138.8	295.8
13	299	Cream whipping	0.2	0.0	0.0	0.0	1.0	13.9	10.8	6.3	22.6
13	301	Yoghurt low fat	23.0	0.0	0.0	154.6	10.6	186.9	165.8	64.8	282.0
13	303	Ice cream dairy cream based	2.1	0.0	0.0	0.0	2.4	82.0	86.1	49.1	117.1
13	305	Fromage frais low fat	5.3	0.0	0.0	32.3	3.7	116.5	131.2	6.9	204.6
13	306	Fromage frais half fat	0.5	0.0	0.0	0.0	0.5	247.0	100.0	100.0	430.9
13	307	Fromage frais full fat	0.4	0.0	0.0	0.0	0.4	247.7	236.3	225.0	248.6
13	477	Custard vanilla low fat	0.9	0.0	0.0	0.0	0.3	128.8	128.8	128.8	128.8
13	478	Custard chocolate low fat	0.0	0.0	0.0	0.0	0.0
13	479	Buttermilk with fruit	0.0	0.0	0.0	0.0	0.0
13	485	Ice cream dairy cornet	0.6	0.0	0.0	0.0	1.4	71.6	70.2	65.0	74.5
13	532	Blancmange chocolate	0.9	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
13	555	Topping dessert w sugar whipped KlopKlop	0.0	0.0	0.0	0.0	0.0
13	657	Yoghurt drink	0.8	0.0	0.0	0.0	0.2	171.0	171.0	171.0	171.0
13	736	Pudding vanilla	0.3	0.0	0.0	0.0	0.5	37.4	32.9	31.3	40.8
13	767	Mousse chocolate	1.7	0.0	0.0	0.0	1.2	98.4	104.6	22.8	123.0
13	786	Pudding chipolata	0.8	0.0	0.0	0.0	0.2	146.5	146.5	146.5	146.5

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13	812	Cream sour	0.0	0.0	0.0	0.0	0.5	12.1	6.4	3.1	15.6
13	863	Yoghurt full fat with fruit	1.3	0.0	0.0	0.0	0.9	157.7	137.5	41.7	272.9
13	912	Pudding raspberries w currant sauce	0.0	0.0	0.0	0.0	0.0
13	915	Chocolate pudding with sauce	1.2	0.0	0.0	0.0	0.4	140.8	106.5	49.4	196.2
13	916	Yoghurt Bulgarian low fat	0.5	0.0	0.0	0.0	0.3	85.3	51.8	51.8	116.4
13	917	Fromage frais half fat w fruit	5.0	0.0	0.0	60.4	4.1	125.1	122.1	31.3	247.0
13	931	Fromage frais low fat with fruit	1.4	0.0	0.0	0.0	0.7	161.9	171.6	100.0	198.1
13	933	Blancmange caramel	0.2	0.0	0.0	0.0	0.1	144.2	144.2	144.2	144.2
13	938	Pudding semolina with red currant sauce	1.0	0.0	0.0	0.0	1.9	126.6	116.0	116.0	161.6
13	940	Blancmange vanilla w strawberry sauce	0.2	0.0	0.0	0.0	0.2	206.0	206.0	206.0	206.0
13	1002	Ice cream dairy Delight Line wo ad sugar	1.0	0.0	0.0	0.0	1.0	120.0	120.0	120.0	120.0
13	1008	Dairy dessert with cream averaged	0.0	0.0	0.0	0.0	0.0
13	1464	Milk chocolate-flavoured semi-skimmed	2.6	0.0	0.0	0.0	1.5	183.3	172.0	138.7	221.2
13	1474	Ice lolly/ Sorbet	0.4	0.0	0.0	0.0	0.4	46.9	39.8	32.0	52.7
13	1502	Yoghurt half fat	8.1	0.0	0.0	72.6	4.7	159.2	144.8	71.6	234.6
13	1503	Cream 25% fat	0.1	0.0	0.0	0.0	0.7	17.9	7.9	7.0	30.8
13	1719	Milk semi-skimmed enriched w calcium	5.6	0.0	0.0	0.0	1.4	194.0	187.4	181.3	195.8
13	1720	Custard several flavours full fat	2.7	0.0	0.0	0.0	3.3	136.7	112.8	49.4	223.9
13	1721	Yoghurt vanilla half fat	3.8	0.0	0.0	30.2	4.0	134.6	129.7	54.8	253.5
13	1722	Porridge semolina	0.1	0.0	0.0	0.0	0.1	235.1	216.3	216.3	253.0
13	1791	Cream whipped w sugar canned	0.5	0.0	0.0	2.4	2.2	13.9	11.0	3.0	33.6
13	1808	Creme fraiche	0.3	0.0	0.0	0.0	0.9	17.7	9.1	9.0	40.3
13	1813	Yakult	1.1	0.0	0.0	0.0	1.4	65.0	65.0	65.0	65.0
13	1832	Yoghurt drink Vifit fruit	0.2	0.0	0.0	0.0	0.4	137.6	117.7	100.9	171.6
13	1833	Yoghurt l fat w fruit/van w sw Optimel	2.1	0.0	0.0	0.0	1.6	139.4	99.8	25.9	201.6
13	1834	Yoghurt drink w sweeteners Optimel	6.6	0.0	0.0	0.0	3.2	215.3	202.6	144.2	301.8
13	1916	Cream whipped with added sugar	0.6	0.0	0.0	2.3	3.7	14.2	8.1	3.0	34.8
13	1954	Coffee creamer Balance	0.3	0.0	0.0	0.0	1.0	17.5	8.0	8.0	31.9
13	1957	Custard with whipped cream	0.2	0.0	0.0	0.0	0.3	108.6	61.8	61.8	207.4
13	1958	Porridge buttermilk groats	0.3	0.0	0.0	0.0	0.3	277.5	277.5	277.5	277.5
13	1970	Milk chocolate-flavoured Chocomel light	0.6	0.0	0.0	0.0	0.5	201.0	161.7	161.7	234.7
13	2240	Milk goats- full fat	0.0	0.0	0.0	0.0	0.0
13	2244	Yoghurt cream- with fruit	2.2	0.0	0.0	0.0	2.1	122.8	101.9	81.0	196.5
13	2246	Fromage frais low fat w fruit w sw	2.3	0.0	0.0	0.0	1.9	144.4	101.9	72.0	241.5
13	2247	Fromage frais yoghurt w fruit	1.0	0.0	0.0	0.0	1.2	143.7	147.1	77.8	181.7
13	2248	Fromage frais w fruit Danoontje	0.0	0.0	0.0	0.0	0.0
13	2250	Ice lolly Festini	0.0	0.0	0.0	0.0	0.0
13	2251	Ice cream dairy w chocolate coating	0.8	0.0	0.0	0.0	1.0	73.3	51.2	50.0	111.9
13	2252	Ice cream dairy w fruitcoating	0.0	0.0	0.0	0.0	0.0
13	2253	Yoghurt drink Vifit fruit light	1.5	0.0	0.0	0.0	0.4	183.2	86.6	25.0	240.4
13	2254	Yoghurt drink with sweeteners	0.0	0.0	0.0	0.0	0.0
13	2257	Breakfast drink Goede Morgen original	2.1	0.0	0.0	0.0	0.8	298.8	270.0	270.0	338.0
13	2258	Actimel	0.2	0.0	0.0	0.0	0.4	109.5	100.0	100.0	117.9
13	2265	Yakult light	1.0	0.0	0.0	0.0	0.8	65.0	65.0	65.0	65.0

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13	2267	Custard no fat w sweeteners Optimel	1.3	0.0	0.0	0.0	0.5	144.0	109.2	49.4	219.8
13	2268	Creme fraiche half fat	0.0	0.0	0.0	0.0	0.1	62.5	62.5	62.5	62.5
13	2275	Cream cooking	0.0	0.0	0.0	0.0	0.0
13	2276	Cream cooking light	0.0	0.0	0.0	0.0	0.0
13	2278	Yoghurt full fat w cereal/muesli Activia	6.5	0.0	0.0	34.1	4.3	125.0	125.0	125.0	125.0
13	2279	Cream type prod Blue Band Finesse	0.0	0.0	0.0	0.0	0.0
13	2308	Yoghurt drink Becel pro-activ	0.0	0.0	0.0	0.0	0.0
13	2371	Tiramisu	0.0	0.0	0.0	0.0	0.0
13	2416	Ice cream stracciatella-	0.4	0.0	0.0	0.0	0.7	46.5	32.0	32.0	76.1
13	2495	Drinking chocolate w s-sk milk	1.4	0.0	0.0	0.0	1.0	206.8	175.8	168.9	290.1
13	2496	Dairy drink Campina fruitmilk	0.4	0.0	0.0	0.0	0.3	271.7	252.4	252.4	330.1
13	2500	Drinking chocolate w s-sk milk +Nesquik	0.5	0.0	0.0	0.0	0.3	247.5	217.3	217.3	363.1
13	2501	Yoghurt half fat w fruit	2.7	0.0	0.0	0.0	2.3	154.1	153.0	100.0	259.8
13	2503	Yoghurt Greek full fat	0.2	0.0	0.0	0.0	0.3	94.4	48.2	48.2	174.4
13	2504	Fromage frais full fat w fruit	0.5	0.0	0.0	0.0	0.6	81.1	50.6	48.0	160.9
13	2519	Custard half fat all flavours	3.3	0.0	0.0	0.0	1.9	158.8	148.5	120.5	196.3
13	2520	Pudding airy average	3.0	0.0	0.0	0.8	1.7	96.7	82.0	23.9	167.8
13	2521	Porridge milk w flour Lammetjespap	0.0	0.0	0.0	0.0	0.0
13	2523	Custard vanilla full fat w choc balls	0.0	0.0	0.0	0.0	0.0
13	2536	Yoghurt & custard Campina	0.5	0.0	0.0	0.0	0.5	185.3	137.8	137.8	244.5
13	2537	Dessert made of custard, yoghurt & syrup	0.2	0.0	0.0	0.0	0.4	154.5	154.5	154.5	154.5
13	2538	Blancmange home-made w semi-sk milk	0.0	0.0	0.0	0.0	0.0
13	2539	Custard soft & airy Campina	0.8	0.0	0.0	0.0	0.3	135.0	135.0	135.0	135.0
13	2655	Yoghurt 0% fat w fruit Activia	0.3	0.0	0.0	0.0	0.7	120.9	96.5	60.0	132.2
13	2689	Actimel light	1.1	0.0	0.0	0.0	1.1	100.0	100.0	100.0	100.0
13	2690	Coffee creamer low fat powder	0.0	0.0	0.0	0.0	0.0
13	2725	Milkdrink skimmed milk Becel pro-activ	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
13	2760	Hot chocolate from vending machine	0.9	0.0	0.0	0.0	0.3	310.8	276.9	262.7	351.4
13	2823	Yoghurt full fat stracciatella	1.1	0.0	0.0	0.0	0.6	176.7	157.6	133.0	213.1
13	2835	Coffee iced	0.0	0.0	0.0	0.0	0.0
13	2853	Yoghurt with fruit Mona Boordevol	0.0	0.0	0.0	0.0	0.0
13	2917	Dairy drink Milk&Fruit mango	0.0	0.0	0.0	0.0	0.0
13	2921	Yoghurt drink Fristi	0.2	0.0	0.0	0.0	0.1	193.6	193.6	193.6	193.6
13	2936	Breakfast drink Activia Start	0.1	0.0	0.0	0.0	0.1	125.0	125.0	125.0	125.0
13	2941	Breakfast drink Goede Morgen fruit	0.0	0.0	0.0	0.0	0.0
13	3004	Milk chocolate-flavoured w sw Optimel	0.6	0.0	0.0	0.0	0.3	236.9	236.9	236.9	236.9
13	3047	Yoghurt Turkish 10% fat	0.0	0.0	0.0	0.0	0.0
13	3050	Porridge oatmeal w semi-skimmed milk	0.7	0.0	0.0	0.0	0.8	184.7	159.7	159.7	237.1
13	3065	Cream whipped low fat w sweetener canned	0.1	0.0	0.0	0.0	0.8	12.7	12.0	12.0	14.5
13	3066	Cream whipped low fat canned	0.0	0.0	0.0	0.0	0.3	10.3	9.0	9.0	11.7
13	3074	Yoghurt full fat w fruit Activia	1.2	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
14	687	Tahoe soya curd	0.1	0.0	0.0	0.0	0.4	57.8	39.0	39.0	129.1
14	688	Tempeh fermented soya beans	0.0	0.0	0.0	0.0	0.3	37.7	37.7	37.7	37.7

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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14	870	Milk soya natural	0.3	0.0	0.0	0.0	0.3	212.0	212.0	212.0	212.0
14	871	Miso soya paste	0.0	0.0	0.0	0.0	0.0	31.6	31.6	31.6	31.6
14	1213	Soya sauce salt	0.0	0.0	0.0	0.0	0.1	2.6	2.6	2.6	2.6
14	1215	Soya sauce sweet	0.1	0.0	0.0	0.3	2.7	5.3	1.3	0.2	24.4
14	1380	Dessert soya Alpro	1.1	0.0	0.0	0.0	0.6	144.1	133.4	103.0	167.4
14	1381	Milk soya Natural Fresh Alpro	0.5	0.0	0.0	0.0	0.3	132.0	132.0	132.0	132.0
14	1511	Hamburger vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1512	Schnitzel vegetarian unprep	0.0	0.0	0.0	0.0	0.0
14	1602	Milk soya several flavours Alpro	0.8	0.0	0.0	0.0	0.4	250.1	200.2	200.0	290.0
14	1953	Soya based yoghurt Yofu soja Alpro	0.2	0.0	0.0	0.0	0.2	124.2	124.2	124.2	124.2
14	2030	Quorn minced unprepared	0.0	0.0	0.0	0.0	0.0
14	2033	Quorn southern style burger unprepared	0.0	0.0	0.0	0.0	0.0
14	2046	Vegetarian mincemeat balls unprep	0.0	0.0	0.0	0.0	0.0
14	2047	Mincemeat vegetarian unprepared	0.0	0.0	0.0	0.0	0.0
14	2282	Vegetarian schnitzel Valess unprepared	0.0	0.0	0.0	0.0	0.0
14	2286	Vegetable burger vegetarian unpr	0.1	0.0	0.0	0.0	0.2	82.7	71.4	70.5	91.7
14	2542	Pate vegetarian	0.1	0.0	0.0	0.0	0.2	80.0	80.0	80.0	80.0
14	2858	Milk soya natural Fresh light Alpro	0.3	0.0	0.0	0.0	0.6	140.0	36.0	32.0	254.8
14	2888	Soya based yoghurt Yofu soja Alpro natur	0.5	0.0	0.0	0.0	0.8	181.8	120.3	108.0	254.0
14	3040	Vegetarian prod w cheese Valess unprep	0.0	0.0	0.0	0.0	0.1	94.0	94.0	94.0	94.0
15	122	Crisps potato average	0.2	0.0	0.0	0.0	1.2	19.4	19.0	19.0	20.7
15	198	Almonds blanched unsalted	0.0	0.0	0.0	0.0	0.0
15	199	Cashew nuts unsalted	0.5	0.0	0.0	0.0	2.9	23.2	18.4	5.7	29.9
15	200	Hazelnuts unsalted	0.0	0.0	0.0	0.0	0.0
15	201	Chestnuts	0.0	0.0	0.0	0.0	0.0
15	204	Peanuts unsalted	0.2	0.0	0.0	0.0	0.9	21.7	14.1	7.5	36.1
15	205	Mixed nuts and raisins	0.0	0.0	0.0	0.0	0.2	37.1	33.0	30.0	39.3
15	206	Walnuts unsalted	0.8	0.0	0.0	7.2	2.8	23.4	19.5	1.4	31.6
15	207	Nuts mixed unsalted	0.1	0.0	0.0	0.0	0.4	12.4	7.5	7.5	27.9
15	264	Biscuit salted average	0.3	0.0	0.0	0.2	2.2	12.2	6.9	4.0	22.3
15	265	Puff pastry baked	0.2	0.0	0.0	0.0	0.8	17.7	14.5	11.0	25.6
15	266	Snack sausage roll puff pastry	0.0	0.0	0.0	0.0	0.0
15	267	Pretzel sticks	0.0	0.0	0.0	0.0	0.0
15	269	Prawn crackers	0.2	0.0	0.0	0.0	0.6	33.5	26.0	19.0	42.9
15	546	Peanuts coated	0.2	0.0	0.0	0.0	0.5	25.5	22.0	20.0	30.8
15	618	Cocktail snacks Nibbits	0.0	0.0	0.0	0.0	0.9	7.3	5.0	5.0	9.4
15	838	Sesame seeds	0.0	0.0	0.0	0.0	0.9	3.3	1.9	0.7	3.7
15	852	Salad celeriac	0.3	0.0	0.0	0.0	0.8	43.0	25.0	25.0	89.0
15	867	Linseeds	0.2	0.0	0.0	0.0	3.3	7.2	5.6	3.6	14.2
15	872	Sunflower seeds	0.0	0.0	0.0	0.0	0.5	4.4	3.5	3.0	4.9
15	876	Peanuts salted	0.3	0.0	0.0	0.0	1.2	41.4	29.0	15.0	61.7
15	901	Snack sausage roll w bread dough pastry	1.0	0.0	0.0	0.0	0.7	75.0	75.0	75.0	75.0
15	1496	Salad fish	0.9	0.0	0.0	0.0	2.3	36.0	14.9	12.5	85.3
15	1497	Salad ham and leek	0.0	0.0	0.0	0.0	0.0
15	1498	Salad chicken curry	0.1	0.0	0.0	0.0	0.6	34.7	26.2	25.0	53.4
15	1499	Salad egg	0.1	0.0	0.0	0.0	0.6	27.5	15.0	15.0	63.0

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15	1699	Biscuits & snacks cheesy averaged	0.6	0.0	0.0	0.0	1.5	30.2	24.4	10.0	53.4
15	1876	Salad cucumber	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
15	1877	Salad meat	0.0	0.0	0.0	0.0	0.3	29.8	25.0	25.0	40.8
15	1895	Pecan nuts unsalted	0.1	0.0	0.0	0.0	0.6	18.0	18.0	18.0	18.0
15	1896	Pistachio nuts salted	0.0	0.0	0.0	0.0	0.1	28.0	28.0	28.0	28.0
15	1935	Nuts mixed salted	0.1	0.0	0.0	0.0	0.4	34.6	24.5	16.7	47.4
15	1937	Crisps tortilla unflavoured	0.0	0.0	0.0	0.0	0.0
15	1943	Japanese rice cracker mix w peanuts	0.3	0.0	0.0	0.0	1.3	50.9	15.0	15.0	124.6
15	2048	Peanuts dry roasted	0.0	0.0	0.0	0.0	0.0
15	2147	Japanese rice cracker mix wo peanuts	0.1	0.0	0.0	0.0	0.7	19.0	19.0	19.0	19.0
15	2163	Crisps maize Bugles	0.0	0.0	0.0	0.0	0.0
15	2176	Pine nuts	0.1	0.0	0.0	0.0	1.6	5.9	4.9	1.9	12.0
15	2345	Peanuts sugar coated	0.0	0.0	0.0	0.0	0.0
15	2362	Sausage Dutch Frikandel frozen unprep	0.0	0.0	0.0	0.0	0.1	80.0	80.0	80.0	80.0
15	2370	Cocktail snacks based on corn or wheat	0.1	0.0	0.0	0.0	0.7	5.5	3.3	2.5	9.2
15	2387	Popcorn sweet puffed	0.0	0.0	0.0	0.0	0.0
15	2527	Biscuit savoury Sultana	0.0	0.0	0.0	0.0	0.1	14.0	14.0	14.0	14.0
15	2529	Potato crisps oven baked	0.0	0.0	0.0	0.0	0.0
15	2548	Croquette meat ragout frozen unprep	1.4	0.0	0.0	0.0	1.4	77.0	63.0	63.0	100.1
15	2549	Springroll frozen unprepared	0.4	0.0	0.0	0.0	0.5	141.2	122.6	106.3	147.3
15	2550	Wrap shoarma roll prep wo fat	0.0	0.0	0.0	0.0	0.0
15	2551	Croissant w ham and cheese	0.0	0.0	0.0	0.0	0.2	72.0	72.0	72.0	72.0
15	2553	Cheese pasty w puff pastry	0.0	0.0	0.0	0.0	0.1	70.0	70.0	70.0	70.0
15	2653	Rice cakes w spices	0.0	0.0	0.0	0.0	0.0
15	2706	Cassave crackers	0.1	0.0	0.0	0.0	0.3	11.0	11.0	11.0	11.0
15	2806	Pumpkin seeds	0.0	0.0	0.0	0.0	0.4	5.0	5.0	5.0	5.0
15	2830	Croissant with cheese	0.0	0.0	0.0	0.0	0.0
15	2844	Nuts macadamia	0.0	0.0	0.0	0.0	0.3	24.0	24.0	24.0	24.0
15	2886	Cashew nuts salted	0.1	0.0	0.0	0.0	0.5	29.0	15.0	15.0	61.4
15	2887	Almonds unsalted	0.0	0.0	0.0	0.0	0.0
15	2923	Crisps potato unflavoured	0.0	0.0	0.0	0.0	0.0
15	2924	Crisps potato flavoured	0.1	0.0	0.0	0.0	0.7	16.7	10.0	10.0	30.7
15	2929	Crisps potato Lays Sensations flavoured	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
16	196	Peas marrowfat legumes tinned	0.4	0.0	0.0	0.0	0.5	95.7	65.3	45.6	144.8
16	197	Beans baked in tomato sauce tinned	0.0	0.0	0.0	0.0	0.2	27.3	27.3	27.3	27.3
16	660	Beans brown tinned	1.6	0.0	0.0	0.0	0.9	161.8	149.6	49.4	235.2
16	968	Beans white/brown boiled	0.5	0.0	0.0	0.0	0.7	101.2	74.7	39.3	107.6
16	970	Lentils boiled	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
16	972	Peas green boiled	0.0	0.0	0.0	0.0	0.0
16	1095	Peas chick boiled	0.0	0.0	0.0	0.0	0.1	32.2	32.2	32.2	32.2
16	3049	Beans white tinned	0.2	0.0	0.0	0.0	0.2	76.9	74.7	74.0	78.6
17	1065	Preparation glucose powder Dextro-M	0.0	0.0	0.0	0.0	0.0
17	1246	Polymeric drink Nutridrink p 100 ml	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1685	Pd Nutridrink Yoghurt Style p 100 ml	0.2	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0
17	1997	Preparation Respifor p 100 ml	0.0	0.0	0.0	0.0	0.0
17	2195	Drink Resource 2.0 Fibre p 100 ml	0.4	0.0	0.0	0.0	0.1	200.0	200.0	200.0	200.0

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17	2545	Meal replacer mlkshk prep s-sk milk	0.8	0.0	0.0	0.0	0.3	257.5	257.5	257.5	257.5
17	2546	Meal replacer milkshake powder Herbalife	0.0	0.0	0.0	0.0	0.0
17	2964	Pd Ensure Plus p 100 ml Abbott	0.0	0.0	0.0	0.0	0.0
17	2981	Pd Nutridrink Compact p 100 ml Nutricia	0.0	0.0	0.0	0.0	0.0
18	2312	Roti Surinam pancake	0.6	0.0	0.0	0.0	0.2	102.0	102.0	102.0	102.0
18	2347	Tortellini boiled	0.0	0.0	0.0	0.0	0.0
18	2411	Minced meat (50:50 pork beef) w veg raw	0.0	0.0	0.0	0.0	0.0
18	2554	Roll white w cheese	0.0	0.0	0.0	0.0	0.0
19	757	Soup clear with vegetables and noodles	9.0	0.0	0.0	0.0	2.9	395.1	367.4	223.4	489.0
19	758	Soup clear with meat	0.5	0.0	0.0	0.0	0.4	197.6	195.1	194.3	199.5
19	759	Soup clear with vegetables	6.5	0.0	0.0	35.3	2.8	179.3	132.7	106.0	320.7
19	760	Soup clear with meat and noodles	0.7	0.0	0.0	0.0	0.6	174.8	154.0	154.0	257.6
19	761	Soup clear with meat and vegetables	6.6	0.0	0.0	15.7	3.1	267.7	308.5	106.0	322.6
19	762	Soup clear w meat vegetables and noodles	8.6	0.0	0.0	25.2	2.6	267.0	249.8	175.1	332.6
19	763	Soup thickened w vegetables	0.8	0.0	0.0	0.0	0.3	268.3	194.3	194.3	387.6
19	766	Soup main course w legumes and meat	0.0	0.0	0.0	0.0	0.0
19	791	Soup clear with noodles	0.2	0.0	0.0	0.0	0.1	336.0	336.0	336.0	336.0
19	792	Soup thickened w meat and vegetables	1.9	0.0	0.0	0.0	0.2	323.8	323.8	323.8	323.8
19	797	Soup vegetable based dried packet prep	7.3	0.0	0.0	36.8	3.2	237.0	259.6	115.5	310.2
19	798	Soup meat based dried packet prepared	9.2	0.0	0.0	0.0	1.8	351.5	290.8	134.4	490.8
19	800	Soup vegetable based tinned prepared	12.1	0.0	0.0	133.9	3.4	275.4	311.8	115.5	363.8
19	801	Soup meat based ready made prepared	2.2	0.0	0.0	0.0	1.4	190.5	175.4	157.5	203.7
19	802	Soup legume based ready made prepared	0.1	0.0	0.0	0.0	0.0	200.0	200.0	200.0	200.0
19	1528	Stock from cube prepared	4.2	0.0	0.0	0.0	3.9	128.3	140.4	4.0	233.4
19	2487	Soup veg & meat based ready made prep	1.7	0.0	0.0	0.0	1.2	269.9	279.9	154.4	317.8
19	2488	Soup vegetable&meat based prepared pack	10.2	0.0	0.0	97.5	4.9	204.5	182.0	131.0	318.1
19	2561	Soup thickened no filling	0.0	0.0	0.0	0.0	0.0
19	2932	Soup cup-a-soup prepared	7.2	0.0	0.0	87.3	1.9	233.7	220.5	174.3	295.4
20	374	Sugar brown Basterdsuiker	0.1	0.0	0.0	0.0	1.4	9.2	6.0	2.8	18.5
20	375	Sugar white Basterdsuiker	0.0	0.0	0.0	0.0	0.9	7.7	5.0	3.3	15.3
20	377	Sugar granulated	3.1	0.0	0.0	20.0	26.9	11.8	8.3	1.5	32.4
20	378	Syrup Keukenstroop	0.2	0.0	0.0	0.0	2.0	14.0	10.9	1.8	19.6
20	381	Syrup sugar	0.0	0.0	0.0	0.0	0.6	4.8	3.0	3.0	8.8
20	427	Syrup apple	2.0	0.0	0.0	17.1	10.6	24.2	18.1	6.4	39.5
20	431	Chocolate milk	1.1	0.0	0.0	6.7	6.1	16.3	12.9	5.0	31.5
20	432	Chocolate plain	0.8	0.0	0.0	6.0	6.4	13.7	10.5	4.5	29.3
20	433	Chocolate flakes milk	0.0	0.0	0.0	0.0	1.1	8.7	7.5	7.5	9.7
20	435	Chocolate flakes plain	0.0	0.0	0.0	0.0	1.0	4.6	3.9	3.3	4.9
20	436	Spread chocolate hazelnut	0.2	0.0	0.0	0.0	0.9	24.6	19.9	15.0	33.3

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20	442	Coloured confetti fruit-flavoured	0.3	0.0	0.0	0.0	4.2	8.6	6.8	2.9	14.9
20	443	Honey	0.8	0.0	0.0	5.8	7.9	12.9	11.2	3.7	29.8
20	444	Spread chocolade plain	0.0	0.0	0.0	0.0	0.7	13.5	10.0	10.0	26.2
20	445	Jam	6.8	0.0	0.0	32.0	29.6	23.2	18.2	5.2	65.3
20	447	Chewing gum without sugar	0.0	0.0	0.0	0.0	0.3	3.1	3.0	3.0	3.7
20	449	Coconut bread sweetened sliced	0.0	0.0	0.0	0.0	0.0
20	450	Boiled sweets	0.2	0.0	0.0	1.4	4.8	4.3	3.2	1.0	12.6
20	453	Peppermint	0.2	0.0	0.0	1.4	5.7	4.3	2.7	2.0	8.1
20	457	Jam rose hip	0.1	0.0	0.0	0.0	0.5	20.4	15.0	15.0	31.3
20	461	Toffees	0.0	0.0	0.0	0.0	0.3	10.1	6.0	6.0	15.3
20	484	Jam reduced sugar	1.2	0.0	0.0	9.5	6.0	25.9	19.0	10.0	55.5
20	487	Candybar Mars	0.1	0.0	0.0	0.0	0.5	14.4	13.6	8.0	17.7
20	520	Liquorice Dutch type salted	0.1	0.0	0.0	0.0	1.2	11.1	7.6	4.0	21.3
20	521	Liquorice Dutch type double salted	0.0	0.0	0.0	0.0	0.0
20	522	Liquorice Dutch type sweet	0.1	0.0	0.0	0.0	2.0	6.4	4.0	4.0	13.8
20	523	Liquorice Stophoest	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
20	524	M&M's chocolate	0.0	0.0	0.0	0.0	0.0
20	525	Candybar Milky Way	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
20	526	Candybar Bounty	0.1	0.0	0.0	0.0	0.3	28.2	28.0	28.0	28.4
20	528	Candybar Snickers	0.0	0.0	0.0	0.0	0.0
20	539	Sauce fruit for pudding	0.5	0.0	0.0	0.0	1.4	26.3	18.4	9.0	28.8
20	540	Sauce chocolate for pudding	0.0	0.0	0.0	0.0	0.1	11.3	11.3	11.3	11.3
20	570	Candybar Nuts	0.0	0.0	0.0	0.0	0.0
20	621	M&M's chocolate with peanuts	0.0	0.0	0.0	0.0	0.0
20	717	Chocolate bar milk with nuts	0.6	0.0	0.0	0.0	1.5	26.0	13.3	7.0	48.7
20	727	Chocolate liqueurs	0.0	0.0	0.0	0.0	0.3	25.6	19.5	14.0	27.2
20	751	Liquorice allsorts	0.1	0.0	0.0	0.0	0.6	19.7	12.0	12.0	32.3
20	752	Wine gums	0.0	0.0	0.0	0.0	0.6	5.9	5.2	2.0	7.7
20	807	Jam without sugar	0.0	0.0	0.0	0.0	0.2	9.0	9.0	9.0	9.0
20	866	Sweets fruit pectinbased	0.0	0.0	0.0	0.0	0.0
20	1256	Marzipan	0.0	0.0	0.0	0.0	0.2	18.0	18.0	18.0	18.0
20	1364	Turkish Delight	0.0	0.0	0.0	0.0	0.0
20	1450	Chocolate plain without sugar	0.0	0.0	0.0	0.0	0.0
20	1507	Fondant cream	0.0	0.0	0.0	0.0	0.4	12.2	10.0	10.0	17.8
20	1508	Chocolates filled/Belguim chocolate	1.3	0.0	0.0	7.5	6.8	18.2	14.6	5.4	29.8
20	1962	Chocolate confetti milk	0.1	0.0	0.0	0.0	1.1	11.3	8.2	5.0	19.1
20	1963	Chocolate confetti plain	0.6	0.0	0.0	4.5	7.6	9.3	7.4	3.3	14.5
20	1964	Spread chocolate milk	0.0	0.0	0.0	0.0	0.4	15.7	11.2	10.0	19.1
20	2266	Chocolate white	0.0	0.0	0.0	0.0	0.5	8.2	6.1	5.0	9.6
20	2292	Boiled sweets sugar free	0.0	0.0	0.0	0.0	1.4	5.2	2.8	0.5	10.8
20	2372	Raisins coated w milkchocolate	0.1	0.0	0.0	0.0	0.5	30.0	30.0	30.0	30.0
20	2373	After eight chocolate mints	0.1	0.0	0.0	0.0	0.3	10.9	8.0	8.0	19.6
20	2374	Chocolate milk w raisins	0.2	0.0	0.0	0.0	2.2	14.1	14.0	14.0	14.4
20	2375	Chocolate plain w nuts	0.0	0.0	0.0	0.0	0.7	14.6	11.0	11.0	16.1
20	2376	Chocolate milk w puffed rice	0.0	0.0	0.0	0.0	1.2	10.4	5.6	4.0	14.1
20	2380	Toffee w chocolate	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
20	2383	Nougat w chocolate	0.0	0.0	0.0	0.0	0.0
20	2384	Liquorice w peppermint	0.0	0.0	0.0	0.0	0.9	3.0	3.0	3.0	3.0
20	2385	Liquorice w sal ammoniac powder	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	2386	Nougat	0.2	0.0	0.0	0.0	0.7	18.9	14.4	10.0	19.4

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

NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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20	2489	Spread speculaas flavoured	0.1	0.0	0.0	0.0	0.1	35.0	35.0	35.0	35.0
20	2531	Chocolate flakes average	0.0	0.0	0.0	0.0	0.1	3.3	3.3	3.3	3.3
20	2532	Liquorice sugarfree	0.1	0.0	0.0	0.0	0.9	6.8	5.2	4.0	7.7
20	2595	Candybar KitKat	0.1	0.0	0.0	0.0	0.4	15.6	13.1	12.0	21.0
20	2656	Chocolate confetti mix white and plain	0.0	0.0	0.0	0.0	0.0
20	2657	Spread duo w chocolate	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
20	2659	Sweets jelly/gums/foam	0.0	0.0	0.0	0.0	0.0
20	2666	Spread chocolate Duo Penotti hazelnut	0.3	0.0	0.0	0.0	0.5	55.8	45.0	35.0	58.5
20	2691	Sweet fruity chew	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
20	2697	Sugar light	0.0	0.0	0.0	0.0	0.5	3.5	2.0	2.0	5.5
20	2870	Candybar Lion	0.1	0.0	0.0	0.0	0.1	20.0	20.0	20.0	20.0
20	2884	Sugar demerara	0.2	0.0	0.0	0.0	1.5	14.2	4.3	2.0	45.4
20	2930	Chocolate spread white	0.0	0.0	0.0	0.0	0.0
20	3063	Syrup maple	0.0	0.0	0.0	0.0	0.0
20	3064	Syrup apple enriched w iron	0.2	0.0	0.0	0.0	0.5	19.6	10.0	10.0	35.3
20	3067	Sweets cream hard	0.0	0.0	0.0	0.0	0.8	7.5	6.0	6.0	14.6
21	308	Oil peanut	0.1	0.0	0.0	0.0	0.4	9.3	4.5	4.5	14.2
21	310	Butter unsalted	2.6	0.0	0.0	13.5	15.2	14.0	11.4	2.2	40.5
21	312	Oil corn	0.0	0.0	0.0	0.0	0.1	11.6	8.2	7.4	14.3
21	313	Oil soya	0.0	0.0	0.0	0.0	1.1	2.1	1.1	1.1	3.7
21	314	Lard	0.0	0.0	0.0	0.0	0.0
21	315	Beef fat	0.0	0.0	0.0	0.0	0.0
21	317	Oil sunflower seed	0.9	0.0	0.0	4.6	9.5	7.5	4.6	0.7	26.8
21	437	Sauce cocktail/party/table 25% oil	0.2	0.0	0.0	0.0	0.4	43.4	31.7	11.6	69.3
21	451	Mayonnaise	0.3	0.0	0.0	0.0	3.1	12.7	8.2	2.1	27.1
21	454	Piccalilly	0.0	0.0	0.0	0.0	0.5	25.6	18.3	12.5	28.8
21	458	Salad cream 25% oil	0.4	0.0	0.0	1.5	3.9	12.1	5.9	2.3	34.4
21	462	Ketchup tomato	0.2	0.0	0.0	0.0	2.4	10.1	5.1	1.9	23.6
21	465	Sauce for chips 25% oil	0.0	0.0	0.0	0.0	0.1	11.6	11.6	11.6	11.6
21	466	Sauce for chips 35% oil	0.1	0.0	0.0	0.0	0.2	37.4	37.4	37.4	37.4
21	548	Sauce tomato based shashlik	0.0	0.0	0.0	0.0	0.1	13.8	13.8	13.8	13.8
21	584	Ketchup curry	0.0	0.0	0.0	0.0	0.1	4.6	4.6	4.6	4.6
21	601	Oil olive	1.2	0.0	0.0	8.1	14.6	9.2	5.8	0.7	28.6
21	606	Oil Becel	0.0	0.0	0.0	0.0	0.7	3.6	3.4	3.4	4.2
21	607	Oil safflower	0.0	0.0	0.0	0.0	0.1	8.4	5.2	5.2	11.0
21	616	Peanut sauce jar prepared	0.5	0.0	0.0	0.0	1.1	68.5	64.8	7.5	101.3
21	729	Mayonnaise low fat 40% oil	0.0	0.0	0.0	0.0	0.6	0.5	0.5	0.5	0.5
21	844	Salad dressing naturel without oil	0.1	0.0	0.0	0.0	1.4	6.5	3.6	2.0	12.3
21	879	Butter salted	0.9	0.0	0.0	3.6	6.7	14.1	7.0	2.4	44.5
21	880	Fat for gravy unprepared Smeltjus	0.0	0.0	0.0	0.0	0.0
21	1260	Mayonnaise yoghurt based 25% oil	0.0	0.0	0.0	0.0	0.4	5.2	4.0	4.0	6.4
21	1515	Sauce based on roux prepared	0.3	0.0	0.0	0.0	1.5	34.3	30.6	30.0	41.4
21	1517	Sauce mix packet <3% fat prepared	1.5	0.0	0.0	0.0	1.0	73.0	34.5	9.0	177.6
21	1518	Sauce mix packet >3% fat prepared	2.6	0.0	0.0	17.2	5.8	40.6	33.0	3.3	95.6
21	1524	Sauce tomato ready made jar	0.8	0.0	0.0	0.0	1.2	53.6	52.4	2.3	70.7
21	1530	Butter product half fat	0.0	0.0	0.0	0.0	0.5	14.4	15.6	6.0	20.3
21	1803	Sauce oriental ready-made in jar/bag	1.4	0.0	0.0	0.4	2.3	59.2	44.0	2.0	126.5
21	1839	Low fat margarine product tub Becel Ligh	4.8	0.0	0.0	28.4	20.9	21.2	18.4	6.3	40.1

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21	1847	Margarine product tub Becel Dieet	1.9	0.0	0.0	14.9	13.5	18.1	16.1	4.9	31.7
21	1886	Mango chutney	0.0	0.0	0.0	0.0	0.3	4.4	4.4	4.4	4.4
21	1938	Peanut sauce packet prepared	0.0	0.0	0.0	0.0	0.0
21	1956	Low fat spread Becel pro-activ	1.6	0.0	0.0	12.0	9.4	16.8	13.1	3.4	40.0
21	1961	Low fat marg prod Blue Band Goede Start	0.2	0.0	0.0	0.0	1.5	20.9	17.9	3.0	38.1
21	2059	Low fat margarine 40% fat <17 g sat	1.8	0.0	0.0	11.4	10.7	18.3	15.8	5.3	33.0
21	2060	Low fat margarine prod 35% fat <10 g sat	0.4	0.0	0.0	2.3	3.2	10.8	7.1	4.5	20.7
21	2061	Low fat marg prod 20-25% fat <10 g sat	0.0	0.0	0.0	0.0	0.1	12.0	12.0	12.0	12.0
21	2062	Margarine 80% fat 17-24 g saturates	0.5	0.0	0.0	0.0	3.0	14.0	13.3	6.5	17.1
21	2063	Margarine 80% fat >24 g saturates	0.9	0.0	0.0	5.1	20.1	5.9	3.6	0.6	16.8
21	2064	Margarine product 70% fat <17 g sat	0.0	0.0	0.0	0.0	0.0
21	2065	Margarine product 70% fat >17 g sat	0.3	0.0	0.0	0.0	1.9	23.7	25.2	9.9	38.4
21	2066	Cooking fat liquid 97% fat <17 g sat	1.2	0.0	0.0	6.4	18.7	6.0	3.9	0.7	20.8
21	2067	Cooking fat solid 97% fat >17 g sat	0.7	0.0	0.0	1.6	7.0	6.2	1.5	0.6	24.1
21	2068	Frying fat liquid <24 g sat fatty acids	0.2	0.0	0.0	0.0	2.1	16.2	7.5	1.2	39.2
21	2069	Frying fat solid >24 g sat <10 g trans	0.0	0.0	0.0	0.0	0.0
21	2072	Margarine product 60% fat <17 g sat	0.5	0.0	0.0	4.3	5.0	12.2	11.0	1.5	21.2
21	2076	Low fat margarine product Benecol light	0.1	0.0	0.0	0.0	0.7	12.0	12.0	12.0	12.0
21	2077	Margarine liq 80% fat <17 g saturates	0.2	0.0	0.0	0.0	3.7	5.7	4.2	0.6	16.5
21	2083	Mayonnaise product w olive oil	0.1	0.0	0.0	0.0	0.2	14.7	13.3	13.3	16.8
21	2178	Pesto	0.0	0.0	0.0	0.0	0.1	2.0	2.0	2.0	2.0
21	2294	Low fat margarine Twenty four Ultralight	0.2	0.0	0.0	0.0	0.6	22.2	20.1	18.0	27.3
21	2295	Butter product 25% fat	0.0	0.0	0.0	0.0	1.0	8.3	5.5	4.5	14.7
21	2418	Sauce hot liquid ready made <12% fat	0.2	0.0	0.0	0.0	0.7	44.1	49.2	2.0	67.3
21	2419	Sauce cheese-	0.0	0.0	0.0	0.0	0.0
21	2420	Sauce hot liquid ready made >12% fat	0.3	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
21	2421	Sauce Chicken Tonight low fat varieties	0.3	0.0	0.0	0.0	0.5	172.8	117.2	79.8	252.4
21	2422	Low fat margarine prod Becel Omega3 Plus	0.1	0.0	0.0	0.0	1.0	25.3	21.4	18.0	33.9
21	2423	Low fat margarine prod Blue Band Idee	0.1	0.0	0.0	0.0	0.4	35.0	35.0	35.0	35.0
21	2445	Sauce butter-	0.0	0.0	0.0	0.0	0.1	54.0	54.0	54.0	54.0
21	2446	Sauce chasseur	0.0	0.0	0.0	0.0	0.0
21	2447	Sauce veg w semi-skimmed milk and maize	0.3	0.0	0.0	0.0	1.1	29.1	23.1	20.9	46.5
21	2448	Sauce powder approx 30% fat	0.0	0.0	0.0	0.0	0.0
21	2449	Gravy 25% fat clear prep w gravypowder	0.0	0.0	0.0	0.0	0.1	8.7	8.7	8.7	8.7
21	2451	Gravy 25% fat thickend prep w gravypowde	0.5	0.0	0.0	0.0	2.6	34.5	24.3	11.7	76.2
21	2452	Gravy 25% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.6	22.3	11.6	11.6	32.4
21	2453	Gravy 50% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.6	17.1	13.3	8.7	23.6
21	2454	Gravy 75% fat thick prep wo gravypowder	0.0	0.0	0.0	0.0	0.0

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21	2456	Gravy 5% fat thick prep wo gravypowder	0.2	0.0	0.0	0.0	0.3	43.0	32.4	23.3	46.9
21	2459	Gravy 50% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	1.4	25.1	24.3	11.6	46.9
21	2460	Gravy 75% fat clear prep wo gravypowder	0.1	0.0	0.0	0.0	0.4	24.8	14.6	14.6	42.2
21	2462	Gravy 5% fat clear prep wo gravypowder	0.3	0.0	0.0	0.0	0.3	34.9	34.9	34.9	34.9
21	2464	Sauce powder approx 10% fat	0.0	0.0	0.0	0.0	0.0
21	2465	Salad dressing Yofresh	0.0	0.0	0.0	0.0	0.3	38.9	22.5	8.2	44.2
21	2466	Salad dressing vinaigrette	0.0	0.0	0.0	0.0	0.4	8.3	6.8	6.8	10.7
21	2467	Salad dressing./sauce approx 13% oil	0.1	0.0	0.0	0.0	0.7	10.4	3.8	1.9	22.8
21	2468	Salad dressing honey/mustard	0.1	0.0	0.0	0.0	0.5	13.0	9.8	8.7	21.9
21	2469	Sauce mayonnaise based average	0.1	0.0	0.0	0.0	0.4	23.3	20.7	20.7	30.9
21	2470	Sauce for chips 5% oil	0.1	0.0	0.0	0.0	0.2	11.4	1.9	1.9	20.9
21	2471	Mayonnaise product approx 35% oil	0.0	0.0	0.0	0.0	0.3	8.5	4.5	1.9	10.9
21	2472	Oil wok average	0.1	0.0	0.0	0.0	0.3	6.7	4.0	3.6	8.9
21	2525	Frying fat horeca	0.4	0.0	0.0	3.1	4.4	10.5	9.0	1.0	15.6
21	2526	Gravy 25% fat thickened w gravypowder	0.0	0.0	0.0	0.0	0.3	34.9	34.9	34.9	34.9
21	2557	Margarine 80% fat > 24 g sat unsalted	0.1	0.0	0.0	0.0	1.6	7.0	3.7	0.5	18.9
21	2558	Margarine liq 80% fat < 17g sat unsalted	0.3	0.0	0.0	1.9	6.2	7.0	5.3	0.2	16.8
21	2559	Low fat margarine prod AH Bewust light	0.4	0.0	0.0	0.0	1.9	21.7	13.5	9.0	45.7
21	2562	Cooking fat liq 97%fat <17g sat unsalted	0.2	0.0	0.0	0.6	4.8	6.5	5.4	0.4	18.2
21	2563	Cooking fat sol 97% fat>17g sat unsalted	0.1	0.0	0.0	0.6	3.8	3.9	2.0	0.5	11.4
21	2565	Margarine 80% fat 17-24g sat unsalted	0.0	0.0	0.0	0.0	0.4	1.5	1.5	1.5	1.5
21	2566	Low fat marg 40% fat <17g sat unsalted	0.1	0.0	0.0	0.0	0.3	18.0	18.0	18.0	18.0
21	2567	Low fat margarine prod AH chol verlegend	0.1	0.0	0.0	0.0	0.2	15.0	15.0	15.0	15.0
21	2573	Sauce garlic 20% oil	0.2	0.0	0.0	0.0	0.2	46.6	46.6	46.6	46.6
21	2580	Gravy 5% fat thickend w gravy powder	0.3	0.0	0.0	0.0	0.6	28.2	19.2	11.6	48.5
21	2584	Sauce prep w s-sk milk en marg 2063/2062	0.4	0.0	0.0	0.0	0.8	33.6	21.3	12.5	49.2
21	2585	Gravy 25% fat w cooking fat 2067	0.6	0.0	0.0	0.0	2.1	56.4	47.9	24.3	94.2
21	2586	Gravy 25% fat w margarine 2063	0.9	0.0	0.0	7.9	2.4	23.8	23.6	11.6	36.1
21	2587	Gravy 25% fat w margarine liq 2077	0.2	0.0	0.0	0.0	0.5	43.0	43.0	43.0	43.0
21	2588	Gravy 25% fat clear prep w gravy powder	0.4	0.0	0.0	0.0	1.4	34.0	24.1	11.6	66.0
21	2589	Gravy 25% fat w olive oil	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2590	Gravy 25% fat w butter	0.0	0.0	0.0	0.0	0.2	12.1	12.1	12.1	12.1
21	2591	Gravy 25% fat w blue band finesse	0.0	0.0	0.0	0.0	0.1	40.0	40.0	40.0	40.0
21	2592	Gravy 50% fat w cooking fat 2067	0.6	0.0	0.0	0.0	1.2	26.2	14.1	8.7	44.9
21	2593	Gravy 50% fat w margarine 2063	0.5	0.0	0.0	0.0	1.9	32.8	21.7	10.0	58.8
21	2594	Gravy 50% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.1	69.8	69.8	69.8	69.8
21	2596	Gravy 75% fat w margarine 2063	0.3	0.0	0.0	0.0	1.3	26.5	22.6	11.6	40.2
21	2598	Gravy 75% fat w cooking fat 2067	0.4	0.0	0.0	0.0	0.5	58.4	44.3	24.3	75.0

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21	2599	Gravy 75% fat w margarine liq 2077	0.0	0.0	0.0	0.0	0.2	14.6	14.6	14.6	14.6
21	2600	Gravy 25% fat thickend w marg 2063	0.2	0.0	0.0	0.0	0.6	34.1	26.1	17.5	42.8
21	2601	Gravy 25% fat thickend w cook fat 2067	0.1	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2602	Gravy 25% fat thickend w olive oil	0.1	0.0	0.0	0.0	0.5	21.5	13.6	13.6	44.9
21	2603	Gravy 25% fat w marg 2063 + gravy powder	0.0	0.0	0.0	0.0	0.1	24.3	24.3	24.3	24.3
21	2605	Salad dressing olive oil-vinegar	0.1	0.0	0.0	0.0	1.5	8.8	7.8	5.5	11.1
21	2612	Tapenade olive	0.7	0.0	0.0	0.0	0.3	90.8	68.4	48.0	96.8
21	2624	Gravy 25% fat w margarine liquid 2558	0.1	0.0	0.0	0.0	0.6	24.5	19.4	12.6	36.4
21	2625	Gravy 25% fat w cooking fat 2563	0.4	0.0	0.0	0.0	1.1	50.4	31.4	23.3	82.3
21	2626	Gravy 25% fat w cooking fat liq 2562	0.1	0.0	0.0	0.0	1.1	25.2	19.7	12.1	42.3
21	2627	Gravy 50% fat w margarine liquid 2558	0.2	0.0	0.0	0.0	0.5	25.4	15.7	12.1	49.8
21	2628	Gravy 50% fat w cooking fat liquid 2562	0.0	0.0	0.0	0.0	0.0
21	2629	Gravy 50% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.6	56.4	36.7	23.3	73.5
21	2630	Gravy 50% fat w olive oil	0.0	0.0	0.0	0.0	0.2	11.6	11.6	11.6	11.6
21	2631	Gravy 75% fat w olive oil	0.0	0.0	0.0	0.0	0.3	12.1	12.1	12.1	12.1
21	2632	Gravy 75% fat w cooking fat 2563	0.2	0.0	0.0	0.0	0.6	46.4	31.8	22.3	69.3
21	2650	Gravy no fat prep w gravy powder	0.1	0.0	0.0	0.0	0.5	23.5	23.6	17.5	24.2
21	2651	Sauce cocktail/party/table >25% oil	0.0	0.0	0.0	0.0	0.0
21	2667	Salad dressing 20% oil w yogurt	0.3	0.0	0.0	1.8	3.1	8.2	7.1	1.9	15.8
21	2709	Low fat margarine prod C1000 Goed begin	0.0	0.0	0.0	0.0	0.3	14.7	12.0	12.0	17.3
21	2711	Margarine product AlbertHeijn Bewust	0.2	0.0	0.0	0.0	1.5	17.3	18.2	4.5	23.2
21	2712	Margarine product liquid light unsalted	0.1	0.0	0.0	0.0	1.5	8.8	9.3	1.1	12.9
21	2713	Margarine product liquid light	0.0	0.0	0.0	0.0	0.1	9.6	9.6	9.6	9.6
21	2849	Low fat marg prod Becel calorie light	0.7	0.0	0.0	0.0	2.5	28.6	24.9	6.0	42.1
21	2850	Low fat spread Becel pro-activ bloeddruk	0.1	0.0	0.0	0.0	0.7	18.0	15.5	14.3	25.0
21	2852	Low fat marg prod Dieetella Double Activ	0.0	0.0	0.0	0.0	0.8	13.2	9.0	9.0	17.0
21	2871	Gravy 25% fat w marg 2077 + gravypowder	0.3	0.0	0.0	0.0	0.6	39.2	29.0	17.5	45.7
21	2872	Gravy 25% fat w marg 2558 + gravy powder	0.2	0.0	0.0	0.0	0.7	27.0	23.4	17.5	42.4
21	2878	Low fat margarine product Gezonde Start	0.0	0.0	0.0	0.0	0.6	10.7	9.4	9.0	11.7
21	2895	Low fat spread AH omega-3	0.2	0.0	0.0	0.0	0.4	27.9	19.6	18.0	34.4
21	2934	Low fat spead Becel pro.activ light	0.1	0.0	0.0	0.0	0.5	13.7	9.6	9.0	16.9
21	3036	Gravy 75%fat thick prep w gravy powder	0.1	0.0	0.0	0.0	0.2	23.3	23.3	23.3	23.3
21	3051	Oil linseed	0.0	0.0	0.0	0.0	0.3	1.8	1.8	1.8	1.8
21	3052	Butter product melange Campina Goud	0.0	0.0	0.0	0.0	0.2	12.0	12.0	12.0	12.0
21	3053	Margarine product tub Jumbo diet	0.0	0.0	0.0	0.0	0.0
21	3061	Gravy 50% fat(butter) prep wo gravypowd	0.0	0.0	0.0	0.0	0.1	34.9	34.9	34.9	34.9
21	3062	Gravy 75% fat(butter) prep wo gravypowd	0.1	0.0	0.0	0.0	0.8	18.3	11.9	11.6	28.2

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

NEVO group	NEVO code	Description	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
22	111	Mussels boiled	0.0	0.0	0.0	0.0	0.0
22	114	Fish lean 0-2 g fat raw	1.5	0.0	0.0	0.0	0.9	185.2	171.1	99.8	198.0
22	115	Fish medium fat > 2-10 g fat raw	0.0	0.0	0.0	0.0	0.1	154.0	154.0	154.0	154.0
22	347	Kipper smoked	0.0	0.0	0.0	0.0	0.0
22	348	Shrimps Dutch peeled boiled	0.6	0.0	0.0	0.0	1.0	49.3	15.2	14.5	106.0
22	349	Herring fillet in tomato sauce tinned	0.0	0.0	0.0	0.0	0.0
22	350	Herring salted	1.6	0.0	0.0	0.0	1.4	81.3	57.1	38.4	75.8
22	352	Lobster boiled	0.0	0.0	0.0	0.0	0.0
22	355	Sardines/pilchards in oil tinned	0.0	0.0	0.0	0.0	0.0
22	602	Salmon tinned	1.0	0.0	0.0	0.0	0.8	66.5	61.9	24.2	106.0
22	603	Eel smoked	0.0	0.0	0.0	0.0	0.0
22	604	Mackerel steamed	0.0	0.0	0.0	0.0	0.1	108.8	108.8	108.8	108.8
22	815	Fish fingers unprepared	1.8	0.0	0.0	0.0	1.5	122.8	116.9	68.4	133.2
22	818	White fish fillet in batter deep-fried	0.5	0.0	0.0	0.0	0.3	201.0	201.0	201.0	201.0
22	819	Cod boiled	6.5	0.0	0.0	61.7	3.1	140.7	123.7	75.0	218.4
22	918	Plaice boiled	0.9	0.0	0.0	0.0	0.8	237.2	176.2	94.5	301.0
22	919	Pollack boiled	0.2	0.0	0.0	0.0	0.4	129.8	95.6	45.2	171.1
22	1096	Salmon smoked	3.0	0.0	0.0	11.7	2.6	71.2	52.2	10.0	147.5
22	1097	Caviar/cod roe	0.0	0.0	0.0	0.0	0.0
22	1100	Herring pickled (sweet)sour	0.3	0.0	0.0	0.0	1.0	75.0	75.0	75.0	75.0
22	1586	Mackerel fillet smoked	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
22	1587	Salmon raw	0.0	0.0	0.0	0.0	0.0
22	1589	Tuna in oil tinned	0.3	0.0	0.0	0.0	0.6	25.6	22.4	14.5	32.2
22	1590	Tuna in water tinned	0.2	0.0	0.0	0.0	0.4	42.4	32.8	24.1	45.1
22	1606	Herring smoked	0.0	0.0	0.0	0.0	0.0
22	1608	Mackerel prepared in microwave oven	0.6	0.0	0.0	0.0	0.2	144.0	144.0	144.0	144.0
22	1609	Mackerel in oil tinned	0.0	0.0	0.0	0.0	0.1	56.7	56.7	56.7	56.7
22	1610	Salmon farmed prep in microwave oven	1.3	0.0	0.0	0.0	1.0	100.8	75.5	63.0	153.5
22	1611	Trout prepared in microwave oven	0.8	0.0	0.0	0.0	0.7	75.4	59.5	45.0	115.5
22	1616	Whiting prepared in microwave oven	0.1	0.0	0.0	0.0	0.2	110.0	110.0	110.0	110.0
22	1617	Plaice prepared in microwave oven	0.8	0.0	0.0	0.0	0.3	126.0	126.0	126.0	126.0
22	1618	Dab/lemon dab prep in microwave oven	0.8	0.0	0.0	0.0	0.3	136.5	90.0	90.0	175.3
22	1619	Sole prepared in microwave oven	0.2	0.0	0.0	0.0	0.6	97.4	53.9	20.3	173.8
22	1621	Gurnard prepared in microwave oven	0.8	0.0	0.0	0.0	0.5	142.1	117.4	50.0	174.4
22	1630	Mussels pickled	0.1	0.0	0.0	0.0	0.3	60.0	60.0	60.0	60.0
22	2297	Tuna raw	0.0	0.0	0.0	0.0	0.0
22	2299	Tilapia raw	0.2	0.0	0.0	0.0	0.3	156.0	156.0	156.0	156.0
22	2474	Whitefish fillet batter deepfried wo fat	2.8	0.0	0.0	9.5	3.0	124.2	103.5	78.0	176.8
22	2765	Pangasius prep in microwave oven	0.4	0.0	0.0	0.0	0.2	225.0	225.0	225.0	225.0
23	106	Duck whole raw	0.5	0.0	0.0	0.0	0.3	76.0	76.0	76.0	76.0
23	108	Chicken with skin raw	2.6	0.0	0.0	0.0	0.8	163.7	111.6	20.0	250.9
23	109	Rabbit domesticated raw	0.0	0.0	0.0	0.0	0.0
23	319	Corned beef	0.2	0.0	0.0	0.0	1.8	15.6	11.2	7.5	25.5
23	324	Sausage smoked cooked average	0.0	0.0	0.0	0.0	0.2	31.9	17.6	17.6	50.8
23	328	Ham smoked raw	1.1	0.0	0.0	6.8	5.9	16.5	11.8	6.4	22.8
23	333	Liver ox boiled	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	334	Liver pork boiled	0.1	0.0	0.0	0.0	0.6	19.9	16.0	16.0	24.8

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NEVO group	NEVO code	Description	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
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23	335	Liver pate	0.0	0.0	0.0	0.0	0.0
23	336	Luncheon meat tinned	0.0	0.0	0.0	0.0	0.1	9.0	9.0	9.0	9.0
23	338	Beef salted cooked	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
23	339	Venison raw	0.0	0.0	0.0	0.0	0.0
23	340	Beef smoke-dried	0.4	0.0	0.0	2.9	2.5	10.6	7.5	5.0	10.0
23	343	Bacon fat raw	0.1	0.0	0.0	0.0	0.3	18.1	18.1	18.1	18.1
23	475	Liver chicken raw	0.1	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
23	566	Sausage frankfurter tinned	0.2	0.0	0.0	0.0	1.1	48.4	38.3	36.0	75.6
23	567	Sausage luncheon meat	0.2	0.0	0.0	0.0	1.5	16.0	11.1	8.0	36.5
23	568	Black pudding	0.1	0.0	0.0	0.0	0.6	18.0	18.0	18.0	18.0
23	638	Salami sausage saveloy	1.3	0.0	0.0	10.6	6.3	24.2	18.7	8.9	43.2
23	639	Bacon rashers streaky	0.5	0.0	0.0	0.0	1.9	19.6	10.5	4.8	53.6
23	640	Liver sausage	0.5	0.0	0.0	0.0	2.7	21.0	18.6	10.0	36.9
23	641	Bacon	0.3	0.0	0.0	0.0	0.1	98.0	98.0	98.0	98.0
23	642	Pate	0.7	0.0	0.0	3.3	2.1	23.4	17.8	15.0	36.8
23	643	Pork side cured and smoked	0.2	0.0	0.0	0.0	1.0	20.0	20.0	20.0	20.0
23	783	Sausage with smoked bacon-bits	0.0	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
23	784	Ham lean boiled	2.9	0.0	0.0	18.4	14.1	23.0	18.9	6.1	60.3
23	785	Ham shoulder medium fat boiled	1.1	0.0	0.0	3.9	4.0	35.3	18.7	1.5	98.4
23	810	Beef steak tartare spiced filet americ	0.5	0.0	0.0	0.0	2.1	31.3	23.5	5.0	64.2
23	1152	Salami	0.6	0.0	0.0	0.0	1.8	23.4	20.7	10.0	36.0
23	1155	Minced meat loaf fried	0.2	0.0	0.0	0.0	0.6	58.2	31.3	15.0	84.0
23	1162	Sausage cooked	0.1	0.0	0.0	0.0	1.0	20.7	20.2	9.0	25.8
23	1238	Liver sausage coarse hausmacher	0.0	0.0	0.0	0.0	0.4	9.0	9.0	9.0	9.0
23	1239	Liver pate sausage	0.5	0.0	0.0	0.0	2.4	29.9	17.7	10.0	57.7
23	1305	Chicken without skin raw	1.7	0.0	0.0	0.0	1.9	126.9	118.6	79.8	137.3
23	1306	Chicken for soup w skin raw	0.3	0.0	0.0	0.0	0.5	123.2	123.2	123.2	123.2
23	1391	Bacon lean prepared	0.0	0.0	0.0	0.0	0.0
23	1400	Beef rump steak raw	1.6	0.0	0.0	0.0	1.5	74.5	68.2	38.0	102.8
23	1401	Beef tenderloin steak raw	0.3	0.0	0.0	0.0	0.3	82.1	80.0	80.0	90.3
23	1402	Beef prime rib raw	1.0	0.0	0.0	0.0	0.4	264.0	264.0	264.0	264.0
23	1404	Beef frying steak raw	1.0	0.0	0.0	0.0	1.1	90.4	82.1	80.0	106.7
23	1405	Minced beef raw	6.3	0.0	0.0	42.4	10.3	62.6	57.7	16.4	118.6
23	1407	Liver ox raw	0.0	0.0	0.0	0.0	0.0
23	1408	Beef stewing meat raw	0.4	0.0	0.0	0.0	0.9	62.2	60.0	59.6	64.5
23	1409	Beef sirloin rolled raw	0.1	0.0	0.0	0.0	0.2	84.0	84.0	84.0	84.0
23	1410	Beef roast raw	0.3	0.0	0.0	0.0	0.5	34.8	25.0	25.0	46.8
23	1411	Beef shank raw	0.0	0.0	0.0	0.0	0.0
23	1412	Beef rib steak raw	1.9	0.0	0.0	0.0	1.8	100.5	95.4	50.0	110.3
23	1413	Beef streaked/marbled raw	0.4	0.0	0.0	0.0	0.3	68.3	65.0	65.0	74.2
23	1414	Beef stewing steak raw	2.9	0.0	0.0	0.0	2.7	116.8	101.3	38.0	173.8
23	1415	Beef steak tartare raw	1.6	0.0	0.0	0.0	2.5	81.6	72.2	60.0	98.5
23	1416	Beef tongue raw	0.5	0.0	0.0	0.0	0.7	101.9	51.5	6.8	117.7
23	1417	Sausage pork Braadworst raw	0.5	0.0	0.0	0.0	1.0	72.7	57.4	32.7	98.9
23	1418	Pork fillet raw	1.0	0.0	0.0	0.0	1.3	74.0	71.3	56.0	78.1
23	1419	Pork fricandeau part of leg raw	0.0	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1420	Pork chop raw	0.3	0.0	0.0	0.0	0.5	119.2	92.5	81.7	168.7
23	1421	Minced pork raw	0.0	0.0	0.0	0.0	0.3	31.6	20.9	20.9	61.2
23	1422	Pork tenderloin raw	1.2	0.0	0.0	0.0	1.1	69.1	66.4	52.5	92.7
23	1424	Pork loin chop raw	0.3	0.0	0.0	0.0	0.2	212.1	148.5	112.0	252.5

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23	1425	Pork shoulder chop raw	2.6	0.0	0.0	37.7	2.3	86.9	75.8	35.0	126.3
23	1426	Liver pork raw	0.0	0.0	0.0	0.0	0.0
23	1427	Pork spare rib raw	0.0	0.0	0.0	0.0	0.1	15.8	9.8	7.0	19.9
23	1428	Pork stir fry meat raw	0.4	0.0	0.0	3.5	2.3	15.6	9.5	1.8	30.0
23	1429	Pork tenderloin medaillon raw	0.4	0.0	0.0	0.0	0.8	112.0	112.0	112.0	112.0
23	1430	Pork shoulder raw	0.3	0.0	0.0	0.0	1.1	59.6	46.5	38.0	82.3
23	1431	Kromesky meat filled raw	1.0	0.0	0.0	0.0	2.0	78.8	78.8	78.8	78.8
23	1432	Bacon rasher raw	1.4	0.0	0.0	10.5	3.9	41.4	33.0	3.9	76.6
23	1434	Minced beef/pork raw	3.4	0.0	0.0	29.6	5.9	64.5	65.4	10.3	112.3
23	1435	Hamburger raw	0.5	0.0	0.0	0.0	0.6	75.0	75.0	75.0	75.0
23	1437	Veal olive raw	0.2	0.0	0.0	0.0	0.3	72.0	70.5	70.0	73.2
23	1443	Lamb leg raw	0.0	0.0	0.0	0.0	0.0
23	1445	Lamb chop raw	0.0	0.0	0.0	0.0	0.1	31.1	31.1	31.1	31.1
23	1544	Beef rolled prepared	0.1	0.0	0.0	0.0	0.3	25.9	19.1	16.0	30.7
23	1545	Beef roast prepared	0.9	0.0	0.0	3.3	1.6	29.7	24.0	15.0	47.3
23	1558	Pork loin chop prepared	0.3	0.0	0.0	0.0	1.1	30.9	21.2	15.0	50.7
23	1568	Minced beef/pork ball prep w egg/crumbs	0.0	0.0	0.0	0.0	0.0	5.6	5.6	5.6	5.6
23	1634	Chicken fillet raw	6.7	0.0	0.0	56.2	5.9	104.8	81.1	3.9	253.7
23	1642	Chicken rolled raw	0.1	0.0	0.0	0.0	0.1	60.0	60.0	60.0	60.0
23	1643	Chicken nuggets prepared in oven	0.1	0.0	0.0	0.0	0.2	16.0	16.0	16.0	16.0
23	1663	Beef <5% fat raw average	0.9	0.0	0.0	0.0	1.3	91.7	76.0	76.0	116.2
23	1667	Pork <5% fat raw	0.0	0.0	0.0	0.0	0.2	18.2	18.2	18.2	18.2
23	1668	Pork 5-14% fat raw	2.3	0.0	0.0	15.5	2.8	76.4	76.1	30.3	107.9
23	1673	Veal <5% fat raw average	0.0	0.0	0.0	0.0	0.0
23	1675	Lamb >10 g fat raw average	0.5	0.0	0.0	0.0	0.2	105.1	105.1	105.1	105.1
23	1771	Liver pate/Berliner liver sausage	0.0	0.0	0.0	0.0	0.1	32.0	32.0	32.0	32.0
23	1772	Pork fricandeau fried	0.1	0.0	0.0	0.0	0.8	23.2	21.2	16.0	27.5
23	1773	Brawn, pork pickled in vinegar	0.1	0.0	0.0	0.0	0.7	27.9	20.0	20.0	46.0
23	1774	Sausage tongue	0.1	0.0	0.0	0.0	0.7	28.7	21.8	15.0	29.2
23	1776	Ham lean grilled	0.5	0.0	0.0	0.0	1.0	33.5	25.6	20.0	53.6
23	1777	Gammon boiled deboned	0.3	0.0	0.0	0.0	1.4	22.5	18.2	16.1	32.8
23	1788	Pork rib chop raw	2.1	0.0	0.0	0.0	1.2	104.3	97.6	76.0	140.7
23	1790	Pork schnitzel not breaded raw	0.5	0.0	0.0	0.0	0.7	95.8	88.3	70.0	110.9
23	1907	Processed meat prod excl liver average	0.0	0.0	0.0	0.0	0.0
23	1909	Sausage excl liver average	0.1	0.0	0.0	0.0	1.2	14.8	11.4	8.0	14.9
23	1936	Turkey fillet raw	0.0	0.0	0.0	0.0	0.0
23	2057	Lamb <10 g fat raw av	0.2	0.0	0.0	0.0	0.4	75.8	52.5	52.5	104.4
23	2090	Chicken drumstick w skin raw	0.9	0.0	0.0	0.0	1.1	65.4	63.7	63.7	69.1
23	2300	Sausage smoked lean cooked	0.2	0.0	0.0	0.0	0.3	74.4	50.8	49.0	93.3
23	2301	Sausage smoked beef cooked	0.9	0.0	0.0	0.0	0.5	108.1	97.9	97.9	121.4
23	2303	Sausage cooked lean	0.0	0.0	0.0	0.0	0.0
23	2304	Salami sausage saveloy lean	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
23	2306	Sausage luncheon meat lean	0.0	0.0	0.0	0.0	0.0
23	2333	Minced meat raw average	0.9	0.0	0.0	0.0	0.8	51.6	42.7	7.0	82.1
23	2334	Minced meat beef/pork raw w egg/brcrums	0.4	0.0	0.0	0.0	0.5	69.8	59.2	50.0	73.4
23	2335	Meat average raw excl liver	0.0	0.0	0.0	0.0	0.0
23	2336	Beef average raw	0.9	0.0	0.0	0.0	1.4	99.8	89.8	38.5	121.2

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

NEVO group	NEVO code	Description	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
23	2338	Beef for stewing averaged raw	0.3	0.0	0.0	0.0	1.6	47.5	43.4	32.0	57.8
23	2339	Beef olives raw	1.1	0.0	0.0	0.0	1.6	82.0	75.0	68.3	83.1
23	2340	Pork schnitzel breaded raw	0.6	0.0	0.0	0.0	0.8	78.6	62.6	43.8	110.8
23	2341	Chicken fillet breaded raw	0.1	0.0	0.0	0.0	0.1	76.0	76.0	76.0	76.0
23	2344	Pork filled with ham and cheese raw	0.1	0.0	0.0	0.0	0.1	78.2	52.5	52.5	99.6
23	2363	Minced meat w ham and cheese raw	0.5	0.0	0.0	0.0	0.5	85.5	80.0	80.0	105.4
23	2364	Chicken schnitzel raw	0.6	0.0	0.0	0.0	1.1	80.2	66.5	52.5	101.2
23	2365	Chicken cordon bleu raw	0.1	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
23	2381	Pate spreadable Linera	0.1	0.0	0.0	0.0	0.9	15.3	10.0	10.0	24.0
23	2654	Sandwich meat chicken	0.4	0.0	0.0	0.0	2.7	27.4	28.5	15.0	41.1
23	2766	Sausage smoked industrial cooked	1.9	0.0	0.0	10.4	2.1	69.6	63.3	16.5	104.4
23	2767	Sausage smoked traditional cooked	0.0	0.0	0.0	0.0	0.0
23	2768	Sausage raw beef	0.2	0.0	0.0	0.0	1.4	17.5	17.9	9.0	23.5
23	2836	Sausage grill w cheese	0.0	0.0	0.0	0.0	0.0
23	2883	Beef smoke-dried lightly salted	0.7	0.0	0.0	4.7	4.6	12.9	8.9	5.0	19.5
23	2898	Horse meat smoked	0.1	0.0	0.0	0.0	1.0	9.6	7.3	5.0	9.7
23	2899	Scrapple, pork	0.0	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
23	2996	Sausage Chorizo	0.0	0.0	0.0	0.0	0.0
23	2997	Sausage grill	0.1	0.0	0.0	0.0	0.6	18.0	18.0	18.0	18.0
23	3001	Sandwich meat turkey	0.1	0.0	0.0	0.0	0.6	17.4	15.0	15.0	25.4
23	3002	Bacon smoked Katenspek	0.2	0.0	0.0	0.0	0.9	13.7	11.0	8.0	19.2
23	3019	Veal frying steak raw	0.0	0.0	0.0	0.0	0.0
23	3020	Veal rib steak raw	0.0	0.0	0.0	0.0	0.0
23	3021	Sausage veal Braadworst raw	0.0	0.0	0.0	0.0	0.0
23	3022	Veal stewing steak raw	0.2	0.0	0.0	0.0	0.1	178.0	178.0	178.0	178.0
23	3025	Bacon lean smoked raw	0.1	0.0	0.0	0.0	0.9	25.0	17.7	2.5	42.3
23	3027	Pork shoarma seasoning raw	0.2	0.0	0.0	0.0	0.6	42.4	39.8	28.2	45.7
23	3030	Sausage beef Braadworst raw	0.3	0.0	0.0	0.0	0.7	32.3	2.0	1.8	97.0
23	3031	Pork sparerib raw	0.0	0.0	0.0	0.0	0.0
23	3032	Beef ribeye steak raw	0.1	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0