

Dutch National Food Consumption Survey 2007-2010|Part 5 Macronutrients, Version 2, based on dataset DFC_2010_core_20120822

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Table 1.1 Actual intake of macronutrients from food sources only by the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9167.9	9531.5	5418.8	14853.5
Energy (kcal)	2188.0	2272.9	1286.3	3544.3
Protein (g)	79.6	83.6	46.5	133.0
Fat (g)	82.9	87.7	40.6	149.4
Saturated fatty acids (g)	30.9	32.8	14.5	57.9
Mono unsat. fatty acids (g)	28.5	30.4	12.8	54.3
Poly unsat. fatty acids (g)	15.4	17.0	6.5	32.8
Trans fatty acids (g)	1.2	1.5	0.4	3.2
Alpha Linolenic Acid (mg)	1557.6	1734.2	680.8	3353.7
N-3 fish fatty acids (EPA+DHA, mg)	26.5	160.1	3.0	890.9
Unsat. fatty acids-cis (g)	44.1	47.5	20.2	85.1
Linoleic acid (g)	12.5	14.1	5.0	27.9
Carbohydrates (g)	243.5	254.5	131.8	412.6
Mono- and disaccharides (g)	110.8	120.1	43.8	228.7
Polysaccharides (g)	127.8	134.3	70.7	219.6
Fibre (g)	19.2	20.2	10.1	32.8
Alcohol (g)	0.0	11.9	0.0	53.6

Table 1.2.a Actual intake of macronutrients from food sources only by the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years, n=1713)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8928.0	9260.9	5913.9	13975.1
Energy (kcal)	2127.1	2205.8	1408.0	3335.3
Protein (g)	67.4	71.6	41.5	114.6
Fat (g)	78.7	83.0	43.4	138.0
Saturated fatty acids (g)	29.4	31.1	15.7	52.0
Mono unsat. fatty acids (g)	27.6	29.5	14.2	50.9
Poly unsat. fatty acids (g)	14.2	15.7	6.7	29.7
Trans fatty acids (g)	1.1	1.3	0.4	2.8
Alpha Linolenic Acid (mg)	1294.8	1457.0	632.3	2805.8
N-3 fish fatty acids (EPA+DHA, mg)	17.3	78.8	2.1	381.7
Unsat. fatty acids-cis (g)	42.1	45.2	22.2	79.8
Linoleic acid (g)	11.6	12.9	5.3	25.1
Carbohydrates (g)	270.4	279.6	174.3	425.6
Mono- and disaccharides (g)	138.8	145.6	70.4	244.4
Polysaccharides (g)	128.4	133.9	78.8	210.4
Fibre (g)	17.0	17.7	9.6	28.5
Alcohol (g)	0.0	2.0	0.0	6.6

Group=Adults (19-69 years, n=2106)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9239.2	9590.6	5317.2	15065.3
Energy (kcal)	2204.0	2287.6	1265.7	3592.9
Protein (g)	82.6	86.3	48.5	135.3
Fat (g)	84.0	88.8	39.4	153.0
Saturated fatty acids (g)	31.3	33.2	14.3	58.6
Mono unsat. fatty acids (g)	28.7	30.6	12.5	55.1
Poly unsat. fatty acids (g)	15.7	17.3	6.5	33.5
Trans fatty acids (g)	1.3	1.5	0.4	3.3
Alpha Linolenic Acid (mg)	1624.1	1794.8	705.4	3426.0
N-3 fish fatty acids (EPA+DHA, mg)	29.1	177.9	3.3	960.5
Unsat. fatty acids-cis (g)	44.7	48.0	19.9	86.2
Linoleic acid (g)	12.7	14.3	4.9	28.4
Carbohydrates (g)	237.4	249.0	129.6	411.3
Mono- and disaccharides (g)	104.7	114.5	41.1	221.3
Polysaccharides (g)	127.8	134.4	69.6	221.3
Fibre (g)	19.9	20.8	10.5	33.7
Alcohol (g)	1.5	14.1	0.0	58.7

Table 1.2.b Actual intake of macronutrients from food sources only by the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years, n=856)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9616.4	10061.2	6249.8	15708.1
Energy (kcal)	2288.8	2396.6	1485.9	3734.1
Protein (g)	73.7	77.5	44.0	126.0
Fat (g)	85.5	90.5	46.4	157.3
Saturated fatty acids (g)	31.4	33.5	16.7	56.6
Mono unsat. fatty acids (g)	29.7	32.4	14.9	59.5
Poly unsat. fatty acids (g)	15.5	17.3	7.3	34.2
Trans fatty acids (g)	1.2	1.4	0.5	3.0
Alpha Linolenic Acid (mg)	1399.0	1588.0	662.6	3212.4
N-3 fish fatty acids (EPA+DHA, mg)	17.3	82.5	2.0	419.7
Unsat. fatty acids-cis (g)	45.8	49.7	23.7	89.5
Linoleic acid (g)	12.9	14.4	5.7	28.5
Carbohydrates (g)	291.3	303.0	189.2	457.6
Mono- and disaccharides (g)	148.6	156.7	79.4	263.5
Polysaccharides (g)	138.8	146.3	83.0	237.7
Fibre (g)	18.2	19.0	10.1	31.3
Alcohol (g)	0.0	2.5	0.0	6.6

Group=Female Children (7-18 years, n=857)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8294.1	8424.3	5702.2	11597.9
Energy (kcal)	1976.8	2006.4	1358.0	2763.2
Protein (g)	63.0	65.4	39.0	100.1
Fat (g)	73.1	75.2	41.9	116.4
Saturated fatty acids (g)	27.7	28.6	15.0	46.3
Mono unsat. fatty acids (g)	25.7	26.5	13.5	42.5
Poly unsat. fatty acids (g)	13.2	14.0	6.2	24.7
Trans fatty acids (g)	1.1	1.2	0.4	2.6
Alpha Linolenic Acid (mg)	1219.0	1320.1	605.3	2341.4
N-3 fish fatty acids (EPA+DHA, mg)	17.4	74.9	2.2	372.7
Unsat. fatty acids-cis (g)	39.1	40.4	20.6	64.9
Linoleic acid (g)	10.8	11.4	4.9	20.6
Carbohydrates (g)	249.1	255.1	161.6	365.2
Mono- and disaccharides (g)	130.8	134.1	65.2	217.7
Polysaccharides (g)	118.3	120.9	75.2	175.1
Fibre (g)	15.9	16.4	9.2	25.2
Alcohol (g)	0.0	1.4	0.0	6.4

Group=Male Adults (19-69 years, n=1055)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	10660.8	10969.6	6561.1	16204.2
Energy (kcal)	2541.4	2617.1	1568.3	3866.4
Protein (g)	94.0	97.5	57.1	146.6
Fat (g)	98.6	101.9	50.2	163.6
Saturated fatty acids (g)	35.9	37.6	17.5	63.1
Mono unsat. fatty acids (g)	33.2	35.5	16.4	60.4
Poly unsat. fatty acids (g)	19.0	20.3	8.0	37.8
Trans fatty acids (g)	1.5	1.7	0.5	3.5

Group=Male Adults (19-69 years, n=1055)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Alpha Linolenic Acid (mg)	1933.6	2078.0	869.3	3776.2
N-3 fish fatty acids (EPA+DHA, mg)	32.1	178.0	3.2	958.2
Unsat. fatty acids-cis (g)	52.7	55.8	25.9	95.0
Linoleic acid (g)	15.6	16.8	6.5	31.2
Carbohydrates (g)	268.7	280.3	147.4	440.4
Mono- and disacharides (g)	114.4	125.1	42.4	243.6
Polysacharides (g)	150.6	155.2	81.1	240.1
Fibre (g)	22.2	22.8	11.7	36.0
Alcohol (g)	8.0	19.4	0.0	72.1

Group=Female Adults (19-69 years, n=1051)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	7906.3	8201.5	4920.0	12108.2
Energy (kcal)	1883.7	1955.6	1175.8	2886.4
Protein (g)	72.3	75.0	45.4	112.5
Fat (g)	71.4	75.5	35.4	129.5
Saturated fatty acids (g)	27.2	28.8	12.2	51.2
Mono unsat. fatty acids (g)	24.3	25.8	10.6	45.9
Poly unsat. fatty acids (g)	13.1	14.4	5.7	27.3
Trans fatty acids (g)	1.1	1.3	0.4	3.0
Alpha Linolenic Acid (mg)	1374.3	1509.6	612.4	2890.4
N-3 fish fatty acids (EPA+DHA, mg)	26.8	177.8	3.3	973.5
Unsat. fatty acids-cis (g)	37.6	40.2	17.5	70.1
Linoleic acid (g)	10.8	11.8	4.4	23.1
Carbohydrates (g)	210.5	217.3	117.4	339.6
Mono- and disacharides (g)	96.7	103.8	38.0	193.0
Polysacharides (g)	109.6	113.5	62.3	178.9
Fibre (g)	17.9	18.7	9.8	29.1
Alcohol (g)	0.0	8.8	0.0	43.2

Table 1.2.c Actual intake of macronutrients from food sources only by the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-8 years, n=304)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	7839.5	8065.4	5708.3	10653.5
Energy (kcal)	1866.5	1920.1	1358.5	2536.7
Protein (g)	59.3	61.1	36.4	89.4
Fat (g)	68.2	70.2	41.6	110.1
Saturated fatty acids (g)	25.3	26.6	14.9	41.9
Mono unsat. fatty acids (g)	23.8	24.7	13.6	40.7
Poly unsat. fatty acids (g)	12.3	13.2	6.2	23.4
Trans fatty acids (g)	0.9	1.1	0.4	2.3
Alpha Linolenic Acid (mg)	1111.4	1217.1	496.0	2181.8
N-3 fish fatty acids (EPA+DHA, mg)	14.5	47.3	1.2	252.1
Unsat. fatty acids-cis (g)	36.9	37.9	20.5	62.6
Linoleic acid (g)	10.0	10.9	4.7	20.4
Carbohydrates (g)	247.9	252.4	171.4	344.6
Mono- and disaccharides (g)	133.8	139.1	86.6	209.9
Polysaccharides (g)	110.8	113.2	72.1	159.6
Fibre (g)	14.9	15.2	8.6	22.9
Alcohol (g)	0.0	0.0	0.0	0.0

Group=Male Children (9-13 years, n=351)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9266.3	9550.0	6553.5	13497.6
Energy (kcal)	2213.4	2274.5	1553.9	3212.4
Protein (g)	70.3	72.6	44.7	112.1
Fat (g)	82.9	86.4	50.6	139.4
Saturated fatty acids (g)	30.7	32.3	17.6	52.5
Mono unsat. fatty acids (g)	29.3	31.0	16.0	52.1
Poly unsat. fatty acids (g)	14.9	16.2	7.6	30.4
Trans fatty acids (g)	1.2	1.4	0.5	2.9
Alpha Linolenic Acid (mg)	1317.4	1473.8	700.9	2805.8
N-3 fish fatty acids (EPA+DHA, mg)	17.7	89.0	2.9	509.1
Unsat. fatty acids-cis (g)	44.3	47.2	25.1	81.2
Linoleic acid (g)	12.2	13.3	5.9	26.3
Carbohydrates (g)	282.4	291.5	190.1	421.1
Mono- and disaccharides (g)	143.5	154.3	81.6	254.0
Polysaccharides (g)	131.5	137.0	87.1	198.0
Fibre (g)	17.3	17.8	10.3	26.1
Alcohol (g)	0.0	0.0	0.0	0.1

Group=Female Children (9-13 years, n=352)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8458.1	8572.8	5966.0	11541.5
Energy (kcal)	2014.7	2041.8	1424.2	2751.2
Protein (g)	62.9	64.5	37.7	99.9
Fat (g)	75.1	77.5	45.8	113.8
Saturated fatty acids (g)	28.5	29.4	16.5	46.6
Mono unsat. fatty acids (g)	26.5	27.4	15.1	43.0
Poly unsat. fatty acids (g)	13.8	14.4	6.7	25.6
Trans fatty acids (g)	1.1	1.3	0.4	2.6

Group=Female Children (9-13 years, n=352)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Alpha Linolenic Acid (mg)	1229.8	1322.1	624.8	2264.2
N-3 fish fatty acids (EPA+DHA, mg)	16.9	79.4	2.5	329.9
Unsat. fatty acids-cis (g)	40.7	41.8	22.8	64.7
Linoleic acid (g)	11.1	11.7	5.2	20.8
Carbohydrates (g)	255.6	262.4	176.4	376.4
Mono- and disaccharides (g)	138.3	141.4	76.1	226.8
Polysaccharides (g)	115.3	121.0	78.8	174.9
Fibre (g)	15.8	15.9	9.4	23.9
Alcohol (g)	0.0	0.0	0.0	0.0

Group=Male Children (14-18 years, n=352)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	10813.4	11291.5	6706.3	17301.1
Energy (kcal)	2581.4	2690.4	1595.3	4120.6
Protein (g)	84.3	88.5	51.1	135.1
Fat (g)	96.2	102.3	48.4	172.3
Saturated fatty acids (g)	35.7	37.3	16.8	63.0
Mono unsat. fatty acids (g)	34.1	36.8	16.2	65.4
Poly unsat. fatty acids (g)	18.2	20.0	7.3	37.8
Trans fatty acids (g)	1.3	1.5	0.5	3.1
Alpha Linolenic Acid (mg)	1678.9	1829.6	728.4	3712.6
N-3 fish fatty acids (EPA+DHA, mg)	17.9	89.8	2.5	371.9
Unsat. fatty acids-cis (g)	51.8	56.7	25.2	101.6
Linoleic acid (g)	15.0	16.7	5.7	33.1
Carbohydrates (g)	320.6	331.6	197.4	489.7
Mono- and disaccharides (g)	156.5	164.3	71.0	283.0
Polysaccharides (g)	162.2	167.2	92.0	263.6
Fibre (g)	20.3	21.4	11.0	35.7
Alcohol (g)	0.0	5.9	0.0	39.8

Group=Female Children (14-18 years, n=354)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8345.4	8513.5	5504.8	11998.4
Energy (kcal)	1988.3	2027.9	1304.3	2856.9
Protein (g)	66.4	68.5	42.0	105.1
Fat (g)	72.9	75.4	35.5	119.9
Saturated fatty acids (g)	27.4	28.7	14.4	47.8
Mono unsat. fatty acids (g)	25.0	26.4	12.3	43.0
Poly unsat. fatty acids (g)	13.0	14.1	6.0	25.4
Trans fatty acids (g)	1.1	1.2	0.4	2.6
Alpha Linolenic Acid (mg)	1242.0	1382.6	641.2	2473.4
N-3 fish fatty acids (EPA+DHA, mg)	19.0	82.5	1.4	457.8
Unsat. fatty acids-cis (g)	38.2	40.5	20.0	66.0
Linoleic acid (g)	10.9	11.6	4.5	22.0
Carbohydrates (g)	249.1	252.7	151.0	374.0
Mono- and disaccharides (g)	121.4	126.9	54.2	217.7
Polysaccharides (g)	126.4	125.7	72.9	180.4
Fibre (g)	17.0	17.5	9.6	26.3
Alcohol (g)	0.0	3.3	0.0	17.0

Group=Male Adults (19-30 years, n=356)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	11809.4	11938.1	6813.3	17150.0
Energy (kcal)	2810.3	2846.7	1623.3	4085.6
Protein (g)	96.9	98.4	53.1	146.8
Fat (g)	106.2	109.2	56.2	174.8
Saturated fatty acids (g)	38.1	39.3	19.8	62.0
Mono unsat. fatty acids (g)	37.3	39.1	19.3	64.9
Poly unsat. fatty acids (g)	19.9	21.7	8.3	38.2
Trans fatty acids (g)	1.5	1.7	0.5	4.0
Alpha Linolenic Acid (mg)	1936.9	2120.5	819.5	4078.8
N-3 fish fatty acids (EPA+DHA, mg)	30.5	151.7	3.1	737.8
Unsat. fatty acids-cis (g)	58.0	60.8	29.6	99.8
Linoleic acid (g)	16.5	18.1	6.9	33.1
Carbohydrates (g)	312.8	324.2	178.2	491.4
Mono- and disaccharides (g)	142.3	151.9	55.2	277.4
Polysaccharides (g)	163.6	172.2	88.0	270.8
Fibre (g)	21.4	22.4	11.0	36.8
Alcohol (g)	0.1	17.3	0.0	84.0

Group=Female Adults (19-30 years, n=347)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8232.1	8511.8	5151.1	12440.8
Energy (kcal)	1957.7	2028.3	1228.1	2957.5
Protein (g)	70.1	72.7	43.7	107.2
Fat (g)	73.3	77.2	37.4	132.0
Saturated fatty acids (g)	26.8	29.0	12.4	54.2
Mono unsat. fatty acids (g)	25.5	26.9	11.9	47.0
Poly unsat. fatty acids (g)	13.8	14.8	5.9	27.1
Trans fatty acids (g)	1.1	1.3	0.3	3.1
Alpha Linolenic Acid (mg)	1293.3	1436.9	582.9	2626.2
N-3 fish fatty acids (EPA+DHA, mg)	25.4	127.0	3.0	702.3
Unsat. fatty acids-cis (g)	38.6	41.7	19.2	71.5
Linoleic acid (g)	11.5	12.3	4.5	22.7
Carbohydrates (g)	235.0	242.4	131.6	386.7
Mono- and disaccharides (g)	113.6	121.1	46.3	229.9
Polysaccharides (g)	118.2	121.2	71.1	184.6
Fibre (g)	17.0	18.0	9.1	28.8
Alcohol (g)	0.0	4.5	0.0	28.7

Group=Male Adults (31-50 years, n=348)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	10838.7	11111.7	6676.3	16940.5
Energy (kcal)	2581.3	2651.1	1593.8	4043.4
Protein (g)	93.0	97.3	59.3	147.2
Fat (g)	99.1	104.1	50.2	169.9
Saturated fatty acids (g)	37.1	38.3	19.1	65.3
Mono unsat. fatty acids (g)	33.3	36.2	16.6	61.1
Poly unsat. fatty acids (g)	20.0	21.0	8.7	38.1
Trans fatty acids (g)	1.4	1.6	0.5	3.3
Alpha Linolenic Acid (mg)	1980.8	2146.2	929.9	4124.7
N-3 fish fatty acids (EPA+DHA, mg)	29.9	164.6	2.6	1059.0

Group=Male Adults (31-50 years, n=348)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Unsat. fatty acids-cis (g)	53.7	57.1	26.2	95.0
Linoleic acid (g)	16.2	17.4	6.6	32.3
Carbohydrates (g)	275.9	285.4	155.6	441.7
Mono- and disaccharides (g)	114.1	126.0	43.9	241.4
Polysaccharides (g)	156.7	159.3	84.5	241.8
Fibre (g)	23.0	23.7	13.0	36.4
Alcohol (g)	7.3	18.3	0.0	70.5

Group=Female Adults (31-50 years, n=351)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8041.5	8316.6	4836.1	12147.0
Energy (kcal)	1922.0	1983.1	1147.3	2886.7
Protein (g)	72.0	74.6	45.8	111.1
Fat (g)	73.6	77.4	35.2	128.9
Saturated fatty acids (g)	28.1	29.6	12.8	50.1
Mono unsat. fatty acids (g)	25.1	26.6	10.5	46.2
Poly unsat. fatty acids (g)	13.4	14.6	5.5	26.8
Trans fatty acids (g)	1.1	1.3	0.3	2.9
Alpha Linolenic Acid (mg)	1394.4	1513.1	578.0	2854.8
N-3 fish fatty acids (EPA+DHA, mg)	26.9	174.9	3.4	1000.4
Unsat. fatty acids-cis (g)	39.9	41.2	17.2	70.0
Linoleic acid (g)	11.0	11.9	4.4	22.7
Carbohydrates (g)	217.9	222.4	122.7	343.0
Mono- and disaccharides (g)	98.7	104.3	42.3	190.6
Polysaccharides (g)	115.2	118.0	67.6	191.2
Fibre (g)	18.1	18.9	9.7	29.8
Alcohol (g)	0.0	7.7	0.0	42.2

Group=Male Adults (51-69 years, n=351)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9986.3	10162.8	6283.8	14614.4
Energy (kcal)	2379.1	2425.3	1501.2	3501.5
Protein (g)	94.7	97.2	57.4	144.5
Fat (g)	92.3	94.2	48.1	156.6
Saturated fatty acids (g)	34.0	35.4	16.3	59.0
Mono unsat. fatty acids (g)	31.4	32.2	14.6	56.0
Poly unsat. fatty acids (g)	17.7	18.6	7.2	34.6
Trans fatty acids (g)	1.5	1.6	0.5	3.3
Alpha Linolenic Acid (mg)	1915.1	1960.3	745.4	3332.4
N-3 fish fatty acids (EPA+DHA, mg)	34.7	212.5	4.4	959.3
Unsat. fatty acids-cis (g)	48.8	50.7	24.8	88.1
Linoleic acid (g)	14.5	15.4	5.4	29.0
Carbohydrates (g)	242.3	245.6	135.6	378.5
Mono- and disaccharides (g)	103.0	106.8	38.9	201.8
Polysaccharides (g)	136.3	138.7	74.3	209.6
Fibre (g)	21.6	21.9	10.9	34.8
Alcohol (g)	16.0	22.1	0.0	70.4

Group=Female Adults (51-69 years, n=353)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	7526.9	7854.5	4819.9	11879.4
Energy (kcal)	1794.8	1873.7	1146.4	2847.2
Protein (g)	73.8	77.0	45.3	114.2
Fat (g)	66.2	72.0	34.0	129.1
Saturated fatty acids (g)	25.7	27.8	11.6	50.6
Mono unsat. fatty acids (g)	21.8	24.0	10.3	44.3
Poly unsat. fatty acids (g)	12.2	13.8	5.7	27.8
Trans fatty acids (g)	1.2	1.4	0.4	3.1
Alpha Linolenic Acid (mg)	1397.8	1550.8	700.9	2941.4
N-3 fish fatty acids (EPA+DHA, mg)	27.9	213.9	2.8	1097.2
Unsat. fatty acids-cis (g)	33.9	37.8	17.1	67.7
Linoleic acid (g)	10.0	11.3	4.3	24.3
Carbohydrates (g)	189.9	194.9	100.7	298.7
Mono- and disaccharides (g)	86.8	92.3	34.9	166.6
Polysaccharides (g)	99.5	102.6	56.9	155.7
Fibre (g)	18.2	18.8	10.3	28.4
Alcohol (g)	5.9	13.0	0.0	47.8

Table 1.3.a Actual intake of macronutrients from food sources only by the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Low Education (n=348)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8975.9	9180.4	5520.1	14145.3
Energy (kcal)	2132.6	2187.1	1318.6	3361.8
Protein (g)	65.9	68.0	38.1	109.0
Fat (g)	81.4	84.4	42.3	144.1
Saturated fatty acids (g)	29.2	31.2	15.6	53.6
Mono unsat. fatty acids (g)	28.7	30.3	14.1	52.1
Poly unsat. fatty acids (g)	15.3	16.2	6.5	29.7
Trans fatty acids (g)	1.1	1.3	0.4	2.9
Alpha Linolenic Acid (mg)	1276.5	1443.4	563.6	2624.8
N-3 fish fatty acids (EPA+DHA, mg)	17.0	85.1	1.6	402.2
Unsat. fatty acids-cis (g)	43.9	46.4	22.2	81.3
Linoleic acid (g)	12.3	13.3	5.1	24.5
Carbohydrates (g)	272.5	276.8	152.3	428.0
Mono- and disaccharides (g)	142.5	144.9	67.7	249.5
Polysaccharides (g)	126.7	131.8	77.7	220.7
Fibre (g)	15.8	16.5	9.4	26.5
Alcohol (g)	0.0	1.4	0.0	1.2

Group=Children (7-18 years) - Moderate Education (n=698)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8971.3	9247.6	5966.0	13497.6
Energy (kcal)	2134.9	2202.5	1425.2	3212.4
Protein (g)	67.1	71.0	41.8	112.1
Fat (g)	77.9	82.7	44.5	133.2
Saturated fatty acids (g)	29.7	31.0	16.2	50.5
Mono unsat. fatty acids (g)	27.5	29.4	14.7	48.9
Poly unsat. fatty acids (g)	14.1	15.5	6.9	28.8
Trans fatty acids (g)	1.1	1.3	0.4	2.8
Alpha Linolenic Acid (mg)	1296.4	1437.4	632.3	2763.2
N-3 fish fatty acids (EPA+DHA, mg)	17.2	69.0	2.1	329.9
Unsat. fatty acids-cis (g)	42.4	44.9	21.9	77.7
Linoleic acid (g)	11.4	12.8	5.3	24.5
Carbohydrates (g)	270.4	281.2	174.3	418.1
Mono- and disaccharides (g)	141.6	148.7	69.9	248.3
Polysaccharides (g)	128.3	132.4	77.1	196.4
Fibre (g)	16.7	17.3	9.1	27.9
Alcohol (g)	0.0	1.5	0.0	5.6

Group=Children (7-18 years) - High Education (n=580)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8884.5	9279.3	6019.9	14381.6
Energy (kcal)	2116.0	2210.1	1430.8	3432.2
Protein (g)	69.6	74.3	43.7	119.1
Fat (g)	77.1	82.3	44.4	140.4
Saturated fatty acids (g)	29.1	31.0	15.8	53.6
Mono unsat. fatty acids (g)	27.0	29.0	14.2	51.6
Poly unsat. fatty acids (g)	14.0	15.5	6.8	31.0
Trans fatty acids (g)	1.1	1.3	0.5	2.8

Group=Children (7-18 years) - High Education (n=580)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Alpha Linolenic Acid (mg)	1283.4	1475.9	632.3	3078.3
N-3 fish fatty acids (EPA+DHA, mg)	18.0	89.4	2.2	440.7
Unsat. fatty acids-cis (g)	40.5	44.5	22.6	81.5
Linoleic acid (g)	11.2	12.8	5.3	26.5
Carbohydrates (g)	267.4	278.2	181.6	421.1
Mono- and disaccharides (g)	134.8	142.2	77.0	242.9
Polysaccharides (g)	129.5	135.9	81.7	214.4
Fibre (g)	18.1	18.8	10.4	29.8
Alcohol (g)	0.0	2.3	0.0	7.0

Group=Adults (19-69 years) - Low Education (n=708)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8998.8	9491.7	5135.4	15668.6
Energy (kcal)	2146.2	2264.1	1222.8	3742.0
Protein (g)	81.4	85.8	46.6	143.2
Fat (g)	82.7	89.1	38.9	160.7
Saturated fatty acids (g)	31.2	33.4	13.5	58.5
Mono unsat. fatty acids (g)	27.6	30.7	12.3	57.4
Poly unsat. fatty acids (g)	15.4	17.6	6.9	35.0
Trans fatty acids (g)	1.2	1.5	0.4	3.5
Alpha Linolenic Acid (mg)	1648.0	1840.9	754.8	3486.4
N-3 fish fatty acids (EPA+DHA, mg)	26.7	154.6	2.7	880.1
Unsat. fatty acids-cis (g)	43.3	48.3	20.0	89.2
Linoleic acid (g)	12.3	14.5	5.1	29.8
Carbohydrates (g)	230.4	245.6	119.4	421.0
Mono- and disaccharides (g)	103.7	113.3	36.9	226.1
Polysaccharides (g)	125.2	132.3	70.7	228.0
Fibre (g)	19.2	20.1	9.8	31.9
Alcohol (g)	0.0	12.7	0.0	57.2

Group=Adults (19-69 years) - Moderate Education (n=935)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9519.2	9772.8	5328.7	14932.0
Energy (kcal)	2268.9	2330.9	1268.9	3555.2
Protein (g)	84.2	87.1	49.4	134.1
Fat (g)	86.6	90.1	39.8	151.5
Saturated fatty acids (g)	32.0	33.6	13.9	59.5
Mono unsat. fatty acids (g)	29.9	31.1	12.5	54.7
Poly unsat. fatty acids (g)	16.2	17.7	6.5	33.0
Trans fatty acids (g)	1.3	1.5	0.4	3.3
Alpha Linolenic Acid (mg)	1647.6	1813.2	698.4	3410.2
N-3 fish fatty acids (EPA+DHA, mg)	30.6	160.9	3.6	900.1
Unsat. fatty acids-cis (g)	46.4	48.8	19.6	84.9
Linoleic acid (g)	13.3	14.6	4.9	28.3
Carbohydrates (g)	246.5	255.3	135.6	411.3
Mono- and disaccharides (g)	107.0	117.0	43.7	229.2
Polysaccharides (g)	130.3	138.2	69.7	226.1
Fibre (g)	20.2	20.8	11.0	33.4
Alcohol (g)	4.1	14.5	0.0	62.6

Group=Adults (19-69 years) - High Education (n=463)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9100.8	9394.4	5441.8	14688.6
Energy (kcal)	2165.7	2240.8	1299.3	3513.4
Protein (g)	81.5	85.4	49.9	128.9
Fat (g)	82.0	85.8	40.4	145.4
Saturated fatty acids (g)	30.3	32.3	14.7	57.0
Mono unsat. fatty acids (g)	28.0	29.6	12.5	51.2
Poly unsat. fatty acids (g)	15.1	16.5	5.9	31.6
Trans fatty acids (g)	1.3	1.5	0.5	3.2
Alpha Linolenic Acid (mg)	1503.3	1700.9	624.8	3256.7
N-3 fish fatty acids (EPA+DHA, mg)	30.1	239.3	3.4	1455.0
Unsat. fatty acids-cis (g)	43.9	46.1	20.2	83.4
Linoleic acid (g)	12.2	13.6	4.4	26.7
Carbohydrates (g)	234.1	241.9	128.4	407.3
Mono- and disaccharides (g)	103.2	111.5	45.6	204.8
Polysaccharides (g)	126.5	130.4	66.7	208.3
Fibre (g)	20.8	21.5	10.9	35.1
Alcohol (g)	6.6	15.3	0.0	53.6

Table 1.3.b Actual intake of macronutrients from food sources only by the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Low Education (n=177)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9750.3	9874.2	5923.5	15026.6
Energy (kcal)	2327.6	2352.6	1408.6	3589.5
Protein (g)	70.5	73.0	38.1	119.6
Fat (g)	86.2	91.3	44.9	158.9
Saturated fatty acids (g)	31.0	33.2	15.9	58.3
Mono unsat. fatty acids (g)	30.7	33.0	14.3	54.2
Poly unsat. fatty acids (g)	16.7	17.7	6.7	31.4
Trans fatty acids (g)	1.2	1.5	0.4	3.2
Alpha Linolenic Acid (mg)	1407.0	1556.9	563.6	2927.6
N-3 fish fatty acids (EPA+DHA, mg)	17.2	74.9	2.0	450.0
Unsat. fatty acids-cis (g)	47.8	50.6	22.2	83.5
Linoleic acid (g)	13.5	14.5	5.3	27.6
Carbohydrates (g)	287.1	295.7	162.6	461.2
Mono- and disaccharides (g)	143.3	150.8	57.0	263.5
Polysaccharides (g)	134.7	144.9	81.0	246.9
Fibre (g)	16.9	17.8	9.3	28.5
Alcohol (g)	0.0	2.2	0.0	5.4

Group=Male Children (7-18 years) - Moderate Education (n=344)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9627.3	10036.4	6628.9	14684.6
Energy (kcal)	2289.4	2390.4	1576.1	3510.1
Protein (g)	73.2	76.8	45.5	123.8
Fat (g)	84.8	90.2	48.2	145.1
Saturated fatty acids (g)	31.7	33.5	18.2	52.0
Mono unsat. fatty acids (g)	29.7	32.3	16.2	56.9
Poly unsat. fatty acids (g)	15.2	17.2	7.5	33.2
Trans fatty acids (g)	1.2	1.3	0.5	2.8
Alpha Linolenic Acid (mg)	1388.8	1546.3	649.3	3078.0
N-3 fish fatty acids (EPA+DHA, mg)	17.2	78.0	2.0	373.9
Unsat. fatty acids-cis (g)	45.2	49.5	25.1	87.3
Linoleic acid (g)	12.7	14.2	5.9	27.8
Carbohydrates (g)	293.8	305.2	196.3	460.7
Mono- and disaccharides (g)	153.8	162.0	82.8	272.1
Polysaccharides (g)	138.8	143.2	83.0	219.6
Fibre (g)	17.7	18.4	9.9	31.3
Alcohol (g)	0.0	1.4	0.0	0.6

Group=Male Children (7-18 years) - High Education (n=298)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9576.0	10163.7	6411.4	15891.5
Energy (kcal)	2277.9	2420.9	1525.9	3789.3
Protein (g)	76.3	80.7	45.3	135.0
Fat (g)	84.7	90.2	46.2	161.6
Saturated fatty acids (g)	31.4	33.7	15.8	57.6
Mono unsat. fatty acids (g)	29.2	32.1	14.9	61.7
Poly unsat. fatty acids (g)	14.9	17.1	7.5	35.7
Trans fatty acids (g)	1.2	1.4	0.5	3.1

Group=Male Children (7-18 years) - High Education (n=298)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Alpha Linolenic Acid (mg)	1420.3	1636.0	680.7	3309.9
N-3 fish fatty acids (EPA+DHA, mg)	17.5	93.0	2.5	426.6
Unsat. fatty acids-cis (g)	45.1	49.2	23.7	95.1
Linoleic acid (g)	12.4	14.3	5.8	30.3
Carbohydrates (g)	291.0	303.9	198.9	451.2
Mono- and disaccharides (g)	146.5	154.1	84.0	251.6
Polysaccharides (g)	139.8	149.7	92.2	232.3
Fibre (g)	19.5	20.2	10.9	32.6
Alcohol (g)	0.0	3.6	0.0	26.5

Group=Female Children (7-18 years) - Low Education (n=171)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8288.8	8399.9	5075.8	11682.6
Energy (kcal)	1968.4	2000.8	1208.4	2784.2
Protein (g)	60.9	62.4	37.6	93.8
Fat (g)	74.6	76.7	41.9	123.6
Saturated fatty acids (g)	28.0	28.9	15.1	47.2
Mono unsat. fatty acids (g)	26.3	27.3	13.9	43.9
Poly unsat. fatty acids (g)	13.7	14.4	6.2	25.7
Trans fatty acids (g)	1.1	1.2	0.4	2.4
Alpha Linolenic Acid (mg)	1225.5	1315.7	576.2	2369.9
N-3 fish fatty acids (EPA+DHA, mg)	16.1	96.6	1.1	402.2
Unsat. fatty acids-cis (g)	40.1	41.7	21.6	69.8
Linoleic acid (g)	11.1	11.8	4.8	21.4
Carbohydrates (g)	259.2	255.6	142.5	357.0
Mono- and disaccharides (g)	141.5	138.3	67.8	209.9
Polysaccharides (g)	111.5	117.2	71.1	175.1
Fibre (g)	14.6	15.0	9.4	22.6
Alcohol (g)	0.0	0.6	0.0	0.2

Group=Female Children (7-18 years) - Moderate Education (n=354)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8290.0	8443.9	5700.2	11597.9
Energy (kcal)	1974.2	2011.0	1357.0	2762.6
Protein (g)	62.8	65.0	37.7	99.9
Fat (g)	72.1	75.0	41.8	117.9
Saturated fatty acids (g)	27.8	28.5	14.9	46.3
Mono unsat. fatty acids (g)	25.6	26.5	13.5	43.0
Poly unsat. fatty acids (g)	13.1	13.8	6.2	24.7
Trans fatty acids (g)	1.1	1.3	0.4	2.7
Alpha Linolenic Acid (mg)	1230.7	1326.4	580.4	2309.6
N-3 fish fatty acids (EPA+DHA, mg)	16.8	59.8	2.2	217.8
Unsat. fatty acids-cis (g)	39.4	40.3	20.3	63.9
Linoleic acid (g)	10.9	11.3	5.0	20.2
Carbohydrates (g)	252.0	256.7	161.8	383.1
Mono- and disaccharides (g)	131.6	135.1	59.0	218.4
Polysaccharides (g)	120.0	121.5	74.3	172.5
Fibre (g)	15.8	16.1	8.8	24.6
Alcohol (g)	0.0	1.7	0.0	7.5

Group=Female Children (7-18 years) - High Education (n=282)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8284.7	8317.7	5809.2	11218.2
Energy (kcal)	1970.7	1981.0	1383.4	2673.4
Protein (g)	64.6	67.4	42.4	106.7
Fat (g)	71.2	73.7	44.0	112.4
Saturated fatty acids (g)	26.4	28.1	15.8	43.3
Mono unsat. fatty acids (g)	24.9	25.7	13.8	40.8
Poly unsat. fatty acids (g)	13.0	13.7	6.2	24.6
Trans fatty acids (g)	1.1	1.2	0.5	2.6
Alpha Linolenic Acid (mg)	1190.5	1301.7	605.3	2259.7
N-3 fish fatty acids (EPA+DHA, mg)	18.9	85.5	1.9	457.8
Unsat. fatty acids-cis (g)	38.0	39.4	20.9	63.8
Linoleic acid (g)	10.4	11.2	4.9	20.6
Carbohydrates (g)	244.4	250.3	172.4	346.7
Mono- and disaccharides (g)	125.8	129.2	70.0	211.5
Polysaccharides (g)	117.7	121.0	78.8	174.7
Fibre (g)	16.8	17.4	9.4	26.6
Alcohol (g)	0.0	0.9	0.0	4.4

Group=Male Adults (19-69 years) - Low Education (n=322)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	11182.8	11261.5	6530.3	16860.4
Energy (kcal)	2672.2	2686.6	1559.5	4029.6
Protein (g)	94.4	99.5	54.6	152.2
Fat (g)	101.6	106.0	50.7	178.8
Saturated fatty acids (g)	37.4	38.9	18.7	63.5
Mono unsat. fatty acids (g)	34.5	36.9	16.5	66.5
Poly unsat. fatty acids (g)	19.9	21.4	8.4	38.5
Trans fatty acids (g)	1.5	1.7	0.5	4.0
Alpha Linolenic Acid (mg)	2034.3	2202.0	845.7	3974.7
N-3 fish fatty acids (EPA+DHA, mg)	29.4	158.9	2.8	958.2
Unsat. fatty acids-cis (g)	56.7	58.3	27.5	103.7
Linoleic acid (g)	16.4	17.7	6.6	32.8
Carbohydrates (g)	275.9	289.5	146.8	459.3
Mono- and disaccharides (g)	117.9	130.7	41.3	249.3
Polysaccharides (g)	148.7	158.8	84.5	256.7
Fibre (g)	21.4	22.6	11.1	36.4
Alcohol (g)	5.6	17.8	0.0	66.3

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	10801.4	11058.2	6707.8	16169.4
Energy (kcal)	2581.3	2638.2	1600.3	3851.6
Protein (g)	93.9	97.6	59.3	146.2
Fat (g)	99.4	102.5	52.5	161.3
Saturated fatty acids (g)	36.3	37.7	18.3	62.8
Mono unsat. fatty acids (g)	33.3	35.8	17.7	60.4
Poly unsat. fatty acids (g)	19.1	20.4	8.7	35.5
Trans fatty acids (g)	1.5	1.6	0.5	3.4
Alpha Linolenic Acid (mg)	1936.9	2081.1	971.2	3658.7
N-3 fish fatty acids (EPA+DHA, mg)	32.5	158.2	3.7	833.9

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Unsat. fatty acids-cis (g)	53.6	56.3	27.7	94.2
Linoleic acid (g)	16.0	17.0	7.1	30.6
Carbohydrates (g)	274.9	282.8	154.8	427.4
Mono- and disaccharides (g)	115.0	124.7	42.4	243.3
Polysaccharides (g)	156.1	158.0	83.5	239.0
Fibre (g)	22.3	22.9	12.3	35.4
Alcohol (g)	10.4	20.1	0.0	74.5

Group=Male Adults (19-69 years) - High Education (n=246)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	10095.1	10493.8	5993.1	15986.0
Energy (kcal)	2401.3	2503.5	1427.6	3807.3
Protein (g)	94.0	95.0	57.0	135.3
Fat (g)	94.1	96.2	48.3	153.7
Saturated fatty acids (g)	34.1	35.9	16.3	59.2
Mono unsat. fatty acids (g)	32.1	33.2	13.2	55.6
Poly unsat. fatty acids (g)	17.7	18.9	7.2	36.9
Trans fatty acids (g)	1.5	1.6	0.5	3.3
Alpha Linolenic Acid (mg)	1844.6	1935.1	784.0	3560.3
N-3 fish fatty acids (EPA+DHA, mg)	34.6	233.2	3.7	1397.4
Unsat. fatty acids-cis (g)	50.5	52.1	22.7	86.6
Linoleic acid (g)	14.4	15.7	5.4	32.0
Carbohydrates (g)	255.6	265.9	140.3	424.4
Mono- and disaccharides (g)	111.2	119.5	48.1	221.1
Polysaccharides (g)	143.8	146.3	70.7	220.9
Fibre (g)	22.9	23.0	11.6	36.4
Alcohol (g)	11.7	19.9	0.0	68.2

Group=Female Adults (19-69 years) - Low Education (n=386)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	7749.3	8030.0	4819.9	11944.5
Energy (kcal)	1844.1	1915.1	1146.4	2856.3
Protein (g)	70.7	74.5	44.9	114.1
Fat (g)	70.3	75.2	36.0	130.8
Saturated fatty acids (g)	26.8	28.8	12.1	50.6
Mono unsat. fatty acids (g)	23.4	25.6	11.1	47.3
Poly unsat. fatty acids (g)	13.1	14.4	6.3	26.9
Trans fatty acids (g)	1.1	1.3	0.4	2.9
Alpha Linolenic Acid (mg)	1425.8	1542.6	677.0	2854.8
N-3 fish fatty acids (EPA+DHA, mg)	25.2	151.1	2.7	864.3
Unsat. fatty acids-cis (g)	36.9	40.0	18.6	70.4
Linoleic acid (g)	10.8	11.9	4.7	23.0
Carbohydrates (g)	202.6	209.4	109.8	332.3
Mono- and disaccharides (g)	90.9	98.9	35.6	184.8
Polysaccharides (g)	106.0	110.4	63.4	170.6
Fibre (g)	17.4	18.0	9.6	27.6
Alcohol (g)	0.0	8.6	0.0	43.3

Group=Female Adults (19-69 years) - Moderate Education (n=448)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8110.4	8395.1	4983.8	12639.9
Energy (kcal)	1937.3	2001.5	1187.3	3009.8
Protein (g)	74.0	75.8	45.6	108.8
Fat (g)	72.7	76.8	34.8	129.7
Saturated fatty acids (g)	28.0	29.3	12.2	53.7
Mono unsat. fatty acids (g)	24.6	26.1	10.4	45.6
Poly unsat. fatty acids (g)	13.4	14.7	5.6	29.5
Trans fatty acids (g)	1.1	1.4	0.4	3.1
Alpha Linolenic Acid (mg)	1381.4	1526.1	572.4	3060.7
N-3 fish fatty acids (EPA+DHA, mg)	28.9	163.7	3.6	915.4
Unsat. fatty acids-cis (g)	37.7	40.8	16.9	71.5
Linoleic acid (g)	11.1	12.1	4.4	24.3
Carbohydrates (g)	221.4	225.9	123.6	351.1
Mono- and disaccharides (g)	100.7	108.8	43.8	202.9
Polysaccharides (g)	115.6	117.0	62.5	190.5
Fibre (g)	17.8	18.7	9.9	29.1
Alcohol (g)	0.0	8.4	0.0	45.5

Group=Female Adults (19-69 years) - High Education (n=217)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	7829.1	8106.8	5208.0	11866.6
Energy (kcal)	1866.9	1933.1	1238.4	2830.2
Protein (g)	72.7	74.3	45.4	113.7
Fat (g)	71.2	73.6	35.7	119.5
Saturated fatty acids (g)	26.8	28.1	13.4	47.3
Mono unsat. fatty acids (g)	24.8	25.5	11.8	45.2
Poly unsat. fatty acids (g)	12.4	13.7	5.3	25.5
Trans fatty acids (g)	1.1	1.3	0.3	2.9
Alpha Linolenic Acid (mg)	1244.6	1426.6	612.4	2645.6
N-3 fish fatty acids (EPA+DHA, mg)	26.0	246.5	3.2	1466.4
Unsat. fatty acids-cis (g)	38.2	39.2	16.3	66.6
Linoleic acid (g)	10.0	11.1	4.0	21.3
Carbohydrates (g)	205.9	213.8	120.5	337.4
Mono- and disaccharides (g)	93.9	102.1	39.2	176.7
Polysaccharides (g)	106.7	111.7	56.9	171.2
Fibre (g)	18.5	19.8	10.9	31.9
Alcohol (g)	0.0	9.9	0.0	42.0

Table 1.4.a Actual intake of macronutrients from food sources only by the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Normal and Underweight (n=1404)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8970.1	9336.5	5985.6	14040.6
Energy (kcal)	2133.6	2223.8	1425.2	3344.6
Protein (g)	67.2	71.4	41.1	114.5
Fat (g)	79.2	83.8	44.4	139.4
Saturated fatty acids (g)	29.8	31.4	16.2	52.4
Mono unsat. fatty acids (g)	27.8	29.8	14.3	51.6
Poly unsat. fatty acids (g)	14.5	15.8	7.0	29.7
Trans fatty acids (g)	1.1	1.3	0.4	2.8
Alpha Linolenic Acid (mg)	1300.6	1469.9	649.2	2833.0
N-3 fish fatty acids (EPA+DHA, mg)	17.3	77.9	2.0	397.4
Unsat. fatty acids-cis (g)	42.6	45.6	22.5	79.8
Linoleic acid (g)	11.8	13.0	5.6	25.1
Carbohydrates (g)	272.7	282.7	177.4	429.0
Mono- and disaccharides (g)	140.9	148.1	75.8	246.3
Polysaccharides (g)	129.3	134.6	79.6	210.4
Fibre (g)	16.9	17.7	9.6	28.1
Alcohol (g)	0.0	1.9	0.0	6.6

Group=Children (7-18 years) - Overweight and Obese (n=308)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8684.2	8918.7	5543.6	13479.2
Energy (kcal)	2068.0	2124.3	1314.8	3208.4
Protein (g)	69.0	72.6	42.9	115.1
Fat (g)	76.6	79.5	38.5	130.0
Saturated fatty acids (g)	28.3	29.7	14.5	47.1
Mono unsat. fatty acids (g)	27.0	28.3	13.2	47.4
Poly unsat. fatty acids (g)	13.5	15.0	6.2	30.4
Trans fatty acids (g)	1.1	1.3	0.4	2.5
Alpha Linolenic Acid (mg)	1261.9	1399.5	543.4	2778.8
N-3 fish fatty acids (EPA+DHA, mg)	17.8	83.1	2.4	324.1
Unsat. fatty acids-cis (g)	41.1	43.3	20.0	76.6
Linoleic acid (g)	11.3	12.5	4.6	25.1
Carbohydrates (g)	250.5	265.5	163.2	398.3
Mono- and disaccharides (g)	128.6	134.4	57.7	234.7
Polysaccharides (g)	125.3	131.0	75.6	209.3
Fibre (g)	17.2	17.8	8.7	29.5
Alcohol (g)	0.0	2.2	0.0	6.6

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9386.6	9822.1	5525.8	15603.0
Energy (kcal)	2237.4	2342.3	1313.5	3718.9
Protein (g)	81.2	85.5	46.9	135.3
Fat (g)	85.2	89.8	41.6	155.3
Saturated fatty acids (g)	31.3	33.5	14.6	61.5
Mono unsat. fatty acids (g)	29.0	31.0	13.1	55.6
Poly unsat. fatty acids (g)	15.9	17.8	6.6	35.0
Trans fatty acids (g)	1.2	1.5	0.4	3.3

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Alpha Linolenic Acid (mg)	1658.9	1828.3	700.9	3549.5
N-3 fish fatty acids (EPA+DHA, mg)	28.4	175.0	3.5	937.5
Unsat. fatty acids-cis (g)	45.1	48.7	20.9	87.5
Linoleic acid (g)	12.9	14.7	5.1	29.8
Carbohydrates (g)	247.7	261.7	136.0	424.7
Mono- and disacharides (g)	112.0	123.3	49.0	233.1
Polysacharides (g)	130.3	138.3	69.6	230.2
Fibre (g)	20.7	21.4	10.7	34.6
Alcohol (g)	0.3	13.5	0.0	58.1

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9096.6	9392.8	5151.1	14624.2
Energy (kcal)	2167.6	2240.8	1229.4	3501.5
Protein (g)	83.3	86.9	49.4	135.1
Fat (g)	83.1	87.9	38.6	148.5
Saturated fatty acids (g)	31.3	33.0	13.9	57.2
Mono unsat. fatty acids (g)	28.3	30.3	11.9	54.8
Poly unsat. fatty acids (g)	15.5	17.0	6.3	32.1
Trans fatty acids (g)	1.3	1.5	0.4	3.3
Alpha Linolenic Acid (mg)	1596.9	1765.7	705.4	3352.4
N-3 fish fatty acids (EPA+DHA, mg)	29.1	180.2	3.1	1032.5
Unsat. fatty acids-cis (g)	44.3	47.3	19.1	84.9
Linoleic acid (g)	12.7	14.0	4.9	27.7
Carbohydrates (g)	229.1	238.1	121.2	390.6
Mono- and disacharides (g)	100.2	107.0	37.8	203.4
Polysacharides (g)	125.4	131.0	68.7	215.2
Fibre (g)	19.0	20.2	10.1	32.4
Alcohol (g)	3.0	14.6	0.0	59.7

Table 1.4.b Actual intake of macronutrients from food sources only by the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Normal and Underweight (n=717)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9616.4	10122.7	6411.4	15891.5
Energy (kcal)	2289.0	2411.2	1525.9	3789.3
Protein (g)	73.7	77.2	43.0	125.2
Fat (g)	85.8	90.9	46.9	156.4
Saturated fatty acids (g)	31.4	33.6	17.2	56.6
Mono unsat. fatty acids (g)	30.1	32.6	15.2	59.5
Poly unsat. fatty acids (g)	15.5	17.4	7.7	33.5
Trans fatty acids (g)	1.2	1.4	0.5	3.0
Alpha Linolenic Acid (mg)	1397.5	1596.0	669.7	3217.9
N-3 fish fatty acids (EPA+DHA, mg)	17.3	82.7	2.0	419.7
Unsat. fatty acids-cis (g)	46.0	50.0	25.1	89.8
Linoleic acid (g)	12.9	14.4	6.0	28.2
Carbohydrates (g)	292.9	305.7	190.3	461.2
Mono- and disaccharides (g)	150.3	158.7	83.3	263.5
Polysaccharides (g)	140.0	146.9	82.9	241.2
Fibre (g)	18.1	18.9	10.2	31.3
Alcohol (g)	0.0	2.7	0.0	6.6

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	9543.0	9738.7	5886.3	14650.7
Energy (kcal)	2277.9	2319.9	1401.9	3499.5
Protein (g)	73.0	78.9	45.4	127.3
Fat (g)	84.2	88.5	39.7	158.9
Saturated fatty acids (g)	31.2	32.6	15.6	57.0
Mono unsat. fatty acids (g)	28.5	31.5	13.5	53.6
Poly unsat. fatty acids (g)	15.4	17.1	6.5	34.7
Trans fatty acids (g)	1.3	1.4	0.5	3.0
Alpha Linolenic Acid (mg)	1434.1	1546.2	537.4	3114.9
N-3 fish fatty acids (EPA+DHA, mg)	16.8	81.4	2.4	489.7
Unsat. fatty acids-cis (g)	45.7	48.6	20.3	86.2
Linoleic acid (g)	12.8	14.3	4.9	29.2
Carbohydrates (g)	282.8	289.2	174.0	435.5
Mono- and disaccharides (g)	134.2	146.0	69.8	271.7
Polysaccharides (g)	131.3	143.1	87.7	224.2
Fibre (g)	18.2	19.2	9.6	31.4
Alcohol (g)	0.0	1.1	0.0	6.6

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8303.2	8475.9	5780.2	11614.8
Energy (kcal)	1976.8	2018.7	1374.9	2772.6
Protein (g)	62.0	64.9	40.1	99.9
Fat (g)	73.2	76.0	42.8	119.7
Saturated fatty acids (g)	28.1	28.9	15.5	47.2
Mono unsat. fatty acids (g)	25.6	26.7	13.9	43.0
Poly unsat. fatty acids (g)	13.4	14.1	6.4	25.1
Trans fatty acids (g)	1.1	1.3	0.4	2.6

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Alpha Linolenic Acid (mg)	1215.1	1331.9	616.1	2387.9
N-3 fish fatty acids (EPA+DHA, mg)	17.2	72.6	2.1	388.5
Unsat. fatty acids-cis (g)	39.2	40.8	20.9	66.0
Linoleic acid (g)	10.8	11.6	5.0	21.2
Carbohydrates (g)	253.8	257.6	166.3	365.1
Mono- and disaccharides (g)	131.6	136.5	67.8	219.0
Polysaccharides (g)	118.9	121.0	76.4	174.0
Fibre (g)	15.8	16.3	9.3	25.3
Alcohol (g)	0.0	1.0	0.0	6.4

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8290.0	8222.2	5504.8	11383.4
Energy (kcal)	1972.5	1958.2	1304.3	2714.9
Protein (g)	66.0	67.2	34.9	104.2
Fat (g)	72.3	71.9	32.0	110.9
Saturated fatty acids (g)	26.0	27.1	11.8	42.4
Mono unsat. fatty acids (g)	25.8	25.5	10.7	39.6
Poly unsat. fatty acids (g)	12.8	13.2	6.0	21.4
Trans fatty acids (g)	1.0	1.1	0.4	2.2
Alpha Linolenic Acid (mg)	1254.3	1275.0	543.4	2154.5
N-3 fish fatty acids (EPA+DHA, mg)	18.6	84.5	2.8	291.2
Unsat. fatty acids-cis (g)	38.7	38.8	17.0	59.7
Linoleic acid (g)	10.4	10.9	4.5	18.3
Carbohydrates (g)	240.3	245.3	146.5	365.9
Mono- and disaccharides (g)	123.1	124.5	50.3	197.2
Polysaccharides (g)	116.2	120.7	71.1	178.0
Fibre (g)	16.6	16.5	8.6	25.0
Alcohol (g)	0.0	3.2	0.0	6.9

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	11373.1	11482.5	6755.8	16930.0
Energy (kcal)	2716.5	2738.8	1607.3	4040.3
Protein (g)	93.8	98.6	56.8	150.1
Fat (g)	100.8	105.4	53.2	174.1
Saturated fatty acids (g)	37.1	38.6	17.8	65.7
Mono unsat. fatty acids (g)	34.6	36.7	18.0	64.5
Poly unsat. fatty acids (g)	20.0	21.3	9.2	38.1
Trans fatty acids (g)	1.5	1.7	0.5	3.6
Alpha Linolenic Acid (mg)	2031.7	2183.5	934.8	3951.8
N-3 fish fatty acids (EPA+DHA, mg)	30.4	175.5	4.0	952.8
Unsat. fatty acids-cis (g)	56.0	58.0	28.2	101.8
Linoleic acid (g)	16.4	17.7	7.5	32.3
Carbohydrates (g)	295.1	301.8	157.2	468.1
Mono- and disaccharides (g)	129.8	137.4	50.6	253.4
Polysaccharides (g)	160.9	164.3	83.4	257.9
Fibre (g)	23.0	23.7	12.4	36.6
Alcohol (g)	7.9	19.0	0.0	66.7

Group=Male Adults (19-69 years) - Overweight and Obese (n=564)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	10319.0	10589.1	6328.0	15867.3
Energy (kcal)	2464.1	2526.7	1508.4	3788.3
Protein (g)	94.0	96.7	59.2	145.0
Fat (g)	95.6	99.3	47.9	161.4
Saturated fatty acids (g)	34.9	36.8	16.4	59.9
Mono unsat. fatty acids (g)	32.7	34.5	14.2	57.8
Poly unsat. fatty acids (g)	18.4	19.6	7.5	35.6
Trans fatty acids (g)	1.4	1.6	0.5	3.5
Alpha Linolenic Acid (mg)	1854.0	1999.7	848.0	3616.0
N-3 fish fatty acids (EPA+DHA, mg)	32.8	179.8	3.1	1032.5
Unsat. fatty acids-cis (g)	51.1	54.1	23.3	91.6
Linoleic acid (g)	15.1	16.3	5.8	30.5
Carbohydrates (g)	255.1	264.4	141.5	411.1
Mono- and disaccharides (g)	107.7	116.0	40.1	229.1
Polysaccharides (g)	144.9	148.4	80.1	230.4
Fibre (g)	21.5	22.1	11.4	35.4
Alcohol (g)	9.1	19.6	0.0	76.0

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	8065.3	8352.8	5123.9	12162.6
Energy (kcal)	1925.3	1991.4	1220.0	2896.4
Protein (g)	71.4	73.9	44.9	109.1
Fat (g)	72.6	76.0	35.2	128.9
Saturated fatty acids (g)	27.3	28.9	12.2	51.4
Mono unsat. fatty acids (g)	24.9	25.9	10.7	45.2
Poly unsat. fatty acids (g)	13.5	14.6	5.6	27.1
Trans fatty acids (g)	1.1	1.3	0.3	3.1
Alpha Linolenic Acid (mg)	1375.1	1514.0	615.6	2884.4
N-3 fish fatty acids (EPA+DHA, mg)	27.4	174.5	3.3	924.8
Unsat. fatty acids-cis (g)	39.4	40.6	17.1	70.0
Linoleic acid (g)	11.1	12.0	4.4	22.7
Carbohydrates (g)	221.5	226.3	123.6	347.6
Mono- and disaccharides (g)	102.5	110.8	47.4	203.5
Polysaccharides (g)	111.3	115.4	63.0	180.9
Fibre (g)	18.7	19.4	10.1	30.2
Alcohol (g)	0.0	8.7	0.0	38.8

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Energy (kJ)	7746.4	8047.4	4703.8	11950.7
Energy (kcal)	1844.2	1919.2	1117.4	2857.9
Protein (g)	72.7	76.0	46.0	113.5
Fat (g)	69.9	75.0	35.4	129.1
Saturated fatty acids (g)	27.1	28.8	12.0	50.6
Mono unsat. fatty acids (g)	23.7	25.6	10.4	46.3
Poly unsat. fatty acids (g)	12.6	14.1	5.9	27.0
Trans fatty acids (g)	1.1	1.3	0.4	2.9
Alpha Linolenic Acid (mg)	1370.7	1502.6	612.4	2887.7
N-3 fish fatty acids (EPA+DHA, mg)	26.4	180.7	3.4	1056.9

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Macronutrients	median per day	mean per day	p5 per day	p95 per day
Unsat. fatty acids-cis (g)	36.5	39.7	18.5	70.4
Linoleic acid (g)	10.4	11.6	4.4	23.1
Carbohydrates (g)	202.6	208.5	116.2	327.3
Mono- and disacharides (g)	90.8	96.9	35.6	180.5
Polysacharides (g)	108.1	111.5	61.1	175.2
Fibre (g)	17.1	18.0	9.5	27.5
Alcohol (g)	0.0	9.0	0.0	44.4

Table 2.1 Average contribution of places of consumption to the intake of macronutrients of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Macronutrients	At home mean%	Not at home mean%
Energy	70.9%	29.1%
Protein	73.5%	26.5%
Vegetable protein	70.6%	29.4%
Animal protein	75.4%	24.6%
Fat	71.8%	28.2%
Saturated fatty acids	71.0%	29.0%
Mono unsat. fatty acids	72.4%	27.6%
Poly unsat. fatty acids	72.0%	28.0%
Trans fatty acids	68.8%	31.2%
Alpha Linolenic Acid	71.9%	28.1%
Fish fatty acids	74.0%	26.0%
Unsat. fatty acids-cis	72.4%	27.6%
Linoleic acids	72.2%	27.8%
Carbohydrates	70.0%	30.0%
Mono- and disaccharides	68.9%	31.1%
Polysaccharides	71.1%	28.9%
Fibre	72.0%	28.0%
Alcohol	64.9%	35.1%

Table 2.2.a Average contribution of places of consumption the intake of macronutrients of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years, n=1713)

Macronutrients	At home mean%	Not at home mean%
Energy	68.9%	31.1%
Protein	74.5%	25.5%
Vegetable protein	69.1%	30.9%
Animal protein	78.4%	21.6%
Fat	70.7%	29.3%
Saturated fatty acids	70.5%	29.5%
Mono unsat. fatty acids	70.6%	29.4%
Poly unsat. fatty acids	70.6%	29.4%
Trans fatty acids	68.8%	31.2%
Alpha Linolenic Acid	71.8%	28.2%
Fish fatty acids	77.5%	22.5%
Unsat. fatty acids-cis	70.7%	29.3%
Linoleic acids	70.7%	29.3%
Carbohydrates	66.7%	33.3%
Mono- and disaccharides	64.4%	35.6%
Polysaccharides	69.1%	30.9%
Fibre	70.4%	29.6%
Alcohol	47.9%	52.1%

Group=Adults (19-69 years, n=2106)

Macronutrients	At home mean%	Not at home mean%
Energy	71.4%	28.6%
Protein	73.3%	26.7%
Vegetable protein	70.9%	29.1%
Animal protein	74.8%	25.2%
Fat	72.0%	28.0%
Saturated fatty acids	71.1%	28.9%
Mono unsat. fatty acids	72.8%	27.2%
Poly unsat. fatty acids	72.3%	27.7%
Trans fatty acids	68.7%	31.3%
Alpha Linolenic Acid	71.9%	28.1%
Fish fatty acids	73.2%	26.8%
Unsat. fatty acids-cis	72.7%	27.3%
Linoleic acids	72.5%	27.5%
Carbohydrates	70.7%	29.3%
Mono- and disaccharides	69.9%	30.1%
Polysaccharides	71.5%	28.5%
Fibre	72.3%	27.7%
Alcohol	65.7%	34.3%

Table 2.2.b Average contribution of places of consumption to the intake of macronutrients of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years, n=856)

Macronutrients	At home mean%	Not at home mean%
Energy	70.2%	29.8%
Protein	75.8%	24.2%
Vegetable protein	70.6%	29.4%
Animal protein	79.7%	20.3%
Fat	71.9%	28.1%
Saturated fatty acids	72.0%	28.0%
Mono unsat. fatty acids	71.8%	28.2%
Poly unsat. fatty acids	71.6%	28.4%
Trans fatty acids	70.2%	29.8%
Alpha Linolenic Acid	72.8%	27.2%
Fish fatty acids	79.3%	20.7%
Unsat. fatty acids-cis	71.8%	28.2%
Linoleic acids	71.7%	28.3%
Carbohydrates	68.0%	32.0%
Mono- and disaccharides	65.6%	34.4%
Polysaccharides	70.5%	29.5%
Fibre	71.5%	28.5%
Alcohol	56.0%	44.0%

Group=Female Children (7-18 years, n=857)

Macronutrients	At home mean%	Not at home mean%
Energy	67.6%	32.4%
Protein	73.2%	26.8%
Vegetable protein	67.5%	32.5%
Animal protein	77.1%	22.9%
Fat	69.4%	30.6%
Saturated fatty acids	69.0%	31.0%
Mono unsat. fatty acids	69.4%	30.6%
Poly unsat. fatty acids	69.6%	30.4%
Trans fatty acids	67.3%	32.7%
Alpha Linolenic Acid	70.8%	29.2%
Fish fatty acids	75.6%	24.4%
Unsat. fatty acids-cis	69.5%	30.5%
Linoleic acids	69.6%	30.4%
Carbohydrates	65.3%	34.7%
Mono- and disaccharides	63.2%	36.8%
Polysaccharides	67.7%	32.3%
Fibre	69.2%	30.8%
Alcohol	37.4%	62.6%

Group=Male Adults (19-69 years, n=1055)

Macronutrients	At home mean%	Not at home mean%
Energy	69.0%	31.0%
Protein	70.9%	29.1%
Vegetable protein	67.7%	32.3%
Animal protein	73.1%	26.9%
Fat	70.1%	29.9%
Saturated fatty acids	69.3%	30.7%

Group=Male Adults (19-69 years, n=1055)

Macronutrients	At home mean%	Not at home mean%
Mono unsat. fatty acids	71.0%	29.0%
Poly unsat. fatty acids	70.1%	29.9%
Trans fatty acids	67.2%	32.8%
Alpha Linolenic Acid	69.4%	30.6%
Fish fatty acids	72.1%	27.9%
Unsat. fatty acids-cis	70.8%	29.2%
Linoleic acids	70.3%	29.7%
Carbohydrates	68.1%	31.9%
Mono- and disacharides	67.7%	32.3%
Polysacharides	68.7%	31.3%
Fibre	69.3%	30.7%
Alcohol	65.4%	34.6%

Group=Female Adults (19-69 years, n=1051)

Macronutrients	At home mean%	Not at home mean%
Energy	73.7%	26.3%
Protein	75.6%	24.4%
Vegetable protein	74.2%	25.8%
Animal protein	76.5%	23.5%
Fat	74.0%	26.0%
Saturated fatty acids	72.9%	27.1%
Mono unsat. fatty acids	74.7%	25.3%
Poly unsat. fatty acids	74.5%	25.5%
Trans fatty acids	70.3%	29.7%
Alpha Linolenic Acid	74.3%	25.7%
Fish fatty acids	74.3%	25.7%
Unsat. fatty acids-cis	74.7%	25.3%
Linoleic acids	74.8%	25.2%
Carbohydrates	73.3%	26.7%
Mono- and disacharides	72.1%	27.9%
Polysacharides	74.4%	25.6%
Fibre	75.4%	24.6%
Alcohol	66.2%	33.8%

Table 2.2.c Average contribution of places of consumption to the intake of macronutrients of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-8 years, n=304)

Macronutrients	At home mean%	Not at home mean%
Energy	68.6%	31.4%
Protein	75.5%	24.5%
Vegetable protein	70.6%	29.4%
Animal protein	79.4%	20.6%
Fat	71.3%	28.7%
Saturated fatty acids	71.2%	28.8%
Mono unsat. fatty acids	71.4%	28.6%
Poly unsat. fatty acids	71.1%	28.9%
Trans fatty acids	70.4%	29.6%
Alpha Linolenic Acid	72.7%	27.3%
Fish fatty acids	77.4%	22.6%
Unsat. fatty acids-cis	71.4%	28.6%
Linoleic acids	71.2%	28.8%
Carbohydrates	65.3%	34.7%
Mono- and disaccharides	61.0%	39.0%
Polysaccharides	70.2%	29.8%
Fibre	70.6%	29.4%
Alcohol	84.9%	15.1%

Group=Male Children (9-13 years, n=351)

Macronutrients	At home mean%	Not at home mean%
Energy	70.3%	29.7%
Protein	76.3%	23.7%
Vegetable protein	71.5%	28.5%
Animal protein	80.2%	19.8%
Fat	72.0%	28.0%
Saturated fatty acids	72.4%	27.6%
Mono unsat. fatty acids	71.5%	28.5%
Poly unsat. fatty acids	71.6%	28.4%
Trans fatty acids	71.5%	28.5%
Alpha Linolenic Acid	73.8%	26.2%
Fish fatty acids	79.9%	20.1%
Unsat. fatty acids-cis	71.6%	28.4%
Linoleic acids	71.7%	28.3%
Carbohydrates	67.8%	32.2%
Mono- and disaccharides	64.6%	35.4%
Polysaccharides	71.0%	29.0%
Fibre	72.1%	27.9%
Alcohol	85.0%	15.0%

Group=Female Children (9-13 years, n=352)

Macronutrients	At home mean%	Not at home mean%
Energy	68.9%	31.1%
Protein	74.6%	25.4%
Vegetable protein	69.7%	30.3%
Animal protein	77.8%	22.2%
Fat	70.5%	29.5%
Saturated fatty acids	70.4%	29.6%

Group=Female Children (9-13 years, n=352)

Macronutrients	At home mean%	Not at home mean%
Mono unsat. fatty acids	70.2%	29.8%
Poly unsat. fatty acids	70.6%	29.4%
Trans fatty acids	68.0%	32.0%
Alpha Linolenic Acid	71.5%	28.5%
Fish fatty acids	76.2%	23.8%
Unsat. fatty acids-cis	70.4%	29.6%
Linoleic acids	70.7%	29.3%
Carbohydrates	66.4%	33.6%
Mono- and disaccharides	63.8%	36.2%
Polysaccharides	69.1%	30.9%
Fibre	70.5%	29.5%
Alcohol	74.6%	25.4%

Group=Male Children (14-18 years, n=352)

Macronutrients	At home mean%	Not at home mean%
Energy	70.8%	29.2%
Protein	75.4%	24.6%
Vegetable protein	69.7%	30.3%
Animal protein	79.6%	20.4%
Fat	72.2%	27.8%
Saturated fatty acids	72.0%	28.0%
Mono unsat. fatty acids	72.4%	27.6%
Poly unsat. fatty acids	72.2%	27.8%
Trans fatty acids	68.8%	31.2%
Alpha Linolenic Acid	72.1%	27.9%
Fish fatty acids	79.0%	21.0%
Unsat. fatty acids-cis	72.4%	27.6%
Linoleic acids	72.4%	27.6%
Carbohydrates	69.3%	30.7%
Mono- and disaccharides	68.3%	31.7%
Polysaccharides	70.2%	29.8%
Fibre	71.4%	28.6%
Alcohol	45.7%	54.3%

Group=Female Children (14-18 years, n=354)

Macronutrients	At home mean%	Not at home mean%
Energy	65.8%	34.2%
Protein	70.8%	29.2%
Vegetable protein	64.3%	35.7%
Animal protein	75.3%	24.7%
Fat	67.3%	32.7%
Saturated fatty acids	66.7%	33.3%
Mono unsat. fatty acids	67.6%	32.4%
Poly unsat. fatty acids	67.7%	32.3%
Trans fatty acids	65.5%	34.5%
Alpha Linolenic Acid	69.0%	31.0%
Fish fatty acids	74.8%	25.2%
Unsat. fatty acids-cis	67.7%	32.3%
Linoleic acids	67.5%	32.5%
Carbohydrates	64.3%	35.7%
Mono- and disaccharides	63.5%	36.5%
Polysaccharides	65.3%	34.7%

Group=Female Children (14-18 years, n=354)

Macronutrients	At home mean%	Not at home mean%
Fibre	67.3%	32.7%
Alcohol	24.0%	76.0%

Group=Male Adults (19-30 years, n=356)

Macronutrients	At home mean%	Not at home mean%
Energy	60.5%	39.5%
Protein	62.7%	37.3%
Vegetable protein	58.8%	41.2%
Animal protein	65.5%	34.5%
Fat	62.0%	38.0%
Saturated fatty acids	61.0%	39.0%
Mono unsat. fatty acids	63.0%	37.0%
Poly unsat. fatty acids	61.6%	38.4%
Trans fatty acids	59.0%	41.0%
Alpha Linolenic Acid	61.0%	39.0%
Fish fatty acids	64.9%	35.1%
Unsat. fatty acids-cis	62.6%	37.4%
Linoleic acids	61.8%	38.2%
Carbohydrates	59.7%	40.3%
Mono- and disaccharides	59.4%	40.6%
Polysaccharides	60.2%	39.8%
Fibre	61.1%	38.9%
Alcohol	51.9%	48.1%

Group=Female Adults (19-30 years, n=347)

Macronutrients	At home mean%	Not at home mean%
Energy	66.9%	33.1%
Protein	69.0%	31.0%
Vegetable protein	66.2%	33.8%
Animal protein	70.7%	29.3%
Fat	68.2%	31.8%
Saturated fatty acids	66.9%	33.1%
Mono unsat. fatty acids	69.1%	30.9%
Poly unsat. fatty acids	68.9%	31.1%
Trans fatty acids	63.9%	36.1%
Alpha Linolenic Acid	67.3%	32.7%
Fish fatty acids	71.9%	28.1%
Unsat. fatty acids-cis	69.1%	30.9%
Linoleic acids	69.2%	30.8%
Carbohydrates	65.9%	34.1%
Mono- and disaccharides	64.3%	35.7%
Polysaccharides	67.0%	33.0%
Fibre	67.2%	32.8%
Alcohol	50.7%	49.3%

Group=Male Adults (31-50 years, n=348)

Macronutrients	At home mean%	Not at home mean%
Energy	66.2%	33.8%
Protein	68.1%	31.9%
Vegetable protein	64.1%	35.9%
Animal protein	70.8%	29.2%
Fat	67.6%	32.4%
Saturated fatty acids	66.9%	33.1%
Mono unsat. fatty acids	68.6%	31.4%
Poly unsat. fatty acids	67.1%	32.9%
Trans fatty acids	64.7%	35.3%
Alpha Linolenic Acid	65.9%	34.1%
Fish fatty acids	69.4%	30.6%
Unsat. fatty acids-cis	68.2%	31.8%
Linoleic acids	67.3%	32.7%
Carbohydrates	64.7%	35.3%
Mono- and disaccharides	64.1%	35.9%
Polysaccharides	65.5%	34.5%
Fibre	65.4%	34.6%
Alcohol	65.8%	34.2%

Group=Female Adults (31-50 years, n=351)

Macronutrients	At home mean%	Not at home mean%
Energy	73.0%	27.0%
Protein	75.1%	24.9%
Vegetable protein	73.2%	26.8%
Animal protein	76.3%	23.7%
Fat	73.1%	26.9%
Saturated fatty acids	72.3%	27.7%
Mono unsat. fatty acids	73.9%	26.1%
Poly unsat. fatty acids	72.9%	27.1%
Trans fatty acids	70.0%	30.0%
Alpha Linolenic Acid	73.0%	27.0%
Fish fatty acids	73.7%	26.3%
Unsat. fatty acids-cis	73.6%	26.4%
Linoleic acids	73.1%	26.9%
Carbohydrates	72.6%	27.4%
Mono- and disaccharides	71.7%	28.3%
Polysaccharides	73.6%	26.4%
Fibre	74.0%	26.0%
Alcohol	64.3%	35.7%

Group=Male Adults (51-69 years, n=351)

Macronutrients	At home mean%	Not at home mean%
Energy	78.3%	21.7%
Protein	79.8%	20.2%
Vegetable protein	78.1%	21.9%
Animal protein	80.9%	19.1%
Fat	78.7%	21.3%
Saturated fatty acids	77.8%	22.2%
Mono unsat. fatty acids	79.3%	20.7%
Poly unsat. fatty acids	79.5%	20.5%
Trans fatty acids	75.5%	24.5%
Alpha Linolenic Acid	79.4%	20.6%

Group=Male Adults (51-69 years, n=351)

Macronutrients	At home mean%	Not at home mean%
Fish fatty acids	80.2%	19.8%
Unsat. fatty acids-cis	79.4%	20.6%
Linoleic acids	79.9%	20.1%
Carbohydrates	78.0%	22.0%
Mono- and disaccharides	77.7%	22.3%
Polysaccharides	78.3%	21.7%
Fibre	79.7%	20.3%
Alcohol	71.0%	29.0%

Group=Female Adults (51-69 years, n=353)

Macronutrients	At home mean%	Not at home mean%
Energy	79.1%	20.9%
Protein	80.5%	19.5%
Vegetable protein	80.5%	19.5%
Animal protein	80.5%	19.5%
Fat	78.7%	21.3%
Saturated fatty acids	77.4%	22.6%
Mono unsat. fatty acids	79.2%	20.8%
Poly unsat. fatty acids	80.1%	19.9%
Trans fatty acids	74.8%	25.2%
Alpha Linolenic Acid	80.5%	19.5%
Fish fatty acids	76.7%	23.3%
Unsat. fatty acids-cis	79.7%	20.3%
Linoleic acids	80.5%	19.5%
Carbohydrates	78.9%	21.1%
Mono- and disaccharides	77.5%	22.5%
Polysaccharides	79.9%	20.1%
Fibre	82.4%	17.6%
Alcohol	72.7%	27.3%

Table 2.3.a Average contribution of places of consumption to the intake of macronutrients of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Low Education (n=348)

Macronutrients	At home mean%	Not at home mean%
Energy	70.0%	30.0%
Protein	75.1%	24.9%
Vegetable protein	70.2%	29.8%
Animal protein	78.7%	21.3%
Fat	72.5%	27.5%
Saturated fatty acids	72.0%	28.0%
Mono unsat. fatty acids	72.5%	27.5%
Poly unsat. fatty acids	73.1%	26.9%
Trans fatty acids	69.8%	30.2%
Alpha Linolenic Acid	73.4%	26.6%
Fish fatty acids	78.4%	21.6%
Unsat. fatty acids-cis	72.8%	27.2%
Linoleic acids	73.1%	26.9%
Carbohydrates	67.2%	32.8%
Mono- and disaccharides	64.1%	35.9%
Polysaccharides	70.5%	29.5%
Fibre	71.1%	28.9%
Alcohol	66.4%	33.6%

Group=Children (7-18 years) - Moderate Education (n=698)

Macronutrients	At home mean%	Not at home mean%
Energy	68.5%	31.5%
Protein	74.6%	25.4%
Vegetable protein	68.9%	31.1%
Animal protein	78.6%	21.4%
Fat	70.1%	29.9%
Saturated fatty acids	70.2%	29.8%
Mono unsat. fatty acids	69.8%	30.2%
Poly unsat. fatty acids	70.0%	30.0%
Trans fatty acids	68.9%	31.1%
Alpha Linolenic Acid	71.8%	28.2%
Fish fatty acids	77.6%	22.4%
Unsat. fatty acids-cis	69.9%	30.1%
Linoleic acids	70.1%	29.9%
Carbohydrates	66.3%	33.7%
Mono- and disaccharides	64.3%	35.7%
Polysaccharides	68.6%	31.4%
Fibre	70.5%	29.5%
Alcohol	40.1%	59.9%

Group=Children (7-18 years) - High Education (n=580)

Macronutrients	At home mean%	Not at home mean%
Energy	69.0%	31.0%
Protein	74.6%	25.4%
Vegetable protein	69.0%	31.0%
Animal protein	78.8%	21.2%
Fat	70.6%	29.4%
Saturated fatty acids	70.3%	29.7%

Group=Children (7-18 years) - High Education (n=580)

Macronutrients	At home mean%	Not at home mean%
Mono unsat. fatty acids	70.8%	29.2%
Poly unsat. fatty acids	70.5%	29.5%
Trans fatty acids	68.2%	31.8%
Alpha Linolenic Acid	71.4%	28.6%
Fish fatty acids	78.2%	21.8%
Unsat. fatty acids-cis	70.8%	29.2%
Linoleic acids	70.6%	29.4%
Carbohydrates	66.8%	33.2%
Mono- and disaccharides	64.4%	35.6%
Polysaccharides	69.2%	30.8%
Fibre	70.2%	29.8%
Alcohol	48.1%	51.9%

Group=Adults (19-69 years) - Low Education (n=708)

Macronutrients	At home mean%	Not at home mean%
Energy	75.7%	24.3%
Protein	78.2%	21.8%
Vegetable protein	75.3%	24.7%
Animal protein	79.7%	20.3%
Fat	76.3%	23.7%
Saturated fatty acids	75.5%	24.5%
Mono unsat. fatty acids	76.7%	23.3%
Poly unsat. fatty acids	76.9%	23.1%
Trans fatty acids	72.7%	27.3%
Alpha Linolenic Acid	76.8%	23.2%
Fish fatty acids	77.9%	22.1%
Unsat. fatty acids-cis	76.8%	23.2%
Linoleic acids	77.1%	22.9%
Carbohydrates	74.8%	25.2%
Mono- and disaccharides	73.5%	26.5%
Polysaccharides	76.0%	24.0%
Fibre	77.1%	22.9%
Alcohol	68.9%	31.1%

Group=Adults (19-69 years) - Moderate Education (n=935)

Macronutrients	At home mean%	Not at home mean%
Energy	69.8%	30.2%
Protein	71.4%	28.6%
Vegetable protein	69.1%	30.9%
Animal protein	73.1%	26.9%
Fat	70.8%	29.2%
Saturated fatty acids	69.7%	30.3%
Mono unsat. fatty acids	71.7%	28.3%
Poly unsat. fatty acids	71.2%	28.8%
Trans fatty acids	67.5%	32.5%
Alpha Linolenic Acid	70.7%	29.3%
Fish fatty acids	72.6%	27.4%
Unsat. fatty acids-cis	71.6%	28.4%
Linoleic acids	71.4%	28.6%
Carbohydrates	69.1%	30.9%
Mono- and disaccharides	68.3%	31.7%
Polysaccharides	69.9%	30.1%

Group=Adults (19-69 years) - Moderate Education (n=935)

Macronutrients	At home mean%	Not at home mean%
Fibre	70.4%	29.6%
Alcohol	62.4%	37.6%

Group=Adults (19-69 years) - High Education (n=463)

Macronutrients	At home mean%	Not at home mean%
Energy	68.5%	31.5%
Protein	70.0%	30.0%
Vegetable protein	68.3%	31.7%
Animal protein	71.2%	28.8%
Fat	68.7%	31.3%
Saturated fatty acids	67.7%	32.3%
Mono unsat. fatty acids	69.8%	30.2%
Poly unsat. fatty acids	68.2%	31.8%
Trans fatty acids	65.8%	34.2%
Alpha Linolenic Acid	67.5%	32.5%
Fish fatty acids	68.1%	31.9%
Unsat. fatty acids-cis	69.3%	30.7%
Linoleic acids	68.5%	31.5%
Carbohydrates	68.1%	31.9%
Mono- and disaccharides	67.9%	32.1%
Polysaccharides	68.4%	31.6%
Fibre	69.5%	30.5%
Alcohol	67.7%	32.3%

Table 2.3.b Average contribution of places of consumption to the intake of macronutrients of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Low Education (n=177)

Macronutrients	At home mean%	Not at home mean%
Energy	71.1%	28.9%
Protein	76.0%	24.0%
Vegetable protein	71.1%	28.9%
Animal protein	79.8%	20.2%
Fat	73.5%	26.5%
Saturated fatty acids	73.2%	26.8%
Mono unsat. fatty acids	73.4%	26.6%
Poly unsat. fatty acids	73.8%	26.2%
Trans fatty acids	71.7%	28.3%
Alpha Linolenic Acid	73.9%	26.1%
Fish fatty acids	79.5%	20.5%
Unsat. fatty acids-cis	73.6%	26.4%
Linoleic acids	73.7%	26.3%
Carbohydrates	68.4%	31.6%
Mono- and disaccharides	64.9%	35.1%
Polysaccharides	71.8%	28.2%
Fibre	71.3%	28.7%
Alcohol	76.6%	23.4%

Group=Male Children (7-18 years) - Moderate Education (n=344)

Macronutrients	At home mean%	Not at home mean%
Energy	71.6%	28.4%
Protein	77.8%	22.2%
Vegetable protein	72.2%	27.8%
Animal protein	81.9%	18.1%
Fat	73.0%	27.0%
Saturated fatty acids	73.4%	26.6%
Mono unsat. fatty acids	72.6%	27.4%
Poly unsat. fatty acids	72.7%	27.3%
Trans fatty acids	72.5%	27.5%
Alpha Linolenic Acid	74.7%	25.3%
Fish fatty acids	82.5%	17.5%
Unsat. fatty acids-cis	72.6%	27.4%
Linoleic acids	72.9%	27.1%
Carbohydrates	69.4%	30.6%
Mono- and disaccharides	67.5%	32.5%
Polysaccharides	71.7%	28.3%
Fibre	73.4%	26.6%
Alcohol	47.2%	52.8%

Group=Male Children (7-18 years) - High Education (n=298)

Macronutrients	At home mean%	Not at home mean%
Energy	67.9%	32.1%
Protein	73.3%	26.7%
Vegetable protein	68.3%	31.7%
Animal protein	77.4%	22.6%
Fat	69.5%	30.5%
Saturated fatty acids	69.5%	30.5%

Group=Male Children (7-18 years) - High Education (n=298)

Macronutrients	At home mean%	Not at home mean%
Mono unsat. fatty acids	69.7%	30.3%
Poly unsat. fatty acids	69.0%	31.0%
Trans fatty acids	66.9%	33.1%
Alpha Linolenic Acid	69.8%	30.2%
Fish fatty acids	76.3%	23.7%
Unsat. fatty acids-cis	69.5%	30.5%
Linoleic acids	69.2%	30.8%
Carbohydrates	65.7%	34.3%
Mono- and disaccharides	63.2%	36.8%
Polysaccharides	68.3%	31.7%
Fibre	69.3%	30.7%
Alcohol	50.8%	49.2%

Group=Female Children (7-18 years) - Low Education (n=171)

Macronutrients	At home mean%	Not at home mean%
Energy	68.7%	31.3%
Protein	74.1%	25.9%
Vegetable protein	69.1%	30.9%
Animal protein	77.4%	22.6%
Fat	71.3%	28.7%
Saturated fatty acids	70.6%	29.4%
Mono unsat. fatty acids	71.5%	28.5%
Poly unsat. fatty acids	72.4%	27.6%
Trans fatty acids	67.7%	32.3%
Alpha Linolenic Acid	72.9%	27.1%
Fish fatty acids	77.2%	22.8%
Unsat. fatty acids-cis	71.9%	28.1%
Linoleic acids	72.5%	27.5%
Carbohydrates	65.8%	34.2%
Mono- and disaccharides	63.1%	36.9%
Polysaccharides	69.1%	30.9%
Fibre	71.0%	29.0%
Alcohol	33.4%	66.6%

Group=Female Children (7-18 years) - Moderate Education (n=354)

Macronutrients	At home mean%	Not at home mean%
Energy	65.4%	34.6%
Protein	71.4%	28.6%
Vegetable protein	65.5%	34.5%
Animal protein	75.2%	24.8%
Fat	67.1%	32.9%
Saturated fatty acids	66.9%	33.1%
Mono unsat. fatty acids	67.0%	33.0%
Poly unsat. fatty acids	67.3%	32.7%
Trans fatty acids	65.3%	34.7%
Alpha Linolenic Acid	68.9%	31.1%
Fish fatty acids	72.7%	27.3%
Unsat. fatty acids-cis	67.2%	32.8%
Linoleic acids	67.4%	32.6%
Carbohydrates	63.2%	36.8%
Mono- and disaccharides	61.1%	38.9%
Polysaccharides	65.6%	34.4%

Group=Female Children (7-18 years) - Moderate Education (n=354)

Macronutrients	At home mean%	Not at home mean%
Fibre	67.5%	32.5%
Alcohol	34.9%	65.1%

Group=Female Children (7-18 years) - High Education (n=282)

Macronutrients	At home mean%	Not at home mean%
Energy	70.2%	29.8%
Protein	76.0%	24.0%
Vegetable protein	69.7%	30.3%
Animal protein	80.3%	19.7%
Fat	71.8%	28.2%
Saturated fatty acids	71.1%	28.9%
Mono unsat. fatty acids	72.0%	28.0%
Poly unsat. fatty acids	72.2%	27.8%
Trans fatty acids	69.6%	30.4%
Alpha Linolenic Acid	73.1%	26.9%
Fish fatty acids	80.2%	19.8%
Unsat. fatty acids-cis	72.2%	27.8%
Linoleic acids	72.1%	27.9%
Carbohydrates	67.9%	32.1%
Mono- and disaccharides	65.7%	34.3%
Polysaccharides	70.1%	29.9%
Fibre	71.1%	28.9%
Alcohol	42.7%	57.3%

Group=Male Adults (19-69 years) - Low Education (n=322)

Macronutrients	At home mean%	Not at home mean%
Energy	72.7%	27.3%
Protein	74.7%	25.3%
Vegetable protein	70.8%	29.2%
Animal protein	76.7%	23.3%
Fat	74.0%	26.0%
Saturated fatty acids	73.4%	26.6%
Mono unsat. fatty acids	74.4%	25.6%
Poly unsat. fatty acids	74.1%	25.9%
Trans fatty acids	71.3%	28.7%
Alpha Linolenic Acid	73.2%	26.8%
Fish fatty acids	76.9%	23.1%
Unsat. fatty acids-cis	74.4%	25.6%
Linoleic acids	74.4%	25.6%
Carbohydrates	71.5%	28.5%
Mono- and disaccharides	70.8%	29.2%
Polysaccharides	72.4%	27.6%
Fibre	72.7%	27.3%
Alcohol	69.0%	31.0%

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Macronutrients	At home mean%	Not at home mean%
Energy	67.8%	32.2%
Protein	69.5%	30.5%
Vegetable protein	66.4%	33.6%
Animal protein	71.9%	28.1%
Fat	69.1%	30.9%
Saturated fatty acids	68.0%	32.0%
Mono unsat. fatty acids	70.1%	29.9%
Poly unsat. fatty acids	69.5%	30.5%
Trans fatty acids	66.0%	34.0%
Alpha Linolenic Acid	69.0%	31.0%
Fish fatty acids	70.8%	29.2%
Unsat. fatty acids-cis	69.9%	30.1%
Linoleic acids	69.7%	30.3%
Carbohydrates	66.9%	33.1%
Mono- and disaccharides	66.3%	33.7%
Polysaccharides	67.6%	32.4%
Fibre	67.9%	32.1%
Alcohol	61.7%	38.3%

Group=Male Adults (19-69 years) - High Education (n=246)

Macronutrients	At home mean%	Not at home mean%
Energy	67.1%	32.9%
Protein	69.1%	30.9%
Vegetable protein	66.4%	33.6%
Animal protein	71.1%	28.9%
Fat	67.7%	32.3%
Saturated fatty acids	66.9%	33.1%
Mono unsat. fatty acids	68.9%	31.1%
Poly unsat. fatty acids	66.7%	33.3%
Trans fatty acids	64.6%	35.4%
Alpha Linolenic Acid	66.0%	34.0%
Fish fatty acids	68.8%	31.2%
Unsat. fatty acids-cis	68.2%	31.8%
Linoleic acids	66.9%	33.1%
Carbohydrates	66.3%	33.7%
Mono- and disaccharides	66.5%	33.5%
Polysaccharides	66.4%	33.6%
Fibre	67.9%	32.1%
Alcohol	68.1%	31.9%

Group=Female Adults (19-69 years) - Low Education (n=386)

Macronutrients	At home mean%	Not at home mean%
Energy	78.2%	21.8%
Protein	81.0%	19.0%
Vegetable protein	79.0%	21.0%
Animal protein	82.3%	17.7%
Fat	78.2%	21.8%
Saturated fatty acids	77.3%	22.7%
Mono unsat. fatty acids	78.5%	21.5%
Poly unsat. fatty acids	79.1%	20.9%
Trans fatty acids	73.7%	26.3%
Alpha Linolenic Acid	79.8%	20.2%

Group=Female Adults (19-69 years) - Low Education (n=386)

Macronutrients	At home mean%	Not at home mean%
Fish fatty acids	78.6%	21.4%
Unsat. fatty acids-cis	78.8%	21.2%
Linoleic acids	79.4%	20.6%
Carbohydrates	77.5%	22.5%
Mono- and disaccharides	75.7%	24.3%
Polysaccharides	79.1%	20.9%
Fibre	80.7%	19.3%
Alcohol	68.8%	31.2%

Group=Female Adults (19-69 years) - Moderate Education (n=448)

Macronutrients	At home mean%	Not at home mean%
Energy	71.9%	28.1%
Protein	73.5%	26.5%
Vegetable protein	72.0%	28.0%
Animal protein	74.5%	25.5%
Fat	72.6%	27.4%
Saturated fatty acids	71.5%	28.5%
Mono unsat. fatty acids	73.4%	26.6%
Poly unsat. fatty acids	73.1%	26.9%
Trans fatty acids	69.1%	30.9%
Alpha Linolenic Acid	72.5%	27.5%
Fish fatty acids	74.5%	25.5%
Unsat. fatty acids-cis	73.4%	26.6%
Linoleic acids	73.2%	26.8%
Carbohydrates	71.4%	28.6%
Mono- and disaccharides	70.4%	29.6%
Polysaccharides	72.4%	27.6%
Fibre	73.1%	26.9%
Alcohol	63.6%	36.4%

Group=Female Adults (19-69 years) - High Education (n=217)

Macronutrients	At home mean%	Not at home mean%
Energy	70.1%	29.9%
Protein	71.1%	28.9%
Vegetable protein	70.6%	29.4%
Animal protein	71.3%	28.7%
Fat	69.8%	30.2%
Saturated fatty acids	68.5%	31.5%
Mono unsat. fatty acids	71.0%	29.0%
Poly unsat. fatty acids	69.9%	30.1%
Trans fatty acids	67.2%	32.8%
Alpha Linolenic Acid	69.3%	30.7%
Fish fatty acids	67.3%	32.7%
Unsat. fatty acids-cis	70.6%	29.4%
Linoleic acids	70.4%	29.6%
Carbohydrates	70.2%	29.8%
Mono- and disaccharides	69.5%	30.5%
Polysaccharides	70.7%	29.3%
Fibre	71.3%	28.7%
Alcohol	66.9%	33.1%

Table 2.4.a Average contribution of places of consumption to the intake of macronutrients of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Normal and Underweight (n=1404)

Macronutrients	At home mean%	Not at home mean%
Energy	68.5%	31.5%
Protein	74.1%	25.9%
Vegetable protein	68.6%	31.4%
Animal protein	78.0%	22.0%
Fat	69.9%	30.1%
Saturated fatty acids	69.9%	30.1%
Mono unsat. fatty acids	69.8%	30.2%
Poly unsat. fatty acids	69.9%	30.1%
Trans fatty acids	67.8%	32.2%
Alpha Linolenic Acid	71.1%	28.9%
Fish fatty acids	77.3%	22.7%
Unsat. fatty acids-cis	69.9%	30.1%
Linoleic acids	69.9%	30.1%
Carbohydrates	66.3%	33.7%
Mono- and disaccharides	64.3%	35.7%
Polysaccharides	68.6%	31.4%
Fibre	70.0%	30.0%
Alcohol	49.7%	50.3%

Group=Children (7-18 years) - Overweight and Obese (n=308)

Macronutrients	At home mean%	Not at home mean%
Energy	71.2%	28.8%
Protein	76.8%	23.2%
Vegetable protein	71.5%	28.5%
Animal protein	80.2%	19.8%
Fat	74.2%	25.8%
Saturated fatty acids	73.7%	26.3%
Mono unsat. fatty acids	74.6%	25.4%
Poly unsat. fatty acids	74.1%	25.9%
Trans fatty acids	73.4%	26.6%
Alpha Linolenic Acid	74.8%	25.2%
Fish fatty acids	78.2%	21.8%
Unsat. fatty acids-cis	74.5%	25.5%
Linoleic acids	74.3%	25.7%
Carbohydrates	68.3%	31.7%
Mono- and disaccharides	65.1%	34.9%
Polysaccharides	71.7%	28.3%
Fibre	72.4%	27.6%
Alcohol	38.6%	61.4%

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Macronutrients	At home mean%	Not at home mean%
Energy	69.4%	30.6%
Protein	71.3%	28.7%
Vegetable protein	69.1%	30.9%
Animal protein	72.7%	27.3%
Fat	70.5%	29.5%
Saturated fatty acids	69.3%	30.7%

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Macronutrients	At home mean%	Not at home mean%
Mono unsat. fatty acids	71.4%	28.6%
Poly unsat. fatty acids	70.7%	29.3%
Trans fatty acids	67.0%	33.0%
Alpha Linolenic Acid	70.1%	29.9%
Fish fatty acids	71.6%	28.4%
Unsat. fatty acids-cis	71.2%	28.8%
Linoleic acids	71.0%	29.0%
Carbohydrates	68.6%	31.4%
Mono- and disacharides	67.8%	32.2%
Polysacharides	69.5%	30.5%
Fibre	70.2%	29.8%
Alcohol	63.7%	36.3%

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Macronutrients	At home mean%	Not at home mean%
Energy	73.0%	27.0%
Protein	74.9%	25.1%
Vegetable protein	72.4%	27.6%
Animal protein	76.5%	23.5%
Fat	73.4%	26.6%
Saturated fatty acids	72.6%	27.4%
Mono unsat. fatty acids	74.1%	25.9%
Poly unsat. fatty acids	73.6%	26.4%
Trans fatty acids	70.2%	29.8%
Alpha Linolenic Acid	73.4%	26.6%
Fish fatty acids	74.5%	25.5%
Unsat. fatty acids-cis	74.0%	26.0%
Linoleic acids	73.9%	26.1%
Carbohydrates	72.5%	27.5%
Mono- and disacharides	71.6%	28.4%
Polysacharides	73.2%	26.8%
Fibre	74.1%	25.9%
Alcohol	67.3%	32.7%

Table 2.4.b Average contribution of places of consumption to the intake of macronutrients of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Normal and Underweight (n=717)

Macronutrients	At home mean%	Not at home mean%
Energy	69.8%	30.2%
Protein	75.3%	24.7%
Vegetable protein	70.3%	29.7%
Animal protein	79.3%	20.7%
Fat	71.3%	28.7%
Saturated fatty acids	71.4%	28.6%
Mono unsat. fatty acids	71.1%	28.9%
Poly unsat. fatty acids	71.1%	28.9%
Trans fatty acids	69.1%	30.9%
Alpha Linolenic Acid	72.2%	27.8%
Fish fatty acids	79.3%	20.7%
Unsat. fatty acids-cis	71.1%	28.9%
Linoleic acids	71.2%	28.8%
Carbohydrates	67.8%	32.2%
Mono- and disaccharides	65.6%	34.4%
Polysaccharides	70.3%	29.7%
Fibre	71.4%	28.6%
Alcohol	55.9%	44.1%

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Macronutrients	At home mean%	Not at home mean%
Energy	72.1%	27.9%
Protein	78.0%	22.0%
Vegetable protein	72.1%	27.9%
Animal protein	81.9%	18.1%
Fat	75.4%	24.6%
Saturated fatty acids	75.5%	24.5%
Mono unsat. fatty acids	75.4%	24.6%
Poly unsat. fatty acids	74.5%	25.5%
Trans fatty acids	76.2%	23.8%
Alpha Linolenic Acid	75.6%	24.4%
Fish fatty acids	79.3%	20.7%
Unsat. fatty acids-cis	75.2%	24.8%
Linoleic acids	74.7%	25.3%
Carbohydrates	68.6%	31.4%
Mono- and disaccharides	65.4%	34.6%
Polysaccharides	71.9%	28.1%
Fibre	72.4%	27.6%
Alcohol	56.7%	43.3%

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Macronutrients	At home mean%	Not at home mean%
Energy	66.9%	33.1%
Protein	72.7%	27.3%
Vegetable protein	66.7%	33.3%
Animal protein	76.7%	23.3%
Fat	68.5%	31.5%
Saturated fatty acids	68.2%	31.8%

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Macronutrients	At home mean%	Not at home mean%
Mono unsat. fatty acids	68.4%	31.6%
Poly unsat. fatty acids	68.6%	31.4%
Trans fatty acids	66.4%	33.6%
Alpha Linolenic Acid	70.0%	30.0%
Fish fatty acids	75.2%	24.8%
Unsat. fatty acids-cis	68.5%	31.5%
Linoleic acids	68.6%	31.4%
Carbohydrates	64.7%	35.3%
Mono- and disaccharides	62.8%	37.2%
Polysaccharides	66.8%	33.2%
Fibre	68.4%	31.6%
Alcohol	40.9%	59.1%

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Macronutrients	At home mean%	Not at home mean%
Energy	70.4%	29.6%
Protein	75.8%	24.2%
Vegetable protein	70.9%	29.1%
Animal protein	78.8%	21.2%
Fat	73.2%	26.8%
Saturated fatty acids	72.2%	27.8%
Mono unsat. fatty acids	73.9%	26.1%
Poly unsat. fatty acids	73.8%	26.2%
Trans fatty acids	71.0%	29.0%
Alpha Linolenic Acid	74.1%	25.9%
Fish fatty acids	77.3%	22.7%
Unsat. fatty acids-cis	73.9%	26.1%
Linoleic acids	73.9%	26.1%
Carbohydrates	68.0%	32.0%
Mono- and disaccharides	64.9%	35.1%
Polysaccharides	71.4%	28.6%
Fibre	72.3%	27.7%
Alcohol	24.8%	75.2%

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Macronutrients	At home mean%	Not at home mean%
Energy	66.4%	33.6%
Protein	68.4%	31.6%
Vegetable protein	64.8%	35.2%
Animal protein	70.8%	29.2%
Fat	67.6%	32.4%
Saturated fatty acids	66.7%	33.3%
Mono unsat. fatty acids	68.5%	31.5%
Poly unsat. fatty acids	67.4%	32.6%
Trans fatty acids	64.5%	35.5%
Alpha Linolenic Acid	66.7%	33.3%
Fish fatty acids	70.5%	29.5%
Unsat. fatty acids-cis	68.2%	31.8%
Linoleic acids	67.5%	32.5%
Carbohydrates	65.3%	34.7%
Mono- and disaccharides	64.9%	35.1%
Polysaccharides	65.9%	34.1%

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Macronutrients	At home mean%	Not at home mean%
Fibre	66.3%	33.7%
Alcohol	64.9%	35.1%

Group=Male Adults (19-69 years) - Overweight and Obese (n=564)

Macronutrients	At home mean%	Not at home mean%
Energy	71.0%	29.0%
Protein	72.8%	27.2%
Vegetable protein	69.8%	30.2%
Animal protein	74.7%	25.3%
Fat	72.0%	28.0%
Saturated fatty acids	71.3%	28.7%
Mono unsat. fatty acids	72.9%	27.1%
Poly unsat. fatty acids	72.1%	27.9%
Trans fatty acids	69.1%	30.9%
Alpha Linolenic Acid	71.4%	28.6%
Fish fatty acids	73.3%	26.7%
Unsat. fatty acids-cis	72.7%	27.3%
Linoleic acids	72.4%	27.6%
Carbohydrates	70.1%	29.9%
Mono- and disaccharides	69.7%	30.3%
Polysaccharides	70.8%	29.2%
Fibre	71.5%	28.5%
Alcohol	65.7%	34.3%

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Macronutrients	At home mean%	Not at home mean%
Energy	72.1%	27.9%
Protein	73.8%	26.2%
Vegetable protein	72.9%	27.1%
Animal protein	74.4%	25.6%
Fat	73.0%	27.0%
Saturated fatty acids	71.6%	28.4%
Mono unsat. fatty acids	73.9%	26.1%
Poly unsat. fatty acids	73.6%	26.4%
Trans fatty acids	69.3%	30.7%
Alpha Linolenic Acid	73.0%	27.0%
Fish fatty acids	72.7%	27.3%
Unsat. fatty acids-cis	73.9%	26.1%
Linoleic acids	74.0%	26.0%
Carbohydrates	71.4%	28.6%
Mono- and disaccharides	70.3%	29.7%
Polysaccharides	72.6%	27.4%
Fibre	73.7%	26.3%
Alcohol	62.3%	37.7%

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Macronutrients	At home mean%	Not at home mean%
Energy	75.3%	24.7%
Protein	77.3%	22.7%
Vegetable protein	75.4%	24.6%
Animal protein	78.6%	21.4%
Fat	74.9%	25.1%
Saturated fatty acids	74.2%	25.8%
Mono unsat. fatty acids	75.5%	24.5%
Poly unsat. fatty acids	75.4%	24.6%
Trans fatty acids	71.4%	28.6%
Alpha Linolenic Acid	75.6%	24.4%
Fish fatty acids	75.9%	24.1%
Unsat. fatty acids-cis	75.5%	24.5%
Linoleic acids	75.5%	24.5%
Carbohydrates	75.1%	24.9%
Mono- and disaccharides	73.8%	26.2%
Polysaccharides	76.0%	24.0%
Fibre	77.0%	23.0%
Alcohol	70.1%	29.9%

Table 3.1 Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.9%	20.9%	35.5%	29.7%
Protein	14.2%	23.8%	45.4%	16.7%
Vegetable protein	18.3%	28.2%	30.3%	23.2%
Animal protein	11.5%	21.3%	54.8%	12.4%
Fat	12.5%	22.2%	41.9%	23.4%
Saturated fatty acids	13.2%	22.8%	38.2%	25.7%
Mono unsat. fatty acids	11.1%	20.4%	44.8%	23.7%
Poly unsat. fatty acids	13.8%	24.3%	43.8%	18.1%
Trans fatty acids	12.8%	23.8%	34.8%	28.6%
Alpha Linolenic Acid	14.8%	26.9%	43.7%	14.6%
Fish fatty acids	7.9%	19.6%	59.6%	12.9%
Unsat. fatty acids-cis	12.0%	21.8%	44.6%	21.6%
Linoleic acid	14.0%	24.3%	43.5%	18.2%
Carbohydrates	15.9%	20.7%	28.8%	34.6%
Mono- and disaccharides	15.6%	15.7%	20.9%	47.8%
Polysaccharides	16.4%	25.2%	35.8%	22.6%
Fibre	16.9%	24.5%	36.1%	22.4%
Alcohol	0.0%	1.1%	20.1%	78.8%

Table 3.2.a Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years, n=1713)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.1%	20.4%	33.2%	31.3%
Protein	16.3%	22.6%	44.1%	16.9%
Vegetable protein	20.1%	28.0%	28.9%	23.0%
Animal protein	13.8%	19.2%	54.7%	12.3%
Fat	13.5%	21.3%	40.1%	25.0%
Saturated fatty acids	14.0%	21.3%	37.9%	26.7%
Mono unsat. fatty acids	12.5%	20.3%	41.3%	25.9%
Poly unsat. fatty acids	14.9%	23.5%	41.6%	20.0%
Trans fatty acids	13.4%	22.2%	36.1%	28.4%
Alpha Linolenic Acid	15.4%	25.4%	43.5%	15.7%
Fish fatty acids	7.5%	16.9%	61.8%	13.8%
Unsat. fatty acids-cis	13.3%	21.4%	41.6%	23.8%
Linoleic acid	15.0%	23.7%	41.3%	20.0%
Carbohydrates	15.9%	19.6%	25.9%	38.6%
Mono- and disaccharides	15.1%	15.5%	18.6%	50.8%
Polysaccharides	16.9%	24.3%	33.6%	25.2%
Fibre	17.8%	23.7%	34.4%	24.1%
Alcohol	0.0%	1.2%	28.4%	70.4%

Group=Adults (19-69 years, n=2106)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.6%	21.0%	36.0%	29.3%
Protein	13.7%	24.0%	45.6%	16.6%
Vegetable protein	18.0%	28.2%	30.6%	23.2%
Animal protein	11.0%	21.7%	54.9%	12.4%
Fat	12.2%	22.4%	42.3%	23.1%
Saturated fatty acids	13.0%	23.2%	38.3%	25.5%
Mono unsat. fatty acids	10.8%	20.4%	45.6%	23.2%
Poly unsat. fatty acids	13.5%	24.5%	44.3%	17.7%
Trans fatty acids	12.6%	24.1%	34.6%	28.7%
Alpha Linolenic Acid	14.6%	27.3%	43.7%	14.4%
Fish fatty acids	7.9%	20.2%	59.1%	12.8%
Unsat. fatty acids-cis	11.8%	21.8%	45.3%	21.1%
Linoleic acid	13.8%	24.4%	43.9%	17.9%
Carbohydrates	15.9%	21.0%	29.4%	33.8%
Mono- and disaccharides	15.7%	15.8%	21.4%	47.2%
Polysaccharides	16.2%	25.4%	36.3%	22.0%
Fibre	16.8%	24.7%	36.5%	22.0%
Alcohol	0.0%	1.1%	19.7%	79.2%

Table 3.2.b Average contribution of food consumption occasions to the intake of macronutrients of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years, n=856)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.2%	20.4%	33.2%	31.2%
Protein	16.6%	22.6%	44.0%	16.8%
Vegetable protein	20.4%	27.6%	28.8%	23.2%
Animal protein	14.1%	19.2%	54.9%	11.8%
Fat	14.0%	21.1%	40.1%	24.8%
Saturated fatty acids	14.4%	20.9%	38.5%	26.2%
Mono unsat. fatty acids	12.9%	20.1%	41.1%	25.9%
Poly unsat. fatty acids	15.4%	23.4%	41.0%	20.2%
Trans fatty acids	13.6%	22.2%	36.3%	27.9%
Alpha Linolenic Acid	16.0%	25.4%	42.8%	15.8%
Fish fatty acids	8.1%	16.5%	62.3%	13.0%
Unsat. fatty acids-cis	13.8%	21.2%	41.2%	23.9%
Linoleic acid	15.4%	23.5%	40.7%	20.4%
Carbohydrates	15.9%	19.6%	26.1%	38.4%
Mono- and disaccharides	15.1%	15.8%	18.9%	50.3%
Polysaccharides	16.9%	23.8%	33.8%	25.4%
Fibre	17.9%	23.9%	34.4%	23.8%
Alcohol	0.0%	0.0%	31.4%	68.6%

Group=Female Children (7-18 years, n=857)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.9%	20.5%	33.1%	31.5%
Protein	16.1%	22.6%	44.2%	17.1%
Vegetable protein	19.8%	28.4%	29.0%	22.8%
Animal protein	13.6%	19.2%	54.4%	12.8%
Fat	13.1%	21.6%	40.2%	25.1%
Saturated fatty acids	13.6%	21.7%	37.4%	27.3%
Mono unsat. fatty acids	12.0%	20.5%	41.6%	26.0%
Poly unsat. fatty acids	14.4%	23.6%	42.3%	19.7%
Trans fatty acids	13.1%	22.3%	35.8%	28.8%
Alpha Linolenic Acid	14.8%	25.3%	44.2%	15.7%
Fish fatty acids	6.9%	17.2%	61.3%	14.5%
Unsat. fatty acids-cis	12.8%	21.5%	42.0%	23.7%
Linoleic acid	14.6%	23.9%	42.0%	19.6%
Carbohydrates	15.8%	19.6%	25.7%	38.8%
Mono- and disaccharides	15.1%	15.1%	18.4%	51.3%
Polysaccharides	16.9%	24.8%	33.4%	24.9%
Fibre	17.7%	23.5%	34.3%	24.5%
Alcohol	0.0%	2.6%	24.6%	72.8%

Group=Male Adults (19-69 years, n=1055)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.1%	21.0%	36.1%	29.8%
Protein	13.2%	23.9%	45.8%	17.1%
Vegetable protein	17.6%	27.8%	30.3%	24.4%
Animal protein	10.6%	21.8%	55.2%	12.4%
Fat	12.2%	22.7%	42.5%	22.5%
Saturated fatty acids	13.1%	23.6%	38.7%	24.6%

Group=Male Adults (19-69 years, n=1055)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Mono unsat. fatty acids	10.7%	21.0%	45.5%	22.8%
Poly unsat. fatty acids	13.5%	24.4%	44.3%	17.8%
Trans fatty acids	12.8%	24.4%	35.6%	27.2%
Alpha Linolenic Acid	14.6%	27.3%	43.5%	14.6%
Fish fatty acids	6.8%	19.9%	59.9%	13.4%
Unsat. fatty acids-cis	11.7%	22.2%	45.2%	21.0%
Linoleic acid	13.6%	24.3%	44.2%	17.9%
Carbohydrates	15.3%	21.1%	29.9%	33.7%
Mono- and disaccharides	15.5%	16.3%	22.1%	46.0%
Polysaccharides	15.4%	25.0%	36.5%	23.2%
Fibre	16.1%	24.6%	36.8%	22.5%
Alcohol	0.0%	1.3%	17.7%	81.0%

Group=Female Adults (19-69 years, n=1051)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.1%	21.1%	36.0%	28.8%
Protein	14.2%	24.2%	45.5%	16.1%
Vegetable protein	18.4%	28.6%	31.0%	22.0%
Animal protein	11.5%	21.7%	54.5%	12.3%
Fat	12.3%	22.0%	42.1%	23.6%
Saturated fatty acids	12.9%	22.8%	37.9%	26.4%
Mono unsat. fatty acids	10.9%	19.9%	45.7%	23.5%
Poly unsat. fatty acids	13.6%	24.6%	44.3%	17.5%
Trans fatty acids	12.4%	23.9%	33.5%	30.2%
Alpha Linolenic Acid	14.6%	27.3%	44.0%	14.1%
Fish fatty acids	9.1%	20.4%	58.4%	12.1%
Unsat. fatty acids-cis	11.8%	21.5%	45.3%	21.3%
Linoleic acid	13.9%	24.6%	43.7%	17.8%
Carbohydrates	16.4%	20.9%	28.9%	33.8%
Mono- and disaccharides	15.8%	15.2%	20.7%	48.3%
Polysaccharides	17.1%	25.9%	36.1%	20.8%
Fibre	17.5%	24.8%	36.2%	21.5%
Alcohol	0.0%	0.8%	22.7%	76.5%

Table 3.2.c Average contribution of food consumption occasions to the intake of macronutrients of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-8 years, n=304)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.4%	22.6%	32.3%	28.7%
Protein	18.0%	25.1%	42.3%	14.6%
Vegetable protein	22.4%	30.6%	27.8%	19.1%
Animal protein	15.0%	21.3%	52.4%	11.3%
Fat	15.4%	23.9%	39.5%	21.2%
Saturated fatty acids	15.1%	23.4%	38.0%	23.5%
Mono unsat. fatty acids	14.7%	23.3%	40.3%	21.7%
Poly unsat. fatty acids	17.5%	26.5%	40.2%	15.9%
Trans fatty acids	14.3%	23.7%	35.8%	26.1%
Alpha Linolenic Acid	17.7%	27.1%	41.6%	13.6%
Fish fatty acids	9.0%	19.3%	61.2%	10.5%
Unsat. fatty acids-cis	15.7%	24.3%	40.4%	19.6%
Linoleic acid	17.6%	26.7%	39.9%	15.7%
Carbohydrates	16.9%	21.3%	25.5%	36.4%
Mono- and disaccharides	15.5%	17.1%	19.2%	48.2%
Polysaccharides	18.7%	26.6%	32.8%	22.0%
Fibre	19.5%	25.4%	33.4%	21.7%
Alcohol	0.0%	10.1%	74.8%	15.1%

Group=Male Children (9-13 years, n=351)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.6%	21.0%	33.0%	30.3%
Protein	17.0%	23.6%	44.0%	15.4%
Vegetable protein	21.2%	28.9%	28.9%	21.0%
Animal protein	14.5%	20.2%	54.6%	10.8%
Fat	14.1%	22.0%	40.0%	23.8%
Saturated fatty acids	14.6%	21.5%	38.2%	25.7%
Mono unsat. fatty acids	13.0%	21.1%	41.1%	24.8%
Poly unsat. fatty acids	15.4%	25.1%	40.6%	18.9%
Trans fatty acids	14.1%	21.8%	36.6%	27.5%
Alpha Linolenic Acid	16.5%	27.0%	42.0%	14.5%
Fish fatty acids	7.8%	15.5%	61.9%	14.8%
Unsat. fatty acids-cis	13.8%	22.5%	41.0%	22.7%
Linoleic acid	15.5%	25.2%	40.5%	18.9%
Carbohydrates	16.4%	19.8%	25.7%	38.2%
Mono- and disaccharides	15.1%	15.5%	18.5%	50.9%
Polysaccharides	17.7%	24.7%	33.6%	24.0%
Fibre	18.6%	25.2%	33.7%	22.5%
Alcohol	0.0%	0.0%	49.2%	50.8%

Group=Female Children (9-13 years, n=352)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.5%	20.6%	32.3%	32.6%
Protein	16.0%	22.7%	43.3%	18.0%
Vegetable protein	19.5%	28.4%	28.5%	23.6%
Animal protein	13.6%	19.1%	53.6%	13.7%
Fat	12.7%	21.7%	39.2%	26.5%
Saturated fatty acids	13.4%	21.5%	36.7%	28.4%

Group=Female Children (9-13 years, n=352)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Mono unsat. fatty acids	11.5%	20.7%	40.4%	27.4%
Poly unsat. fatty acids	13.6%	24.0%	41.0%	21.4%
Trans fatty acids	12.9%	21.4%	34.8%	30.8%
Alpha Linolenic Acid	14.5%	26.3%	42.6%	16.6%
Fish fatty acids	5.5%	17.7%	61.0%	15.8%
Unsat. fatty acids-cis	12.2%	21.8%	40.7%	25.3%
Linoleic acid	13.8%	24.2%	40.5%	21.5%
Carbohydrates	15.3%	19.5%	24.9%	40.3%
Mono- and disaccharides	14.7%	15.2%	17.6%	52.6%
Polysaccharides	16.5%	24.7%	32.8%	26.0%
Fibre	16.6%	24.1%	34.6%	24.6%
Alcohol	0.0%	6.4%	31.8%	61.8%

Group=Male Children (14-18 years, n=352)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.3%	19.1%	33.8%	32.8%
Protein	15.3%	20.9%	45.0%	18.9%
Vegetable protein	18.6%	25.8%	29.0%	26.7%
Animal protein	13.0%	17.6%	56.3%	13.1%
Fat	13.0%	19.3%	40.7%	27.0%
Saturated fatty acids	13.6%	19.7%	38.8%	27.8%
Mono unsat. fatty acids	11.8%	18.0%	41.7%	28.5%
Poly unsat. fatty acids	14.0%	20.8%	42.2%	23.0%
Trans fatty acids	12.7%	22.1%	36.4%	28.8%
Alpha Linolenic Acid	14.6%	23.5%	44.5%	17.5%
Fish fatty acids	8.1%	17.0%	63.0%	12.0%
Unsat. fatty acids-cis	12.6%	18.9%	42.0%	26.5%
Linoleic acid	14.1%	20.8%	41.7%	23.5%
Carbohydrates	15.1%	18.9%	26.7%	39.2%
Mono- and disaccharides	15.1%	15.6%	19.1%	50.2%
Polysaccharides	15.5%	22.4%	34.3%	27.8%
Fibre	16.7%	22.3%	35.3%	25.7%
Alcohol	0.0%	0.0%	23.9%	76.0%

Group=Female Children (14-18 years, n=354)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.6%	19.3%	34.2%	31.9%
Protein	15.8%	21.2%	45.6%	17.4%
Vegetable protein	19.2%	26.9%	30.2%	23.7%
Animal protein	13.3%	18.2%	55.9%	12.6%
Fat	12.9%	20.3%	41.2%	25.6%
Saturated fatty acids	13.5%	20.8%	37.9%	27.8%
Mono unsat. fatty acids	11.7%	18.9%	42.9%	26.5%
Poly unsat. fatty acids	14.3%	21.7%	44.0%	20.0%
Trans fatty acids	12.9%	22.3%	36.5%	28.2%
Alpha Linolenic Acid	14.3%	23.2%	46.4%	16.1%
Fish fatty acids	7.5%	15.3%	61.9%	15.3%
Unsat. fatty acids-cis	12.5%	19.9%	43.4%	24.2%
Linoleic acid	14.6%	22.0%	43.7%	19.7%
Carbohydrates	15.7%	18.8%	26.8%	38.6%
Mono- and disaccharides	15.2%	14.3%	18.9%	51.6%
Polysaccharides	16.6%	23.5%	34.5%	25.4%

Group=Female Children (14-18 years, n=354)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Fibre	17.9%	21.7%	34.7%	25.7%
Alcohol	0.0%	0.6%	18.4%	81.0%

Group=Male Adults (19-30 years, n=356)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	12.5%	20.1%	35.0%	32.4%
Protein	13.5%	23.0%	44.7%	18.9%
Vegetable protein	16.5%	26.8%	30.4%	26.2%
Animal protein	11.4%	20.5%	54.3%	13.8%
Fat	11.8%	21.6%	42.2%	24.4%
Saturated fatty acids	12.8%	22.7%	39.1%	25.4%
Mono unsat. fatty acids	10.3%	19.8%	44.7%	25.2%
Poly unsat. fatty acids	12.5%	22.5%	44.1%	20.9%
Trans fatty acids	12.5%	24.2%	36.0%	27.3%
Alpha Linolenic Acid	13.4%	25.0%	45.1%	16.5%
Fish fatty acids	7.9%	18.4%	61.0%	12.7%
Unsat. fatty acids-cis	11.0%	20.7%	44.6%	23.6%
Linoleic acid	12.7%	22.4%	43.8%	21.1%
Carbohydrates	13.7%	19.7%	28.4%	38.2%
Mono- and disaccharides	14.3%	15.6%	20.3%	49.8%
Polysaccharides	13.8%	23.6%	36.2%	26.5%
Fibre	15.3%	23.4%	36.4%	24.8%
Alcohol	0.1%	2.7%	19.5%	77.7%

Group=Female Adults (19-30 years, n=347)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.1%	19.8%	36.7%	29.4%
Protein	14.5%	22.7%	47.1%	15.6%
Vegetable protein	18.4%	27.8%	33.0%	20.8%
Animal protein	11.9%	19.9%	56.1%	12.1%
Fat	12.7%	20.3%	44.0%	23.0%
Saturated fatty acids	13.7%	21.1%	39.8%	25.4%
Mono unsat. fatty acids	11.3%	18.4%	47.1%	23.2%
Poly unsat. fatty acids	13.7%	22.5%	46.1%	17.8%
Trans fatty acids	13.0%	21.9%	36.0%	29.2%
Alpha Linolenic Acid	14.9%	25.4%	45.8%	13.8%
Fish fatty acids	9.3%	20.1%	58.9%	11.7%
Unsat. fatty acids-cis	12.1%	19.7%	47.1%	21.2%
Linoleic acid	13.9%	22.4%	45.5%	18.1%
Carbohydrates	15.3%	19.6%	28.9%	36.3%
Mono- and disaccharides	14.8%	15.1%	19.9%	50.2%
Polysaccharides	16.1%	24.0%	37.8%	22.1%
Fibre	17.5%	24.2%	36.5%	21.9%
Alcohol	0.0%	2.1%	22.6%	75.3%

Group=Male Adults (31-50 years, n=348)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	12.8%	21.0%	36.5%	29.7%
Protein	12.9%	24.0%	45.6%	17.5%
Vegetable protein	17.2%	27.4%	30.5%	24.9%
Animal protein	10.0%	22.0%	55.3%	12.6%
Fat	11.7%	22.6%	43.1%	22.6%
Saturated fatty acids	12.6%	23.5%	39.2%	24.7%
Mono unsat. fatty acids	10.5%	20.9%	45.8%	22.7%
Poly unsat. fatty acids	12.6%	24.0%	45.3%	18.1%
Trans fatty acids	12.3%	24.3%	36.9%	26.5%
Alpha Linolenic Acid	13.4%	27.2%	44.1%	15.3%
Fish fatty acids	5.9%	20.5%	59.3%	14.4%
Unsat. fatty acids-cis	11.2%	22.0%	45.8%	21.0%
Linoleic acid	12.8%	23.7%	45.1%	18.3%
Carbohydrates	15.0%	21.0%	30.2%	33.8%
Mono- and disaccharides	15.4%	16.4%	22.1%	46.1%
Polysaccharides	15.0%	24.7%	36.7%	23.6%
Fibre	16.1%	24.5%	36.1%	23.3%
Alcohol	0.0%	0.9%	16.2%	82.9%

Group=Female Adults (31-50 years, n=351)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.9%	20.9%	36.2%	29.0%
Protein	14.3%	24.1%	45.0%	16.6%
Vegetable protein	17.7%	28.3%	30.9%	23.0%
Animal protein	11.9%	21.5%	54.2%	12.4%
Fat	11.9%	21.5%	42.1%	24.6%
Saturated fatty acids	12.3%	22.1%	38.0%	27.5%
Mono unsat. fatty acids	10.7%	19.3%	45.4%	24.6%
Poly unsat. fatty acids	13.4%	24.1%	44.3%	18.2%
Trans fatty acids	12.0%	24.2%	34.4%	29.5%
Alpha Linolenic Acid	14.2%	27.3%	44.1%	14.4%
Fish fatty acids	9.3%	19.8%	58.8%	12.1%
Unsat. fatty acids-cis	11.6%	20.9%	45.1%	22.3%
Linoleic acid	13.8%	24.0%	43.6%	18.6%
Carbohydrates	16.0%	20.5%	29.4%	34.1%
Mono- and disaccharides	15.9%	14.9%	20.8%	48.4%
Polysaccharides	16.3%	25.5%	36.4%	21.8%
Fibre	17.0%	25.0%	36.0%	22.0%
Alcohol	0.0%	0.8%	25.4%	73.8%

Group=Male Adults (51-69 years, n=351)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.9%	21.6%	36.3%	28.2%
Protein	13.5%	24.3%	46.7%	15.5%
Vegetable protein	18.7%	28.9%	29.8%	22.6%
Animal protein	10.8%	22.2%	55.7%	11.3%
Fat	13.1%	23.7%	41.9%	21.3%
Saturated fatty acids	14.0%	24.2%	37.9%	23.9%
Mono unsat. fatty acids	11.2%	21.8%	45.5%	21.5%
Poly unsat. fatty acids	15.2%	26.3%	43.1%	15.4%
Trans fatty acids	13.7%	24.6%	33.7%	28.0%
Alpha Linolenic Acid	17.1%	28.8%	41.6%	12.5%

Group=Male Adults (51-69 years, n=351)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Fish fatty acids	7.2%	20.2%	59.9%	12.7%
Unsat. fatty acids-cis	12.7%	23.4%	44.8%	19.2%
Linoleic acid	15.3%	26.2%	43.1%	15.4%
Carbohydrates	16.7%	22.0%	30.6%	30.8%
Mono- and disacharides	16.4%	16.8%	23.3%	43.5%
Polysacharides	17.0%	26.2%	36.3%	20.5%
Fibre	16.5%	25.5%	38.1%	19.9%
Alcohol	0.0%	1.1%	18.6%	80.4%

Group=Female Adults (51-69 years, n=353)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.5%	22.0%	35.3%	28.2%
Protein	13.9%	25.1%	45.1%	15.8%
Vegetable protein	19.1%	29.6%	29.7%	21.5%
Animal protein	10.8%	23.1%	53.9%	12.3%
Fat	12.5%	23.8%	41.0%	22.7%
Saturated fatty acids	13.3%	24.7%	36.4%	25.6%
Mono unsat. fatty acids	11.0%	21.6%	45.0%	22.4%
Poly unsat. fatty acids	13.8%	26.5%	43.3%	16.4%
Trans fatty acids	12.7%	24.7%	30.9%	31.7%
Alpha Linolenic Acid	15.0%	28.5%	42.7%	13.8%
Fish fatty acids	8.8%	21.3%	57.6%	12.4%
Unsat. fatty acids-cis	12.0%	23.4%	44.5%	20.1%
Linoleic acid	14.1%	26.7%	42.7%	16.5%
Carbohydrates	17.8%	22.1%	28.3%	31.8%
Mono- and disacharides	16.4%	15.6%	21.0%	47.0%
Polysacharides	18.8%	27.6%	34.7%	18.9%
Fibre	18.0%	25.0%	36.3%	20.7%
Alcohol	0.0%	0.5%	20.2%	79.4%

Table 3.3.a Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Low Education (n=348)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.7%	20.1%	34.5%	31.6%
Protein	15.0%	22.5%	45.5%	17.1%
Vegetable protein	18.5%	27.7%	30.5%	23.3%
Animal protein	13.0%	19.1%	55.6%	12.3%
Fat	12.3%	21.1%	42.1%	24.6%
Saturated fatty acids	12.7%	20.9%	40.2%	26.2%
Mono unsat. fatty acids	11.3%	20.1%	42.8%	25.8%
Poly unsat. fatty acids	13.3%	23.2%	44.3%	19.2%
Trans fatty acids	13.0%	22.7%	36.8%	27.5%
Alpha Linolenic Acid	14.6%	25.5%	45.6%	14.3%
Fish fatty acids	8.1%	17.0%	60.8%	14.1%
Unsat. fatty acids-cis	12.0%	21.2%	43.4%	23.5%
Linoleic acid	13.3%	23.2%	43.9%	19.7%
Carbohydrates	14.5%	19.2%	26.7%	39.5%
Mono- and disacharides	13.6%	15.4%	19.0%	52.0%
Polysacharides	15.8%	23.6%	35.1%	25.5%
Fibre	16.4%	23.6%	35.9%	24.2%
Alcohol	0.0%	0.0%	31.2%	68.8%

Group=Children (7-18 years) - Moderate Education (n=698)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.6%	20.2%	33.2%	31.9%
Protein	15.8%	22.3%	44.9%	17.0%
Vegetable protein	19.6%	27.8%	29.2%	23.3%
Animal protein	13.2%	19.2%	55.3%	12.3%
Fat	12.9%	21.0%	40.6%	25.6%
Saturated fatty acids	13.5%	21.0%	38.1%	27.3%
Mono unsat. fatty acids	11.8%	19.9%	42.0%	26.4%
Poly unsat. fatty acids	14.0%	22.9%	42.4%	20.6%
Trans fatty acids	13.1%	21.9%	35.8%	29.2%
Alpha Linolenic Acid	14.6%	24.5%	44.4%	16.5%
Fish fatty acids	6.3%	16.6%	62.4%	14.7%
Unsat. fatty acids-cis	12.5%	20.9%	42.2%	24.4%
Linoleic acid	14.1%	23.1%	42.3%	20.5%
Carbohydrates	15.6%	19.5%	25.6%	39.3%
Mono- and disacharides	15.0%	15.4%	18.0%	51.5%
Polysacharides	16.5%	24.2%	33.8%	25.5%
Fibre	17.1%	23.2%	35.3%	24.4%
Alcohol	0.0%	1.2%	22.7%	76.1%

Group=Children (7-18 years) - High Education (n=580)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.3%	21.0%	32.2%	30.4%
Protein	17.7%	23.3%	42.4%	16.6%
Vegetable protein	21.2%	28.7%	27.7%	22.4%
Animal protein	15.2%	19.6%	53.0%	12.2%
Fat	15.0%	22.1%	38.4%	24.5%
Saturated fatty acids	15.3%	22.1%	36.3%	26.2%

Group=Children (7-18 years) - High Education (n=580)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Mono unsat. fatty acids	13.9%	20.9%	39.7%	25.4%
Poly unsat. fatty acids	16.4%	24.3%	39.3%	19.9%
Trans fatty acids	13.9%	22.6%	35.3%	28.1%
Alpha Linolenic Acid	16.5%	26.6%	40.9%	16.0%
Fish fatty acids	8.7%	16.7%	62.0%	12.5%
Unsat. fatty acids-cis	14.8%	22.1%	39.7%	23.4%
Linoleic acid	16.7%	24.5%	38.8%	20.0%
Carbohydrates	16.9%	20.1%	25.7%	37.3%
Mono- and disaccharides	16.2%	15.8%	18.8%	49.2%
Polysaccharides	17.9%	24.8%	32.5%	24.7%
Fibre	19.3%	24.5%	32.4%	23.8%
Alcohol	0.0%	2.1%	29.1%	68.8%

Group=Adults (19-69 years) - Low Education (n=708)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.2%	21.0%	36.4%	29.5%
Protein	13.0%	24.0%	46.2%	16.8%
Vegetable protein	17.7%	28.1%	30.1%	24.1%
Animal protein	10.1%	21.8%	55.6%	12.4%
Fat	11.8%	22.2%	43.3%	22.8%
Saturated fatty acids	12.6%	22.8%	39.5%	25.2%
Mono unsat. fatty acids	10.3%	20.3%	46.4%	22.9%
Poly unsat. fatty acids	12.9%	24.4%	45.3%	17.4%
Trans fatty acids	12.4%	23.6%	34.4%	29.6%
Alpha Linolenic Acid	14.4%	27.0%	44.2%	14.4%
Fish fatty acids	7.3%	20.5%	58.8%	13.4%
Unsat. fatty acids-cis	11.2%	21.8%	46.1%	20.8%
Linoleic acid	13.2%	24.1%	45.2%	17.5%
Carbohydrates	15.4%	20.9%	29.3%	34.3%
Mono- and disaccharides	14.9%	15.7%	21.2%	48.2%
Polysaccharides	16.0%	25.3%	36.4%	22.3%
Fibre	16.1%	24.1%	37.5%	22.3%
Alcohol	0.0%	1.5%	12.8%	85.8%

Group=Adults (19-69 years) - Moderate Education (n=935)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.8%	20.8%	35.6%	29.9%
Protein	14.1%	23.9%	45.1%	16.9%
Vegetable protein	18.2%	28.0%	30.7%	23.2%
Animal protein	11.5%	21.6%	54.1%	12.8%
Fat	12.9%	22.1%	41.6%	23.5%
Saturated fatty acids	13.7%	23.0%	37.4%	26.0%
Mono unsat. fatty acids	11.5%	20.1%	44.7%	23.7%
Poly unsat. fatty acids	14.0%	23.9%	44.2%	17.8%
Trans fatty acids	13.2%	24.1%	34.1%	28.6%
Alpha Linolenic Acid	15.1%	26.8%	43.8%	14.3%
Fish fatty acids	7.9%	21.2%	57.7%	13.2%
Unsat. fatty acids-cis	12.4%	21.5%	44.6%	21.5%
Linoleic acid	14.3%	24.0%	43.8%	18.0%
Carbohydrates	15.5%	20.5%	29.4%	34.6%
Mono- and disaccharides	15.3%	15.5%	21.1%	48.2%
Polysaccharides	16.1%	24.9%	36.5%	22.4%

Group=Adults (19-69 years) - Moderate Education (n=935)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Fibre	17.0%	24.9%	36.0%	22.1%
Alcohol	0.0%	1.0%	19.3%	79.7%

Group=Adults (19-69 years) - High Education (n=463)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.0%	21.6%	36.5%	27.9%
Protein	14.0%	24.3%	45.9%	15.8%
Vegetable protein	17.9%	28.8%	31.1%	22.2%
Animal protein	11.4%	21.7%	55.3%	11.6%
Fat	11.7%	23.1%	42.5%	22.7%
Saturated fatty acids	12.5%	24.0%	38.4%	25.1%
Mono unsat. fatty acids	10.3%	21.1%	46.0%	22.7%
Poly unsat. fatty acids	13.4%	25.7%	43.2%	17.7%
Trans fatty acids	11.9%	24.9%	35.7%	27.5%
Alpha Linolenic Acid	14.1%	28.5%	43.1%	14.4%
Fish fatty acids	8.7%	17.8%	62.3%	11.2%
Unsat. fatty acids-cis	11.3%	22.6%	45.2%	20.8%
Linoleic acid	13.7%	25.8%	42.4%	18.1%
Carbohydrates	17.0%	21.9%	29.5%	31.6%
Mono- and disacharides	17.3%	16.4%	22.3%	44.0%
Polysacharides	16.9%	26.5%	35.8%	20.8%
Fibre	17.2%	25.1%	36.2%	21.4%
Alcohol	0.0%	0.9%	27.9%	71.2%

Table 3.3.b Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Low Education (n=177)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.9%	20.0%	34.4%	31.7%
Protein	14.9%	22.0%	45.1%	17.9%
Vegetable protein	19.3%	26.4%	30.3%	23.9%
Animal protein	12.6%	18.9%	55.4%	13.1%
Fat	12.8%	21.0%	40.9%	25.3%
Saturated fatty acids	12.9%	20.6%	39.9%	26.7%
Mono unsat. fatty acids	12.0%	20.4%	41.0%	26.6%
Poly unsat. fatty acids	14.2%	23.1%	42.5%	20.2%
Trans fatty acids	12.6%	22.4%	35.5%	29.6%
Alpha Linolenic Acid	15.8%	25.3%	43.3%	15.5%
Fish fatty acids	10.4%	14.4%	60.0%	15.2%
Unsat. fatty acids-cis	12.7%	21.3%	41.6%	24.3%
Linoleic acid	14.2%	23.0%	42.3%	20.6%
Carbohydrates	14.5%	19.1%	27.2%	39.1%
Mono- and disaccharides	13.1%	15.8%	19.6%	51.5%
Polysaccharides	16.0%	22.7%	34.8%	26.4%
Fibre	16.3%	23.3%	35.5%	24.9%
Alcohol	0.0%	0.0%	36.7%	63.3%

Group=Male Children (7-18 years) - Moderate Education (n=344)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.8%	19.9%	33.4%	31.8%
Protein	16.0%	22.0%	45.5%	16.5%
Vegetable protein	20.2%	27.5%	29.1%	23.2%
Animal protein	13.3%	18.6%	56.4%	11.6%
Fat	13.2%	20.6%	41.0%	25.2%
Saturated fatty acids	13.6%	20.3%	39.2%	26.9%
Mono unsat. fatty acids	12.2%	19.6%	42.1%	26.1%
Poly unsat. fatty acids	14.6%	23.0%	41.9%	20.5%
Trans fatty acids	13.4%	21.3%	37.0%	28.2%
Alpha Linolenic Acid	15.3%	24.7%	43.9%	16.1%
Fish fatty acids	6.7%	16.1%	64.2%	13.0%
Unsat. fatty acids-cis	13.0%	20.7%	42.1%	24.2%
Linoleic acid	14.6%	23.2%	41.6%	20.6%
Carbohydrates	15.7%	19.2%	25.6%	39.5%
Mono- and disaccharides	14.8%	15.7%	18.1%	51.5%
Polysaccharides	16.9%	23.5%	34.0%	25.6%
Fibre	17.3%	23.3%	35.4%	24.0%
Alcohol	0.0%	0.0%	27.0%	73.0%

Group=Male Children (7-18 years) - High Education (n=298)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.5%	21.0%	32.1%	30.4%
Protein	18.2%	23.8%	41.4%	16.5%
Vegetable protein	21.1%	28.5%	27.5%	22.8%
Animal protein	16.2%	20.1%	52.2%	11.6%
Fat	15.6%	21.7%	38.3%	24.4%
Saturated fatty acids	16.2%	21.7%	36.6%	25.5%

Group=Male Children (7-18 years) - High Education (n=298)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Mono unsat. fatty acids	14.4%	20.5%	39.6%	25.5%
Poly unsat. fatty acids	16.8%	24.1%	38.6%	20.5%
Trans fatty acids	14.5%	22.8%	35.3%	27.4%
Alpha Linolenic Acid	16.8%	26.3%	40.7%	16.1%
Fish fatty acids	8.9%	17.5%	61.2%	12.4%
Unsat. fatty acids-cis	15.2%	21.6%	39.4%	23.7%
Linoleic acid	17.0%	24.1%	38.2%	20.7%
Carbohydrates	17.0%	20.2%	25.8%	37.0%
Mono- and disaccharides	16.8%	16.1%	19.0%	48.2%
Polysaccharides	17.6%	24.6%	32.7%	25.0%
Fibre	19.7%	24.8%	32.4%	23.2%
Alcohol	0.0%	0.0%	31.2%	68.8%

Group=Female Children (7-18 years) - Low Education (n=171)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.6%	20.3%	34.7%	31.5%
Protein	15.0%	23.0%	45.8%	16.2%
Vegetable protein	17.7%	29.1%	30.6%	22.6%
Animal protein	13.5%	19.5%	55.8%	11.3%
Fat	11.7%	21.1%	43.4%	23.8%
Saturated fatty acids	12.6%	21.3%	40.5%	25.6%
Mono unsat. fatty acids	10.5%	19.8%	44.8%	24.9%
Poly unsat. fatty acids	12.2%	23.5%	46.2%	18.1%
Trans fatty acids	13.5%	23.0%	38.2%	25.3%
Alpha Linolenic Acid	13.2%	25.8%	48.1%	12.9%
Fish fatty acids	5.5%	20.0%	61.8%	12.8%
Unsat. fatty acids-cis	11.1%	21.0%	45.4%	22.5%
Linoleic acid	12.2%	23.5%	45.6%	18.6%
Carbohydrates	14.6%	19.4%	26.1%	40.0%
Mono- and disaccharides	14.2%	15.0%	18.2%	52.6%
Polysaccharides	15.5%	24.7%	35.4%	24.4%
Fibre	16.4%	24.0%	36.2%	23.3%
Alcohol	0.0%	0.0%	13.3%	86.7%

Group=Female Children (7-18 years) - Moderate Education (n=354)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.4%	20.5%	33.0%	32.1%
Protein	15.5%	22.7%	44.3%	17.5%
Vegetable protein	19.0%	28.2%	29.4%	23.4%
Animal protein	13.1%	19.7%	54.2%	12.9%
Fat	12.6%	21.4%	40.1%	25.9%
Saturated fatty acids	13.4%	21.8%	37.0%	27.8%
Mono unsat. fatty acids	11.4%	20.2%	41.8%	26.6%
Poly unsat. fatty acids	13.4%	22.9%	42.9%	20.8%
Trans fatty acids	12.7%	22.4%	34.6%	30.3%
Alpha Linolenic Acid	13.8%	24.2%	44.9%	17.0%
Fish fatty acids	5.8%	17.1%	60.5%	16.6%
Unsat. fatty acids-cis	12.0%	21.1%	42.3%	24.6%
Linoleic acid	13.5%	23.1%	42.9%	20.5%
Carbohydrates	15.4%	19.8%	25.7%	39.1%
Mono- and disaccharides	15.3%	15.2%	18.0%	51.6%
Polysaccharides	16.1%	25.0%	33.6%	25.3%

Group=Female Children (7-18 years) - Moderate Education (n=354)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Fibre	17.0%	23.1%	35.2%	24.8%
Alcohol	0.0%	2.1%	19.5%	78.4%

Group=Female Children (7-18 years) - High Education (n=282)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.0%	21.1%	32.4%	30.5%
Protein	17.2%	22.8%	43.4%	16.6%
Vegetable protein	21.3%	28.9%	27.8%	22.0%
Animal protein	14.2%	19.1%	53.9%	12.8%
Fat	14.3%	22.5%	38.6%	24.6%
Saturated fatty acids	14.4%	22.5%	36.1%	27.0%
Mono unsat. fatty acids	13.4%	21.4%	39.8%	25.3%
Poly unsat. fatty acids	16.0%	24.6%	40.1%	19.3%
Trans fatty acids	13.3%	22.4%	35.4%	28.9%
Alpha Linolenic Acid	16.1%	26.9%	41.1%	15.9%
Fish fatty acids	8.5%	15.9%	62.8%	12.7%
Unsat. fatty acids-cis	14.3%	22.5%	40.1%	23.1%
Linoleic acid	16.4%	25.0%	39.5%	19.2%
Carbohydrates	16.9%	20.0%	25.6%	37.5%
Mono- and disaccharides	15.6%	15.5%	18.6%	50.3%
Polysaccharides	18.3%	25.0%	32.2%	24.4%
Fibre	18.9%	24.3%	32.4%	24.5%
Alcohol	0.0%	6.4%	24.8%	68.8%

Group=Male Adults (19-69 years) - Low Education (n=322)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	12.3%	20.2%	37.2%	30.2%
Protein	12.0%	22.8%	47.4%	17.8%
Vegetable protein	16.6%	26.6%	30.9%	25.9%
Animal protein	9.2%	20.8%	57.0%	13.0%
Fat	11.4%	22.0%	44.3%	22.2%
Saturated fatty acids	12.3%	22.6%	41.0%	24.1%
Mono unsat. fatty acids	10.0%	20.4%	47.1%	22.5%
Poly unsat. fatty acids	12.6%	23.9%	45.6%	17.9%
Trans fatty acids	12.3%	23.0%	36.3%	28.4%
Alpha Linolenic Acid	14.1%	26.3%	43.9%	15.7%
Fish fatty acids	7.3%	19.5%	59.2%	13.9%
Unsat. fatty acids-cis	10.9%	21.7%	46.7%	20.7%
Linoleic acid	12.7%	23.7%	45.7%	17.9%
Carbohydrates	14.6%	20.1%	30.5%	34.9%
Mono- and disaccharides	14.6%	16.2%	22.4%	46.7%
Polysaccharides	14.8%	23.4%	37.5%	24.4%
Fibre	14.7%	22.8%	39.2%	23.3%
Alcohol	0.0%	1.6%	11.6%	86.8%

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.4%	20.8%	35.3%	30.5%
Protein	13.8%	24.0%	44.8%	17.4%
Vegetable protein	18.0%	27.9%	29.9%	24.2%
Animal protein	11.2%	21.9%	54.1%	12.8%
Fat	12.9%	22.5%	41.4%	23.2%
Saturated fatty acids	13.8%	23.7%	37.4%	25.1%
Mono unsat. fatty acids	11.4%	20.6%	44.2%	23.9%
Poly unsat. fatty acids	13.9%	23.5%	44.3%	18.2%
Trans fatty acids	13.3%	24.6%	35.0%	27.1%
Alpha Linolenic Acid	15.2%	26.5%	43.9%	14.4%
Fish fatty acids	6.4%	20.9%	58.5%	14.2%
Unsat. fatty acids-cis	12.3%	21.7%	44.3%	21.8%
Linoleic acid	14.1%	23.4%	44.2%	18.3%
Carbohydrates	15.1%	20.7%	29.8%	34.4%
Mono- and disaccharides	15.1%	15.7%	21.7%	47.5%
Polysaccharides	15.4%	24.8%	36.4%	23.3%
Fibre	16.4%	25.0%	36.0%	22.6%
Alcohol	0.0%	1.0%	16.4%	82.5%

Group=Male Adults (19-69 years) - High Education (n=246)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.5%	22.4%	36.2%	27.9%
Protein	13.5%	24.8%	45.7%	16.0%
Vegetable protein	17.7%	29.0%	30.2%	23.1%
Animal protein	10.9%	22.7%	55.2%	11.3%
Fat	12.0%	23.9%	42.5%	21.7%
Saturated fatty acids	12.9%	24.6%	38.4%	24.1%
Mono unsat. fatty acids	10.3%	22.2%	46.0%	21.5%
Poly unsat. fatty acids	13.6%	26.6%	42.8%	17.0%
Trans fatty acids	12.5%	25.4%	36.1%	26.0%
Alpha Linolenic Acid	14.2%	29.7%	42.3%	13.8%
Fish fatty acids	6.8%	18.8%	62.8%	11.6%
Unsat. fatty acids-cis	11.4%	23.6%	45.1%	19.8%
Linoleic acid	13.9%	26.4%	42.4%	17.3%
Carbohydrates	16.4%	22.8%	29.6%	31.2%
Mono- and disaccharides	17.0%	17.6%	22.7%	42.8%
Polysaccharides	16.0%	27.0%	35.4%	21.6%
Fibre	16.9%	26.0%	35.7%	21.4%
Alcohol	0.1%	1.4%	25.6%	72.9%

Group=Female Adults (19-69 years) - Low Education (n=386)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.9%	21.6%	35.7%	28.8%
Protein	13.8%	24.9%	45.2%	16.0%
Vegetable protein	18.6%	29.3%	29.5%	22.6%
Animal protein	10.9%	22.7%	54.5%	11.9%
Fat	12.0%	22.3%	42.4%	23.2%
Saturated fatty acids	12.8%	23.0%	38.1%	26.0%
Mono unsat. fatty acids	10.6%	20.2%	45.9%	23.3%
Poly unsat. fatty acids	13.2%	24.7%	45.1%	17.0%
Trans fatty acids	12.5%	24.0%	32.9%	30.6%
Alpha Linolenic Acid	14.6%	27.5%	44.5%	13.3%

Group=Female Adults (19-69 years) - Low Education (n=386)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Fish fatty acids	7.3%	21.3%	58.4%	13.0%
Unsat. fatty acids-cis	11.5%	21.8%	45.7%	21.0%
Linoleic acid	13.6%	24.4%	44.9%	17.1%
Carbohydrates	16.2%	21.5%	28.4%	33.9%
Mono- and disaccharides	15.1%	15.3%	20.1%	49.4%
Polysaccharides	17.0%	26.9%	35.5%	20.6%
Fibre	17.3%	25.2%	36.1%	21.5%
Alcohol	0.0%	1.3%	14.1%	84.6%

Group=Female Adults (19-69 years) - Moderate Education (n=448)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.2%	20.8%	35.8%	29.2%
Protein	14.4%	23.8%	45.4%	16.5%
Vegetable protein	18.3%	28.1%	31.5%	22.1%
Animal protein	11.8%	21.4%	54.1%	12.7%
Fat	12.9%	21.6%	41.8%	23.8%
Saturated fatty acids	13.5%	22.2%	37.4%	26.9%
Mono unsat. fatty acids	11.5%	19.7%	45.3%	23.5%
Poly unsat. fatty acids	14.1%	24.4%	44.0%	17.5%
Trans fatty acids	13.0%	23.6%	33.1%	30.3%
Alpha Linolenic Acid	15.0%	27.2%	43.6%	14.2%
Fish fatty acids	9.6%	21.6%	56.7%	12.1%
Unsat. fatty acids-cis	12.5%	21.2%	45.1%	21.3%
Linoleic acid	14.5%	24.6%	43.3%	17.6%
Carbohydrates	16.0%	20.3%	29.0%	34.7%
Mono- and disaccharides	15.4%	15.2%	20.5%	48.9%
Polysaccharides	16.8%	25.0%	36.6%	21.5%
Fibre	17.5%	24.9%	36.0%	21.6%
Alcohol	0.0%	1.0%	24.1%	74.9%

Group=Female Adults (19-69 years) - High Education (n=217)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.5%	20.8%	36.8%	27.9%
Protein	14.6%	23.7%	46.1%	15.7%
Vegetable protein	18.0%	28.6%	32.2%	21.1%
Animal protein	12.0%	20.6%	55.4%	12.0%
Fat	11.5%	22.2%	42.5%	23.8%
Saturated fatty acids	12.0%	23.4%	38.3%	26.2%
Mono unsat. fatty acids	10.2%	19.9%	46.0%	24.0%
Poly unsat. fatty acids	13.2%	24.7%	43.6%	18.5%
Trans fatty acids	11.2%	24.2%	35.3%	29.2%
Alpha Linolenic Acid	13.9%	27.1%	44.0%	15.0%
Fish fatty acids	11.0%	16.6%	61.6%	10.8%
Unsat. fatty acids-cis	11.2%	21.5%	45.3%	22.0%
Linoleic acid	13.4%	25.0%	42.5%	19.1%
Carbohydrates	17.7%	20.9%	29.5%	32.0%
Mono- and disaccharides	17.7%	15.1%	21.9%	45.4%
Polysaccharides	17.8%	26.1%	36.2%	19.9%
Fibre	17.6%	24.2%	36.8%	21.4%
Alcohol	0.0%	0.0%	31.5%	68.5%

Table 3.4.a Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Normal and Underweight (n=1404)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.1%	20.2%	32.9%	31.8%
Protein	16.4%	22.4%	43.9%	17.3%
Vegetable protein	20.1%	27.8%	28.8%	23.4%
Animal protein	14.0%	19.0%	54.5%	12.6%
Fat	13.5%	21.1%	39.8%	25.6%
Saturated fatty acids	14.1%	21.0%	37.6%	27.3%
Mono unsat. fatty acids	12.4%	20.1%	40.9%	26.6%
Poly unsat. fatty acids	14.8%	23.3%	41.4%	20.5%
Trans fatty acids	13.4%	22.0%	35.8%	28.8%
Alpha Linolenic Acid	15.4%	25.1%	43.5%	15.9%
Fish fatty acids	7.4%	17.2%	61.4%	14.0%
Unsat. fatty acids-cis	13.2%	21.2%	41.2%	24.4%
Linoleic acid	14.9%	23.5%	41.0%	20.6%
Carbohydrates	15.9%	19.4%	25.8%	38.9%
Mono- and disaccharides	15.2%	15.4%	18.6%	50.8%
Polysaccharides	16.9%	24.0%	33.5%	25.6%
Fibre	17.9%	23.6%	34.2%	24.3%
Alcohol	0.0%	1.4%	26.8%	71.8%

Group=Children (7-18 years) - Overweight and Obese (n=308)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.0%	21.4%	34.3%	29.4%
Protein	15.9%	23.5%	45.3%	15.3%
Vegetable protein	20.1%	29.1%	29.5%	21.3%
Animal protein	13.2%	20.2%	55.5%	11.0%
Fat	13.6%	22.4%	41.7%	22.3%
Saturated fatty acids	13.7%	22.6%	39.3%	24.3%
Mono unsat. fatty acids	12.6%	21.1%	43.5%	22.8%
Poly unsat. fatty acids	15.3%	24.3%	42.7%	17.7%
Trans fatty acids	13.2%	23.1%	37.5%	26.2%
Alpha Linolenic Acid	15.5%	26.4%	43.3%	14.8%
Fish fatty acids	8.3%	15.4%	63.5%	12.7%
Unsat. fatty acids-cis	13.5%	22.2%	43.3%	21.0%
Linoleic acid	15.6%	24.5%	42.5%	17.4%
Carbohydrates	15.7%	20.5%	26.6%	37.2%
Mono- and disaccharides	14.8%	15.7%	18.8%	50.7%
Polysaccharides	17.0%	25.4%	34.4%	23.2%
Fibre	17.4%	24.1%	35.3%	23.3%
Alcohol	0.0%	0.0%	36.6%	63.4%

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.8%	20.8%	35.1%	30.3%
Protein	13.9%	23.9%	45.0%	17.2%
Vegetable protein	18.1%	28.0%	30.2%	23.7%
Animal protein	11.1%	21.6%	54.6%	12.7%
Fat	12.7%	22.2%	41.2%	23.9%
Saturated fatty acids	13.5%	23.2%	37.0%	26.3%

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Mono unsat. fatty acids	11.3%	20.3%	44.3%	24.1%
Poly unsat. fatty acids	13.8%	24.3%	43.1%	18.8%
Trans fatty acids	12.9%	24.0%	34.3%	28.8%
Alpha Linolenic Acid	14.6%	27.1%	43.0%	15.3%
Fish fatty acids	8.0%	20.2%	58.5%	13.3%
Unsat. fatty acids-cis	12.1%	21.7%	44.1%	22.1%
Linoleic acid	14.1%	24.2%	42.7%	19.0%
Carbohydrates	15.9%	20.4%	28.5%	35.1%
Mono- and disaccharides	15.8%	15.5%	20.5%	48.2%
Polysaccharides	16.3%	25.0%	35.6%	23.2%
Fibre	16.7%	24.8%	36.1%	22.5%
Alcohol	0.0%	1.4%	21.0%	77.6%

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.4%	21.3%	36.9%	28.4%
Protein	13.5%	24.1%	46.1%	16.2%
Vegetable protein	17.9%	28.4%	30.9%	22.8%
Animal protein	10.9%	21.8%	55.1%	12.1%
Fat	11.9%	22.5%	43.3%	22.3%
Saturated fatty acids	12.6%	23.2%	39.4%	24.8%
Mono unsat. fatty acids	10.4%	20.5%	46.6%	22.4%
Poly unsat. fatty acids	13.3%	24.7%	45.3%	16.7%
Trans fatty acids	12.4%	24.2%	34.8%	28.5%
Alpha Linolenic Acid	14.7%	27.4%	44.4%	13.5%
Fish fatty acids	7.9%	20.1%	59.6%	12.3%
Unsat. fatty acids-cis	11.4%	22.0%	46.3%	20.3%
Linoleic acid	13.5%	24.7%	45.0%	16.8%
Carbohydrates	15.9%	21.4%	30.1%	32.6%
Mono- and disaccharides	15.5%	16.0%	22.2%	46.3%
Polysaccharides	16.2%	25.8%	36.9%	21.0%
Fibre	16.8%	24.7%	36.9%	21.6%
Alcohol	0.0%	0.8%	18.7%	80.5%

Table 3.4.b Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Normal and Underweight (n=717)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.1%	20.3%	33.0%	31.6%
Protein	16.6%	22.6%	43.7%	17.1%
Vegetable protein	20.2%	27.6%	28.7%	23.4%
Animal protein	14.3%	19.1%	54.5%	12.1%
Fat	13.8%	21.0%	39.8%	25.4%
Saturated fatty acids	14.3%	20.9%	38.2%	26.6%
Mono unsat. fatty acids	12.7%	20.0%	40.7%	26.6%
Poly unsat. fatty acids	15.1%	23.3%	40.8%	20.8%
Trans fatty acids	13.6%	22.2%	35.9%	28.3%
Alpha Linolenic Acid	15.9%	25.3%	42.9%	15.9%
Fish fatty acids	7.8%	17.1%	61.9%	13.3%
Unsat. fatty acids-cis	13.5%	21.1%	40.8%	24.6%
Linoleic acid	15.1%	23.3%	40.5%	21.1%
Carbohydrates	15.9%	19.5%	26.1%	38.6%
Mono- and disaccharides	15.2%	15.9%	18.9%	50.1%
Polysaccharides	16.9%	23.6%	33.7%	25.8%
Fibre	18.0%	23.8%	34.3%	23.9%
Alcohol	0.0%	0.0%	31.3%	68.7%

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.6%	20.9%	34.3%	29.2%
Protein	16.3%	22.8%	46.0%	14.9%
Vegetable protein	21.0%	27.9%	29.4%	21.6%
Animal protein	13.2%	19.5%	57.0%	10.3%
Fat	14.9%	21.5%	41.9%	21.7%
Saturated fatty acids	14.7%	21.0%	40.1%	24.2%
Mono unsat. fatty acids	14.1%	20.7%	43.4%	21.8%
Poly unsat. fatty acids	16.9%	24.1%	41.7%	17.3%
Trans fatty acids	13.4%	22.1%	38.7%	25.8%
Alpha Linolenic Acid	16.8%	25.7%	42.6%	14.9%
Fish fatty acids	10.1%	13.7%	64.5%	11.8%
Unsat. fatty acids-cis	15.1%	21.8%	42.9%	20.2%
Linoleic acid	17.1%	24.3%	41.5%	17.1%
Carbohydrates	15.9%	20.1%	26.6%	37.4%
Mono- and disaccharides	14.7%	15.5%	18.8%	51.0%
Polysaccharides	17.2%	24.8%	34.4%	23.5%
Fibre	17.6%	24.0%	35.0%	23.3%
Alcohol	0.0%	0.0%	32.7%	67.3%

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.0%	20.2%	32.8%	32.0%
Protein	16.2%	22.2%	44.1%	17.5%
Vegetable protein	19.9%	27.9%	28.9%	23.3%
Animal protein	13.7%	18.8%	54.4%	13.1%
Fat	13.3%	21.2%	39.8%	25.7%
Saturated fatty acids	13.8%	21.2%	37.0%	28.0%

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Mono unsat. fatty acids	12.2%	20.2%	41.1%	26.6%
Poly unsat. fatty acids	14.5%	23.4%	42.0%	20.1%
Trans fatty acids	13.1%	21.8%	35.7%	29.4%
Alpha Linolenic Acid	14.9%	24.9%	44.3%	15.9%
Fish fatty acids	6.9%	17.3%	61.0%	14.8%
Unsat. fatty acids-cis	12.9%	21.3%	41.5%	24.3%
Linoleic acid	14.7%	23.7%	41.6%	20.1%
Carbohydrates	15.9%	19.4%	25.5%	39.2%
Mono- and disaccharides	15.2%	15.0%	18.3%	51.6%
Polysaccharides	17.0%	24.4%	33.2%	25.4%
Fibre	17.8%	23.4%	34.0%	24.8%
Alcohol	0.0%	3.3%	20.5%	76.2%

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.4%	21.7%	34.2%	29.7%
Protein	15.6%	24.1%	44.7%	15.6%
Vegetable protein	19.2%	30.2%	29.6%	21.0%
Animal protein	13.3%	20.8%	54.2%	11.7%
Fat	12.5%	23.1%	41.6%	22.8%
Saturated fatty acids	12.9%	24.0%	38.7%	24.4%
Mono unsat. fatty acids	11.3%	21.4%	43.6%	23.7%
Poly unsat. fatty acids	14.0%	24.5%	43.5%	18.0%
Trans fatty acids	13.1%	24.0%	36.4%	26.5%
Alpha Linolenic Acid	14.5%	27.0%	43.8%	14.7%
Fish fatty acids	6.9%	16.9%	62.7%	13.5%
Unsat. fatty acids-cis	12.2%	22.5%	43.6%	21.6%
Linoleic acid	14.3%	24.7%	43.3%	17.8%
Carbohydrates	15.6%	20.8%	26.7%	37.0%
Mono- and disaccharides	15.0%	15.9%	18.7%	50.4%
Polysaccharides	16.8%	25.9%	34.3%	23.0%
Fibre	17.2%	24.1%	35.5%	23.2%
Alcohol	0.0%	0.0%	39.6%	60.4%

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.2%	21.0%	34.9%	30.9%
Protein	13.5%	24.2%	44.4%	17.9%
Vegetable protein	17.4%	27.5%	29.4%	25.6%
Animal protein	10.8%	22.2%	54.3%	12.7%
Fat	12.4%	22.9%	41.3%	23.4%
Saturated fatty acids	13.4%	24.0%	37.5%	25.1%
Mono unsat. fatty acids	11.0%	21.2%	44.0%	23.8%
Poly unsat. fatty acids	13.4%	24.4%	42.8%	19.4%
Trans fatty acids	12.7%	24.9%	36.0%	26.3%
Alpha Linolenic Acid	13.8%	27.0%	43.1%	16.1%
Fish fatty acids	7.4%	21.2%	56.5%	14.9%
Unsat. fatty acids-cis	11.8%	22.3%	43.7%	22.2%
Linoleic acid	13.6%	24.2%	42.5%	19.7%
Carbohydrates	15.0%	20.7%	29.1%	35.3%
Mono- and disaccharides	15.3%	16.2%	21.4%	47.1%
Polysaccharides	15.0%	24.6%	35.6%	24.9%

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Fibre	15.6%	24.4%	36.5%	23.5%
Alcohol	0.0%	1.6%	17.5%	80.8%

Group=Male Adults (19-69 years) - Overweight and Obese (n=564)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.1%	21.1%	37.0%	28.9%
Protein	13.0%	23.7%	46.8%	16.5%
Vegetable protein	17.7%	28.0%	30.9%	23.5%
Animal protein	10.4%	21.4%	55.9%	12.3%
Fat	12.0%	22.6%	43.5%	21.9%
Saturated fatty acids	12.9%	23.3%	39.6%	24.2%
Mono unsat. fatty acids	10.5%	20.8%	46.6%	22.1%
Poly unsat. fatty acids	13.5%	24.5%	45.4%	16.6%
Trans fatty acids	12.9%	24.0%	35.3%	27.8%
Alpha Linolenic Acid	15.2%	27.5%	43.8%	13.5%
Fish fatty acids	6.3%	19.0%	62.4%	12.3%
Unsat. fatty acids-cis	11.5%	22.1%	46.3%	20.1%
Linoleic acid	13.6%	24.3%	45.4%	16.6%
Carbohydrates	15.5%	21.4%	30.6%	32.5%
Mono- and disaccharides	15.6%	16.5%	22.7%	45.2%
Polysaccharides	15.7%	25.3%	37.1%	21.9%
Fibre	16.4%	24.7%	37.1%	21.8%
Alcohol	0.0%	1.1%	17.9%	81.1%

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.4%	20.6%	35.2%	29.8%
Protein	14.3%	23.6%	45.6%	16.5%
Vegetable protein	18.7%	28.3%	30.9%	22.1%
Animal protein	11.4%	21.0%	54.8%	12.7%
Fat	12.9%	21.6%	41.1%	24.4%
Saturated fatty acids	13.6%	22.5%	36.5%	27.4%
Mono unsat. fatty acids	11.5%	19.6%	44.6%	24.4%
Poly unsat. fatty acids	14.2%	24.2%	43.4%	18.2%
Trans fatty acids	13.0%	23.2%	32.7%	31.0%
Alpha Linolenic Acid	15.3%	27.1%	43.0%	14.6%
Fish fatty acids	8.5%	19.3%	60.3%	11.9%
Unsat. fatty acids-cis	12.4%	21.2%	44.4%	22.1%
Linoleic acid	14.6%	24.2%	42.8%	18.5%
Carbohydrates	16.7%	20.2%	28.1%	35.0%
Mono- and disaccharides	16.2%	14.9%	19.8%	49.2%
Polysaccharides	17.4%	25.3%	35.6%	21.7%
Fibre	17.6%	25.1%	35.7%	21.6%
Alcohol	0.0%	1.2%	25.2%	73.6%

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	13.9%	21.5%	36.8%	27.8%
Protein	14.1%	24.7%	45.4%	15.8%
Vegetable protein	18.1%	28.9%	31.0%	22.0%
Animal protein	11.6%	22.3%	54.3%	11.8%
Fat	11.7%	22.4%	43.1%	22.8%
Saturated fatty acids	12.3%	23.1%	39.2%	25.5%
Mono unsat. fatty acids	10.3%	20.2%	46.7%	22.7%
Poly unsat. fatty acids	13.0%	24.9%	45.2%	16.8%
Trans fatty acids	11.9%	24.4%	34.3%	29.3%
Alpha Linolenic Acid	14.0%	27.4%	45.0%	13.5%
Fish fatty acids	9.7%	21.4%	56.6%	12.3%
Unsat. fatty acids-cis	11.3%	21.8%	46.3%	20.6%
Linoleic acid	13.4%	25.0%	44.5%	17.1%
Carbohydrates	16.2%	21.4%	29.7%	32.6%
Mono- and disaccharides	15.5%	15.5%	21.6%	47.4%
Polysaccharides	16.8%	26.5%	36.7%	20.0%
Fibre	17.3%	24.6%	36.7%	21.4%
Alcohol	0.0%	0.5%	20.2%	79.4%

Table 4.1 Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.5%	11.8%	29.1%	17.5%	1.4%	9.1%	6.4%	12.2%
Protein	12.8%	13.7%	37.4%	9.5%	1.3%	10.1%	8.0%	7.1%
Vegetable protein	16.4%	15.8%	25.1%	13.2%	1.9%	12.4%	5.2%	9.9%
Animal protein	10.5%	12.6%	45.3%	7.0%	1.0%	8.7%	9.5%	5.3%
Fat	11.2%	12.5%	34.3%	13.8%	1.3%	9.6%	7.7%	9.6%
Saturated fatty acids	11.8%	13.0%	31.3%	14.9%	1.4%	9.9%	7.0%	10.8%
Mono unsat. fatty acids	10.0%	11.4%	36.7%	14.4%	1.1%	9.0%	8.1%	9.3%
Poly unsat. fatty acids	12.5%	13.8%	35.5%	10.3%	1.3%	10.6%	8.4%	7.8%
Trans fatty acids	11.4%	13.5%	28.3%	15.5%	1.4%	10.3%	6.5%	13.1%
Alpha Linolenic Acid	13.3%	15.2%	35.7%	7.6%	1.5%	11.7%	8.0%	7.0%
Fish fatty acids	7.1%	11.3%	48.5%	7.0%	0.8%	8.3%	11.1%	5.9%
Unsat. fatty acids-cis	10.8%	12.3%	36.4%	12.9%	1.2%	9.5%	8.2%	8.7%
Linoleic acids	12.7%	13.8%	35.2%	10.6%	1.3%	10.5%	8.3%	7.7%
Carbohydrates	14.3%	11.6%	23.8%	20.3%	1.5%	9.1%	5.0%	14.4%
Mono- and disaccharides	14.2%	8.9%	17.1%	28.7%	1.3%	6.8%	3.9%	19.1%
Polysaccharides	14.6%	14.1%	29.7%	12.6%	1.7%	11.1%	6.1%	10.0%
Fibre	15.3%	13.7%	30.2%	12.7%	1.6%	10.8%	5.9%	9.7%
Alcohol	0.0%	0.5%	13.4%	51.1%	0.0%	0.7%	6.7%	27.7%

Table 4.2.a Average contribution of places and moments of consumption the intake of macronutrients of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years, n=1713)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.7%	10.5%	28.0%	16.7%	1.3%	10.0%	5.1%	14.6%
Protein	15.0%	12.4%	38.2%	9.0%	1.3%	10.2%	5.9%	8.0%
Vegetable protein	18.2%	14.3%	24.6%	12.1%	1.9%	13.7%	4.3%	10.9%
Animal protein	12.8%	11.3%	47.7%	6.6%	1.0%	7.9%	6.9%	5.7%
Fat	12.3%	11.0%	33.8%	13.6%	1.2%	10.4%	6.4%	11.4%
Saturated fatty acids	12.7%	11.2%	32.0%	14.7%	1.3%	10.1%	6.0%	12.1%
Mono unsat. fatty acids	11.3%	10.3%	34.8%	14.2%	1.1%	10.0%	6.6%	11.7%
Poly unsat. fatty acids	13.6%	11.8%	34.9%	10.4%	1.3%	11.7%	6.8%	9.6%
Trans fatty acids	12.2%	11.6%	30.0%	15.1%	1.2%	10.7%	6.0%	13.3%
Alpha Linolenic Acid	14.2%	12.9%	37.1%	7.6%	1.3%	12.4%	6.4%	8.1%
Fish fatty acids	6.7%	9.7%	54.2%	6.9%	0.9%	7.2%	7.6%	6.9%
Unsat. fatty acids-cis	12.1%	10.8%	34.9%	12.9%	1.2%	10.6%	6.6%	10.9%
Linoleic acids	13.8%	11.8%	34.5%	10.6%	1.3%	11.9%	6.8%	9.4%
Carbohydrates	14.4%	9.8%	21.8%	20.6%	1.4%	9.8%	4.1%	18.0%
Mono- and disaccharides	13.8%	7.6%	15.4%	27.5%	1.3%	7.9%	3.2%	23.2%
Polysaccharides	15.3%	12.3%	28.5%	13.0%	1.6%	11.9%	5.1%	12.2%
Fibre	16.3%	11.9%	29.4%	12.8%	1.5%	11.8%	5.0%	11.3%
Alcohol	0.0%	0.9%	21.0%	26.0%	0.0%	0.2%	7.4%	44.4%

Group=Adults (19-69 years, n=2106)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.3%	12.1%	29.4%	17.7%	1.4%	8.9%	6.7%	11.6%
Protein	12.4%	14.0%	37.2%	9.7%	1.3%	10.0%	8.4%	7.0%
Vegetable protein	16.0%	16.2%	25.2%	13.5%	2.0%	12.1%	5.4%	9.7%
Animal protein	10.0%	12.8%	44.8%	7.1%	1.0%	8.9%	10.1%	5.2%
Fat	10.9%	12.9%	34.4%	13.8%	1.3%	9.5%	8.0%	9.2%
Saturated fatty acids	11.6%	13.4%	31.1%	15.0%	1.4%	9.8%	7.2%	10.5%
Mono unsat. fatty acids	9.7%	11.7%	37.1%	14.4%	1.1%	8.7%	8.5%	8.8%
Poly unsat. fatty acids	12.2%	14.2%	35.6%	10.3%	1.3%	10.3%	8.7%	7.4%
Trans fatty acids	11.2%	13.9%	27.9%	15.7%	1.4%	10.2%	6.7%	13.0%
Alpha Linolenic Acid	13.1%	15.7%	35.4%	7.6%	1.5%	11.5%	8.3%	6.7%
Fish fatty acids	7.2%	11.6%	47.3%	7.0%	0.7%	8.5%	11.8%	5.7%
Unsat. fatty acids-cis	10.5%	12.6%	36.7%	12.9%	1.2%	9.3%	8.6%	8.2%
Linoleic acids	12.5%	14.2%	35.3%	10.5%	1.3%	10.2%	8.6%	7.3%
Carbohydrates	14.3%	12.0%	24.2%	20.2%	1.6%	9.0%	5.2%	13.6%
Mono- and disaccharides	14.3%	9.2%	17.4%	28.9%	1.3%	6.6%	4.0%	18.2%
Polysaccharides	14.5%	14.5%	30.0%	12.5%	1.8%	11.0%	6.3%	9.5%
Fibre	15.1%	14.1%	30.4%	12.7%	1.6%	10.6%	6.2%	9.3%
Alcohol	0.0%	0.4%	13.0%	52.2%	0.0%	0.7%	6.7%	26.9%

Table 4.2.b Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years, n=856)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.9%	10.6%	28.6%	17.1%	1.3%	9.8%	4.6%	14.1%
Protein	15.2%	12.7%	38.9%	9.0%	1.4%	9.9%	5.1%	7.8%
Vegetable protein	18.4%	14.5%	25.1%	12.5%	2.0%	13.1%	3.7%	10.6%
Animal protein	13.0%	11.5%	48.9%	6.2%	1.1%	7.6%	6.0%	5.6%
Fat	12.7%	11.0%	34.5%	13.7%	1.2%	10.1%	5.7%	11.1%
Saturated fatty acids	13.1%	11.2%	33.1%	14.7%	1.3%	9.7%	5.4%	11.6%
Mono unsat. fatty acids	11.8%	10.2%	35.3%	14.5%	1.2%	9.9%	5.8%	11.4%
Poly unsat. fatty acids	14.0%	11.9%	35.0%	10.6%	1.3%	11.5%	5.9%	9.6%
Trans fatty acids	12.5%	11.7%	30.9%	15.2%	1.1%	10.4%	5.4%	12.7%
Alpha Linolenic Acid	14.7%	13.0%	37.3%	7.7%	1.3%	12.3%	5.5%	8.1%
Fish fatty acids	7.1%	9.3%	56.7%	6.2%	1.0%	7.3%	5.6%	6.8%
Unsat. fatty acids-cis	12.5%	10.8%	35.3%	13.1%	1.2%	10.4%	5.8%	10.7%
Linoleic acids	14.1%	11.9%	34.8%	10.9%	1.3%	11.6%	5.9%	9.5%
Carbohydrates	14.4%	10.0%	22.5%	21.1%	1.5%	9.6%	3.7%	17.3%
Mono- and disaccharides	13.8%	7.8%	16.0%	27.9%	1.3%	8.0%	2.8%	22.3%
Polysaccharides	15.2%	12.5%	29.3%	13.5%	1.7%	11.3%	4.5%	11.9%
Fibre	16.4%	12.3%	30.0%	12.8%	1.5%	11.6%	4.4%	11.0%
Alcohol	0.0%	0.0%	24.8%	31.2%	0.0%	0.0%	6.6%	37.3%

Group=Female Children (7-18 years, n=857)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.6%	10.3%	27.4%	16.4%	1.3%	10.2%	5.7%	15.1%
Protein	14.8%	12.0%	37.4%	9.0%	1.3%	10.6%	6.8%	8.1%
Vegetable protein	17.9%	14.0%	24.1%	11.6%	1.8%	14.4%	5.0%	11.2%
Animal protein	12.6%	11.0%	46.4%	7.0%	0.9%	8.2%	8.0%	5.8%
Fat	11.9%	10.9%	33.0%	13.5%	1.2%	10.7%	7.1%	11.7%
Saturated fatty acids	12.4%	11.1%	30.8%	14.7%	1.3%	10.6%	6.6%	12.6%
Mono unsat. fatty acids	10.9%	10.3%	34.2%	14.0%	1.1%	10.1%	7.4%	12.0%
Poly unsat. fatty acids	13.2%	11.7%	34.6%	10.1%	1.2%	11.9%	7.7%	9.6%
Trans fatty acids	11.9%	11.4%	29.1%	14.9%	1.2%	10.9%	6.7%	13.9%
Alpha Linolenic Acid	13.6%	12.8%	36.8%	7.6%	1.3%	12.5%	7.4%	8.1%
Fish fatty acids	6.2%	10.2%	51.7%	7.6%	0.8%	7.1%	9.7%	6.9%
Unsat. fatty acids-cis	11.7%	10.8%	34.5%	12.6%	1.1%	10.7%	7.5%	11.1%
Linoleic acids	13.4%	11.7%	34.2%	10.3%	1.2%	12.2%	7.7%	9.3%
Carbohydrates	14.4%	9.6%	21.2%	20.2%	1.4%	10.1%	4.6%	18.6%
Mono- and disaccharides	13.8%	7.4%	14.8%	27.1%	1.3%	7.7%	3.6%	24.2%
Polysaccharides	15.4%	12.2%	27.7%	12.4%	1.6%	12.6%	5.7%	12.5%
Fibre	16.2%	11.5%	28.7%	12.8%	1.5%	12.0%	5.6%	11.7%
Alcohol	0.0%	2.1%	16.0%	19.3%	0.0%	0.5%	8.5%	53.6%

Group=Male Adults (19-69 years, n=1055)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	11.6%	10.6%	29.7%	17.2%	1.6%	10.5%	6.4%	12.6%
Protein	11.7%	12.2%	37.7%	9.3%	1.6%	11.6%	8.0%	7.8%
Vegetable protein	15.3%	13.9%	25.1%	13.4%	2.3%	13.9%	5.2%	11.0%
Animal protein	9.4%	11.4%	45.6%	6.6%	1.1%	10.4%	9.6%	5.8%
Fat	10.7%	11.5%	34.9%	13.0%	1.5%	11.2%	7.6%	9.5%
Saturated fatty acids	11.4%	12.0%	31.8%	14.0%	1.7%	11.6%	6.9%	10.5%
Mono unsat. fatty acids	9.4%	10.5%	37.4%	13.8%	1.4%	10.5%	8.1%	9.1%
Poly unsat. fatty acids	11.9%	12.5%	35.9%	9.8%	1.6%	12.0%	8.4%	8.0%
Trans fatty acids	11.2%	12.2%	29.1%	14.6%	1.6%	12.1%	6.5%	12.6%
Alpha Linolenic Acid	12.9%	14.0%	35.5%	7.1%	1.7%	13.3%	8.0%	7.6%
Fish fatty acids	5.9%	9.9%	49.3%	7.0%	0.9%	10.0%	10.6%	6.4%
Unsat. fatty acids-cis	10.2%	11.2%	37.0%	12.3%	1.4%	11.0%	8.2%	8.6%
Linoleic acids	12.1%	12.5%	35.7%	10.1%	1.6%	11.8%	8.4%	7.8%
Carbohydrates	13.5%	10.5%	24.9%	19.1%	1.7%	10.6%	5.0%	14.6%
Mono- and disaccharides	14.1%	8.4%	18.3%	26.9%	1.4%	8.0%	3.9%	19.1%
Polysaccharides	13.4%	12.3%	30.4%	12.6%	2.0%	12.7%	6.0%	10.6%
Fibre	14.2%	12.2%	30.9%	11.9%	1.9%	12.4%	5.9%	10.6%
Alcohol	0.0%	0.4%	11.7%	53.3%	0.0%	0.9%	6.0%	27.7%

Group=Female Adults (19-69 years, n=1051)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.0%	13.7%	29.0%	18.2%	1.2%	7.4%	7.0%	10.6%
Protein	13.1%	15.8%	36.7%	10.1%	1.1%	8.4%	8.8%	6.1%
Vegetable protein	16.7%	18.4%	25.4%	13.6%	1.6%	10.2%	5.6%	8.4%
Animal protein	10.7%	14.3%	43.9%	7.6%	0.8%	7.4%	10.6%	4.7%
Fat	11.2%	14.3%	33.9%	14.6%	1.1%	7.7%	8.3%	9.0%
Saturated fatty acids	11.7%	14.8%	30.4%	16.0%	1.2%	8.0%	7.5%	10.5%
Mono unsat. fatty acids	10.0%	12.9%	36.8%	15.0%	0.9%	7.0%	8.9%	8.5%
Poly unsat. fatty acids	12.5%	15.9%	35.3%	10.8%	1.1%	8.7%	9.0%	6.7%
Trans fatty acids	11.3%	15.6%	26.7%	16.7%	1.2%	8.2%	6.8%	13.4%
Alpha Linolenic Acid	13.3%	17.5%	35.3%	8.2%	1.3%	9.8%	8.7%	5.9%
Fish fatty acids	8.5%	13.4%	45.3%	7.1%	0.6%	7.0%	13.1%	5.0%
Unsat. fatty acids-cis	10.9%	13.9%	36.4%	13.5%	1.0%	7.6%	9.0%	7.8%
Linoleic acids	12.9%	16.0%	34.9%	11.0%	1.1%	8.6%	8.8%	6.8%
Carbohydrates	15.1%	13.5%	23.5%	21.2%	1.4%	7.3%	5.4%	12.6%
Mono- and disaccharides	14.6%	10.0%	16.5%	30.9%	1.2%	5.2%	4.1%	17.4%
Polysaccharides	15.6%	16.7%	29.6%	12.5%	1.5%	9.2%	6.5%	8.4%
Fibre	16.1%	16.1%	29.8%	13.4%	1.4%	8.8%	6.4%	8.1%
Alcohol	0.0%	0.5%	15.0%	50.7%	0.0%	0.4%	7.7%	25.8%

Table 4.2.c Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-8 years, n=304)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	15.0%	12.9%	27.1%	13.6%	1.4%	9.7%	5.2%	15.1%
Protein	16.5%	15.1%	36.7%	7.3%	1.5%	10.0%	5.7%	7.3%
Vegetable protein	20.3%	17.5%	23.6%	9.3%	2.1%	13.2%	4.3%	9.8%
Animal protein	13.9%	13.6%	45.9%	5.9%	1.1%	7.7%	6.5%	5.3%
Fat	14.0%	13.7%	32.9%	10.8%	1.4%	10.3%	6.5%	10.5%
Saturated fatty acids	13.8%	13.8%	31.7%	12.0%	1.3%	9.6%	6.3%	11.5%
Mono unsat. fatty acids	13.4%	13.2%	33.7%	11.1%	1.4%	10.1%	6.6%	10.5%
Poly unsat. fatty acids	15.9%	14.4%	33.1%	7.7%	1.6%	12.1%	7.1%	8.1%
Trans fatty acids	13.2%	14.5%	30.4%	12.3%	1.1%	9.2%	5.5%	13.8%
Alpha Linolenic Acid	16.2%	15.3%	35.2%	6.0%	1.5%	11.8%	6.4%	7.6%
Fish fatty acids	7.8%	12.0%	52.9%	4.7%	1.2%	7.3%	8.2%	5.8%
Unsat. fatty acids-cis	14.2%	13.5%	33.6%	10.0%	1.4%	10.8%	6.8%	9.6%
Linoleic acids	16.0%	14.5%	32.8%	7.8%	1.6%	12.2%	7.1%	7.9%
Carbohydrates	15.3%	12.0%	21.3%	16.8%	1.5%	9.3%	4.2%	19.7%
Mono- and disaccharides	14.1%	9.5%	15.8%	21.6%	1.4%	7.6%	3.4%	26.7%
Polysaccharides	17.0%	15.1%	27.7%	10.4%	1.7%	11.5%	5.0%	11.5%
Fibre	17.8%	14.6%	28.2%	10.1%	1.7%	10.8%	5.3%	11.6%
Alcohol	0.0%	10.1%	74.8%	0.0%	0.0%	0.0%	0.0%	15.1%

Group=Male Children (9-13 years, n=351)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	14.3%	11.9%	28.0%	16.1%	1.3%	9.1%	5.0%	14.2%
Protein	15.6%	14.2%	38.4%	8.1%	1.4%	9.4%	5.6%	7.3%
Vegetable protein	19.1%	16.4%	24.9%	11.0%	2.0%	12.5%	4.0%	10.0%
Animal protein	13.5%	13.0%	48.0%	5.6%	1.0%	7.2%	6.6%	5.1%
Fat	12.9%	12.6%	33.8%	12.7%	1.2%	9.4%	6.3%	11.1%
Saturated fatty acids	13.4%	12.6%	32.3%	14.0%	1.2%	8.8%	5.9%	11.7%
Mono unsat. fatty acids	11.9%	11.9%	34.6%	13.1%	1.1%	9.3%	6.5%	11.6%
Poly unsat. fatty acids	14.0%	14.0%	34.0%	9.6%	1.4%	11.2%	6.6%	9.2%
Trans fatty acids	12.9%	12.7%	30.5%	15.4%	1.2%	9.1%	6.1%	12.1%
Alpha Linolenic Acid	15.2%	15.1%	36.0%	7.5%	1.3%	11.9%	6.0%	6.9%
Fish fatty acids	7.4%	8.9%	56.4%	7.2%	0.4%	6.6%	5.5%	7.6%
Unsat. fatty acids-cis	12.6%	12.6%	34.5%	11.9%	1.2%	9.9%	6.5%	10.8%
Linoleic acids	14.0%	13.9%	34.0%	9.8%	1.5%	11.3%	6.5%	9.1%
Carbohydrates	14.9%	10.9%	21.7%	20.3%	1.5%	8.9%	4.0%	17.9%
Mono- and disaccharides	13.9%	8.2%	15.5%	27.1%	1.2%	7.3%	3.0%	23.8%
Polysaccharides	16.0%	14.1%	28.4%	12.5%	1.7%	10.6%	5.1%	11.5%
Fibre	17.0%	14.0%	29.2%	11.9%	1.6%	11.2%	4.5%	10.6%
Alcohol	0.0%	0.0%	44.9%	40.1%	0.0%	0.0%	4.2%	10.7%

Group=Female Children (9-13 years, n=352)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.2%	11.8%	26.7%	17.2%	1.3%	8.8%	5.5%	15.5%
Protein	14.6%	14.0%	36.7%	9.3%	1.4%	8.8%	6.6%	8.6%
Vegetable protein	17.4%	16.3%	23.8%	12.2%	2.0%	12.1%	4.8%	11.4%
Animal protein	12.7%	12.5%	45.7%	6.9%	0.9%	6.6%	7.9%	6.8%
Fat	11.5%	12.7%	32.2%	14.2%	1.2%	9.0%	7.0%	12.3%
Saturated fatty acids	12.1%	12.8%	30.3%	15.2%	1.3%	8.7%	6.4%	13.2%
Mono unsat. fatty acids	10.4%	11.9%	33.3%	14.6%	1.1%	8.8%	7.2%	12.8%
Poly unsat. fatty acids	12.3%	13.6%	33.4%	11.3%	1.3%	10.4%	7.6%	10.1%
Trans fatty acids	11.7%	12.8%	27.9%	15.5%	1.2%	8.6%	6.9%	15.3%
Alpha Linolenic Acid	13.1%	14.9%	35.3%	8.2%	1.4%	11.4%	7.3%	8.5%
Fish fatty acids	4.8%	12.1%	50.9%	8.4%	0.8%	5.6%	10.1%	7.4%
Unsat. fatty acids-cis	11.1%	12.5%	33.4%	13.4%	1.1%	9.3%	7.3%	11.8%
Linoleic acids	12.4%	13.6%	32.9%	11.8%	1.3%	10.6%	7.6%	9.7%
Carbohydrates	13.9%	10.8%	20.6%	21.0%	1.4%	8.7%	4.3%	19.2%
Mono- and disaccharides	13.5%	8.2%	14.5%	27.7%	1.2%	6.9%	3.1%	24.9%
Polysaccharides	14.9%	14.0%	27.1%	13.1%	1.7%	10.7%	5.7%	12.9%
Fibre	15.1%	13.4%	28.9%	13.1%	1.6%	10.7%	5.6%	11.6%
Alcohol	0.0%	6.4%	31.8%	36.4%	0.0%	0.0%	0.0%	25.4%

Group=Male Children (14-18 years, n=352)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.9%	9.1%	29.8%	19.0%	1.4%	10.0%	4.0%	13.8%
Protein	13.9%	10.8%	40.3%	10.4%	1.4%	10.1%	4.6%	8.5%
Vegetable protein	16.7%	12.5%	25.6%	14.9%	1.9%	13.3%	3.4%	11.8%
Animal protein	11.9%	9.6%	51.0%	7.1%	1.1%	7.9%	5.3%	6.0%
Fat	11.8%	9.1%	35.8%	15.6%	1.2%	10.3%	4.8%	11.4%
Saturated fatty acids	12.3%	9.4%	34.1%	16.2%	1.3%	10.3%	4.7%	11.7%
Mono unsat. fatty acids	10.7%	8.3%	36.8%	16.7%	1.1%	9.7%	4.9%	11.8%
Poly unsat. fatty acids	12.8%	9.9%	37.2%	12.3%	1.2%	10.9%	5.0%	10.7%
Trans fatty acids	11.5%	10.2%	31.4%	15.8%	1.2%	11.9%	5.0%	13.1%
Alpha Linolenic Acid	13.3%	11.1%	39.6%	8.1%	1.3%	12.4%	4.9%	9.3%
Fish fatty acids	6.3%	9.2%	58.0%	5.5%	1.8%	7.8%	5.0%	6.4%
Unsat. fatty acids-cis	11.4%	8.8%	37.0%	15.2%	1.2%	10.1%	4.9%	11.3%
Linoleic acids	12.9%	9.9%	36.8%	12.8%	1.1%	10.8%	4.9%	10.7%
Carbohydrates	13.6%	8.9%	23.5%	23.3%	1.5%	10.1%	3.3%	15.9%
Mono- and disaccharides	13.7%	7.1%	16.5%	31.0%	1.4%	8.5%	2.6%	19.2%
Polysaccharides	13.8%	10.7%	30.4%	15.3%	1.6%	11.7%	4.0%	12.5%
Fibre	15.1%	10.4%	31.3%	14.6%	1.5%	11.9%	4.0%	11.1%
Alcohol	0.0%	0.0%	16.2%	29.4%	0.0%	0.0%	7.7%	46.6%

Group=Female Children (14-18 years, n=354)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.5%	7.1%	28.2%	17.1%	1.1%	12.3%	6.0%	14.8%
Protein	14.7%	8.3%	38.5%	9.3%	1.1%	12.9%	7.2%	8.0%
Vegetable protein	17.7%	9.4%	24.9%	12.3%	1.5%	17.5%	5.2%	11.5%
Animal protein	12.5%	8.0%	47.4%	7.4%	0.8%	10.2%	8.5%	5.3%
Fat	11.8%	7.3%	33.9%	14.3%	1.1%	13.0%	7.3%	11.3%
Saturated fatty acids	12.2%	7.7%	31.2%	15.6%	1.2%	13.1%	6.8%	12.2%
Mono unsat. fatty acids	10.7%	6.8%	35.2%	15.0%	1.0%	12.1%	7.7%	11.6%

Group=Female Children (14-18 years, n=354)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Poly unsat. fatty acids	13.4%	7.6%	36.2%	10.5%	0.9%	14.1%	7.8%	9.5%
Trans fatty acids	11.7%	8.2%	29.8%	15.8%	1.3%	14.1%	6.7%	12.4%
Alpha Linolenic Acid	13.4%	8.8%	38.7%	8.1%	0.8%	14.4%	7.7%	8.0%
Fish fatty acids	7.2%	6.8%	52.5%	8.3%	0.2%	8.5%	9.4%	7.0%
Unsat. fatty acids-cis	11.6%	7.1%	35.7%	13.3%	1.0%	12.8%	7.8%	10.8%
Linoleic acids	13.8%	7.6%	35.7%	10.4%	0.9%	14.5%	7.9%	9.3%
Carbohydrates	14.5%	6.8%	22.0%	21.1%	1.2%	12.0%	4.8%	17.6%
Mono- and disaccharides	14.0%	5.4%	14.8%	29.2%	1.2%	8.9%	4.0%	22.4%
Polysaccharides	15.2%	8.3%	28.7%	12.9%	1.3%	15.2%	5.8%	12.5%
Fibre	16.6%	7.7%	29.1%	13.9%	1.3%	14.1%	5.6%	11.8%
Alcohol	0.0%	0.0%	7.2%	16.7%	0.0%	0.6%	11.2%	64.2%

Group=Male Adults (19-30 years, n=356)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	10.4%	7.2%	26.9%	16.1%	2.2%	13.0%	8.1%	16.2%
Protein	11.1%	8.4%	34.6%	8.5%	2.4%	14.6%	10.0%	10.3%
Vegetable protein	13.5%	9.2%	23.9%	12.2%	3.0%	17.6%	6.5%	14.0%
Animal protein	9.4%	7.9%	42.2%	6.0%	1.9%	12.7%	12.1%	7.8%
Fat	9.6%	7.8%	32.0%	12.5%	2.2%	13.8%	10.2%	11.8%
Saturated fatty acids	10.4%	8.1%	29.9%	12.5%	2.4%	14.6%	9.2%	12.9%
Mono unsat. fatty acids	8.4%	7.1%	33.8%	13.7%	1.9%	12.7%	10.9%	11.5%
Poly unsat. fatty acids	10.2%	8.2%	32.8%	10.3%	2.2%	14.3%	11.3%	10.6%
Trans fatty acids	10.0%	8.8%	27.6%	12.7%	2.5%	15.5%	8.3%	14.6%
Alpha Linolenic Acid	11.1%	9.1%	34.2%	6.6%	2.3%	15.9%	10.9%	10.0%
Fish fatty acids	6.1%	6.4%	46.3%	6.2%	1.8%	12.0%	14.7%	6.6%
Unsat. fatty acids-cis	9.0%	7.5%	33.6%	12.5%	2.0%	13.2%	11.0%	11.1%
Linoleic acids	10.4%	8.2%	32.6%	10.6%	2.3%	14.2%	11.3%	10.5%
Carbohydrates	11.4%	6.9%	22.2%	19.2%	2.3%	12.8%	6.3%	19.0%
Mono- and disaccharides	12.4%	5.6%	15.6%	25.7%	1.9%	9.9%	4.7%	24.1%
Polysaccharides	11.1%	8.2%	28.3%	12.6%	2.7%	15.4%	7.9%	13.9%
Fibre	12.9%	8.2%	28.6%	11.3%	2.4%	15.2%	7.8%	13.5%
Alcohol	0.1%	0.4%	10.0%	41.5%	0.0%	2.3%	9.5%	36.2%

Group=Female Adults (19-30 years, n=347)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.2%	9.8%	28.5%	16.4%	1.8%	10.0%	8.2%	13.0%
Protein	12.7%	11.3%	36.5%	8.5%	1.9%	11.5%	10.6%	7.1%
Vegetable protein	15.7%	13.5%	26.0%	11.0%	2.7%	14.3%	7.0%	9.7%
Animal protein	10.5%	9.9%	43.5%	6.7%	1.4%	10.0%	12.6%	5.3%
Fat	10.9%	10.0%	34.2%	13.1%	1.8%	10.2%	9.8%	10.0%
Saturated fatty acids	11.6%	10.2%	30.8%	14.2%	2.0%	10.9%	9.0%	11.2%
Mono unsat. fatty acids	9.7%	9.2%	36.7%	13.4%	1.6%	9.2%	10.4%	9.7%
Poly unsat. fatty acids	12.1%	11.3%	35.6%	9.9%	1.6%	11.1%	10.5%	7.9%
Trans fatty acids	11.0%	10.4%	27.6%	14.9%	2.0%	11.5%	8.3%	14.3%
Alpha Linolenic Acid	12.9%	12.5%	35.0%	6.9%	2.0%	12.9%	10.8%	6.9%
Fish fatty acids	8.5%	11.6%	45.7%	6.1%	0.7%	8.5%	13.2%	5.7%
Unsat. fatty acids-cis	10.5%	9.9%	36.6%	12.1%	1.6%	9.8%	10.5%	9.0%
Linoleic acids	12.4%	11.4%	35.2%	10.2%	1.6%	11.0%	10.3%	8.0%
Carbohydrates	13.3%	9.6%	22.5%	20.4%	2.0%	9.9%	6.4%	15.8%

Group=Female Adults (19-30 years, n=347)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Mono- and disaccharides	13.3%	7.8%	14.7%	28.5%	1.6%	7.3%	5.1%	21.6%
Polysaccharides	13.8%	11.7%	29.9%	11.7%	2.4%	12.4%	7.8%	10.4%
Fibre	15.2%	11.6%	28.8%	11.6%	2.3%	12.5%	7.7%	10.3%
Alcohol	0.0%	2.1%	15.4%	33.2%	0.0%	0.0%	7.2%	42.1%

Group=Male Adults (31-50 years, n=348)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	11.2%	9.2%	29.9%	15.9%	1.6%	11.8%	6.6%	13.8%
Protein	11.3%	10.8%	37.4%	8.7%	1.7%	13.2%	8.2%	8.8%
Vegetable protein	14.7%	11.8%	25.0%	12.6%	2.5%	15.6%	5.5%	12.3%
Animal protein	8.8%	10.2%	45.6%	6.2%	1.2%	11.8%	9.8%	6.4%
Fat	10.2%	9.9%	35.1%	12.4%	1.5%	12.6%	8.0%	10.2%
Saturated fatty acids	10.9%	10.6%	32.0%	13.4%	1.8%	12.9%	7.2%	11.3%
Mono unsat. fatty acids	9.1%	9.0%	37.4%	13.1%	1.4%	11.9%	8.4%	9.6%
Poly unsat. fatty acids	11.1%	10.4%	36.3%	9.4%	1.5%	13.6%	9.0%	8.8%
Trans fatty acids	10.7%	10.8%	29.7%	13.5%	1.6%	13.5%	7.1%	13.0%
Alpha Linolenic Acid	11.6%	11.9%	35.6%	6.7%	1.8%	15.3%	8.5%	8.6%
Fish fatty acids	5.1%	8.9%	48.7%	6.8%	0.8%	11.6%	10.6%	7.6%
Unsat. fatty acids-cis	9.8%	9.5%	37.2%	11.7%	1.4%	12.5%	8.6%	9.3%
Linoleic acids	11.3%	10.3%	36.0%	9.6%	1.5%	13.4%	9.1%	8.7%
Carbohydrates	13.1%	9.0%	24.9%	17.6%	1.9%	12.0%	5.2%	16.2%
Mono- and disaccharides	13.8%	7.2%	18.1%	25.0%	1.6%	9.1%	4.1%	21.1%
Polysaccharides	12.8%	10.4%	30.5%	11.8%	2.1%	14.3%	6.3%	11.8%
Fibre	14.0%	10.5%	29.9%	11.0%	2.0%	14.1%	6.2%	12.3%
Alcohol	0.0%	0.5%	11.3%	54.0%	0.0%	0.4%	4.9%	28.8%

Group=Female Adults (31-50 years, n=351)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.8%	12.9%	29.0%	18.2%	1.1%	8.0%	7.2%	10.8%
Protein	13.3%	15.1%	36.5%	10.2%	1.0%	9.0%	8.5%	6.4%
Vegetable protein	16.3%	17.4%	25.2%	14.3%	1.4%	11.0%	5.7%	8.8%
Animal protein	11.1%	13.6%	44.1%	7.5%	0.8%	7.8%	10.1%	4.9%
Fat	10.9%	13.2%	33.5%	15.5%	0.9%	8.2%	8.6%	9.1%
Saturated fatty acids	11.3%	13.8%	30.2%	16.9%	1.0%	8.3%	7.8%	10.6%
Mono unsat. fatty acids	9.8%	11.8%	36.2%	16.0%	0.8%	7.5%	9.2%	8.6%
Poly unsat. fatty acids	12.3%	14.5%	34.8%	11.2%	1.0%	9.6%	9.4%	7.0%
Trans fatty acids	11.0%	15.5%	27.2%	16.3%	0.9%	8.7%	7.2%	13.2%
Alpha Linolenic Acid	13.0%	16.4%	35.2%	8.4%	1.2%	10.8%	8.9%	6.0%
Fish fatty acids	8.7%	12.2%	46.5%	6.3%	0.6%	7.6%	12.3%	5.7%
Unsat. fatty acids-cis	10.7%	12.7%	35.8%	14.4%	0.9%	8.2%	9.3%	8.0%
Linoleic acids	12.8%	14.4%	34.3%	11.5%	1.0%	9.6%	9.2%	7.1%
Carbohydrates	14.7%	12.7%	23.9%	21.3%	1.3%	7.8%	5.5%	12.9%
Mono- and disaccharides	14.7%	9.7%	16.8%	30.5%	1.2%	5.3%	4.1%	17.9%
Polysaccharides	15.0%	15.6%	29.8%	13.3%	1.3%	10.0%	6.6%	8.5%
Fibre	15.7%	15.5%	29.4%	13.4%	1.3%	9.5%	6.6%	8.6%
Alcohol	0.0%	0.2%	16.1%	48.0%	0.0%	0.6%	9.3%	25.8%

Group=Male Adults (51-69 years, n=351)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.8%	14.5%	31.4%	19.5%	1.1%	7.1%	4.9%	8.7%
Protein	12.5%	16.6%	40.2%	10.5%	0.9%	7.8%	6.5%	5.0%
Vegetable protein	17.2%	19.7%	26.0%	15.3%	1.6%	9.2%	3.8%	7.3%
Animal protein	10.2%	15.2%	47.9%	7.7%	0.6%	7.1%	7.8%	3.7%
Fat	12.0%	16.0%	36.4%	14.2%	1.1%	7.7%	5.5%	7.1%
Saturated fatty acids	12.8%	16.3%	32.9%	15.8%	1.2%	7.9%	5.0%	8.1%
Mono unsat. fatty acids	10.3%	14.7%	39.6%	14.7%	1.0%	7.1%	6.0%	6.7%
Poly unsat. fatty acids	14.0%	18.0%	37.4%	10.1%	1.2%	8.3%	5.8%	5.3%
Trans fatty acids	12.6%	16.4%	29.3%	17.3%	1.1%	8.2%	4.4%	10.7%
Alpha Linolenic Acid	15.7%	19.7%	36.1%	7.9%	1.4%	9.0%	5.5%	4.7%
Fish fatty acids	6.9%	13.5%	52.0%	7.8%	0.3%	6.8%	7.9%	4.9%
Unsat. fatty acids-cis	11.6%	15.9%	38.9%	13.0%	1.0%	7.5%	5.9%	6.2%
Linoleic acids	14.1%	18.1%	37.3%	10.3%	1.2%	8.1%	5.8%	5.1%
Carbohydrates	15.4%	14.8%	26.7%	21.1%	1.2%	7.3%	3.9%	9.6%
Mono- and disaccharides	15.5%	11.6%	20.3%	30.4%	0.9%	5.2%	3.0%	13.2%
Polysaccharides	15.6%	17.4%	31.8%	13.6%	1.4%	8.8%	4.5%	6.9%
Fibre	15.3%	17.2%	33.7%	13.6%	1.2%	8.3%	4.4%	6.4%
Alcohol	0.0%	0.3%	12.9%	57.8%	0.0%	0.7%	5.7%	22.6%

Group=Female Adults (51-69 years, n=353)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.6%	17.1%	29.2%	19.2%	0.9%	4.9%	6.1%	9.0%
Protein	13.1%	19.5%	37.1%	10.8%	0.8%	5.7%	8.0%	5.0%
Vegetable protein	18.0%	22.9%	25.1%	14.4%	1.1%	6.7%	4.6%	7.1%
Animal protein	10.2%	17.9%	43.9%	8.4%	0.6%	5.1%	9.9%	3.9%
Fat	11.7%	18.3%	34.1%	14.6%	0.8%	5.5%	6.9%	8.1%
Saturated fatty acids	12.3%	18.9%	30.4%	15.9%	0.9%	5.8%	6.1%	9.8%
Mono unsat. fatty acids	10.2%	16.7%	37.6%	14.8%	0.7%	5.0%	7.5%	7.6%
Poly unsat. fatty acids	13.0%	20.6%	35.7%	10.8%	0.8%	5.9%	7.6%	5.6%
Trans fatty acids	11.7%	19.2%	25.4%	18.5%	1.0%	5.5%	5.4%	13.2%
Alpha Linolenic Acid	14.0%	22.1%	35.7%	8.7%	0.9%	6.4%	7.1%	5.0%
Fish fatty acids	8.4%	16.1%	43.5%	8.8%	0.4%	5.2%	14.1%	3.6%
Unsat. fatty acids-cis	11.3%	18.1%	37.0%	13.3%	0.7%	5.3%	7.5%	6.8%
Linoleic acids	13.3%	20.9%	35.5%	10.9%	0.9%	5.9%	7.2%	5.6%
Carbohydrates	16.6%	17.1%	23.5%	21.6%	1.1%	5.0%	4.7%	10.2%
Mono- and disaccharides	15.3%	11.9%	17.4%	32.9%	1.1%	3.7%	3.6%	14.0%
Polysaccharides	17.6%	21.4%	29.1%	11.9%	1.2%	6.3%	5.6%	6.9%
Fibre	17.1%	19.6%	31.0%	14.6%	0.9%	5.4%	5.3%	6.1%
Alcohol	0.0%	0.3%	13.8%	58.6%	0.0%	0.2%	6.3%	20.8%

Table 4.3.a Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Low Education (n=348)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.2%	11.2%	29.0%	17.6%	1.5%	9.0%	5.6%	14.0%
Protein	13.4%	13.2%	39.2%	9.4%	1.6%	9.3%	6.3%	7.7%
Vegetable protein	16.4%	15.3%	25.6%	12.9%	2.2%	12.4%	4.8%	10.4%
Animal protein	11.7%	11.9%	48.3%	6.7%	1.3%	7.3%	7.2%	5.5%
Fat	10.9%	11.9%	35.2%	14.4%	1.4%	9.1%	6.8%	10.2%
Saturated fatty acids	11.1%	12.0%	33.5%	15.3%	1.6%	9.0%	6.6%	10.8%
Mono unsat. fatty acids	10.0%	11.3%	35.8%	15.4%	1.3%	8.8%	7.0%	10.4%
Poly unsat. fatty acids	12.1%	13.2%	37.1%	10.8%	1.2%	10.1%	7.2%	8.5%
Trans fatty acids	11.3%	12.1%	30.4%	15.9%	1.7%	10.6%	6.4%	11.6%
Alpha Linolenic Acid	13.3%	14.3%	38.6%	7.3%	1.3%	11.3%	7.0%	7.0%
Fish fatty acids	6.2%	11.2%	53.5%	7.4%	1.9%	5.8%	7.3%	6.6%
Unsat. fatty acids-cis	10.7%	11.9%	36.4%	13.8%	1.2%	9.2%	7.0%	9.7%
Linoleic acids	12.1%	13.0%	36.7%	11.3%	1.2%	10.2%	7.1%	8.4%
Carbohydrates	12.9%	10.3%	22.1%	21.8%	1.6%	8.9%	4.6%	17.7%
Mono- and disaccharides	12.2%	8.1%	15.4%	28.4%	1.4%	7.4%	3.6%	23.6%
Polysaccharides	13.9%	12.9%	29.4%	14.2%	1.9%	10.7%	5.6%	11.2%
Fibre	14.6%	12.7%	30.3%	13.6%	1.8%	10.9%	5.5%	10.6%
Alcohol	0.0%	0.0%	27.4%	39.0%	0.0%	0.0%	3.8%	29.8%

Group=Children (7-18 years) - Moderate Education (n=698)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.4%	10.0%	28.6%	16.5%	1.2%	10.2%	4.7%	15.4%
Protein	14.6%	12.0%	39.3%	8.7%	1.2%	10.3%	5.6%	8.3%
Vegetable protein	17.8%	13.9%	25.3%	11.8%	1.8%	13.9%	3.9%	11.5%
Animal protein	12.4%	11.1%	48.7%	6.4%	0.8%	8.1%	6.6%	5.9%
Fat	11.9%	10.2%	34.8%	13.2%	1.0%	10.8%	5.8%	12.3%
Saturated fatty acids	12.4%	10.5%	32.8%	14.4%	1.1%	10.6%	5.3%	12.9%
Mono unsat. fatty acids	10.8%	9.4%	36.0%	13.6%	1.0%	10.4%	6.0%	12.8%
Poly unsat. fatty acids	13.0%	10.9%	36.2%	10.0%	1.1%	12.1%	6.2%	10.6%
Trans fatty acids	12.1%	11.0%	30.5%	15.3%	1.0%	10.9%	5.3%	13.9%
Alpha Linolenic Acid	13.5%	12.1%	38.5%	7.7%	1.0%	12.4%	6.0%	8.8%
Fish fatty acids	5.8%	9.8%	55.1%	7.0%	0.5%	6.8%	7.3%	7.8%
Unsat. fatty acids-cis	11.5%	9.9%	36.1%	12.4%	1.0%	11.0%	6.1%	12.0%
Linoleic acids	13.1%	10.9%	36.0%	10.1%	1.0%	12.2%	6.2%	10.4%
Carbohydrates	14.2%	9.5%	22.0%	20.6%	1.3%	10.0%	3.7%	18.7%
Mono- and disaccharides	13.8%	7.4%	15.2%	27.9%	1.2%	8.0%	2.8%	23.7%
Polysaccharides	14.9%	12.0%	29.2%	12.5%	1.5%	12.2%	4.6%	12.9%
Fibre	15.8%	11.5%	30.7%	12.5%	1.4%	11.7%	4.6%	11.9%
Alcohol	0.0%	1.2%	19.2%	19.7%	0.0%	0.0%	3.5%	56.3%

Group=Children (7-18 years) - High Education (n=580)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	15.0%	10.8%	27.2%	16.1%	1.3%	10.3%	5.0%	14.4%
Protein	16.4%	12.7%	36.8%	8.8%	1.3%	10.7%	5.6%	7.8%
Vegetable protein	19.4%	14.4%	23.5%	11.7%	1.8%	14.2%	4.2%	10.7%
Animal protein	14.2%	11.5%	46.5%	6.5%	1.0%	8.1%	6.5%	5.6%
Fat	13.7%	11.4%	32.2%	13.3%	1.3%	10.7%	6.2%	11.2%
Saturated fatty acids	14.1%	11.7%	30.4%	14.2%	1.3%	10.4%	6.0%	12.0%
Mono unsat. fatty acids	12.7%	10.8%	33.3%	14.0%	1.2%	10.1%	6.4%	11.5%
Poly unsat. fatty acids	15.0%	12.1%	32.8%	10.7%	1.5%	12.2%	6.5%	9.2%
Trans fatty acids	12.8%	12.1%	29.2%	14.2%	1.1%	10.5%	6.1%	14.0%
Alpha Linolenic Acid	15.0%	13.5%	35.0%	7.9%	1.4%	13.2%	5.9%	8.1%
Fish fatty acids	7.9%	8.9%	55.0%	6.3%	0.9%	7.8%	7.0%	6.2%
Unsat. fatty acids-cis	13.5%	11.2%	33.3%	12.8%	1.3%	10.9%	6.5%	10.6%
Linoleic acids	15.2%	12.1%	32.3%	11.0%	1.5%	12.5%	6.5%	9.0%
Carbohydrates	15.5%	10.0%	21.6%	19.6%	1.4%	10.1%	4.1%	17.7%
Mono- and disaccharides	15.0%	7.7%	15.6%	26.1%	1.3%	8.1%	3.2%	23.1%
Polysaccharides	16.4%	12.6%	27.5%	12.7%	1.5%	12.2%	5.0%	12.1%
Fibre	17.7%	12.1%	27.7%	12.7%	1.5%	12.4%	4.7%	11.1%
Alcohol	0.0%	1.5%	19.3%	27.2%	0.0%	0.6%	9.7%	41.6%

Group=Adults (19-69 years) - Low Education (n=708)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.0%	14.1%	31.0%	18.6%	1.2%	6.8%	5.4%	10.9%
Protein	12.0%	16.4%	39.6%	10.2%	1.1%	7.6%	6.6%	6.6%
Vegetable protein	16.1%	18.9%	25.7%	14.6%	1.6%	9.1%	4.5%	9.5%
Animal protein	9.4%	15.0%	47.9%	7.5%	0.8%	6.8%	7.7%	4.9%
Fat	10.6%	14.9%	36.7%	14.0%	1.1%	7.3%	6.5%	8.8%
Saturated fatty acids	11.3%	15.3%	33.6%	15.2%	1.2%	7.5%	5.8%	9.9%
Mono unsat. fatty acids	9.3%	13.5%	39.4%	14.5%	1.0%	6.8%	7.1%	8.4%
Poly unsat. fatty acids	11.8%	16.4%	38.2%	10.5%	1.2%	8.0%	7.1%	6.9%
Trans fatty acids	11.2%	16.1%	29.0%	16.4%	1.2%	7.5%	5.4%	13.3%
Alpha Linolenic Acid	13.1%	18.1%	37.7%	8.0%	1.4%	8.9%	6.5%	6.4%
Fish fatty acids	6.4%	13.8%	49.7%	8.0%	0.9%	6.7%	9.1%	5.4%
Unsat. fatty acids-cis	10.2%	14.6%	39.1%	13.0%	1.1%	7.2%	7.1%	7.8%
Linoleic acids	12.0%	16.2%	38.2%	10.6%	1.2%	7.8%	7.0%	6.9%
Carbohydrates	14.1%	14.1%	25.1%	21.5%	1.3%	6.8%	4.3%	12.8%
Mono- and disaccharides	13.8%	10.7%	18.0%	31.0%	1.1%	5.0%	3.2%	17.2%
Polysaccharides	14.5%	17.0%	31.1%	13.5%	1.5%	8.3%	5.3%	8.9%
Fibre	14.9%	16.4%	32.2%	13.7%	1.3%	7.8%	5.3%	8.6%
Alcohol	0.0%	0.3%	8.3%	60.3%	0.0%	1.2%	4.5%	25.4%

Group=Adults (19-69 years) - Moderate Education (n=935)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.2%	11.3%	28.6%	17.7%	1.5%	9.5%	7.0%	12.2%
Protein	12.5%	13.2%	36.2%	9.6%	1.6%	10.8%	8.9%	7.3%
Vegetable protein	16.0%	15.1%	24.9%	13.2%	2.2%	12.9%	5.8%	10.0%
Animal protein	10.3%	12.2%	43.5%	7.1%	1.2%	9.5%	10.6%	5.6%
Fat	11.4%	12.1%	33.4%	14.0%	1.5%	10.0%	8.2%	9.5%
Saturated fatty acids	12.0%	12.7%	30.0%	15.1%	1.7%	10.3%	7.5%	10.8%
Mono unsat. fatty acids	10.2%	10.9%	36.0%	14.6%	1.3%	9.2%	8.7%	9.1%

Group=Adults (19-69 years) - Moderate Education (n=935)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Poly unsat. fatty acids	12.5%	13.2%	35.2%	10.3%	1.5%	10.8%	9.0%	7.5%
Trans fatty acids	11.6%	12.9%	27.2%	15.9%	1.6%	11.2%	6.9%	12.8%
Alpha Linolenic Acid	13.4%	14.7%	35.0%	7.5%	1.7%	12.1%	8.8%	6.8%
Fish fatty acids	7.2%	11.8%	46.4%	7.2%	0.7%	9.5%	11.3%	5.9%
Unsat. fatty acids-cis	11.0%	11.7%	35.9%	13.1%	1.4%	9.8%	8.8%	8.5%
Linoleic acids	12.8%	13.2%	34.9%	10.5%	1.5%	10.7%	8.9%	7.4%
Carbohydrates	13.8%	11.0%	23.9%	20.4%	1.7%	9.5%	5.5%	14.2%
Mono- and disaccharides	13.9%	8.4%	16.8%	29.3%	1.4%	7.1%	4.3%	18.9%
Polysaccharides	14.2%	13.3%	29.9%	12.5%	1.9%	11.6%	6.6%	10.0%
Fibre	15.1%	13.5%	29.5%	12.3%	1.9%	11.4%	6.5%	9.8%
Alcohol	0.0%	0.5%	11.7%	50.2%	0.0%	0.5%	7.6%	29.5%

Group=Adults (19-69 years) - High Education (n=463)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.6%	10.9%	28.6%	16.3%	1.3%	10.7%	7.9%	11.6%
Protein	12.7%	12.4%	35.9%	9.1%	1.3%	11.9%	10.0%	6.8%
Vegetable protein	16.0%	14.5%	25.3%	12.6%	1.9%	14.3%	5.8%	9.6%
Animal protein	10.5%	11.1%	42.9%	6.7%	0.9%	10.6%	12.4%	4.9%
Fat	10.5%	11.7%	33.0%	13.3%	1.2%	11.4%	9.4%	9.3%
Saturated fatty acids	11.2%	12.2%	29.9%	14.4%	1.3%	11.9%	8.5%	10.7%
Mono unsat. fatty acids	9.2%	10.7%	35.9%	14.0%	1.1%	10.4%	10.0%	8.6%
Poly unsat. fatty acids	12.2%	13.1%	32.9%	10.0%	1.2%	12.6%	10.3%	7.7%
Trans fatty acids	10.6%	12.9%	27.9%	14.4%	1.3%	12.0%	7.8%	13.1%
Alpha Linolenic Acid	12.6%	14.4%	33.1%	7.3%	1.5%	14.1%	9.9%	7.0%
Fish fatty acids	8.2%	8.5%	45.9%	5.5%	0.5%	9.3%	16.4%	5.7%
Unsat. fatty acids-cis	10.2%	11.5%	35.0%	12.6%	1.1%	11.2%	10.2%	8.2%
Linoleic acids	12.4%	13.3%	32.3%	10.5%	1.2%	12.5%	10.1%	7.6%
Carbohydrates	15.4%	11.1%	23.7%	17.9%	1.6%	10.8%	5.8%	13.6%
Mono- and disaccharides	16.0%	8.6%	17.8%	25.6%	1.4%	7.9%	4.5%	18.4%
Polysaccharides	15.1%	13.2%	28.8%	11.4%	1.8%	13.4%	7.0%	9.4%
Fibre	15.7%	12.4%	29.6%	11.8%	1.6%	12.7%	6.7%	9.6%
Alcohol	0.0%	0.5%	20.2%	46.9%	0.0%	0.4%	7.7%	24.3%

Table 4.3.b Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Low Education (n=177)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.3%	11.0%	29.6%	18.2%	1.5%	9.0%	4.8%	13.5%
Protein	13.2%	12.9%	40.0%	10.0%	1.8%	9.2%	5.1%	8.0%
Vegetable protein	16.9%	14.5%	26.2%	13.5%	2.4%	11.9%	4.1%	10.4%
Animal protein	11.1%	11.7%	49.6%	7.4%	1.5%	7.2%	5.8%	5.7%
Fat	11.3%	11.9%	35.2%	15.1%	1.5%	9.1%	5.7%	10.3%
Saturated fatty acids	11.2%	11.7%	34.2%	16.1%	1.6%	8.9%	5.6%	10.6%
Mono unsat. fatty acids	10.7%	11.4%	35.2%	16.1%	1.3%	9.0%	5.8%	10.5%
Poly unsat. fatty acids	12.9%	13.2%	36.5%	11.1%	1.3%	9.8%	6.0%	9.1%
Trans fatty acids	11.1%	11.8%	31.1%	17.7%	1.5%	10.6%	4.4%	11.8%
Alpha Linolenic Acid	14.3%	14.3%	37.5%	7.9%	1.5%	11.1%	5.9%	7.7%
Fish fatty acids	7.7%	9.8%	53.5%	8.4%	2.7%	4.6%	6.4%	6.7%
Unsat. fatty acids-cis	11.4%	12.1%	35.8%	14.3%	1.3%	9.2%	5.8%	10.0%
Linoleic acids	12.9%	13.0%	36.3%	11.5%	1.3%	9.9%	5.9%	9.1%
Carbohydrates	12.9%	10.2%	23.2%	22.2%	1.6%	9.0%	4.1%	16.9%
Mono- and disaccharides	11.8%	7.8%	16.3%	28.9%	1.3%	8.0%	3.3%	22.6%
Polysaccharides	14.0%	12.6%	30.0%	15.2%	2.1%	10.1%	4.9%	11.2%
Fibre	14.5%	12.4%	30.5%	13.9%	1.8%	10.9%	5.0%	11.0%
Alcohol	0.0%	0.0%	31.8%	44.9%	0.0%	0.0%	4.9%	18.4%

Group=Male Children (7-18 years) - Moderate Education (n=344)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.6%	10.8%	29.7%	17.4%	1.2%	9.1%	3.7%	14.4%
Protein	14.8%	13.1%	41.3%	8.7%	1.2%	8.9%	4.3%	7.8%
Vegetable protein	18.3%	15.2%	26.2%	12.5%	1.9%	12.3%	2.9%	10.7%
Animal protein	12.5%	11.9%	51.4%	6.1%	0.9%	6.7%	5.0%	5.6%
Fat	12.1%	11.0%	36.5%	13.4%	1.1%	9.6%	4.5%	11.8%
Saturated fatty acids	12.5%	11.5%	34.8%	14.6%	1.0%	8.9%	4.4%	12.3%
Mono unsat. fatty acids	11.2%	10.1%	37.5%	13.9%	1.0%	9.5%	4.7%	12.2%
Poly unsat. fatty acids	13.4%	11.8%	37.4%	10.2%	1.2%	11.3%	4.5%	10.3%
Trans fatty acids	12.4%	12.2%	32.4%	15.5%	1.0%	9.2%	4.6%	12.7%
Alpha Linolenic Acid	14.1%	13.1%	39.8%	7.7%	1.2%	11.7%	4.1%	8.4%
Fish fatty acids	6.4%	9.8%	60.6%	5.7%	0.4%	6.2%	3.7%	7.3%
Unsat. fatty acids-cis	11.9%	10.6%	37.5%	12.6%	1.1%	10.1%	4.6%	11.6%
Linoleic acids	13.4%	11.9%	37.2%	10.4%	1.2%	11.3%	4.4%	10.2%
Carbohydrates	14.3%	10.3%	22.7%	22.0%	1.4%	8.9%	2.9%	17.5%
Mono- and disaccharides	13.7%	8.2%	15.9%	29.7%	1.1%	7.5%	2.2%	21.8%
Polysaccharides	15.2%	12.9%	30.3%	13.2%	1.7%	10.6%	3.7%	12.4%
Fibre	15.9%	12.7%	31.9%	12.8%	1.4%	10.6%	3.5%	11.2%
Alcohol	0.0%	0.0%	26.7%	20.5%	0.0%	0.0%	0.4%	52.4%

Group=Male Children (7-18 years) - High Education (n=298)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	15.2%	10.0%	26.7%	16.0%	1.4%	11.0%	5.4%	14.4%
Protein	17.0%	12.2%	35.4%	8.7%	1.3%	11.6%	6.0%	7.8%
Vegetable protein	19.3%	13.7%	23.2%	12.1%	1.8%	14.8%	4.3%	10.8%
Animal protein	15.2%	11.2%	45.1%	6.0%	1.0%	8.9%	7.1%	5.7%
Fat	14.3%	10.2%	31.5%	13.4%	1.3%	11.5%	6.8%	10.9%
Saturated fatty acids	14.9%	10.5%	30.2%	13.9%	1.3%	11.2%	6.5%	11.5%
Mono unsat. fatty acids	13.2%	9.5%	32.8%	14.2%	1.2%	11.0%	6.9%	11.2%
Poly unsat. fatty acids	15.4%	11.0%	31.4%	11.2%	1.4%	13.0%	7.2%	9.4%
Trans fatty acids	13.4%	10.9%	28.5%	14.1%	1.1%	11.9%	6.8%	13.3%
Alpha Linolenic Acid	15.6%	12.2%	34.1%	7.9%	1.2%	14.1%	6.6%	8.2%
Fish fatty acids	8.1%	8.4%	53.8%	5.9%	0.8%	9.0%	7.4%	6.4%
Unsat. fatty acids-cis	13.9%	10.0%	32.4%	13.2%	1.3%	11.7%	7.0%	10.5%
Linoleic acids	15.5%	11.0%	31.1%	11.6%	1.4%	13.1%	7.1%	9.1%
Carbohydrates	15.5%	9.4%	21.5%	19.3%	1.5%	10.8%	4.4%	17.6%
Mono- and disaccharides	15.3%	7.2%	15.6%	25.0%	1.5%	8.9%	3.3%	23.1%
Polysaccharides	16.0%	11.8%	27.4%	13.0%	1.5%	12.8%	5.4%	12.0%
Fibre	18.0%	11.6%	27.4%	12.3%	1.6%	13.2%	5.0%	10.9%
Alcohol	0.0%	0.0%	21.1%	29.7%	0.0%	0.0%	10.1%	39.1%

Group=Female Children (7-18 years) - Low Education (n=171)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.1%	11.3%	28.3%	17.0%	1.5%	9.0%	6.5%	14.4%
Protein	13.6%	13.6%	38.2%	8.7%	1.4%	9.4%	7.6%	7.5%
Vegetable protein	15.7%	16.2%	25.0%	12.2%	1.9%	13.0%	5.7%	10.4%
Animal protein	12.4%	12.1%	47.0%	6.0%	1.1%	7.4%	8.8%	5.3%
Fat	10.3%	12.0%	35.3%	13.7%	1.3%	9.1%	8.1%	10.1%
Saturated fatty acids	11.0%	12.3%	32.7%	14.5%	1.6%	9.0%	7.7%	11.1%
Mono unsat. fatty acids	9.3%	11.1%	36.6%	14.6%	1.2%	8.7%	8.3%	10.3%
Poly unsat. fatty acids	11.1%	13.1%	37.8%	10.3%	1.0%	10.3%	8.4%	7.8%
Trans fatty acids	11.6%	12.4%	29.6%	14.0%	1.9%	10.5%	8.6%	11.3%
Alpha Linolenic Acid	12.1%	14.3%	39.9%	6.8%	1.1%	11.5%	8.3%	6.1%
Fish fatty acids	4.5%	12.9%	53.5%	6.3%	1.0%	7.1%	8.2%	6.5%
Unsat. fatty acids-cis	9.9%	11.8%	37.1%	13.1%	1.2%	9.2%	8.3%	9.4%
Linoleic acids	11.2%	13.1%	37.2%	11.0%	1.0%	10.4%	8.5%	7.7%
Carbohydrates	13.0%	10.5%	21.0%	21.3%	1.6%	8.9%	5.1%	18.7%
Mono- and disaccharides	12.6%	8.3%	14.3%	27.9%	1.6%	6.7%	3.9%	24.7%
Polysaccharides	13.8%	13.3%	28.9%	13.1%	1.7%	11.4%	6.5%	11.3%
Fibre	14.7%	13.0%	30.1%	13.2%	1.8%	11.0%	6.1%	10.1%
Alcohol	0.0%	0.0%	13.3%	20.1%	0.0%	0.0%	0.0%	66.6%

Group=Female Children (7-18 years) - Moderate Education (n=354)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.3%	9.1%	27.3%	15.7%	1.1%	11.4%	5.7%	16.4%
Protein	14.4%	10.9%	37.3%	8.7%	1.1%	11.8%	6.9%	8.8%
Vegetable protein	17.4%	12.6%	24.5%	11.1%	1.7%	15.6%	4.9%	12.3%
Animal protein	12.4%	10.2%	46.0%	6.7%	0.8%	9.5%	8.3%	6.2%
Fat	11.6%	9.3%	33.1%	13.1%	1.0%	12.1%	7.0%	12.8%
Saturated fatty acids	12.3%	9.5%	30.8%	14.3%	1.1%	12.3%	6.2%	13.5%
Mono unsat. fatty acids	10.4%	8.8%	34.5%	13.3%	0.9%	11.4%	7.3%	13.3%

Group=Female Children (7-18 years) - Moderate Education (n=354)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Poly unsat. fatty acids	12.6%	10.0%	35.0%	9.8%	0.9%	12.9%	8.0%	10.9%
Trans fatty acids	11.8%	9.7%	28.6%	15.2%	0.9%	12.7%	6.0%	15.1%
Alpha Linolenic Acid	12.9%	11.1%	37.0%	7.8%	0.9%	13.2%	7.9%	9.2%
Fish fatty acids	5.3%	9.7%	49.5%	8.3%	0.6%	7.4%	11.0%	8.3%
Unsat. fatty acids-cis	11.1%	9.2%	34.7%	12.1%	0.9%	11.9%	7.6%	12.5%
Linoleic acids	12.7%	10.0%	34.9%	9.8%	0.9%	13.1%	8.0%	10.7%
Carbohydrates	14.1%	8.7%	21.2%	19.2%	1.3%	11.1%	4.5%	19.9%
Mono- and disaccharides	14.0%	6.6%	14.4%	26.0%	1.3%	8.6%	3.5%	25.6%
Polysaccharides	14.7%	11.1%	28.1%	11.8%	1.4%	13.9%	5.6%	13.5%
Fibre	15.6%	10.3%	29.5%	12.1%	1.4%	12.8%	5.7%	12.6%
Alcohol	0.0%	2.1%	13.7%	19.2%	0.0%	0.0%	5.8%	59.3%

Group=Female Children (7-18 years) - High Education (n=282)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	14.8%	11.6%	27.8%	16.1%	1.3%	9.5%	4.6%	14.4%
Protein	15.8%	13.1%	38.2%	8.9%	1.4%	9.7%	5.2%	7.8%
Vegetable protein	19.5%	15.2%	23.8%	11.2%	1.8%	13.7%	4.0%	10.7%
Animal protein	13.2%	12.0%	48.0%	7.2%	1.1%	7.1%	5.9%	5.6%
Fat	13.1%	12.7%	32.9%	13.1%	1.3%	9.8%	5.7%	11.5%
Saturated fatty acids	13.1%	13.0%	30.6%	14.4%	1.3%	9.6%	5.5%	12.6%
Mono unsat. fatty acids	12.2%	12.2%	33.9%	13.6%	1.2%	9.3%	5.9%	11.7%
Poly unsat. fatty acids	14.5%	13.2%	34.3%	10.1%	1.5%	11.4%	5.8%	9.1%
Trans fatty acids	12.1%	13.3%	29.9%	14.3%	1.2%	9.0%	5.5%	14.7%
Alpha Linolenic Acid	14.4%	14.8%	35.9%	7.9%	1.7%	12.1%	5.1%	8.0%
Fish fatty acids	7.6%	9.5%	56.3%	6.8%	0.9%	6.4%	6.6%	5.9%
Unsat. fatty acids-cis	13.0%	12.5%	34.2%	12.4%	1.3%	10.0%	5.9%	10.7%
Linoleic acids	14.9%	13.2%	33.6%	10.4%	1.6%	11.8%	5.8%	8.8%
Carbohydrates	15.6%	10.7%	21.8%	19.9%	1.3%	9.4%	3.8%	17.7%
Mono- and disaccharides	14.6%	8.2%	15.7%	27.2%	1.0%	7.2%	3.0%	23.1%
Polysaccharides	16.8%	13.4%	27.6%	12.3%	1.6%	11.6%	4.6%	12.1%
Fibre	17.4%	12.6%	28.0%	13.1%	1.4%	11.6%	4.4%	11.4%
Alcohol	0.0%	4.5%	15.8%	22.4%	0.0%	1.9%	9.0%	46.4%

Group=Male Adults (19-69 years) - Low Education (n=322)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	11.1%	11.9%	32.0%	17.6%	1.2%	8.3%	5.2%	12.6%
Protein	10.9%	13.4%	40.9%	9.5%	1.1%	9.4%	6.5%	8.3%
Vegetable protein	14.9%	15.5%	26.3%	14.1%	1.8%	11.0%	4.6%	11.8%
Animal protein	8.4%	12.3%	49.3%	6.8%	0.9%	8.6%	7.7%	6.2%
Fat	10.2%	13.2%	38.0%	12.6%	1.2%	8.8%	6.4%	9.6%
Saturated fatty acids	10.9%	13.5%	35.3%	13.7%	1.3%	9.1%	5.7%	10.4%
Mono unsat. fatty acids	9.0%	12.2%	40.3%	13.0%	1.0%	8.3%	6.8%	9.4%
Poly unsat. fatty acids	11.3%	14.5%	38.7%	9.6%	1.3%	9.4%	6.9%	8.3%
Trans fatty acids	11.0%	13.9%	31.1%	15.3%	1.3%	9.1%	5.1%	13.2%
Alpha Linolenic Acid	12.6%	15.6%	37.4%	7.7%	1.6%	10.7%	6.5%	8.0%
Fish fatty acids	6.2%	11.6%	51.3%	7.8%	1.2%	7.8%	8.0%	6.1%
Unsat. fatty acids-cis	9.8%	13.0%	39.9%	11.7%	1.1%	8.7%	6.9%	8.9%
Linoleic acids	11.5%	14.5%	38.7%	9.7%	1.3%	9.2%	7.0%	8.2%
Carbohydrates	13.3%	11.8%	26.3%	20.2%	1.3%	8.3%	4.2%	14.7%

Group=Male Adults (19-69 years) - Low Education (n=322)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Mono- and disaccharides	13.6%	9.8%	19.4%	28.0%	1.0%	6.4%	3.1%	18.7%
Polysaccharides	13.2%	13.5%	32.1%	13.5%	1.6%	9.8%	5.3%	10.8%
Fibre	13.4%	13.3%	33.6%	12.5%	1.3%	9.6%	5.6%	10.8%
Alcohol	0.0%	0.3%	7.7%	61.0%	0.0%	1.3%	3.9%	25.8%

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	11.5%	10.0%	28.7%	17.6%	1.9%	10.8%	6.6%	12.9%
Protein	11.9%	12.0%	36.3%	9.4%	1.9%	12.1%	8.5%	8.0%
Vegetable protein	15.3%	13.3%	24.3%	13.4%	2.7%	14.6%	5.5%	10.8%
Animal protein	9.8%	11.3%	44.0%	6.7%	1.4%	10.5%	10.1%	6.1%
Fat	11.0%	10.9%	33.6%	13.6%	1.9%	11.6%	7.9%	9.6%
Saturated fatty acids	11.7%	11.7%	30.3%	14.3%	2.1%	12.0%	7.1%	10.8%
Mono unsat. fatty acids	9.7%	9.8%	35.9%	14.7%	1.6%	10.8%	8.3%	9.2%
Poly unsat. fatty acids	12.1%	11.4%	35.6%	10.3%	1.8%	12.1%	8.7%	7.9%
Trans fatty acids	11.3%	11.9%	28.1%	14.7%	2.0%	12.8%	6.8%	12.4%
Alpha Linolenic Acid	13.2%	13.1%	35.6%	7.0%	1.9%	13.4%	8.3%	7.4%
Fish fatty acids	5.5%	10.0%	47.7%	7.7%	0.9%	10.9%	10.9%	6.5%
Unsat. fatty acids-cis	10.6%	10.4%	35.9%	13.1%	1.7%	11.3%	8.4%	8.7%
Linoleic acids	12.2%	11.4%	35.5%	10.6%	1.9%	12.0%	8.7%	7.7%
Carbohydrates	13.0%	9.8%	24.5%	19.6%	2.1%	10.9%	5.3%	14.9%
Mono- and disaccharides	13.5%	7.6%	17.5%	27.7%	1.6%	8.1%	4.2%	19.8%
Polysaccharides	13.1%	11.8%	30.1%	12.7%	2.4%	13.1%	6.3%	10.6%
Fibre	14.1%	12.0%	29.8%	11.9%	2.3%	12.9%	6.2%	10.7%
Alcohol	0.0%	0.2%	9.6%	51.9%	0.0%	0.8%	6.8%	30.6%

Group=Male Adults (19-69 years) - High Education (n=246)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.1%	10.0%	29.0%	15.9%	1.4%	12.4%	7.2%	12.0%
Protein	12.2%	11.4%	36.8%	8.8%	1.4%	13.5%	8.9%	7.1%
Vegetable protein	15.6%	13.1%	25.1%	12.5%	2.1%	15.9%	5.1%	10.5%
Animal protein	9.9%	10.5%	44.3%	6.4%	1.0%	12.2%	10.9%	4.9%
Fat	10.6%	10.7%	33.8%	12.6%	1.3%	13.2%	8.7%	9.1%
Saturated fatty acids	11.5%	10.9%	30.6%	13.9%	1.4%	13.7%	7.9%	10.1%
Mono unsat. fatty acids	9.1%	9.9%	36.7%	13.1%	1.2%	12.2%	9.2%	8.4%
Poly unsat. fatty acids	12.1%	12.1%	33.3%	9.2%	1.5%	14.5%	9.4%	7.8%
Trans fatty acids	11.2%	11.0%	28.7%	13.6%	1.3%	14.4%	7.4%	12.3%
Alpha Linolenic Acid	12.6%	13.6%	33.2%	6.5%	1.6%	16.1%	9.0%	7.3%
Fish fatty acids	6.2%	7.9%	49.8%	4.9%	0.6%	10.9%	13.0%	6.7%
Unsat. fatty acids-cis	10.1%	10.7%	35.8%	11.7%	1.3%	13.0%	9.3%	8.2%
Linoleic acids	12.4%	12.0%	32.8%	9.6%	1.5%	14.4%	9.6%	7.7%
Carbohydrates	14.7%	10.2%	24.2%	17.3%	1.7%	12.6%	5.4%	14.0%
Mono- and disaccharides	15.6%	8.0%	18.4%	24.5%	1.5%	9.5%	4.2%	18.3%
Polysaccharides	14.1%	11.8%	29.1%	11.4%	1.9%	15.2%	6.3%	10.2%
Fibre	15.2%	11.5%	29.8%	11.4%	1.7%	14.5%	5.9%	10.0%
Alcohol	0.1%	0.8%	18.9%	48.4%	0.0%	0.7%	6.7%	24.5%

Group=Female Adults (19-69 years) - Low Education (n=386)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.8%	16.0%	30.1%	19.4%	1.1%	5.6%	5.6%	9.5%
Protein	12.9%	18.8%	38.6%	10.8%	1.0%	6.1%	6.6%	5.2%
Vegetable protein	17.0%	21.8%	25.2%	15.0%	1.5%	7.6%	4.4%	7.6%
Animal protein	10.2%	17.3%	46.8%	8.0%	0.7%	5.4%	7.7%	3.9%
Fat	11.0%	16.3%	35.7%	15.2%	1.1%	6.1%	6.6%	8.0%
Saturated fatty acids	11.7%	16.9%	32.3%	16.5%	1.1%	6.2%	5.9%	9.5%
Mono unsat. fatty acids	9.6%	14.7%	38.6%	15.7%	1.0%	5.6%	7.3%	7.6%
Poly unsat. fatty acids	12.1%	18.0%	37.8%	11.2%	1.1%	6.8%	7.3%	5.7%
Trans fatty acids	11.4%	17.8%	27.2%	17.3%	1.1%	6.2%	5.6%	13.4%
Alpha Linolenic Acid	13.4%	20.1%	38.0%	8.3%	1.2%	7.4%	6.5%	5.1%
Fish fatty acids	6.5%	15.7%	48.3%	8.1%	0.8%	5.7%	10.0%	4.9%
Unsat. fatty acids-cis	10.5%	15.9%	38.4%	14.0%	1.0%	6.0%	7.3%	6.9%
Linoleic acids	12.5%	17.7%	37.8%	11.4%	1.1%	6.7%	7.1%	5.7%
Carbohydrates	14.8%	16.0%	24.0%	22.7%	1.3%	5.5%	4.4%	11.2%
Mono- and disaccharides	13.9%	11.5%	16.8%	33.5%	1.2%	3.8%	3.3%	15.9%
Polysaccharides	15.5%	19.9%	30.2%	13.4%	1.4%	7.0%	5.3%	7.2%
Fibre	16.1%	18.9%	31.0%	14.8%	1.2%	6.3%	5.1%	6.7%
Alcohol	0.0%	0.3%	8.9%	59.6%	0.0%	1.1%	5.2%	25.0%

Group=Female Adults (19-69 years) - Moderate Education (n=448)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.0%	12.6%	28.5%	17.9%	1.2%	8.1%	7.4%	11.4%
Protein	13.2%	14.4%	36.1%	9.8%	1.2%	9.4%	9.3%	6.7%
Vegetable protein	16.7%	16.9%	25.5%	13.0%	1.6%	11.2%	6.0%	9.1%
Animal protein	10.8%	13.1%	43.0%	7.6%	0.9%	8.3%	11.1%	5.1%
Fat	11.8%	13.3%	33.2%	14.4%	1.1%	8.3%	8.6%	9.4%
Saturated fatty acids	12.2%	13.7%	29.5%	16.1%	1.3%	8.6%	7.9%	10.8%
Mono unsat. fatty acids	10.6%	12.1%	36.2%	14.5%	1.0%	7.5%	9.1%	9.0%
Poly unsat. fatty acids	13.0%	15.0%	34.8%	10.3%	1.1%	9.4%	9.3%	7.2%
Trans fatty acids	11.8%	14.1%	26.1%	17.1%	1.2%	9.5%	7.0%	13.2%
Alpha Linolenic Acid	13.6%	16.5%	34.3%	8.1%	1.4%	10.7%	9.3%	6.1%
Fish fatty acids	9.1%	13.7%	45.0%	6.7%	0.5%	7.9%	11.7%	5.3%
Unsat. fatty acids-cis	11.5%	13.1%	35.9%	13.0%	1.0%	8.1%	9.2%	8.3%
Linoleic acids	13.4%	15.2%	34.2%	10.4%	1.1%	9.4%	9.1%	7.2%
Carbohydrates	14.7%	12.2%	23.2%	21.3%	1.3%	8.1%	5.8%	13.4%
Mono- and disaccharides	14.2%	9.2%	16.0%	30.9%	1.2%	5.9%	4.5%	18.0%
Polysaccharides	15.3%	15.0%	29.7%	12.3%	1.5%	10.0%	6.9%	9.2%
Fibre	16.1%	15.0%	29.1%	12.8%	1.4%	9.8%	6.9%	8.8%
Alcohol	0.0%	1.0%	15.3%	47.3%	0.0%	0.0%	8.8%	27.6%

Group=Female Adults (19-69 years) - High Education (n=217)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.2%	11.9%	28.1%	16.9%	1.3%	8.8%	8.8%	11.1%
Protein	13.4%	13.5%	34.8%	9.4%	1.2%	10.1%	11.3%	6.3%
Vegetable protein	16.4%	16.0%	25.5%	12.7%	1.7%	12.6%	6.7%	8.5%
Animal protein	11.2%	11.9%	41.2%	7.1%	0.8%	8.7%	14.2%	4.9%
Fat	10.4%	12.9%	32.2%	14.2%	1.0%	9.3%	10.3%	9.6%
Saturated fatty acids	10.9%	13.6%	29.1%	14.9%	1.2%	9.8%	9.2%	11.3%
Mono unsat. fatty acids	9.3%	11.6%	35.0%	15.1%	0.9%	8.3%	11.0%	8.9%

Group=Female Adults (19-69 years) - High Education (n=217)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Poly unsat. fatty acids	12.2%	14.4%	32.3%	11.0%	1.0%	10.4%	11.4%	7.5%
Trans fatty acids	9.9%	15.1%	27.0%	15.2%	1.3%	9.1%	8.3%	14.0%
Alpha Linolenic Acid	12.7%	15.3%	33.0%	8.3%	1.2%	11.8%	11.0%	6.7%
Fish fatty acids	10.6%	9.2%	41.3%	6.2%	0.4%	7.4%	20.3%	4.6%
Unsat. fatty acids-cis	10.3%	12.5%	34.2%	13.7%	0.9%	9.0%	11.1%	8.3%
Linoleic acids	12.4%	14.7%	31.7%	11.5%	1.0%	10.3%	10.8%	7.6%
Carbohydrates	16.2%	12.2%	23.1%	18.8%	1.5%	8.7%	6.4%	13.2%
Mono- and disaccharides	16.4%	9.2%	17.1%	26.8%	1.3%	5.9%	4.8%	18.5%
Polysaccharides	16.2%	14.8%	28.4%	11.4%	1.7%	11.2%	7.8%	8.5%
Fibre	16.2%	13.5%	29.2%	12.4%	1.4%	10.7%	7.5%	9.0%
Alcohol	0.0%	0.0%	22.4%	44.6%	0.0%	0.0%	9.2%	23.9%

Table 4.4.a Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Normal and Underweight (n=1404)

Macronutrients	At home				Not at home			
	Breakfast	Lunch	Dinner	In between	Breakfast	Lunch	Dinner	In between
	mean%	mean%	mean%	mean%	mean%	mean%	mean%	mean%
Energy	13.7%	10.2%	27.7%	16.9%	1.4%	10.1%	5.3%	14.8%
Protein	15.1%	12.1%	37.8%	9.1%	1.3%	10.4%	6.0%	8.2%
Vegetable protein	18.1%	13.9%	24.4%	12.2%	1.9%	13.8%	4.4%	11.2%
Animal protein	13.0%	11.0%	47.4%	6.7%	1.0%	8.0%	7.1%	5.9%
Fat	12.3%	10.6%	33.3%	13.7%	1.3%	10.5%	6.5%	11.8%
Saturated fatty acids	12.8%	10.8%	31.5%	14.8%	1.3%	10.2%	6.2%	12.5%
Mono unsat. fatty acids	11.3%	10.0%	34.2%	14.4%	1.2%	10.2%	6.7%	12.2%
Poly unsat. fatty acids	13.5%	11.4%	34.5%	10.5%	1.3%	11.9%	6.9%	10.0%
Trans fatty acids	12.2%	11.2%	29.4%	15.0%	1.2%	10.8%	6.3%	13.8%
Alpha Linolenic Acid	14.1%	12.6%	36.9%	7.5%	1.3%	12.5%	6.6%	8.4%
Fish fatty acids	6.5%	9.8%	54.1%	6.9%	0.9%	7.4%	7.3%	7.1%
Unsat. fatty acids-cis	12.0%	10.4%	34.4%	13.0%	1.2%	10.7%	6.8%	11.4%
Linoleic acids	13.6%	11.4%	34.1%	10.8%	1.3%	12.1%	6.9%	9.8%
Carbohydrates	14.4%	9.5%	21.6%	20.8%	1.5%	9.9%	4.2%	18.1%
Mono- and disaccharides	13.8%	7.5%	15.3%	27.6%	1.3%	8.0%	3.3%	23.2%
Polysaccharides	15.3%	12.0%	28.2%	13.1%	1.7%	12.0%	5.3%	12.5%
Fibre	16.3%	11.7%	29.1%	12.8%	1.6%	11.9%	5.1%	11.5%
Alcohol	0.0%	1.1%	22.1%	26.5%	0.0%	0.3%	4.7%	45.3%

Group=Children (7-18 years) - Overweight and Obese (n=308)

Macronutrients	At home				Not at home			
	Breakfast	Lunch	Dinner	In between	Breakfast	Lunch	Dinner	In between
	mean%	mean%	mean%	mean%	mean%	mean%	mean%	mean%
Energy	13.8%	11.8%	29.8%	15.8%	1.1%	9.6%	4.5%	13.6%
Protein	14.6%	13.8%	40.0%	8.4%	1.3%	9.7%	5.3%	6.9%
Vegetable protein	18.3%	15.8%	25.7%	11.6%	1.7%	13.3%	3.8%	9.7%
Animal protein	12.2%	12.7%	49.2%	6.1%	1.1%	7.5%	6.3%	4.9%
Fat	12.6%	12.6%	36.1%	13.0%	1.0%	9.8%	5.7%	9.3%
Saturated fatty acids	12.7%	12.8%	34.1%	14.1%	1.0%	9.9%	5.2%	10.2%
Mono unsat. fatty acids	11.7%	11.9%	37.6%	13.4%	0.9%	9.2%	5.9%	9.4%
Poly unsat. fatty acids	14.3%	13.4%	36.5%	10.0%	1.0%	10.9%	6.2%	7.7%
Trans fatty acids	12.2%	13.1%	32.8%	15.3%	1.1%	10.0%	4.6%	10.8%
Alpha Linolenic Acid	14.5%	14.5%	37.7%	8.1%	1.1%	11.9%	5.6%	6.6%
Fish fatty acids	7.4%	9.4%	54.6%	6.7%	0.9%	6.0%	8.8%	6.0%
Unsat. fatty acids-cis	12.6%	12.4%	37.3%	12.2%	0.9%	9.8%	6.0%	8.8%
Linoleic acids	14.5%	13.4%	36.3%	10.0%	1.1%	11.1%	6.2%	7.5%
Carbohydrates	14.5%	11.0%	23.1%	19.8%	1.2%	9.5%	3.6%	17.4%
Mono- and disaccharides	13.8%	8.3%	15.9%	27.1%	1.0%	7.4%	2.9%	23.6%
Polysaccharides	15.5%	13.9%	30.0%	12.3%	1.5%	11.5%	4.4%	11.0%
Fibre	16.0%	12.9%	30.8%	12.7%	1.4%	11.2%	4.5%	10.6%
Alcohol	0.0%	0.0%	15.3%	23.4%	0.0%	0.0%	21.3%	40.0%

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.4%	11.4%	27.7%	17.8%	1.4%	9.3%	7.3%	12.5%
Protein	12.5%	13.3%	35.7%	9.7%	1.4%	10.6%	9.3%	7.5%
Vegetable protein	16.1%	15.2%	24.2%	13.6%	1.9%	12.8%	6.0%	10.1%
Animal protein	10.0%	12.3%	43.3%	7.1%	1.1%	9.3%	11.3%	5.6%
Fat	11.3%	12.3%	32.6%	14.3%	1.4%	9.9%	8.6%	9.6%
Saturated fatty acids	12.0%	12.8%	29.3%	15.2%	1.6%	10.4%	7.6%	11.1%
Mono unsat. fatty acids	10.0%	11.2%	35.2%	14.9%	1.2%	9.1%	9.2%	9.2%
Poly unsat. fatty acids	12.5%	13.7%	33.4%	11.1%	1.3%	10.6%	9.7%	7.7%
Trans fatty acids	11.4%	13.1%	27.0%	15.6%	1.5%	10.9%	7.3%	13.2%
Alpha Linolenic Acid	13.1%	15.1%	33.5%	8.3%	1.5%	11.9%	9.5%	7.0%
Fish fatty acids	7.1%	11.6%	45.4%	7.4%	0.8%	8.6%	13.1%	5.9%
Unsat. fatty acids-cis	10.9%	12.1%	34.7%	13.6%	1.3%	9.6%	9.4%	8.6%
Linoleic acids	12.8%	13.7%	33.1%	11.5%	1.3%	10.5%	9.6%	7.6%
Carbohydrates	14.3%	11.2%	22.7%	20.4%	1.6%	9.3%	5.8%	14.7%
Mono- and disaccharides	14.4%	8.7%	16.1%	28.6%	1.4%	6.8%	4.4%	19.7%
Polysaccharides	14.4%	13.4%	28.5%	13.1%	1.8%	11.5%	7.1%	10.1%
Fibre	15.0%	13.4%	29.2%	12.6%	1.6%	11.4%	6.9%	9.9%
Alcohol	0.0%	0.6%	13.3%	49.7%	0.0%	0.8%	7.6%	27.8%

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.1%	12.7%	30.7%	17.5%	1.3%	8.6%	6.2%	10.9%
Protein	12.3%	14.5%	38.5%	9.7%	1.3%	9.6%	7.7%	6.5%
Vegetable protein	15.9%	17.0%	26.1%	13.4%	2.0%	11.4%	4.8%	9.3%
Animal protein	10.1%	13.3%	46.0%	7.2%	0.9%	8.6%	9.1%	4.9%
Fat	10.6%	13.4%	35.9%	13.5%	1.2%	9.1%	7.4%	8.9%
Saturated fatty acids	11.3%	13.9%	32.6%	14.8%	1.4%	9.2%	6.8%	10.0%
Mono unsat. fatty acids	9.3%	12.1%	38.7%	14.0%	1.1%	8.5%	7.9%	8.4%
Poly unsat. fatty acids	12.0%	14.6%	37.5%	9.6%	1.3%	10.1%	7.9%	7.1%
Trans fatty acids	11.1%	14.6%	28.7%	15.7%	1.3%	9.5%	6.1%	12.8%
Alpha Linolenic Acid	13.1%	16.2%	36.9%	7.1%	1.6%	11.2%	7.4%	6.5%
Fish fatty acids	7.3%	11.6%	48.9%	6.7%	0.6%	8.5%	10.8%	5.6%
Unsat. fatty acids-cis	10.3%	13.0%	38.4%	12.4%	1.2%	9.0%	7.9%	7.9%
Linoleic acids	12.2%	14.7%	37.2%	9.8%	1.3%	10.0%	7.8%	7.1%
Carbohydrates	14.3%	12.7%	25.4%	20.0%	1.5%	8.7%	4.7%	12.6%
Mono- and disaccharides	14.3%	9.6%	18.5%	29.2%	1.3%	6.4%	3.7%	17.0%
Polysaccharides	14.5%	15.4%	31.3%	12.1%	1.7%	10.5%	5.6%	8.9%
Fibre	15.2%	14.8%	31.4%	12.7%	1.6%	9.9%	5.5%	8.9%
Alcohol	0.0%	0.3%	12.7%	54.3%	0.0%	0.6%	6.0%	26.2%

Table 4.4.b Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Normal and Underweight (n=717)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.7%	10.6%	28.2%	17.3%	1.4%	9.7%	4.8%	14.3%
Protein	15.2%	12.6%	38.4%	9.1%	1.4%	10.0%	5.3%	8.0%
Vegetable protein	18.2%	14.5%	24.9%	12.8%	2.0%	13.1%	3.9%	10.7%
Animal protein	13.2%	11.4%	48.4%	6.3%	1.1%	7.7%	6.1%	5.8%
Fat	12.5%	10.9%	33.9%	13.9%	1.3%	10.1%	5.9%	11.4%
Saturated fatty acids	13.0%	11.1%	32.6%	14.7%	1.3%	9.7%	5.6%	11.9%
Mono unsat. fatty acids	11.5%	10.2%	34.7%	14.8%	1.2%	9.8%	6.0%	11.8%
Poly unsat. fatty acids	13.7%	11.9%	34.6%	10.9%	1.4%	11.4%	6.2%	9.9%
Trans fatty acids	12.5%	11.5%	30.1%	15.0%	1.2%	10.6%	5.8%	13.3%
Alpha Linolenic Acid	14.5%	13.0%	37.1%	7.6%	1.3%	12.3%	5.7%	8.4%
Fish fatty acids	6.7%	9.8%	56.3%	6.5%	1.1%	7.2%	5.6%	6.7%
Unsat. fatty acids-cis	12.2%	10.7%	34.7%	13.5%	1.3%	10.4%	6.1%	11.1%
Linoleic acids	13.7%	11.8%	34.4%	11.3%	1.4%	11.5%	6.1%	9.8%
Carbohydrates	14.3%	9.9%	22.2%	21.4%	1.5%	9.5%	3.9%	17.2%
Mono- and disaccharides	13.8%	7.9%	15.9%	28.0%	1.3%	8.0%	3.0%	22.1%
Polysaccharides	15.2%	12.3%	28.9%	13.8%	1.7%	11.3%	4.8%	12.0%
Fibre	16.4%	12.3%	29.8%	12.9%	1.6%	11.6%	4.5%	11.0%
Alcohol	0.0%	0.0%	25.2%	30.8%	0.0%	0.0%	6.1%	38.0%

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	14.5%	11.0%	30.8%	15.7%	1.1%	9.9%	3.5%	13.5%
Protein	15.0%	13.1%	41.8%	8.1%	1.3%	9.7%	4.2%	6.8%
Vegetable protein	19.4%	14.9%	26.5%	11.3%	1.7%	13.0%	2.8%	10.4%
Animal protein	12.2%	12.0%	51.8%	5.9%	1.1%	7.5%	5.1%	4.4%
Fat	14.0%	11.4%	37.5%	12.6%	0.8%	10.2%	4.5%	9.1%
Saturated fatty acids	13.9%	11.6%	35.8%	14.3%	0.8%	9.4%	4.3%	9.9%
Mono unsat. fatty acids	13.3%	10.7%	38.9%	12.5%	0.8%	10.0%	4.6%	9.3%
Poly unsat. fatty acids	15.9%	12.2%	37.2%	9.2%	0.9%	12.0%	4.5%	8.1%
Trans fatty acids	12.6%	12.6%	35.1%	15.9%	0.9%	9.5%	3.6%	9.9%
Alpha Linolenic Acid	15.8%	13.3%	38.4%	8.2%	1.0%	12.4%	4.3%	6.7%
Fish fatty acids	9.5%	6.3%	59.0%	4.5%	0.5%	7.4%	5.5%	7.2%
Unsat. fatty acids-cis	14.2%	11.2%	38.4%	11.4%	0.8%	10.6%	4.5%	8.8%
Linoleic acids	16.2%	12.3%	37.0%	9.2%	1.0%	12.0%	4.5%	7.9%
Carbohydrates	14.7%	10.3%	23.9%	19.7%	1.2%	9.8%	2.7%	17.7%
Mono- and disaccharides	13.8%	7.6%	16.7%	27.4%	0.9%	7.9%	2.1%	23.6%
Polysaccharides	15.7%	13.2%	31.2%	11.9%	1.5%	11.6%	3.2%	11.7%
Fibre	16.1%	12.6%	31.4%	12.4%	1.5%	11.5%	3.7%	10.9%
Alcohol	0.0%	0.0%	22.5%	34.2%	0.0%	0.0%	10.2%	33.1%

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.7%	9.7%	27.0%	16.5%	1.3%	10.5%	5.8%	15.5%
Protein	14.9%	11.5%	37.2%	9.1%	1.3%	10.8%	6.9%	8.4%
Vegetable protein	18.1%	13.4%	23.8%	11.5%	1.9%	14.6%	5.1%	11.8%
Animal protein	12.8%	10.5%	46.3%	7.1%	0.9%	8.4%	8.1%	6.0%
Fat	12.1%	10.3%	32.6%	13.5%	1.2%	10.9%	7.2%	12.2%
Saturated fatty acids	12.5%	10.5%	30.3%	14.9%	1.3%	10.7%	6.7%	13.1%
Mono unsat. fatty acids	11.0%	9.7%	33.7%	13.9%	1.1%	10.5%	7.4%	12.6%
Poly unsat. fatty acids	13.3%	11.0%	34.4%	10.0%	1.2%	12.4%	7.6%	10.1%
Trans fatty acids	11.9%	10.9%	28.7%	15.0%	1.2%	11.0%	7.0%	14.4%
Alpha Linolenic Acid	13.6%	12.2%	36.7%	7.5%	1.3%	12.7%	7.6%	8.4%
Fish fatty acids	6.3%	9.7%	51.8%	7.3%	0.6%	7.6%	9.2%	7.4%
Unsat. fatty acids-cis	11.8%	10.2%	34.0%	12.6%	1.2%	11.1%	7.5%	11.7%
Linoleic acids	13.5%	11.0%	33.9%	10.2%	1.2%	12.7%	7.7%	9.8%
Carbohydrates	14.5%	9.1%	20.9%	20.3%	1.5%	10.2%	4.6%	19.0%
Mono- and disaccharides	13.8%	7.1%	14.7%	27.2%	1.4%	7.9%	3.6%	24.3%
Polysaccharides	15.4%	11.6%	27.4%	12.4%	1.6%	12.8%	5.8%	13.0%
Fibre	16.2%	11.1%	28.3%	12.8%	1.6%	12.3%	5.7%	12.0%
Alcohol	0.0%	2.7%	17.7%	20.4%	0.0%	0.6%	2.8%	55.8%

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.2%	12.4%	28.8%	16.0%	1.2%	9.3%	5.4%	13.7%
Protein	14.3%	14.4%	38.5%	8.6%	1.3%	9.7%	6.2%	7.1%
Vegetable protein	17.5%	16.6%	25.0%	11.9%	1.8%	13.5%	4.6%	9.1%
Animal protein	12.2%	13.3%	47.0%	6.3%	1.1%	7.5%	7.3%	5.3%
Fat	11.4%	13.6%	34.9%	13.4%	1.1%	9.6%	6.7%	9.4%
Saturated fatty acids	11.7%	13.7%	32.7%	14.0%	1.2%	10.2%	6.0%	10.4%
Mono unsat. fatty acids	10.4%	12.8%	36.5%	14.2%	1.0%	8.6%	7.1%	9.5%
Poly unsat. fatty acids	12.9%	14.5%	35.8%	10.6%	1.1%	10.0%	7.7%	7.4%
Trans fatty acids	11.8%	13.5%	30.9%	14.9%	1.3%	10.5%	5.5%	11.7%
Alpha Linolenic Acid	13.3%	15.6%	37.1%	8.1%	1.1%	11.4%	6.7%	6.6%
Fish fatty acids	5.7%	12.1%	51.0%	8.6%	1.2%	4.9%	11.7%	4.9%
Unsat. fatty acids-cis	11.2%	13.4%	36.4%	12.9%	1.0%	9.0%	7.3%	8.7%
Linoleic acids	13.1%	14.4%	35.8%	10.6%	1.1%	10.3%	7.6%	7.1%
Carbohydrates	14.3%	11.6%	22.3%	19.8%	1.2%	9.3%	4.3%	17.2%
Mono- and disaccharides	13.9%	8.9%	15.2%	26.9%	1.1%	7.0%	3.5%	23.5%
Polysaccharides	15.3%	14.5%	29.0%	12.6%	1.4%	11.4%	5.3%	10.4%
Fibre	15.9%	13.2%	30.3%	13.0%	1.4%	10.9%	5.2%	10.2%
Alcohol	0.0%	0.0%	9.8%	15.1%	0.0%	0.0%	29.8%	45.3%

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	11.5%	9.8%	28.2%	16.8%	1.6%	11.1%	6.7%	14.1%
Protein	11.8%	11.6%	36.0%	9.0%	1.7%	12.6%	8.5%	8.9%
Vegetable protein	15.1%	12.6%	23.8%	13.3%	2.3%	14.9%	5.6%	12.3%
Animal protein	9.5%	11.1%	44.0%	6.2%	1.3%	11.1%	10.3%	6.5%
Fat	10.8%	10.9%	33.2%	12.7%	1.6%	12.1%	8.1%	10.6%
Saturated fatty acids	11.6%	11.3%	30.4%	13.4%	1.8%	12.7%	7.2%	11.7%
Mono unsat. fatty acids	9.5%	9.9%	35.5%	13.5%	1.5%	11.2%	8.5%	10.3%

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Poly unsat. fatty acids	11.8%	11.8%	33.6%	10.2%	1.6%	12.6%	9.2%	9.2%
Trans fatty acids	10.9%	11.4%	28.9%	13.3%	1.8%	13.5%	7.2%	13.0%
Alpha Linolenic Acid	12.2%	13.0%	34.0%	7.5%	1.6%	14.0%	9.0%	8.6%
Fish fatty acids	6.3%	10.5%	45.9%	7.8%	1.1%	10.8%	10.5%	7.1%
Unsat. fatty acids-cis	10.3%	10.6%	35.0%	12.3%	1.5%	11.7%	8.8%	9.8%
Linoleic acids	12.0%	11.8%	33.2%	10.6%	1.6%	12.4%	9.3%	9.1%
Carbohydrates	13.1%	9.6%	23.6%	19.0%	1.8%	11.1%	5.4%	16.3%
Mono- and disaccharides	13.7%	7.9%	17.2%	26.0%	1.6%	8.2%	4.1%	21.1%
Polysaccharides	12.9%	11.0%	28.9%	13.0%	2.0%	13.5%	6.6%	11.9%
Fibre	13.7%	11.2%	29.6%	11.8%	1.9%	13.2%	7.0%	11.7%
Alcohol	0.0%	0.6%	12.6%	51.7%	0.0%	1.0%	4.9%	29.1%

Group=Male Adults (19-69 years) - Overweight and Obese (n=564)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	11.6%	11.1%	30.9%	17.5%	1.5%	10.0%	6.1%	11.4%
Protein	11.6%	12.7%	39.1%	9.5%	1.5%	11.0%	7.7%	7.0%
Vegetable protein	15.4%	14.9%	26.1%	13.5%	2.3%	13.1%	4.8%	10.0%
Animal protein	9.4%	11.6%	46.8%	7.0%	1.0%	9.8%	9.1%	5.3%
Fat	10.6%	12.0%	36.2%	13.3%	1.5%	10.6%	7.3%	8.6%
Saturated fatty acids	11.3%	12.5%	32.9%	14.5%	1.6%	10.8%	6.7%	9.7%
Mono unsat. fatty acids	9.2%	10.9%	38.8%	14.0%	1.3%	9.9%	7.8%	8.1%
Poly unsat. fatty acids	12.0%	13.0%	37.6%	9.5%	1.6%	11.5%	7.8%	7.1%
Trans fatty acids	11.4%	12.9%	29.4%	15.5%	1.5%	11.1%	6.0%	12.3%
Alpha Linolenic Acid	13.4%	14.7%	36.6%	6.7%	1.8%	12.8%	7.2%	6.8%
Fish fatty acids	5.6%	9.5%	51.8%	6.4%	0.7%	9.5%	10.6%	5.9%
Unsat. fatty acids-cis	10.2%	11.7%	38.5%	12.4%	1.4%	10.4%	7.8%	7.7%
Linoleic acids	12.1%	13.0%	37.6%	9.7%	1.5%	11.3%	7.8%	6.9%
Carbohydrates	13.8%	11.2%	25.9%	19.2%	1.7%	10.2%	4.7%	13.3%
Mono- and disaccharides	14.3%	8.7%	19.1%	27.6%	1.2%	7.8%	3.6%	17.6%
Polysaccharides	13.7%	13.2%	31.6%	12.3%	2.0%	12.0%	5.6%	9.6%
Fibre	14.6%	13.0%	31.9%	12.0%	1.9%	11.8%	5.2%	9.7%
Alcohol	0.0%	0.2%	11.0%	54.4%	0.0%	0.8%	6.8%	26.7%

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	13.2%	12.8%	27.3%	18.8%	1.2%	7.8%	7.9%	11.0%
Protein	13.1%	14.9%	35.6%	10.3%	1.2%	8.8%	10.0%	6.2%
Vegetable protein	17.0%	17.5%	24.5%	13.9%	1.7%	10.9%	6.4%	8.2%
Animal protein	10.4%	13.4%	42.7%	7.9%	0.9%	7.6%	12.2%	4.9%
Fat	11.7%	13.6%	32.0%	15.6%	1.2%	8.0%	9.1%	8.8%
Saturated fatty acids	12.3%	14.0%	28.4%	16.8%	1.3%	8.5%	8.1%	10.6%
Mono unsat. fatty acids	10.5%	12.4%	34.9%	16.2%	1.0%	7.2%	9.7%	8.2%
Poly unsat. fatty acids	13.1%	15.4%	33.2%	11.9%	1.1%	8.8%	10.2%	6.3%
Trans fatty acids	11.8%	14.6%	25.3%	17.6%	1.2%	8.6%	7.4%	13.5%
Alpha Linolenic Acid	13.9%	17.0%	33.1%	9.0%	1.4%	10.1%	9.9%	5.6%
Fish fatty acids	7.9%	12.7%	45.0%	7.1%	0.6%	6.6%	15.4%	4.8%
Unsat. fatty acids-cis	11.4%	13.4%	34.4%	14.6%	1.0%	7.7%	9.9%	7.4%
Linoleic acids	13.5%	15.3%	32.9%	12.2%	1.1%	8.8%	9.9%	6.2%
Carbohydrates	15.3%	12.6%	21.9%	21.7%	1.4%	7.7%	6.2%	13.3%

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Mono- and disaccharides	15.0%	9.4%	15.1%	30.8%	1.1%	5.5%	4.6%	18.4%
Polysaccharides	15.8%	15.6%	28.1%	13.1%	1.6%	9.8%	7.4%	8.6%
Fibre	16.2%	15.3%	28.9%	13.3%	1.4%	9.7%	6.9%	8.3%
Alcohol	0.0%	0.7%	14.3%	47.4%	0.0%	0.5%	10.9%	26.2%

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Energy	12.7%	14.5%	30.6%	17.6%	1.1%	7.0%	6.2%	10.3%
Protein	13.1%	16.6%	37.8%	9.8%	1.0%	8.0%	7.6%	6.0%
Vegetable protein	16.5%	19.4%	26.1%	13.4%	1.6%	9.6%	4.8%	8.6%
Animal protein	10.9%	15.2%	45.1%	7.4%	0.7%	7.1%	9.1%	4.4%
Fat	10.7%	14.9%	35.6%	13.7%	1.0%	7.4%	7.5%	9.1%
Saturated fatty acids	11.2%	15.5%	32.3%	15.2%	1.1%	7.5%	6.9%	10.3%
Mono unsat. fatty acids	9.5%	13.4%	38.6%	14.0%	0.9%	6.8%	8.1%	8.8%
Poly unsat. fatty acids	12.0%	16.4%	37.3%	9.7%	1.0%	8.5%	8.0%	7.1%
Trans fatty acids	10.8%	16.6%	28.0%	16.0%	1.1%	7.8%	6.3%	13.4%
Alpha Linolenic Acid	12.8%	18.0%	37.4%	7.4%	1.2%	9.4%	7.7%	6.1%
Fish fatty acids	9.2%	14.0%	45.6%	7.1%	0.5%	7.4%	11.0%	5.2%
Unsat. fatty acids-cis	10.4%	14.5%	38.2%	12.5%	0.9%	7.4%	8.1%	8.1%
Linoleic acids	12.3%	16.6%	36.8%	9.9%	1.1%	8.4%	7.7%	7.2%
Carbohydrates	14.9%	14.5%	25.0%	20.8%	1.4%	7.0%	4.7%	11.9%
Mono- and disaccharides	14.2%	10.6%	17.9%	31.1%	1.3%	4.9%	3.7%	16.3%
Polysaccharides	15.4%	17.8%	30.9%	11.9%	1.4%	8.7%	5.7%	8.1%
Fibre	16.0%	16.8%	30.7%	13.5%	1.3%	7.8%	5.9%	7.9%
Alcohol	0.0%	0.3%	15.7%	54.1%	0.0%	0.2%	4.5%	25.3%