

Dutch National Food Consumption Survey Older Adults 2010-2012|Part6 Intake of micronutrients, Version 1, based on dataset FCS_2012_elderly_20130716

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Remarks:

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

Table 1.1 Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Total Population (n=739)

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	794.9	528.5	230.8	1,898.2
Beta-carotene (µg/day)	2,296.9	1,219.5	271.1	7,742.8
Retinol Activity Equivalents (µg/day)	1,012.8	691.2	315.4	2,103.6
Vitamin B ₁ (mg/day)	1.0	0.9	0.4	2.1
Vitamin B ₂ (mg/day)	1.4	1.3	0.7	2.3
Vitamin B ₆ (mg/day)	1.8	1.7	0.9	3.2
Folic acid (µg/day)	49.6	0.0	0.0	180.1
Vitamin B ₁₂ (µg/day)	5.1	4.3	2.0	9.6
Vitamin C (mg/day)	102.1	99.4	29.4	200.5
Vitamin D (µg/day)	4.0	3.5	1.0	8.6
Vitamin E (mg/day)	12.7	11.6	5.0	22.7
Calcium (mg/day)	979.7	908.9	504.1	1,525.0
Copper (mg/day)	1.1	1.0	0.6	1.6
Iodine ^a (µg/day)	156.5	151.7	75.8	250.5
Iron (mg/day)	10.0	9.7	5.3	15.3
Heme Iron (mg/day)	1.2	0.9	0.2	3.6
Non-heme Iron (mg/day)	8.8	8.6	4.6	13.8
Magnesium (mg/day)	311.1	311.4	169.8	445.1
Phosphorus (mg/day)	1,402.9	1,338.1	878.5	2,158.7
Potassium (mg/day)	3,177.0	3,227.6	1,853.5	4,524.1
Selenium (µg/day)	44.8	42.7	22.2	78.1
Sodium ^a (mg/day)	2,328.0	2,201.4	1,212.8	3,776.2
Zinc (mg/day)	10.3	9.5	5.6	16.3

^a Iodine and Sodium of added salt not included

Table 1.2 Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults (n=373)

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	1,102.5	590.9	253.5	2,337.9
Beta-carotene (µg/day)	2,375.8	1,314.5	297.5	7,873.8
Retinol Activity Equivalents (µg/day)	1,326.0	811.7	381.6	2,950.3
Vitamin B ₁ (mg/day)	1.1	1.0	0.6	2.2
Vitamin B ₂ (mg/day)	1.6	1.5	0.9	2.3
Vitamin B ₆ (mg/day)	2.1	1.9	1.1	3.5
Folic acid (µg/day)	62.5	21.9	0.0	255.8
Vitamin B ₁₂ (µg/day)	5.7	4.7	2.3	11.0
Vitamin C (mg/day)	103.1	96.1	29.3	207.9
Vitamin D (µg/day)	4.7	4.2	1.4	9.9
Vitamin E (mg/day)	15.1	14.4	6.6	27.0
Calcium (mg/day)	1,021.3	1,029.8	516.5	1,502.4
Copper (mg/day)	1.2	1.1	0.7	2.0
Iodine ^a (µg/day)	172.2	168.1	94.0	271.4
Iron (mg/day)	11.4	10.8	6.9	17.8
Heme Iron (mg/day)	1.3	1.0	0.3	2.9
Non-heme Iron (mg/day)	10.1	9.7	5.7	15.7
Magnesium (mg/day)	346.7	340.0	212.2	506.8
Phosphorus (mg/day)	1,544.8	1,541.8	955.4	2,335.4
Potassium (mg/day)	3,494.8	3,417.7	2,294.8	5,085.0
Selenium (µg/day)	49.0	43.8	28.6	89.3
Sodium ^a (mg/day)	2,654.9	2,490.3	1,409.6	4,290.3
Zinc (mg/day)	11.1	10.3	6.6	18.6

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	593.2	487.6	210.4	1,412.9
Beta-carotene (µg/day)	2,245.3	1,098.3	250.5	7,741.8
Retinol Activity Equivalents (µg/day)	807.5	603.7	293.1	1,848.1
Vitamin B ₁ (mg/day)	1.0	0.9	0.3	1.9
Vitamin B ₂ (mg/day)	1.3	1.2	0.7	2.2
Vitamin B ₆ (mg/day)	1.7	1.5	0.9	2.9
Folic acid (µg/day)	41.1	0.0	0.0	153.9
Vitamin B ₁₂ (µg/day)	4.7	4.2	1.8	8.3
Vitamin C (mg/day)	101.6	103.0	28.9	196.0
Vitamin D (µg/day)	3.5	3.2	0.8	7.8
Vitamin E (mg/day)	11.1	10.3	4.2	18.8
Calcium (mg/day)	952.5	849.6	485.2	1,597.0
Copper (mg/day)	1.0	0.9	0.6	1.5

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutriënts	Mean	Median	P5	P95
Iodine ^a (µg/day)	146.3	145.9	73.1	229.0
Iron (mg/day)	9.1	8.7	5.0	14.0
Heme Iron (mg/day)	1.2	0.8	0.1	3.6
Non-heme Iron (mg/day)	7.9	7.8	4.2	11.9
Magnesium (mg/day)	287.8	284.1	168.9	412.4
Phosphorus (mg/day)	1,309.8	1,243.2	831.6	1,960.9
Potassium (mg/day)	2,968.6	3,015.4	1,852.4	4,206.0
Selenium (µg/day)	42.1	40.8	20.9	71.3
Sodium ^a (mg/day)	2,113.7	2,069.9	1,208.6	3,339.7
Zinc (mg/day)	9.7	9.2	5.0	15.6

^a Iodine and Sodium of added salt not included

Table 1.3.a Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	867.3	532.4	236.8	2,097.3
Beta-carotene (µg/day)	2,471.7	1,365.8	273.1	7,778.4
Retinol Activity Equivalents (µg/day)	1,101.7	739.2	330.3	2,212.0
Vitamin B ₁ (mg/day)	1.1	0.9	0.5	2.1
Vitamin B ₂ (mg/day)	1.5	1.4	0.8	2.3
Vitamin B ₆ (mg/day)	1.9	1.8	1.0	3.3
Folic acid (µg/day)	51.8	7.1	0.0	180.6
Vitamin B ₁₂ (µg/day)	5.4	4.4	2.0	9.9
Vitamin C (mg/day)	101.5	97.1	30.5	199.4
Vitamin D (µg/day)	4.4	3.8	1.2	9.9
Vitamin E (mg/day)	13.3	12.3	5.0	23.6
Calcium (mg/day)	1,024.1	941.4	506.6	1,632.3
Copper (mg/day)	1.1	1.1	0.6	1.7
Iodine ^a (µg/day)	163.7	156.5	86.5	261.4
Iron (mg/day)	10.5	10.3	6.1	15.9
Heme Iron (mg/day)	1.2	0.9	0.3	2.8
Non-heme Iron (mg/day)	9.3	9.1	5.3	14.1
Magnesium (mg/day)	325.2	321.6	197.4	455.6
Phosphorus (mg/day)	1,478.2	1,441.1	929.7	2,342.8
Potassium (mg/day)	3,356.6	3,286.5	2,162.8	4,619.2
Selenium (µg/day)	47.6	44.1	22.7	85.4
Sodium ^a (mg/day)	2,431.1	2,332.1	1,212.9	3,898.8
Zinc (mg/day)	10.5	9.9	6.2	18.0

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	659.3	520.0	205.6	1,635.8
Beta-carotene (µg/day)	1,969.6	912.8	247.6	7,098.0
Retinol Activity Equivalents (µg/day)	846.4	606.3	293.5	1,714.5
Vitamin B ₁ (mg/day)	0.9	0.9	0.3	1.9
Vitamin B ₂ (mg/day)	1.2	1.2	0.6	2.0
Vitamin B ₆ (mg/day)	1.7	1.5	0.9	2.9
Folic acid (µg/day)	45.4	0.0	0.0	159.0
Vitamin B ₁₂ (µg/day)	4.5	4.2	1.8	8.2
Vitamin C (mg/day)	103.3	100.2	27.6	210.8
Vitamin D (µg/day)	3.2	3.0	1.0	6.2
Vitamin E (mg/day)	11.5	10.2	5.0	20.5
Calcium (mg/day)	896.6	846.3	451.0	1,416.1
Copper (mg/day)	1.0	0.9	0.5	1.5

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Iodine ^a (µg/day)	143.2	147.4	62.0	211.5
Iron (mg/day)	9.1	8.6	4.0	13.2
Heme Iron (mg/day)	1.2	0.8	0.1	3.5
Non-heme Iron (mg/day)	7.8	7.4	3.8	12.5
Magnesium (mg/day)	284.7	284.4	160.9	420.5
Phosphorus (mg/day)	1,261.8	1,225.9	819.0	1,871.7
Potassium (mg/day)	2,840.4	2,801.5	1,494.1	4,367.1
Selenium (µg/day)	39.7	39.0	21.8	63.8
Sodium ^a (mg/day)	2,135.0	2,140.7	1,199.1	3,379.7
Zinc (mg/day)	9.8	9.2	5.0	15.6

^a Iodine and Sodium of added salt not included

Table 1.3.b Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	1,205.4	594.2	252.9	2,243.2
Beta-carotene (µg/day)	2,270.9	1,294.6	336.6	7,600.5
Retinol Activity Equivalents (µg/day)	1,420.0	822.1	381.7	2,639.8
Vitamin B ₁ (mg/day)	1.2	1.0	0.6	2.2
Vitamin B ₂ (mg/day)	1.6	1.5	1.0	2.3
Vitamin B ₆ (mg/day)	2.1	2.0	1.2	3.4
Folic acid (µg/day)	59.3	19.2	0.0	246.7
Vitamin B ₁₂ (µg/day)	6.0	4.9	2.4	12.0
Vitamin C (mg/day)	102.0	96.1	29.1	198.5
Vitamin D (µg/day)	5.0	4.3	1.6	10.0
Vitamin E (mg/day)	15.3	14.5	6.2	28.5
Calcium (mg/day)	1,034.2	1,035.8	525.3	1,480.7
Copper (mg/day)	1.2	1.1	0.7	2.1
Iodine ^a (µg/day)	177.8	173.2	94.7	277.1
Iron (mg/day)	11.7	10.8	7.2	18.1
Heme Iron (mg/day)	1.3	1.1	0.3	2.9
Non-heme Iron (mg/day)	10.3	9.8	6.2	15.9
Magnesium (mg/day)	352.0	340.0	212.7	506.8
Phosphorus (mg/day)	1,583.6	1,565.1	991.8	2,346.8
Potassium (mg/day)	3,563.2	3,443.3	2,356.4	5,467.4
Selenium (µg/day)	51.5	45.8	29.2	94.6
Sodium ^a (mg/day)	2,764.0	2,596.1	1,658.8	4,526.1
Zinc (mg/day)	11.4	11.0	7.0	18.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	600.5	481.5	213.7	1,518.4
Beta-carotene (µg/day)	2,630.1	1,412.8	250.3	7,803.2
Retinol Activity Equivalents (µg/day)	850.5	655.8	307.6	2,050.8
Vitamin B ₁ (mg/day)	1.0	0.9	0.5	1.9
Vitamin B ₂ (mg/day)	1.4	1.3	0.8	2.5
Vitamin B ₆ (mg/day)	1.7	1.7	0.9	3.1
Folic acid (µg/day)	45.9	0.0	0.0	157.4
Vitamin B ₁₂ (µg/day)	4.9	4.2	1.9	8.9
Vitamin C (mg/day)	101.1	99.4	35.0	198.4
Vitamin D (µg/day)	3.9	3.4	0.8	8.8
Vitamin E (mg/day)	11.7	11.6	4.2	20.8
Calcium (mg/day)	1,016.2	894.3	499.3	2,044.9
Copper (mg/day)	1.0	1.0	0.6	1.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Iodine ^a (µg/day)	152.5	145.1	76.6	244.6
Iron (mg/day)	9.6	9.4	5.3	14.5
Heme Iron (mg/day)	1.1	0.8	0.2	2.8
Non-heme Iron (mg/day)	8.5	8.1	4.8	12.2
Magnesium (mg/day)	304.1	305.2	195.1	436.3
Phosphorus (mg/day)	1,395.1	1,299.9	874.2	2,142.8
Potassium (mg/day)	3,193.6	3,242.3	2,058.7	4,250.3
Selenium (µg/day)	44.4	41.8	20.8	80.6
Sodium ^a (mg/day)	2,168.4	2,043.1	1,212.2	3,402.0
Zinc (mg/day)	9.8	9.2	5.1	16.4

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	829.8	578.7	266.5	2,358.4
Beta-carotene (µg/day)	2,653.8	1,553.9	231.7	9,375.9
Retinol Activity Equivalents (µg/day)	1,076.8	691.3	366.9	3,291.2
Vitamin B ₁ (mg/day)	1.1	0.9	0.5	2.0
Vitamin B ₂ (mg/day)	1.5	1.4	0.8	2.2
Vitamin B ₆ (mg/day)	2.0	1.7	1.1	3.8
Folic acid (µg/day)	71.1	21.9	0.0	322.8
Vitamin B ₁₂ (µg/day)	4.8	4.2	2.2	9.5
Vitamin C (mg/day)	105.8	99.4	31.4	222.1
Vitamin D (µg/day)	3.9	3.5	1.0	8.2
Vitamin E (mg/day)	14.5	14.0	7.2	23.1
Calcium (mg/day)	987.0	953.0	508.2	1,505.8
Copper (mg/day)	1.2	1.2	0.7	1.6
Iodine ^a (µg/day)	157.4	150.5	80.8	235.8
Iron (mg/day)	10.6	10.6	6.4	15.2
Heme Iron (mg/day)	1.2	0.8	0.2	2.9
Non-heme Iron (mg/day)	9.4	9.3	5.6	13.2
Magnesium (mg/day)	332.5	331.1	207.7	485.9
Phosphorus (mg/day)	1,442.1	1,441.8	895.9	2,016.7
Potassium (mg/day)	3,313.5	3,273.5	2,190.0	4,568.7
Selenium (µg/day)	42.3	39.7	26.2	63.1
Sodium ^a (mg/day)	2,365.8	2,328.5	1,238.7	4,001.7
Zinc (mg/day)	10.5	9.7	5.8	16.5

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	582.0	500.3	201.2	1,367.3
Beta-carotene (µg/day)	1,659.6	761.4	248.7	6,619.1
Retinol Activity Equivalents (µg/day)	742.0	590.7	236.2	1,678.2
Vitamin B ₁ (mg/day)	0.9	0.8	0.3	1.9
Vitamin B ₂ (mg/day)	1.1	1.1	0.4	1.8
Vitamin B ₆ (mg/day)	1.5	1.3	0.8	2.9
Folic acid (µg/day)	33.8	0.0	0.0	136.5
Vitamin B ₁₂ (µg/day)	4.4	4.1	1.4	7.0
Vitamin C (mg/day)	102.2	107.2	20.6	189.3
Vitamin D (µg/day)	2.9	2.5	0.8	5.5
Vitamin E (mg/day)	10.1	8.4	3.9	18.6
Calcium (mg/day)	855.7	836.3	400.0	1,306.2
Copper (mg/day)	0.9	0.9	0.5	1.2
Iodine ^a (µg/day)	136.7	146.0	55.9	201.8
Iron (mg/day)	8.3	8.2	3.9	11.7
Heme Iron (mg/day)	1.3	0.8	0.1	3.5
Non-heme Iron (mg/day)	7.1	6.8	3.4	10.3
Magnesium (mg/day)	263.0	258.4	137.4	405.3
Phosphorus (mg/day)	1,180.1	1,144.4	541.6	1,729.7
Potassium (mg/day)	2,626.2	2,636.6	1,349.0	3,954.9
Selenium (µg/day)	38.5	38.7	21.0	63.9
Sodium ^a (mg/day)	2,030.4	2,072.0	1,182.1	3,149.2
Zinc (mg/day)	9.5	8.9	4.9	15.6

^a Iodine and Sodium of added salt not included

Table 1.4.a Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	679.4	529.4	234.3	1,650.3
Beta-carotene (µg/day)	2,194.8	1,153.1	239.7	6,882.1
Retinol Activity Equivalents (µg/day)	887.2	691.2	325.5	1,893.7
Vitamin B ₁ (mg/day)	1.2	1.0	0.5	2.5
Vitamin B ₂ (mg/day)	1.4	1.3	0.7	2.7
Vitamin B ₆ (mg/day)	1.8	1.7	0.9	3.3
Folic acid (µg/day)	50.7	0.0	0.0	181.0
Vitamin B ₁₂ (µg/day)	4.9	3.9	2.0	8.9
Vitamin C (mg/day)	93.8	89.3	28.6	164.4
Vitamin D (µg/day)	4.2	3.7	1.8	8.2
Vitamin E (mg/day)	12.8	11.9	5.3	24.2
Calcium (mg/day)	972.5	888.0	502.8	1,633.2
Copper (mg/day)	1.0	1.0	0.6	1.6
Iodine ^a (µg/day)	156.2	152.7	81.6	237.0
Iron (mg/day)	9.6	9.1	5.9	14.6
Heme Iron (mg/day)	1.1	0.8	0.3	2.7
Non-heme Iron (mg/day)	8.5	7.9	5.2	12.9
Magnesium (mg/day)	308.2	294.3	195.2	439.1
Phosphorus (mg/day)	1,408.3	1,311.2	880.6	2,315.8
Potassium (mg/day)	3,210.8	3,183.8	2,029.4	4,517.8
Selenium (µg/day)	44.3	41.9	23.6	70.9
Sodium ^a (mg/day)	2,397.4	2,275.9	1,239.0	3,741.5
Zinc (mg/day)	10.0	9.3	5.8	15.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	616.0	545.4	170.1	1,516.2
Beta-carotene (µg/day)	2,293.8	1,114.8	268.9	8,092.9
Retinol Activity Equivalents (µg/day)	835.1	663.0	292.9	1,761.7
Vitamin B ₁ (mg/day)	0.9	0.8	0.3	1.9
Vitamin B ₂ (mg/day)	1.3	1.3	0.7	2.1
Vitamin B ₆ (mg/day)	1.8	1.6	0.9	3.2
Folic acid (µg/day)	53.3	26.1	0.0	201.5
Vitamin B ₁₂ (µg/day)	4.8	4.3	1.7	9.6
Vitamin C (mg/day)	107.1	107.0	27.7	206.4
Vitamin D (µg/day)	3.7	3.3	0.8	9.1
Vitamin E (mg/day)	12.4	10.9	4.9	21.5
Calcium (mg/day)	954.3	867.6	446.6	1,461.5
Copper (mg/day)	1.0	1.0	0.5	1.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Iodine ^a (µg/day)	154.4	148.6	62.5	262.8
Iron (mg/day)	9.9	9.6	4.9	14.6
Heme Iron (mg/day)	1.3	1.0	0.1	3.6
Non-heme Iron (mg/day)	8.5	8.7	4.1	13.0
Magnesium (mg/day)	302.0	310.7	162.1	440.6
Phosphorus (mg/day)	1,358.2	1,327.9	795.6	2,158.9
Potassium (mg/day)	3,118.9	3,234.7	1,852.4	4,649.2
Selenium (µg/day)	44.9	43.3	21.7	79.6
Sodium ^a (mg/day)	2,264.2	2,147.3	1,231.1	3,627.7
Zinc (mg/day)	10.5	9.9	5.0	16.1

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	1,421.9	490.5	208.7	2,249.1
Beta-carotene (µg/day)	2,497.3	1,258.3	299.6	9,137.5
Retinol Activity Equivalents (µg/day)	1,657.0	701.7	304.0	2,645.0
Vitamin B ₁ (mg/day)	1.0	0.9	0.5	1.9
Vitamin B ₂ (mg/day)	1.5	1.4	0.8	2.3
Vitamin B ₆ (mg/day)	1.7	1.5	0.9	2.8
Folic acid (µg/day)	36.5	0.0	0.0	148.0
Vitamin B ₁₂ (µg/day)	5.9	4.3	2.1	15.4
Vitamin C (mg/day)	112.3	106.6	36.4	222.5
Vitamin D (µg/day)	4.2	3.5	0.6	10.1
Vitamin E (mg/day)	12.7	12.2	6.1	20.8
Calcium (mg/day)	1,023.7	928.1	615.5	1,537.6
Copper (mg/day)	1.2	1.0	0.6	2.0
Iodine ^a (µg/day)	155.8	146.2	74.2	254.1
Iron (mg/day)	10.8	10.0	6.0	17.4
Heme Iron (mg/day)	1.2	0.9	0.1	2.8
Non-heme Iron (mg/day)	9.6	9.0	5.4	15.5
Magnesium (mg/day)	326.4	315.5	211.4	480.2
Phosphorus (mg/day)	1,440.2	1,383.5	904.2	1,960.8
Potassium (mg/day)	3,196.8	3,183.8	2,305.4	4,431.2
Selenium (µg/day)	45.6	40.4	19.3	89.7
Sodium ^a (mg/day)	2,318.9	2,262.1	1,178.1	3,979.3
Zinc (mg/day)	10.3	9.6	6.2	16.5

^a Iodine and Sodium of added salt not included

Table 1.4.b Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	762.6	617.3	286.5	1,606.0
Beta-carotene (µg/day)	2,020.8	918.3	258.9	5,683.4
Retinol Activity Equivalents (µg/day)	950.1	757.5	436.7	2,015.6
Vitamin B ₁ (mg/day)	1.3	1.0	0.6	2.8
Vitamin B ₂ (mg/day)	1.5	1.4	0.9	2.8
Vitamin B ₆ (mg/day)	2.2	2.0	1.3	3.9
Folic acid (µg/day)	61.9	0.0	0.0	301.5
Vitamin B ₁₂ (µg/day)	5.3	4.2	1.8	9.6
Vitamin C (mg/day)	93.4	93.9	19.7	160.7
Vitamin D (µg/day)	5.1	4.4	2.4	11.4
Vitamin E (mg/day)	15.8	15.1	6.0	27.4
Calcium (mg/day)	999.3	966.6	430.0	1,505.7
Copper (mg/day)	1.2	1.2	0.7	1.6
Iodine ^a (µg/day)	172.7	177.1	89.3	253.3
Iron (mg/day)	11.1	11.0	6.9	15.9
Heme Iron (mg/day)	1.3	1.1	0.3	3.6
Non-heme Iron (mg/day)	9.7	9.7	6.2	13.9
Magnesium (mg/day)	344.1	342.5	216.8	500.6
Phosphorus (mg/day)	1,550.4	1,576.2	903.2	2,165.2
Potassium (mg/day)	3,552.2	3,517.3	2,108.0	4,969.3
Selenium (µg/day)	52.0	46.6	29.7	94.4
Sodium ^a (mg/day)	2,864.8	2,712.1	1,568.3	4,090.8
Zinc (mg/day)	11.3	10.9	7.0	17.2

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	730.5	591.3	249.8	1,679.6
Beta-carotene (µg/day)	2,335.1	1,356.0	305.0	8,108.1
Retinol Activity Equivalents (µg/day)	951.4	795.5	359.2	1,828.1
Vitamin B ₁ (mg/day)	1.1	1.0	0.6	2.2
Vitamin B ₂ (mg/day)	1.5	1.5	1.0	2.1
Vitamin B ₆ (mg/day)	2.1	1.8	1.1	3.6
Folic acid (µg/day)	72.8	34.8	0.0	294.0
Vitamin B ₁₂ (µg/day)	5.3	4.5	2.3	10.7
Vitamin C (mg/day)	105.8	85.1	29.9	202.1
Vitamin D (µg/day)	4.3	3.6	1.3	9.1
Vitamin E (mg/day)	15.4	13.6	5.8	30.2
Calcium (mg/day)	1,059.3	1,064.3	507.6	1,558.2
Copper (mg/day)	1.2	1.1	0.6	1.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Iodine ^a (µg/day)	173.5	168.1	84.6	278.8
Iron (mg/day)	11.1	10.8	6.0	17.5
Heme Iron (mg/day)	1.3	1.2	0.3	2.7
Non-heme Iron (mg/day)	9.9	9.4	4.5	15.6
Magnesium (mg/day)	347.1	349.5	203.1	478.6
Phosphorus (mg/day)	1,560.1	1,519.4	987.4	2,357.8
Potassium (mg/day)	3,618.0	3,457.4	2,381.9	5,531.2
Selenium (µg/day)	46.5	43.1	26.3	78.0
Sodium ^a (mg/day)	2,652.5	2,488.8	1,248.9	4,443.1
Zinc (mg/day)	11.2	11.0	6.4	16.2

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	2,397.0	623.5	233.9	14,579.3
Beta-carotene (µg/day)	2,837.2	1,309.7	283.4	9,909.6
Retinol Activity Equivalents (µg/day)	2,663.6	934.5	426.3	14,607.0
Vitamin B ₁ (mg/day)	1.1	1.0	0.5	2.0
Vitamin B ₂ (mg/day)	1.7	1.5	0.9	3.5
Vitamin B ₆ (mg/day)	1.9	1.8	0.9	2.8
Folic acid (µg/day)	46.9	0.0	0.0	171.4
Vitamin B ₁₂ (µg/day)	7.0	4.5	2.0	35.3
Vitamin C (mg/day)	114.2	105.7	33.8	223.3
Vitamin D (µg/day)	5.2	4.3	0.8	11.1
Vitamin E (mg/day)	14.3	14.2	7.4	22.1
Calcium (mg/day)	983.0	965.9	655.3	1,442.2
Copper (mg/day)	1.4	1.1	0.6	2.5
Iodine ^a (µg/day)	165.8	151.3	92.2	264.4
Iron (mg/day)	12.4	10.7	6.7	23.0
Heme Iron (mg/day)	1.5	0.9	0.2	3.8
Non-heme Iron (mg/day)	10.9	9.5	6.3	19.4
Magnesium (mg/day)	350.0	334.3	211.4	552.7
Phosphorus (mg/day)	1,522.5	1,459.8	896.2	2,179.5
Potassium (mg/day)	3,347.2	3,353.6	1,874.2	4,557.7
Selenium (µg/day)	51.7	43.8	25.8	128.7
Sodium ^a (mg/day)	2,579.9	2,343.8	1,145.7	4,505.8
Zinc (mg/day)	11.3	10.3	6.0	20.4

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	644.8	489.8	230.7	1,645.8
Beta-carotene (µg/day)	2,267.3	1,218.2	210.6	6,888.9
Retinol Activity Equivalents (µg/day)	860.9	613.3	309.1	1,869.1
Vitamin B ₁ (mg/day)	1.1	1.0	0.5	2.3
Vitamin B ₂ (mg/day)	1.4	1.3	0.7	2.6
Vitamin B ₆ (mg/day)	1.7	1.6	0.8	2.9
Folic acid (µg/day)	46.0	0.0	0.0	159.7
Vitamin B ₁₂ (µg/day)	4.7	3.9	2.0	7.4
Vitamin C (mg/day)	94.0	85.6	29.9	177.3
Vitamin D (µg/day)	3.8	3.4	1.3	7.7
Vitamin E (mg/day)	11.6	11.5	3.9	21.8
Calcium (mg/day)	961.4	862.9	501.8	1,649.2
Copper (mg/day)	1.0	1.0	0.6	1.5
Iodine ^a (µg/day)	149.3	146.3	75.9	227.5
Iron (mg/day)	9.0	8.6	5.1	14.5
Heme Iron (mg/day)	1.0	0.8	0.3	2.6
Non-heme Iron (mg/day)	8.0	7.5	4.3	12.0
Magnesium (mg/day)	293.3	276.5	194.2	412.3
Phosphorus (mg/day)	1,349.1	1,243.3	879.7	2,385.1
Potassium (mg/day)	3,068.5	3,075.1	1,983.9	4,246.9
Selenium (µg/day)	41.1	38.9	22.1	65.5
Sodium ^a (mg/day)	2,202.6	2,021.3	1,204.2	3,389.4
Zinc (mg/day)	9.5	9.1	5.4	14.0

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	543.7	521.8	163.7	1,245.7
Beta-carotene (µg/day)	2,267.7	1,000.8	261.2	7,893.1
Retinol Activity Equivalents (µg/day)	761.7	590.7	251.1	1,577.4
Vitamin B ₁ (mg/day)	0.8	0.7	0.3	1.8
Vitamin B ₂ (mg/day)	1.2	1.1	0.6	1.8
Vitamin B ₆ (mg/day)	1.7	1.4	0.9	2.9
Folic acid (µg/day)	41.1	11.8	0.0	140.3
Vitamin B ₁₂ (µg/day)	4.6	4.2	1.4	9.0
Vitamin C (mg/day)	107.9	116.4	20.2	213.5
Vitamin D (µg/day)	3.3	3.0	0.8	7.1
Vitamin E (mg/day)	10.5	9.6	3.9	17.8
Calcium (mg/day)	888.0	844.8	402.6	1,412.1
Copper (mg/day)	0.9	0.9	0.5	1.5
Iodine ^a (µg/day)	142.4	142.6	61.7	236.9
Iron (mg/day)	9.1	8.5	4.0	12.5
Heme Iron (mg/day)	1.4	0.9	0.1	3.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Non-heme Iron (mg/day)	7.7	7.6	3.5	10.6
Magnesium (mg/day)	273.6	288.4	142.5	402.9
Phosphorus (mg/day)	1,230.8	1,190.1	579.9	1,826.2
Potassium (mg/day)	2,804.1	2,868.6	1,660.1	4,164.5
Selenium (µg/day)	44.0	43.3	20.9	80.5
Sodium ^a (mg/day)	2,019.3	2,089.0	1,095.0	3,269.4
Zinc (mg/day)	10.0	9.3	4.8	15.7

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	525.3	386.2	204.2	1,363.7
Beta-carotene (µg/day)	2,184.9	1,103.8	380.3	7,378.9
Retinol Activity Equivalents (µg/day)	731.5	580.9	264.4	1,637.1
Vitamin B ₁ (mg/day)	0.9	0.8	0.4	1.4
Vitamin B ₂ (mg/day)	1.4	1.3	0.8	2.0
Vitamin B ₆ (mg/day)	1.5	1.5	0.9	2.4
Folic acid (µg/day)	26.9	0.0	0.0	115.3
Vitamin B ₁₂ (µg/day)	4.9	4.2	2.1	8.9
Vitamin C (mg/day)	110.6	109.0	37.4	178.4
Vitamin D (µg/day)	3.3	3.2	0.4	7.8
Vitamin E (mg/day)	11.3	10.0	4.5	18.4
Calcium (mg/day)	1,061.1	919.2	497.5	2,030.9
Copper (mg/day)	1.0	1.0	0.6	1.6
Iodine ^a (µg/day)	146.7	143.3	55.5	245.8
Iron (mg/day)	9.4	9.2	5.7	14.6
Heme Iron (mg/day)	0.9	0.9	0.1	2.0
Non-heme Iron (mg/day)	8.4	8.0	4.6	13.8
Magnesium (mg/day)	304.8	308.6	208.4	403.9
Phosphorus (mg/day)	1,364.5	1,247.3	927.2	1,883.2
Potassium (mg/day)	3,058.5	2,948.9	2,353.8	4,154.6
Selenium (µg/day)	40.1	38.2	14.6	66.0
Sodium ^a (mg/day)	2,078.9	2,071.3	1,183.1	3,022.5
Zinc (mg/day)	9.4	9.2	5.9	13.7

^a Iodine and Sodium of added salt not included

Table 1.5.a Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

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

Micronutriënts	Mean	Median	P5	P95
Calcium (mg/day)	1,068.1	979.3	607.4	1,802.8
Copper (mg/day)	1.1	1.0	0.6	1.7
Folic acid (µg/day)	38.8	0.0	0.0	140.9
Heme Iron (mg/day)	1.4	1.0	0.1	3.4
Iodine ^a (µg/day)	156.7	153.3	75.7	233.4
Iron (mg/day)	10.5	9.7	6.1	15.2
Magnesium (mg/day)	318.9	326.0	166.4	445.2
Non-heme Iron (mg/day)	9.1	8.6	3.9	13.9
Phosphorus (mg/day)	1,454.8	1,448.8	939.7	2,458.2
Potassium (mg/day)	3,126.7	3,222.1	1,817.8	4,377.8
Retinol Activity Equivalents (µg/day)	1,255.4	735.3	370.0	1,924.2
Retinol (µg/day)	1,035.8	544.7	236.7	1,593.0
Selenium (µg/day)	45.2	43.2	26.3	68.7
Sodium ^a (mg/day)	2,338.0	2,216.6	1,387.0	3,349.2
Vitamin B ₁ (mg/day)	1.0	0.9	0.2	1.9
Vitamin B ₂ (µg/day)	5.5	4.3	2.0	9.2
Vitamin B ₂ (mg/day)	1.5	1.3	0.7	2.6
Vitamin B ₆ (mg/day)	1.7	1.7	1.0	2.9
Vitamin C (mg/day)	103.2	100.3	35.0	182.9
Vitamin D (µg/day)	3.8	3.2	0.9	7.4
Vitamin E (mg/day)	12.3	11.9	5.1	20.7
Zinc (mg/day)	11.1	10.7	6.1	15.6
Beta-carotene (µg/day)	2,331.6	1,310.3	346.2	7,170.7

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Calcium (mg/day)	952.9	893.9	503.3	1,465.5
Copper (mg/day)	1.1	1.0	0.6	1.6
Folic acid (µg/day)	54.9	16.5	0.0	192.5
Heme Iron (mg/day)	1.1	0.9	0.2	2.9
Iodine ^a (µg/day)	158.4	151.4	83.3	252.1
Iron (mg/day)	9.9	9.9	5.7	15.3
Magnesium (mg/day)	311.8	310.1	194.9	441.1
Non-heme Iron (mg/day)	8.7	8.7	5.0	13.3
Phosphorus (mg/day)	1,396.2	1,333.4	894.5	2,049.2
Potassium (mg/day)	3,243.0	3,257.5	2,125.5	4,546.7
Retinol Activity Equivalents (µg/day)	923.7	681.5	314.2	2,211.4
Retinol (µg/day)	699.7	512.8	234.7	2,008.0
Selenium (µg/day)	45.1	41.9	22.1	79.8

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Sodium ^a (mg/day)	2,342.9	2,239.0	1,212.6	3,901.2
Vitamin B ₁ (mg/day)	1.1	0.9	0.5	2.2
Vitamin B ₁₂ (µg/day)	5.0	4.3	2.0	9.6
Vitamin B ₂ (mg/day)	1.4	1.4	0.8	2.2
Vitamin B ₆ (mg/day)	1.9	1.7	0.9	3.3
Vitamin C (mg/day)	103.5	98.5	33.5	203.1
Vitamin D (µg/day)	4.1	3.6	1.2	9.0
Vitamin E (mg/day)	12.8	11.7	5.9	24.3
Zinc (mg/day)	10.0	9.3	5.7	18.5
Beta-carotene (µg/day)	2,355.6	1,228.9	250.6	7,826.2

^a Iodine and Sodium of added salt not included

Table 1.5.b Actual intake of micronutrients from food sources only by the Dutch population aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	1,670.4	541.2	261.8	2,117.8
Beta-carotene (µg/day)	2,742.8	1,556.7	341.9	7,244.7
Retinol Activity Equivalents (µg/day)	1,927.4	811.2	428.7	2,838.8
Vitamin B ₁ (mg/day)	1.1	0.9	0.5	2.0
Vitamin B ₂ (mg/day)	1.6	1.4	1.0	2.3
Vitamin B ₆ (mg/day)	1.9	1.8	1.0	3.0
Folic acid (µg/day)	55.7	43.4	0.0	163.1
Vitamin B ₁₂ (µg/day)	5.8	4.1	2.7	8.8
Vitamin C (mg/day)	100.5	96.0	27.5	177.6
Vitamin D (µg/day)	5.0	3.6	1.6	11.5
Vitamin E (mg/day)	14.7	15.1	6.3	22.6
Calcium (mg/day)	1,074.0	1,074.0	657.8	1,471.6
Copper (mg/day)	1.4	1.3	0.7	2.1
Iodine ^a (µg/day)	172.0	178.1	103.0	256.5
Iron (mg/day)	12.4	11.6	6.7	19.4
Heme Iron (mg/day)	1.3	1.1	0.2	2.5
Non-heme Iron (mg/day)	11.1	10.5	6.4	17.3
Magnesium (mg/day)	353.2	349.9	212.3	500.0
Phosphorus (mg/day)	1,582.7	1,562.1	1,123.7	2,138.0
Potassium (mg/day)	3,473.1	3,370.7	1,860.0	4,775.4
Selenium (µg/day)	49.8	42.8	31.4	88.4
Sodium ^a (mg/day)	2,546.2	2,478.4	1,474.6	3,569.0
Zinc (mg/day)	11.5	11.0	7.2	16.5

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	875.9	597.7	252.0	2,584.4
Beta-carotene (µg/day)	2,251.9	1,239.2	272.3	8,128.9
Retinol Activity Equivalents (µg/day)	1,087.9	801.0	380.5	3,093.1
Vitamin B ₁ (mg/day)	1.2	1.0	0.6	2.2
Vitamin B ₂ (mg/day)	1.5	1.5	0.9	2.4
Vitamin B ₆ (mg/day)	2.1	1.9	1.1	3.6
Folic acid (µg/day)	61.8	3.8	0.0	256.5
Vitamin B ₁₂ (µg/day)	5.6	5.1	2.2	11.1
Vitamin C (mg/day)	104.4	95.1	32.2	211.3
Vitamin D (µg/day)	4.6	4.3	1.3	8.8
Vitamin E (mg/day)	14.6	13.8	6.5	27.6
Calcium (mg/day)	999.5	984.3	510.1	1,505.9
Copper (mg/day)	1.2	1.1	0.7	1.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Iodine ^a (µg/day)	171.7	166.9	94.4	260.8
Iron (mg/day)	10.8	10.6	7.0	16.4
Heme Iron (mg/day)	1.3	1.0	0.3	3.0
Non-heme Iron (mg/day)	9.5	9.3	5.7	14.4
Magnesium (mg/day)	342.3	329.8	215.5	468.9
Phosphorus (mg/day)	1,522.9	1,487.1	933.7	2,334.2
Potassium (mg/day)	3,487.4	3,427.3	2,366.7	5,042.1
Selenium (µg/day)	48.5	43.9	27.4	85.6
Sodium ^a (mg/day)	2,696.4	2,537.4	1,546.8	4,299.7
Zinc (mg/day)	11.0	10.1	6.5	18.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P ₅	P ₉₅
Retinol (µg/day)	644.4	545.3	213.9	1,234.6
Beta-carotene (µg/day)	2,078.0	1,203.4	341.3	7,147.1
Retinol Activity Equivalents (µg/day)	841.0	633.6	332.2	1,671.2
Vitamin B ₁ (mg/day)	0.9	0.8	0.2	1.9
Vitamin B ₂ (mg/day)	1.4	1.2	0.6	2.6
Vitamin B ₆ (mg/day)	1.6	1.5	0.9	2.9
Folic acid (µg/day)	28.4	0.0	0.0	140.6
Vitamin B ₁₂ (µg/day)	5.3	4.6	1.8	9.1
Vitamin C (mg/day)	104.9	112.5	35.2	189.7
Vitamin D (µg/day)	3.1	3.1	0.6	7.1
Vitamin E (mg/day)	10.7	9.4	5.0	18.8
Calcium (mg/day)	1,064.4	899.8	581.3	1,982.8
Copper (mg/day)	1.0	0.9	0.6	1.6
Iodine ^a (µg/day)	147.3	152.1	75.3	215.8
Iron (mg/day)	9.2	8.3	5.6	13.8
Heme Iron (mg/day)	1.4	0.9	0.1	3.5
Non-heme Iron (mg/day)	7.9	7.6	3.7	12.1
Magnesium (mg/day)	297.7	302.1	165.5	436.3
Phosphorus (mg/day)	1,376.0	1,246.5	847.6	2,205.6
Potassium (mg/day)	2,913.1	3,067.1	1,812.4	4,083.4
Selenium (µg/day)	42.4	43.1	23.8	64.4
Sodium ^a (mg/day)	2,209.6	2,131.2	1,242.2	3,271.7
Zinc (mg/day)	10.9	10.7	5.7	15.6

^a Iodine and Sodium of added salt not included

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

Micronutriënts	Mean	Median	P5	P95
Retinol (µg/day)	575.4	457.2	230.3	1,427.4
Beta-carotene (µg/day)	2,428.8	1,183.5	225.0	7,793.8
Retinol Activity Equivalents (µg/day)	808.0	606.1	300.6	2,017.9
Vitamin B ₁ (mg/day)	1.0	0.9	0.5	2.2
Vitamin B ₂ (mg/day)	1.3	1.3	0.8	2.1
Vitamin B ₆ (mg/day)	1.7	1.6	0.9	3.2
Folic acid (µg/day)	49.9	20.9	0.0	157.6
Vitamin B ₁₂ (µg/day)	4.6	3.9	2.0	8.2
Vitamin C (mg/day)	102.9	99.0	35.0	198.2
Vitamin D (µg/day)	3.8	3.4	1.0	8.7
Vitamin E (mg/day)	11.6	11.2	4.4	21.6
Calcium (mg/day)	920.0	855.0	497.5	1,417.3
Copper (mg/day)	1.0	1.0	0.6	1.5
Iodine ^a (µg/day)	149.1	143.5	75.9	243.8
Iron (mg/day)	9.2	9.2	5.1	14.5
Heme Iron (mg/day)	1.0	0.8	0.2	2.8
Non-heme Iron (mg/day)	8.2	7.9	4.3	11.8
Magnesium (mg/day)	290.2	284.8	188.8	403.0
Phosphorus (mg/day)	1,306.9	1,245.2	863.0	1,871.6
Potassium (mg/day)	3,070.6	3,132.2	2,045.3	4,252.3
Selenium (µg/day)	42.8	39.8	19.5	77.1
Sodium ^a (mg/day)	2,093.6	2,020.0	1,197.7	3,398.4
Zinc (mg/day)	9.3	8.6	4.8	16.4

^a Iodine and Sodium of added salt not included

Table 2.1 Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Micronutrient	At home mean%	Not at home mean%
Retinol	91.5%	8.5%
Beta-carotene	92.4%	7.6%
Retinol Activity Equivalents	91.8%	8.2%
Vitamin B ₁	90.8%	9.2%
Vitamin B ₂	92.1%	7.9%
Vitamin B ₆	92.3%	7.7%
Folic acid	96.9%	3.1%
Vitamin B ₁₂	91.6%	8.4%
Vitamin C	93.8%	6.2%
Vitamin D	89.8%	10.2%
Vitamin E	91.5%	8.5%
Calcium	92.9%	7.1%
Copper	92.1%	7.9%
Iodine ^a	93.1%	6.9%
Iron	91.3%	8.7%
Heme Iron	89.9%	10.1%
Non-heme Iron	91.5%	8.5%
Magnesium	91.8%	8.2%
Phosphorus	91.9%	8.1%
Potassium	91.3%	8.7%
Selenium	91.0%	9.0%
Sodium ^a	91.0%	9.0%
Zinc	92.2%	7.8%

^a Iodine and Sodium of added salt not included

Table 2.2 Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Micronutrient	At home mean%	Not at home mean%
Retinol	93.0%	7.0%
Beta-carotene	94.0%	6.0%
Retinol Activity Equivalents	93.5%	6.5%
Vitamin B ₁	93.8%	6.2%
Vitamin B ₂	93.5%	6.5%
Vitamin B ₆	94.3%	5.7%
Folic acid	97.5%	2.5%
Vitamin B ₁₂	93.3%	6.7%
Vitamin C	95.3%	4.7%
Vitamin D	92.9%	7.1%
Vitamin E	93.4%	6.6%
Calcium	94.4%	5.6%
Copper	93.8%	6.2%
Iodine ^a	94.0%	6.0%
Iron	93.1%	6.9%
Heme Iron	92.9%	7.1%
Non-heme Iron	93.1%	6.9%
Magnesium	93.2%	6.8%
Phosphorus	93.8%	6.2%
Potassium	93.0%	7.0%
Selenium	93.5%	6.5%
Sodium ^a	92.9%	7.1%
Zinc	94.1%	5.9%

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutrient	At home mean%	Not at home mean%
Retinol	90.5%	9.5%
Beta-carotene	91.4%	8.6%
Retinol Activity Equivalents	90.6%	9.4%
Vitamin B ₁	88.9%	11.1%
Vitamin B ₂	91.2%	8.8%
Vitamin B ₆	91.1%	8.9%
Folic acid	96.5%	3.5%
Vitamin B ₁₂	90.5%	9.5%
Vitamin C	92.9%	7.1%
Vitamin D	87.8%	12.2%
Vitamin E	90.2%	9.8%
Calcium	91.9%	8.1%
Copper	91.0%	9.0%

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutrient	At home mean%	Not at home mean%
Iodine ^a	92.5%	7.5%
Iron	90.2%	9.8%
Heme Iron	87.8%	12.2%
Non-heme Iron	90.4%	9.6%
Magnesium	90.9%	9.1%
Phosphorus	90.7%	9.3%
Potassium	90.2%	9.8%
Selenium	89.3%	10.7%
Sodium ^a	89.8%	10.2%
Zinc	91.0%	9.0%

^a Iodine and Sodium of added salt not included

Table 2.3.a Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

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

Micronutrient	At home mean%	Not at home mean%
Retinol	92.4%	7.6%
Beta-carotene	93.5%	6.5%
Retinol Activity Equivalents	93.1%	6.9%
Vitamin B ₁	91.9%	8.1%
Vitamin B ₂	92.9%	7.1%
Vitamin B ₆	92.8%	7.2%
Folic acid	96.9%	3.1%
Vitamin B ₁₂	92.4%	7.6%
Vitamin C	94.4%	5.6%
Vitamin D	91.9%	8.1%
Vitamin E	92.0%	8.0%
Calcium	94.0%	6.0%
Copper	92.6%	7.4%
Iodine ^a	93.3%	6.7%
Iron	91.6%	8.4%
Heme Iron	90.9%	9.1%
Non-heme Iron	91.8%	8.2%
Magnesium	92.2%	7.8%
Phosphorus	92.8%	7.2%
Potassium	91.9%	8.1%
Selenium	91.9%	8.1%
Sodium ^a	91.9%	8.1%
Zinc	92.8%	7.2%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	89.7%	10.3%
Beta-carotene	90.3%	9.7%
Retinol Activity Equivalents	89.3%	10.7%
Vitamin B ₁	88.9%	11.1%
Vitamin B ₂	90.5%	9.5%
Vitamin B ₆	91.5%	8.5%
Folic acid	96.9%	3.1%
Vitamin B ₁₂	90.2%	9.8%
Vitamin C	92.7%	7.3%
Vitamin D	86.0%	14.0%
Vitamin E	90.4%	9.6%
Calcium	90.9%	9.1%
Copper	91.2%	8.8%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Iodine ^a	92.7%	7.3%
Iron	90.8%	9.2%
Heme Iron	87.9%	12.1%
Non-heme Iron	90.9%	9.1%
Magnesium	91.0%	9.0%
Phosphorus	90.3%	9.7%
Potassium	90.2%	9.8%
Selenium	89.2%	10.8%
Sodium ^a	89.4%	10.6%
Zinc	91.2%	8.8%

^a Iodine and Sodium of added salt not included

Table 2.3.b Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

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

Micronutrient	At home mean%	Not at home mean%
Retinol	92.3%	7.7%
Beta-carotene	93.5%	6.5%
Retinol Activity Equivalents	92.8%	7.2%
Vitamin B ₁	92.8%	7.2%
Vitamin B ₂	92.8%	7.2%
Vitamin B ₆	93.4%	6.6%
Folic acid	97.1%	2.9%
Vitamin B ₁₂	92.3%	7.7%
Vitamin C	94.7%	5.3%
Vitamin D	93.1%	6.9%
Vitamin E	92.4%	7.6%
Calcium	93.9%	6.1%
Copper	93.3%	6.7%
Iodine ^a	94.0%	6.0%
Iron	92.5%	7.5%
Heme Iron	91.6%	8.4%
Non-heme Iron	92.7%	7.3%
Magnesium	92.5%	7.5%
Phosphorus	93.0%	7.0%
Potassium	92.3%	7.7%
Selenium	92.6%	7.4%
Sodium ^a	92.6%	7.4%
Zinc	93.2%	6.8%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	92.5%	7.5%
Beta-carotene	93.6%	6.4%
Retinol Activity Equivalents	93.3%	6.7%
Vitamin B ₁	91.2%	8.8%
Vitamin B ₂	93.0%	7.0%
Vitamin B ₆	92.4%	7.6%
Folic acid	96.8%	3.2%
Vitamin B ₁₂	92.4%	7.6%
Vitamin C	94.3%	5.7%
Vitamin D	90.9%	9.1%
Vitamin E	91.7%	8.3%
Calcium	94.2%	5.8%
Copper	92.1%	7.9%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Iodine ^a	92.7%	7.3%
Iron	90.9%	9.1%
Heme Iron	90.4%	9.6%
Non-heme Iron	91.1%	8.9%
Magnesium	92.0%	8.0%
Phosphorus	92.7%	7.3%
Potassium	91.6%	8.4%
Selenium	91.3%	8.7%
Sodium ^a	91.3%	8.7%
Zinc	92.5%	7.5%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	94.8%	5.2%
Beta-carotene	95.3%	4.7%
Retinol Activity Equivalents	95.2%	4.8%
Vitamin B ₁	96.2%	3.8%
Vitamin B ₂	95.3%	4.7%
Vitamin B ₆	96.8%	3.2%
Folic acid	98.7%	1.3%
Vitamin B ₁₂	96.0%	4.0%
Vitamin C	97.0%	3.0%
Vitamin D	92.6%	7.4%
Vitamin E	96.1%	3.9%
Calcium	96.0%	4.0%
Copper	95.1%	4.9%
Iodine ^a	94.1%	5.9%
Iron	94.5%	5.5%
Heme Iron	96.7%	3.3%
Non-heme Iron	94.2%	5.8%
Magnesium	95.2%	4.8%
Phosphorus	96.0%	4.0%
Potassium	94.8%	5.2%
Selenium	95.8%	4.2%
Sodium ^a	93.9%	6.1%
Zinc	96.5%	3.5%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	87.4%	12.6%
Beta-carotene	88.0%	12.0%
Retinol Activity Equivalents	86.6%	13.4%
Vitamin B ₁	85.6%	14.4%
Vitamin B ₂	88.4%	11.6%
Vitamin B ₆	89.1%	10.9%
Folic acid	95.9%	4.1%
Vitamin B ₁₂	87.5%	12.5%
Vitamin C	90.8%	9.2%
Vitamin D	83.1%	16.9%
Vitamin E	87.9%	12.1%
Calcium	88.5%	11.5%
Copper	89.5%	10.5%
Iodine ^a	92.1%	7.9%
Iron	89.2%	10.8%
Heme Iron	83.9%	16.1%
Non-heme Iron	89.4%	10.6%
Magnesium	89.1%	10.9%
Phosphorus	87.7%	12.3%
Potassium	88.1%	11.9%
Selenium	86.3%	13.7%
Sodium ^a	87.4%	12.6%
Zinc	88.8%	11.2%

^a Iodine and Sodium of added salt not included

Table 2.4.a Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

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

Micronutrient	At home mean%	Not at home mean%
Retinol	92.4%	7.6%
Beta-carotene	92.0%	8.0%
Retinol Activity Equivalents	92.3%	7.7%
Vitamin B ₁	89.6%	10.4%
Vitamin B ₂	92.1%	7.9%
Vitamin B ₆	91.3%	8.7%
Folic acid	98.4%	1.6%
Vitamin B ₁₂	91.7%	8.3%
Vitamin C	92.4%	7.6%
Vitamin D	91.6%	8.4%
Vitamin E	90.8%	9.2%
Calcium	93.7%	6.3%
Copper	91.5%	8.5%
Iodine ^a	93.5%	6.5%
Iron	90.6%	9.4%
Heme Iron	89.9%	10.1%
Non-heme Iron	90.8%	9.2%
Magnesium	91.4%	8.6%
Phosphorus	92.0%	8.0%
Potassium	90.8%	9.2%
Selenium	90.9%	9.1%
Sodium ^a	91.3%	8.7%
Zinc	91.8%	8.2%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	90.2%	9.8%
Beta-carotene	93.5%	6.5%
Retinol Activity Equivalents	90.8%	9.2%
Vitamin B ₁	91.3%	8.7%
Vitamin B ₂	92.2%	7.8%
Vitamin B ₆	93.3%	6.7%
Folic acid	98.7%	1.3%
Vitamin B ₁₂	91.5%	8.5%
Vitamin C	95.5%	4.5%
Vitamin D	88.8%	11.2%
Vitamin E	92.4%	7.6%
Calcium	91.7%	8.3%
Copper	92.9%	7.1%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Iodine ^a	93.7%	6.3%
Iron	92.6%	7.4%
Heme Iron	89.3%	10.7%
Non-heme Iron	92.7%	7.3%
Magnesium	92.4%	7.6%
Phosphorus	91.6%	8.4%
Potassium	91.9%	8.1%
Selenium	90.3%	9.7%
Sodium ^a	90.8%	9.2%
Zinc	92.9%	7.1%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	91.8%	8.2%
Beta-carotene	90.1%	9.9%
Retinol Activity Equivalents	92.3%	7.7%
Vitamin B ₁	91.8%	8.2%
Vitamin B ₂	91.9%	8.1%
Vitamin B ₆	92.9%	7.1%
Folic acid	88.4%	11.6%
Vitamin B ₁₂	91.6%	8.4%
Vitamin C	92.8%	7.2%
Vitamin D	87.8%	12.2%
Vitamin E	90.4%	9.6%
Calcium	93.1%	6.9%
Copper	91.2%	8.8%
Iodine ^a	91.2%	8.8%
Iron	90.3%	9.7%
Heme Iron	90.1%	9.9%
Non-heme Iron	90.3%	9.7%
Magnesium	91.1%	8.9%
Phosphorus	92.3%	7.7%
Potassium	90.8%	9.2%
Selenium	91.9%	8.1%
Sodium ^a	90.2%	9.8%
Zinc	91.9%	8.1%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	At home mean%	Not at home mean%
Retinol	94.0%	6.0%
Beta-carotene	95.7%	4.3%
Retinol Activity Equivalents	95.1%	4.9%
Vitamin B ₁	94.5%	5.5%
Vitamin B ₂	94.7%	5.3%
Vitamin B ₆	95.0%	5.0%
Folic acid	98.6%	1.4%
Vitamin B ₁₂	93.2%	6.8%
Vitamin C	96.3%	3.7%
Vitamin D	94.3%	5.7%
Vitamin E	93.9%	6.1%
Calcium	95.7%	4.3%
Copper	94.6%	5.4%
Iodine ^a	94.7%	5.3%
Iron	94.0%	6.0%
Heme Iron	94.6%	5.4%
Non-heme Iron	93.8%	6.2%
Magnesium	93.7%	6.3%
Phosphorus	94.4%	5.6%
Potassium	93.8%	6.2%
Selenium	93.6%	6.4%
Sodium ^a	94.1%	5.9%
Zinc	95.1%	4.9%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	92.1%	7.9%
Beta-carotene	94.0%	6.0%
Retinol Activity Equivalents	92.2%	7.8%
Vitamin B ₁	93.3%	6.7%
Vitamin B ₂	92.9%	7.1%
Vitamin B ₆	93.7%	6.3%
Folic acid	96.9%	3.1%
Vitamin B ₁₂	93.2%	6.8%
Vitamin C	94.1%	5.9%
Vitamin D	93.9%	6.1%
Vitamin E	92.4%	7.6%
Calcium	93.4%	6.6%
Copper	93.1%	6.9%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Iodine ^a	94.4%	5.6%
Iron	92.6%	7.4%
Heme Iron	90.9%	9.1%
Non-heme Iron	92.8%	7.2%
Magnesium	92.9%	7.1%
Phosphorus	93.3%	6.7%
Potassium	92.5%	7.5%
Selenium	92.9%	7.1%
Sodium ^a	92.6%	7.4%
Zinc	93.4%	6.6%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	92.9%	7.1%
Beta-carotene	91.0%	9.0%
Retinol Activity Equivalents	93.4%	6.6%
Vitamin B ₁	93.1%	6.9%
Vitamin B ₂	93.7%	6.3%
Vitamin B ₆	94.8%	5.2%
Folic acid	96.0%	4.0%
Vitamin B ₁₂	94.2%	5.8%
Vitamin C	95.2%	4.8%
Vitamin D	90.1%	9.9%
Vitamin E	93.9%	6.1%
Calcium	94.5%	5.5%
Copper	93.5%	6.5%
Iodine ^a	92.7%	7.3%
Iron	92.7%	7.3%
Heme Iron	93.2%	6.8%
Non-heme Iron	92.5%	7.5%
Magnesium	93.3%	6.7%
Phosphorus	94.3%	5.7%
Potassium	92.7%	7.3%
Selenium	94.2%	5.8%
Sodium ^a	91.7%	8.3%
Zinc	94.3%	5.7%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	91.7%	8.3%
Beta-carotene	90.5%	9.5%
Retinol Activity Equivalents	91.2%	8.8%
Vitamin B ₁	87.5%	12.5%
Vitamin B ₂	91.0%	9.0%
Vitamin B ₆	89.7%	10.3%
Folic acid	98.3%	1.7%
Vitamin B ₁₂	91.1%	8.9%
Vitamin C	90.8%	9.2%
Vitamin D	90.4%	9.6%
Vitamin E	89.5%	10.5%
Calcium	92.9%	7.1%
Copper	90.2%	9.8%
Iodine ^a	93.0%	7.0%
Iron	89.1%	10.9%
Heme Iron	87.9%	12.1%
Non-heme Iron	89.5%	10.5%
Magnesium	90.4%	9.6%
Phosphorus	90.9%	9.1%
Potassium	89.5%	10.5%
Selenium	89.8%	10.2%
Sodium ^a	90.2%	9.8%
Zinc	90.4%	9.6%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	89.0%	11.0%
Beta-carotene	93.2%	6.8%
Retinol Activity Equivalents	89.9%	10.1%
Vitamin B ₁	90.1%	9.9%
Vitamin B ₂	91.8%	8.2%
Vitamin B ₆	93.0%	7.0%
Folic acid	100.0%	0.0%
Vitamin B ₁₂	90.4%	9.6%
Vitamin C	96.3%	3.7%
Vitamin D	85.6%	14.4%
Vitamin E	92.3%	7.7%
Calcium	90.7%	9.3%
Copper	92.8%	7.2%
Iodine ^a	93.2%	6.8%
Iron	92.5%	7.5%
Heme Iron	88.3%	11.7%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Non-heme Iron	92.6%	7.4%
Magnesium	92.1%	7.9%
Phosphorus	90.5%	9.5%
Potassium	91.6%	8.4%
Selenium	88.6%	11.4%
Sodium ^a	89.7%	10.3%
Zinc	92.5%	7.5%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	90.9%	9.1%
Beta-carotene	89.3%	10.7%
Retinol Activity Equivalents	91.2%	8.8%
Vitamin B ₁	90.7%	9.3%
Vitamin B ₂	90.2%	9.8%
Vitamin B ₆	91.2%	8.8%
Folic acid	81.7%	18.3%
Vitamin B ₁₂	89.1%	10.9%
Vitamin C	90.6%	9.4%
Vitamin D	85.7%	14.3%
Vitamin E	87.1%	12.9%
Calcium	91.7%	8.3%
Copper	89.0%	11.0%
Iodine ^a	89.9%	10.1%
Iron	88.0%	12.0%
Heme Iron	87.2%	12.8%
Non-heme Iron	88.2%	11.8%
Magnesium	89.1%	10.9%
Phosphorus	90.5%	9.5%
Potassium	89.0%	11.0%
Selenium	89.8%	10.2%
Sodium ^a	88.7%	11.3%
Zinc	89.7%	10.3%

^a Iodine and Sodium of added salt not included

Table 2.5.a Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

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

Micronutrient	At home mean%	Not at home mean%
Retinol	89.6%	10.4%
Beta-carotene	92.1%	7.9%
Retinol Activity Equivalents	90.2%	9.8%
Vitamin B ₁	89.9%	10.1%
Vitamin B ₂	91.3%	8.7%
Vitamin B ₆	92.2%	7.8%
Folic acid	98.1%	1.9%
Vitamin B ₁₂	91.2%	8.8%
Vitamin C	95.1%	4.9%
Vitamin D	86.2%	13.8%
Vitamin E	92.0%	8.0%
Calcium	90.8%	9.2%
Copper	92.0%	8.0%
Iodine ^a	92.9%	7.1%
Iron	91.7%	8.3%
Heme Iron	87.3%	12.7%
Non-heme Iron	91.9%	8.1%
Magnesium	91.7%	8.3%
Phosphorus	90.9%	9.1%
Potassium	91.6%	8.4%
Selenium	90.2%	9.8%
Sodium ^a	89.7%	10.3%
Zinc	91.3%	8.7%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	92.3%	7.7%
Beta-carotene	92.8%	7.2%
Retinol Activity Equivalents	92.6%	7.4%
Vitamin B ₁	91.2%	8.8%
Vitamin B ₂	92.7%	7.3%
Vitamin B ₆	92.6%	7.4%
Folic acid	97.5%	2.5%
Vitamin B ₁₂	92.0%	8.0%
Vitamin C	93.7%	6.3%
Vitamin D	91.7%	8.3%
Vitamin E	91.7%	8.3%
Calcium	94.2%	5.8%
Copper	92.3%	7.7%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Iodine ^a	93.5%	6.5%
Iron	91.3%	8.7%
Heme Iron	91.2%	8.8%
Non-heme Iron	91.4%	8.6%
Magnesium	92.0%	8.0%
Phosphorus	92.7%	7.3%
Potassium	91.4%	8.6%
Selenium	91.7%	8.3%
Sodium ^a	91.7%	8.3%
Zinc	92.8%	7.2%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	At home mean%	Not at home mean%
Retinol	91.6%	8.4%
Beta-carotene	94.0%	6.0%
Retinol Activity Equivalents	92.3%	7.7%
Vitamin B ₁	91.9%	8.1%
Vitamin B ₂	92.9%	7.1%
Vitamin B ₆	93.7%	6.3%
Folic acid	96.6%	3.4%
Vitamin B ₁₂	92.7%	7.3%
Vitamin C	94.2%	5.8%
Vitamin D	91.8%	8.2%
Vitamin E	93.0%	7.0%
Calcium	93.6%	6.4%
Copper	93.0%	7.0%
Iodine ^a	92.2%	7.8%
Iron	92.5%	7.5%
Heme Iron	92.2%	7.8%
Non-heme Iron	92.6%	7.4%
Magnesium	92.7%	7.3%
Phosphorus	93.0%	7.0%
Potassium	92.4%	7.6%
Selenium	92.4%	7.6%
Sodium ^a	92.2%	7.8%
Zinc	93.4%	6.6%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	93.6%	6.4%
Beta-carotene	94.2%	5.8%
Retinol Activity Equivalents	94.1%	5.9%
Vitamin B ₁	95.0%	5.0%
Vitamin B ₂	94.3%	5.7%
Vitamin B ₆	95.1%	4.9%
Folic acid	97.9%	2.1%
Vitamin B ₁₂	93.9%	6.1%
Vitamin C	96.4%	3.6%
Vitamin D	93.7%	6.3%
Vitamin E	94.6%	5.4%
Calcium	95.3%	4.7%
Copper	94.7%	5.3%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Iodine ^a	95.1%	4.9%
Iron	93.8%	6.2%
Heme Iron	94.0%	6.0%
Non-heme Iron	93.8%	6.2%
Magnesium	93.9%	6.1%
Phosphorus	94.8%	5.2%
Potassium	93.9%	6.1%
Selenium	94.6%	5.4%
Sodium ^a	93.9%	6.1%
Zinc	94.8%	5.2%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	88.3%	11.7%
Beta-carotene	90.9%	9.1%
Retinol Activity Equivalents	88.9%	11.1%
Vitamin B ₁	88.7%	11.3%
Vitamin B ₂	90.4%	9.6%
Vitamin B ₆	91.3%	8.7%
Folic acid	99.6%	0.4%
Vitamin B ₁₂	90.3%	9.7%
Vitamin C	95.6%	4.4%
Vitamin D	82.7%	17.3%
Vitamin E	91.4%	8.6%
Calcium	89.0%	11.0%
Copper	91.5%	8.5%
Iodine ^a	93.3%	6.7%
Iron	91.1%	8.9%
Heme Iron	84.2%	15.8%
Non-heme Iron	91.5%	8.5%
Magnesium	91.1%	8.9%
Phosphorus	89.6%	10.4%
Potassium	91.1%	8.9%
Selenium	88.8%	11.2%
Sodium ^a	88.2%	11.8%
Zinc	90.1%	9.9%

^a Iodine and Sodium of added salt not included

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

Micronutrient	At home mean%	Not at home mean%
Retinol	91.4%	8.6%
Beta-carotene	91.9%	8.1%
Retinol Activity Equivalents	91.5%	8.5%
Vitamin B ₁	88.6%	11.4%
Vitamin B ₂	91.5%	8.5%
Vitamin B ₆	90.8%	9.2%
Folic acid	97.2%	2.8%
Vitamin B ₁₂	90.7%	9.3%
Vitamin C	91.8%	8.2%
Vitamin D	90.3%	9.7%
Vitamin E	89.7%	10.3%
Calcium	93.5%	6.5%
Copper	90.6%	9.4%
Iodine ^a	92.4%	7.6%
Iron	89.5%	10.5%
Heme Iron	89.1%	10.9%
Non-heme Iron	89.7%	10.3%
Magnesium	90.6%	9.4%
Phosphorus	91.2%	8.8%
Potassium	89.7%	10.3%
Selenium	89.5%	10.5%
Sodium ^a	90.2%	9.8%
Zinc	91.3%	8.7%

^a Iodine and Sodium of added salt not included

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

Total Population (n=739)

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.3%	32.9%	28.1%	17.7%
Beta-carotene	5.7%	27.7%	53.6%	13.0%
Retinol Activity Equivalentents	17.1%	31.7%	34.9%	16.3%
Vitamin B ₁	13.7%	28.5%	40.1%	17.7%
Vitamin B ₂	15.0%	27.5%	32.8%	24.7%
Vitamin B ₆	14.7%	28.2%	40.6%	16.5%
Folic acid	39.9%	36.4%	17.3%	6.3%
Vitamin B ₁₂	12.6%	30.9%	41.2%	15.3%
Vitamin C	14.1%	21.1%	38.3%	26.5%
Vitamin D	17.1%	31.1%	37.9%	14.0%
Vitamin E	16.5%	26.5%	38.7%	18.3%
Calcium	19.0%	28.6%	26.2%	26.3%
Copper	18.0%	25.4%	32.1%	24.5%
Iodine ^a	24.6%	33.0%	26.2%	16.2%
Iron	16.8%	25.2%	35.4%	22.6%
Heme Iron	3.4%	31.3%	60.8%	4.5%
Non-heme Iron	18.8%	24.9%	31.4%	24.9%
Magnesium	17.2%	25.4%	30.7%	26.7%
Phosphorus	16.5%	28.9%	35.0%	19.5%
Potassium	12.5%	23.7%	36.7%	27.0%
Selenium	12.8%	29.3%	41.8%	16.1%
Sodium ^a	17.3%	33.8%	32.6%	16.3%
Zinc	14.8%	28.7%	41.2%	15.4%

^a Iodine and Sodium of added salt not included

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

Group=Male older adults (n=373)

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	23.5%	33.5%	26.6%	16.4%
Beta-carotene	7.3%	23.2%	57.4%	12.0%
Retinol Activity Equivalents	19.1%	30.8%	34.8%	15.4%
Vitamin B ₁	15.9%	26.2%	41.4%	16.5%
Vitamin B ₂	17.6%	27.9%	32.4%	22.1%
Vitamin B ₆	16.4%	25.6%	42.0%	16.0%
Folic acid	39.2%	40.3%	15.3%	5.2%
Vitamin B ₁₂	15.3%	32.4%	38.2%	14.1%
Vitamin C	16.6%	19.2%	39.6%	24.7%
Vitamin D	18.2%	32.6%	36.2%	12.9%
Vitamin E	18.2%	26.7%	37.8%	17.3%
Calcium	21.7%	28.9%	26.5%	22.9%
Copper	19.0%	25.0%	33.3%	22.7%
Iodine ^a	26.2%	34.8%	23.9%	15.0%
Iron	17.9%	24.3%	35.4%	22.3%
Heme Iron	5.1%	29.3%	59.9%	5.6%
Non-heme Iron	19.5%	23.9%	32.2%	24.4%
Magnesium	18.8%	24.6%	30.8%	25.9%
Phosphorus	18.7%	28.7%	34.3%	18.4%
Potassium	13.8%	22.4%	37.6%	26.1%
Selenium	14.4%	28.8%	41.1%	15.7%
Sodium ^a	18.6%	34.0%	31.9%	15.5%
Zinc	16.7%	28.7%	40.3%	14.3%

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.9%	32.5%	29.1%	18.5%
Beta-carotene	4.6%	30.6%	51.0%	13.7%
Retinol Activity Equivalents	15.7%	32.3%	35.0%	17.0%
Vitamin B ₁	12.3%	30.1%	39.3%	18.4%
Vitamin B ₂	13.3%	27.3%	33.1%	26.3%
Vitamin B ₆	13.6%	29.9%	39.6%	16.9%
Folic acid	40.4%	33.7%	18.8%	7.1%
Vitamin B ₁₂	10.7%	30.0%	43.2%	16.1%
Vitamin C	12.5%	22.3%	37.4%	27.8%
Vitamin D	16.3%	30.1%	38.9%	14.6%
Vitamin E	15.3%	26.4%	39.3%	19.0%
Calcium	17.1%	28.4%	26.0%	28.5%
Copper	17.4%	25.7%	31.2%	25.6%

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine ^a	23.6%	31.7%	27.7%	17.1%
Iron	16.1%	25.7%	35.4%	22.7%
Heme Iron	2.2%	32.6%	61.5%	3.7%
Non-heme Iron	18.3%	25.5%	31.0%	25.3%
Magnesium	16.2%	25.9%	30.6%	27.3%
Phosphorus	15.1%	29.1%	35.5%	20.3%
Potassium	11.7%	24.5%	36.2%	27.6%
Selenium	11.8%	29.6%	42.2%	16.4%
Sodium ^a	16.5%	33.6%	33.0%	16.9%
Zinc	13.5%	28.7%	41.8%	16.1%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.7%	33.8%	29.0%	16.5%
Beta-carotene	4.7%	26.1%	55.7%	13.6%
Retinol Activity Equivalents	16.3%	32.0%	36.2%	15.5%
Vitamin B ₁	13.9%	28.1%	39.7%	18.4%
Vitamin B ₂	15.0%	27.8%	31.8%	25.3%
Vitamin B ₆	15.0%	28.3%	40.4%	16.4%
Folic acid	42.5%	38.5%	13.6%	5.4%
Vitamin B ₁₂	12.5%	31.3%	40.6%	15.5%
Vitamin C	14.5%	20.2%	37.7%	27.6%
Vitamin D	17.2%	31.6%	39.0%	12.1%
Vitamin E	16.6%	27.0%	38.1%	18.3%
Calcium	19.4%	28.3%	26.4%	25.9%
Copper	17.6%	25.1%	32.7%	24.6%
Iodine ^a	24.3%	33.6%	25.8%	16.3%
Iron	17.1%	24.8%	34.4%	23.8%
Heme Iron	3.3%	30.2%	61.5%	5.1%
Non-heme Iron	18.7%	24.5%	30.7%	26.1%
Magnesium	17.5%	24.9%	30.3%	27.4%
Phosphorus	16.7%	29.0%	34.7%	19.6%
Potassium	12.7%	23.1%	36.0%	28.2%
Selenium	12.4%	29.8%	41.9%	15.9%
Sodium ^a	17.3%	34.1%	32.5%	16.1%
Zinc	15.1%	28.6%	40.5%	15.7%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	22.5%	31.1%	26.5%	19.8%
Beta-carotene	7.6%	30.8%	49.6%	12.0%
Retinol Activity Equivalents	18.4%	31.1%	32.5%	17.9%
Vitamin B ₁	13.3%	29.5%	40.9%	16.3%
Vitamin B ₂	14.9%	26.9%	34.7%	23.5%
Vitamin B ₆	14.2%	28.0%	40.9%	16.9%
Folic acid	34.7%	32.2%	25.0%	8.1%
Vitamin B ₁₂	12.6%	30.2%	42.3%	15.0%
Vitamin C	13.4%	22.8%	39.2%	24.6%
Vitamin D	16.7%	30.2%	35.6%	17.4%
Vitamin E	16.1%	25.7%	39.9%	18.3%
Calcium	18.0%	29.1%	25.7%	27.1%
Copper	18.9%	26.1%	30.9%	24.2%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine ^a	25.2%	31.8%	26.9%	16.2%
Iron	16.4%	25.8%	37.5%	20.3%
Heme Iron	3.6%	33.4%	59.7%	3.3%
Non-heme Iron	18.8%	25.6%	32.8%	22.8%
Magnesium	16.7%	26.3%	31.5%	25.6%
Phosphorus	16.1%	28.8%	35.7%	19.5%
Potassium	12.2%	24.9%	38.1%	24.8%
Selenium	13.6%	28.3%	41.5%	16.6%
Sodium ^a	17.3%	33.2%	32.7%	16.7%
Zinc	14.1%	28.8%	42.5%	14.7%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.0%	34.6%	27.5%	16.9%
Beta-carotene	6.3%	21.7%	59.5%	12.5%
Retinol Activity Equivalents	17.1%	31.4%	35.5%	16.0%
Vitamin B ₁	14.6%	26.6%	42.4%	16.4%
Vitamin B ₂	15.7%	29.3%	32.5%	22.6%
Vitamin B ₆	15.6%	25.0%	43.3%	16.1%
Folic acid	40.6%	39.8%	14.5%	5.1%
Vitamin B ₁₂	13.3%	34.1%	38.0%	14.6%
Vitamin C	15.9%	18.5%	40.4%	25.3%
Vitamin D	17.4%	32.6%	36.8%	13.2%
Vitamin E	17.4%	25.9%	38.8%	17.9%
Calcium	20.6%	30.1%	25.8%	23.6%
Copper	18.1%	24.7%	34.1%	23.1%
Iodine ^a	25.2%	35.1%	24.1%	15.6%
Iron	17.2%	23.9%	35.7%	23.1%
Heme Iron	3.5%	29.7%	60.9%	5.8%
Non-heme Iron	18.9%	23.4%	32.5%	25.3%
Magnesium	17.7%	24.5%	31.1%	26.6%
Phosphorus	17.4%	29.5%	34.3%	18.7%
Potassium	13.0%	22.5%	37.7%	26.9%
Selenium	13.1%	29.2%	41.8%	15.9%
Sodium ^a	17.4%	34.3%	32.3%	16.0%
Zinc	15.6%	29.1%	40.6%	14.7%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.5%	33.2%	30.2%	16.1%
Beta-carotene	3.4%	29.5%	52.7%	14.4%
Retinol Activity Equivalents	15.7%	32.4%	36.7%	15.1%
Vitamin B ₁	13.4%	29.2%	37.5%	19.9%
Vitamin B ₂	14.6%	26.7%	31.3%	27.4%
Vitamin B ₆	14.5%	30.9%	38.1%	16.6%
Folic acid	44.0%	37.5%	12.9%	5.7%
Vitamin B ₁₂	12.0%	29.1%	42.7%	16.2%
Vitamin C	13.4%	21.6%	35.7%	29.4%
Vitamin D	17.1%	30.8%	40.8%	11.3%
Vitamin E	16.1%	27.8%	37.5%	18.6%
Calcium	18.6%	26.9%	26.8%	27.7%
Copper	17.2%	25.4%	31.6%	25.8%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine ^a	23.6%	32.4%	27.1%	16.8%
Iron	16.9%	25.5%	33.3%	24.3%
Heme Iron	3.0%	30.5%	61.9%	4.5%
Non-heme Iron	18.6%	25.4%	29.3%	26.7%
Magnesium	17.3%	25.1%	29.6%	28.0%
Phosphorus	16.2%	28.6%	34.9%	20.3%
Potassium	12.5%	23.6%	34.7%	29.3%
Selenium	11.9%	30.3%	42.0%	15.8%
Sodium ^a	17.3%	33.9%	32.6%	16.2%
Zinc	14.8%	28.3%	40.4%	16.6%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	30.1%	30.6%	24.4%	14.9%
Beta-carotene	10.0%	27.4%	51.9%	10.7%
Retinol Activity Equivalents	24.3%	29.1%	32.7%	13.8%
Vitamin B ₁	19.3%	25.1%	38.8%	16.7%
Vitamin B ₂	22.8%	24.2%	32.0%	21.0%
Vitamin B ₆	18.3%	27.1%	38.7%	15.8%
Folic acid	35.6%	41.6%	17.6%	5.3%
Vitamin B ₁₂	20.8%	27.9%	38.6%	12.7%
Vitamin C	18.5%	21.1%	37.4%	23.0%
Vitamin D	20.4%	32.8%	34.6%	12.2%
Vitamin E	20.4%	28.7%	35.2%	15.8%
Calcium	24.8%	25.9%	28.2%	21.1%
Copper	21.2%	25.9%	31.3%	21.5%
Iodine ^a	29.0%	34.0%	23.5%	13.5%
Iron	19.7%	25.3%	34.8%	20.2%
Heme Iron	9.4%	28.1%	57.2%	5.3%
Non-heme Iron	21.2%	25.4%	31.4%	22.1%
Magnesium	21.5%	24.6%	29.9%	24.0%
Phosphorus	21.9%	26.4%	34.2%	17.5%
Potassium	16.1%	22.3%	37.5%	24.0%
Selenium	17.8%	27.6%	39.3%	15.3%
Sodium ^a	21.9%	33.2%	30.8%	14.1%
Zinc	19.5%	27.7%	39.5%	13.3%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.0%	31.4%	27.5%	22.1%
Beta-carotene	6.5%	32.4%	48.5%	12.6%
Retinol Activity Equivalents	15.8%	32.1%	32.5%	19.7%
Vitamin B ₁	10.5%	31.4%	41.9%	16.2%
Vitamin B ₂	11.4%	28.1%	35.9%	24.6%
Vitamin B ₆	12.3%	28.5%	41.9%	17.3%
Folic acid	34.2%	27.1%	29.0%	9.6%
Vitamin B ₁₂	8.8%	31.2%	43.9%	16.0%
Vitamin C	11.2%	23.5%	40.0%	25.3%
Vitamin D	15.1%	29.1%	36.1%	19.7%
Vitamin E	14.2%	24.3%	42.0%	19.5%
Calcium	15.0%	30.6%	24.6%	29.8%
Copper	17.8%	26.1%	30.7%	25.4%
Iodine ^a	23.4%	30.7%	28.4%	17.4%
Iron	14.9%	26.1%	38.7%	20.3%
Heme Iron	0.9%	35.9%	60.8%	2.4%
Non-heme Iron	17.8%	25.6%	33.5%	23.1%
Magnesium	14.5%	27.0%	32.2%	26.3%
Phosphorus	13.4%	29.9%	36.4%	20.3%
Potassium	10.4%	26.0%	38.4%	25.2%
Selenium	11.7%	28.6%	42.5%	17.2%
Sodium ^a	15.2%	33.2%	33.6%	17.9%
Zinc	11.6%	29.2%	43.8%	15.3%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.1%	30.0%	32.4%	16.5%
Beta-carotene	4.7%	35.8%	45.0%	14.5%
Retinol Activity Equivalents	16.9%	31.1%	36.2%	15.8%
Vitamin B ₁	12.1%	33.7%	36.5%	17.7%
Vitamin B ₂	14.7%	27.9%	31.3%	26.1%
Vitamin B ₆	13.7%	32.0%	38.0%	16.3%
Folic acid	38.6%	28.2%	25.9%	7.3%
Vitamin B ₁₂	12.5%	31.0%	40.1%	16.4%
Vitamin C	9.4%	27.0%	34.2%	29.4%
Vitamin D	18.3%	30.6%	39.2%	11.9%
Vitamin E	17.8%	28.9%	36.0%	17.4%
Calcium	19.2%	26.9%	26.7%	27.1%
Copper	17.8%	26.7%	31.8%	23.7%
Iodine ^a	26.6%	28.7%	27.9%	16.8%
Iron	17.1%	27.9%	33.0%	22.0%
Heme Iron	3.4%	37.6%	55.0%	3.9%
Non-heme Iron	18.8%	26.7%	30.2%	24.4%
Magnesium	16.9%	26.6%	29.8%	26.7%
Phosphorus	16.6%	29.7%	33.9%	19.8%
Potassium	11.7%	26.5%	33.5%	28.4%
Selenium	13.4%	31.4%	38.8%	16.4%
Sodium ^a	18.2%	33.7%	33.3%	14.9%
Zinc	14.8%	31.1%	38.8%	15.2%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.9%	35.2%	25.8%	18.1%
Beta-carotene	5.9%	25.9%	56.8%	11.4%
Retinol Activity Equivalents	16.9%	33.4%	33.3%	16.4%
Vitamin B ₁	13.4%	26.6%	43.9%	16.1%
Vitamin B ₂	14.0%	28.2%	35.6%	22.2%
Vitamin B ₆	15.0%	26.7%	42.9%	15.3%
Folic acid	39.7%	37.1%	17.3%	5.9%
Vitamin B ₁₂	11.6%	31.6%	43.1%	13.7%
Vitamin C	13.7%	19.3%	42.7%	24.3%
Vitamin D	16.6%	31.8%	36.3%	15.3%
Vitamin E	15.7%	24.1%	41.9%	18.3%
Calcium	17.8%	29.6%	26.3%	26.3%
Copper	18.2%	25.4%	32.4%	23.9%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine ^a	23.1%	35.2%	26.7%	15.0%
Iron	15.8%	23.9%	38.7%	21.6%
Heme Iron	2.1%	28.7%	65.2%	4.0%
Non-heme Iron	18.4%	24.1%	33.4%	24.1%
Magnesium	16.5%	25.1%	32.5%	25.8%
Phosphorus	15.3%	29.0%	37.1%	18.6%
Potassium	11.9%	23.0%	40.3%	24.9%
Selenium	11.7%	29.8%	43.7%	14.7%
Sodium ^a	16.3%	33.0%	33.8%	16.8%
Zinc	13.9%	27.2%	44.8%	14.2%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.5%	31.8%	26.5%	20.2%
Beta-carotene	5.2%	18.7%	61.1%	14.9%
Retinol Activity Equivalents	16.7%	28.3%	36.6%	18.4%
Vitamin B ₁	16.2%	22.9%	39.9%	21.0%
Vitamin B ₂	16.4%	24.3%	31.5%	27.8%
Vitamin B ₆	15.7%	23.0%	41.0%	20.4%
Folic acid	49.2%	37.6%	7.1%	6.1%
Vitamin B ₁₂	13.0%	27.4%	41.5%	18.1%
Vitamin C	21.6%	13.7%	39.7%	25.0%
Vitamin D	15.5%	29.5%	38.1%	16.9%
Vitamin E	15.5%	23.1%	39.6%	21.7%
Calcium	20.1%	27.9%	25.9%	26.1%
Copper	18.3%	22.7%	31.9%	27.1%
Iodine ^a	23.2%	35.6%	22.7%	18.5%
Iron	18.3%	21.9%	34.6%	25.3%
Heme Iron	3.4%	23.3%	65.3%	8.1%
Non-heme Iron	19.9%	22.3%	30.5%	27.3%
Magnesium	18.6%	23.2%	29.2%	29.0%
Phosphorus	17.7%	26.3%	34.0%	21.9%
Potassium	14.8%	19.7%	36.6%	28.9%
Selenium	13.2%	24.5%	42.5%	19.7%
Sodium ^a	16.8%	33.4%	29.8%	20.1%
Zinc	15.5%	25.5%	40.0%	19.1%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	25.7%	29.6%	30.6%	14.1%
Beta-carotene	7.2%	36.2%	43.4%	13.3%
Retinol Activity Equivalents	21.0%	30.1%	35.4%	13.6%
Vitamin B ₁	16.4%	29.6%	40.3%	13.7%
Vitamin B ₂	19.4%	27.5%	31.7%	21.4%
Vitamin B ₆	16.2%	28.2%	40.8%	14.7%
Folic acid	46.2%	17.3%	30.6%	5.9%
Vitamin B ₁₂	16.2%	29.4%	40.0%	14.4%
Vitamin C	11.9%	26.3%	37.0%	24.8%
Vitamin D	21.4%	29.5%	39.1%	9.9%
Vitamin E	22.0%	25.7%	37.1%	15.2%
Calcium	26.0%	26.2%	26.0%	21.8%
Copper	20.0%	26.3%	34.3%	19.4%
Iodine ^a	32.0%	26.6%	28.5%	12.9%
Iron	18.9%	26.1%	35.4%	19.6%
Heme Iron	5.6%	39.5%	51.6%	3.3%
Non-heme Iron	20.6%	24.7%	32.9%	21.9%
Magnesium	19.2%	25.3%	31.1%	24.4%
Phosphorus	20.4%	28.6%	34.0%	16.9%
Potassium	13.4%	25.6%	35.7%	25.3%
Selenium	15.7%	30.0%	39.7%	14.6%
Sodium ^a	20.8%	31.6%	34.9%	12.7%
Zinc	18.2%	30.9%	38.8%	12.1%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.5%	35.1%	26.8%	17.5%
Beta-carotene	6.3%	20.0%	61.2%	12.6%
Retinol Activity Equivalents	16.7%	31.2%	35.2%	16.9%
Vitamin B ₁	14.2%	25.9%	43.1%	16.7%
Vitamin B ₂	15.4%	28.3%	33.7%	22.6%
Vitamin B ₆	17.0%	23.7%	43.6%	15.6%
Folic acid	37.5%	40.7%	18.6%	3.2%
Vitamin B ₁₂	13.4%	35.1%	37.2%	14.3%
Vitamin C	12.7%	17.7%	42.7%	26.9%
Vitamin D	17.0%	32.7%	37.3%	13.0%
Vitamin E	16.9%	25.2%	40.5%	17.4%
Calcium	18.9%	27.5%	27.8%	25.7%
Copper	18.7%	24.3%	33.8%	23.1%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine ^a	23.9%	37.4%	23.3%	15.5%
Iron	17.2%	23.6%	36.1%	23.1%
Heme Iron	2.7%	26.9%	62.7%	7.7%
Non-heme Iron	19.0%	23.4%	32.5%	25.1%
Magnesium	18.3%	24.5%	31.0%	26.2%
Phosphorus	17.2%	28.7%	34.7%	19.5%
Potassium	13.0%	21.6%	38.7%	26.7%
Selenium	13.2%	29.9%	40.8%	16.1%
Sodium ^a	17.4%	33.4%	32.0%	17.2%
Zinc	15.6%	27.9%	41.4%	15.1%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	23.4%	31.3%	26.2%	19.1%
Beta-carotene	6.3%	19.8%	61.3%	12.5%
Retinol Activity Equivalents	18.7%	29.1%	34.8%	17.4%
Vitamin B ₁	16.0%	24.5%	39.0%	20.5%
Vitamin B ₂	17.9%	25.9%	32.3%	23.8%
Vitamin B ₆	15.1%	24.1%	40.7%	20.1%
Folic acid	43.5%	43.5%	2.5%	10.4%
Vitamin B ₁₂	15.9%	29.4%	38.3%	16.4%
Vitamin C	22.3%	15.5%	41.8%	20.4%
Vitamin D	16.7%	34.3%	29.4%	19.6%
Vitamin E	16.7%	24.8%	35.7%	22.9%
Calcium	21.4%	30.0%	27.0%	21.6%
Copper	18.2%	23.7%	32.4%	25.7%
Iodine ^a	22.7%	38.3%	20.4%	18.6%
Iron	17.8%	23.2%	35.0%	24.0%
Heme Iron	4.5%	20.7%	65.8%	9.0%
Non-heme Iron	19.5%	23.6%	31.0%	25.9%
Magnesium	18.5%	23.3%	30.3%	27.8%
Phosphorus	18.2%	27.1%	34.6%	20.1%
Potassium	14.8%	20.4%	37.9%	27.0%
Selenium	14.1%	26.4%	39.5%	20.0%
Sodium ^a	16.7%	34.3%	29.6%	19.3%
Zinc	15.2%	25.7%	41.8%	17.4%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.3%	30.2%	33.1%	17.4%
Beta-carotene	3.7%	35.6%	45.7%	15.0%
Retinol Activity Equivalents	15.1%	31.6%	36.6%	16.7%
Vitamin B ₁	10.3%	35.4%	35.0%	19.4%
Vitamin B ₂	12.7%	28.1%	31.2%	28.1%
Vitamin B ₆	12.7%	33.5%	36.8%	17.0%
Folic acid	35.4%	32.7%	24.0%	7.9%
Vitamin B ₁₂	11.0%	31.6%	40.1%	17.2%
Vitamin C	8.4%	27.3%	33.0%	31.3%
Vitamin D	17.0%	31.0%	39.2%	12.7%
Vitamin E	16.0%	30.3%	35.5%	18.3%
Calcium	16.4%	27.3%	27.0%	29.3%
Copper	16.9%	26.8%	30.8%	25.5%
Iodine ^a	24.4%	29.6%	27.6%	18.4%
Iron	16.4%	28.6%	32.0%	23.1%
Heme Iron	2.5%	36.8%	56.5%	4.2%
Non-heme Iron	18.0%	27.5%	29.0%	25.4%
Magnesium	16.0%	27.2%	29.2%	27.6%
Phosphorus	15.0%	30.2%	33.8%	21.0%
Potassium	11.0%	26.8%	32.6%	29.7%
Selenium	12.5%	31.9%	38.4%	17.2%
Sodium ^a	17.0%	34.6%	32.6%	15.8%
Zinc	13.4%	31.2%	38.9%	16.6%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.1%	35.3%	25.2%	18.5%
Beta-carotene	5.6%	29.7%	54.1%	10.6%
Retinol Activity Equivalents	17.1%	34.7%	32.1%	16.0%
Vitamin B ₁	12.9%	26.9%	44.4%	15.7%
Vitamin B ₂	13.0%	28.1%	36.8%	22.0%
Vitamin B ₆	13.8%	28.6%	42.4%	15.1%
Folic acid	41.2%	34.6%	16.3%	7.8%
Vitamin B ₁₂	10.4%	29.4%	46.8%	13.3%
Vitamin C	14.4%	20.4%	42.6%	22.6%
Vitamin D	16.4%	31.2%	35.7%	16.8%
Vitamin E	15.0%	23.4%	42.8%	18.8%
Calcium	17.1%	30.9%	25.3%	26.6%
Copper	17.9%	26.1%	31.6%	24.4%
Iodine ^a	22.6%	33.8%	28.9%	14.7%
Iron	14.9%	24.1%	40.3%	20.7%
Heme Iron	1.7%	29.9%	66.7%	1.7%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Non-heme Iron	18.0%	24.6%	33.9%	23.5%
Magnesium	15.5%	25.5%	33.5%	25.6%
Phosphorus	14.1%	29.2%	38.7%	18.0%
Potassium	11.1%	23.9%	41.2%	23.7%
Selenium	10.7%	29.8%	45.6%	13.9%
Sodium ^a	15.6%	32.8%	34.9%	16.6%
Zinc	12.8%	26.7%	46.9%	13.6%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.7%	32.2%	26.8%	21.3%
Beta-carotene	4.3%	17.7%	60.9%	17.2%
Retinol Activity Equivalents	14.8%	27.6%	38.2%	19.4%
Vitamin B ₁	16.5%	21.4%	40.8%	21.4%
Vitamin B ₂	15.0%	22.8%	30.7%	31.4%
Vitamin B ₆	16.3%	21.9%	41.2%	20.6%
Folic acid	54.2%	32.4%	11.1%	2.2%
Vitamin B ₁₂	10.3%	25.6%	44.4%	19.7%
Vitamin C	21.1%	12.1%	37.7%	29.2%
Vitamin D	14.4%	25.2%	46.1%	14.4%
Vitamin E	14.5%	21.6%	43.3%	20.6%
Calcium	19.0%	25.9%	24.8%	30.3%
Copper	18.4%	21.7%	31.4%	28.4%
Iodine ^a	23.6%	33.1%	24.8%	18.5%
Iron	18.7%	20.7%	34.1%	26.4%
Heme Iron	2.5%	25.6%	64.7%	7.2%
Non-heme Iron	20.2%	21.2%	30.0%	28.6%
Magnesium	18.7%	23.1%	28.1%	30.0%
Phosphorus	17.3%	25.7%	33.4%	23.6%
Potassium	14.9%	19.1%	35.4%	30.6%
Selenium	12.4%	22.7%	45.3%	19.5%
Sodium ^a	16.8%	32.5%	29.9%	20.8%
Zinc	15.7%	25.3%	38.4%	20.6%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.5%	35.7%	25.6%	18.2%
Beta-carotene	7.0%	22.5%	58.4%	12.0%
Retinol Activity Equivalents	16.2%	31.7%	35.6%	16.5%
Vitamin B ₁	14.2%	24.4%	44.2%	17.2%
Vitamin B ₂	15.4%	25.2%	34.2%	25.2%
Vitamin B ₆	13.5%	22.7%	45.8%	18.0%
Folic acid	33.2%	41.3%	11.8%	13.7%
Vitamin B ₁₂	11.6%	28.1%	43.1%	17.1%
Vitamin C	14.0%	14.7%	44.1%	27.2%
Vitamin D	16.3%	26.6%	38.0%	19.0%
Vitamin E	14.8%	22.9%	43.0%	19.3%
Calcium	18.7%	30.7%	22.3%	28.3%
Copper	18.3%	22.7%	33.1%	25.9%
Iodine ^a	23.6%	33.7%	25.7%	17.0%
Iron	16.5%	22.1%	39.9%	21.5%
Heme Iron	2.5%	26.3%	67.9%	3.3%
Non-heme Iron	18.9%	22.7%	34.4%	24.0%
Magnesium	17.4%	22.2%	33.4%	27.0%
Phosphorus	16.4%	27.1%	36.1%	20.4%
Potassium	13.7%	19.4%	41.0%	25.9%
Selenium	11.5%	25.2%	45.8%	17.4%
Sodium ^a	16.8%	33.2%	31.7%	18.3%
Zinc	14.2%	25.3%	44.5%	16.0%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.5%	31.9%	29.7%	16.9%
Beta-carotene	5.0%	29.7%	51.9%	13.4%
Retinol Activity Equivalents	17.2%	31.8%	35.2%	15.8%
Vitamin B ₁	13.4%	30.2%	38.4%	17.9%
Vitamin B ₂	14.7%	28.7%	32.4%	24.2%
Vitamin B ₆	15.3%	30.4%	38.3%	16.0%
Folic acid	41.8%	36.1%	18.0%	4.1%
Vitamin B ₁₂	12.8%	31.8%	41.2%	14.3%
Vitamin C	14.5%	23.3%	36.3%	25.8%
Vitamin D	17.3%	33.1%	37.9%	11.7%
Vitamin E	17.2%	28.6%	36.4%	17.8%
Calcium	18.9%	28.2%	28.0%	24.8%
Copper	17.9%	26.5%	31.8%	23.8%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine ^a	24.9%	32.9%	26.5%	15.7%
Iron	17.0%	26.4%	33.5%	23.1%
Heme Iron	3.9%	32.4%	58.7%	5.1%
Non-heme Iron	18.7%	25.8%	30.1%	25.4%
Magnesium	17.2%	26.6%	29.5%	26.6%
Phosphorus	16.5%	29.9%	34.8%	18.9%
Potassium	12.0%	25.4%	35.0%	27.6%
Selenium	13.3%	30.8%	40.4%	15.6%
Sodium ^a	17.5%	34.2%	33.1%	15.2%
Zinc	14.9%	30.0%	40.1%	14.9%

^a Iodine and Sodium of added salt not included

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.1%	34.4%	27.7%	16.7%
Beta-carotene	7.9%	17.1%	64.8%	10.3%
Retinol Activity Equivalents	16.2%	28.0%	41.1%	14.6%
Vitamin B ₁	15.3%	26.2%	42.3%	16.1%
Vitamin B ₂	17.3%	27.6%	32.4%	22.7%
Vitamin B ₆	14.2%	23.1%	47.4%	15.3%
Folic acid	33.6%	38.7%	17.2%	10.4%
Vitamin B ₁₂	15.2%	29.7%	40.9%	14.3%
Vitamin C	18.4%	15.1%	44.6%	22.0%
Vitamin D	16.3%	28.3%	39.2%	16.2%
Vitamin E	15.6%	26.3%	41.0%	17.1%
Calcium	22.9%	31.6%	22.0%	23.4%
Copper	17.2%	25.2%	33.6%	24.0%
Iodine ^a	24.6%	36.4%	22.1%	16.9%
Iron	16.3%	23.3%	37.0%	23.4%
Heme Iron	4.3%	27.0%	64.5%	4.2%
Non-heme Iron	17.6%	23.2%	33.7%	25.5%
Magnesium	18.3%	24.4%	31.4%	25.9%
Phosphorus	18.5%	29.8%	32.9%	18.8%
Potassium	14.2%	21.5%	38.9%	25.4%
Selenium	12.7%	27.4%	43.4%	16.5%
Sodium ^a	18.3%	36.9%	28.2%	16.6%
Zinc	16.1%	29.3%	39.4%	15.2%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	24.7%	32.8%	26.5%	16.0%
Beta-carotene	7.0%	25.8%	54.7%	12.5%
Retinol Activity Equivalents	20.4%	31.8%	32.4%	15.4%
Vitamin B ₁	15.7%	26.2%	41.3%	16.8%
Vitamin B ₂	17.6%	28.4%	32.2%	21.8%
Vitamin B ₆	17.0%	26.5%	40.1%	16.4%
Folic acid	41.4%	41.0%	14.5%	3.1%
Vitamin B ₁₂	15.4%	33.1%	37.5%	14.0%
Vitamin C	15.7%	20.8%	37.5%	25.9%
Vitamin D	19.1%	33.6%	35.5%	11.8%
Vitamin E	19.3%	27.0%	36.1%	17.6%
Calcium	21.2%	28.1%	28.3%	22.4%
Copper	19.6%	25.0%	33.0%	22.3%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine ^a	26.8%	34.2%	24.7%	14.4%
Iron	18.5%	24.9%	34.6%	22.0%
Heme Iron	5.5%	29.6%	58.5%	6.4%
Non-heme Iron	20.2%	24.4%	31.3%	24.1%
Magnesium	18.7%	24.7%	30.5%	26.1%
Phosphorus	18.6%	28.3%	34.9%	18.2%
Potassium	13.4%	23.1%	36.9%	26.6%
Selenium	14.9%	29.0%	40.5%	15.6%
Sodium ^a	18.5%	33.2%	33.3%	15.0%
Zinc	16.8%	28.4%	40.9%	13.9%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.1%	36.5%	24.3%	19.2%
Beta-carotene	6.5%	25.9%	54.5%	13.1%
Retinol Activity Equivalents	16.2%	34.0%	32.2%	17.7%
Vitamin B ₁	13.5%	23.4%	45.3%	17.8%
Vitamin B ₂	14.2%	23.7%	35.3%	26.8%
Vitamin B ₆	13.1%	22.5%	44.8%	19.7%
Folic acid	32.7%	43.9%	6.3%	17.1%
Vitamin B ₁₂	9.5%	27.1%	44.5%	18.9%
Vitamin C	11.3%	14.5%	43.8%	30.5%
Vitamin D	16.3%	25.7%	37.3%	20.7%
Vitamin E	14.4%	20.8%	44.2%	20.7%
Calcium	16.1%	30.1%	22.5%	31.4%
Copper	18.9%	21.2%	32.7%	27.2%
Iodine ^a	23.0%	32.1%	27.9%	17.1%
Iron	16.6%	21.4%	41.8%	20.3%
Heme Iron	1.4%	25.9%	70.1%	2.7%
Non-heme Iron	19.7%	22.4%	34.9%	23.0%
Magnesium	16.9%	20.9%	34.6%	27.6%
Phosphorus	15.2%	25.4%	38.1%	21.4%
Potassium	13.3%	18.0%	42.3%	26.3%
Selenium	10.8%	23.9%	47.3%	18.1%
Sodium ^a	15.9%	30.9%	33.9%	19.4%
Zinc	13.1%	22.8%	47.6%	16.5%

^a Iodine and Sodium of added salt not included

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.3%	31.3%	31.9%	17.5%
Beta-carotene	3.6%	32.5%	49.9%	14.0%
Retinol Activity Equivalents	15.0%	31.9%	37.1%	16.1%
Vitamin B ₁	11.8%	33.1%	36.5%	18.7%
Vitamin B ₂	12.6%	28.9%	32.5%	25.9%
Vitamin B ₆	14.1%	33.2%	37.0%	15.6%
Folic acid	42.1%	32.9%	20.2%	4.8%
Vitamin B ₁₂	11.0%	30.9%	43.7%	14.5%
Vitamin C	13.7%	25.1%	35.4%	25.8%
Vitamin D	16.1%	32.7%	39.7%	11.5%
Vitamin E	15.7%	29.8%	36.7%	17.9%
Calcium	17.4%	28.3%	27.8%	26.5%
Copper	16.7%	27.6%	30.9%	24.9%
Iodine ^a	23.5%	32.0%	27.8%	16.7%
Iron	15.9%	27.4%	32.7%	24.0%
Heme Iron	2.7%	34.4%	58.8%	4.1%
Non-heme Iron	17.6%	26.8%	29.2%	26.4%
Magnesium	16.1%	28.0%	28.8%	27.0%
Phosphorus	14.9%	31.0%	34.7%	19.4%
Potassium	11.0%	27.1%	33.6%	28.3%
Selenium	12.1%	32.0%	40.2%	15.6%
Sodium ^a	16.8%	35.0%	33.0%	15.3%
Zinc	13.7%	31.1%	39.6%	15.6%

^a Iodine and Sodium of added salt not included

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

Total Population (n=739)

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.1%	30.9%	26.2%	13.2%	0.2%	1.9%	2.0%	4.4%
Beta-carotene	5.6%	25.5%	50.2%	11.0%	0.0%	2.2%	3.3%	2.0%
Retinol Activity Equivalents	16.9%	29.6%	32.7%	12.6%	0.2%	2.1%	2.2%	3.8%
Vitamin B ₁	13.6%	25.6%	36.4%	15.2%	0.1%	2.9%	3.7%	2.5%
Vitamin B ₂	14.9%	25.8%	30.5%	20.9%	0.1%	1.7%	2.3%	3.8%
Vitamin B ₆	14.6%	26.0%	37.3%	14.5%	0.1%	2.2%	3.2%	2.1%
Folic acid	39.2%	35.1%	16.7%	6.0%	0.8%	1.3%	0.6%	0.3%
Vitamin B ₁₂	12.5%	28.7%	37.7%	12.7%	0.1%	2.2%	3.5%	2.6%
Vitamin C	14.0%	19.3%	35.9%	24.6%	0.1%	1.8%	2.4%	1.9%
Vitamin D	16.9%	28.7%	34.9%	9.3%	0.2%	2.4%	3.0%	4.6%
Vitamin E	16.3%	24.2%	35.8%	15.2%	0.1%	2.3%	2.9%	3.2%
Calcium	18.8%	27.1%	24.7%	22.3%	0.1%	1.5%	1.5%	4.0%
Copper	17.9%	23.5%	29.6%	21.1%	0.1%	1.9%	2.5%	3.3%
Iodine ^a	24.4%	30.7%	24.4%	13.6%	0.2%	2.3%	1.7%	2.6%
Iron	16.7%	23.2%	32.7%	18.7%	0.1%	2.0%	2.7%	3.8%
Heme Iron	3.4%	28.8%	54.9%	2.8%	0.0%	2.5%	5.9%	1.7%
Non-heme Iron	18.6%	23.0%	29.1%	20.7%	0.1%	1.9%	2.3%	4.2%
Magnesium	17.1%	23.5%	28.4%	22.8%	0.1%	1.8%	2.3%	3.9%
Phosphorus	16.4%	27.0%	32.3%	16.3%	0.1%	2.0%	2.7%	3.2%
Potassium	12.4%	21.7%	33.9%	23.3%	0.1%	2.0%	2.8%	3.8%
Selenium	12.7%	27.0%	38.0%	13.3%	0.1%	2.3%	3.8%	2.8%
Sodium ^a	17.2%	31.0%	29.8%	13.1%	0.2%	2.8%	2.8%	3.2%
Zinc	14.7%	26.6%	38.0%	13.0%	0.1%	2.1%	3.2%	2.4%

^a Iodine and Sodium of added salt not included

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

Group=Male older adults (n=373)

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	23.3%	31.1%	25.4%	13.1%	0.2%	2.4%	1.2%	3.3%
Beta-carotene	7.3%	21.8%	54.6%	10.4%	0.0%	1.4%	2.9%	1.7%
Retinol Activity Equivalents	19.0%	28.8%	33.2%	12.6%	0.1%	2.0%	1.6%	2.8%
Vitamin B ₁	15.8%	24.4%	39.1%	14.5%	0.1%	1.8%	2.4%	2.0%
Vitamin B ₂	17.5%	26.3%	30.5%	19.1%	0.1%	1.6%	1.9%	3.0%
Vitamin B ₆	16.3%	24.2%	39.7%	14.1%	0.1%	1.3%	2.3%	2.0%
Folic acid	39.1%	38.3%	15.1%	5.0%	0.1%	1.9%	0.2%	0.2%
Vitamin B ₁₂	15.3%	30.5%	35.7%	11.9%	0.1%	1.9%	2.5%	2.2%
Vitamin C	16.5%	18.2%	37.4%	23.1%	0.1%	0.9%	2.1%	1.5%
Vitamin D	18.1%	30.3%	34.4%	10.1%	0.1%	2.3%	1.8%	2.8%
Vitamin E	18.0%	25.1%	35.4%	14.8%	0.2%	1.5%	2.4%	2.5%
Calcium	21.6%	27.1%	25.4%	20.3%	0.1%	1.8%	1.1%	2.5%
Copper	18.9%	23.5%	31.4%	20.1%	0.1%	1.6%	1.9%	2.6%
Iodine ^a	26.1%	32.1%	22.8%	13.0%	0.1%	2.7%	1.1%	2.0%
Iron	17.8%	22.8%	33.5%	19.0%	0.1%	1.6%	2.0%	3.3%
Heme Iron	5.1%	27.7%	56.3%	3.9%	0.0%	1.6%	3.6%	1.8%
Non-heme Iron	19.4%	22.4%	30.4%	20.9%	0.1%	1.6%	1.7%	3.5%
Magnesium	18.7%	23.2%	29.1%	22.3%	0.1%	1.4%	1.7%	3.6%
Phosphorus	18.6%	27.1%	32.4%	15.8%	0.1%	1.6%	1.9%	2.5%
Potassium	13.8%	21.1%	35.5%	22.6%	0.1%	1.3%	2.2%	3.5%
Selenium	14.3%	27.1%	38.6%	13.4%	0.1%	1.6%	2.5%	2.3%
Sodium ^a	18.5%	31.3%	30.0%	13.1%	0.1%	2.7%	1.9%	2.4%
Zinc	16.6%	27.1%	38.1%	12.3%	0.1%	1.6%	2.2%	2.0%

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.7%	30.8%	26.7%	13.3%	0.2%	1.7%	2.4%	5.2%
Beta-carotene	4.6%	28.0%	47.4%	11.4%	0.1%	2.7%	3.7%	2.3%
Retinol Activity Equivalents	15.6%	30.1%	32.4%	12.6%	0.2%	2.2%	2.6%	4.4%
Vitamin B ₁	12.1%	26.4%	34.7%	15.7%	0.1%	3.7%	4.5%	2.8%
Vitamin B ₂	13.2%	25.4%	30.5%	22.0%	0.1%	1.8%	2.6%	4.3%
Vitamin B ₆	13.5%	27.1%	35.8%	14.7%	0.1%	2.8%	3.8%	2.2%
Folic acid	39.2%	32.8%	17.8%	6.7%	1.2%	0.9%	0.9%	0.4%
Vitamin B ₁₂	10.6%	27.6%	39.1%	13.2%	0.1%	2.4%	4.1%	2.9%
Vitamin C	12.4%	20.0%	34.9%	25.6%	0.1%	2.3%	2.5%	2.2%
Vitamin D	16.1%	27.7%	35.2%	8.8%	0.2%	2.5%	3.7%	5.9%
Vitamin E	15.2%	23.6%	36.0%	15.4%	0.1%	2.8%	3.2%	3.6%
Calcium	17.0%	27.1%	24.2%	23.6%	0.1%	1.3%	1.7%	5.0%

^a Iodine and Sodium of added salt not included

Group=Female older adults (n=366)

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Copper	17.3%	23.6%	28.4%	21.8%	0.2%	2.1%	2.9%	3.8%
Iodine ^a	23.2%	29.7%	25.5%	14.0%	0.3%	2.0%	2.1%	3.0%
Iron	16.0%	23.5%	32.2%	18.5%	0.2%	2.3%	3.2%	4.2%
Heme Iron	2.2%	29.6%	54.0%	2.1%	0.0%	3.1%	7.4%	1.6%
Non-heme Iron	18.1%	23.3%	28.3%	20.6%	0.2%	2.1%	2.7%	4.6%
Magnesium	16.0%	23.8%	27.9%	23.1%	0.2%	2.1%	2.7%	4.2%
Phosphorus	14.9%	26.9%	32.3%	16.6%	0.1%	2.2%	3.3%	3.7%
Potassium	11.6%	22.2%	32.9%	23.6%	0.1%	2.4%	3.3%	4.0%
Selenium	11.6%	26.9%	37.6%	13.2%	0.2%	2.8%	4.6%	3.2%
Sodium ^a	16.3%	30.7%	29.6%	13.2%	0.2%	2.9%	3.4%	3.7%
Zinc	13.4%	26.3%	37.9%	13.5%	0.1%	2.4%	3.8%	2.6%

^a Iodine and Sodium of added salt not included

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

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.5%	31.8%	27.5%	12.5%	0.2%	2.0%	1.4%	4.0%
Beta-carotene	4.7%	24.8%	52.4%	11.7%	0.0%	1.2%	3.3%	1.9%
Retinol Activity Equivalents	16.2%	30.2%	34.5%	12.2%	0.2%	1.8%	1.7%	3.3%
Vitamin B ₁	13.8%	25.2%	37.1%	15.7%	0.1%	2.8%	2.6%	2.6%
Vitamin B ₂	14.9%	26.2%	29.9%	21.8%	0.1%	1.6%	1.9%	3.5%
Vitamin B ₆	14.9%	26.2%	37.6%	14.1%	0.1%	2.1%	2.8%	2.2%
Folic acid	41.7%	36.7%	13.5%	5.0%	0.7%	1.8%	0.1%	0.4%
Vitamin B ₁₂	12.4%	29.2%	37.7%	13.1%	0.1%	2.1%	3.0%	2.4%
Vitamin C	14.4%	18.9%	35.3%	25.7%	0.1%	1.3%	2.4%	1.9%
Vitamin D	17.0%	29.5%	36.6%	8.7%	0.2%	2.1%	2.4%	3.4%
Vitamin E	16.5%	24.8%	35.5%	15.2%	0.2%	2.1%	2.5%	3.1%
Calcium	19.3%	26.8%	25.1%	22.8%	0.1%	1.5%	1.2%	3.1%
Copper	17.5%	23.4%	30.4%	21.4%	0.1%	1.7%	2.3%	3.2%
Iodine ^a	24.1%	31.3%	24.3%	13.7%	0.2%	2.3%	1.6%	2.6%
Iron	16.9%	23.1%	31.9%	19.7%	0.1%	1.7%	2.5%	4.1%
Heme Iron	3.3%	28.1%	56.8%	2.8%	0.0%	2.1%	4.7%	2.3%
Non-heme Iron	18.6%	22.8%	28.6%	21.8%	0.2%	1.7%	2.1%	4.3%
Magnesium	17.4%	23.2%	28.2%	23.5%	0.1%	1.7%	2.1%	3.9%
Phosphorus	16.6%	27.2%	32.4%	16.7%	0.1%	1.8%	2.3%	2.9%
Potassium	12.6%	21.5%	33.4%	24.4%	0.1%	1.6%	2.6%	3.8%
Selenium	12.3%	27.6%	38.8%	13.2%	0.1%	2.2%	3.2%	2.6%
Sodium ^a	17.2%	31.3%	30.3%	13.1%	0.2%	2.7%	2.2%	3.0%
Zinc	15.0%	26.6%	37.8%	13.3%	0.1%	2.0%	2.7%	2.4%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	22.3%	29.2%	23.6%	14.5%	0.2%	1.9%	2.9%	5.3%
Beta-carotene	7.5%	26.9%	46.1%	9.8%	0.1%	3.9%	3.5%	2.2%
Retinol Activity Equivalents	18.3%	28.4%	29.4%	13.2%	0.2%	2.8%	3.2%	4.6%
Vitamin B ₁	13.2%	26.3%	35.2%	14.1%	0.1%	3.1%	5.7%	2.2%
Vitamin B ₂	14.8%	25.0%	31.6%	19.1%	0.1%	2.0%	3.1%	4.3%
Vitamin B ₆	14.1%	25.5%	36.8%	15.1%	0.1%	2.5%	4.1%	1.8%
Folic acid	33.9%	31.8%	23.3%	7.9%	0.8%	0.5%	1.7%	0.2%
Vitamin B ₁₂	12.5%	27.9%	37.8%	11.9%	0.1%	2.2%	4.4%	3.1%
Vitamin C	13.2%	20.1%	36.9%	22.6%	0.2%	2.7%	2.3%	2.0%
Vitamin D	16.6%	27.3%	31.7%	10.5%	0.1%	3.0%	4.0%	6.9%
Vitamin E	16.1%	23.1%	36.3%	15.0%	0.1%	2.6%	3.6%	3.3%
Calcium	17.9%	27.7%	23.9%	21.4%	0.2%	1.4%	1.9%	5.7%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Copper	18.7%	23.8%	28.0%	20.7%	0.1%	2.3%	2.9%	3.5%
Iodine ^a	24.9%	29.6%	24.8%	13.5%	0.3%	2.2%	2.1%	2.7%
Iron	16.3%	23.4%	34.3%	16.9%	0.1%	2.5%	3.2%	3.4%
Heme Iron	3.6%	30.1%	51.4%	2.8%	0.0%	3.3%	8.3%	0.5%
Non-heme Iron	18.7%	23.2%	30.1%	18.8%	0.1%	2.3%	2.7%	4.0%
Magnesium	16.6%	24.1%	28.8%	21.6%	0.1%	2.1%	2.7%	4.0%
Phosphorus	15.9%	26.5%	32.1%	15.6%	0.1%	2.2%	3.6%	3.8%
Potassium	12.1%	22.2%	34.8%	21.1%	0.1%	2.7%	3.4%	3.7%
Selenium	13.5%	25.7%	36.6%	13.5%	0.1%	2.6%	4.9%	3.1%
Sodium ^a	17.1%	30.3%	28.8%	13.2%	0.2%	2.9%	3.9%	3.5%
Zinc	13.9%	26.5%	38.4%	12.3%	0.1%	2.3%	4.1%	2.4%

^a Iodine and Sodium of added salt not included

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

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.8%	32.2%	26.1%	13.2%	0.2%	2.4%	1.4%	3.7%
Beta-carotene	6.3%	20.7%	55.9%	10.6%	0.0%	1.0%	3.6%	1.9%
Retinol Activity Equivalents	17.0%	29.4%	33.7%	12.7%	0.1%	1.9%	1.9%	3.2%
Vitamin B ₁	14.5%	24.6%	39.6%	14.2%	0.1%	2.1%	2.8%	2.2%
Vitamin B ₂	15.6%	27.7%	30.2%	19.3%	0.1%	1.6%	2.3%	3.3%
Vitamin B ₆	15.6%	23.6%	40.4%	13.8%	0.1%	1.4%	2.8%	2.3%
Folic acid	40.4%	37.6%	14.2%	4.9%	0.2%	2.2%	0.3%	0.2%
Vitamin B ₁₂	13.2%	32.0%	35.1%	12.0%	0.1%	2.0%	2.9%	2.6%
Vitamin C	15.8%	17.4%	37.6%	23.8%	0.1%	1.0%	2.8%	1.4%
Vitamin D	17.3%	30.8%	34.7%	10.3%	0.1%	1.8%	2.1%	2.9%
Vitamin E	17.2%	24.3%	35.9%	15.1%	0.2%	1.6%	2.9%	2.9%
Calcium	20.4%	28.2%	24.5%	20.8%	0.1%	1.9%	1.3%	2.8%
Copper	18.0%	23.3%	31.7%	20.3%	0.1%	1.4%	2.4%	2.8%
Iodine ^a	25.1%	32.7%	22.8%	13.5%	0.1%	2.5%	1.4%	2.0%
Iron	17.1%	22.5%	33.2%	19.7%	0.1%	1.4%	2.5%	3.5%
Heme Iron	3.5%	27.9%	56.6%	3.5%	0.0%	1.8%	4.3%	2.3%
Non-heme Iron	18.8%	22.0%	30.3%	21.6%	0.1%	1.4%	2.2%	3.7%
Magnesium	17.7%	23.1%	29.0%	22.7%	0.1%	1.4%	2.2%	3.9%
Phosphorus	17.3%	27.9%	32.0%	15.8%	0.1%	1.7%	2.3%	2.8%
Potassium	12.9%	21.2%	35.0%	23.2%	0.1%	1.3%	2.7%	3.6%
Selenium	13.0%	27.5%	38.7%	13.3%	0.1%	1.7%	3.1%	2.6%
Sodium ^a	17.3%	31.9%	30.2%	13.2%	0.1%	2.4%	2.2%	2.8%
Zinc	15.5%	27.3%	37.9%	12.4%	0.1%	1.8%	2.7%	2.3%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.2%	31.6%	28.7%	12.0%	0.2%	1.7%	1.5%	4.1%
Beta-carotene	3.4%	28.0%	49.7%	12.5%	0.0%	1.5%	3.0%	1.9%
Retinol Activity Equivalents	15.5%	30.8%	35.2%	11.8%	0.2%	1.6%	1.5%	3.3%
Vitamin B ₁	13.2%	25.8%	35.1%	17.0%	0.1%	3.4%	2.4%	2.9%
Vitamin B ₂	14.4%	25.1%	29.7%	23.8%	0.1%	1.6%	1.6%	3.6%
Vitamin B ₆	14.4%	28.3%	35.3%	14.4%	0.1%	2.6%	2.7%	2.2%
Folic acid	42.8%	36.0%	12.9%	5.1%	1.2%	1.4%	0.0%	0.6%
Vitamin B ₁₂	11.8%	26.9%	39.7%	14.0%	0.2%	2.2%	3.0%	2.2%
Vitamin C	13.4%	20.1%	33.6%	27.2%	0.0%	1.4%	2.1%	2.2%
Vitamin D	16.9%	28.5%	38.2%	7.4%	0.2%	2.4%	2.6%	3.9%
Vitamin E	15.9%	25.2%	35.3%	15.3%	0.2%	2.5%	2.2%	3.3%
Calcium	18.4%	25.7%	25.7%	24.4%	0.1%	1.2%	1.2%	3.3%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Copper	17.0%	23.5%	29.4%	22.2%	0.1%	2.0%	2.2%	3.6%
Iodine ^a	23.3%	30.2%	25.4%	13.8%	0.4%	2.2%	1.7%	3.0%
Iron	16.7%	23.6%	30.8%	19.7%	0.2%	2.0%	2.5%	4.5%
Heme Iron	3.0%	28.3%	56.9%	2.2%	0.0%	2.3%	5.0%	2.3%
Non-heme Iron	18.4%	23.5%	27.3%	21.9%	0.2%	1.9%	2.0%	4.8%
Magnesium	17.1%	23.2%	27.6%	24.0%	0.2%	1.9%	2.0%	3.9%
Phosphorus	16.0%	26.7%	32.7%	17.3%	0.1%	2.0%	2.2%	3.0%
Potassium	12.4%	21.7%	32.2%	25.3%	0.1%	1.8%	2.4%	3.9%
Selenium	11.7%	27.7%	38.8%	13.2%	0.2%	2.6%	3.2%	2.7%
Sodium ^a	17.1%	30.8%	30.4%	13.0%	0.2%	3.0%	2.3%	3.2%
Zinc	14.6%	26.1%	37.7%	14.1%	0.1%	2.1%	2.7%	2.5%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	30.0%	28.2%	23.6%	12.9%	0.1%	2.3%	0.8%	2.0%
Beta-carotene	10.0%	24.7%	51.0%	9.6%	0.1%	2.6%	0.9%	1.0%
Retinol Activity Equivalents	24.2%	27.0%	31.9%	12.1%	0.1%	2.1%	0.8%	1.7%
Vitamin B ₁	19.3%	24.0%	37.7%	15.2%	0.0%	1.1%	1.1%	1.6%
Vitamin B ₂	22.7%	22.6%	31.3%	18.6%	0.1%	1.6%	0.7%	2.4%
Vitamin B ₆	18.3%	25.9%	37.7%	14.9%	0.0%	1.2%	1.0%	0.9%
Folic acid	35.6%	40.2%	17.6%	5.3%	0.0%	1.3%	0.0%	0.0%
Vitamin B ₁₂	20.7%	26.5%	37.2%	11.5%	0.0%	1.4%	1.4%	1.2%
Vitamin C	18.4%	20.3%	37.0%	21.2%	0.0%	0.7%	0.4%	1.8%
Vitamin D	20.3%	29.1%	33.5%	9.7%	0.1%	3.7%	1.0%	2.6%
Vitamin E	20.3%	27.4%	34.2%	14.2%	0.0%	1.3%	0.9%	1.6%
Calcium	24.7%	24.4%	27.8%	19.1%	0.1%	1.6%	0.3%	1.9%
Copper	21.2%	24.0%	30.6%	19.3%	0.1%	1.9%	0.7%	2.2%
Iodine ^a	28.9%	30.7%	22.9%	11.5%	0.1%	3.3%	0.5%	2.0%
Iron	19.6%	23.5%	34.1%	17.4%	0.1%	1.8%	0.7%	2.9%
Heme Iron	9.4%	27.0%	55.3%	4.9%	0.0%	1.1%	1.9%	0.4%
Non-heme Iron	21.1%	23.4%	30.8%	18.9%	0.1%	1.9%	0.6%	3.2%
Magnesium	21.4%	23.2%	29.3%	21.2%	0.1%	1.4%	0.6%	2.7%
Phosphorus	21.9%	25.0%	33.4%	15.8%	0.1%	1.4%	0.8%	1.7%
Potassium	16.1%	20.9%	36.7%	21.1%	0.0%	1.4%	0.8%	3.0%
Selenium	17.7%	26.1%	38.2%	13.8%	0.1%	1.6%	1.1%	1.5%
Sodium ^a	21.8%	29.7%	29.7%	12.7%	0.1%	3.5%	1.1%	1.5%
Zinc	19.5%	26.5%	38.7%	11.9%	0.1%	1.2%	0.8%	1.3%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	18.9%	29.7%	23.6%	15.3%	0.2%	1.7%	3.9%	6.8%
Beta-carotene	6.4%	27.9%	43.8%	9.9%	0.1%	4.5%	4.7%	2.8%
Retinol Activity Equivalents	15.6%	29.0%	28.3%	13.7%	0.2%	3.0%	4.2%	6.0%
Vitamin B ₁	10.4%	27.4%	34.1%	13.7%	0.1%	4.0%	7.8%	2.5%
Vitamin B ₂	11.3%	26.0%	31.7%	19.4%	0.1%	2.1%	4.2%	5.2%
Vitamin B ₆	12.1%	25.3%	36.4%	15.2%	0.2%	3.1%	5.5%	2.2%
Folic acid	33.0%	27.1%	26.5%	9.4%	1.3%	0.0%	2.6%	0.3%
Vitamin B ₁₂	8.8%	28.6%	38.1%	12.1%	0.1%	2.6%	5.8%	3.9%
Vitamin C	10.9%	19.9%	36.8%	23.2%	0.3%	3.6%	3.2%	2.1%
Vitamin D	15.0%	26.5%	30.8%	10.8%	0.1%	2.6%	5.3%	8.9%
Vitamin E	14.1%	21.1%	37.2%	15.4%	0.1%	3.2%	4.8%	4.1%
Calcium	14.8%	29.2%	22.1%	22.4%	0.2%	1.3%	2.5%	7.5%
Copper	17.6%	23.7%	26.8%	21.3%	0.2%	2.4%	3.9%	4.1%
Iodine ^a	23.1%	29.0%	25.6%	14.3%	0.3%	1.7%	2.8%	3.1%
Iron	14.8%	23.4%	34.4%	16.7%	0.1%	2.7%	4.3%	3.6%
Heme Iron	0.9%	31.5%	49.6%	1.8%	0.0%	4.3%	11.2%	0.6%
Non-heme Iron	17.7%	23.1%	29.8%	18.8%	0.1%	2.5%	3.7%	4.3%
Magnesium	14.4%	24.5%	28.5%	21.7%	0.1%	2.5%	3.7%	4.5%
Phosphorus	13.3%	27.2%	31.6%	15.6%	0.2%	2.6%	4.8%	4.8%
Potassium	10.3%	22.8%	33.9%	21.1%	0.1%	3.2%	4.6%	4.0%
Selenium	11.6%	25.6%	35.8%	13.3%	0.1%	3.1%	6.7%	3.9%
Sodium ^a	15.0%	30.5%	28.5%	13.5%	0.2%	2.7%	5.2%	4.5%
Zinc	11.5%	26.5%	38.3%	12.5%	0.2%	2.7%	5.5%	2.8%

^a Iodine and Sodium of added salt not included

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

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.0%	27.8%	30.5%	13.1%	0.2%	2.2%	1.9%	3.3%
Beta-carotene	4.7%	33.1%	41.8%	12.5%	0.0%	2.7%	3.2%	2.0%
Retinol Activity Equivalents	16.7%	28.6%	34.1%	12.9%	0.1%	2.5%	2.2%	2.9%
Vitamin B ₁	12.0%	29.0%	33.1%	15.4%	0.1%	4.6%	3.4%	2.3%
Vitamin B ₂	14.6%	25.7%	29.0%	22.9%	0.1%	2.2%	2.3%	3.3%
Vitamin B ₆	13.6%	28.6%	34.9%	14.1%	0.1%	3.4%	3.0%	2.2%
Folic acid	38.6%	27.6%	25.7%	6.6%	0.0%	0.6%	0.3%	0.7%
Vitamin B ₁₂	12.4%	28.4%	36.7%	14.2%	0.1%	2.6%	3.4%	2.2%
Vitamin C	9.2%	24.3%	31.6%	27.3%	0.2%	2.7%	2.6%	2.1%
Vitamin D	18.2%	28.2%	36.5%	8.7%	0.1%	2.4%	2.7%	3.2%
Vitamin E	17.6%	25.7%	33.7%	13.8%	0.1%	3.2%	2.3%	3.6%
Calcium	19.1%	25.5%	25.0%	24.2%	0.1%	1.5%	1.7%	3.0%
Copper	17.7%	24.3%	29.3%	20.2%	0.1%	2.4%	2.4%	3.5%
Iodine ^a	26.3%	27.0%	26.1%	14.0%	0.3%	1.7%	1.8%	2.8%
Iron	17.0%	25.3%	30.4%	17.9%	0.1%	2.6%	2.6%	4.2%
Heme Iron	3.4%	33.8%	50.4%	2.2%	0.0%	3.8%	4.7%	1.7%
Non-heme Iron	18.6%	24.3%	27.9%	19.9%	0.1%	2.3%	2.3%	4.5%
Magnesium	16.8%	24.4%	27.4%	22.8%	0.1%	2.3%	2.4%	3.9%
Phosphorus	16.5%	27.2%	31.3%	17.0%	0.1%	2.5%	2.6%	2.8%
Potassium	11.6%	23.8%	30.8%	24.6%	0.1%	2.7%	2.7%	3.8%
Selenium	13.3%	28.2%	35.8%	13.6%	0.1%	3.1%	3.0%	2.9%
Sodium ^a	18.0%	30.5%	30.7%	12.1%	0.2%	3.3%	2.5%	2.8%
Zinc	14.7%	28.3%	35.7%	13.1%	0.1%	2.9%	3.1%	2.1%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.8%	33.8%	23.6%	12.0%	0.1%	1.4%	2.2%	6.1%
Beta-carotene	5.9%	24.6%	53.9%	9.1%	0.0%	1.3%	2.9%	2.3%
Retinol Activity Equivalents	16.9%	31.8%	30.9%	11.2%	0.1%	1.6%	2.4%	5.1%
Vitamin B ₁	13.4%	25.3%	39.0%	13.6%	0.0%	1.2%	5.0%	2.5%
Vitamin B ₂	13.9%	27.2%	33.0%	18.1%	0.0%	1.0%	2.6%	4.1%
Vitamin B ₆	15.0%	25.7%	39.0%	13.5%	0.0%	1.0%	3.9%	1.8%
Folic acid	39.7%	36.0%	17.3%	5.7%	0.0%	1.1%	0.0%	0.2%
Vitamin B ₁₂	11.6%	30.0%	39.6%	10.3%	0.0%	1.6%	3.5%	3.3%
Vitamin C	13.7%	18.4%	40.1%	23.2%	0.0%	0.9%	2.5%	1.1%
Vitamin D	16.5%	30.2%	33.1%	8.9%	0.0%	1.5%	3.2%	6.4%
Vitamin E	15.6%	22.9%	38.7%	15.2%	0.1%	1.2%	3.2%	3.1%
Calcium	17.7%	28.5%	24.9%	20.6%	0.1%	1.2%	1.4%	5.7%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Copper	18.2%	24.4%	29.6%	20.7%	0.0%	1.0%	2.8%	3.2%
Iodine ^a	23.1%	33.0%	24.9%	12.7%	0.0%	2.2%	1.8%	2.3%
Iron	15.8%	22.8%	35.7%	18.4%	0.0%	1.1%	3.0%	3.2%
Heme Iron	2.1%	27.7%	57.1%	2.5%	0.0%	1.0%	8.1%	1.6%
Non-heme Iron	18.3%	23.0%	30.9%	20.5%	0.0%	1.2%	2.5%	3.6%
Magnesium	16.5%	24.0%	29.9%	22.0%	0.0%	1.1%	2.6%	3.9%
Phosphorus	15.3%	27.7%	33.8%	14.9%	0.0%	1.3%	3.4%	3.7%
Potassium	11.8%	21.9%	36.7%	21.5%	0.0%	1.1%	3.6%	3.4%
Selenium	11.7%	28.3%	38.7%	11.7%	0.0%	1.6%	5.1%	3.1%
Sodium ^a	16.3%	31.3%	30.3%	12.9%	0.1%	1.7%	3.5%	3.9%
Zinc	13.8%	26.1%	41.3%	11.6%	0.0%	1.0%	3.5%	2.6%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.0%	29.7%	24.9%	16.1%	0.4%	2.0%	1.6%	4.1%
Beta-carotene	5.1%	15.6%	56.4%	13.0%	0.2%	3.1%	4.8%	1.9%
Retinol Activity Equivalents	16.3%	26.4%	34.6%	15.0%	0.4%	2.0%	2.0%	3.4%
Vitamin B ₁	16.0%	20.2%	37.7%	17.9%	0.3%	2.6%	2.2%	3.1%
Vitamin B ₂	16.2%	22.3%	29.9%	23.5%	0.2%	2.0%	1.6%	4.3%
Vitamin B ₆	15.4%	20.8%	38.5%	18.2%	0.3%	2.2%	2.4%	2.2%
Folic acid	44.9%	33.6%	3.8%	6.1%	4.3%	4.0%	3.3%	0.0%
Vitamin B ₁₂	12.8%	25.2%	38.1%	15.5%	0.2%	2.2%	3.4%	2.6%
Vitamin C	21.6%	11.8%	37.8%	21.6%	0.1%	1.9%	1.9%	3.4%
Vitamin D	15.2%	25.4%	34.7%	12.6%	0.3%	4.1%	3.4%	4.3%
Vitamin E	15.3%	20.6%	35.7%	18.8%	0.2%	2.6%	3.9%	2.9%
Calcium	19.8%	25.9%	24.7%	22.7%	0.3%	2.0%	1.2%	3.4%
Copper	18.0%	20.0%	29.6%	23.6%	0.3%	2.7%	2.3%	3.5%
Iodine ^a	22.6%	32.2%	21.0%	15.5%	0.6%	3.4%	1.7%	3.0%
Iron	17.9%	19.6%	32.1%	20.7%	0.4%	2.3%	2.5%	4.6%
Heme Iron	3.4%	20.8%	60.4%	5.5%	0.0%	2.5%	4.9%	2.6%
Non-heme Iron	19.5%	20.0%	28.4%	22.4%	0.4%	2.4%	2.1%	4.9%
Magnesium	18.2%	20.8%	27.4%	24.6%	0.4%	2.4%	1.8%	4.3%
Phosphorus	17.5%	24.3%	31.9%	18.6%	0.3%	2.0%	2.0%	3.3%
Potassium	14.5%	17.4%	34.6%	24.2%	0.3%	2.3%	2.0%	4.7%
Selenium	12.9%	22.4%	39.3%	17.2%	0.3%	2.0%	3.2%	2.6%
Sodium ^a	16.4%	29.6%	27.3%	16.9%	0.4%	3.8%	2.5%	3.2%
Zinc	15.2%	23.2%	37.3%	16.3%	0.3%	2.3%	2.8%	2.7%

^a Iodine and Sodium of added salt not included

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

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	25.7%	26.6%	29.6%	12.1%	0.0%	3.0%	1.0%	2.0%
Beta-carotene	7.2%	35.2%	41.8%	11.5%	0.0%	1.0%	1.6%	1.7%
Retinol Activity Equivalents	21.0%	27.9%	34.4%	11.8%	0.0%	2.2%	1.0%	1.7%
Vitamin B ₁	16.4%	28.1%	37.6%	12.3%	0.0%	1.5%	2.7%	1.4%
Vitamin B ₂	19.4%	26.4%	30.0%	18.9%	0.0%	1.1%	1.7%	2.5%
Vitamin B ₆	16.2%	27.3%	38.6%	13.0%	0.0%	1.0%	2.3%	1.7%
Folic acid	46.2%	16.9%	29.7%	5.9%	0.0%	0.4%	1.0%	0.0%
Vitamin B ₁₂	16.2%	27.5%	36.6%	12.9%	0.0%	1.9%	3.4%	1.5%
Vitamin C	11.9%	25.2%	35.6%	23.6%	0.0%	1.0%	1.5%	1.2%
Vitamin D	21.4%	27.6%	37.0%	8.3%	0.0%	1.9%	2.2%	1.7%
Vitamin E	22.0%	24.1%	35.4%	12.4%	0.0%	1.6%	1.7%	2.8%
Calcium	26.0%	25.0%	25.1%	19.7%	0.0%	1.2%	0.9%	2.1%
Copper	20.0%	25.0%	32.5%	17.2%	0.0%	1.4%	1.8%	2.2%
Iodine ^a	32.0%	24.0%	27.2%	11.4%	0.0%	2.5%	1.3%	1.5%
Iron	18.9%	24.5%	33.8%	16.8%	0.0%	1.6%	1.6%	2.8%
Heme Iron	5.6%	37.6%	48.8%	2.6%	0.0%	1.9%	2.8%	0.7%
Non-heme Iron	20.5%	23.2%	31.5%	18.6%	0.0%	1.5%	1.4%	3.2%
Magnesium	19.2%	24.1%	29.3%	21.1%	0.0%	1.1%	1.8%	3.3%
Phosphorus	20.4%	27.3%	32.0%	14.7%	0.0%	1.3%	2.0%	2.2%
Potassium	13.4%	24.5%	33.8%	22.2%	0.0%	1.1%	2.0%	3.1%
Selenium	15.7%	28.3%	37.0%	12.5%	0.0%	1.6%	2.6%	2.1%
Sodium ^a	20.8%	29.4%	33.0%	10.9%	0.0%	2.2%	1.9%	1.8%
Zinc	18.2%	29.5%	36.9%	10.6%	0.0%	1.5%	1.9%	1.5%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.3%	32.8%	25.6%	13.4%	0.3%	2.3%	1.2%	4.1%
Beta-carotene	6.2%	19.6%	57.3%	10.9%	0.0%	0.3%	3.9%	1.8%
Retinol Activity Equivalents	16.5%	29.2%	33.3%	13.1%	0.2%	2.0%	1.9%	3.7%
Vitamin B ₁	14.2%	24.7%	40.4%	14.0%	0.0%	1.2%	2.7%	2.7%
Vitamin B ₂	15.4%	26.8%	31.4%	19.3%	0.1%	1.5%	2.2%	3.3%
Vitamin B ₆	17.0%	22.5%	40.8%	13.4%	0.0%	1.1%	2.9%	2.2%
Folic acid	37.5%	38.1%	18.6%	2.8%	0.0%	2.6%	0.0%	0.4%
Vitamin B ₁₂	13.4%	33.4%	35.4%	11.0%	0.1%	1.7%	1.7%	3.3%
Vitamin C	12.7%	17.3%	38.8%	25.3%	0.0%	0.4%	3.9%	1.7%
Vitamin D	16.8%	31.7%	35.5%	9.8%	0.1%	1.1%	1.8%	3.2%
Vitamin E	16.6%	23.8%	37.1%	14.9%	0.3%	1.4%	3.4%	2.5%
Calcium	18.8%	25.6%	26.3%	22.8%	0.2%	1.9%	1.6%	2.9%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Copper	18.6%	23.2%	31.1%	20.2%	0.1%	1.2%	2.7%	2.9%
Iodine ^a	23.8%	35.3%	21.9%	13.4%	0.1%	2.1%	1.4%	2.1%
Iron	17.1%	22.5%	33.6%	19.5%	0.1%	1.1%	2.5%	3.7%
Heme Iron	2.7%	25.9%	58.2%	4.0%	0.0%	0.9%	4.5%	3.7%
Non-heme Iron	18.9%	22.3%	30.2%	21.4%	0.1%	1.1%	2.3%	3.6%
Magnesium	18.2%	23.4%	28.8%	22.5%	0.1%	1.1%	2.2%	3.7%
Phosphorus	17.1%	27.2%	32.4%	16.7%	0.1%	1.5%	2.3%	2.8%
Potassium	13.0%	20.6%	35.7%	23.1%	0.1%	1.0%	2.9%	3.6%
Selenium	13.1%	28.7%	37.9%	13.2%	0.1%	1.2%	2.9%	2.9%
Sodium ^a	17.3%	31.5%	29.9%	13.9%	0.1%	1.9%	2.2%	3.2%
Zinc	15.5%	26.5%	39.0%	12.4%	0.1%	1.4%	2.4%	2.7%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	23.2%	29.4%	25.0%	15.2%	0.2%	1.9%	1.2%	3.9%
Beta-carotene	6.2%	15.6%	58.6%	10.5%	0.1%	4.2%	2.8%	2.0%
Retinol Activity Equivalents	18.6%	27.3%	33.3%	14.3%	0.2%	1.9%	1.5%	3.0%
Vitamin B ₁	16.0%	20.9%	37.6%	18.6%	0.0%	3.6%	1.4%	1.9%
Vitamin B ₂	17.9%	23.4%	31.5%	20.9%	0.1%	2.6%	0.8%	2.9%
Vitamin B ₆	15.0%	21.5%	39.6%	18.7%	0.0%	2.6%	1.1%	1.5%
Folic acid	43.5%	39.5%	2.5%	10.4%	0.0%	4.0%	0.0%	0.0%
Vitamin B ₁₂	15.9%	26.7%	37.1%	14.6%	0.1%	2.6%	1.3%	1.8%
Vitamin C	22.2%	13.3%	41.1%	18.6%	0.0%	2.1%	0.7%	1.9%
Vitamin D	16.6%	28.9%	28.4%	16.3%	0.2%	5.4%	1.0%	3.3%
Vitamin E	16.6%	22.7%	34.2%	20.4%	0.1%	2.0%	1.5%	2.5%
Calcium	21.2%	27.5%	26.6%	19.2%	0.2%	2.5%	0.4%	2.4%
Copper	18.0%	21.0%	31.3%	23.1%	0.1%	2.8%	1.0%	2.6%
Iodine ^a	22.5%	34.0%	19.9%	16.3%	0.2%	4.3%	0.6%	2.3%
Iron	17.7%	20.6%	33.8%	20.7%	0.1%	2.7%	1.2%	3.4%
Heme Iron	4.5%	17.5%	63.5%	7.7%	0.0%	3.3%	2.3%	1.2%
Non-heme Iron	19.4%	20.9%	30.0%	22.2%	0.1%	2.7%	1.0%	3.7%
Magnesium	18.5%	21.0%	29.5%	24.3%	0.1%	2.3%	0.8%	3.5%
Phosphorus	18.1%	24.6%	33.7%	17.9%	0.1%	2.5%	0.9%	2.2%
Potassium	14.7%	17.8%	36.9%	23.4%	0.0%	2.6%	1.0%	3.7%
Selenium	14.0%	23.8%	38.3%	18.1%	0.1%	2.6%	1.2%	1.9%
Sodium ^a	16.6%	29.6%	28.2%	17.3%	0.1%	4.8%	1.4%	2.0%
Zinc	15.1%	23.0%	40.7%	15.6%	0.1%	2.7%	1.1%	1.8%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.0%	28.2%	30.8%	13.6%	0.2%	1.9%	2.3%	3.8%
Beta-carotene	3.7%	32.2%	41.8%	12.8%	0.0%	3.4%	3.9%	2.2%
Retinol Activity Equivalents	14.9%	28.9%	34.0%	13.3%	0.2%	2.6%	2.6%	3.4%
Vitamin B ₁	10.2%	29.4%	31.2%	16.7%	0.1%	6.0%	3.7%	2.7%
Vitamin B ₂	12.6%	25.4%	28.6%	24.5%	0.1%	2.7%	2.6%	3.6%
Vitamin B ₆	12.6%	29.1%	33.4%	14.6%	0.1%	4.4%	3.4%	2.5%
Folic acid	35.4%	32.0%	24.0%	6.9%	0.0%	0.7%	0.0%	1.0%
Vitamin B ₁₂	10.8%	28.7%	36.7%	14.8%	0.2%	2.9%	3.4%	2.4%
Vitamin C	8.1%	23.9%	29.9%	28.8%	0.2%	3.3%	3.1%	2.5%
Vitamin D	16.9%	28.4%	36.3%	8.9%	0.2%	2.6%	2.9%	3.9%
Vitamin E	15.8%	26.4%	33.0%	14.4%	0.2%	3.9%	2.5%	3.9%
Calcium	16.2%	25.7%	24.9%	26.0%	0.2%	1.6%	2.1%	3.3%
Copper	16.8%	24.0%	28.0%	21.4%	0.2%	2.8%	2.7%	4.1%
Iodine ^a	24.0%	28.3%	25.7%	15.1%	0.4%	1.4%	2.0%	3.3%
Iron	16.2%	25.6%	28.9%	18.3%	0.2%	3.0%	3.0%	4.7%
Heme Iron	2.5%	32.2%	51.0%	2.1%	0.0%	4.6%	5.5%	2.1%
Non-heme Iron	17.8%	24.8%	26.4%	20.4%	0.2%	2.7%	2.6%	5.0%
Magnesium	15.8%	24.5%	26.6%	23.5%	0.1%	2.8%	2.6%	4.1%
Phosphorus	14.8%	27.1%	31.0%	18.0%	0.2%	3.1%	2.8%	3.0%
Potassium	10.8%	23.5%	29.6%	25.6%	0.1%	3.3%	2.9%	4.1%
Selenium	12.3%	28.2%	35.2%	14.0%	0.2%	3.7%	3.2%	3.2%
Sodium ^a	16.8%	30.9%	29.8%	12.6%	0.2%	3.7%	2.8%	3.2%
Zinc	13.2%	27.8%	35.3%	14.2%	0.2%	3.4%	3.6%	2.4%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.1%	34.5%	22.3%	11.1%	0.0%	0.8%	2.8%	7.4%
Beta-carotene	5.6%	27.8%	51.8%	8.0%	0.0%	1.9%	2.3%	2.7%
Retinol Activity Equivalents	17.1%	33.4%	29.5%	10.0%	0.0%	1.4%	2.7%	6.0%
Vitamin B ₁	12.9%	25.7%	38.1%	13.4%	0.0%	1.3%	6.4%	2.3%
Vitamin B ₂	13.0%	27.4%	34.0%	17.4%	0.0%	0.7%	2.8%	4.6%
Vitamin B ₆	13.8%	27.7%	37.9%	13.6%	0.0%	0.9%	4.6%	1.6%
Folic acid	41.2%	34.6%	16.3%	7.8%	0.0%	0.0%	0.0%	0.0%
Vitamin B ₁₂	10.4%	27.9%	42.2%	9.9%	0.0%	1.6%	4.6%	3.4%
Vitamin C	14.4%	19.1%	41.0%	21.8%	0.0%	1.2%	1.7%	0.8%
Vitamin D	16.4%	29.3%	31.6%	8.3%	0.0%	1.9%	4.1%	8.5%
Vitamin E	15.0%	22.3%	39.7%	15.3%	0.0%	1.1%	3.1%	3.5%
Calcium	17.1%	30.3%	24.1%	19.2%	0.0%	0.7%	1.2%	7.4%
Copper	17.9%	25.2%	28.6%	21.1%	0.0%	0.9%	2.9%	3.4%
Iodine ^a	22.6%	31.6%	26.7%	12.2%	0.0%	2.2%	2.2%	2.5%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iron	14.9%	22.9%	37.0%	17.7%	0.0%	1.2%	3.3%	3.0%
Heme Iron	1.7%	28.8%	56.3%	1.5%	0.0%	1.1%	10.4%	0.2%
Non-heme Iron	18.0%	23.4%	31.3%	19.9%	0.0%	1.2%	2.6%	3.6%
Magnesium	15.4%	24.4%	30.7%	21.6%	0.0%	1.1%	2.8%	4.0%
Phosphorus	14.1%	28.0%	34.6%	13.7%	0.0%	1.2%	4.0%	4.3%
Potassium	11.1%	22.8%	37.2%	20.5%	0.0%	1.2%	4.0%	3.2%
Selenium	10.7%	28.0%	39.1%	10.7%	0.0%	1.8%	6.4%	3.2%
Sodium ^a	15.6%	31.2%	30.6%	12.3%	0.0%	1.6%	4.4%	4.3%
Zinc	12.8%	25.9%	42.8%	11.1%	0.0%	0.8%	4.1%	2.5%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.0%	30.0%	24.8%	17.0%	0.7%	2.1%	2.0%	4.3%
Beta-carotene	4.0%	15.6%	54.3%	15.4%	0.2%	2.1%	6.6%	1.8%
Retinol Activity Equivalents	14.2%	25.6%	35.8%	15.6%	0.6%	2.0%	2.4%	3.8%
Vitamin B ₁	15.9%	19.7%	37.8%	17.3%	0.5%	1.7%	2.9%	4.1%
Vitamin B ₂	14.7%	21.3%	28.3%	25.9%	0.3%	1.5%	2.4%	5.6%
Vitamin B ₆	15.7%	20.2%	37.6%	17.7%	0.6%	1.7%	3.7%	2.8%
Folic acid	46.1%	28.4%	4.9%	2.2%	8.1%	4.0%	6.2%	0.0%
Vitamin B ₁₂	9.9%	23.8%	39.0%	16.3%	0.3%	1.8%	5.4%	3.4%
Vitamin C	21.0%	10.4%	34.8%	24.5%	0.1%	1.7%	2.9%	4.7%
Vitamin D	13.9%	22.2%	40.5%	9.1%	0.5%	3.0%	5.6%	5.3%
Vitamin E	14.1%	18.6%	37.1%	17.3%	0.3%	3.0%	6.1%	3.3%
Calcium	18.5%	24.3%	22.9%	26.0%	0.5%	1.6%	1.9%	4.4%
Copper	17.9%	19.2%	27.9%	24.1%	0.5%	2.6%	3.5%	4.4%
Iodine ^a	22.6%	30.5%	22.1%	14.8%	1.0%	2.6%	2.8%	3.7%
Iron	18.1%	18.7%	30.5%	20.7%	0.6%	2.0%	3.7%	5.8%
Heme Iron	2.5%	23.9%	57.4%	3.4%	0.0%	1.7%	7.3%	3.8%
Non-heme Iron	19.6%	19.1%	27.0%	22.6%	0.6%	2.1%	3.0%	6.0%
Magnesium	18.0%	20.7%	25.4%	24.9%	0.7%	2.4%	2.8%	5.1%
Phosphorus	16.8%	24.0%	30.3%	19.3%	0.5%	1.6%	3.1%	4.4%
Potassium	14.4%	17.1%	32.5%	25.0%	0.5%	2.0%	2.9%	5.6%
Selenium	11.9%	21.2%	40.3%	16.3%	0.5%	1.5%	5.0%	3.2%
Sodium ^a	16.1%	29.6%	26.4%	16.5%	0.7%	3.0%	3.4%	4.2%
Zinc	15.3%	23.3%	34.1%	17.0%	0.4%	1.9%	4.3%	3.7%

^a Iodine and Sodium of added salt not included

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

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.2%	33.6%	23.4%	12.3%	0.2%	2.0%	2.2%	5.9%
Beta-carotene	6.9%	21.6%	54.1%	9.5%	0.1%	1.0%	4.3%	2.6%
Retinol Activity Equivalents	16.0%	29.9%	33.0%	11.3%	0.2%	1.8%	2.6%	5.2%
Vitamin B ₁	14.1%	22.5%	38.5%	14.8%	0.1%	2.0%	5.7%	2.3%
Vitamin B ₂	15.3%	24.0%	31.3%	20.7%	0.1%	1.2%	2.9%	4.5%
Vitamin B ₆	13.4%	21.6%	41.5%	15.7%	0.1%	1.1%	4.3%	2.3%
Folic acid	33.0%	40.5%	11.4%	13.2%	0.2%	0.8%	0.4%	0.5%
Vitamin B ₁₂	11.5%	26.6%	39.9%	13.2%	0.1%	1.5%	3.3%	3.9%
Vitamin C	13.9%	14.0%	41.2%	25.9%	0.1%	0.7%	2.8%	1.3%
Vitamin D	16.1%	25.0%	34.6%	10.4%	0.2%	1.7%	3.4%	8.6%
Vitamin E	14.6%	21.5%	39.8%	16.1%	0.2%	1.4%	3.2%	3.2%
Calcium	18.5%	29.5%	20.8%	22.0%	0.2%	1.2%	1.5%	6.3%
Copper	18.2%	21.3%	30.1%	22.5%	0.1%	1.4%	2.9%	3.5%
Iodine ^a	23.4%	31.2%	24.1%	14.1%	0.2%	2.5%	1.6%	2.8%
Iron	16.3%	20.7%	36.6%	18.0%	0.1%	1.5%	3.3%	3.5%
Heme Iron	2.5%	24.5%	58.7%	1.6%	0.0%	1.8%	9.3%	1.7%
Non-heme Iron	18.8%	21.2%	31.7%	20.1%	0.1%	1.5%	2.7%	3.9%
Magnesium	17.3%	21.0%	30.6%	22.8%	0.1%	1.2%	2.8%	4.1%
Phosphorus	16.3%	25.7%	32.7%	16.2%	0.1%	1.4%	3.4%	4.2%
Potassium	13.6%	18.2%	37.4%	22.4%	0.1%	1.2%	3.6%	3.5%
Selenium	11.4%	23.6%	41.4%	13.7%	0.1%	1.6%	4.4%	3.7%
Sodium ^a	16.6%	30.9%	28.5%	13.7%	0.1%	2.3%	3.2%	4.6%
Zinc	14.1%	23.8%	40.2%	13.2%	0.1%	1.4%	4.3%	2.8%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	21.4%	30.1%	27.8%	13.0%	0.1%	1.9%	1.8%	3.9%
Beta-carotene	5.0%	27.2%	49.1%	11.6%	0.0%	2.5%	2.8%	1.8%
Retinol Activity Equivalents	17.1%	29.7%	33.2%	12.6%	0.1%	2.1%	2.0%	3.2%
Vitamin B ₁	13.3%	26.8%	35.8%	15.4%	0.1%	3.5%	2.7%	2.5%
Vitamin B ₂	14.6%	26.8%	30.5%	20.8%	0.1%	1.9%	1.9%	3.4%
Vitamin B ₆	15.3%	27.7%	35.7%	13.9%	0.1%	2.7%	2.6%	2.0%
Folic acid	41.2%	34.5%	18.0%	3.8%	0.6%	1.6%	0.0%	0.3%
Vitamin B ₁₂	12.7%	29.4%	37.7%	12.2%	0.1%	2.4%	3.4%	2.1%
Vitamin C	14.4%	21.2%	34.3%	23.8%	0.1%	2.2%	2.0%	2.0%
Vitamin D	17.2%	30.4%	35.5%	8.6%	0.1%	2.7%	2.4%	3.1%
Vitamin E	17.1%	25.9%	34.3%	14.5%	0.1%	2.8%	2.1%	3.3%
Calcium	18.8%	26.6%	26.8%	22.0%	0.1%	1.5%	1.3%	2.9%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Copper	17.8%	24.3%	29.7%	20.5%	0.1%	2.2%	2.1%	3.3%
Iodine ^a	24.6%	30.8%	24.9%	13.2%	0.2%	2.1%	1.7%	2.5%
Iron	16.9%	24.1%	31.2%	19.1%	0.1%	2.2%	2.3%	4.1%
Heme Iron	3.9%	29.6%	54.4%	3.3%	0.0%	2.7%	4.3%	1.8%
Non-heme Iron	18.5%	23.7%	28.1%	21.0%	0.1%	2.1%	1.9%	4.4%
Magnesium	17.1%	24.5%	27.6%	22.7%	0.1%	2.1%	1.9%	3.9%
Phosphorus	16.4%	27.7%	32.6%	16.1%	0.1%	2.2%	2.2%	2.8%
Potassium	11.9%	23.1%	32.7%	23.7%	0.1%	2.3%	2.3%	3.9%
Selenium	13.1%	28.2%	37.2%	13.1%	0.1%	2.6%	3.1%	2.5%
Sodium ^a	17.4%	31.1%	30.7%	12.6%	0.1%	3.2%	2.4%	2.6%
Zinc	14.8%	27.6%	37.6%	12.7%	0.1%	2.4%	2.5%	2.2%

^a Iodine and Sodium of added salt not included

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

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.5%	31.3%	26.2%	13.5%	0.6%	3.1%	1.5%	3.2%
Beta-carotene	7.8%	16.6%	60.5%	9.2%	0.1%	0.5%	4.3%	1.1%
Retinol Activity Equivalents	15.8%	25.5%	38.8%	12.2%	0.4%	2.5%	2.3%	2.4%
Vitamin B ₁	15.2%	23.7%	39.1%	13.9%	0.2%	2.5%	3.2%	2.2%
Vitamin B ₂	17.1%	25.9%	30.2%	19.7%	0.2%	1.7%	2.2%	3.0%
Vitamin B ₆	14.0%	22.1%	44.4%	13.2%	0.2%	1.0%	3.0%	2.1%
Folic acid	33.2%	37.1%	16.4%	9.9%	0.4%	1.6%	0.8%	0.6%
Vitamin B ₁₂	14.9%	27.8%	38.1%	11.9%	0.2%	1.9%	2.8%	2.4%
Vitamin C	18.1%	13.9%	41.3%	20.9%	0.3%	1.1%	3.3%	1.0%
Vitamin D	15.9%	26.4%	36.9%	12.6%	0.5%	1.8%	2.3%	3.6%
Vitamin E	15.1%	24.6%	38.8%	14.5%	0.5%	1.7%	2.2%	2.6%
Calcium	22.5%	29.4%	20.7%	20.9%	0.4%	2.2%	1.3%	2.5%
Copper	17.0%	23.5%	31.4%	21.1%	0.2%	1.7%	2.2%	2.9%
Iodine ^a	24.2%	33.2%	20.5%	14.3%	0.3%	3.2%	1.6%	2.6%
Iron	16.0%	21.9%	34.7%	19.9%	0.2%	1.4%	2.3%	3.5%
Heme Iron	4.3%	25.4%	60.3%	2.2%	0.0%	1.6%	4.2%	2.1%
Non-heme Iron	17.4%	21.7%	31.5%	21.9%	0.2%	1.5%	2.1%	3.6%
Magnesium	18.1%	23.0%	29.4%	22.2%	0.2%	1.4%	2.0%	3.7%
Phosphorus	18.2%	28.0%	30.8%	16.1%	0.3%	1.8%	2.2%	2.7%
Potassium	14.0%	20.2%	36.3%	21.9%	0.2%	1.4%	2.6%	3.5%
Selenium	12.5%	25.4%	40.6%	13.9%	0.2%	2.0%	2.9%	2.5%
Sodium ^a	18.0%	33.8%	26.6%	13.7%	0.3%	3.0%	1.6%	2.9%
Zinc	15.8%	27.6%	37.0%	12.9%	0.2%	1.7%	2.4%	2.3%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	24.6%	30.7%	25.6%	12.6%	0.0%	2.1%	0.9%	3.4%
Beta-carotene	6.9%	23.9%	52.7%	10.7%	0.0%	1.9%	2.1%	1.9%
Retinol Activity Equivalents	20.4%	30.0%	31.3%	12.4%	0.0%	1.8%	1.1%	3.0%
Vitamin B ₁	15.7%	24.7%	39.8%	14.9%	0.0%	1.5%	1.5%	1.9%
Vitamin B ₂	17.6%	26.9%	31.0%	18.8%	0.0%	1.5%	1.2%	3.0%
Vitamin B ₆	17.0%	25.0%	38.6%	14.5%	0.0%	1.5%	1.5%	1.9%
Folic acid	41.4%	38.9%	14.5%	3.1%	0.0%	2.1%	0.0%	0.0%
Vitamin B ₁₂	15.4%	31.3%	35.5%	11.9%	0.0%	1.8%	2.1%	2.2%
Vitamin C	15.7%	20.0%	36.5%	24.1%	0.0%	0.9%	1.0%	1.7%
Vitamin D	19.1%	31.0%	34.2%	9.4%	0.0%	2.6%	1.2%	2.5%
Vitamin E	19.3%	25.5%	34.7%	15.1%	0.0%	1.5%	1.3%	2.5%
Calcium	21.2%	26.4%	27.8%	19.9%	0.0%	1.7%	0.5%	2.5%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Copper	19.6%	23.5%	31.9%	19.7%	0.0%	1.6%	1.1%	2.6%
Iodine ^a	26.8%	31.6%	24.0%	12.6%	0.0%	2.5%	0.7%	1.7%
Iron	18.5%	23.2%	33.4%	18.8%	0.0%	1.7%	1.3%	3.2%
Heme Iron	5.5%	27.8%	55.9%	4.7%	0.0%	1.7%	2.6%	1.7%
Non-heme Iron	20.2%	22.7%	30.3%	20.6%	0.0%	1.7%	1.0%	3.5%
Magnesium	18.7%	23.2%	29.4%	22.5%	0.0%	1.4%	1.1%	3.6%
Phosphorus	18.6%	26.8%	33.7%	15.7%	0.0%	1.5%	1.2%	2.5%
Potassium	13.4%	21.7%	35.7%	23.1%	0.0%	1.4%	1.2%	3.5%
Selenium	14.9%	27.5%	38.9%	13.4%	0.0%	1.5%	1.7%	2.2%
Sodium ^a	18.5%	30.6%	32.0%	12.8%	0.0%	2.6%	1.3%	2.2%
Zinc	16.7%	26.8%	39.3%	12.0%	0.0%	1.6%	1.6%	2.0%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	20.1%	35.1%	21.6%	11.6%	0.0%	1.4%	2.7%	7.6%
Beta-carotene	6.4%	24.7%	50.2%	9.6%	0.0%	1.2%	4.3%	3.5%
Retinol Activity Equivalents	16.1%	32.6%	29.4%	10.8%	0.0%	1.4%	2.8%	6.9%
Vitamin B ₁	13.5%	21.7%	38.1%	15.4%	0.0%	1.7%	7.2%	2.4%
Vitamin B ₂	14.2%	22.9%	31.9%	21.4%	0.0%	0.9%	3.4%	5.4%
Vitamin B ₆	13.1%	21.3%	39.7%	17.2%	0.0%	1.2%	5.0%	2.5%
Folic acid	32.7%	43.9%	6.3%	16.7%	0.0%	0.0%	0.0%	0.4%
Vitamin B ₁₂	9.5%	25.9%	40.9%	14.0%	0.0%	1.2%	3.6%	4.9%
Vitamin C	11.3%	14.1%	41.2%	29.0%	0.0%	0.4%	2.5%	1.5%
Vitamin D	16.3%	24.1%	33.3%	9.1%	0.0%	1.6%	4.0%	11.6%
Vitamin E	14.3%	19.5%	40.4%	17.1%	0.0%	1.3%	3.8%	3.6%
Calcium	16.0%	29.5%	20.8%	22.7%	0.0%	0.6%	1.7%	8.7%
Copper	18.9%	19.9%	29.3%	23.3%	0.0%	1.3%	3.4%	3.8%
Iodine ^a	23.0%	30.0%	26.3%	14.1%	0.1%	2.1%	1.5%	3.0%
Iron	16.5%	19.9%	37.8%	16.9%	0.0%	1.5%	3.9%	3.4%
Heme Iron	1.4%	24.0%	57.6%	1.2%	0.0%	1.9%	12.5%	1.5%
Non-heme Iron	19.6%	20.9%	31.9%	19.0%	0.1%	1.5%	3.0%	4.0%
Magnesium	16.9%	19.8%	31.3%	23.2%	0.0%	1.1%	3.3%	4.4%
Phosphorus	15.1%	24.3%	33.9%	16.3%	0.0%	1.1%	4.2%	5.1%
Potassium	13.3%	17.0%	38.0%	22.8%	0.0%	1.0%	4.3%	3.5%
Selenium	10.8%	22.6%	41.9%	13.6%	0.0%	1.3%	5.4%	4.5%
Sodium ^a	15.8%	29.0%	29.7%	13.7%	0.0%	1.8%	4.2%	5.7%
Zinc	13.1%	21.5%	42.1%	13.4%	0.0%	1.3%	5.5%	3.1%

^a Iodine and Sodium of added salt not included

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Retinol	19.1%	29.6%	29.4%	13.2%	0.2%	1.7%	2.5%	4.3%
Beta-carotene	3.6%	29.5%	46.5%	12.2%	0.0%	2.9%	3.4%	1.8%
Retinol Activity Equivalents	14.8%	29.6%	34.5%	12.7%	0.2%	2.3%	2.6%	3.4%
Vitamin B ₁	11.6%	28.2%	33.0%	15.7%	0.2%	4.8%	3.5%	3.0%
Vitamin B ₂	12.5%	26.7%	30.1%	22.2%	0.1%	2.2%	2.4%	3.7%
Vitamin B ₆	14.0%	29.6%	33.7%	13.5%	0.1%	3.6%	3.4%	2.1%
Folic acid	41.1%	31.6%	20.2%	4.3%	1.0%	1.3%	0.0%	0.5%
Vitamin B ₁₂	10.8%	28.1%	39.3%	12.4%	0.1%	2.8%	4.4%	2.0%
Vitamin C	13.5%	22.0%	32.7%	23.5%	0.2%	3.1%	2.7%	2.2%
Vitamin D	15.9%	29.9%	36.5%	8.1%	0.2%	2.8%	3.2%	3.5%
Vitamin E	15.5%	26.2%	34.0%	14.0%	0.2%	3.6%	2.7%	3.9%
Calcium	17.2%	26.8%	26.0%	23.4%	0.1%	1.5%	1.8%	3.1%
Copper	16.5%	25.0%	28.2%	21.0%	0.2%	2.6%	2.7%	3.9%
Iodine ^a	23.1%	30.2%	25.4%	13.6%	0.4%	1.8%	2.4%	3.1%
Iron	15.7%	24.8%	29.7%	19.3%	0.2%	2.6%	3.0%	4.7%
Heme Iron	2.7%	30.9%	53.3%	2.3%	0.0%	3.5%	5.5%	1.9%
Non-heme Iron	17.4%	24.3%	26.6%	21.4%	0.2%	2.5%	2.6%	5.0%
Magnesium	15.9%	25.4%	26.4%	22.9%	0.2%	2.6%	2.5%	4.1%
Phosphorus	14.8%	28.3%	31.8%	16.4%	0.2%	2.7%	3.0%	3.0%
Potassium	10.9%	24.1%	30.6%	24.1%	0.2%	2.9%	3.0%	4.2%
Selenium	11.9%	28.7%	36.0%	13.0%	0.2%	3.4%	4.2%	2.7%
Sodium ^a	16.5%	31.4%	29.8%	12.4%	0.2%	3.5%	3.1%	2.9%
Zinc	13.5%	28.2%	36.4%	13.2%	0.1%	2.9%	3.2%	2.4%

^a Iodine and Sodium of added salt not included