

Dutch National Food Consumption Survey 2007-2010|Part 6 Micronutrients, Version 2, based on dataset FCS_2010_core_20120822

Contents

Intake of Micronutrients from food sources

- 1.1 Micronutrients intake from food sources only
- 1.2.a Micronutrients intake from food sources only - by age (2 subgroups)
- 1.2.b Micronutrients intake from food sources only - by age and gender (4 subgroups)
- 1.2.c Micronutrients intake from food sources only - by age and gender (11 subgroups)
- 1.3.a Micronutrients intake from food sources only - by age and education (6 subgroups)
- 1.3.b Micronutrients intake from food sources only - by age, education and gender (12 subgroups)
- 1.4.a Micronutrients intake from food sources only - by age and BMI (4 subgroups)
- 1.4.b Micronutrients intake from food sources only - by age, BMI and gender (8 subgroups)

Intake of Micronutrients from foods and dietary supplements

- 2.1 Micronutrients intake from foods and dietary supplements
- 2.2.a Micronutrients intake from foods and dietary supplements - by age (2 subgroups)
- 2.2.b Micronutrients intake from foods and dietary supplements - by age and gender (4 subgroups)
- 2.2.c Micronutrients intake from foods and dietary supplements - by age and gender (11 subgroups)
- 2.3.a Micronutrients intake from foods and dietary supplements - by age and education (6 subgroups)
- 2.3.b Micronutrients intake from foods and dietary supplements - by age, education and gender (12 subgroups)
- 2.4.a Micronutrients intake from foods and dietary supplements - by age and BMI (4 subgroups)
- 2.4.b Micronutrients intake from foods and dietary supplements - by age, BMI and gender (8 subgroups)

Intake by place of consumption

- 3.1 Micronutrients- place
- 3.2.a Micronutrients- place - by age (2 subgroups)
- 3.2.b Micronutrients- place - by age and gender (4 subgroups)
- 3.2.c Micronutrients- place - by age and gender (11 subgroups)
- 3.3.a Micronutrients- place - by age and education (6 subgroups)
- 3.3.b Micronutrients- place - by age, education and gender (12 subgroups)
- 3.4.a Micronutrients- place - by age and BMI (4 subgroups)
- 3.4.b Micronutrients- place - by age, BMI and gender (8 subgroups)

Intake by eating moments

- 4.1 Micronutrients- food consumption occasion
- 4.2.a Micronutrients- food consumption occasion - by age (2 subgroups)
- 4.2.b Micronutrients- food consumption occasion - by age and gender (4 subgroups)
- 4.2.c Micronutrients- food consumption occasion - by age and gender (11 subgroups)
- 4.3.a Micronutrients- food consumption occasion - by age and education (6 subgroups)
- 4.3.b Micronutrients- food consumption occasion - by age, education and gender (12 subgroups)
- 4.4.a Micronutrients- food consumption occasion - by age and BMI (4 subgroups)
- 4.4.b Micronutrients- food consumption occasion - by age, BMI and gender (8 subgroups)

Intake by place of consumption and eating moments

- 5.1 Micronutrients- place and food consumption occasion
- 5.2.a Micronutrients- place and food consumption occasion - by age (2 subgroups)
- 5.2.b Micronutrients- place and food consumption occasion - by age and gender (4 subgroups)
- 5.2.c Micronutrients- place and food consumption occasion - by age and gender (11 subgroups)
- 5.3.a Micronutrients- place and food consumption occasion - by age and education (6 subgroups)
- 5.3.b Micronutrients- place and food consumption occasion - by age, education and gender (12 subgroups)
- 5.4.a Micronutrients- place and food consumption occasion - by age and BMI (4 subgroups)
- 5.4.b Micronutrients- place and food consumption occasion - by age, BMI and gender (8 subgroups)

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

Total Population (n=3,819)

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	992.7	1052.3	430.5	1875.9
Copper (mg)	1.1	1.2	0.6	1.9
Iron (mg)	10.2	10.6	5.8	17.0
Heme Iron (mg)	1.0	1.2	0.2	2.9
Non-heme Iron (mg)	9.0	9.5	5.1	15.4
Iodine (mcg)	168.1	175.5	87.1	290.1
Magnesium (mg)	327.3	340.5	182.8	545.0
Phosphorus (mg)	1479.8	1544.4	837.1	2494.9
Potassium (mg)	3238.7	3381.6	1836.6	5392.1
Selenium (mcg)	42.9	46.8	22.6	84.2
Sodium (mg)	2567.4	2710.6	1373.7	4439.8
Zinc (mg)	10.0	10.6	5.5	17.6
Retinol (mcg)	442.1	641.5	148.4	1729.7
Ret. Act. Eq. (mcg)	610.7	827.0	227.7	2044.9
Vit. B1 (mg)	1.0	1.2	0.5	2.4
Vit. B2 (mg)	1.5	1.6	0.7	2.9
Vit. B6 (mg)	1.8	2.0	0.8	4.0
Folate eq.(mcg)	242.3	267.5	116.2	504.0
Folic acid (mcg)	0.0	22.3	0.0	124.0
Vit. B12 (mcg)	4.0	4.7	1.5	10.0
Vit. C (mg)	84.5	97.2	26.1	210.3
Vit. D (mcg)	3.0	3.4	0.9	7.5
Vit. E (mg)	12.1	13.4	5.3	25.0

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

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	878.7	940.8	367.1	1691.2
Copper (mg)	1.0	1.0	0.6	1.7
Iron (mg)	8.5	9.0	5.1	14.2
Heme Iron (mg)	0.8	0.9	0.1	2.3
Non-heme Iron (mg)	7.7	8.0	4.4	12.7
Iodine (mcg)	150.6	158.5	76.9	263.0
Magnesium (mg)	259.2	272.4	155.0	443.2
Phosphorus (mg)	1267.5	1336.6	756.2	2121.7
Potassium (mg)	2613.2	2730.7	1504.8	4269.2
Selenium (mcg)	34.3	37.3	19.6	65.8
Sodium (mg)	2350.6	2473.4	1375.0	3966.6
Zinc (mg)	8.5	9.0	4.8	14.9
Retinol (mcg)	371.7	510.8	123.0	1402.2
Ret. Act. Eq. (mcg)	501.6	660.8	182.5	1652.1
Vit. B1 (mg)	0.9	1.0	0.4	2.0
Vit. B2 (mg)	1.3	1.5	0.6	2.7
Vit. B6 (mg)	1.6	1.8	0.7	3.6
Folate eq.(mcg)	182.1	202.8	95.0	378.3
Folic acid (mcg)	0.0	14.6	0.0	77.8
Vit. B12 (mcg)	3.2	3.7	1.2	7.4
Vit. C (mg)	78.0	88.5	25.2	177.4
Vit. D (mcg)	2.3	2.6	0.7	5.7
Vit. E (mg)	10.8	12.1	5.2	22.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1018.6	1076.7	448.1	1903.8
Copper (mg)	1.1	1.2	0.6	2.0
Iron (mg)	10.5	11.0	6.1	17.3
Heme Iron (mg)	1.0	1.2	0.2	3.0
Non-heme Iron (mg)	9.3	9.8	5.3	15.7
Iodine (mcg)	172.6	179.3	91.3	298.8
Magnesium (mg)	341.5	355.4	194.4	555.8
Phosphorus (mg)	1536.2	1589.9	866.0	2549.9
Potassium (mg)	3374.0	3523.9	1997.0	5532.4
Selenium (mcg)	45.0	48.8	23.6	90.6
Sodium (mg)	2632.0	2762.4	1373.7	4524.0
Zinc (mg)	10.4	10.9	5.7	17.8
Retinol (mcg)	462.5	670.1	158.2	1776.0
Ret. Act. Eq. (mcg)	636.3	863.4	243.1	2121.4
Vit. B1 (mg)	1.1	1.2	0.5	2.4
Vit. B2 (mg)	1.5	1.7	0.7	3.0
Vit. B6 (mg)	1.9	2.1	0.9	4.1
Folate eq.(mcg)	255.8	281.7	129.2	523.2
Folic acid (mcg)	0.0	24.0	0.0	135.0
Vit. B12 (mcg)	4.2	4.9	1.6	10.4
Vit. C (mg)	85.9	99.1	26.6	215.0
Vit. D (mcg)	3.2	3.6	0.9	7.6
Vit. E (mg)	12.4	13.7	5.3	25.6

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

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	925.9	1000.7	397.9	1835.7
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	9.2	9.6	5.3	15.7
Heme Iron (mg)	0.8	1.0	0.2	2.4
Non-heme Iron (mg)	8.1	8.6	4.7	14.0
Iodine (mcg)	165.2	172.8	79.0	287.7
Magnesium (mg)	276.2	294.6	163.2	476.6
Phosphorus (mg)	1371.2	1444.8	802.8	2316.5
Potassium (mg)	2789.6	2927.3	1585.3	4612.9
Selenium (mcg)	37.2	40.4	20.0	70.9
Sodium (mg)	2549.0	2686.4	1461.3	4373.5
Zinc (mg)	9.1	9.7	5.2	16.3
Retinol (mcg)	400.7	544.0	124.9	1436.2
Ret. Act. Eq. (mcg)	539.4	705.3	183.0	1712.2
Vit. B1 (mg)	1.0	1.1	0.5	2.1
Vit. B2 (mg)	1.4	1.6	0.7	3.0
Vit. B6 (mg)	1.7	1.9	0.8	4.1
Folate eq.(mcg)	191.9	215.6	92.6	402.8
Folic acid (mcg)	0.0	16.1	0.0	91.2
Vit. B12 (mcg)	3.5	4.0	1.3	8.3
Vit. C (mg)	80.8	89.9	25.7	177.5
Vit. D (mcg)	2.6	2.9	0.8	6.2
Vit. E (mg)	11.8	13.2	5.5	25.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	831.7	878.2	341.9	1544.9
Copper (mg)	0.9	0.9	0.6	1.4
Iron (mg)	8.0	8.3	5.0	12.6
Heme Iron (mg)	0.7	0.9	0.1	2.0
Non-heme Iron (mg)	7.2	7.4	4.3	11.3
Iodine (mcg)	139.8	143.5	76.1	232.9
Magnesium (mg)	241.6	249.1	147.9	371.6
Phosphorus (mg)	1190.0	1223.4	714.9	1848.8
Potassium (mg)	2469.0	2525.1	1440.5	3740.5
Selenium (mcg)	32.4	34.1	18.5	57.1
Sodium (mg)	2196.2	2250.6	1300.8	3471.0
Zinc (mg)	7.9	8.3	4.4	12.8
Retinol (mcg)	343.2	476.0	118.5	1353.1
Ret. Act. Eq. (mcg)	462.1	614.2	181.1	1497.2
Vit. B1 (mg)	0.8	0.9	0.4	1.8
Vit. B2 (mg)	1.3	1.3	0.6	2.4
Vit. B6 (mg)	1.4	1.6	0.7	3.1
Folate eq.(mcg)	173.1	189.5	95.5	338.9
Folic acid (mcg)	0.0	13.0	0.0	73.5
Vit. B12 (mcg)	3.0	3.3	1.2	6.5
Vit. C (mg)	75.9	87.0	24.4	173.8
Vit. D (mcg)	2.2	2.3	0.6	4.6
Vit. E (mg)	10.0	10.9	5.1	19.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1094.7	1155.4	479.7	2003.8
Copper (mg)	1.3	1.3	0.7	2.1
Iron (mg)	11.6	12.0	6.8	18.3
Heme Iron (mg)	1.2	1.5	0.3	3.5
Non-heme Iron (mg)	10.1	10.5	5.8	16.4
Iodine (mcg)	193.5	200.4	99.7	325.1
Magnesium (mg)	381.3	396.0	228.6	599.2
Phosphorus (mg)	1724.0	1786.9	1041.0	2716.0
Potassium (mg)	3797.4	3927.3	2299.5	5934.3
Selenium (mcg)	50.1	54.7	27.9	100.5
Sodium (mg)	3036.6	3136.9	1641.6	4921.6
Zinc (mg)	11.8	12.3	6.7	19.4
Retinol (mcg)	529.7	751.7	201.6	1979.5
Ret. Act. Eq. (mcg)	715.2	943.5	291.7	2240.5
Vit. B1 (mg)	1.2	1.4	0.6	2.8
Vit. B2 (mg)	1.7	1.8	0.8	3.2
Vit. B6 (mg)	2.1	2.3	1.0	4.4
Folate eq.(mcg)	280.5	309.4	146.6	570.1
Folic acid (mcg)	0.0	27.3	0.0	150.0
Vit. B12 (mcg)	4.8	5.5	2.0	11.7
Vit. C (mg)	86.8	101.1	28.3	224.4
Vit. D (mcg)	3.6	4.1	1.2	8.1
Vit. E (mg)	14.1	15.3	6.3	28.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	950.9	997.5	430.5	1704.7
Copper (mg)	1.0	1.1	0.6	1.7
Iron (mg)	9.5	10.0	5.8	15.6
Heme Iron (mg)	0.9	1.0	0.1	2.3
Non-heme Iron (mg)	8.5	9.0	5.0	14.3
Iodine (mcg)	152.7	158.0	85.1	252.6
Magnesium (mg)	303.3	314.5	186.2	481.3
Phosphorus (mg)	1334.3	1391.3	796.8	2144.9
Potassium (mg)	3031.1	3117.6	1873.7	4756.2
Selenium (mcg)	39.3	42.9	22.1	75.3
Sodium (mg)	2296.3	2385.2	1244.7	3797.5
Zinc (mg)	9.2	9.6	5.3	15.2
Retinol (mcg)	400.8	587.8	137.8	1606.2
Ret. Act. Eq. (mcg)	567.8	782.6	216.2	2032.5
Vit. B1 (mg)	0.9	1.1	0.5	2.1
Vit. B2 (mg)	1.4	1.5	0.6	2.6
Vit. B6 (mg)	1.6	1.8	0.8	3.7
Folate eq.(mcg)	232.6	253.7	115.8	471.0
Folic acid (mcg)	0.0	20.7	0.0	112.5
Vit. B12 (mcg)	3.7	4.4	1.4	9.4
Vit. C (mg)	85.2	97.0	24.7	210.7
Vit. D (mcg)	2.8	3.2	0.7	7.0
Vit. E (mg)	10.9	12.0	5.0	22.3

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

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	825.9	888.7	369.0	1618.3
Copper (mg)	0.9	0.9	0.6	1.3
Iron (mg)	7.7	7.8	4.8	11.7
Heme Iron (mg)	0.6	0.8	0.1	1.9
Non-heme Iron (mg)	6.7	7.1	4.2	10.5
Iodine (mcg)	132.7	138.8	70.7	233.1
Magnesium (mg)	227.6	235.9	144.0	372.0
Phosphorus (mg)	1116.7	1163.2	719.6	1829.3
Potassium (mg)	2338.5	2366.3	1425.5	3342.1
Selenium (mcg)	29.3	31.4	16.8	52.2
Sodium (mg)	1987.6	2064.9	1213.7	3215.0
Zinc (mg)	7.3	7.6	4.2	11.9
Retinol (mcg)	355.8	490.1	111.5	1472.0
Ret. Act. Eq. (mcg)	455.7	628.8	162.5	1520.1
Vit. B1 (mg)	0.8	0.8	0.4	1.5
Vit. B2 (mg)	1.3	1.3	0.6	2.3
Vit. B6 (mg)	1.2	1.4	0.7	2.5
Folate eq.(mcg)	161.8	171.6	84.8	293.9
Folic acid (mcg)	0.0	11.8	0.0	62.8
Vit. B12 (mcg)	2.9	3.3	1.3	6.9
Vit. C (mg)	69.0	78.1	21.8	165.3
Vit. D (mcg)	2.2	2.3	0.6	4.4
Vit. E (mg)	9.2	10.1	4.4	19.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	879.3	942.7	434.6	1612.2
Copper (mg)	1.0	1.0	0.6	1.6
Iron (mg)	8.9	9.2	5.5	14.3
Heme Iron (mg)	0.8	1.0	0.2	2.4
Non-heme Iron (mg)	7.9	8.3	4.8	12.8
Iodine (mcg)	156.6	164.4	85.4	258.9
Magnesium (mg)	264.9	271.7	171.0	418.0
Phosphorus (mg)	1308.9	1335.6	802.9	1979.6
Potassium (mg)	2679.4	2757.1	1555.6	4193.8
Selenium (mcg)	35.6	38.2	20.0	64.6
Sodium (mg)	2486.2	2544.1	1432.1	4059.9
Zinc (mg)	8.7	9.1	5.1	15.0
Retinol (mcg)	392.8	517.5	126.9	1394.6
Ret. Act. Eq. (mcg)	535.7	664.7	175.3	1712.2
Vit. B1 (mg)	1.0	1.1	0.5	2.2
Vit. B2 (mg)	1.4	1.5	0.7	2.6
Vit. B6 (mg)	1.7	1.8	0.8	3.6
Folate eq.(mcg)	179.3	202.0	103.6	378.8
Folic acid (mcg)	0.0	17.3	0.0	119.5
Vit. B12 (mcg)	3.5	3.7	1.2	6.7
Vit. C (mg)	80.0	87.9	25.2	171.1
Vit. D (mcg)	2.6	2.8	0.8	5.6
Vit. E (mg)	11.6	12.6	6.1	22.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	840.3	892.4	315.5	1548.7
Copper (mg)	0.9	0.9	0.6	1.4
Iron (mg)	7.9	8.2	4.9	12.3
Heme Iron (mg)	0.7	0.8	0.1	2.1
Non-heme Iron (mg)	7.1	7.4	4.3	11.3
Iodine (mcg)	137.3	141.0	76.6	228.8
Magnesium (mg)	240.9	242.7	147.9	352.9
Phosphorus (mg)	1204.7	1217.8	685.4	1827.4
Potassium (mg)	2448.7	2501.5	1400.3	3739.3
Selenium (mcg)	30.9	33.1	18.7	56.8
Sodium (mg)	2240.6	2257.1	1326.8	3490.9
Zinc (mg)	7.8	8.2	4.4	12.8
Retinol (mcg)	344.4	483.6	124.4	1402.2
Ret. Act. Eq. (mcg)	459.8	616.1	180.6	1657.7
Vit. B1 (mg)	0.9	0.9	0.4	1.8
Vit. B2 (mg)	1.3	1.4	0.5	2.5
Vit. B6 (mg)	1.4	1.6	0.6	3.1
Folate eq.(mcg)	165.7	179.2	87.7	320.1
Folic acid (mcg)	0.0	13.4	0.0	73.1
Vit. B12 (mcg)	3.0	3.3	1.1	6.6
Vit. C (mg)	69.6	81.0	23.1	164.4
Vit. D (mcg)	2.1	2.4	0.7	5.0
Vit. E (mg)	10.2	10.9	5.2	19.6

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1038.3	1093.2	375.8	2161.2
Copper (mg)	1.2	1.3	0.6	2.1
Iron (mg)	10.2	10.6	5.7	17.2
Heme Iron (mg)	1.0	1.2	0.2	2.7
Non-heme Iron (mg)	9.0	9.4	4.9	15.3
Iodine (mcg)	185.4	192.5	79.0	313.3
Magnesium (mg)	327.6	336.4	164.2	534.8
Phosphorus (mg)	1609.4	1658.5	901.7	2475.8
Potassium (mg)	3197.3	3313.8	1707.5	5065.1
Selenium (mcg)	43.1	45.9	25.0	74.2
Sodium (mg)	2944.3	3063.6	1761.1	4913.2
Zinc (mg)	10.4	11.1	6.0	18.0
Retinol (mcg)	428.1	607.7	132.9	1464.0
Ret. Act. Eq. (mcg)	601.4	787.5	219.9	1806.2
Vit. B1 (mg)	1.1	1.2	0.5	2.2
Vit. B2 (mg)	1.6	1.7	0.7	3.4
Vit. B6 (mg)	1.9	2.2	0.9	4.6
Folate eq.(mcg)	229.4	246.4	105.6	454.8
Folic acid (mcg)	0.0	16.6	0.0	99.0
Vit. B12 (mcg)	4.0	4.5	1.5	9.3
Vit. C (mg)	85.4	98.1	30.7	193.4
Vit. D (mcg)	2.8	3.2	0.8	6.9
Vit. E (mg)	13.7	15.0	5.6	28.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	842.2	870.4	318.2	1513.9
Copper (mg)	1.0	1.0	0.6	1.5
Iron (mg)	8.4	8.7	5.3	13.0
Heme Iron (mg)	0.8	0.9	0.1	2.1
Non-heme Iron (mg)	7.6	7.8	4.4	11.7
Iodine (mcg)	148.7	150.3	75.7	244.9
Magnesium (mg)	259.3	265.7	155.0	411.5
Phosphorus (mg)	1230.4	1262.0	779.7	1868.8
Potassium (mg)	2566.8	2622.3	1495.2	3938.0
Selenium (mcg)	35.4	36.6	18.9	58.4
Sodium (mg)	2313.9	2336.3	1327.2	3496.7
Zinc (mg)	8.3	8.7	4.7	13.0
Retinol (mcg)	337.9	446.5	112.9	1117.5
Ret. Act. Eq. (mcg)	470.0	594.8	192.2	1460.5
Vit. B1 (mg)	0.9	1.0	0.4	1.9
Vit. B2 (mg)	1.3	1.3	0.6	2.5
Vit. B6 (mg)	1.5	1.7	0.8	3.6
Folate eq.(mcg)	191.7	207.3	105.2	373.8
Folic acid (mcg)	0.0	13.1	0.0	75.0
Vit. B12 (mcg)	3.0	3.3	1.2	6.2
Vit. C (mg)	81.2	94.8	24.9	190.7
Vit. D (mcg)	2.3	2.4	0.5	4.7
Vit. E (mg)	10.3	11.2	4.9	19.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1051.2	1132.9	408.6	2070.0
Copper (mg)	1.2	1.3	0.7	2.2
Iron (mg)	11.1	11.6	6.7	18.8
Heme Iron (mg)	1.1	1.4	0.3	3.2
Non-heme Iron (mg)	9.7	10.2	5.7	16.9
Iodine (mcg)	204.7	210.2	95.3	351.3
Magnesium (mg)	363.8	386.6	209.8	604.5
Phosphorus (mg)	1781.9	1821.4	998.9	2792.7
Potassium (mg)	3644.3	3773.6	2028.3	5724.9
Selenium (mcg)	49.2	55.3	27.7	103.3
Sodium (mg)	3247.2	3394.0	1804.0	5208.4
Zinc (mg)	11.8	12.0	6.9	18.4
Retinol (mcg)	487.7	740.4	162.0	2463.9
Ret. Act. Eq. (mcg)	651.2	931.6	241.2	2573.0
Vit. B1 (mg)	1.3	1.5	0.6	2.9
Vit. B2 (mg)	1.7	1.9	0.7	3.5
Vit. B6 (mg)	2.2	2.5	1.0	5.2
Folate eq.(mcg)	264.9	293.2	137.0	557.9
Folic acid (mcg)	0.0	21.2	0.0	127.9
Vit. B12 (mcg)	4.8	5.3	1.8	10.1
Vit. C (mg)	93.6	106.2	28.2	217.5
Vit. D (mcg)	3.5	3.9	1.0	8.6
Vit. E (mg)	14.6	16.2	7.1	29.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	907.2	954.4	397.0	1724.9
Copper (mg)	1.0	1.1	0.6	1.6
Iron (mg)	8.8	9.3	5.3	14.4
Heme Iron (mg)	0.8	0.9	0.1	2.2
Non-heme Iron (mg)	7.9	8.3	4.6	13.5
Iodine (mcg)	153.1	155.9	79.9	243.2
Magnesium (mg)	278.8	293.3	174.1	447.1
Phosphorus (mg)	1344.7	1357.1	785.4	2036.5
Potassium (mg)	2763.8	2847.2	1658.9	4120.6
Selenium (mcg)	39.0	40.8	21.1	66.5
Sodium (mg)	2357.7	2428.9	1263.7	3924.8
Zinc (mg)	8.9	9.2	5.2	14.7
Retinol (mcg)	367.1	463.9	120.8	1173.7
Ret. Act. Eq. (mcg)	491.7	631.0	183.3	1697.4
Vit. B1 (mg)	0.9	1.1	0.5	2.3
Vit. B2 (mg)	1.4	1.5	0.6	2.7
Vit. B6 (mg)	1.7	2.0	0.8	3.9
Folate eq.(mcg)	212.4	232.2	107.4	418.8
Folic acid (mcg)	0.0	16.7	0.0	93.0
Vit. B12 (mcg)	3.4	3.9	1.3	7.5
Vit. C (mg)	82.9	95.2	21.6	200.2
Vit. D (mcg)	2.5	2.8	0.7	6.0
Vit. E (mg)	11.1	12.4	4.9	23.9

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1103.9	1171.2	500.8	2025.6
Copper (mg)	1.3	1.3	0.8	2.1
Iron (mg)	11.9	12.4	6.9	18.3
Heme Iron (mg)	1.2	1.5	0.3	3.7
Non-heme Iron (mg)	10.4	10.8	5.9	16.7
Iodine (mcg)	194.9	202.3	111.1	323.9
Magnesium (mg)	392.2	406.4	243.2	602.9
Phosphorus (mg)	1694.6	1791.2	1078.5	2735.9
Potassium (mg)	3910.0	4047.6	2507.1	6256.7
Selenium (mcg)	50.4	54.6	28.1	102.7
Sodium (mg)	3078.5	3176.5	1761.9	4921.6
Zinc (mg)	11.9	12.5	6.7	19.6
Retinol (mcg)	516.5	705.9	201.0	1749.2
Ret. Act. Eq. (mcg)	718.6	911.1	327.8	2150.8
Vit. B1 (mg)	1.2	1.4	0.6	2.8
Vit. B2 (mg)	1.7	1.9	0.9	3.2
Vit. B6 (mg)	2.1	2.3	1.1	4.1
Folate eq.(mcg)	266.1	301.9	148.6	551.3
Folic acid (mcg)	0.0	21.8	0.0	135.0
Vit. B12 (mcg)	4.7	5.4	2.0	12.0
Vit. C (mg)	85.8	101.2	30.6	243.7
Vit. D (mcg)	3.5	3.9	1.2	7.6
Vit. E (mg)	14.4	15.5	6.3	28.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	968.8	992.9	415.6	1631.5
Copper (mg)	1.1	1.1	0.6	1.7
Iron (mg)	9.7	10.1	6.0	15.6
Heme Iron (mg)	0.8	1.0	0.1	2.3
Non-heme Iron (mg)	8.6	9.1	5.2	14.5
Iodine (mcg)	151.9	157.5	86.1	247.6
Magnesium (mg)	305.9	316.0	186.2	472.8
Phosphorus (mg)	1335.4	1389.7	814.5	2106.9
Potassium (mg)	3006.1	3111.7	1963.0	4794.3
Selenium (mcg)	38.4	42.5	22.4	75.3
Sodium (mg)	2341.6	2428.0	1298.4	3783.8
Zinc (mg)	9.2	9.5	5.6	14.9
Retinol (mcg)	393.1	582.6	129.0	1702.4
Ret. Act. Eq. (mcg)	556.8	767.4	226.5	2097.4
Vit. B1 (mg)	0.9	1.1	0.4	2.1
Vit. B2 (mg)	1.4	1.4	0.6	2.3
Vit. B6 (mg)	1.6	1.8	0.8	3.8
Folate eq.(mcg)	225.5	243.1	113.3	410.7
Folic acid (mcg)	0.0	18.5	0.0	95.0
Vit. B12 (mcg)	3.6	4.3	1.5	8.9
Vit. C (mg)	81.1	93.8	25.7	209.0
Vit. D (mcg)	2.7	3.1	0.7	7.1
Vit. E (mg)	10.9	11.8	5.0	20.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1120.4	1148.8	475.0	1955.2
Copper (mg)	1.2	1.3	0.7	2.0
Iron (mg)	11.4	11.8	7.1	17.7
Heme Iron (mg)	1.2	1.5	0.3	3.6
Non-heme Iron (mg)	10.0	10.2	5.9	16.1
Iodine (mcg)	182.7	191.6	92.0	318.9
Magnesium (mg)	376.8	388.1	238.3	562.2
Phosphorus (mg)	1733.2	1759.2	1038.0	2564.3
Potassium (mg)	3724.3	3866.1	2281.9	5760.6
Selenium (mcg)	50.5	54.4	27.2	95.1
Sodium (mg)	2865.8	2920.3	1513.2	4531.2
Zinc (mg)	11.6	12.3	6.9	19.5
Retinol (mcg)	573.2	819.8	230.4	2059.7
Ret. Act. Eq. (mcg)	753.4	994.3	306.5	2350.0
Vit. B1 (mg)	1.1	1.3	0.6	2.4
Vit. B2 (mg)	1.7	1.8	0.8	2.9
Vit. B6 (mg)	2.1	2.2	1.0	4.2
Folate eq.(mcg)	305.5	329.7	156.7	591.2
Folic acid (mcg)	0.0	38.4	0.0	165.0
Vit. B12 (mcg)	5.0	5.8	2.0	13.0
Vit. C (mg)	86.3	97.7	26.0	209.1
Vit. D (mcg)	3.9	4.4	1.4	8.8
Vit. E (mg)	12.9	14.4	5.7	26.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	952.8	1030.8	448.4	1835.8
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	9.8	10.4	5.8	16.2
Heme Iron (mg)	0.9	1.1	0.1	2.6
Non-heme Iron (mg)	8.7	9.3	5.0	14.4
Iodine (mcg)	152.9	160.0	91.3	260.5
Magnesium (mg)	314.2	325.9	189.3	501.8
Phosphorus (mg)	1332.3	1415.1	786.0	2228.1
Potassium (mg)	3217.3	3296.2	1873.7	5003.1
Selenium (mcg)	41.4	44.7	22.6	79.2
Sodium (mg)	2181.0	2301.3	1130.9	3720.1
Zinc (mg)	9.3	9.9	4.9	16.0
Retinol (mcg)	423.0	672.9	168.7	1728.1
Ret. Act. Eq. (mcg)	651.4	898.3	240.9	2121.4
Vit. B1 (mg)	1.0	1.1	0.5	2.0
Vit. B2 (mg)	1.4	1.5	0.7	2.8
Vit. B6 (mg)	1.6	1.8	0.8	3.3
Folate eq.(mcg)	255.5	281.2	131.8	520.1
Folic acid (mcg)	0.0	26.1	0.0	130.9
Vit. B12 (mcg)	3.9	4.8	1.4	10.7
Vit. C (mg)	91.9	102.2	25.5	217.0
Vit. D (mcg)	3.0	3.5	0.9	7.3
Vit. E (mg)	10.9	12.0	4.9	24.0

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

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	793.3	843.5	317.7	1513.9
Copper (mg)	0.9	1.0	0.6	1.6
Iron (mg)	8.3	8.5	4.9	13.0
Heme Iron (mg)	0.8	0.9	0.1	2.1
Non-heme Iron (mg)	7.3	7.6	4.2	11.9
Iodine (mcg)	139.1	150.4	70.8	260.3
Magnesium (mg)	238.1	251.3	143.8	404.6
Phosphorus (mg)	1199.8	1256.1	700.7	2067.9
Potassium (mg)	2567.7	2615.8	1358.9	4095.0
Selenium (mcg)	32.9	36.1	18.1	66.6
Sodium (mg)	2409.3	2502.4	1304.2	4191.9
Zinc (mg)	8.1	8.5	4.5	14.0
Retinol (mcg)	355.5	474.1	108.3	1351.3
Ret. Act. Eq. (mcg)	457.6	599.3	162.5	1445.2
Vit. B1 (mg)	1.0	1.0	0.4	1.8
Vit. B2 (mg)	1.3	1.3	0.5	2.3
Vit. B6 (mg)	1.5	1.7	0.7	3.2
Folate eq.(mcg)	168.6	183.0	86.1	326.4
Folic acid (mcg)	0.0	12.5	0.0	75.0
Vit. B12 (mcg)	2.8	3.3	1.1	6.3
Vit. C (mg)	79.0	88.7	25.1	179.1
Vit. D (mcg)	2.4	2.7	0.8	5.3
Vit. E (mg)	11.2	11.8	5.3	20.6

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	860.1	930.0	371.5	1636.3
Copper (mg)	1.0	1.0	0.6	1.7
Iron (mg)	8.4	8.9	5.2	13.8
Heme Iron (mg)	0.8	0.9	0.2	2.1
Non-heme Iron (mg)	7.6	7.9	4.4	12.5
Iodine (mcg)	148.9	155.3	78.3	251.3
Magnesium (mg)	255.3	267.5	152.2	438.5
Phosphorus (mg)	1247.7	1318.8	776.7	2070.4
Potassium (mg)	2572.2	2704.2	1506.4	4220.1
Selenium (mcg)	34.3	37.0	20.1	63.7
Sodium (mg)	2350.8	2439.1	1407.1	3795.1
Zinc (mg)	8.4	8.9	4.9	14.3
Retinol (mcg)	369.3	510.2	127.6	1436.2
Ret. Act. Eq. (mcg)	495.2	659.3	195.9	1677.4
Vit. B1 (mg)	0.9	1.0	0.4	2.0
Vit. B2 (mg)	1.3	1.5	0.6	2.8
Vit. B6 (mg)	1.6	1.8	0.7	3.7
Folate eq.(mcg)	180.2	197.0	94.5	361.7
Folic acid (mcg)	0.0	13.2	0.0	75.0
Vit. B12 (mcg)	3.2	3.6	1.3	6.8
Vit. C (mg)	75.0	86.2	25.0	174.1
Vit. D (mcg)	2.3	2.7	0.7	5.7
Vit. E (mg)	10.6	11.8	5.2	22.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	948.4	1020.6	404.1	1868.1
Copper (mg)	1.0	1.1	0.6	1.7
Iron (mg)	8.7	9.3	5.3	15.2
Heme Iron (mg)	0.7	0.9	0.1	2.5
Non-heme Iron (mg)	7.8	8.4	4.7	13.4
Iodine (mcg)	156.7	166.7	79.8	275.5
Magnesium (mg)	275.8	289.5	162.0	457.3
Phosphorus (mg)	1336.0	1406.4	790.2	2285.5
Potassium (mg)	2724.8	2825.7	1559.1	4395.8
Selenium (mcg)	35.2	38.3	19.6	67.4
Sodium (mg)	2353.4	2484.1	1396.5	4081.5
Zinc (mg)	8.7	9.4	4.8	16.2
Retinol (mcg)	379.6	507.3	121.3	1424.9
Ret. Act. Eq. (mcg)	522.3	669.5	196.3	1654.3
Vit. B1 (mg)	0.9	1.1	0.4	2.0
Vit. B2 (mg)	1.4	1.6	0.7	3.0
Vit. B6 (mg)	1.6	1.8	0.8	3.6
Folate eq.(mcg)	199.9	217.8	97.5	390.7
Folic acid (mcg)	0.0	16.9	0.0	90.0
Vit. B12 (mcg)	3.5	4.0	1.4	8.4
Vit. C (mg)	82.5	90.2	25.4	176.6
Vit. D (mcg)	2.3	2.6	0.6	5.7
Vit. E (mg)	10.9	12.5	5.2	23.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	991.8	1046.1	421.8	1889.1
Copper (mg)	1.1	1.2	0.6	1.8
Iron (mg)	10.3	10.8	5.7	16.9
Heme Iron (mg)	1.1	1.3	0.2	3.1
Non-heme Iron (mg)	9.0	9.5	5.0	15.3
Iodine (mcg)	166.4	173.9	83.1	297.3
Magnesium (mg)	328.3	342.8	183.6	537.2
Phosphorus (mg)	1476.4	1554.8	816.1	2572.0
Potassium (mg)	3334.3	3505.7	1893.4	5580.4
Selenium (mcg)	44.3	48.5	22.5	91.4
Sodium (mg)	2568.9	2714.2	1350.3	4615.7
Zinc (mg)	10.1	10.9	5.5	18.0
Retinol (mcg)	465.1	692.1	168.7	2026.6
Ret. Act. Eq. (mcg)	629.8	865.4	235.7	2272.2
Vit. B1 (mg)	1.1	1.3	0.5	2.7
Vit. B2 (mg)	1.5	1.6	0.7	2.9
Vit. B6 (mg)	1.9	2.1	0.8	4.3
Folate eq.(mcg)	243.2	275.1	115.9	520.1
Folic acid (mcg)	0.0	26.0	0.0	135.0
Vit. B12 (mcg)	4.1	4.8	1.5	10.5
Vit. C (mg)	83.1	95.5	22.4	206.5
Vit. D (mcg)	3.2	3.7	1.1	7.9
Vit. E (mg)	11.9	13.6	5.1	26.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1020.0	1080.8	444.1	1903.8
Copper (mg)	1.2	1.2	0.7	2.0
Iron (mg)	10.5	10.9	6.2	17.0
Heme Iron (mg)	1.0	1.2	0.1	3.0
Non-heme Iron (mg)	9.3	9.7	5.4	15.4
Iodine (mcg)	175.6	183.1	94.7	301.0
Magnesium (mg)	344.5	357.8	200.5	555.2
Phosphorus (mg)	1569.6	1610.2	874.7	2554.0
Potassium (mg)	3373.2	3519.4	2032.3	5534.0
Selenium (mcg)	46.0	49.1	23.7	87.4
Sodium (mg)	2713.2	2843.4	1442.7	4526.9
Zinc (mg)	10.4	11.0	5.8	18.0
Retinol (mcg)	478.9	694.7	169.3	1732.1
Ret. Act. Eq. (mcg)	652.5	896.2	261.1	2102.6
Vit. B1 (mg)	1.1	1.2	0.5	2.3
Vit. B2 (mg)	1.6	1.7	0.8	3.0
Vit. B6 (mg)	1.9	2.1	0.9	3.9
Folate eq.(mcg)	255.8	279.7	132.8	510.1
Folic acid (mcg)	0.0	22.4	0.0	133.9
Vit. B12 (mcg)	4.2	5.0	1.6	10.4
Vit. C (mg)	84.5	96.6	26.9	209.0
Vit. D (mcg)	3.3	3.7	0.9	7.7
Vit. E (mg)	12.7	13.9	5.6	26.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1045.0	1109.9	474.1	1926.8
Copper (mg)	1.2	1.2	0.7	2.0
Iron (mg)	11.0	11.4	6.2	18.2
Heme Iron (mg)	1.0	1.2	0.1	2.8
Non-heme Iron (mg)	10.0	10.3	5.5	16.8
Iodine (mcg)	172.6	179.3	93.3	303.5
Magnesium (mg)	351.1	367.6	207.0	579.0
Phosphorus (mg)	1538.1	1599.7	910.0	2517.2
Potassium (mg)	3465.9	3556.3	2019.0	5474.3
Selenium (mcg)	44.7	48.7	24.3	94.5
Sodium (mg)	2586.0	2681.0	1298.4	4333.5
Zinc (mg)	10.6	11.0	6.0	17.7
Retinol (mcg)	426.3	596.8	139.3	1656.8
Ret. Act. Eq. (mcg)	602.4	801.6	249.1	1876.5
Vit. B1 (mg)	1.0	1.2	0.5	2.5
Vit. B2 (mg)	1.5	1.6	0.7	3.0
Vit. B6 (mg)	1.9	2.0	0.9	4.0
Folate eq.(mcg)	261.6	293.9	138.4	552.0
Folic acid (mcg)	0.0	24.3	0.0	141.3
Vit. B12 (mcg)	4.2	4.9	1.7	10.5
Vit. C (mg)	92.4	108.1	31.7	241.3
Vit. D (mcg)	2.9	3.4	0.8	7.2
Vit. E (mg)	12.3	13.2	5.4	24.0

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

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	834.6	872.0	342.3	1655.1
Copper (mg)	1.0	1.1	0.6	1.7
Iron (mg)	9.2	9.1	4.9	13.8
Heme Iron (mg)	0.9	1.0	0.2	2.4
Non-heme Iron (mg)	8.1	8.1	4.3	12.4
Iodine (mcg)	157.8	165.0	69.9	307.3
Magnesium (mg)	255.2	270.1	146.0	429.6
Phosphorus (mg)	1269.2	1342.7	705.7	2209.6
Potassium (mg)	2698.4	2764.4	1356.4	4255.4
Selenium (mcg)	36.1	39.1	19.5	71.1
Sodium (mg)	2649.8	2756.8	1422.3	4493.1
Zinc (mg)	8.5	9.1	4.9	15.4
Retinol (mcg)	374.0	482.8	103.6	1383.1
Ret. Act. Eq. (mcg)	539.1	619.6	162.5	1449.0
Vit. B1 (mg)	1.0	1.1	0.5	1.8
Vit. B2 (mg)	1.3	1.3	0.5	2.3
Vit. B6 (mg)	1.6	1.8	0.8	3.2
Folate eq.(mcg)	171.1	187.2	82.6	366.2
Folic acid (mcg)	0.0	9.4	0.0	76.3
Vit. B12 (mcg)	2.9	3.4	1.1	6.5
Vit. C (mg)	82.1	88.6	26.4	177.0
Vit. D (mcg)	2.6	2.8	0.8	5.1
Vit. E (mg)	12.1	12.6	6.1	21.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	910.9	997.5	482.9	1751.7
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	9.1	9.6	5.4	15.9
Heme Iron (mg)	0.8	1.0	0.2	2.2
Non-heme Iron (mg)	7.9	8.5	4.7	14.1
Iodine (mcg)	161.2	168.1	79.9	265.5
Magnesium (mg)	269.2	289.6	160.6	476.6
Phosphorus (mg)	1368.2	1426.9	810.5	2302.7
Potassium (mg)	2735.9	2915.8	1637.8	4768.7
Selenium (mcg)	37.4	40.2	21.2	69.3
Sodium (mg)	2471.7	2624.3	1517.7	4122.3
Zinc (mg)	9.1	9.6	5.3	15.3
Retinol (mcg)	400.7	539.8	158.1	1572.4
Ret. Act. Eq. (mcg)	554.1	698.7	214.2	1727.4
Vit. B1 (mg)	1.0	1.1	0.5	2.2
Vit. B2 (mg)	1.4	1.6	0.7	3.0
Vit. B6 (mg)	1.7	1.9	0.7	4.1
Folate eq.(mcg)	189.3	212.5	95.6	396.8
Folic acid (mcg)	0.0	17.1	0.0	96.0
Vit. B12 (mcg)	3.6	3.8	1.3	7.0
Vit. C (mg)	75.0	86.7	25.2	171.6
Vit. D (mcg)	2.6	3.0	0.8	6.3
Vit. E (mg)	11.7	13.1	5.7	26.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1005.3	1100.6	411.6	2122.2
Copper (mg)	1.1	1.1	0.6	1.8
Iron (mg)	9.2	9.9	5.9	16.3
Heme Iron (mg)	0.8	1.0	0.1	2.7
Non-heme Iron (mg)	8.3	8.9	5.1	14.7
Iodine (mcg)	174.6	182.5	85.1	304.0
Magnesium (mg)	302.6	314.5	172.6	498.1
Phosphorus (mg)	1419.8	1534.9	889.2	2463.0
Potassium (mg)	2894.6	3050.7	1630.3	4661.1
Selenium (mcg)	37.2	41.0	19.9	71.2
Sodium (mg)	2564.7	2710.3	1475.1	4527.6
Zinc (mg)	9.5	10.1	5.4	17.3
Retinol (mcg)	410.1	539.6	123.0	1449.9
Ret. Act. Eq. (mcg)	540.5	720.7	184.2	1777.4
Vit. B1 (mg)	1.0	1.1	0.5	2.2
Vit. B2 (mg)	1.6	1.7	0.7	3.4
Vit. B6 (mg)	1.8	2.0	0.8	4.4
Folate eq.(mcg)	213.6	232.9	105.6	411.2
Folic acid (mcg)	0.0	18.0	0.0	97.5
Vit. B12 (mcg)	3.9	4.5	1.5	11.3
Vit. C (mg)	87.5	95.2	28.7	186.1
Vit. D (mcg)	2.5	2.8	0.6	6.7
Vit. E (mg)	11.8	13.8	5.3	26.6

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	757.0	811.4	291.1	1453.1
Copper (mg)	0.9	0.9	0.6	1.3
Iron (mg)	7.8	7.9	5.0	11.4
Heme Iron (mg)	0.7	0.9	0.1	2.0
Non-heme Iron (mg)	6.8	7.1	3.9	10.9
Iodine (mcg)	129.3	133.9	77.5	211.1
Magnesium (mg)	225.9	230.1	139.6	335.7
Phosphorus (mg)	1129.1	1158.7	661.9	1715.6
Potassium (mg)	2371.2	2448.5	1427.0	3739.3
Selenium (mcg)	30.8	32.8	17.6	57.7
Sodium (mg)	2126.7	2216.2	1266.5	3566.2
Zinc (mg)	7.7	7.8	4.2	11.8
Retinol (mcg)	319.7	464.2	124.7	1351.3
Ret. Act. Eq. (mcg)	420.0	576.4	167.4	1440.1
Vit. B1 (mg)	0.9	0.9	0.4	1.7
Vit. B2 (mg)	1.2	1.3	0.5	2.3
Vit. B6 (mg)	1.4	1.6	0.7	3.1
Folate eq.(mcg)	164.4	178.3	94.3	298.5
Folic acid (mcg)	0.0	16.1	0.0	75.0
Vit. B12 (mcg)	2.8	3.1	1.0	5.8
Vit. C (mg)	73.9	88.8	21.0	187.8
Vit. D (mcg)	2.3	2.5	0.6	5.3
Vit. E (mg)	10.3	10.9	4.9	18.6

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	822.1	861.2	318.2	1530.6
Copper (mg)	0.9	0.9	0.6	1.4
Iron (mg)	7.9	8.1	5.0	12.2
Heme Iron (mg)	0.8	0.9	0.1	1.9
Non-heme Iron (mg)	7.0	7.3	4.3	11.2
Iodine (mcg)	136.7	142.2	76.1	230.1
Magnesium (mg)	234.3	245.0	148.0	369.1
Phosphorus (mg)	1150.6	1208.6	707.0	1865.1
Potassium (mg)	2452.3	2488.5	1359.6	3585.8
Selenium (mcg)	32.2	33.8	19.7	54.1
Sodium (mg)	2208.8	2250.4	1335.8	3383.5
Zinc (mg)	7.8	8.2	4.7	12.3
Retinol (mcg)	332.4	480.0	113.0	1396.5
Ret. Act. Eq. (mcg)	460.2	619.1	181.1	1558.8
Vit. B1 (mg)	0.8	0.9	0.4	1.8
Vit. B2 (mg)	1.2	1.3	0.5	2.4
Vit. B6 (mg)	1.4	1.6	0.7	3.3
Folate eq.(mcg)	170.3	181.3	94.5	297.7
Folic acid (mcg)	0.0	9.2	0.0	52.8
Vit. B12 (mcg)	2.9	3.3	1.2	6.7
Vit. C (mg)	74.7	85.7	25.0	177.6
Vit. D (mcg)	2.2	2.3	0.6	4.5
Vit. E (mg)	9.7	10.5	5.0	18.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	901.1	933.6	386.2	1549.9
Copper (mg)	0.9	1.0	0.6	1.5
Iron (mg)	8.3	8.7	5.0	13.4
Heme Iron (mg)	0.7	0.9	0.1	2.3
Non-heme Iron (mg)	7.4	7.8	4.4	11.9
Iodine (mcg)	146.0	149.5	76.6	237.8
Magnesium (mg)	262.8	262.4	152.9	387.7
Phosphorus (mg)	1222.9	1266.7	747.2	1850.7
Potassium (mg)	2519.0	2581.0	1539.4	3938.0
Selenium (mcg)	33.8	35.3	18.5	58.0
Sodium (mg)	2193.8	2238.1	1368.5	3471.0
Zinc (mg)	8.2	8.6	4.4	13.8
Retinol (mcg)	349.6	472.1	119.9	1424.9
Ret. Act. Eq. (mcg)	488.4	613.8	202.0	1460.5
Vit. B1 (mg)	0.8	1.0	0.4	1.7
Vit. B2 (mg)	1.3	1.4	0.6	2.6
Vit. B6 (mg)	1.4	1.6	0.8	3.0
Folate eq.(mcg)	180.1	201.4	96.4	355.8
Folic acid (mcg)	0.0	15.6	0.0	80.0
Vit. B12 (mcg)	3.2	3.5	1.2	6.6
Vit. C (mg)	76.8	84.7	23.1	163.8
Vit. D (mcg)	2.1	2.3	0.6	4.6
Vit. E (mg)	10.1	11.1	5.1	21.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1097.5	1131.1	420.0	2098.7
Copper (mg)	1.2	1.3	0.7	2.1
Iron (mg)	11.3	11.9	6.8	18.3
Heme Iron (mg)	1.3	1.6	0.3	3.8
Non-heme Iron (mg)	9.9	10.3	5.4	16.0
Iodine (mcg)	195.4	198.1	86.6	326.2
Magnesium (mg)	373.9	385.5	211.6	585.1
Phosphorus (mg)	1763.3	1788.4	983.7	2716.0
Potassium (mg)	3873.1	3961.7	2172.6	6200.1
Selenium (mcg)	51.1	55.7	24.1	102.7
Sodium (mg)	3002.6	3177.0	1624.3	5285.4
Zinc (mg)	12.1	12.5	5.9	20.2
Retinol (mcg)	540.6	782.2	201.6	2428.9
Ret. Act. Eq. (mcg)	724.7	965.2	306.5	2573.0
Vit. B1 (mg)	1.2	1.4	0.5	2.9
Vit. B2 (mg)	1.7	1.9	0.8	3.3
Vit. B6 (mg)	2.2	2.4	1.0	5.0
Folate eq.(mcg)	276.3	307.1	136.1	570.1
Folic acid (mcg)	0.0	29.0	0.0	150.0
Vit. B12 (mcg)	4.8	5.5	1.8	11.9
Vit. C (mg)	88.5	101.1	25.4	213.3
Vit. D (mcg)	3.9	4.3	1.3	8.7
Vit. E (mg)	14.0	15.7	5.7	30.5

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1081.8	1157.5	489.5	1999.7
Copper (mg)	1.3	1.3	0.8	2.0
Iron (mg)	11.5	11.9	6.7	17.5
Heme Iron (mg)	1.2	1.5	0.3	3.7
Non-heme Iron (mg)	10.1	10.4	5.9	15.7
Iodine (mcg)	191.1	202.5	108.4	321.8
Magnesium (mg)	389.1	400.6	231.3	589.7
Phosphorus (mg)	1715.8	1800.4	1078.9	2710.5
Potassium (mg)	3824.4	3945.0	2387.4	5848.8
Selenium (mcg)	50.0	54.3	28.1	98.9
Sodium (mg)	3165.1	3193.6	1700.9	4823.9
Zinc (mg)	11.7	12.3	6.9	19.4
Retinol (mcg)	541.5	782.6	208.6	1930.2
Ret. Act. Eq. (mcg)	733.3	972.5	291.5	2154.1
Vit. B1 (mg)	1.2	1.3	0.6	2.5
Vit. B2 (mg)	1.7	1.9	0.9	3.3
Vit. B6 (mg)	2.2	2.3	1.1	4.4
Folate eq.(mcg)	282.1	307.2	149.3	555.2
Folic acid (mcg)	0.0	25.3	0.0	150.0
Vit. B12 (mcg)	4.7	5.5	2.1	11.7
Vit. C (mg)	84.6	99.3	28.8	225.5
Vit. D (mcg)	3.7	4.1	1.2	8.1
Vit. E (mg)	14.5	15.5	7.1	28.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1122.6	1178.7	502.6	2031.3
Copper (mg)	1.3	1.3	0.8	2.1
Iron (mg)	11.9	12.4	6.9	18.9
Heme Iron (mg)	1.2	1.4	0.2	3.2
Non-heme Iron (mg)	10.4	10.9	6.3	17.1
Iodine (mcg)	192.9	199.2	103.3	325.1
Magnesium (mg)	377.6	399.6	248.9	601.9
Phosphorus (mg)	1650.1	1762.1	1063.8	2735.9
Potassium (mg)	3651.6	3858.8	2243.5	5784.8
Selenium (mcg)	49.3	54.3	28.3	101.7
Sodium (mg)	2934.0	2994.9	1637.4	4654.9
Zinc (mg)	11.7	12.2	6.9	18.9
Retinol (mcg)	492.4	664.9	189.2	1388.3
Ret. Act. Eq. (mcg)	652.3	869.8	266.5	1953.0
Vit. B1 (mg)	1.1	1.3	0.6	2.7
Vit. B2 (mg)	1.6	1.8	0.8	3.1
Vit. B6 (mg)	2.0	2.2	1.0	4.1
Folate eq.(mcg)	281.3	315.9	150.5	590.4
Folic acid (mcg)	0.0	28.7	0.0	150.0
Vit. B12 (mcg)	4.9	5.4	2.0	11.6
Vit. C (mg)	91.0	104.4	32.8	226.9
Vit. D (mcg)	3.5	3.8	1.1	7.9
Vit. E (mg)	13.2	14.5	6.1	24.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	916.3	976.0	432.3	1656.0
Copper (mg)	1.0	1.1	0.6	1.7
Iron (mg)	9.3	9.9	5.6	15.7
Heme Iron (mg)	0.9	1.1	0.2	2.4
Non-heme Iron (mg)	8.2	8.8	4.9	14.0
Iodine (mcg)	147.8	154.0	79.7	243.8
Magnesium (mg)	295.6	307.6	176.3	481.3
Phosphorus (mg)	1300.9	1361.8	781.8	2074.3
Potassium (mg)	3013.4	3129.0	1787.6	4933.5
Selenium (mcg)	39.0	42.6	21.6	76.0
Sodium (mg)	2240.9	2331.9	1271.1	3598.0
Zinc (mg)	9.0	9.6	5.4	15.3
Retinol (mcg)	409.1	617.6	139.4	1774.7
Ret. Act. Eq. (mcg)	557.2	783.0	208.6	2063.7
Vit. B1 (mg)	1.0	1.1	0.4	2.1
Vit. B2 (mg)	1.3	1.4	0.6	2.5
Vit. B6 (mg)	1.6	1.8	0.8	3.8
Folate eq.(mcg)	222.6	248.8	105.5	476.6
Folic acid (mcg)	0.0	23.4	0.0	120.0
Vit. B12 (mcg)	3.7	4.3	1.4	9.4
Vit. C (mg)	77.4	90.8	21.6	194.2
Vit. D (mcg)	2.9	3.2	1.0	6.9
Vit. E (mg)	10.8	11.9	4.7	21.8

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	950.0	998.6	415.6	1703.3
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	9.4	10.0	6.0	15.6
Heme Iron (mg)	0.9	1.0	0.1	2.3
Non-heme Iron (mg)	8.3	9.0	5.1	14.5
Iodine (mcg)	157.1	162.4	90.6	253.4
Magnesium (mg)	296.5	311.9	189.3	466.1
Phosphorus (mg)	1353.4	1406.4	786.0	2106.9
Potassium (mg)	2985.0	3063.2	1903.4	4578.2
Selenium (mcg)	40.1	43.5	22.4	75.2
Sodium (mg)	2370.3	2467.9	1346.3	3855.0
Zinc (mg)	9.2	9.6	5.3	15.3
Retinol (mcg)	413.2	600.5	138.7	1534.3
Ret. Act. Eq. (mcg)	585.5	814.6	219.8	1942.3
Vit. B1 (mg)	0.9	1.1	0.5	2.1
Vit. B2 (mg)	1.4	1.5	0.7	2.5
Vit. B6 (mg)	1.7	1.9	0.8	3.7
Folate eq.(mcg)	229.5	250.2	121.8	433.4
Folic acid (mcg)	0.0	19.3	0.0	105.0
Vit. B12 (mcg)	3.6	4.5	1.3	8.9
Vit. C (mg)	84.3	93.8	26.0	191.3
Vit. D (mcg)	2.9	3.3	0.7	7.1
Vit. E (mg)	11.0	12.2	5.1	22.5

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1006.7	1029.3	448.1	1806.0
Copper (mg)	1.1	1.2	0.6	1.7
Iron (mg)	10.2	10.4	5.9	15.5
Heme Iron (mg)	0.7	0.9	0.1	2.3
Non-heme Iron (mg)	9.1	9.5	5.0	14.8
Iodine (mcg)	151.1	156.0	88.0	256.6
Magnesium (mg)	325.2	330.2	194.4	491.7
Phosphorus (mg)	1361.9	1409.5	860.2	2288.5
Potassium (mg)	3083.8	3201.9	1921.4	4756.2
Selenium (mcg)	38.2	42.2	23.1	75.3
Sodium (mg)	2247.8	2313.3	1198.0	3905.0
Zinc (mg)	9.2	9.6	5.4	14.9
Retinol (mcg)	347.8	517.1	131.8	1656.8
Ret. Act. Eq. (mcg)	542.3	721.8	223.9	1876.5
Vit. B1 (mg)	0.9	1.1	0.5	2.2
Vit. B2 (mg)	1.4	1.4	0.6	2.6
Vit. B6 (mg)	1.6	1.8	0.7	3.5
Folate eq.(mcg)	246.6	268.0	135.9	520.3
Folic acid (mcg)	0.0	19.1	0.0	101.3
Vit. B12 (mcg)	3.6	4.4	1.5	10.3
Vit. C (mg)	94.0	112.5	30.7	254.3
Vit. D (mcg)	2.4	2.9	0.7	6.5
Vit. E (mg)	10.9	11.8	4.9	20.7

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

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	879.3	943.9	376.1	1698.5
Copper (mg)	1.0	1.0	0.6	1.7
Iron (mg)	8.5	9.0	5.2	14.4
Heme Iron (mg)	0.8	0.9	0.1	2.2
Non-heme Iron (mg)	7.7	8.1	4.4	12.7
Iodine (mcg)	150.6	158.5	76.7	265.5
Magnesium (mg)	260.6	273.5	155.0	445.1
Phosphorus (mg)	1270.0	1340.7	764.1	2123.6
Potassium (mg)	2617.2	2737.9	1521.4	4292.3
Selenium (mcg)	34.2	37.1	19.4	66.2
Sodium (mg)	2343.8	2463.6	1359.5	4000.5
Zinc (mg)	8.5	8.9	4.9	14.8
Retinol (mcg)	375.8	507.6	124.4	1399.8
Ret. Act. Eq. (mcg)	506.1	656.3	183.6	1641.2
Vit. B1 (mg)	0.9	1.0	0.4	2.0
Vit. B2 (mg)	1.3	1.5	0.6	2.8
Vit. B6 (mg)	1.5	1.8	0.7	3.6
Folate eq.(mcg)	180.6	203.1	95.5	382.5
Folic acid (mcg)	0.0	14.9	0.0	80.0
Vit. B12 (mcg)	3.2	3.6	1.3	7.2
Vit. C (mg)	77.5	88.3	24.9	177.0
Vit. D (mcg)	2.3	2.6	0.7	5.8
Vit. E (mg)	10.9	12.1	5.3	22.5

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	858.9	926.3	318.2	1655.1
Copper (mg)	0.9	1.0	0.6	1.7
Iron (mg)	8.5	8.9	4.9	13.8
Heme Iron (mg)	0.9	1.0	0.2	2.6
Non-heme Iron (mg)	7.7	7.9	4.3	12.5
Iodine (mcg)	151.2	158.4	78.9	252.6
Magnesium (mg)	252.9	267.3	154.8	431.3
Phosphorus (mg)	1240.8	1317.8	731.3	2105.0
Potassium (mg)	2598.5	2698.8	1427.9	4193.8
Selenium (mcg)	35.0	38.2	20.2	64.8
Sodium (mg)	2417.9	2520.6	1394.5	3839.1
Zinc (mg)	8.7	9.3	4.6	15.4
Retinol (mcg)	347.0	526.0	120.6	1408.6
Ret. Act. Eq. (mcg)	476.9	681.0	181.1	1709.9
Vit. B1 (mg)	1.0	1.1	0.5	2.0
Vit. B2 (mg)	1.3	1.5	0.6	2.7
Vit. B6 (mg)	1.6	1.8	0.8	3.6
Folate eq.(mcg)	185.2	201.5	86.1	362.6
Folic acid (mcg)	0.0	13.3	0.0	75.0
Vit. B12 (mcg)	3.3	3.8	1.2	8.4
Vit. C (mg)	80.7	89.2	27.7	182.1
Vit. D (mcg)	2.4	2.6	0.6	5.3
Vit. E (mg)	10.8	11.9	4.9	21.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1013.6	1070.9	452.6	1896.8
Copper (mg)	1.2	1.2	0.7	2.0
Iron (mg)	10.8	11.3	6.3	18.0
Heme Iron (mg)	1.0	1.2	0.1	3.0
Non-heme Iron (mg)	9.6	10.0	5.5	16.5
Iodine (mcg)	174.1	181.1	90.1	303.5
Magnesium (mg)	344.7	360.5	193.2	564.6
Phosphorus (mg)	1522.6	1585.7	840.5	2611.9
Potassium (mg)	3374.0	3521.0	1987.6	5584.3
Selenium (mcg)	44.7	48.1	23.7	89.2
Sodium (mg)	2608.2	2762.7	1346.3	4593.9
Zinc (mg)	10.4	10.9	5.5	18.0
Retinol (mcg)	449.1	666.9	144.2	1748.9
Ret. Act. Eq. (mcg)	624.6	871.2	230.1	2178.1
Vit. B1 (mg)	1.0	1.2	0.5	2.4
Vit. B2 (mg)	1.5	1.6	0.7	3.0
Vit. B6 (mg)	1.9	2.1	0.9	4.0
Folate eq.(mcg)	259.1	285.9	127.4	533.9
Folic acid (mcg)	0.0	24.3	0.0	140.0
Vit. B12 (mcg)	4.1	4.9	1.5	10.1
Vit. C (mg)	89.1	103.0	27.6	229.7
Vit. D (mcg)	3.1	3.5	0.8	7.3
Vit. E (mg)	12.5	14.0	5.8	25.8

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1023.3	1081.2	446.4	1907.1
Copper (mg)	1.1	1.2	0.6	1.9
Iron (mg)	10.4	10.8	5.9	16.9
Heme Iron (mg)	1.1	1.3	0.2	3.0
Non-heme Iron (mg)	9.2	9.5	5.2	15.3
Iodine (mcg)	171.4	177.6	92.0	289.8
Magnesium (mg)	338.3	351.1	194.7	545.0
Phosphorus (mg)	1550.4	1593.0	881.9	2494.9
Potassium (mg)	3370.0	3526.5	2016.0	5497.5
Selenium (mcg)	45.4	49.4	23.5	92.3
Sodium (mg)	2646.9	2760.3	1389.1	4475.6
Zinc (mg)	10.4	11.0	5.9	17.7
Retinol (mcg)	471.0	671.6	170.8	1809.1
Ret. Act. Eq. (mcg)	642.8	855.7	260.1	2063.7
Vit. B1 (mg)	1.1	1.2	0.5	2.5
Vit. B2 (mg)	1.6	1.7	0.7	2.9
Vit. B6 (mg)	1.9	2.1	0.9	4.1
Folate eq.(mcg)	252.1	277.8	132.0	510.4
Folic acid (mcg)	0.0	23.6	0.0	120.0
Vit. B12 (mcg)	4.3	5.0	1.7	10.5
Vit. C (mg)	82.5	95.7	25.9	209.4
Vit. D (mcg)	3.2	3.7	1.0	7.8
Vit. E (mg)	12.2	13.4	5.2	25.2

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

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	936.5	1007.7	407.3	1835.7
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	9.2	9.6	5.4	15.7
Heme Iron (mg)	0.8	1.0	0.1	2.3
Non-heme Iron (mg)	8.2	8.7	4.8	14.2
Iodine (mcg)	165.2	173.2	79.8	294.0
Magnesium (mg)	277.6	295.9	164.1	479.7
Phosphorus (mg)	1385.5	1452.0	829.9	2316.5
Potassium (mg)	2789.6	2943.6	1609.9	4628.2
Selenium (mcg)	37.2	40.2	19.8	70.9
Sodium (mg)	2548.7	2671.0	1457.3	4338.9
Zinc (mg)	9.1	9.6	5.2	16.0
Retinol (mcg)	408.1	538.7	129.8	1436.2
Ret. Act. Eq. (mcg)	549.6	701.9	188.1	1696.8
Vit. B1 (mg)	1.0	1.1	0.5	2.1
Vit. B2 (mg)	1.5	1.6	0.7	3.0
Vit. B6 (mg)	1.7	1.9	0.8	4.1
Folate eq.(mcg)	192.2	216.8	96.1	402.9
Folic acid (mcg)	0.0	16.8	0.0	96.0
Vit. B12 (mcg)	3.6	4.0	1.3	7.7
Vit. C (mg)	80.8	89.8	25.4	177.0
Vit. D (mcg)	2.6	2.9	0.7	6.5
Vit. E (mg)	11.8	13.3	5.5	25.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	879.4	963.5	354.7	1861.4
Copper (mg)	1.0	1.1	0.6	1.9
Iron (mg)	9.3	9.5	4.8	14.3
Heme Iron (mg)	0.9	1.2	0.2	3.3
Non-heme Iron (mg)	7.9	8.3	4.3	13.1
Iodine (mcg)	165.2	170.6	74.4	275.2
Magnesium (mg)	264.2	288.0	162.5	469.8
Phosphorus (mg)	1327.7	1407.3	753.5	2297.5
Potassium (mg)	2804.9	2842.0	1356.4	4277.1
Selenium (mcg)	38.2	41.6	22.2	71.3
Sodium (mg)	2573.8	2767.5	1571.8	4651.3
Zinc (mg)	9.1	10.1	5.2	18.4
Retinol (mcg)	362.1	571.7	118.4	1666.3
Ret. Act. Eq. (mcg)	476.9	723.2	162.4	1712.2
Vit. B1 (mg)	1.1	1.1	0.5	2.4
Vit. B2 (mg)	1.3	1.5	0.6	3.0
Vit. B6 (mg)	1.7	1.9	0.8	4.2
Folate eq.(mcg)	189.5	209.2	78.4	376.3
Folic acid (mcg)	0.0	12.2	0.0	60.0
Vit. B12 (mcg)	3.3	4.1	1.2	9.1
Vit. C (mg)	80.7	90.3	29.4	185.0
Vit. D (mcg)	2.5	2.8	0.8	5.7
Vit. E (mg)	12.0	13.0	4.5	24.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	827.4	874.0	349.0	1539.1
Copper (mg)	0.9	0.9	0.6	1.4
Iron (mg)	7.9	8.3	5.0	12.4
Heme Iron (mg)	0.7	0.8	0.1	2.0
Non-heme Iron (mg)	7.2	7.4	4.3	11.3
Iodine (mcg)	138.7	142.4	75.2	233.8
Magnesium (mg)	241.6	249.1	147.9	370.9
Phosphorus (mg)	1176.4	1218.9	735.9	1849.1
Potassium (mg)	2461.9	2512.6	1440.5	3731.5
Selenium (mcg)	31.9	33.9	18.5	57.9
Sodium (mg)	2169.4	2236.7	1291.4	3425.4
Zinc (mg)	7.8	8.2	4.5	12.8
Retinol (mcg)	344.4	473.5	118.5	1351.3
Ret. Act. Eq. (mcg)	457.4	606.3	179.8	1476.5
Vit. B1 (mg)	0.8	0.9	0.4	1.8
Vit. B2 (mg)	1.2	1.3	0.6	2.4
Vit. B6 (mg)	1.4	1.6	0.7	3.0
Folate eq.(mcg)	171.7	188.1	95.0	336.1
Folic acid (mcg)	0.0	12.7	0.0	73.5
Vit. B12 (mcg)	2.9	3.3	1.2	6.2
Vit. C (mg)	74.7	86.7	22.6	174.1
Vit. D (mcg)	2.2	2.3	0.6	4.6
Vit. E (mg)	10.0	10.9	5.1	19.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	840.3	894.7	315.5	1576.8
Copper (mg)	0.9	0.9	0.6	1.3
Iron (mg)	8.2	8.4	5.0	13.2
Heme Iron (mg)	0.8	0.9	0.1	2.1
Non-heme Iron (mg)	7.3	7.5	4.5	11.3
Iodine (mcg)	145.0	147.9	82.5	229.1
Magnesium (mg)	243.4	249.7	148.0	372.5
Phosphorus (mg)	1219.5	1241.7	683.2	1827.4
Potassium (mg)	2537.2	2577.1	1431.4	3858.2
Selenium (mcg)	33.4	35.3	18.5	56.1
Sodium (mg)	2286.9	2310.8	1360.2	3514.7
Zinc (mg)	8.2	8.6	4.2	13.1
Retinol (mcg)	341.8	487.3	136.5	1396.5
Ret. Act. Eq. (mcg)	488.0	645.1	184.4	1497.2
Vit. B1 (mg)	0.9	1.0	0.4	2.0
Vit. B2 (mg)	1.3	1.4	0.5	2.6
Vit. B6 (mg)	1.5	1.8	0.8	3.4
Folate eq.(mcg)	182.1	195.1	102.2	342.2
Folic acid (mcg)	0.0	14.2	0.0	75.0
Vit. B12 (mcg)	3.2	3.6	1.2	7.8
Vit. C (mg)	80.8	88.3	25.9	165.3
Vit. D (mcg)	2.3	2.4	0.5	4.8
Vit. E (mg)	10.0	10.9	5.1	18.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1097.5	1170.3	483.1	2033.6
Copper (mg)	1.3	1.4	0.8	2.1
Iron (mg)	11.9	12.5	7.2	19.4
Heme Iron (mg)	1.2	1.5	0.2	3.6
Non-heme Iron (mg)	10.6	11.0	6.3	17.1
Iodine (mcg)	205.2	208.5	103.3	330.0
Magnesium (mg)	391.1	408.7	238.8	601.4
Phosphorus (mg)	1747.7	1817.0	1055.3	2732.5
Potassium (mg)	3821.5	3993.9	2287.5	6008.8
Selenium (mcg)	50.3	54.6	28.5	101.4
Sodium (mg)	3120.0	3245.4	1746.1	4969.9
Zinc (mg)	12.0	12.5	6.6	19.5
Retinol (mcg)	541.5	759.1	183.9	2026.6
Ret. Act. Eq. (mcg)	734.8	964.9	272.7	2269.7
Vit. B1 (mg)	1.2	1.4	0.6	2.7
Vit. B2 (mg)	1.7	1.9	0.8	3.3
Vit. B6 (mg)	2.1	2.4	1.0	4.4
Folate eq.(mcg)	287.9	317.7	147.8	590.4
Folic acid (mcg)	0.0	26.3	0.0	150.0
Vit. B12 (mcg)	4.9	5.5	1.8	12.0
Vit. C (mg)	89.3	104.2	28.5	234.1
Vit. D (mcg)	3.6	4.1	1.1	8.0
Vit. E (mg)	14.4	15.8	7.0	28.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1084.7	1144.3	470.9	1999.7
Copper (mg)	1.2	1.3	0.7	2.0
Iron (mg)	11.3	11.6	6.7	17.4
Heme Iron (mg)	1.2	1.5	0.3	3.5
Non-heme Iron (mg)	9.8	10.1	5.6	16.0
Iodine (mcg)	186.1	194.4	99.7	321.8
Magnesium (mg)	373.1	386.5	220.6	583.3
Phosphorus (mg)	1705.7	1764.6	1029.8	2710.5
Potassium (mg)	3777.0	3878.0	2299.5	5867.9
Selenium (mcg)	49.9	54.7	25.0	100.5
Sodium (mg)	2996.6	3056.5	1570.7	4880.3
Zinc (mg)	11.6	12.2	6.8	19.2
Retinol (mcg)	521.0	746.2	212.7	1977.8
Ret. Act. Eq. (mcg)	708.8	927.7	298.1	2222.5
Vit. B1 (mg)	1.2	1.4	0.6	2.8
Vit. B2 (mg)	1.7	1.8	0.8	3.1
Vit. B6 (mg)	2.1	2.3	1.0	4.5
Folate eq.(mcg)	269.6	303.3	146.6	552.0
Folic acid (mcg)	0.0	28.0	0.0	150.0
Vit. B12 (mcg)	4.8	5.5	2.0	11.6
Vit. C (mg)	84.8	98.9	27.6	220.1
Vit. D (mcg)	3.6	4.1	1.2	8.3
Vit. E (mg)	13.8	14.9	5.7	28.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	934.3	982.9	425.7	1695.5
Copper (mg)	1.1	1.1	0.6	1.7
Iron (mg)	9.5	10.2	6.0	16.2
Heme Iron (mg)	0.8	1.0	0.1	2.3
Non-heme Iron (mg)	8.6	9.2	5.2	14.9
Iodine (mcg)	150.3	156.9	83.1	259.0
Magnesium (mg)	307.9	317.9	182.1	498.2
Phosphorus (mg)	1334.0	1381.0	793.6	2133.3
Potassium (mg)	2994.3	3102.6	1893.4	4813.0
Selenium (mcg)	39.4	42.3	22.0	72.5
Sodium (mg)	2268.4	2335.5	1242.4	3692.9
Zinc (mg)	9.1	9.5	5.2	15.0
Retinol (mcg)	393.1	585.2	130.1	1545.1
Ret. Act. Eq. (mcg)	557.2	788.2	217.7	2121.4
Vit. B1 (mg)	0.9	1.1	0.5	2.2
Vit. B2 (mg)	1.4	1.4	0.6	2.4
Vit. B6 (mg)	1.7	1.9	0.8	3.5
Folate eq.(mcg)	235.6	257.8	115.8	499.7
Folic acid (mcg)	0.0	22.5	0.0	135.0
Vit. B12 (mcg)	3.5	4.3	1.3	8.7
Vit. C (mg)	88.6	102.1	25.7	227.6
Vit. D (mcg)	2.8	3.1	0.7	6.4
Vit. E (mg)	11.1	12.3	5.2	22.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	972.1	1010.3	432.3	1759.6
Copper (mg)	1.0	1.1	0.6	1.7
Iron (mg)	9.5	9.9	5.7	14.9
Heme Iron (mg)	0.9	1.0	0.1	2.3
Non-heme Iron (mg)	8.4	8.9	4.9	14.0
Iodine (mcg)	154.0	158.7	85.6	248.5
Magnesium (mg)	296.5	311.2	187.4	472.8
Phosphorus (mg)	1334.3	1400.0	802.0	2160.4
Potassium (mg)	3047.9	3131.1	1833.4	4610.0
Selenium (mcg)	39.3	43.4	22.4	76.0
Sodium (mg)	2331.8	2427.3	1262.7	3800.8
Zinc (mg)	9.2	9.6	5.5	15.2
Retinol (mcg)	405.1	587.7	142.9	1728.1
Ret. Act. Eq. (mcg)	575.1	774.8	212.8	1942.3
Vit. B1 (mg)	1.0	1.1	0.5	2.0
Vit. B2 (mg)	1.4	1.5	0.6	2.7
Vit. B6 (mg)	1.6	1.8	0.8	3.8
Folate eq.(mcg)	227.2	249.2	115.8	423.8
Folic acid (mcg)	0.0	18.8	0.0	94.5
Vit. B12 (mcg)	3.8	4.4	1.4	9.7
Vit. C (mg)	80.1	92.1	22.3	201.0
Vit. D (mcg)	2.8	3.3	0.8	7.3
Vit. E (mg)	10.5	11.6	4.7	22.2

Table 2.1 Actual intake of micronutrients from foods and dietary supplements by the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1012.4	1075.3	442.8	1904.3
Copper (mg)	1.2	1.3	0.7	2.3
Iron (mg)	10.7	11.8	5.9	21.1
Heme Iron (mg)	1.0	1.2	0.2	2.9
Non-heme Iron (mg)	9.0	9.5	5.1	15.4
Iodine (mcg)	175.2	184.2	90.9	316.8
Magnesium (mg)	334.1	351.0	186.7	566.2
Phosphorus (mg)	1484.8	1551.9	842.4	2494.9
Potassium (mg)	3238.7	3383.8	1847.2	5392.1
Selenium (mcg)	46.1	51.7	23.4	102.3
Sodium (mg)	2567.4	2710.6	1373.7	4439.8
Zinc (mg)	10.7	11.7	5.6	21.1
Retinol (mcg)	499.3	724.0	164.2	1955.9
Ret. Act. Eq. (mcg)	688.9	942.9	242.9	2280.3
Vit. B1 (mg)	1.2	1.8	0.5	3.4
Vit. B2 (mg)	1.6	2.3	0.7	4.1
Vit. B6 (mg)	2.0	2.6	0.9	5.3
Folate eq.(mcg)	270.7	334.7	122.5	737.2
Folic acid (mcg)	0.0	55.9	0.0	230.9
Vit. B12 (mcg)	4.3	5.7	1.6	12.1
Vit. C (mg)	93.9	139.4	28.7	304.5
Vit. D (mcg)	3.4	4.0	0.9	8.8
Vit. E (mg)	13.2	16.2	5.6	31.8

Table 2.2.a Actual intake of micronutrients from foods and dietary supplements by the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	887.4	948.0	369.1	1698.5
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	8.8	9.6	5.2	15.9
Heme Iron (mg)	0.8	0.9	0.1	2.3
Non-heme Iron (mg)	7.7	8.0	4.4	12.7
Iodine (mcg)	152.5	162.1	80.3	272.0
Magnesium (mg)	261.1	275.9	156.6	447.8
Phosphorus (mg)	1270.0	1339.3	756.2	2149.7
Potassium (mg)	2613.2	2731.4	1504.8	4272.5
Selenium (mcg)	35.8	39.6	19.9	72.5
Sodium (mg)	2350.6	2473.4	1375.0	3966.6
Zinc (mg)	8.7	9.4	4.9	16.4
Retinol (mcg)	404.9	556.4	124.9	1520.2
Ret. Act. Eq. (mcg)	542.8	714.0	183.9	1777.4
Vit. B1 (mg)	1.0	1.2	0.5	2.2
Vit. B2 (mg)	1.4	1.7	0.6	3.0
Vit. B6 (mg)	1.7	2.0	0.8	4.0
Folate eq.(mcg)	193.9	227.0	96.3	464.0
Folic acid (mcg)	0.0	26.7	0.0	125.0
Vit. B12 (mcg)	3.3	4.4	1.3	7.8
Vit. C (mg)	83.1	99.9	26.6	205.0
Vit. D (mcg)	2.5	3.0	0.7	7.1
Vit. E (mg)	11.4	13.0	5.3	25.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1042.8	1103.1	456.3	1929.9
Copper (mg)	1.2	1.4	0.7	2.4
Iron (mg)	11.2	12.3	6.3	21.9
Heme Iron (mg)	1.0	1.2	0.2	3.0
Non-heme Iron (mg)	9.3	9.8	5.3	15.7
Iodine (mcg)	180.4	189.1	93.6	321.8
Magnesium (mg)	349.3	367.4	203.3	583.3
Phosphorus (mg)	1544.5	1598.4	876.3	2554.0
Potassium (mg)	3374.7	3526.4	1997.0	5532.4
Selenium (mcg)	48.6	54.4	24.4	105.7
Sodium (mg)	2632.0	2762.5	1373.7	4524.0
Zinc (mg)	11.3	12.2	6.0	22.0
Retinol (mcg)	522.4	760.6	176.3	2026.6
Ret. Act. Eq. (mcg)	737.4	992.9	266.4	2431.0
Vit. B1 (mg)	1.2	2.0	0.5	3.6
Vit. B2 (mg)	1.7	2.4	0.8	4.3
Vit. B6 (mg)	2.1	2.7	0.9	5.6
Folate eq.(mcg)	292.4	358.2	136.9	786.6
Folic acid (mcg)	0.0	62.3	0.0	250.0
Vit. B12 (mcg)	4.5	6.0	1.7	12.7
Vit. C (mg)	97.4	148.1	29.3	327.6
Vit. D (mcg)	3.6	4.3	1.1	9.1
Vit. E (mg)	13.8	17.0	5.7	32.8

Table 2.2.b Actual intake of micronutrients from foods and dietary supplements by the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	941.6	1008.1	397.9	1844.2
Copper (mg)	1.1	1.2	0.6	2.0
Iron (mg)	9.5	10.2	5.4	16.6
Heme Iron (mg)	0.8	1.0	0.2	2.4
Non-heme Iron (mg)	8.1	8.6	4.7	14.0
Iodine (mcg)	167.5	176.5	82.7	303.9
Magnesium (mg)	281.0	298.2	165.2	479.7
Phosphorus (mg)	1373.4	1447.7	802.8	2316.5
Potassium (mg)	2789.6	2928.2	1599.6	4612.9
Selenium (mcg)	39.0	42.4	20.1	75.7
Sodium (mg)	2549.0	2686.4	1461.3	4373.5
Zinc (mg)	9.4	10.1	5.3	17.3
Retinol (mcg)	438.6	591.7	126.9	1574.2
Ret. Act. Eq. (mcg)	588.1	757.8	188.1	1854.3
Vit. B1 (mg)	1.1	1.2	0.5	2.4
Vit. B2 (mg)	1.5	1.7	0.7	3.2
Vit. B6 (mg)	1.8	2.1	0.8	4.3
Folate eq.(mcg)	204.9	241.4	94.5	499.6
Folic acid (mcg)	0.0	29.0	0.0	142.0
Vit. B12 (mcg)	3.6	5.1	1.3	8.4
Vit. C (mg)	85.8	99.4	26.7	199.3
Vit. D (mcg)	2.8	3.3	0.8	7.5
Vit. E (mg)	12.3	14.2	5.6	27.1

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	837.7	885.2	342.8	1548.7
Copper (mg)	0.9	1.0	0.6	1.7
Iron (mg)	8.2	9.0	5.1	14.0
Heme Iron (mg)	0.7	0.9	0.1	2.0
Non-heme Iron (mg)	7.2	7.4	4.3	11.3
Iodine (mcg)	142.2	147.1	76.9	243.0
Magnesium (mg)	243.4	252.7	151.7	381.7
Phosphorus (mg)	1194.8	1225.9	714.9	1849.1
Potassium (mg)	2469.0	2525.8	1440.5	3750.2
Selenium (mcg)	33.2	36.7	18.8	65.6
Sodium (mg)	2196.2	2250.6	1300.8	3471.0
Zinc (mg)	8.2	8.7	4.6	14.2
Retinol (mcg)	372.1	519.5	124.4	1446.2
Ret. Act. Eq. (mcg)	499.2	668.2	183.1	1687.8
Vit. B1 (mg)	0.9	1.2	0.4	2.0
Vit. B2 (mg)	1.3	1.6	0.6	2.8
Vit. B6 (mg)	1.5	1.9	0.7	3.5
Folate eq.(mcg)	184.4	212.0	97.5	412.7
Folic acid (mcg)	0.0	24.3	0.0	100.0
Vit. B12 (mcg)	3.1	3.6	1.2	7.1
Vit. C (mg)	80.8	100.6	25.4	222.8
Vit. D (mcg)	2.3	2.7	0.6	6.1
Vit. E (mg)	10.5	11.8	5.2	21.8

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1120.4	1169.8	483.1	2031.3
Copper (mg)	1.3	1.4	0.8	2.5
Iron (mg)	12.0	12.9	6.9	22.2
Heme Iron (mg)	1.2	1.5	0.3	3.5
Non-heme Iron (mg)	10.1	10.5	5.8	16.4
Iodine (mcg)	202.5	208.1	103.4	332.4
Magnesium (mg)	388.7	403.2	235.4	602.9
Phosphorus (mg)	1735.1	1794.2	1041.0	2716.0
Potassium (mg)	3797.4	3929.4	2299.5	5934.3
Selenium (mcg)	52.7	58.6	28.1	106.6
Sodium (mg)	3036.6	3137.1	1641.6	4921.6
Zinc (mg)	12.3	13.3	7.0	23.0
Retinol (mcg)	586.1	821.4	207.7	2109.1
Ret. Act. Eq. (mcg)	792.5	1034.6	308.9	2401.4
Vit. B1 (mg)	1.3	1.9	0.6	3.5
Vit. B2 (mg)	1.8	2.2	0.9	4.1
Vit. B6 (mg)	2.2	2.7	1.1	5.3
Folate eq.(mcg)	308.3	361.7	150.5	710.4
Folic acid (mcg)	0.0	53.4	0.0	212.5
Vit. B12 (mcg)	5.1	5.9	2.0	12.5
Vit. C (mg)	93.9	142.4	30.3	305.7
Vit. D (mcg)	4.0	4.5	1.3	9.8
Vit. E (mg)	15.0	17.2	6.7	32.5

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	979.2	1035.8	446.7	1800.1
Copper (mg)	1.1	1.3	0.6	2.3
Iron (mg)	10.3	11.6	6.0	21.7
Heme Iron (mg)	0.9	1.0	0.1	2.3
Non-heme Iron (mg)	8.5	9.0	5.0	14.3
Iodine (mcg)	161.6	169.9	89.2	280.2
Magnesium (mg)	313.8	331.4	190.8	519.5
Phosphorus (mg)	1343.3	1401.1	804.4	2144.9
Potassium (mg)	3033.2	3120.5	1873.7	4756.2
Selenium (mcg)	44.0	50.2	23.4	101.5
Sodium (mg)	2296.3	2385.2	1244.7	3797.5
Zinc (mg)	9.9	11.2	5.5	19.9
Retinol (mcg)	455.4	699.3	157.8	1881.6
Ret. Act. Eq. (mcg)	658.2	950.9	241.6	2489.4
Vit. B1 (mg)	1.1	2.1	0.5	3.8
Vit. B2 (mg)	1.6	2.7	0.7	4.6
Vit. B6 (mg)	1.9	2.8	0.8	6.1
Folate eq.(mcg)	273.4	354.7	123.6	884.9
Folic acid (mcg)	7.5	71.2	0.0	309.6
Vit. B12 (mcg)	4.0	6.1	1.5	13.5
Vit. C (mg)	100.3	153.9	28.7	376.5
Vit. D (mcg)	3.2	4.0	0.9	8.9
Vit. E (mg)	12.5	16.7	5.2	33.8

Table 2.2.c Actual intake of micronutrients from foods and dietary supplements by the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	832.5	895.1	376.1	1618.3
Copper (mg)	0.9	0.9	0.6	1.4
Iron (mg)	7.8	8.3	4.9	13.4
Heme Iron (mg)	0.6	0.8	0.1	1.9
Non-heme Iron (mg)	6.7	7.1	4.2	10.5
Iodine (mcg)	134.0	141.4	73.4	246.2
Magnesium (mg)	230.0	239.2	144.4	372.0
Phosphorus (mg)	1117.3	1164.3	719.6	1829.3
Potassium (mg)	2338.5	2367.0	1425.5	3342.1
Selenium (mcg)	30.6	32.9	17.3	53.7
Sodium (mg)	1987.6	2065.0	1213.7	3215.0
Zinc (mg)	7.4	8.0	4.2	12.5
Retinol (mcg)	394.3	548.8	111.9	1548.8
Ret. Act. Eq. (mcg)	504.3	693.5	163.8	1680.6
Vit. B1 (mg)	0.8	1.0	0.4	1.7
Vit. B2 (mg)	1.3	1.5	0.6	2.6
Vit. B6 (mg)	1.3	1.6	0.7	2.9
Folate eq.(mcg)	171.2	203.2	84.8	378.3
Folic acid (mcg)	0.0	27.6	0.0	110.8
Vit. B12 (mcg)	2.9	6.6	1.3	7.2
Vit. C (mg)	76.4	90.0	26.2	187.8
Vit. D (mcg)	2.3	2.8	0.7	7.3
Vit. E (mg)	10.1	11.4	4.6	22.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	888.2	952.0	462.8	1624.9
Copper (mg)	1.0	1.1	0.6	1.7
Iron (mg)	9.2	10.1	5.5	16.2
Heme Iron (mg)	0.8	1.0	0.2	2.4
Non-heme Iron (mg)	7.9	8.3	4.8	12.8
Iodine (mcg)	157.5	168.5	89.2	274.4
Magnesium (mg)	267.6	275.9	171.0	426.3
Phosphorus (mg)	1308.9	1339.0	802.9	1979.6
Potassium (mg)	2686.5	2758.0	1555.6	4193.8
Selenium (mcg)	37.1	40.5	20.1	72.7
Sodium (mg)	2486.2	2544.1	1432.1	4059.9
Zinc (mg)	9.0	9.6	5.1	16.9
Retinol (mcg)	447.7	569.1	130.4	1445.4
Ret. Act. Eq. (mcg)	572.6	723.3	182.0	1834.4
Vit. B1 (mg)	1.0	1.2	0.5	2.5
Vit. B2 (mg)	1.4	1.6	0.7	3.1
Vit. B6 (mg)	1.7	2.0	0.8	4.1
Folate eq.(mcg)	189.3	228.4	103.6	506.1
Folic acid (mcg)	0.0	30.6	0.0	172.5
Vit. B12 (mcg)	3.5	3.8	1.3	6.9
Vit. C (mg)	85.0	97.9	25.4	192.7
Vit. D (mcg)	2.8	3.4	0.9	7.4
Vit. E (mg)	12.0	13.6	6.2	26.6

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	852.3	899.8	325.3	1555.9
Copper (mg)	0.9	1.0	0.6	1.6
Iron (mg)	8.1	8.6	5.0	13.4
Heme Iron (mg)	0.7	0.8	0.1	2.1
Non-heme Iron (mg)	7.1	7.4	4.3	11.3
Iodine (mcg)	140.5	143.0	81.3	229.0
Magnesium (mg)	244.9	245.1	147.9	358.0
Phosphorus (mg)	1204.7	1218.8	695.9	1827.4
Potassium (mg)	2448.7	2501.8	1400.3	3739.3
Selenium (mcg)	32.4	35.6	19.5	68.1
Sodium (mg)	2240.6	2257.1	1326.8	3490.9
Zinc (mg)	8.1	8.6	4.4	13.7
Retinol (mcg)	367.6	527.1	126.9	1558.8
Ret. Act. Eq. (mcg)	501.6	660.4	183.1	1850.6
Vit. B1 (mg)	0.9	1.0	0.4	2.0
Vit. B2 (mg)	1.3	1.4	0.6	2.7
Vit. B6 (mg)	1.5	1.7	0.7	3.2
Folate eq.(mcg)	174.8	197.7	95.4	367.5
Folic acid (mcg)	0.0	22.7	0.0	100.0
Vit. B12 (mcg)	3.0	3.4	1.2	6.6
Vit. C (mg)	77.5	96.0	25.3	193.3
Vit. D (mcg)	2.2	2.7	0.7	6.5
Vit. E (mg)	10.6	11.5	5.4	21.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1038.8	1098.5	375.8	2161.2
Copper (mg)	1.2	1.3	0.6	2.2
Iron (mg)	10.5	11.0	5.7	18.8
Heme Iron (mg)	1.0	1.2	0.2	2.7
Non-heme Iron (mg)	9.0	9.4	4.9	15.3
Iodine (mcg)	186.9	196.2	83.9	335.3
Magnesium (mg)	329.8	339.2	165.9	539.0
Phosphorus (mg)	1610.2	1661.6	901.7	2475.8
Potassium (mg)	3197.3	3314.7	1707.5	5065.1
Selenium (mcg)	43.9	47.7	25.4	80.8
Sodium (mg)	2944.3	3063.6	1761.1	4913.2
Zinc (mg)	10.6	11.4	6.0	19.1
Retinol (mcg)	454.8	642.8	132.9	1599.7
Ret. Act. Eq. (mcg)	631.8	825.3	219.9	1897.3
Vit. B1 (mg)	1.1	1.3	0.5	2.7
Vit. B2 (mg)	1.6	1.8	0.7	3.6
Vit. B6 (mg)	2.0	2.4	0.9	4.8
Folate eq.(mcg)	240.3	263.7	107.6	520.0
Folic acid (mcg)	0.0	25.3	0.0	135.0
Vit. B12 (mcg)	4.1	4.6	1.5	9.6
Vit. C (mg)	89.4	104.3	31.0	204.4
Vit. D (mcg)	3.0	3.4	0.8	7.6
Vit. E (mg)	13.9	15.6	6.1	31.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	854.9	878.2	318.2	1513.9
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	8.8	9.8	5.3	15.7
Heme Iron (mg)	0.8	0.9	0.1	2.1
Non-heme Iron (mg)	7.6	7.8	4.4	11.7
Iodine (mcg)	152.3	155.9	80.6	253.8
Magnesium (mg)	263.7	270.7	155.0	422.9
Phosphorus (mg)	1245.1	1266.5	779.7	1868.8
Potassium (mg)	2566.8	2623.5	1495.2	3938.0
Selenium (mcg)	36.2	39.7	19.3	68.2
Sodium (mg)	2313.9	2336.3	1327.2	3496.7
Zinc (mg)	8.6	9.2	4.9	15.4
Retinol (mcg)	370.3	488.1	124.5	1351.3
Ret. Act. Eq. (mcg)	502.6	657.7	192.2	1613.7
Vit. B1 (mg)	0.9	1.5	0.5	2.3
Vit. B2 (mg)	1.3	1.9	0.6	3.0
Vit. B6 (mg)	1.6	2.2	0.8	4.2
Folate eq.(mcg)	203.2	235.6	108.5	472.3
Folic acid (mcg)	0.0	27.3	0.0	125.0
Vit. B12 (mcg)	3.1	3.9	1.2	7.7
Vit. C (mg)	84.7	109.6	26.9	247.9
Vit. D (mcg)	2.4	2.7	0.5	6.0
Vit. E (mg)	10.8	12.5	5.0	23.1

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1064.6	1139.3	427.4	2070.0
Copper (mg)	1.3	1.4	0.7	2.4
Iron (mg)	11.2	12.2	6.7	22.0
Heme Iron (mg)	1.1	1.4	0.3	3.2
Non-heme Iron (mg)	9.7	10.2	5.7	16.9
Iodine (mcg)	209.5	215.0	100.2	351.3
Magnesium (mg)	371.7	389.9	210.7	604.5
Phosphorus (mg)	1781.9	1825.2	1003.8	2792.7
Potassium (mg)	3650.7	3774.7	2028.3	5724.9
Selenium (mcg)	51.5	57.8	28.7	108.7
Sodium (mg)	3247.2	3394.0	1804.0	5208.4
Zinc (mg)	12.1	12.6	6.9	20.7
Retinol (mcg)	521.4	779.9	164.5	2463.9
Ret. Act. Eq. (mcg)	695.8	971.9	241.2	2573.0
Vit. B1 (mg)	1.4	1.6	0.6	3.1
Vit. B2 (mg)	1.8	2.1	0.8	3.9
Vit. B6 (mg)	2.3	2.7	1.0	5.5
Folate eq.(mcg)	281.5	320.6	138.5	627.2
Folic acid (mcg)	0.0	34.9	0.0	180.0
Vit. B12 (mcg)	4.9	5.5	1.8	10.1
Vit. C (mg)	103.9	126.9	28.2	285.1
Vit. D (mcg)	3.6	4.1	1.1	9.1
Vit. E (mg)	14.9	17.1	7.1	30.9

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	923.9	976.0	413.3	1761.4
Copper (mg)	1.1	1.2	0.6	2.3
Iron (mg)	9.4	10.5	5.5	20.5
Heme Iron (mg)	0.8	0.9	0.1	2.2
Non-heme Iron (mg)	7.9	8.3	4.6	13.5
Iodine (mcg)	156.2	164.5	83.4	264.3
Magnesium (mg)	286.0	302.1	174.1	465.8
Phosphorus (mg)	1344.7	1365.0	785.4	2036.5
Potassium (mg)	2763.8	2850.2	1658.9	4120.6
Selenium (mcg)	42.3	46.6	22.3	85.9
Sodium (mg)	2357.7	2428.9	1263.7	3924.8
Zinc (mg)	9.4	10.4	5.2	18.6
Retinol (mcg)	404.8	548.6	144.8	1515.8
Ret. Act. Eq. (mcg)	545.1	749.3	202.9	1876.5
Vit. B1 (mg)	1.1	2.2	0.5	3.2
Vit. B2 (mg)	1.5	2.9	0.6	4.1
Vit. B6 (mg)	2.0	2.9	0.8	5.3
Folate eq.(mcg)	237.5	315.0	119.9	779.7
Folic acid (mcg)	0.0	58.1	0.0	260.0
Vit. B12 (mcg)	3.5	5.8	1.4	9.8
Vit. C (mg)	95.9	138.6	26.9	269.2
Vit. D (mcg)	2.9	3.4	0.8	7.3
Vit. E (mg)	12.3	15.3	5.3	29.2

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1122.8	1191.0	505.9	2098.7
Copper (mg)	1.4	1.5	0.8	2.8
Iron (mg)	12.6	13.6	7.5	24.6
Heme Iron (mg)	1.2	1.5	0.3	3.7
Non-heme Iron (mg)	10.4	10.8	5.9	16.7
Iodine (mcg)	207.8	213.5	116.1	333.1
Magnesium (mg)	397.8	415.8	255.8	610.0
Phosphorus (mg)	1715.3	1802.7	1088.5	2735.9
Potassium (mg)	3910.0	4050.5	2507.1	6296.7
Selenium (mcg)	53.5	59.8	28.1	109.1
Sodium (mg)	3078.5	3176.7	1761.9	4921.6
Zinc (mg)	12.5	13.7	6.8	25.1
Retinol (mcg)	586.9	794.8	207.5	1955.9
Ret. Act. Eq. (mcg)	811.4	1001.1	338.7	2240.5
Vit. B1 (mg)	1.3	2.1	0.6	3.5
Vit. B2 (mg)	1.9	2.1	0.9	4.2
Vit. B6 (mg)	2.3	2.7	1.1	5.4
Folate eq.(mcg)	298.8	361.5	154.1	710.4
Folic acid (mcg)	0.0	51.6	0.0	216.4
Vit. B12 (mcg)	4.9	5.7	2.1	12.5
Vit. C (mg)	94.6	153.0	33.0	320.5
Vit. D (mcg)	4.1	4.5	1.3	8.5
Vit. E (mg)	15.9	17.9	6.6	33.1

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1004.4	1025.3	432.3	1678.7
Copper (mg)	1.2	1.3	0.6	2.3
Iron (mg)	10.4	11.9	6.2	21.5
Heme Iron (mg)	0.8	1.0	0.1	2.3
Non-heme Iron (mg)	8.6	9.1	5.2	14.5
Iodine (mcg)	165.6	169.7	89.2	273.9
Magnesium (mg)	316.6	329.5	188.5	500.8
Phosphorus (mg)	1349.5	1399.2	826.9	2106.9
Potassium (mg)	3024.6	3114.3	1963.0	4794.3
Selenium (mcg)	42.8	49.5	23.4	100.1
Sodium (mg)	2341.6	2428.0	1298.4	3783.8
Zinc (mg)	9.7	11.0	5.6	19.4
Retinol (mcg)	453.7	697.4	158.2	2002.9
Ret. Act. Eq. (mcg)	629.8	923.1	259.7	2314.3
Vit. B1 (mg)	1.1	2.1	0.5	3.9
Vit. B2 (mg)	1.6	3.0	0.7	5.2
Vit. B6 (mg)	1.9	2.8	0.8	6.8
Folate eq.(mcg)	271.1	355.4	123.6	954.6
Folic acid (mcg)	0.0	74.6	0.0	400.0
Vit. B12 (mcg)	4.1	5.9	1.6	14.5
Vit. C (mg)	96.3	142.9	29.6	304.5
Vit. D (mcg)	3.3	3.8	0.8	8.3
Vit. E (mg)	12.4	16.0	5.4	32.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1142.5	1161.3	475.0	1988.5
Copper (mg)	1.3	1.4	0.8	2.3
Iron (mg)	11.8	12.4	7.1	19.7
Heme Iron (mg)	1.2	1.5	0.3	3.6
Non-heme Iron (mg)	10.0	10.2	5.9	16.1
Iodine (mcg)	186.1	196.6	95.4	326.0
Magnesium (mg)	382.0	394.9	238.3	588.3
Phosphorus (mg)	1739.8	1763.2	1038.0	2564.9
Potassium (mg)	3724.6	3867.7	2281.9	5765.9
Selenium (mcg)	52.1	57.5	28.3	102.9
Sodium (mg)	2865.8	2920.4	1513.2	4531.2
Zinc (mg)	12.3	13.1	7.2	21.9
Retinol (mcg)	612.9	883.2	241.7	2354.5
Ret. Act. Eq. (mcg)	815.3	1118.9	317.5	2621.4
Vit. B1 (mg)	1.2	1.7	0.6	4.0
Vit. B2 (mg)	1.8	2.2	0.8	4.1
Vit. B6 (mg)	2.2	2.7	1.1	5.2
Folate eq.(mcg)	331.8	388.3	161.3	809.1
Folic acid (mcg)	15.0	67.7	0.0	247.5
Vit. B12 (mcg)	5.2	6.5	2.0	14.0
Vit. C (mg)	91.2	138.2	27.6	266.2
Vit. D (mcg)	4.2	4.8	1.4	10.6
Vit. E (mg)	14.0	16.3	6.4	31.6

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1011.5	1087.3	461.0	1975.5
Copper (mg)	1.2	1.3	0.6	2.4
Iron (mg)	10.7	12.1	6.3	23.2
Heme Iron (mg)	0.9	1.1	0.1	2.6
Non-heme Iron (mg)	8.7	9.3	5.0	14.4
Iodine (mcg)	162.2	173.6	94.7	298.3
Magnesium (mg)	325.1	352.4	203.3	616.8
Phosphorus (mg)	1334.3	1426.5	786.0	2228.1
Potassium (mg)	3227.5	3299.5	1885.5	5003.1
Selenium (mcg)	48.3	53.3	24.4	110.0
Sodium (mg)	2181.0	2301.4	1130.9	3720.1
Zinc (mg)	10.5	11.8	5.5	23.0
Retinol (mcg)	517.8	797.2	170.6	2046.2
Ret. Act. Eq. (mcg)	801.1	1114.9	244.4	2832.5
Vit. B1 (mg)	1.3	2.0	0.5	3.9
Vit. B2 (mg)	1.6	2.2	0.7	5.5
Vit. B6 (mg)	1.9	2.7	0.9	6.1
Folate eq.(mcg)	308.3	378.8	135.9	902.2
Folic acid (mcg)	16.4	74.9	0.0	300.0
Vit. B12 (mcg)	4.4	6.4	1.6	16.0
Vit. C (mg)	104.0	177.8	27.9	643.8
Vit. D (mcg)	3.5	4.7	1.0	10.7
Vit. E (mg)	13.2	18.6	5.1	40.3

Table 2.3.a Actual intake of micronutrients from foods and dietary supplements by the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	797.0	846.8	317.7	1513.9
Copper (mg)	1.0	1.0	0.6	1.7
Iron (mg)	8.3	9.1	4.9	14.0
Heme Iron (mg)	0.8	0.9	0.1	2.1
Non-heme Iron (mg)	7.3	7.6	4.2	11.9
Iodine (mcg)	140.8	151.9	72.7	275.2
Magnesium (mg)	239.5	253.5	143.8	419.9
Phosphorus (mg)	1199.8	1257.0	700.7	2067.9
Potassium (mg)	2567.7	2616.0	1358.9	4095.0
Selenium (mcg)	33.0	37.1	18.7	69.2
Sodium (mg)	2409.3	2502.4	1304.2	4191.9
Zinc (mg)	8.3	8.7	4.5	15.0
Retinol (mcg)	371.7	495.8	108.3	1353.1
Ret. Act. Eq. (mcg)	489.3	625.4	162.5	1474.4
Vit. B1 (mg)	1.0	1.2	0.4	1.9
Vit. B2 (mg)	1.3	1.5	0.5	2.7
Vit. B6 (mg)	1.5	1.8	0.7	3.5
Folate eq.(mcg)	172.6	198.1	86.1	400.1
Folic acid (mcg)	0.0	20.1	0.0	100.0
Vit. B12 (mcg)	2.9	3.5	1.1	6.5
Vit. C (mg)	82.1	97.5	26.2	214.0
Vit. D (mcg)	2.5	2.9	0.8	6.0
Vit. E (mg)	11.3	12.3	5.4	22.2

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	869.7	938.0	372.4	1637.5
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	8.6	9.3	5.2	15.7
Heme Iron (mg)	0.8	0.9	0.2	2.1
Non-heme Iron (mg)	7.6	7.9	4.4	12.5
Iodine (mcg)	151.0	159.2	80.4	257.5
Magnesium (mg)	257.3	271.4	152.2	446.4
Phosphorus (mg)	1257.5	1321.9	776.7	2105.2
Potassium (mg)	2574.0	2705.1	1506.4	4220.1
Selenium (mcg)	35.6	39.0	20.5	70.8
Sodium (mg)	2350.8	2439.1	1407.1	3795.1
Zinc (mg)	8.7	9.3	5.1	15.6
Retinol (mcg)	413.7	557.0	130.4	1548.8
Ret. Act. Eq. (mcg)	556.5	711.9	204.5	1728.4
Vit. B1 (mg)	1.0	1.1	0.4	2.2
Vit. B2 (mg)	1.4	1.6	0.6	3.0
Vit. B6 (mg)	1.7	1.9	0.7	4.0
Folate eq.(mcg)	188.6	221.9	95.6	432.7
Folic acid (mcg)	0.0	25.7	0.0	115.2
Vit. B12 (mcg)	3.3	5.0	1.3	7.3
Vit. C (mg)	78.7	94.9	25.3	206.0
Vit. D (mcg)	2.6	3.0	0.7	6.8
Vit. E (mg)	11.2	12.8	5.3	25.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	953.7	1029.4	404.1	1896.4
Copper (mg)	1.0	1.1	0.6	1.9
Iron (mg)	9.1	10.2	5.4	17.0
Heme Iron (mg)	0.7	0.9	0.1	2.5
Non-heme Iron (mg)	7.8	8.4	4.7	13.4
Iodine (mcg)	159.0	171.3	83.6	279.9
Magnesium (mg)	280.9	293.6	164.2	473.2
Phosphorus (mg)	1336.1	1409.7	790.2	2285.5
Potassium (mg)	2724.8	2826.6	1569.1	4395.8
Selenium (mcg)	37.1	41.7	20.0	76.5
Sodium (mg)	2353.4	2484.1	1396.5	4081.5
Zinc (mg)	9.0	10.0	5.0	18.3
Retinol (mcg)	420.3	567.3	126.9	1570.8
Ret. Act. Eq. (mcg)	561.6	742.3	202.7	1886.9
Vit. B1 (mg)	1.0	1.4	0.5	2.4
Vit. B2 (mg)	1.5	1.9	0.7	3.4
Vit. B6 (mg)	1.7	2.1	0.8	4.2
Folate eq.(mcg)	214.5	247.8	99.8	515.3
Folic acid (mcg)	0.0	31.9	0.0	165.0
Vit. B12 (mcg)	3.6	4.3	1.4	9.2
Vit. C (mg)	87.7	106.9	28.9	202.2
Vit. D (mcg)	2.5	3.1	0.7	7.5
Vit. E (mg)	11.8	13.8	5.4	26.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1004.7	1068.1	445.2	1936.9
Copper (mg)	1.2	1.3	0.6	2.4
Iron (mg)	10.7	11.9	5.9	21.1
Heme Iron (mg)	1.1	1.3	0.2	3.1
Non-heme Iron (mg)	9.0	9.5	5.0	15.3
Iodine (mcg)	176.7	182.4	86.6	309.3
Magnesium (mg)	334.2	352.9	185.7	561.9
Phosphorus (mg)	1487.4	1562.2	826.9	2572.0
Potassium (mg)	3334.3	3508.1	1893.4	5580.4
Selenium (mcg)	47.4	53.3	23.4	106.5
Sodium (mg)	2568.9	2714.2	1350.3	4615.7
Zinc (mg)	11.0	11.9	5.5	22.2
Retinol (mcg)	513.5	768.0	170.6	2220.4
Ret. Act. Eq. (mcg)	710.4	961.9	241.2	2553.6
Vit. B1 (mg)	1.2	1.8	0.5	3.8
Vit. B2 (mg)	1.6	2.2	0.7	4.3
Vit. B6 (mg)	2.1	2.6	0.9	5.6
Folate eq.(mcg)	271.1	333.5	117.3	751.6
Folic acid (mcg)	0.0	55.2	0.0	247.5
Vit. B12 (mcg)	4.3	5.9	1.5	12.5
Vit. C (mg)	89.1	133.8	24.4	307.4
Vit. D (mcg)	3.6	4.2	1.2	9.0
Vit. E (mg)	13.0	16.4	5.2	31.6

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1042.0	1105.8	458.4	1917.8
Copper (mg)	1.2	1.4	0.7	2.3
Iron (mg)	11.3	12.2	6.5	21.5
Heme Iron (mg)	1.0	1.2	0.1	3.0
Non-heme Iron (mg)	9.3	9.7	5.4	15.4
Iodine (mcg)	182.8	193.0	96.0	322.6
Magnesium (mg)	354.3	368.6	208.9	570.3
Phosphorus (mg)	1575.3	1618.5	892.4	2554.0
Potassium (mg)	3373.3	3521.7	2042.1	5534.0
Selenium (mcg)	48.8	54.7	25.5	104.0
Sodium (mg)	2713.2	2843.4	1442.7	4526.9
Zinc (mg)	11.3	12.3	6.2	20.9
Retinol (mcg)	541.5	780.8	182.4	1955.9
Ret. Act. Eq. (mcg)	740.8	1031.6	283.0	2503.7
Vit. B1 (mg)	1.2	2.2	0.6	3.3
Vit. B2 (mg)	1.7	2.7	0.8	4.1
Vit. B6 (mg)	2.1	2.8	1.0	5.2
Folate eq.(mcg)	294.5	353.8	143.0	777.3
Folic acid (mcg)	0.0	59.5	0.0	245.6
Vit. B12 (mcg)	4.5	6.2	1.7	13.0
Vit. C (mg)	96.3	134.1	30.8	290.0
Vit. D (mcg)	3.7	4.4	1.1	9.6
Vit. E (mg)	14.1	17.2	6.4	32.1

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1082.1	1144.3	474.1	1929.9
Copper (mg)	1.3	1.4	0.7	2.6
Iron (mg)	11.8	12.8	6.3	22.5
Heme Iron (mg)	1.0	1.2	0.1	2.8
Non-heme Iron (mg)	10.0	10.3	5.5	16.8
Iodine (mcg)	180.1	190.9	95.3	325.1
Magnesium (mg)	365.7	384.6	220.7	608.3
Phosphorus (mg)	1541.1	1610.1	910.0	2532.7
Potassium (mg)	3473.0	3559.2	2019.0	5474.3
Selenium (mcg)	49.3	55.3	24.7	106.2
Sodium (mg)	2586.8	2681.2	1298.4	4333.5
Zinc (mg)	11.5	12.5	6.2	22.5
Retinol (mcg)	506.8	714.5	175.0	1815.1
Ret. Act. Eq. (mcg)	753.6	964.3	273.7	2271.7
Vit. B1 (mg)	1.3	1.9	0.5	4.7
Vit. B2 (mg)	1.7	2.3	0.8	5.2
Vit. B6 (mg)	2.2	2.8	0.9	6.1
Folate eq.(mcg)	316.0	398.8	153.4	837.5
Folic acid (mcg)	15.0	76.7	0.0	278.4
Vit. B12 (mcg)	4.7	5.8	1.8	13.4
Vit. C (mg)	110.8	192.1	35.7	613.6
Vit. D (mcg)	3.6	4.1	0.9	9.0
Vit. E (mg)	13.9	17.3	5.8	38.8

Table 2.3.b Actual intake of micronutrients from foods and dietary supplements by the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	836.9	875.1	342.3	1655.1
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	9.2	9.8	4.9	14.9
Heme Iron (mg)	0.9	1.0	0.2	2.4
Non-heme Iron (mg)	8.1	8.1	4.3	12.4
Iodine (mcg)	157.8	166.4	69.9	313.3
Magnesium (mg)	255.2	271.4	146.0	429.6
Phosphorus (mg)	1269.2	1344.0	705.7	2223.4
Potassium (mg)	2698.4	2764.8	1356.4	4274.4
Selenium (mcg)	36.1	39.5	19.5	71.1
Sodium (mg)	2649.8	2756.8	1422.3	4493.1
Zinc (mg)	8.5	9.3	5.0	15.6
Retinol (mcg)	379.2	501.5	103.6	1386.1
Ret. Act. Eq. (mcg)	539.2	642.1	162.5	1555.3
Vit. B1 (mg)	1.0	1.1	0.5	2.1
Vit. B2 (mg)	1.3	1.4	0.5	2.6
Vit. B6 (mg)	1.7	1.9	0.8	3.4
Folate eq.(mcg)	171.7	199.0	82.6	439.3
Folic acid (mcg)	0.0	15.3	0.0	100.0
Vit. B12 (mcg)	2.9	3.4	1.1	6.7
Vit. C (mg)	86.2	99.3	30.4	216.3
Vit. D (mcg)	2.7	3.1	0.9	6.0
Vit. E (mg)	12.3	13.1	6.1	23.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	920.2	1006.6	482.9	1753.4
Copper (mg)	1.0	1.2	0.6	2.0
Iron (mg)	9.4	10.1	5.4	16.4
Heme Iron (mg)	0.8	1.0	0.2	2.2
Non-heme Iron (mg)	7.9	8.5	4.7	14.1
Iodine (mcg)	163.9	172.2	82.7	271.8
Magnesium (mg)	275.8	294.4	160.6	480.4
Phosphorus (mg)	1368.2	1430.3	810.5	2302.7
Potassium (mg)	2735.9	2916.9	1659.9	4768.7
Selenium (mcg)	39.6	42.4	22.5	74.2
Sodium (mg)	2471.7	2624.3	1517.7	4122.3
Zinc (mg)	9.4	10.1	5.3	16.7
Retinol (mcg)	454.4	594.4	163.3	1580.3
Ret. Act. Eq. (mcg)	620.9	761.8	219.9	1904.8
Vit. B1 (mg)	1.1	1.3	0.5	2.4
Vit. B2 (mg)	1.6	1.8	0.7	3.1
Vit. B6 (mg)	1.8	2.2	0.8	4.3
Folate eq.(mcg)	198.7	242.5	96.0	485.0
Folic acid (mcg)	0.0	32.1	0.0	135.0
Vit. B12 (mcg)	3.7	6.5	1.3	7.4
Vit. C (mg)	79.7	96.3	25.4	197.2
Vit. D (mcg)	2.9	3.4	0.8	7.6
Vit. E (mg)	12.2	14.4	5.9	27.9

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1018.7	1108.3	411.6	2122.2
Copper (mg)	1.1	1.2	0.7	2.0
Iron (mg)	9.8	10.5	6.2	17.0
Heme Iron (mg)	0.8	1.0	0.1	2.7
Non-heme Iron (mg)	8.3	8.9	5.1	14.7
Iodine (mcg)	176.4	186.7	85.1	305.9
Magnesium (mg)	308.0	317.9	172.7	503.6
Phosphorus (mg)	1429.6	1538.1	889.2	2463.0
Potassium (mg)	2894.6	3051.6	1630.3	4676.1
Selenium (mcg)	39.9	43.7	20.1	78.3
Sodium (mg)	2564.7	2710.4	1475.1	4527.6
Zinc (mg)	9.8	10.6	5.4	18.4
Retinol (mcg)	460.0	596.1	125.8	1570.8
Ret. Act. Eq. (mcg)	602.8	778.4	197.1	1862.5
Vit. B1 (mg)	1.1	1.3	0.5	2.7
Vit. B2 (mg)	1.7	1.8	0.7	3.5
Vit. B6 (mg)	1.9	2.2	0.8	4.4
Folate eq.(mcg)	227.8	262.1	106.4	562.5
Folic acid (mcg)	0.0	32.6	0.0	175.0
Vit. B12 (mcg)	4.0	4.6	1.5	11.4
Vit. C (mg)	92.6	104.0	31.4	199.3
Vit. D (mcg)	2.7	3.3	0.8	7.6
Vit. E (mg)	12.3	14.6	5.6	27.8

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	766.8	815.0	291.1	1453.1
Copper (mg)	0.9	0.9	0.6	1.4
Iron (mg)	7.8	8.4	5.0	12.3
Heme Iron (mg)	0.7	0.9	0.1	2.0
Non-heme Iron (mg)	6.8	7.1	3.9	10.9
Iodine (mcg)	130.1	135.6	77.5	219.0
Magnesium (mg)	232.1	233.3	139.6	352.2
Phosphorus (mg)	1129.1	1159.1	661.9	1715.6
Potassium (mg)	2371.2	2448.6	1427.0	3739.3
Selenium (mcg)	31.7	34.4	17.6	68.0
Sodium (mg)	2126.7	2216.2	1266.5	3566.2
Zinc (mg)	7.7	8.0	4.2	12.1
Retinol (mcg)	327.8	489.3	124.7	1351.3
Ret. Act. Eq. (mcg)	437.1	606.6	167.4	1440.1
Vit. B1 (mg)	0.9	1.3	0.4	1.9
Vit. B2 (mg)	1.2	1.7	0.5	2.7
Vit. B6 (mg)	1.4	1.8	0.7	3.5
Folate eq.(mcg)	172.6	197.1	94.3	367.5
Folic acid (mcg)	0.0	25.5	0.0	100.0
Vit. B12 (mcg)	2.9	3.5	1.0	5.9
Vit. C (mg)	76.8	95.5	23.5	201.5
Vit. D (mcg)	2.3	2.6	0.6	6.0
Vit. E (mg)	10.6	11.4	4.9	20.5

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	828.3	868.2	318.2	1542.1
Copper (mg)	0.9	1.0	0.6	1.7
Iron (mg)	8.0	8.5	5.0	13.4
Heme Iron (mg)	0.8	0.9	0.1	1.9
Non-heme Iron (mg)	7.0	7.3	4.3	11.2
Iodine (mcg)	140.7	145.9	76.4	238.9
Magnesium (mg)	235.3	248.1	148.0	387.8
Phosphorus (mg)	1150.6	1211.4	707.0	1865.1
Potassium (mg)	2452.3	2489.3	1359.6	3592.9
Selenium (mcg)	32.9	35.6	19.8	63.1
Sodium (mg)	2208.8	2250.4	1335.8	3383.5
Zinc (mg)	8.1	8.5	4.7	13.3
Retinol (mcg)	364.2	519.0	113.0	1469.1
Ret. Act. Eq. (mcg)	483.1	661.1	181.1	1657.7
Vit. B1 (mg)	0.9	1.0	0.4	2.0
Vit. B2 (mg)	1.3	1.4	0.6	2.7
Vit. B6 (mg)	1.5	1.7	0.7	3.4
Folate eq.(mcg)	179.2	200.9	95.4	383.3
Folic acid (mcg)	0.0	19.1	0.0	100.0
Vit. B12 (mcg)	2.9	3.4	1.2	6.9
Vit. C (mg)	77.5	93.5	25.3	221.3
Vit. D (mcg)	2.3	2.6	0.6	5.7
Vit. E (mg)	10.4	11.1	5.0	19.5

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	912.0	943.7	386.2	1562.3
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	8.7	9.9	5.2	16.4
Heme Iron (mg)	0.7	0.9	0.1	2.3
Non-heme Iron (mg)	7.4	7.8	4.4	11.9
Iodine (mcg)	150.6	154.5	81.9	248.5
Magnesium (mg)	266.3	267.2	155.0	395.6
Phosphorus (mg)	1225.6	1270.1	747.2	1850.7
Potassium (mg)	2520.0	2581.9	1539.4	3938.0
Selenium (mcg)	35.3	39.6	18.8	68.1
Sodium (mg)	2193.8	2238.1	1368.5	3471.0
Zinc (mg)	8.5	9.4	4.6	17.8
Retinol (mcg)	391.5	536.0	128.4	1542.5
Ret. Act. Eq. (mcg)	533.5	703.0	214.4	1886.9
Vit. B1 (mg)	0.9	1.5	0.4	2.3
Vit. B2 (mg)	1.4	1.9	0.7	3.1
Vit. B6 (mg)	1.5	2.1	0.8	3.6
Folate eq.(mcg)	199.9	232.4	98.0	468.3
Folic acid (mcg)	0.0	31.1	0.0	145.8
Vit. B12 (mcg)	3.3	4.0	1.2	7.8
Vit. C (mg)	82.0	110.1	26.9	222.8
Vit. D (mcg)	2.3	2.8	0.6	7.2
Vit. E (mg)	10.6	12.8	5.3	24.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1115.3	1140.4	420.0	2098.7
Copper (mg)	1.3	1.4	0.7	2.4
Iron (mg)	11.7	12.7	6.8	21.1
Heme Iron (mg)	1.3	1.6	0.3	3.8
Non-heme Iron (mg)	9.9	10.3	5.4	16.0
Iodine (mcg)	200.6	204.8	92.0	330.0
Magnesium (mg)	377.0	391.0	215.1	585.1
Phosphorus (mg)	1770.8	1793.8	983.7	2716.0
Potassium (mg)	3873.1	3963.7	2172.6	6219.1
Selenium (mcg)	52.9	59.1	24.1	109.2
Sodium (mg)	3002.6	3177.0	1624.3	5285.4
Zinc (mg)	12.6	13.3	6.4	23.4
Retinol (mcg)	604.6	844.6	206.2	2428.9
Ret. Act. Eq. (mcg)	792.5	1035.1	310.8	2596.4
Vit. B1 (mg)	1.3	1.7	0.6	3.7
Vit. B2 (mg)	1.8	2.2	0.8	4.1
Vit. B6 (mg)	2.3	2.8	1.0	5.5
Folate eq.(mcg)	298.8	349.2	141.0	751.3
Folic acid (mcg)	0.0	50.1	0.0	235.0
Vit. B12 (mcg)	5.0	5.9	2.0	12.3
Vit. C (mg)	91.2	125.3	25.7	294.1
Vit. D (mcg)	4.2	4.7	1.4	9.8
Vit. E (mg)	15.0	17.6	5.8	34.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1103.9	1171.9	494.4	1999.7
Copper (mg)	1.3	1.4	0.8	2.3
Iron (mg)	11.8	12.7	7.2	21.5
Heme Iron (mg)	1.2	1.5	0.3	3.7
Non-heme Iron (mg)	10.1	10.4	5.9	15.7
Iodine (mcg)	201.6	209.1	110.4	334.3
Magnesium (mg)	392.2	407.0	238.8	596.9
Phosphorus (mg)	1735.4	1807.3	1078.9	2710.5
Potassium (mg)	3824.4	3946.5	2387.4	5848.8
Selenium (mcg)	52.7	57.8	28.5	104.0
Sodium (mg)	3165.1	3193.6	1700.9	4823.9
Zinc (mg)	12.2	13.2	7.0	21.5
Retinol (mcg)	581.5	845.6	210.9	2109.1
Ret. Act. Eq. (mcg)	765.7	1066.1	308.9	2334.4
Vit. B1 (mg)	1.4	2.0	0.6	3.1
Vit. B2 (mg)	1.8	2.1	0.9	3.9
Vit. B6 (mg)	2.3	2.6	1.1	4.9
Folate eq.(mcg)	304.4	350.8	158.5	692.5
Folic acid (mcg)	0.0	47.1	0.0	200.0
Vit. B12 (mcg)	5.0	6.0	2.1	12.8
Vit. C (mg)	90.6	127.0	30.9	282.3
Vit. D (mcg)	3.9	4.5	1.2	9.9
Vit. E (mg)	15.4	17.4	7.1	31.8

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1147.6	1199.0	538.2	2068.5
Copper (mg)	1.3	1.5	0.8	2.9
Iron (mg)	12.6	13.4	7.1	24.1
Heme Iron (mg)	1.2	1.4	0.2	3.2
Non-heme Iron (mg)	10.4	10.9	6.3	17.1
Iodine (mcg)	206.8	209.9	104.6	335.7
Magnesium (mg)	384.3	410.1	252.5	623.6
Phosphorus (mg)	1665.4	1772.1	1064.6	2735.9
Potassium (mg)	3651.6	3861.9	2243.5	5784.8
Selenium (mcg)	52.9	59.4	29.1	109.1
Sodium (mg)	2934.0	2995.4	1637.4	4654.9
Zinc (mg)	12.3	13.4	7.2	24.0
Retinol (mcg)	557.2	754.1	207.7	1745.1
Ret. Act. Eq. (mcg)	806.8	979.7	302.8	2269.7
Vit. B1 (mg)	1.3	1.7	0.6	4.7
Vit. B2 (mg)	1.8	2.2	0.8	5.1
Vit. B6 (mg)	2.2	2.7	1.1	6.0
Folate eq.(mcg)	322.6	394.5	150.5	710.4
Folic acid (mcg)	0.0	68.0	0.0	230.0
Vit. B12 (mcg)	5.1	5.8	2.0	12.7
Vit. C (mg)	104.8	187.7	33.8	465.9
Vit. D (mcg)	3.8	4.4	1.2	9.1
Vit. E (mg)	14.3	16.5	6.4	32.5

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	944.7	1008.5	445.8	1742.3
Copper (mg)	1.1	1.2	0.6	2.3
Iron (mg)	9.8	11.3	5.7	21.7
Heme Iron (mg)	0.9	1.1	0.2	2.4
Non-heme Iron (mg)	8.2	8.8	4.9	14.0
Iodine (mcg)	159.1	163.9	84.2	268.9
Magnesium (mg)	303.9	321.3	176.6	518.6
Phosphorus (mg)	1300.9	1370.9	789.6	2113.2
Potassium (mg)	3013.4	3131.8	1787.6	4933.5
Selenium (mcg)	43.1	48.5	22.7	99.1
Sodium (mg)	2240.9	2331.9	1271.1	3598.0
Zinc (mg)	9.5	10.7	5.5	20.6
Retinol (mcg)	437.1	704.7	151.2	2101.9
Ret. Act. Eq. (mcg)	627.6	901.4	212.8	2313.7
Vit. B1 (mg)	1.1	1.8	0.5	3.9
Vit. B2 (mg)	1.5	2.2	0.6	4.4
Vit. B6 (mg)	1.9	2.4	0.8	5.8
Folate eq.(mcg)	242.1	320.6	108.2	758.0
Folic acid (mcg)	0.0	59.3	0.0	290.0
Vit. B12 (mcg)	3.9	5.8	1.5	13.1
Vit. C (mg)	87.5	140.9	22.0	326.3
Vit. D (mcg)	3.2	3.9	1.0	8.6
Vit. E (mg)	11.8	15.3	4.7	27.8

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	976.4	1035.0	444.1	1797.9
Copper (mg)	1.2	1.3	0.7	2.3
Iron (mg)	10.4	11.7	6.2	21.8
Heme Iron (mg)	0.9	1.0	0.1	2.3
Non-heme Iron (mg)	8.3	9.0	5.1	14.5
Iodine (mcg)	170.0	175.7	92.1	297.8
Magnesium (mg)	308.5	327.4	197.2	503.5
Phosphorus (mg)	1363.3	1416.1	786.0	2106.9
Potassium (mg)	2987.9	3066.3	1903.4	4584.2
Selenium (mcg)	45.1	51.4	23.5	104.3
Sodium (mg)	2370.3	2467.9	1346.3	3855.0
Zinc (mg)	10.0	11.4	5.6	19.7
Retinol (mcg)	486.6	711.5	163.3	1570.1
Ret. Act. Eq. (mcg)	672.1	994.8	270.9	2558.9
Vit. B1 (mg)	1.1	2.3	0.5	3.8
Vit. B2 (mg)	1.6	3.3	0.7	4.6
Vit. B6 (mg)	2.0	3.0	0.8	6.2
Folate eq.(mcg)	280.6	357.0	131.9	884.9
Folic acid (mcg)	15.0	72.7	0.0	315.0
Vit. B12 (mcg)	4.1	6.5	1.6	13.3
Vit. C (mg)	101.9	141.7	30.4	300.7
Vit. D (mcg)	3.5	4.3	0.9	9.4
Vit. E (mg)	13.1	17.0	5.5	32.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1023.3	1080.3	448.1	1886.0
Copper (mg)	1.3	1.3	0.7	2.5
Iron (mg)	10.8	11.9	6.2	21.3
Heme Iron (mg)	0.7	0.9	0.1	2.3
Non-heme Iron (mg)	9.1	9.5	5.0	14.8
Iodine (mcg)	154.6	168.5	92.4	279.0
Magnesium (mg)	337.3	354.6	194.4	565.9
Phosphorus (mg)	1378.4	1420.4	860.2	2308.9
Potassium (mg)	3100.8	3204.8	1921.4	4756.2
Selenium (mcg)	44.0	50.5	23.1	101.5
Sodium (mg)	2247.8	2313.3	1198.0	3905.0
Zinc (mg)	10.4	11.4	5.6	19.7
Retinol (mcg)	429.6	668.1	151.9	1837.9
Ret. Act. Eq. (mcg)	708.1	946.3	263.4	2476.3
Vit. B1 (mg)	1.3	2.0	0.5	3.8
Vit. B2 (mg)	1.6	2.5	0.6	5.5
Vit. B6 (mg)	2.1	3.0	0.9	7.3
Folate eq.(mcg)	308.3	403.8	153.4	1106.9
Folic acid (mcg)	22.5	87.0	0.0	400.0
Vit. B12 (mcg)	4.2	5.8	1.7	16.3
Vit. C (mg)	114.5	197.2	37.3	635.1
Vit. D (mcg)	2.9	3.8	0.8	8.3
Vit. E (mg)	13.1	18.3	5.6	55.0

Table 2.4.a Actual intake of micronutrients from foods and dietary supplements by the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	889.8	951.4	378.9	1737.8
Copper (mg)	1.0	1.1	0.6	1.8
Iron (mg)	8.8	9.6	5.3	16.0
Heme Iron (mg)	0.8	0.9	0.1	2.2
Non-heme Iron (mg)	7.7	8.1	4.4	12.7
Iodine (mcg)	152.3	162.1	80.3	271.8
Magnesium (mg)	262.2	276.9	156.1	452.7
Phosphorus (mg)	1271.9	1343.4	764.1	2149.7
Potassium (mg)	2617.2	2738.6	1521.4	4292.3
Selenium (mcg)	35.6	39.3	19.8	72.4
Sodium (mg)	2343.8	2463.6	1359.5	4000.5
Zinc (mg)	8.7	9.4	4.9	16.4
Retinol (mcg)	409.5	553.8	126.4	1500.6
Ret. Act. Eq. (mcg)	543.1	705.2	192.2	1749.1
Vit. B1 (mg)	1.0	1.2	0.4	2.2
Vit. B2 (mg)	1.4	1.7	0.6	3.1
Vit. B6 (mg)	1.6	2.0	0.7	4.0
Folate eq.(mcg)	193.9	227.5	97.3	464.0
Folic acid (mcg)	0.0	27.1	0.0	130.0
Vit. B12 (mcg)	3.3	4.5	1.3	7.7
Vit. C (mg)	82.8	100.5	26.1	205.2
Vit. D (mcg)	2.5	3.0	0.8	7.3
Vit. E (mg)	11.5	13.0	5.4	25.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	858.9	932.3	318.2	1657.7
Copper (mg)	1.0	1.1	0.6	1.9
Iron (mg)	8.8	9.6	4.9	15.8
Heme Iron (mg)	0.9	1.0	0.2	2.6
Non-heme Iron (mg)	7.7	7.9	4.3	12.5
Iodine (mcg)	153.5	162.5	79.9	272.0
Magnesium (mg)	256.7	271.6	158.4	431.3
Phosphorus (mg)	1254.9	1320.5	731.3	2105.0
Potassium (mg)	2598.5	2699.6	1427.9	4193.8
Selenium (mcg)	36.2	40.8	20.6	73.3
Sodium (mg)	2417.9	2520.6	1394.5	3839.1
Zinc (mg)	8.9	9.7	4.7	18.4
Retinol (mcg)	379.6	568.9	120.6	1650.3
Ret. Act. Eq. (mcg)	532.3	754.2	181.1	1966.3
Vit. B1 (mg)	1.0	1.3	0.5	2.2
Vit. B2 (mg)	1.4	1.7	0.6	3.0
Vit. B6 (mg)	1.7	2.1	0.8	4.2
Folate eq.(mcg)	192.7	224.9	86.1	446.9
Folic acid (mcg)	0.0	25.0	0.0	100.0
Vit. B12 (mcg)	3.3	4.0	1.2	8.7
Vit. C (mg)	84.9	97.3	27.7	205.0
Vit. D (mcg)	2.6	3.0	0.6	6.2
Vit. E (mg)	11.1	12.9	4.9	23.7

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1041.1	1102.8	461.0	1910.1
Copper (mg)	1.3	1.4	0.7	2.6
Iron (mg)	11.5	12.6	6.4	22.6
Heme Iron (mg)	1.0	1.2	0.1	3.0
Non-heme Iron (mg)	9.6	10.0	5.5	16.5
Iodine (mcg)	186.1	192.4	92.4	324.2
Magnesium (mg)	357.9	376.0	204.3	597.0
Phosphorus (mg)	1531.4	1595.3	863.1	2614.3
Potassium (mg)	3374.7	3524.1	1987.6	5595.0
Selenium (mcg)	48.7	54.4	25.2	103.9
Sodium (mg)	2608.2	2762.8	1346.3	4593.9
Zinc (mg)	11.3	12.5	5.8	23.2
Retinol (mcg)	516.5	764.9	171.7	1975.0
Ret. Act. Eq. (mcg)	727.7	1014.6	259.7	2583.6
Vit. B1 (mg)	1.2	2.2	0.5	4.0
Vit. B2 (mg)	1.7	2.5	0.8	4.6
Vit. B6 (mg)	2.2	3.0	1.0	6.5
Folate eq.(mcg)	297.3	371.6	135.9	838.1
Folic acid (mcg)	0.0	67.1	0.0	300.0
Vit. B12 (mcg)	4.4	6.3	1.6	13.8
Vit. C (mg)	101.9	169.0	30.9	413.1
Vit. D (mcg)	3.7	4.3	1.0	9.0
Vit. E (mg)	14.2	18.6	6.4	37.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1045.0	1103.0	448.9	1953.8
Copper (mg)	1.2	1.3	0.7	2.3
Iron (mg)	10.9	11.9	6.1	20.1
Heme Iron (mg)	1.1	1.3	0.2	3.0
Non-heme Iron (mg)	9.2	9.5	5.2	15.3
Iodine (mcg)	177.3	186.2	95.4	315.5
Magnesium (mg)	346.0	360.2	201.9	566.2
Phosphorus (mg)	1555.8	1600.6	882.6	2494.9
Potassium (mg)	3370.0	3528.5	2016.0	5497.5
Selenium (mcg)	48.5	54.3	24.1	106.6
Sodium (mg)	2646.9	2760.4	1389.1	4475.6
Zinc (mg)	11.2	12.0	6.1	20.7
Retinol (mcg)	525.3	756.0	190.7	2051.2
Ret. Act. Eq. (mcg)	739.6	973.8	269.5	2282.1
Vit. B1 (mg)	1.2	1.8	0.5	3.5
Vit. B2 (mg)	1.7	2.4	0.8	3.9
Vit. B6 (mg)	2.1	2.5	0.9	5.2
Folate eq.(mcg)	286.0	346.8	137.9	735.9
Folic acid (mcg)	0.0	58.1	0.0	231.3
Vit. B12 (mcg)	4.5	5.8	1.7	12.2
Vit. C (mg)	91.8	130.6	28.8	273.7
Vit. D (mcg)	3.6	4.2	1.1	9.4
Vit. E (mg)	13.3	15.6	5.4	30.8

Table 2.4.b Actual intake of micronutrients from foods and dietary supplements by the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	948.0	1016.1	407.3	1844.2
Copper (mg)	1.1	1.2	0.6	2.0
Iron (mg)	9.5	10.3	5.5	16.6
Heme Iron (mg)	0.8	1.0	0.1	2.3
Non-heme Iron (mg)	8.2	8.7	4.8	14.2
Iodine (mcg)	167.6	177.2	83.6	304.0
Magnesium (mg)	283.0	299.7	165.9	480.4
Phosphorus (mg)	1386.8	1455.1	829.9	2316.5
Potassium (mg)	2789.6	2944.5	1609.9	4628.2
Selenium (mcg)	39.2	42.4	20.1	75.9
Sodium (mg)	2548.7	2671.0	1457.3	4338.9
Zinc (mg)	9.4	10.1	5.3	16.9
Retinol (mcg)	454.4	590.4	131.5	1572.4
Ret. Act. Eq. (mcg)	601.3	756.9	197.1	1836.2
Vit. B1 (mg)	1.1	1.2	0.5	2.4
Vit. B2 (mg)	1.5	1.7	0.7	3.3
Vit. B6 (mg)	1.8	2.1	0.8	4.3
Folate eq.(mcg)	204.9	244.9	97.3	515.4
Folic acid (mcg)	0.0	30.9	0.0	160.0
Vit. B12 (mcg)	3.6	5.3	1.4	8.2
Vit. C (mg)	86.4	99.8	26.2	193.3
Vit. D (mcg)	2.8	3.4	0.8	7.6
Vit. E (mg)	12.4	14.4	5.7	27.4

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	881.3	966.4	354.7	1861.4
Copper (mg)	1.0	1.1	0.6	1.9
Iron (mg)	9.5	9.8	4.8	16.6
Heme Iron (mg)	0.9	1.2	0.2	3.3
Non-heme Iron (mg)	7.9	8.3	4.3	13.1
Iodine (mcg)	165.2	172.7	75.4	287.7
Magnesium (mg)	264.9	289.8	162.5	476.6
Phosphorus (mg)	1327.7	1409.3	753.5	2297.5
Potassium (mg)	2804.9	2842.5	1356.4	4277.1
Selenium (mcg)	38.5	42.7	22.2	73.3
Sodium (mg)	2573.8	2767.5	1571.8	4651.3
Zinc (mg)	9.1	10.4	5.2	19.7
Retinol (mcg)	379.2	598.3	118.4	1666.3
Ret. Act. Eq. (mcg)	499.1	762.4	162.4	1888.6
Vit. B1 (mg)	1.1	1.2	0.5	2.5
Vit. B2 (mg)	1.3	1.6	0.6	3.0
Vit. B6 (mg)	1.7	2.0	0.9	4.2
Folate eq.(mcg)	192.7	222.9	78.4	424.7
Folic acid (mcg)	0.0	19.0	0.0	100.0
Vit. B12 (mcg)	3.4	4.1	1.2	9.1
Vit. C (mg)	82.5	97.2	29.9	216.3
Vit. D (mcg)	2.5	3.2	0.8	5.9
Vit. E (mg)	12.0	13.4	4.6	25.9

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	835.2	880.7	349.9	1539.8
Copper (mg)	0.9	1.0	0.6	1.6
Iron (mg)	8.1	8.9	5.1	14.0
Heme Iron (mg)	0.7	0.8	0.1	2.0
Non-heme Iron (mg)	7.2	7.4	4.3	11.3
Iodine (mcg)	140.9	145.5	76.6	244.9
Magnesium (mg)	242.9	251.9	151.7	380.5
Phosphorus (mg)	1184.3	1221.1	735.9	1850.7
Potassium (mg)	2461.9	2513.2	1440.5	3739.3
Selenium (mcg)	32.8	36.0	18.8	64.9
Sodium (mg)	2169.4	2236.7	1291.4	3425.4
Zinc (mg)	8.0	8.6	4.7	14.0
Retinol (mcg)	371.8	513.8	121.9	1446.2
Ret. Act. Eq. (mcg)	488.1	648.5	183.1	1652.1
Vit. B1 (mg)	0.9	1.2	0.4	2.0
Vit. B2 (mg)	1.3	1.6	0.6	2.7
Vit. B6 (mg)	1.4	1.8	0.7	3.4
Folate eq.(mcg)	180.2	208.4	97.4	406.3
Folic acid (mcg)	0.0	22.9	0.0	100.0
Vit. B12 (mcg)	3.0	3.6	1.2	6.7
Vit. C (mg)	79.1	101.4	25.4	232.6
Vit. D (mcg)	2.2	2.6	0.7	6.0
Vit. E (mg)	10.5	11.6	5.2	22.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	852.3	903.3	315.5	1576.8
Copper (mg)	0.9	1.0	0.6	1.7
Iron (mg)	8.5	9.3	5.0	15.6
Heme Iron (mg)	0.8	0.9	0.1	2.1
Non-heme Iron (mg)	7.3	7.5	4.5	11.3
Iodine (mcg)	146.7	153.7	83.6	238.9
Magnesium (mg)	249.6	256.0	154.8	384.9
Phosphorus (mg)	1222.7	1245.1	683.2	1827.4
Potassium (mg)	2537.8	2578.2	1431.4	3858.2
Selenium (mcg)	35.2	39.3	19.7	72.2
Sodium (mg)	2286.9	2310.8	1360.2	3514.7
Zinc (mg)	8.7	9.2	4.3	14.4
Retinol (mcg)	388.5	543.9	136.5	1608.8
Ret. Act. Eq. (mcg)	581.8	747.3	184.4	2084.5
Vit. B1 (mg)	1.0	1.3	0.5	2.1
Vit. B2 (mg)	1.4	1.7	0.5	2.9
Vit. B6 (mg)	1.6	2.2	0.8	4.2
Folate eq.(mcg)	197.3	226.7	102.2	446.9
Folic acid (mcg)	0.0	30.0	0.0	105.0
Vit. B12 (mcg)	3.3	3.9	1.2	8.4
Vit. C (mg)	87.7	97.4	25.9	199.2
Vit. D (mcg)	2.6	2.8	0.5	6.4
Vit. E (mg)	10.5	12.6	5.1	21.3

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1122.2	1185.7	502.1	2065.7
Copper (mg)	1.4	1.5	0.8	2.6
Iron (mg)	12.4	13.5	7.3	23.7
Heme Iron (mg)	1.2	1.5	0.2	3.6
Non-heme Iron (mg)	10.6	11.0	6.3	17.1
Iodine (mcg)	214.1	216.6	103.3	336.5
Magnesium (mg)	397.8	417.5	256.4	618.1
Phosphorus (mg)	1752.4	1823.8	1064.1	2732.5
Potassium (mg)	3821.5	3996.3	2287.5	6008.8
Selenium (mcg)	52.6	59.3	28.7	106.5
Sodium (mg)	3120.0	3245.6	1746.1	4969.9
Zinc (mg)	12.5	13.6	7.0	25.1
Retinol (mcg)	607.0	828.8	184.9	2108.1
Ret. Act. Eq. (mcg)	805.5	1056.8	304.6	2573.0
Vit. B1 (mg)	1.3	2.2	0.6	3.5
Vit. B2 (mg)	1.8	2.2	0.9	4.3
Vit. B6 (mg)	2.3	2.8	1.1	5.7
Folate eq.(mcg)	316.5	368.8	153.4	711.1
Folic acid (mcg)	0.0	51.9	0.0	207.9
Vit. B12 (mcg)	5.2	6.1	1.9	12.7
Vit. C (mg)	98.1	162.0	30.9	404.6
Vit. D (mcg)	4.0	4.5	1.2	9.3
Vit. E (mg)	15.5	18.1	7.1	35.8

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	1120.4	1158.1	482.2	1999.7
Copper (mg)	1.3	1.4	0.8	2.4
Iron (mg)	11.7	12.4	6.8	20.1
Heme Iron (mg)	1.2	1.5	0.3	3.5
Non-heme Iron (mg)	9.8	10.1	5.6	16.0
Iodine (mcg)	193.7	201.8	103.6	329.3
Magnesium (mg)	378.2	392.6	223.7	592.8
Phosphorus (mg)	1715.3	1772.2	1029.8	2710.5
Potassium (mg)	3777.0	3879.8	2299.5	5867.9
Selenium (mcg)	52.9	58.0	26.0	108.1
Sodium (mg)	2996.8	3056.6	1570.7	4880.3
Zinc (mg)	12.2	13.0	7.0	21.5
Retinol (mcg)	573.2	815.9	217.7	2109.1
Ret. Act. Eq. (mcg)	779.6	1018.1	310.8	2292.5
Vit. B1 (mg)	1.3	1.6	0.6	3.5
Vit. B2 (mg)	1.8	2.1	0.8	4.1
Vit. B6 (mg)	2.2	2.6	1.1	5.2
Folate eq.(mcg)	300.2	356.5	148.6	710.4
Folic acid (mcg)	0.0	54.6	0.0	216.4
Vit. B12 (mcg)	5.0	5.8	2.1	12.0
Vit. C (mg)	91.3	127.8	30.3	266.3
Vit. D (mcg)	4.0	4.5	1.3	10.1
Vit. E (mg)	14.7	16.5	6.3	31.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	968.8	1029.4	457.7	1735.6
Copper (mg)	1.2	1.3	0.6	2.4
Iron (mg)	10.5	11.9	6.2	22.2
Heme Iron (mg)	0.8	1.0	0.1	2.3
Non-heme Iron (mg)	8.6	9.2	5.2	14.9
Iodine (mcg)	163.7	170.9	88.1	282.4
Magnesium (mg)	320.3	339.3	187.9	555.0
Phosphorus (mg)	1339.6	1393.1	803.7	2133.3
Potassium (mg)	3006.3	3106.2	1893.4	4813.0
Selenium (mcg)	44.5	50.1	23.4	100.1
Sodium (mg)	2268.4	2335.5	1242.4	3692.9
Zinc (mg)	9.9	11.4	5.4	22.0
Retinol (mcg)	448.3	708.4	157.7	1837.9
Ret. Act. Eq. (mcg)	629.8	977.3	248.7	2611.5
Vit. B1 (mg)	1.1	2.2	0.5	5.1
Vit. B2 (mg)	1.6	2.8	0.7	5.2
Vit. B6 (mg)	2.1	3.2	0.9	7.2
Folate eq.(mcg)	276.3	374.1	123.6	1048.0
Folic acid (mcg)	12.5	80.6	0.0	400.0
Vit. B12 (mcg)	3.9	6.4	1.5	16.4
Vit. C (mg)	103.8	175.2	33.1	431.5
Vit. D (mcg)	3.3	4.1	0.9	8.9
Vit. E (mg)	13.1	19.0	5.6	41.0

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

Micronutrients	median per day	mean per day	p5 per day	p95 per day
Calcium (mg)	992.7	1041.0	445.8	1829.6
Copper (mg)	1.1	1.2	0.6	2.2
Iron (mg)	10.1	11.4	5.8	20.2
Heme Iron (mg)	0.9	1.0	0.1	2.3
Non-heme Iron (mg)	8.4	8.9	4.9	14.0
Iodine (mcg)	160.7	168.7	90.8	264.7
Magnesium (mg)	305.9	323.8	193.0	501.8
Phosphorus (mg)	1342.4	1407.6	804.9	2160.4
Potassium (mg)	3059.4	3133.4	1833.4	4622.5
Selenium (mcg)	43.5	50.2	23.6	104.4
Sodium (mg)	2331.8	2427.3	1262.7	3800.8
Zinc (mg)	9.8	10.9	5.6	18.4
Retinol (mcg)	465.8	688.5	160.4	1844.8
Ret. Act. Eq. (mcg)	671.2	923.9	232.4	2263.7
Vit. B1 (mg)	1.1	2.0	0.5	3.3
Vit. B2 (mg)	1.6	2.7	0.7	3.9
Vit. B6 (mg)	1.9	2.4	0.8	5.1
Folate eq.(mcg)	271.4	335.8	123.4	761.1
Folic acid (mcg)	0.0	62.1	0.0	250.0
Vit. B12 (mcg)	4.2	5.7	1.6	12.3
Vit. C (mg)	92.3	133.8	26.6	285.2
Vit. D (mcg)	3.2	3.9	0.9	8.7
Vit. E (mg)	12.1	14.5	5.1	29.3

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

Total Population (n=3,819)

Micronutrients	At home mean%	Not at home mean%
Calcium	73.5%	26.5%
Copper	72.3%	27.7%
Iron	72.2%	27.8%
Heme Iron	75.1%	24.9%
Iodine	68.5%	31.5%
Magnesium	71.8%	28.2%
Phosphorus	73.0%	27.0%
Selenium	72.3%	27.7%
Sodium	69.8%	30.2%
Zinc	74.1%	25.9%
Retinol	70.4%	29.6%
Retinol Activity Equivalents	72.3%	27.7%
Vitamin B1	74.0%	26.0%
Vitamin B2	74.4%	25.6%
Vitamin B6	74.1%	25.9%
Folate equivalents	73.5%	26.5%
Folic acid	73.5%	26.5%
Vitamin B12	73.9%	26.1%
Vitamin C	73.9%	26.1%
Vitamin D	71.9%	28.1%
Vitamin E	73.2%	26.8%

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

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.2%	25.8%
Copper	71.3%	28.7%
Iron	71.5%	28.5%
Heme Iron	78.5%	21.5%
Iodine	68.6%	31.4%
Magnesium	72.6%	27.4%
Phosphorus	73.7%	26.3%
Selenium	73.6%	26.4%
Sodium	70.1%	29.9%
Zinc	75.2%	24.8%
Retinol	71.6%	28.4%
Retinol Activity Equivalents	73.3%	26.7%
Vitamin B1	75.3%	24.7%
Vitamin B2	75.9%	24.1%
Vitamin B6	73.3%	26.7%
Folate equivalents	74.4%	25.6%
Folic acid	75.2%	24.8%
Vitamin B12	77.5%	22.5%
Vitamin C	69.7%	30.3%
Vitamin D	73.5%	26.5%
Vitamin E	71.1%	28.9%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.4%	26.6%
Copper	72.5%	27.5%
Iron	72.4%	27.6%
Heme Iron	74.3%	25.7%
Iodine	68.5%	31.5%
Magnesium	71.6%	28.4%
Phosphorus	72.9%	27.1%
Selenium	72.1%	27.9%
Sodium	69.8%	30.2%
Zinc	73.8%	26.2%
Retinol	70.1%	29.9%
Retinol Activity Equivalents	72.0%	28.0%
Vitamin B1	73.7%	26.3%
Vitamin B2	74.1%	25.9%
Vitamin B6	74.3%	25.7%
Folate equivalents	73.3%	26.7%
Folic acid	73.2%	26.8%
Vitamin B12	73.2%	26.8%
Vitamin C	74.9%	25.1%
Vitamin D	71.5%	28.5%
Vitamin E	73.6%	26.4%

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

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.4%	24.6%
Copper	72.6%	27.4%
Iron	72.7%	27.3%
Heme Iron	79.7%	20.3%
Iodine	69.6%	30.4%
Magnesium	73.9%	26.1%
Phosphorus	74.9%	25.1%
Selenium	74.9%	25.1%
Sodium	71.2%	28.8%
Zinc	76.5%	23.5%
Retinol	72.9%	27.1%
Retinol Activity Equivalents	74.6%	25.4%
Vitamin B1	76.3%	23.7%
Vitamin B2	76.3%	23.7%
Vitamin B6	73.4%	26.6%
Folate equivalents	75.4%	24.6%
Folic acid	76.2%	23.8%
Vitamin B12	78.3%	21.7%
Vitamin C	70.3%	29.7%
Vitamin D	74.6%	25.4%
Vitamin E	72.1%	27.9%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.0%	27.0%
Copper	69.8%	30.2%
Iron	70.3%	29.7%
Heme Iron	77.3%	22.7%
Iodine	67.5%	32.5%
Magnesium	71.3%	28.7%
Phosphorus	72.6%	27.4%
Selenium	72.2%	27.8%
Sodium	69.0%	31.0%
Zinc	73.8%	26.2%
Retinol	70.3%	29.7%
Retinol Activity Equivalents	72.0%	28.0%
Vitamin B1	74.2%	25.8%
Vitamin B2	75.4%	24.6%
Vitamin B6	73.1%	26.9%
Folate equivalents	73.3%	26.7%
Folic acid	74.3%	25.7%
Vitamin B12	76.6%	23.4%
Vitamin C	69.0%	31.0%
Vitamin D	72.4%	27.6%
Vitamin E	70.1%	29.9%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	70.9%	29.1%
Copper	70.1%	29.9%
Iron	70.0%	30.0%
Heme Iron	72.8%	27.2%
Iodine	64.4%	35.6%
Magnesium	68.7%	31.3%
Phosphorus	70.2%	29.8%
Selenium	69.8%	30.2%
Sodium	66.6%	33.4%
Zinc	71.6%	28.4%
Retinol	67.2%	32.8%
Retinol Activity Equivalents	69.6%	30.4%
Vitamin B1	71.2%	28.8%
Vitamin B2	71.5%	28.5%
Vitamin B6	72.2%	27.8%
Folate equivalents	70.2%	29.8%
Folic acid	68.5%	31.5%
Vitamin B12	71.2%	28.8%
Vitamin C	73.1%	26.9%
Vitamin D	68.9%	31.1%
Vitamin E	71.8%	28.2%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.8%	24.2%
Copper	75.0%	25.0%
Iron	74.8%	25.2%
Heme Iron	75.8%	24.2%
Iodine	72.5%	27.5%
Magnesium	74.5%	25.5%
Phosphorus	75.5%	24.5%
Selenium	74.4%	25.6%
Sodium	73.0%	27.0%
Zinc	76.0%	24.0%
Retinol	73.1%	26.9%
Retinol Activity Equivalents	74.6%	25.4%
Vitamin B1	76.3%	23.7%
Vitamin B2	76.7%	23.3%
Vitamin B6	76.4%	23.6%
Folate equivalents	76.5%	23.5%
Folic acid	77.5%	22.5%
Vitamin B12	75.1%	24.9%
Vitamin C	76.7%	23.3%
Vitamin D	74.2%	25.8%
Vitamin E	75.4%	24.6%

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

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.9%	26.1%
Copper	70.9%	29.1%
Iron	72.1%	27.9%
Heme Iron	81.4%	18.6%
Iodine	71.0%	29.0%
Magnesium	72.7%	27.3%
Phosphorus	74.2%	25.8%
Selenium	74.9%	25.1%
Sodium	72.9%	27.1%
Zinc	76.5%	23.5%
Retinol	72.2%	27.8%
Retinol Activity Equivalents	73.8%	26.2%
Vitamin B1	75.0%	25.0%
Vitamin B2	75.1%	24.9%
Vitamin B6	73.7%	26.3%
Folate equivalents	74.5%	25.5%
Folic acid	76.5%	23.5%
Vitamin B12	78.7%	21.3%
Vitamin C	65.1%	34.9%
Vitamin D	73.9%	26.1%
Vitamin E	71.4%	28.6%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.9%	24.1%
Copper	72.9%	27.1%
Iron	72.8%	27.2%
Heme Iron	80.8%	19.2%
Iodine	72.0%	28.0%
Magnesium	74.2%	25.8%
Phosphorus	75.5%	24.5%
Selenium	75.7%	24.3%
Sodium	72.2%	27.8%
Zinc	76.7%	23.3%
Retinol	75.2%	24.8%
Retinol Activity Equivalents	76.1%	23.9%
Vitamin B1	76.3%	23.7%
Vitamin B2	77.2%	22.8%
Vitamin B6	73.4%	26.6%
Folate equivalents	77.0%	23.0%
Folic acid	72.2%	27.8%
Vitamin B12	79.2%	20.8%
Vitamin C	69.4%	30.6%
Vitamin D	75.6%	24.4%
Vitamin E	71.9%	28.1%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.6%	25.4%
Copper	71.3%	28.7%
Iron	71.8%	28.2%
Heme Iron	77.9%	22.1%
Iodine	70.2%	29.8%
Magnesium	72.9%	27.1%
Phosphorus	74.0%	26.0%
Selenium	73.7%	26.3%
Sodium	71.0%	29.0%
Zinc	75.1%	24.9%
Retinol	72.9%	27.1%
Retinol Activity Equivalents	74.2%	25.8%
Vitamin B1	75.7%	24.3%
Vitamin B2	77.0%	23.0%
Vitamin B6	73.9%	26.1%
Folate equivalents	74.9%	25.1%
Folic acid	74.3%	25.7%
Vitamin B12	77.8%	22.2%
Vitamin C	68.5%	31.5%
Vitamin D	73.2%	26.8%
Vitamin E	70.9%	29.1%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.8%	24.2%
Copper	72.9%	27.1%
Iron	73.0%	27.0%
Heme Iron	78.0%	22.0%
Iodine	67.1%	32.9%
Magnesium	74.0%	26.0%
Phosphorus	74.6%	25.4%
Selenium	74.1%	25.9%
Sodium	69.7%	30.3%
Zinc	76.3%	23.7%
Retinol	71.0%	29.0%
Retinol Activity Equivalents	73.5%	26.5%
Vitamin B1	77.0%	23.0%
Vitamin B2	76.4%	23.6%
Vitamin B6	73.5%	26.5%
Folate equivalents	74.3%	25.7%
Folic acid	79.9%	20.1%
Vitamin B12	77.7%	22.3%
Vitamin C	72.5%	27.5%
Vitamin D	73.6%	26.4%
Vitamin E	72.7%	27.3%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	70.8%	29.2%
Copper	68.2%	31.8%
Iron	68.1%	31.9%
Heme Iron	74.9%	25.1%

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

Micronutrients	At home mean%	Not at home mean%
Iodine	63.0%	37.0%
Magnesium	69.2%	30.8%
Phosphorus	70.4%	29.6%
Selenium	69.5%	30.5%
Sodium	65.2%	34.8%
Zinc	71.3%	28.7%
Retinol	66.9%	33.1%
Retinol Activity Equivalents	69.3%	30.7%
Vitamin B1	72.4%	27.6%
Vitamin B2	73.6%	26.4%
Vitamin B6	72.0%	28.0%
Folate equivalents	71.2%	28.8%
Folic acid	74.1%	25.9%
Vitamin B12	74.2%	25.8%
Vitamin C	71.8%	28.2%
Vitamin D	71.3%	28.7%
Vitamin E	68.7%	31.3%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	62.9%	37.1%
Copper	61.8%	38.2%
Iron	61.9%	38.1%
Heme Iron	64.9%	35.1%
Iodine	54.0%	46.0%
Magnesium	60.6%	39.4%
Phosphorus	62.0%	38.0%
Selenium	61.4%	38.6%
Sodium	58.4%	41.6%
Zinc	63.0%	37.0%
Retinol	59.2%	40.8%
Retinol Activity Equivalents	62.2%	37.8%
Vitamin B1	64.2%	35.8%
Vitamin B2	63.6%	36.4%
Vitamin B6	65.5%	34.5%
Folate equivalents	61.9%	38.1%
Folic acid	59.2%	40.8%
Vitamin B12	63.0%	37.0%
Vitamin C	66.3%	33.7%
Vitamin D	61.4%	38.6%
Vitamin E	64.0%	36.0%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	68.4%	31.6%
Copper	67.8%	32.2%
Iron	67.4%	32.6%
Heme Iron	70.2%	29.8%
Iodine	63.7%	36.3%
Magnesium	67.3%	32.7%
Phosphorus	68.6%	31.4%
Selenium	68.2%	31.8%

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

Micronutrients	At home mean%	Not at home mean%
Sodium	65.6%	34.4%
Zinc	68.9%	31.1%
Retinol	66.1%	33.9%
Retinol Activity Equivalents	68.1%	31.9%
Vitamin B1	69.5%	30.5%
Vitamin B2	69.2%	30.8%
Vitamin B6	69.0%	31.0%
Folate equivalents	69.3%	30.7%
Folic acid	69.5%	30.5%
Vitamin B12	69.3%	30.7%
Vitamin C	70.7%	29.3%
Vitamin D	69.2%	30.8%
Vitamin E	70.3%	29.7%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	67.7%	32.3%
Copper	67.0%	33.0%
Iron	66.8%	33.2%
Heme Iron	71.3%	28.7%
Iodine	60.3%	39.7%
Magnesium	65.1%	34.9%
Phosphorus	67.1%	32.9%
Selenium	66.9%	33.1%
Sodium	62.8%	37.2%
Zinc	69.0%	31.0%
Retinol	63.4%	36.6%
Retinol Activity Equivalents	66.4%	33.6%
Vitamin B1	68.1%	31.9%
Vitamin B2	68.6%	31.4%
Vitamin B6	68.7%	31.3%
Folate equivalents	66.8%	33.2%
Folic acid	58.7%	41.3%
Vitamin B12	69.0%	31.0%
Vitamin C	69.4%	30.6%
Vitamin D	65.6%	34.4%
Vitamin E	68.9%	31.1%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.0%	25.0%
Copper	73.9%	26.1%
Iron	73.8%	26.2%
Heme Iron	75.4%	24.6%
Iodine	71.3%	28.7%
Magnesium	73.4%	26.6%
Phosphorus	74.8%	25.2%
Selenium	74.0%	26.0%
Sodium	71.9%	28.1%
Zinc	75.4%	24.6%
Retinol	72.7%	27.3%
Retinol Activity Equivalents	74.2%	25.8%

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

Micronutrients	At home mean%	Not at home mean%
Vitamin B1	75.3%	24.7%
Vitamin B2	76.3%	23.7%
Vitamin B6	75.8%	24.2%
Folate equivalents	75.0%	25.0%
Folic acid	75.7%	24.3%
Vitamin B12	74.7%	25.3%
Vitamin C	74.7%	25.3%
Vitamin D	73.4%	26.6%
Vitamin E	73.9%	26.1%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	80.3%	19.7%
Copper	79.4%	20.6%
Iron	79.4%	20.6%
Heme Iron	79.9%	20.1%
Iodine	76.6%	23.4%
Magnesium	78.5%	21.5%
Phosphorus	79.6%	20.4%
Selenium	78.8%	21.2%
Sodium	77.0%	23.0%
Zinc	80.5%	19.5%
Retinol	77.3%	22.7%
Retinol Activity Equivalents	78.5%	21.5%
Vitamin B1	79.6%	20.4%
Vitamin B2	80.4%	19.6%
Vitamin B6	81.1%	18.9%
Folate equivalents	80.0%	20.0%
Folic acid	79.8%	20.2%
Vitamin B12	79.4%	20.6%
Vitamin C	82.3%	17.7%
Vitamin D	78.2%	21.8%
Vitamin E	80.7%	19.3%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	81.7%	18.3%
Copper	80.9%	19.1%
Iron	80.7%	19.3%
Heme Iron	80.0%	20.0%
Iodine	79.7%	20.3%
Magnesium	80.7%	19.3%
Phosphorus	81.0%	19.0%
Selenium	78.9%	21.1%
Sodium	79.1%	20.9%
Zinc	81.4%	18.6%
Retinol	78.0%	22.0%
Retinol Activity Equivalents	79.1%	20.9%
Vitamin B1	81.8%	18.2%
Vitamin B2	82.0%	18.0%
Vitamin B6	81.9%	18.1%
Folate equivalents	83.1%	16.9%

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

Micronutrients	At home mean%	Not at home mean%
Folic acid	84.1%	15.9%
Vitamin B12	79.3%	20.7%
Vitamin C	82.9%	17.1%
Vitamin D	78.2%	21.8%
Vitamin E	80.7%	19.3%

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

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.4%	26.6%
Copper	72.3%	27.7%
Iron	72.6%	27.4%
Heme Iron	79.4%	20.6%
Iodine	69.3%	30.7%
Magnesium	73.1%	26.9%
Phosphorus	74.2%	25.8%
Selenium	74.6%	25.4%
Sodium	71.4%	28.6%
Zinc	75.9%	24.1%
Retinol	73.9%	26.1%
Retinol Activity Equivalents	74.7%	25.3%
Vitamin B1	74.7%	25.3%
Vitamin B2	75.0%	25.0%
Vitamin B6	73.3%	26.7%
Folate equivalents	74.8%	25.2%
Folic acid	76.3%	23.7%
Vitamin B12	76.9%	23.1%
Vitamin C	68.7%	31.3%
Vitamin D	75.8%	24.2%
Vitamin E	72.7%	27.3%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.6%	25.4%
Copper	71.1%	28.9%
Iron	71.5%	28.5%
Heme Iron	79.1%	20.9%
Iodine	68.8%	31.2%
Magnesium	72.6%	27.4%
Phosphorus	73.6%	26.4%
Selenium	73.7%	26.3%
Sodium	70.0%	30.0%
Zinc	75.4%	24.6%
Retinol	72.0%	28.0%
Retinol Activity Equivalents	74.0%	26.0%
Vitamin B1	75.7%	24.3%
Vitamin B2	76.4%	23.6%
Vitamin B6	73.4%	26.6%
Folate equivalents	74.7%	25.3%
Folic acid	76.8%	23.2%
Vitamin B12	78.1%	21.9%
Vitamin C	70.4%	29.6%
Vitamin D	73.8%	26.2%
Vitamin E	70.7%	29.3%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.6%	25.4%
Copper	71.1%	28.9%
Iron	71.2%	28.8%
Heme Iron	78.4%	21.6%
Iodine	68.2%	31.8%
Magnesium	72.9%	27.1%
Phosphorus	74.1%	25.9%
Selenium	73.4%	26.6%
Sodium	69.7%	30.3%
Zinc	75.0%	25.0%
Retinol	70.2%	29.8%
Retinol Activity Equivalents	72.0%	28.0%
Vitamin B1	75.7%	24.3%
Vitamin B2	76.2%	23.8%
Vitamin B6	73.6%	26.4%
Folate equivalents	74.1%	25.9%
Folic acid	72.5%	27.5%
Vitamin B12	77.7%	22.3%
Vitamin C	69.4%	30.6%
Vitamin D	72.8%	27.2%
Vitamin E	71.1%	28.9%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	78.0%	22.0%
Copper	76.9%	23.1%
Iron	76.9%	23.1%
Heme Iron	79.6%	20.4%
Iodine	74.1%	25.9%
Magnesium	76.6%	23.4%
Phosphorus	77.7%	22.3%
Selenium	77.1%	22.9%
Sodium	75.1%	24.9%
Zinc	78.4%	21.6%
Retinol	75.7%	24.3%
Retinol Activity Equivalents	77.3%	22.7%
Vitamin B1	78.4%	21.6%
Vitamin B2	78.5%	21.5%
Vitamin B6	79.0%	21.0%
Folate equivalents	78.0%	22.0%
Folic acid	78.4%	21.6%
Vitamin B12	78.1%	21.9%
Vitamin C	78.7%	21.3%
Vitamin D	76.5%	23.5%
Vitamin E	76.9%	23.1%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	71.8%	28.2%
Copper	70.9%	29.1%
Iron	70.6%	29.4%
Heme Iron	72.7%	27.3%

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

Micronutrients	At home mean%	Not at home mean%
Iodine	66.2%	33.8%
Magnesium	69.7%	30.3%
Phosphorus	71.1%	28.9%
Selenium	70.4%	29.6%
Sodium	68.0%	32.0%
Zinc	71.9%	28.1%
Retinol	68.2%	31.8%
Retinol Activity Equivalents	70.2%	29.8%
Vitamin B1	72.1%	27.9%
Vitamin B2	72.4%	27.6%
Vitamin B6	72.8%	27.2%
Folate equivalents	71.5%	28.5%
Folic acid	70.8%	29.2%
Vitamin B12	71.6%	28.4%
Vitamin C	72.5%	27.5%
Vitamin D	70.3%	29.7%
Vitamin E	72.8%	27.2%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	70.2%	29.8%
Copper	69.5%	30.5%
Iron	69.7%	30.3%
Heme Iron	70.2%	29.8%
Iodine	65.1%	34.9%
Magnesium	68.4%	31.6%
Phosphorus	69.7%	30.3%
Selenium	68.4%	31.6%
Sodium	66.0%	34.0%
Zinc	71.2%	28.8%
Retinol	66.2%	33.8%
Retinol Activity Equivalents	68.4%	31.6%
Vitamin B1	70.4%	29.6%
Vitamin B2	71.2%	28.8%
Vitamin B6	70.8%	29.2%
Folate equivalents	70.6%	29.4%
Folic acid	70.9%	29.1%
Vitamin B12	69.4%	30.6%
Vitamin C	74.2%	25.8%
Vitamin D	67.3%	32.7%
Vitamin E	70.8%	29.2%

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

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.6%	26.4%
Copper	72.9%	27.1%
Iron	72.8%	27.2%
Heme Iron	80.5%	19.5%
Iodine	70.2%	29.8%
Magnesium	73.3%	26.7%
Phosphorus	74.7%	25.3%
Selenium	75.3%	24.7%
Sodium	72.1%	27.9%
Zinc	76.9%	23.1%
Retinol	74.7%	25.3%
Retinol Activity Equivalents	75.6%	24.4%
Vitamin B1	74.9%	25.1%
Vitamin B2	74.5%	25.5%
Vitamin B6	72.8%	27.2%
Folate equivalents	75.1%	24.9%
Folic acid	79.1%	20.9%
Vitamin B12	77.0%	23.0%
Vitamin C	67.9%	32.1%
Vitamin D	75.8%	24.2%
Vitamin E	72.4%	27.6%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	78.0%	22.0%
Copper	74.0%	26.0%
Iron	74.6%	25.4%
Heme Iron	82.1%	17.9%
Iodine	71.7%	28.3%
Magnesium	75.8%	24.2%
Phosphorus	76.8%	23.2%
Selenium	77.1%	22.9%
Sodium	72.8%	27.2%
Zinc	78.6%	21.4%
Retinol	75.5%	24.5%
Retinol Activity Equivalents	77.4%	22.6%
Vitamin B1	78.8%	21.2%
Vitamin B2	78.9%	21.1%
Vitamin B6	75.5%	24.5%
Folate equivalents	78.0%	22.0%
Folic acid	76.1%	23.9%
Vitamin B12	81.0%	19.0%
Vitamin C	73.8%	26.2%
Vitamin D	76.8%	23.2%
Vitamin E	73.9%	26.1%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.7%	26.3%
Copper	70.3%	29.7%
Iron	70.2%	29.8%
Heme Iron	76.4%	23.6%
Iodine	67.2%	32.8%
Magnesium	71.8%	28.2%
Phosphorus	72.8%	27.2%
Selenium	72.2%	27.8%
Sodium	68.6%	31.4%
Zinc	73.9%	26.1%
Retinol	68.6%	31.4%
Retinol Activity Equivalents	70.6%	29.4%
Vitamin B1	74.1%	25.9%
Vitamin B2	74.2%	25.8%
Vitamin B6	71.2%	28.8%
Folate equivalents	72.4%	27.6%
Folic acid	73.7%	26.3%
Vitamin B12	76.4%	23.6%
Vitamin C	67.3%	32.7%
Vitamin D	71.6%	28.4%
Vitamin E	69.6%	30.4%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.3%	26.7%
Copper	71.6%	28.4%
Iron	72.4%	27.6%
Heme Iron	78.2%	21.8%
Iodine	68.2%	31.8%
Magnesium	72.8%	27.2%
Phosphorus	73.7%	26.3%
Selenium	73.8%	26.2%
Sodium	70.5%	29.5%
Zinc	74.7%	25.3%
Retinol	72.9%	27.1%
Retinol Activity Equivalents	73.7%	26.3%
Vitamin B1	74.4%	25.6%
Vitamin B2	75.4%	24.6%
Vitamin B6	73.9%	26.1%
Folate equivalents	74.6%	25.4%
Folic acid	75.0%	25.0%
Vitamin B12	76.9%	23.1%
Vitamin C	69.7%	30.3%
Vitamin D	75.8%	24.2%
Vitamin E	73.0%	27.0%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	71.0%	29.0%
Copper	68.1%	31.9%
Iron	68.4%	31.6%
Heme Iron	76.0%	24.0%

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

Micronutrients	At home mean%	Not at home mean%
Iodine	65.9%	34.1%
Magnesium	69.3%	30.7%
Phosphorus	70.4%	29.6%
Selenium	70.2%	29.8%
Sodium	67.2%	32.8%
Zinc	72.2%	27.8%
Retinol	68.4%	31.6%
Retinol Activity Equivalents	70.6%	29.4%
Vitamin B1	72.6%	27.4%
Vitamin B2	73.7%	26.3%
Vitamin B6	71.3%	28.7%
Folate equivalents	71.4%	28.6%
Folic acid	77.6%	22.4%
Vitamin B12	75.2%	24.8%
Vitamin C	67.1%	32.9%
Vitamin D	70.7%	29.3%
Vitamin E	67.5%	32.5%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.6%	24.4%
Copper	71.9%	28.1%
Iron	72.4%	27.6%
Heme Iron	80.5%	19.5%
Iodine	69.4%	30.6%
Magnesium	74.0%	26.0%
Phosphorus	75.5%	24.5%
Selenium	74.8%	25.2%
Sodium	70.9%	29.1%
Zinc	76.3%	23.7%
Retinol	71.9%	28.1%
Retinol Activity Equivalents	73.4%	26.6%
Vitamin B1	77.3%	22.7%
Vitamin B2	78.3%	21.7%
Vitamin B6	76.3%	23.7%
Folate equivalents	76.0%	24.0%
Folic acid	71.5%	28.5%
Vitamin B12	79.2%	20.8%
Vitamin C	71.7%	28.3%
Vitamin D	74.2%	25.8%
Vitamin E	72.7%	27.3%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.2%	25.8%
Copper	73.3%	26.7%
Iron	73.3%	26.7%
Heme Iron	76.1%	23.9%
Iodine	68.1%	31.9%
Magnesium	72.5%	27.5%
Phosphorus	73.9%	26.1%
Selenium	73.8%	26.2%

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

Micronutrients	At home mean%	Not at home mean%
Sodium	71.0%	29.0%
Zinc	74.9%	25.1%
Retinol	72.1%	27.9%
Retinol Activity Equivalents	74.0%	26.0%
Vitamin B1	75.3%	24.7%
Vitamin B2	74.8%	25.2%
Vitamin B6	75.5%	24.5%
Folate equivalents	72.9%	27.1%
Folic acid	71.5%	28.5%
Vitamin B12	74.6%	25.4%
Vitamin C	75.9%	24.1%
Vitamin D	72.6%	27.4%
Vitamin E	74.2%	25.8%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	69.6%	30.4%
Copper	68.9%	31.1%
Iron	69.0%	31.0%
Heme Iron	72.5%	27.5%
Iodine	63.0%	37.0%
Magnesium	67.4%	32.6%
Phosphorus	68.8%	31.2%
Selenium	68.5%	31.5%
Sodium	65.3%	34.7%
Zinc	70.3%	29.7%
Retinol	65.5%	34.5%
Retinol Activity Equivalents	68.0%	32.0%
Vitamin B1	70.2%	29.8%
Vitamin B2	70.3%	29.7%
Vitamin B6	71.5%	28.5%
Folate equivalents	69.0%	31.0%
Folic acid	68.0%	32.0%
Vitamin B12	69.9%	30.1%
Vitamin C	70.9%	29.1%
Vitamin D	67.9%	32.1%
Vitamin E	71.2%	28.8%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	69.7%	30.3%
Copper	68.4%	31.6%
Iron	68.1%	31.9%
Heme Iron	69.8%	30.2%
Iodine	62.9%	37.1%
Magnesium	66.6%	33.4%
Phosphorus	68.6%	31.4%
Selenium	67.3%	32.7%
Sodium	64.1%	35.9%
Zinc	70.1%	29.9%
Retinol	64.6%	35.4%
Retinol Activity Equivalents	67.2%	32.8%

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

Micronutrients	At home mean%	Not at home mean%
Vitamin B1	68.3%	31.7%
Vitamin B2	70.0%	30.0%
Vitamin B6	69.8%	30.2%
Folate equivalents	69.3%	30.7%
Folic acid	66.4%	33.6%
Vitamin B12	69.7%	30.3%
Vitamin C	73.9%	26.1%
Vitamin D	66.7%	33.3%
Vitamin E	70.4%	29.6%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	81.2%	18.8%
Copper	80.0%	20.0%
Iron	79.8%	20.2%
Heme Iron	82.4%	17.6%
Iodine	79.0%	21.0%
Magnesium	80.0%	20.0%
Phosphorus	80.9%	19.1%
Selenium	79.8%	20.2%
Sodium	78.5%	21.5%
Zinc	81.3%	18.7%
Retinol	78.7%	21.3%
Retinol Activity Equivalents	80.0%	20.0%
Vitamin B1	80.9%	19.1%
Vitamin B2	81.7%	18.3%
Vitamin B6	82.0%	18.0%
Folate equivalents	82.2%	17.8%
Folic acid	83.2%	16.8%
Vitamin B12	81.1%	18.9%
Vitamin C	81.0%	19.0%
Vitamin D	79.7%	20.3%
Vitamin E	79.2%	20.8%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.1%	25.9%
Copper	73.0%	27.0%
Iron	72.2%	27.8%
Heme Iron	73.0%	27.0%
Iodine	69.7%	30.3%
Magnesium	72.2%	27.8%
Phosphorus	73.5%	26.5%
Selenium	72.5%	27.5%
Sodium	70.8%	29.2%
Zinc	73.6%	26.4%
Retinol	71.0%	29.0%
Retinol Activity Equivalents	72.6%	27.4%
Vitamin B1	74.2%	25.8%
Vitamin B2	74.7%	25.3%
Vitamin B6	74.2%	25.8%
Folate equivalents	74.2%	25.8%

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

Micronutrients	At home mean%	Not at home mean%
Folic acid	73.3%	26.7%
Vitamin B12	73.4%	26.6%
Vitamin C	74.2%	25.8%
Vitamin D	72.8%	27.2%
Vitamin E	74.5%	25.5%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	70.7%	29.3%
Copper	70.8%	29.2%
Iron	71.6%	28.4%
Heme Iron	70.8%	29.2%
Iodine	67.6%	32.4%
Magnesium	70.5%	29.5%
Phosphorus	70.9%	29.1%
Selenium	69.7%	30.3%
Sodium	68.2%	31.8%
Zinc	72.4%	27.6%
Retinol	68.1%	31.9%
Retinol Activity Equivalents	69.8%	30.2%
Vitamin B1	72.9%	27.1%
Vitamin B2	72.7%	27.3%
Vitamin B6	71.9%	28.1%
Folate equivalents	72.2%	27.8%
Folic acid	76.6%	23.4%
Vitamin B12	69.0%	31.0%
Vitamin C	74.6%	25.4%
Vitamin D	67.9%	32.1%
Vitamin E	71.3%	28.7%

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

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.1%	25.9%
Copper	70.7%	29.3%
Iron	71.1%	28.9%
Heme Iron	78.0%	22.0%
Iodine	68.1%	31.9%
Magnesium	72.3%	27.7%
Phosphorus	73.4%	26.6%
Selenium	72.9%	27.1%
Sodium	69.5%	30.5%
Zinc	74.7%	25.3%
Retinol	71.0%	29.0%
Retinol Activity Equivalents	72.8%	27.2%
Vitamin B1	74.8%	25.2%
Vitamin B2	75.6%	24.4%
Vitamin B6	73.1%	26.9%
Folate equivalents	73.9%	26.1%
Folic acid	74.5%	25.5%
Vitamin B12	77.2%	22.8%
Vitamin C	69.3%	30.7%
Vitamin D	73.1%	26.9%
Vitamin E	70.7%	29.3%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	74.9%	25.1%
Copper	73.8%	26.2%
Iron	73.8%	26.2%
Heme Iron	81.2%	18.8%
Iodine	70.6%	29.4%
Magnesium	74.2%	25.8%
Phosphorus	75.3%	24.7%
Selenium	76.5%	23.5%
Sodium	72.8%	27.2%
Zinc	77.4%	22.6%
Retinol	74.6%	25.4%
Retinol Activity Equivalents	76.0%	24.0%
Vitamin B1	77.9%	22.1%
Vitamin B2	77.3%	22.7%
Vitamin B6	74.4%	25.6%
Folate equivalents	76.8%	23.2%
Folic acid	78.2%	21.8%
Vitamin B12	79.0%	21.0%
Vitamin C	71.4%	28.6%
Vitamin D	75.3%	24.7%
Vitamin E	73.4%	26.6%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	71.1%	28.9%
Copper	70.8%	29.2%
Iron	70.6%	29.4%
Heme Iron	72.1%	27.9%
Iodine	66.1%	33.9%
Magnesium	69.8%	30.2%
Phosphorus	70.9%	29.1%
Selenium	70.2%	29.8%
Sodium	67.5%	32.5%
Zinc	71.8%	28.2%
Retinol	68.5%	31.5%
Retinol Activity Equivalents	70.5%	29.5%
Vitamin B1	71.6%	28.4%
Vitamin B2	72.0%	28.0%
Vitamin B6	71.8%	28.2%
Folate equivalents	71.2%	28.8%
Folic acid	72.0%	28.0%
Vitamin B12	71.3%	28.7%
Vitamin C	72.5%	27.5%
Vitamin D	69.3%	30.7%
Vitamin E	71.6%	28.4%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.3%	24.7%
Copper	74.0%	26.0%
Iron	73.9%	26.1%
Heme Iron	76.2%	23.8%
Iodine	70.4%	29.6%
Magnesium	73.1%	26.9%
Phosphorus	74.5%	25.5%
Selenium	73.6%	26.4%
Sodium	71.8%	28.2%
Zinc	75.5%	24.5%
Retinol	71.5%	28.5%
Retinol Activity Equivalents	73.4%	26.6%
Vitamin B1	75.5%	24.5%
Vitamin B2	75.9%	24.1%
Vitamin B6	76.4%	23.6%
Folate equivalents	75.1%	24.9%
Folic acid	74.1%	25.9%
Vitamin B12	74.8%	25.2%
Vitamin C	76.9%	23.1%
Vitamin D	73.4%	26.6%
Vitamin E	75.3%	24.7%

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

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

Micronutrients	At home mean%	Not at home mean%
Calcium	75.2%	24.8%
Copper	72.3%	27.7%
Iron	72.4%	27.6%
Heme Iron	79.3%	20.7%
Iodine	69.3%	30.7%
Magnesium	73.7%	26.3%
Phosphorus	74.5%	25.5%
Selenium	74.2%	25.8%
Sodium	70.8%	29.2%
Zinc	76.1%	23.9%
Retinol	72.4%	27.6%
Retinol Activity Equivalents	74.4%	25.6%
Vitamin B1	76.1%	23.9%
Vitamin B2	76.2%	23.8%
Vitamin B6	73.5%	26.5%
Folate equivalents	75.0%	25.0%
Folic acid	75.6%	24.4%
Vitamin B12	78.2%	21.8%
Vitamin C	70.3%	29.7%
Vitamin D	74.4%	25.6%
Vitamin E	72.1%	27.9%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	76.2%	23.8%
Copper	74.2%	25.8%
Iron	74.3%	25.7%
Heme Iron	81.8%	18.2%
Iodine	71.2%	28.8%
Magnesium	74.8%	25.2%
Phosphorus	76.5%	23.5%
Selenium	78.5%	21.5%
Sodium	73.4%	26.6%
Zinc	78.5%	21.5%
Retinol	75.4%	24.6%
Retinol Activity Equivalents	75.6%	24.4%
Vitamin B1	77.8%	22.2%
Vitamin B2	76.7%	23.3%
Vitamin B6	73.1%	26.9%
Folate equivalents	77.5%	22.5%
Folic acid	79.9%	20.1%
Vitamin B12	79.0%	21.0%
Vitamin C	70.5%	29.5%
Vitamin D	75.6%	24.4%
Vitamin E	72.5%	27.5%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	72.8%	27.2%
Copper	69.0%	31.0%
Iron	69.6%	30.4%
Heme Iron	76.5%	23.5%
Iodine	66.8%	33.2%
Magnesium	70.7%	29.3%
Phosphorus	72.2%	27.8%
Selenium	71.6%	28.4%
Sodium	68.2%	31.8%
Zinc	73.2%	26.8%
Retinol	69.5%	30.5%
Retinol Activity Equivalents	71.0%	29.0%
Vitamin B1	73.4%	26.6%
Vitamin B2	74.9%	25.1%
Vitamin B6	72.6%	27.4%
Folate equivalents	72.6%	27.4%
Folic acid	73.4%	26.6%
Vitamin B12	76.1%	23.9%
Vitamin C	68.2%	31.8%
Vitamin D	71.7%	28.3%
Vitamin E	69.2%	30.8%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.9%	26.1%
Copper	73.5%	26.5%
Iron	73.3%	26.7%
Heme Iron	80.7%	19.3%
Iodine	70.2%	29.8%
Magnesium	73.7%	26.3%
Phosphorus	74.3%	25.7%
Selenium	74.7%	25.3%
Sodium	72.3%	27.7%
Zinc	76.4%	23.6%
Retinol	73.9%	26.1%
Retinol Activity Equivalents	76.4%	23.6%
Vitamin B1	78.0%	22.0%
Vitamin B2	77.7%	22.3%
Vitamin B6	75.4%	24.6%
Folate equivalents	76.1%	23.9%
Folic acid	77.2%	22.8%
Vitamin B12	78.9%	21.1%
Vitamin C	72.2%	27.8%
Vitamin D	75.1%	24.9%
Vitamin E	74.2%	25.8%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	67.8%	32.2%
Copper	67.3%	32.7%
Iron	67.5%	32.5%
Heme Iron	70.2%	29.8%

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

Micronutrients	At home mean%	Not at home mean%
Iodine	61.4%	38.6%
Magnesium	66.1%	33.9%
Phosphorus	67.7%	32.3%
Selenium	67.6%	32.4%
Sodium	64.0%	36.0%
Zinc	68.9%	31.1%
Retinol	64.4%	35.6%
Retinol Activity Equivalents	67.2%	32.8%
Vitamin B1	68.2%	31.8%
Vitamin B2	69.0%	31.0%
Vitamin B6	69.4%	30.6%
Folate equivalents	67.4%	32.6%
Folic acid	66.3%	33.7%
Vitamin B12	69.5%	30.5%
Vitamin C	70.0%	30.0%
Vitamin D	66.4%	33.6%
Vitamin E	69.2%	30.8%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.2%	26.8%
Copper	72.1%	27.9%
Iron	71.9%	28.1%
Heme Iron	74.8%	25.2%
Iodine	66.7%	33.3%
Magnesium	70.5%	29.5%
Phosphorus	72.1%	27.9%
Selenium	71.4%	28.6%
Sodium	68.6%	31.4%
Zinc	73.6%	26.4%
Retinol	69.2%	30.8%
Retinol Activity Equivalents	71.3%	28.7%
Vitamin B1	73.3%	26.7%
Vitamin B2	73.4%	26.6%
Vitamin B6	74.3%	25.7%
Folate equivalents	72.3%	27.7%
Folic acid	69.8%	30.2%
Vitamin B12	72.4%	27.6%
Vitamin C	75.4%	24.6%
Vitamin D	70.8%	29.2%
Vitamin E	73.8%	26.2%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	73.9%	26.1%
Copper	73.8%	26.2%
Iron	73.3%	26.7%
Heme Iron	73.7%	26.3%
Iodine	70.3%	29.7%
Magnesium	72.9%	27.1%
Phosphorus	73.8%	26.2%
Selenium	72.6%	27.4%

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

Micronutrients	At home mean%	Not at home mean%
Sodium	70.5%	29.5%
Zinc	74.4%	25.6%
Retinol	72.1%	27.9%
Retinol Activity Equivalents	73.5%	26.5%
Vitamin B1	74.5%	25.5%
Vitamin B2	74.7%	25.3%
Vitamin B6	74.0%	26.0%
Folate equivalents	74.7%	25.3%
Folic acid	76.5%	23.5%
Vitamin B12	72.8%	27.2%
Vitamin C	74.7%	25.3%
Vitamin D	72.0%	28.0%
Vitamin E	73.8%	26.2%

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

Micronutrients	At home mean%	Not at home mean%
Calcium	77.7%	22.3%
Copper	76.1%	23.9%
Iron	76.2%	23.8%
Heme Iron	77.8%	22.2%
Iodine	74.6%	25.4%
Magnesium	76.1%	23.9%
Phosphorus	77.2%	22.8%
Selenium	76.1%	23.9%
Sodium	75.3%	24.7%
Zinc	77.6%	22.4%
Retinol	74.0%	26.0%
Retinol Activity Equivalents	75.6%	24.4%
Vitamin B1	77.9%	22.1%
Vitamin B2	78.6%	21.4%
Vitamin B6	78.8%	21.2%
Folate equivalents	78.4%	21.6%
Folic acid	78.6%	21.4%
Vitamin B12	77.4%	22.6%
Vitamin C	78.5%	21.5%
Vitamin D	76.3%	23.7%
Vitamin E	77.0%	23.0%

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

Total Population (n=3,819)

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.9%	26.7%	27.7%	25.7%
Copper	15.2%	21.4%	36.8%	26.6%
Iron	15.2%	20.7%	38.5%	25.6%
Heme Iron	3.9%	16.4%	72.2%	7.4%
Iodine	21.4%	36.8%	21.6%	20.3%
Magnesium	16.0%	21.5%	32.9%	29.5%
Phosphorus	16.2%	24.3%	37.7%	21.7%
Selenium	11.7%	23.4%	46.5%	18.3%
Sodium	14.8%	30.9%	35.1%	19.2%
Zinc	14.5%	23.3%	45.4%	16.8%
Retinol	18.7%	32.3%	29.0%	20.0%
Retinol Activity Equivalents	15.2%	27.4%	38.8%	18.6%
Vitamin B1	14.3%	20.5%	45.3%	19.9%
Vitamin B2	18.4%	23.6%	33.7%	24.3%
Vitamin B6	12.5%	17.4%	46.3%	23.8%
Folate equivalents	18.2%	24.1%	37.7%	20.0%
Folic acid	43.3%	41.6%	5.1%	10.0%
Vitamin B12	15.0%	25.6%	43.1%	16.3%
Vitamin C	10.7%	13.9%	46.6%	28.9%
Vitamin D	14.4%	26.1%	44.4%	15.0%
Vitamin E	14.3%	21.8%	41.2%	22.7%

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.2%	23.7%	28.7%	24.4%
Copper	17.1%	21.7%	35.4%	25.8%
Iron	17.5%	21.4%	37.1%	24.1%
Heme Iron	4.8%	15.6%	72.9%	6.6%
Iodine	25.1%	35.4%	20.6%	18.9%
Magnesium	18.5%	21.7%	34.5%	25.4%
Phosphorus	18.7%	22.6%	37.4%	21.3%
Selenium	13.3%	22.7%	45.7%	18.4%
Sodium	16.2%	27.9%	35.5%	20.4%
Zinc	16.2%	22.0%	44.7%	17.0%
Retinol	21.0%	29.4%	30.3%	19.4%
Retinol Activity Equivalents	17.2%	25.5%	38.6%	18.7%
Vitamin B1	16.6%	19.4%	43.8%	20.3%
Vitamin B2	23.6%	21.6%	33.0%	21.9%
Vitamin B6	13.8%	15.7%	43.9%	26.6%
Folate equivalents	20.6%	22.7%	38.2%	18.5%
Folic acid	50.9%	28.1%	3.2%	17.9%
Vitamin B12	19.9%	22.3%	41.6%	16.1%
Vitamin C	8.7%	12.8%	42.3%	36.2%
Vitamin D	16.1%	24.3%	44.3%	15.2%
Vitamin E	14.3%	20.2%	37.6%	27.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.2%	27.3%	27.5%	26.0%
Copper	14.8%	21.3%	37.1%	26.8%
Iron	14.7%	20.6%	38.8%	26.0%
Heme Iron	3.7%	16.6%	72.1%	7.6%
Iodine	20.5%	37.1%	21.8%	20.6%
Magnesium	15.4%	21.5%	32.6%	30.5%
Phosphorus	15.7%	24.7%	37.8%	21.8%
Selenium	11.4%	23.6%	46.7%	18.3%
Sodium	14.5%	31.6%	35.1%	18.9%
Zinc	14.1%	23.6%	45.5%	16.8%
Retinol	18.2%	32.9%	28.7%	20.1%
Retinol Activity Equivalents	14.8%	27.8%	38.8%	18.6%
Vitamin B1	13.8%	20.8%	45.6%	19.9%
Vitamin B2	17.3%	24.0%	33.9%	24.9%
Vitamin B6	12.3%	17.8%	46.8%	23.1%
Folate equivalents	17.6%	24.4%	37.6%	20.3%
Folic acid	41.9%	44.1%	5.4%	8.6%
Vitamin B12	14.0%	26.3%	43.5%	16.3%
Vitamin C	11.2%	14.1%	47.5%	27.3%
Vitamin D	14.0%	26.5%	44.4%	15.0%
Vitamin E	14.3%	22.1%	42.0%	21.6%

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.4%	23.8%	29.3%	23.5%
Copper	17.5%	21.6%	35.8%	25.2%
Iron	17.7%	21.4%	37.3%	23.6%
Heme Iron	5.2%	15.7%	72.6%	6.6%
Iodine	25.8%	34.9%	20.3%	19.0%
Magnesium	18.7%	21.7%	34.6%	25.0%
Phosphorus	18.9%	22.6%	37.5%	21.1%
Selenium	13.6%	22.6%	45.8%	18.0%
Sodium	16.4%	27.8%	35.2%	20.6%
Zinc	16.5%	22.0%	44.9%	16.7%
Retinol	21.6%	28.3%	31.2%	18.9%
Retinol Activity Equivalents	17.7%	24.8%	39.7%	17.9%
Vitamin B1	16.5%	19.3%	44.6%	19.6%
Vitamin B2	23.6%	21.6%	33.4%	21.4%
Vitamin B6	13.3%	16.1%	44.0%	26.6%
Folate equivalents	20.8%	22.7%	38.4%	18.0%
Folic acid	51.6%	27.1%	3.1%	18.2%
Vitamin B12	20.3%	22.1%	41.6%	16.0%
Vitamin C	8.4%	13.3%	43.3%	35.0%
Vitamin D	16.8%	23.5%	44.9%	14.9%
Vitamin E	14.6%	20.1%	37.9%	27.4%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.0%	23.6%	28.1%	25.3%
Copper	16.8%	21.8%	35.1%	26.4%
Iron	17.2%	21.3%	36.9%	24.6%
Heme Iron	4.4%	15.6%	73.3%	6.6%
Iodine	24.4%	35.9%	20.8%	18.8%
Magnesium	18.3%	21.6%	34.3%	25.8%
Phosphorus	18.6%	22.6%	37.2%	21.6%
Selenium	12.9%	22.8%	45.5%	18.8%
Sodium	15.9%	28.1%	35.8%	20.2%
Zinc	16.0%	22.0%	44.5%	17.4%
Retinol	20.3%	30.5%	29.4%	19.8%
Retinol Activity Equivalents	16.7%	26.2%	37.5%	19.5%
Vitamin B1	16.7%	19.5%	42.8%	21.0%
Vitamin B2	23.5%	21.6%	32.5%	22.4%
Vitamin B6	14.4%	15.4%	43.8%	26.5%
Folate equivalents	20.3%	22.7%	38.0%	19.0%
Folic acid	50.2%	29.0%	3.3%	17.5%
Vitamin B12	19.5%	22.6%	41.6%	16.3%
Vitamin C	8.9%	12.3%	41.3%	37.4%
Vitamin D	15.5%	25.3%	43.7%	15.6%
Vitamin E	14.0%	20.4%	37.3%	28.2%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.1%	27.5%	28.3%	25.1%
Copper	14.3%	21.5%	38.1%	26.1%
Iron	14.0%	20.8%	39.7%	25.6%
Heme Iron	3.6%	17.0%	70.9%	8.5%
Iodine	20.6%	37.0%	21.4%	21.0%
Magnesium	14.7%	21.2%	32.8%	31.3%
Phosphorus	14.9%	24.4%	37.9%	22.7%
Selenium	11.0%	24.0%	46.6%	18.5%
Sodium	14.4%	31.6%	35.0%	19.0%
Zinc	13.4%	23.5%	46.2%	16.9%
Retinol	18.0%	33.9%	28.1%	20.1%
Retinol Activity Equivalents	14.9%	29.0%	37.7%	18.3%
Vitamin B1	12.9%	21.2%	46.6%	19.3%
Vitamin B2	16.3%	24.0%	34.5%	25.1%
Vitamin B6	11.2%	17.5%	47.9%	23.4%
Folate equivalents	16.6%	24.3%	37.4%	21.6%
Folic acid	40.7%	44.3%	4.5%	10.5%
Vitamin B12	13.5%	26.8%	43.0%	16.7%
Vitamin C	10.8%	14.3%	50.6%	24.3%
Vitamin D	13.9%	27.7%	43.2%	15.1%
Vitamin E	14.1%	22.7%	42.3%	21.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.2%	27.1%	26.7%	27.0%
Copper	15.3%	21.0%	36.2%	27.5%
Iron	15.4%	20.4%	37.9%	26.4%
Heme Iron	3.9%	16.2%	73.3%	6.6%
Iodine	20.5%	37.2%	22.2%	20.2%
Magnesium	16.2%	21.8%	32.4%	29.6%
Phosphorus	16.4%	25.0%	37.7%	20.9%
Selenium	11.9%	23.2%	46.8%	18.1%
Sodium	14.6%	31.5%	35.1%	18.8%
Zinc	14.8%	23.7%	44.8%	16.6%
Retinol	18.4%	32.0%	29.4%	20.2%
Retinol Activity Equivalents	14.7%	26.7%	39.9%	18.8%
Vitamin B1	14.7%	20.3%	44.6%	20.4%
Vitamin B2	18.2%	23.9%	33.2%	24.6%
Vitamin B6	13.4%	18.1%	45.7%	22.9%
Folate equivalents	18.6%	24.6%	37.8%	19.0%
Folic acid	43.0%	43.9%	6.2%	6.8%
Vitamin B12	14.4%	25.7%	43.9%	15.9%
Vitamin C	11.5%	13.9%	44.4%	30.2%
Vitamin D	14.2%	25.3%	45.7%	14.9%
Vitamin E	14.6%	21.6%	41.7%	22.2%

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.4%	26.1%	28.6%	21.9%
Copper	18.8%	24.5%	34.2%	22.4%
Iron	19.2%	23.3%	36.6%	20.9%
Heme Iron	6.9%	17.6%	70.4%	5.1%
Iodine	27.3%	37.3%	19.7%	15.7%
Magnesium	20.2%	24.2%	33.6%	22.0%
Phosphorus	20.1%	25.4%	36.4%	18.1%
Selenium	15.2%	24.1%	44.7%	16.1%
Sodium	18.0%	30.4%	35.5%	16.1%
Zinc	17.8%	24.3%	43.1%	14.8%
Retinol	23.1%	32.1%	29.4%	15.4%
Retinol Activity Equivalents	19.0%	28.3%	37.8%	15.0%
Vitamin B1	19.3%	21.1%	42.2%	17.4%
Vitamin B2	25.4%	24.9%	31.7%	18.0%
Vitamin B6	15.9%	16.7%	44.4%	23.0%
Folate equivalents	21.7%	25.4%	37.9%	15.0%
Folic acid	51.3%	26.5%	9.0%	13.2%
Vitamin B12	21.4%	25.1%	40.4%	13.1%
Vitamin C	8.1%	12.9%	40.5%	38.5%
Vitamin D	20.0%	26.3%	41.7%	12.0%
Vitamin E	16.5%	22.2%	37.4%	23.9%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	24.7%	24.7%	28.2%	22.4%
Copper	18.0%	22.7%	35.5%	23.8%
Iron	18.2%	22.4%	36.5%	22.9%
Heme Iron	4.6%	16.7%	72.7%	5.9%
Iodine	26.7%	35.5%	21.1%	16.6%
Magnesium	19.3%	22.9%	34.5%	23.3%
Phosphorus	19.6%	23.7%	37.4%	19.2%
Selenium	13.5%	23.6%	45.8%	17.0%
Sodium	16.6%	28.9%	35.8%	18.7%
Zinc	16.8%	23.0%	44.7%	15.5%
Retinol	22.3%	28.9%	31.0%	17.8%
Retinol Activity Equivalents	18.3%	25.5%	38.9%	17.4%
Vitamin B1	16.7%	20.1%	43.3%	19.8%
Vitamin B2	24.7%	22.5%	32.4%	20.3%
Vitamin B6	13.8%	16.9%	42.7%	26.6%
Folate equivalents	21.9%	23.6%	38.0%	16.5%
Folic acid	49.2%	26.1%	2.1%	22.5%
Vitamin B12	21.3%	23.0%	40.8%	15.0%
Vitamin C	8.2%	13.7%	41.7%	36.3%
Vitamin D	16.1%	24.7%	44.0%	15.2%
Vitamin E	14.9%	21.1%	36.3%	27.7%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	22.5%	23.5%	28.1%	25.9%
Copper	16.4%	22.2%	34.9%	26.5%
Iron	16.9%	21.6%	36.6%	24.9%
Heme Iron	4.6%	15.6%	73.0%	6.7%
Iodine	24.8%	36.3%	20.6%	18.3%
Magnesium	17.8%	22.0%	33.8%	26.3%
Phosphorus	18.0%	22.7%	36.7%	22.5%
Selenium	12.7%	23.0%	44.8%	19.4%
Sodium	15.8%	27.5%	35.3%	21.5%
Zinc	15.7%	21.9%	44.5%	18.0%
Retinol	20.4%	29.4%	28.7%	21.5%
Retinol Activity Equivalents	17.0%	25.5%	36.5%	21.0%
Vitamin B1	16.2%	20.1%	42.4%	21.4%
Vitamin B2	23.1%	21.9%	32.1%	22.8%
Vitamin B6	14.6%	15.8%	42.6%	26.9%
Folate equivalents	20.3%	23.2%	38.1%	18.4%
Folic acid	49.8%	28.1%	4.2%	17.8%
Vitamin B12	19.7%	22.4%	40.3%	17.7%
Vitamin C	8.0%	12.3%	40.5%	39.3%
Vitamin D	15.1%	26.6%	41.5%	16.8%
Vitamin E	13.1%	20.1%	36.0%	30.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	22.5%	22.7%	29.6%	25.2%
Copper	16.2%	19.7%	36.4%	27.7%
Iron	16.7%	20.1%	38.0%	25.2%
Heme Iron	4.3%	14.0%	73.6%	8.1%
Iodine	23.8%	33.7%	19.9%	22.5%
Magnesium	17.5%	19.9%	34.9%	27.7%
Phosphorus	17.5%	20.6%	37.8%	24.1%
Selenium	12.8%	21.2%	46.4%	19.6%
Sodium	15.2%	26.2%	34.3%	24.3%
Zinc	15.3%	20.4%	45.7%	18.6%
Retinol	20.3%	27.5%	30.9%	21.4%
Retinol Activity Equivalents	16.7%	23.9%	39.5%	19.9%
Vitamin B1	15.2%	18.1%	46.4%	20.3%
Vitamin B2	21.7%	19.8%	34.5%	24.0%
Vitamin B6	11.9%	15.2%	45.1%	27.7%
Folate equivalents	19.6%	21.2%	38.5%	20.7%
Folic acid	55.1%	32.3%	0.7%	11.9%
Vitamin B12	18.7%	20.7%	42.4%	18.2%
Vitamin C	9.1%	13.1%	45.1%	32.7%
Vitamin D	15.4%	22.0%	46.6%	16.0%
Vitamin E	13.4%	18.9%	39.2%	28.5%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.1%	22.0%	28.8%	26.1%
Copper	16.5%	19.8%	36.0%	27.8%
Iron	16.6%	19.7%	37.6%	26.0%
Heme Iron	4.0%	14.6%	74.5%	6.9%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine	23.2%	34.5%	21.3%	20.9%
Magnesium	18.1%	19.7%	35.3%	26.9%
Phosphorus	18.7%	20.9%	38.2%	22.2%
Selenium	12.5%	21.8%	46.3%	19.4%
Sodium	15.5%	27.2%	36.6%	20.8%
Zinc	16.0%	20.9%	45.3%	17.8%
Retinol	19.1%	29.5%	31.4%	20.0%
Retinol Activity Equivalents	15.5%	24.8%	40.1%	19.7%
Vitamin B1	16.1%	17.7%	44.1%	22.0%
Vitamin B2	23.2%	19.4%	33.8%	23.6%
Vitamin B6	13.2%	14.2%	44.5%	28.0%
Folate equivalents	19.6%	20.6%	38.4%	21.3%
Folic acid	49.7%	27.8%	0.7%	21.8%
Vitamin B12	18.9%	21.1%	43.8%	16.2%
Vitamin C	9.8%	12.0%	43.4%	34.9%
Vitamin D	14.7%	22.5%	47.1%	15.7%
Vitamin E	13.9%	19.4%	39.1%	27.6%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.6%	25.2%	28.4%	26.8%
Copper	13.7%	21.0%	37.6%	27.6%
Iron	14.2%	20.8%	39.2%	25.9%
Heme Iron	4.3%	17.0%	68.7%	10.0%
Iodine	20.0%	35.8%	21.3%	22.9%
Magnesium	14.8%	20.8%	32.8%	31.7%
Phosphorus	15.0%	22.7%	36.9%	25.4%
Selenium	11.3%	23.6%	45.5%	19.6%
Sodium	13.6%	29.0%	35.4%	21.9%
Zinc	13.7%	22.8%	44.8%	18.6%
Retinol	18.2%	30.3%	31.1%	20.3%
Retinol Activity Equivalents	15.4%	26.3%	39.3%	18.9%
Vitamin B1	13.4%	21.2%	45.5%	19.9%
Vitamin B2	17.4%	21.9%	34.1%	26.6%
Vitamin B6	10.6%	16.0%	45.8%	27.6%
Folate equivalents	16.0%	22.9%	38.0%	23.0%
Folic acid	43.6%	36.6%	5.5%	14.3%
Vitamin B12	14.7%	24.0%	42.9%	18.5%
Vitamin C	11.5%	15.7%	48.0%	24.9%
Vitamin D	12.4%	25.7%	45.7%	16.2%
Vitamin E	12.8%	21.1%	42.1%	24.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	20.6%	24.7%	27.5%	27.2%
Copper	15.0%	20.6%	37.8%	26.7%
Iron	15.3%	20.6%	39.8%	24.2%
Heme Iron	3.8%	14.0%	76.0%	6.2%
Iodine	20.9%	35.9%	22.2%	21.1%
Magnesium	16.5%	21.6%	34.5%	27.5%
Phosphorus	16.8%	23.4%	38.8%	21.0%
Selenium	12.2%	22.8%	47.4%	17.7%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Sodium	14.4%	29.1%	37.3%	19.2%
Zinc	15.0%	22.6%	45.8%	16.6%
Retinol	19.2%	29.8%	31.1%	19.8%
Retinol Activity Equivalents	15.6%	25.2%	40.1%	19.0%
Vitamin B1	15.1%	20.6%	45.2%	19.1%
Vitamin B2	19.9%	23.1%	32.5%	24.5%
Vitamin B6	13.1%	17.3%	44.3%	25.3%
Folate equivalents	18.9%	24.0%	38.4%	18.7%
Folic acid	47.2%	42.5%	4.5%	5.8%
Vitamin B12	16.0%	24.1%	43.3%	16.6%
Vitamin C	10.0%	15.4%	43.1%	31.5%
Vitamin D	13.9%	23.5%	47.5%	15.1%
Vitamin E	14.5%	19.8%	42.6%	23.1%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	18.5%	27.7%	28.2%	25.7%
Copper	13.9%	21.6%	37.7%	26.8%
Iron	13.6%	20.6%	39.5%	26.3%
Heme Iron	3.3%	16.4%	71.9%	8.4%
Iodine	20.1%	36.7%	21.1%	22.2%
Magnesium	14.5%	21.0%	32.3%	32.2%
Phosphorus	14.6%	24.6%	37.7%	23.1%
Selenium	10.6%	24.2%	46.0%	19.2%
Sodium	13.9%	31.0%	35.8%	19.3%
Zinc	12.8%	23.4%	46.6%	17.2%
Retinol	16.9%	33.9%	27.8%	21.3%
Retinol Activity Equivalents	13.8%	28.2%	38.8%	19.3%
Vitamin B1	12.8%	20.6%	46.1%	20.5%
Vitamin B2	16.2%	23.8%	33.9%	26.0%
Vitamin B6	10.7%	17.0%	47.5%	24.8%
Folate equivalents	15.6%	23.5%	38.0%	22.9%
Folic acid	37.6%	45.0%	5.5%	11.8%
Vitamin B12	13.2%	26.2%	43.3%	17.3%
Vitamin C	9.7%	13.2%	51.5%	25.6%
Vitamin D	13.2%	28.5%	42.3%	16.0%
Vitamin E	13.2%	22.1%	43.0%	21.7%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.3%	27.4%	26.4%	27.0%
Copper	14.8%	20.7%	36.2%	28.3%
Iron	15.4%	20.1%	37.2%	27.2%
Heme Iron	4.5%	16.4%	72.5%	6.6%
Iodine	20.1%	37.6%	22.1%	20.2%
Magnesium	16.2%	21.7%	31.7%	30.3%
Phosphorus	16.5%	24.6%	37.2%	21.8%
Selenium	11.7%	22.4%	47.5%	18.3%
Sodium	13.8%	31.2%	35.5%	19.5%
Zinc	14.8%	23.4%	44.8%	17.0%
Retinol	18.1%	30.7%	29.4%	21.8%
Retinol Activity Equivalents	14.4%	25.7%	40.3%	19.7%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Vitamin B1	15.5%	19.9%	43.4%	21.2%
Vitamin B2	19.2%	23.6%	32.6%	24.5%
Vitamin B6	13.9%	17.6%	44.8%	23.8%
Folate equivalents	18.7%	24.2%	37.1%	20.0%
Folic acid	45.7%	40.5%	5.4%	8.3%
Vitamin B12	14.9%	25.1%	44.1%	16.0%
Vitamin C	11.7%	13.7%	44.6%	30.0%
Vitamin D	14.3%	24.7%	45.8%	15.2%
Vitamin E	14.2%	21.5%	41.3%	23.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.7%	28.8%	28.3%	23.2%
Copper	15.0%	21.8%	39.0%	24.2%
Iron	14.3%	21.1%	40.2%	24.4%
Heme Iron	3.5%	17.7%	71.0%	7.8%
Iodine	21.7%	38.2%	21.8%	18.3%
Magnesium	15.0%	21.7%	33.5%	29.8%
Phosphorus	15.3%	25.3%	38.9%	20.5%
Selenium	11.2%	23.9%	48.0%	17.0%
Sodium	15.5%	34.0%	33.7%	16.8%
Zinc	13.9%	24.0%	46.6%	15.5%
Retinol	19.2%	36.2%	26.5%	18.2%
Retinol Activity Equivalents	16.1%	31.9%	35.3%	16.8%
Vitamin B1	12.8%	22.0%	47.9%	17.3%
Vitamin B2	15.7%	25.7%	35.6%	23.0%
Vitamin B6	12.1%	19.0%	49.9%	18.9%
Folate equivalents	18.4%	26.2%	36.4%	19.0%
Folic acid	41.9%	46.9%	3.3%	7.9%
Vitamin B12	13.1%	29.4%	42.7%	14.9%
Vitamin C	11.9%	14.9%	51.1%	22.2%
Vitamin D	15.9%	27.9%	42.8%	13.3%
Vitamin E	16.0%	24.4%	41.4%	18.2%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	18.3%	28.3%	26.6%	26.8%
Copper	16.1%	21.8%	35.1%	26.9%
Iron	15.4%	20.6%	37.4%	26.6%
Heme Iron	3.1%	17.3%	72.7%	6.9%
Iodine	20.7%	37.3%	22.4%	19.6%
Magnesium	16.0%	22.1%	31.8%	30.0%
Phosphorus	16.2%	26.6%	37.7%	19.5%
Selenium	11.9%	24.4%	45.6%	18.1%
Sodium	15.6%	33.5%	33.2%	17.7%
Zinc	14.7%	24.9%	44.3%	16.1%
Retinol	18.5%	35.0%	28.3%	18.3%
Retinol Activity Equivalents	14.4%	28.8%	39.3%	17.5%
Vitamin B1	13.3%	20.6%	45.7%	20.4%
Vitamin B2	15.9%	24.9%	34.4%	24.8%
Vitamin B6	12.9%	19.1%	47.8%	20.2%
Folate equivalents	18.4%	25.4%	38.4%	17.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Folic acid	37.5%	48.7%	8.2%	5.6%
Vitamin B12	12.9%	27.6%	44.1%	15.4%
Vitamin C	12.2%	13.2%	44.9%	29.7%
Vitamin D	14.2%	27.1%	44.4%	14.2%
Vitamin E	15.0%	22.8%	41.5%	20.7%

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	21.8%	23.8%	29.0%	25.4%
Copper	15.5%	21.6%	37.1%	25.8%
Iron	16.1%	21.6%	38.6%	23.6%
Heme Iron	4.7%	15.1%	74.1%	6.0%
Iodine	23.3%	36.0%	21.7%	18.9%
Magnesium	16.5%	21.7%	36.0%	25.8%
Phosphorus	17.0%	22.4%	38.5%	22.1%
Selenium	12.5%	23.1%	46.4%	18.0%
Sodium	14.8%	27.8%	36.9%	20.5%
Zinc	14.6%	21.7%	46.8%	17.0%
Retinol	21.3%	28.9%	30.8%	19.0%
Retinol Activity Equivalents	17.7%	25.4%	38.3%	18.6%
Vitamin B1	15.0%	18.9%	45.3%	20.8%
Vitamin B2	22.2%	21.0%	34.3%	22.5%
Vitamin B6	12.9%	14.7%	45.1%	27.4%
Folate equivalents	19.2%	23.5%	38.8%	18.5%
Folic acid	44.9%	34.4%	5.0%	15.7%
Vitamin B12	19.2%	22.1%	42.3%	16.4%
Vitamin C	7.4%	12.4%	42.3%	38.0%
Vitamin D	15.9%	25.6%	44.8%	13.7%
Vitamin E	12.9%	19.9%	38.6%	28.6%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.0%	23.7%	29.0%	24.4%
Copper	16.8%	21.4%	35.5%	26.3%
Iron	16.9%	21.0%	37.8%	24.4%
Heme Iron	4.4%	15.7%	73.3%	6.7%
Iodine	24.9%	35.0%	20.7%	19.4%
Magnesium	18.1%	21.3%	35.0%	25.6%
Phosphorus	18.2%	22.5%	37.9%	21.4%
Selenium	12.6%	22.3%	46.2%	18.8%
Sodium	15.6%	27.4%	36.5%	20.5%
Zinc	15.6%	21.8%	45.5%	17.2%
Retinol	20.6%	29.5%	30.2%	19.6%
Retinol Activity Equivalents	16.9%	25.8%	38.3%	19.0%
Vitamin B1	15.5%	18.9%	45.0%	20.6%
Vitamin B2	23.0%	21.8%	33.1%	22.2%
Vitamin B6	12.9%	15.7%	44.4%	26.9%
Folate equivalents	19.7%	22.1%	39.4%	18.8%
Folic acid	50.9%	25.3%	3.8%	20.0%
Vitamin B12	19.2%	22.5%	41.9%	16.3%
Vitamin C	8.1%	13.0%	42.7%	36.2%
Vitamin D	15.4%	23.4%	44.7%	16.5%
Vitamin E	13.6%	20.0%	37.8%	28.5%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	24.6%	24.3%	28.0%	23.1%
Copper	18.4%	22.3%	34.2%	25.0%
Iron	18.7%	21.9%	35.4%	24.0%
Heme Iron	5.3%	15.5%	72.2%	7.0%
Iodine	26.0%	35.9%	19.8%	18.4%
Magnesium	20.2%	22.4%	32.9%	24.5%
Phosphorus	20.5%	23.1%	36.0%	20.4%
Selenium	14.3%	23.0%	44.6%	18.1%
Sodium	17.3%	29.0%	33.5%	20.2%
Zinc	18.0%	22.8%	42.6%	16.7%
Retinol	20.8%	30.4%	29.4%	19.4%
Retinol Activity Equivalents	16.7%	25.9%	38.7%	18.6%
Vitamin B1	18.6%	20.5%	41.5%	19.4%
Vitamin B2	25.3%	22.2%	31.7%	20.7%
Vitamin B6	15.4%	16.5%	42.7%	25.4%
Folate equivalents	22.0%	23.4%	36.7%	18.0%
Folic acid	50.9%	29.7%	2.1%	17.3%
Vitamin B12	21.3%	22.5%	40.8%	15.4%
Vitamin C	9.8%	12.9%	41.9%	35.4%
Vitamin D	16.8%	25.1%	43.0%	15.1%
Vitamin E	15.6%	21.0%	36.6%	26.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	18.3%	28.3%	27.4%	26.0%
Copper	14.3%	21.2%	37.5%	27.0%
Iron	14.4%	20.4%	38.5%	26.7%
Heme Iron	3.5%	15.7%	72.7%	8.1%
Iodine	20.4%	37.4%	20.9%	21.2%
Magnesium	14.8%	21.1%	32.8%	31.3%
Phosphorus	14.9%	24.9%	38.4%	21.8%
Selenium	11.0%	23.7%	46.7%	18.5%
Sodium	14.3%	31.1%	35.3%	19.2%
Zinc	13.2%	23.3%	46.6%	16.9%
Retinol	18.3%	34.2%	28.3%	19.1%
Retinol Activity Equivalents	15.3%	29.2%	37.3%	18.2%
Vitamin B1	12.5%	19.4%	48.1%	20.1%
Vitamin B2	15.9%	24.8%	34.5%	24.8%
Vitamin B6	11.5%	17.8%	48.2%	22.5%
Folate equivalents	16.9%	24.8%	38.3%	20.0%
Folic acid	42.4%	45.4%	5.2%	7.0%
Vitamin B12	13.2%	27.5%	43.2%	16.1%
Vitamin C	9.6%	12.2%	50.3%	28.0%
Vitamin D	14.3%	27.9%	43.6%	14.1%
Vitamin E	13.8%	22.5%	41.7%	22.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.7%	26.8%	27.4%	26.2%
Copper	15.1%	21.4%	36.8%	26.7%
Iron	14.7%	20.9%	38.6%	25.7%
Heme Iron	4.0%	17.3%	70.8%	8.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine	21.0%	37.0%	21.5%	20.6%
Magnesium	15.7%	21.6%	32.3%	30.4%
Phosphorus	15.9%	24.5%	37.3%	22.3%
Selenium	12.1%	23.5%	45.8%	18.6%
Sodium	14.7%	31.0%	35.4%	18.9%
Zinc	14.5%	23.6%	44.8%	17.1%
Retinol	18.6%	32.4%	28.1%	20.8%
Retinol Activity Equivalents	14.9%	27.4%	38.4%	19.3%
Vitamin B1	14.3%	21.0%	45.0%	19.8%
Vitamin B2	17.7%	23.5%	33.1%	25.7%
Vitamin B6	12.3%	17.5%	45.9%	24.3%
Folate equivalents	17.6%	24.3%	37.3%	20.8%
Folic acid	40.3%	45.5%	6.0%	8.2%
Vitamin B12	14.4%	26.1%	41.9%	17.7%
Vitamin C	10.8%	14.9%	46.5%	27.8%
Vitamin D	14.6%	26.1%	43.4%	15.9%
Vitamin E	14.6%	21.7%	41.9%	21.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.5%	26.9%	27.8%	25.7%
Copper	14.9%	21.3%	37.2%	26.6%
Iron	14.9%	20.3%	39.3%	25.5%
Heme Iron	3.6%	16.5%	73.6%	6.2%
Iodine	20.0%	36.8%	23.4%	19.8%
Magnesium	15.8%	21.9%	32.8%	29.5%
Phosphorus	16.3%	24.9%	38.0%	20.8%
Selenium	10.8%	23.5%	48.2%	17.6%
Sodium	14.3%	33.1%	34.2%	18.5%
Zinc	14.5%	24.0%	45.4%	16.1%
Retinol	17.3%	32.2%	30.4%	20.1%
Retinol Activity Equivalents	13.9%	26.9%	41.4%	17.8%
Vitamin B1	14.7%	22.2%	43.4%	19.7%
Vitamin B2	18.3%	23.8%	34.5%	23.5%
Vitamin B6	13.3%	18.2%	46.6%	21.9%
Folate equivalents	18.7%	24.3%	37.4%	19.7%
Folic acid	44.1%	40.2%	4.6%	11.1%
Vitamin B12	14.2%	25.0%	46.6%	14.2%
Vitamin C	14.0%	15.1%	45.5%	25.3%
Vitamin D	12.7%	25.4%	47.4%	14.4%
Vitamin E	14.5%	22.4%	42.4%	20.8%

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	20.3%	23.0%	30.3%	26.4%
Copper	16.1%	21.0%	37.0%	25.8%
Iron	16.1%	21.1%	38.8%	24.0%
Heme Iron	6.0%	15.6%	72.1%	6.3%
Iodine	25.1%	34.6%	20.7%	19.6%
Magnesium	16.3%	21.4%	35.9%	26.4%
Phosphorus	16.5%	22.0%	38.3%	23.2%
Selenium	13.0%	22.9%	45.5%	18.6%
Sodium	15.1%	27.1%	36.3%	21.6%
Zinc	14.3%	21.1%	47.0%	17.6%
Retinol	22.0%	26.0%	32.0%	20.0%
Retinol Activity Equivalents	18.3%	23.1%	39.8%	18.9%
Vitamin B1	14.2%	18.8%	46.3%	20.7%
Vitamin B2	20.8%	20.4%	35.4%	23.5%
Vitamin B6	11.4%	15.0%	45.0%	28.7%
Folate equivalents	19.3%	22.4%	39.3%	19.0%
Folic acid	45.4%	42.2%	5.8%	6.7%
Vitamin B12	19.0%	21.2%	42.1%	17.6%
Vitamin C	7.6%	12.7%	41.5%	38.1%
Vitamin D	17.1%	24.8%	44.5%	13.6%
Vitamin E	13.6%	19.3%	39.2%	27.9%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.1%	23.4%	30.0%	23.5%
Copper	17.0%	21.3%	36.1%	25.6%
Iron	17.4%	20.6%	38.2%	23.8%
Heme Iron	4.4%	14.6%	74.9%	6.1%
Iodine	25.6%	34.2%	20.8%	19.4%
Magnesium	18.2%	21.2%	35.5%	25.0%
Phosphorus	18.3%	22.2%	38.6%	20.9%
Selenium	13.2%	21.6%	46.9%	18.3%
Sodium	16.2%	26.7%	36.7%	20.4%
Zinc	15.9%	21.4%	46.1%	16.6%
Retinol	21.5%	28.1%	31.0%	19.3%
Retinol Activity Equivalents	17.6%	24.9%	39.3%	18.3%
Vitamin B1	16.4%	18.8%	44.9%	19.9%
Vitamin B2	23.3%	21.4%	33.6%	21.7%
Vitamin B6	13.1%	15.4%	44.7%	26.8%
Folate equivalents	20.8%	22.2%	39.1%	17.9%
Folic acid	52.4%	22.1%	3.0%	22.4%
Vitamin B12	19.6%	21.7%	42.8%	15.8%
Vitamin C	8.2%	12.9%	44.2%	34.8%
Vitamin D	16.1%	22.3%	45.6%	15.9%
Vitamin E	14.1%	20.0%	37.7%	28.1%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	25.9%	24.8%	27.6%	21.7%
Copper	18.9%	22.3%	34.2%	24.6%
Iron	18.9%	22.5%	35.1%	23.5%
Heme Iron	5.6%	16.8%	70.0%	7.7%
Iodine	26.4%	35.6%	19.5%	18.5%
Magnesium	20.8%	22.5%	32.5%	24.2%
Phosphorus	21.1%	23.4%	35.4%	20.2%
Selenium	14.5%	23.4%	44.6%	17.5%
Sodium	17.3%	29.3%	32.9%	20.5%
Zinc	18.5%	23.2%	41.8%	16.4%
Retinol	21.0%	30.4%	30.3%	18.3%
Retinol Activity Equivalents	16.7%	26.0%	40.0%	17.3%
Vitamin B1	17.8%	20.2%	42.8%	19.1%
Vitamin B2	25.8%	22.8%	31.4%	20.0%
Vitamin B6	14.8%	17.5%	42.1%	25.5%
Folate equivalents	21.4%	23.6%	37.1%	17.9%
Folic acid	50.7%	29.3%	2.7%	17.3%
Vitamin B12	21.9%	23.1%	40.1%	15.0%
Vitamin C	8.9%	14.2%	42.5%	34.4%
Vitamin D	17.3%	23.9%	43.8%	15.0%
Vitamin E	15.4%	20.6%	37.1%	26.9%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.4%	24.7%	27.5%	24.4%
Copper	14.9%	22.2%	37.2%	25.7%
Iron	16.2%	22.2%	38.4%	23.2%
Heme Iron	3.3%	14.7%	76.4%	5.7%
Iodine	21.3%	37.6%	22.9%	18.2%
Magnesium	16.8%	22.1%	36.0%	25.1%
Phosphorus	17.6%	22.7%	38.7%	20.9%
Selenium	11.9%	23.4%	47.5%	17.2%
Sodium	14.4%	28.6%	37.6%	19.3%
Zinc	14.8%	22.4%	46.5%	16.2%
Retinol	20.5%	32.2%	29.4%	17.9%
Retinol Activity Equivalents	17.0%	28.0%	36.7%	18.3%
Vitamin B1	16.0%	19.0%	44.0%	21.0%
Vitamin B2	23.8%	21.7%	33.1%	21.4%
Vitamin B6	14.6%	14.4%	45.1%	25.9%
Folate equivalents	19.1%	24.7%	38.2%	18.1%
Folic acid	44.7%	30.8%	4.6%	19.9%
Vitamin B12	19.4%	23.0%	42.5%	15.1%
Vitamin C	7.1%	12.1%	43.1%	37.8%
Vitamin D	14.5%	26.4%	45.2%	13.9%
Vitamin E	12.2%	20.5%	37.9%	29.4%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	22.9%	24.0%	27.9%	25.2%
Copper	16.5%	21.4%	35.0%	27.1%
Iron	16.3%	21.3%	37.3%	25.0%
Heme Iron	4.4%	16.7%	71.6%	7.3%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine	24.2%	35.8%	20.7%	19.3%
Magnesium	18.0%	21.3%	34.4%	26.2%
Phosphorus	18.1%	22.8%	37.2%	21.9%
Selenium	12.1%	23.0%	45.5%	19.4%
Sodium	15.1%	28.1%	36.3%	20.5%
Zinc	15.3%	22.1%	44.8%	17.8%
Retinol	19.7%	30.9%	29.4%	20.0%
Retinol Activity Equivalents	16.3%	26.8%	37.3%	19.7%
Vitamin B1	14.6%	18.9%	45.2%	21.3%
Vitamin B2	22.6%	22.2%	32.5%	22.7%
Vitamin B6	12.7%	16.1%	44.1%	27.1%
Folate equivalents	18.6%	22.0%	39.7%	19.7%
Folic acid	48.9%	29.2%	4.8%	17.1%
Vitamin B12	18.7%	23.4%	41.0%	16.9%
Vitamin C	8.0%	13.2%	41.1%	37.7%
Vitamin D	14.7%	24.5%	43.8%	17.1%
Vitamin E	13.1%	20.0%	38.0%	28.9%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.1%	23.8%	28.4%	24.6%
Copper	17.9%	22.4%	34.3%	25.4%
Iron	18.5%	21.4%	35.7%	24.4%
Heme Iron	4.9%	14.1%	74.7%	6.3%
Iodine	25.6%	36.2%	20.0%	18.3%
Magnesium	19.5%	22.2%	33.3%	25.0%
Phosphorus	19.8%	22.8%	36.6%	20.8%
Selenium	14.1%	22.6%	44.7%	18.7%
Sodium	17.2%	28.8%	34.1%	19.9%
Zinc	17.4%	22.3%	43.4%	16.9%
Retinol	20.5%	30.5%	28.5%	20.6%
Retinol Activity Equivalents	16.8%	25.9%	37.3%	20.0%
Vitamin B1	19.4%	20.9%	40.0%	19.8%
Vitamin B2	24.9%	21.5%	32.1%	21.5%
Vitamin B6	16.0%	15.5%	43.4%	25.1%
Folate equivalents	22.6%	23.1%	36.2%	18.0%
Folic acid	51.0%	30.1%	1.6%	17.3%
Vitamin B12	20.6%	21.9%	41.6%	15.9%
Vitamin C	10.7%	11.6%	41.2%	36.5%
Vitamin D	16.3%	26.3%	42.2%	15.1%
Vitamin E	15.9%	21.5%	36.0%	26.6%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	17.6%	27.3%	29.4%	25.7%
Copper	13.2%	20.7%	39.9%	26.2%
Iron	13.4%	20.2%	40.6%	25.9%
Heme Iron	3.5%	16.1%	71.2%	9.1%
Iodine	19.7%	35.9%	21.5%	22.9%
Magnesium	13.6%	20.2%	33.9%	32.3%
Phosphorus	13.6%	23.5%	39.5%	23.4%
Selenium	10.2%	22.8%	48.2%	18.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Sodium	14.0%	29.7%	36.1%	20.3%
Zinc	12.1%	22.2%	48.3%	17.3%
Retinol	17.7%	33.6%	29.2%	19.5%
Retinol Activity Equivalents	15.0%	29.1%	37.7%	18.2%
Vitamin B1	11.4%	19.3%	49.7%	19.7%
Vitamin B2	14.5%	23.5%	36.4%	25.6%
Vitamin B6	10.0%	16.4%	49.7%	23.9%
Folate equivalents	15.6%	23.4%	38.6%	22.3%
Folic acid	44.8%	42.2%	4.0%	9.0%
Vitamin B12	12.4%	26.3%	44.1%	17.2%
Vitamin C	9.5%	12.6%	54.2%	23.8%
Vitamin D	14.2%	28.2%	42.7%	14.9%
Vitamin E	13.3%	22.2%	42.5%	22.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.9%	27.4%	27.6%	25.0%
Copper	14.7%	21.7%	37.5%	26.1%
Iron	14.1%	21.2%	39.2%	25.5%
Heme Iron	3.7%	17.1%	70.1%	9.1%
Iodine	21.6%	37.6%	20.3%	20.5%
Magnesium	15.1%	21.3%	32.2%	31.4%
Phosphorus	15.3%	24.4%	37.0%	23.3%
Selenium	11.7%	24.0%	45.6%	18.7%
Sodium	14.8%	31.3%	35.1%	18.8%
Zinc	13.9%	23.6%	45.3%	17.2%
Retinol	18.9%	33.7%	26.9%	20.5%
Retinol Activity Equivalents	15.6%	28.8%	36.7%	18.9%
Vitamin B1	13.3%	21.2%	46.4%	19.0%
Vitamin B2	16.7%	23.7%	33.2%	26.3%
Vitamin B6	11.1%	17.0%	47.1%	24.7%
Folate equivalents	16.4%	24.2%	36.8%	22.5%
Folic acid	38.3%	46.7%	4.9%	10.1%
Vitamin B12	14.1%	26.7%	41.4%	17.8%
Vitamin C	9.7%	14.2%	50.4%	25.6%
Vitamin D	14.5%	27.4%	42.4%	15.7%
Vitamin E	14.3%	22.1%	42.5%	21.1%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.6%	27.8%	28.2%	24.4%
Copper	14.6%	22.3%	37.3%	25.9%
Iron	14.3%	21.0%	39.4%	25.4%
Heme Iron	3.5%	17.7%	72.0%	6.8%
Iodine	19.9%	37.2%	23.1%	19.8%
Magnesium	15.2%	22.2%	32.6%	29.9%
Phosphorus	15.7%	25.5%	37.8%	21.0%
Selenium	10.5%	25.2%	46.4%	17.9%
Sodium	14.3%	34.2%	33.6%	17.9%
Zinc	13.8%	24.7%	45.5%	15.9%
Retinol	16.7%	34.5%	28.9%	19.9%
Retinol Activity Equivalents	13.8%	29.4%	39.3%	17.4%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Vitamin B1	14.0%	23.3%	43.4%	19.3%
Vitamin B2	17.6%	25.1%	34.7%	22.6%
Vitamin B6	12.5%	19.5%	47.4%	20.6%
Folate equivalents	18.1%	25.5%	37.2%	19.2%
Folic acid	40.5%	42.8%	4.4%	12.4%
Vitamin B12	13.7%	27.5%	44.6%	14.3%
Vitamin C	14.2%	16.2%	47.0%	22.6%
Vitamin D	12.6%	27.8%	45.3%	14.4%
Vitamin E	14.6%	24.1%	41.6%	19.7%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	18.9%	29.2%	25.7%	26.2%
Copper	15.1%	21.6%	35.6%	27.7%
Iron	15.3%	20.6%	36.8%	27.3%
Heme Iron	3.5%	15.3%	74.0%	7.2%
Iodine	21.0%	38.7%	20.5%	19.8%
Magnesium	15.8%	21.8%	31.9%	30.5%
Phosphorus	15.9%	26.1%	37.5%	20.5%
Selenium	11.6%	24.5%	45.5%	18.4%
Sodium	14.6%	32.4%	34.7%	18.4%
Zinc	14.2%	24.2%	45.2%	16.5%
Retinol	18.8%	34.8%	27.6%	18.8%
Retinol Activity Equivalents	15.6%	29.4%	36.9%	18.1%
Vitamin B1	13.4%	19.5%	46.7%	20.4%
Vitamin B2	17.1%	25.8%	33.0%	24.1%
Vitamin B6	12.7%	19.0%	46.9%	21.3%
Folate equivalents	17.9%	25.8%	38.1%	18.2%
Folic acid	40.7%	47.7%	6.0%	5.6%
Vitamin B12	13.8%	28.5%	42.5%	15.2%
Vitamin C	9.6%	11.9%	47.1%	31.4%
Vitamin D	14.4%	27.6%	44.5%	13.5%
Vitamin E	14.3%	22.7%	41.0%	21.9%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.4%	26.0%	27.1%	27.4%
Copper	15.4%	21.1%	36.1%	27.4%
Iron	15.4%	20.7%	38.0%	26.0%
Heme Iron	4.3%	17.5%	71.6%	6.7%
Iodine	20.3%	36.3%	22.8%	20.6%
Magnesium	16.3%	21.9%	32.4%	29.3%
Phosphorus	16.6%	24.5%	37.6%	21.3%
Selenium	12.5%	23.0%	46.1%	18.4%
Sodium	14.7%	30.6%	35.6%	19.1%
Zinc	15.1%	23.7%	44.3%	16.8%
Retinol	18.3%	31.0%	29.4%	21.2%
Retinol Activity Equivalents	14.2%	25.8%	40.3%	19.6%
Vitamin B1	15.3%	20.7%	43.4%	20.6%
Vitamin B2	18.7%	23.3%	32.9%	25.0%
Vitamin B6	13.5%	18.0%	44.7%	23.8%
Folate equivalents	18.8%	24.4%	37.8%	19.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Folic acid	42.1%	44.3%	7.0%	6.5%
Vitamin B12	14.7%	25.4%	42.4%	17.5%
Vitamin C	11.9%	15.6%	42.3%	30.2%
Vitamin D	14.6%	24.8%	44.4%	16.2%
Vitamin E	14.8%	21.2%	41.3%	22.6%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.4%	25.9%	27.5%	27.2%
Copper	15.3%	20.1%	37.2%	27.4%
Iron	15.6%	19.5%	39.2%	25.7%
Heme Iron	3.8%	15.1%	75.5%	5.6%
Iodine	20.1%	36.3%	23.8%	19.8%
Magnesium	16.5%	21.6%	33.0%	28.9%
Phosphorus	17.0%	24.1%	38.2%	20.7%
Selenium	11.1%	21.5%	50.2%	17.2%
Sodium	14.3%	31.8%	34.9%	19.1%
Zinc	15.3%	23.2%	45.2%	16.4%
Retinol	18.1%	29.4%	32.3%	20.3%
Retinol Activity Equivalents	13.9%	23.9%	43.9%	18.3%
Vitamin B1	15.5%	20.9%	43.3%	20.3%
Vitamin B2	19.1%	22.2%	34.2%	24.5%
Vitamin B6	14.2%	16.6%	45.7%	23.5%
Folate equivalents	19.4%	22.8%	37.5%	20.2%
Folic acid	48.7%	37.0%	4.9%	9.4%
Vitamin B12	14.9%	22.0%	49.1%	14.0%
Vitamin C	13.8%	13.9%	43.8%	28.4%
Vitamin D	12.9%	22.7%	49.9%	14.5%
Vitamin E	14.3%	20.4%	43.3%	22.0%

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.4%	23.3%	28.8%	24.4%
Copper	17.2%	21.5%	35.1%	26.1%
Iron	17.5%	21.3%	37.0%	24.2%
Heme Iron	4.8%	15.4%	73.0%	6.8%
Iodine	25.2%	35.1%	20.7%	19.1%
Magnesium	18.6%	21.5%	34.2%	25.6%
Phosphorus	18.8%	22.3%	37.2%	21.7%
Selenium	13.2%	22.6%	45.5%	18.6%
Sodium	16.2%	27.6%	35.3%	20.9%
Zinc	16.4%	21.9%	44.4%	17.3%
Retinol	21.1%	28.8%	30.4%	19.7%
Retinol Activity Equivalents	17.3%	25.1%	38.6%	19.0%
Vitamin B1	16.6%	19.5%	43.4%	20.5%
Vitamin B2	23.7%	21.4%	32.8%	22.0%
Vitamin B6	13.9%	15.9%	43.6%	26.6%
Folate equivalents	20.6%	22.6%	38.0%	18.8%
Folic acid	51.3%	26.8%	3.3%	18.6%
Vitamin B12	20.2%	22.2%	41.2%	16.4%
Vitamin C	8.5%	13.0%	42.3%	36.2%
Vitamin D	16.2%	23.9%	44.4%	15.5%
Vitamin E	14.3%	20.1%	37.6%	28.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	22.6%	25.4%	28.1%	24.0%
Copper	16.7%	22.2%	37.0%	24.1%
Iron	17.2%	21.5%	37.6%	23.7%
Heme Iron	4.8%	16.5%	72.7%	6.0%
Iodine	24.9%	36.8%	19.9%	18.4%
Magnesium	18.0%	22.2%	35.4%	24.4%
Phosphorus	18.2%	23.8%	38.0%	19.9%
Selenium	13.3%	23.0%	46.4%	17.3%
Sodium	16.0%	29.3%	36.5%	18.3%
Zinc	15.5%	22.7%	46.1%	15.6%
Retinol	20.6%	31.8%	30.0%	17.6%
Retinol Activity Equivalents	16.8%	27.2%	38.6%	17.4%
Vitamin B1	16.5%	18.7%	45.4%	19.4%
Vitamin B2	22.8%	22.5%	33.5%	21.2%
Vitamin B6	13.3%	15.1%	45.2%	26.4%
Folate equivalents	20.5%	23.3%	39.0%	17.2%
Folic acid	48.7%	33.9%	3.0%	14.4%
Vitamin B12	18.6%	23.0%	43.5%	14.9%
Vitamin C	9.4%	11.9%	42.3%	36.4%
Vitamin D	15.6%	26.3%	43.9%	14.2%
Vitamin E	14.4%	21.0%	37.7%	26.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.5%	27.1%	27.4%	26.0%
Copper	15.1%	21.2%	36.4%	27.3%
Iron	14.9%	20.8%	38.2%	26.1%
Heme Iron	3.7%	17.0%	71.8%	7.5%
Iodine	20.4%	36.9%	21.7%	21.0%
Magnesium	15.8%	21.7%	32.3%	30.2%
Phosphorus	16.0%	24.5%	37.3%	22.2%
Selenium	11.6%	23.2%	46.2%	19.1%
Sodium	14.4%	31.4%	34.6%	19.6%
Zinc	14.4%	23.6%	44.9%	17.2%
Retinol	18.3%	32.7%	28.6%	20.4%
Retinol Activity Equivalents	14.6%	27.3%	39.3%	18.9%
Vitamin B1	14.0%	20.8%	44.7%	20.5%
Vitamin B2	17.5%	23.8%	33.8%	25.0%
Vitamin B6	12.0%	17.5%	45.7%	24.8%
Folate equivalents	17.7%	24.1%	37.3%	20.9%
Folic acid	42.0%	44.6%	4.5%	8.9%
Vitamin B12	14.4%	25.7%	43.4%	16.5%
Vitamin C	11.0%	14.3%	47.2%	27.6%
Vitamin D	14.1%	26.7%	43.7%	15.5%
Vitamin E	14.0%	21.8%	41.4%	22.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	18.9%	27.5%	27.5%	26.0%
Copper	14.5%	21.4%	37.8%	26.4%
Iron	14.5%	20.5%	39.2%	25.8%
Heme Iron	3.8%	16.2%	72.4%	7.6%
Iodine	20.6%	37.2%	21.9%	20.3%
Magnesium	15.2%	21.3%	32.8%	30.6%
Phosphorus	15.4%	24.9%	38.3%	21.4%
Selenium	11.3%	23.9%	47.2%	17.6%
Sodium	14.5%	31.7%	35.5%	18.3%
Zinc	13.9%	23.7%	46.1%	16.4%
Retinol	18.2%	33.1%	28.9%	19.8%
Retinol Activity Equivalents	15.0%	28.3%	38.4%	18.3%
Vitamin B1	13.7%	20.7%	46.3%	19.3%
Vitamin B2	17.1%	24.2%	34.0%	24.8%
Vitamin B6	12.5%	18.0%	47.8%	21.8%
Folate equivalents	17.6%	24.7%	37.9%	19.8%
Folic acid	42.0%	43.7%	6.0%	8.3%
Vitamin B12	13.6%	26.7%	43.6%	16.2%
Vitamin C	11.4%	13.9%	47.8%	26.9%
Vitamin D	14.0%	26.4%	45.0%	14.6%
Vitamin E	14.6%	22.4%	42.4%	20.6%

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

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.5%	23.7%	29.1%	23.7%
Copper	17.5%	21.5%	35.5%	25.5%
Iron	17.8%	21.5%	37.1%	23.6%
Heme Iron	5.2%	15.5%	72.6%	6.7%
Iodine	25.7%	34.9%	20.3%	19.1%
Magnesium	18.7%	21.7%	34.4%	25.3%
Phosphorus	18.9%	22.5%	37.2%	21.4%
Selenium	13.6%	22.7%	45.4%	18.3%
Sodium	16.5%	27.7%	34.8%	21.1%
Zinc	16.6%	22.0%	44.4%	17.0%
Retinol	21.8%	28.5%	30.6%	19.1%
Retinol Activity Equivalents	17.9%	24.9%	39.1%	18.1%
Vitamin B1	16.4%	19.5%	44.3%	19.8%
Vitamin B2	23.7%	21.7%	33.2%	21.5%
Vitamin B6	13.4%	16.2%	43.6%	26.8%
Folate equivalents	20.7%	22.8%	38.1%	18.3%
Folic acid	51.7%	26.3%	3.6%	18.4%
Vitamin B12	20.6%	22.4%	41.0%	16.1%
Vitamin C	8.1%	13.2%	43.6%	35.1%
Vitamin D	17.0%	23.2%	44.9%	15.0%
Vitamin E	14.5%	19.8%	37.9%	27.8%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.1%	24.2%	30.0%	22.7%
Copper	17.6%	21.7%	37.1%	23.5%
Iron	17.2%	21.0%	38.3%	23.5%
Heme Iron	4.8%	16.8%	72.1%	6.3%
Iodine	26.2%	35.1%	20.0%	18.6%
Magnesium	18.8%	22.0%	36.0%	23.2%
Phosphorus	18.8%	22.9%	38.9%	19.3%
Selenium	13.9%	21.9%	47.7%	16.5%
Sodium	16.3%	28.2%	37.4%	18.2%
Zinc	15.9%	21.9%	47.3%	14.9%
Retinol	20.6%	27.0%	34.1%	18.4%
Retinol Activity Equivalents	16.6%	23.8%	42.6%	17.1%
Vitamin B1	17.0%	18.1%	46.4%	18.5%
Vitamin B2	23.2%	21.0%	34.6%	21.2%
Vitamin B6	12.7%	15.7%	45.8%	25.8%
Folate equivalents	21.1%	22.1%	40.4%	16.4%
Folic acid	51.0%	31.8%	0.0%	17.2%
Vitamin B12	19.0%	20.6%	45.0%	15.4%
Vitamin C	10.0%	13.5%	41.7%	34.9%
Vitamin D	15.7%	25.0%	44.9%	14.5%
Vitamin E	15.3%	21.6%	37.8%	25.3%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	23.3%	22.9%	28.5%	25.3%
Copper	17.0%	21.6%	34.6%	26.8%
Iron	17.2%	21.2%	36.9%	24.8%
Heme Iron	4.3%	15.4%	73.3%	6.9%
Iodine	24.6%	35.4%	21.1%	19.0%
Magnesium	18.6%	21.4%	34.1%	26.0%
Phosphorus	18.8%	22.1%	37.2%	21.9%
Selenium	12.9%	22.5%	45.6%	19.0%
Sodium	15.9%	27.5%	35.9%	20.7%
Zinc	16.2%	21.7%	44.4%	17.7%
Retinol	20.2%	29.2%	30.1%	20.5%
Retinol Activity Equivalents	16.6%	25.3%	38.0%	20.0%
Vitamin B1	16.9%	19.5%	42.4%	21.2%
Vitamin B2	23.8%	21.1%	32.5%	22.6%
Vitamin B6	14.5%	15.6%	43.5%	26.4%
Folate equivalents	20.4%	22.3%	38.0%	19.3%
Folic acid	50.8%	27.3%	2.9%	18.9%
Vitamin B12	19.9%	22.0%	41.4%	16.8%
Vitamin C	8.9%	12.7%	41.0%	37.4%
Vitamin D	15.4%	24.7%	43.8%	16.0%
Vitamin E	14.1%	20.4%	37.2%	28.3%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	22.1%	26.4%	26.4%	25.1%
Copper	15.9%	22.6%	36.9%	24.5%
Iron	17.2%	21.9%	37.1%	23.8%
Heme Iron	4.9%	16.3%	73.2%	5.7%
Iodine	23.7%	38.2%	19.9%	18.3%
Magnesium	17.3%	22.4%	34.9%	25.4%
Phosphorus	17.7%	24.6%	37.3%	20.4%
Selenium	12.9%	23.8%	45.3%	18.0%
Sodium	15.8%	30.2%	35.7%	18.3%
Zinc	15.2%	23.5%	45.1%	16.2%
Retinol	20.5%	35.9%	26.6%	17.0%
Retinol Activity Equivalents	17.0%	30.1%	35.2%	17.7%
Vitamin B1	16.1%	19.2%	44.5%	20.1%
Vitamin B2	22.5%	23.7%	32.6%	21.2%
Vitamin B6	13.8%	14.6%	44.7%	26.9%
Folate equivalents	20.1%	24.3%	37.8%	17.8%
Folic acid	47.3%	35.2%	4.7%	12.7%
Vitamin B12	18.2%	25.0%	42.2%	14.5%
Vitamin C	9.0%	10.6%	42.7%	37.7%
Vitamin D	15.6%	27.5%	43.1%	13.9%
Vitamin E	13.7%	20.5%	37.7%	28.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.4%	27.3%	28.5%	24.7%
Copper	14.5%	21.5%	37.1%	26.9%
Iron	14.1%	21.2%	38.7%	26.0%
Heme Iron	3.7%	18.1%	69.5%	8.7%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Iodine	20.5%	37.0%	20.7%	21.8%
Magnesium	14.9%	21.4%	32.3%	31.4%
Phosphorus	15.2%	24.5%	37.0%	23.4%
Selenium	11.3%	24.3%	44.9%	19.5%
Sodium	14.2%	31.1%	34.7%	19.9%
Zinc	13.5%	23.7%	45.4%	17.3%
Retinol	17.6%	34.6%	27.6%	20.2%
Retinol Activity Equivalents	14.4%	29.4%	37.7%	18.5%
Vitamin B1	13.0%	21.5%	45.6%	19.9%
Vitamin B2	16.5%	24.0%	34.2%	25.3%
Vitamin B6	10.4%	17.2%	46.9%	25.4%
Folate equivalents	16.4%	24.1%	37.0%	22.5%
Folic acid	42.2%	43.5%	3.2%	11.2%
Vitamin B12	14.3%	26.8%	42.1%	16.8%
Vitamin C	10.0%	14.3%	51.7%	24.0%
Vitamin D	13.7%	28.5%	42.1%	15.8%
Vitamin E	13.7%	22.6%	41.3%	22.4%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	18.9%	27.6%	28.1%	25.3%
Copper	14.1%	21.5%	38.9%	25.5%
Iron	13.8%	20.6%	40.4%	25.2%
Heme Iron	3.5%	16.1%	72.0%	8.4%
Iodine	20.7%	37.0%	21.8%	20.4%
Magnesium	14.6%	21.1%	33.2%	31.2%
Phosphorus	14.7%	24.4%	38.7%	22.2%
Selenium	10.7%	23.7%	47.8%	17.8%
Sodium	14.6%	31.9%	35.2%	18.3%
Zinc	13.2%	23.3%	46.9%	16.6%
Retinol	18.3%	33.3%	28.4%	19.9%
Retinol Activity Equivalents	15.4%	28.7%	37.7%	18.2%
Vitamin B1	12.9%	21.0%	47.3%	18.8%
Vitamin B2	16.1%	24.1%	34.8%	25.0%
Vitamin B6	11.7%	17.7%	48.7%	21.9%
Folate equivalents	16.8%	24.5%	37.7%	20.9%
Folic acid	39.7%	44.8%	5.4%	10.1%
Vitamin B12	12.8%	26.8%	43.7%	16.7%
Vitamin C	11.5%	14.3%	49.8%	24.5%
Vitamin D	14.1%	27.1%	44.0%	14.7%
Vitamin E	14.4%	22.7%	43.0%	20.0%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.5%	26.9%	26.5%	27.1%
Copper	15.7%	20.9%	35.7%	27.7%
Iron	15.6%	20.4%	37.8%	26.2%
Heme Iron	3.7%	16.1%	73.8%	6.5%
Iodine	20.4%	36.9%	22.5%	20.2%
Magnesium	16.6%	22.0%	32.2%	29.2%
Phosphorus	16.8%	24.5%	37.6%	21.2%
Selenium	11.8%	22.2%	47.3%	18.7%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Sodium	14.6%	31.6%	34.4%	19.4%
Zinc	15.1%	23.4%	44.5%	17.0%
Retinol	18.9%	31.1%	29.4%	20.6%
Retinol Activity Equivalents	14.8%	25.4%	40.6%	19.2%
Vitamin B1	14.8%	20.1%	43.9%	21.1%
Vitamin B2	18.3%	23.6%	33.4%	24.8%
Vitamin B6	13.3%	17.8%	44.7%	24.2%
Folate equivalents	18.9%	24.1%	37.6%	19.4%
Folic acid	41.8%	45.6%	5.6%	7.0%
Vitamin B12	14.5%	24.8%	44.5%	16.2%
Vitamin C	11.8%	14.3%	43.2%	30.7%
Vitamin D	14.5%	25.0%	45.2%	15.3%
Vitamin E	14.3%	21.1%	41.5%	23.2%

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

Micronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Calcium	19.0%	27.4%	26.9%	26.8%
Copper	14.9%	21.2%	36.6%	27.3%
Iron	15.2%	20.4%	37.9%	26.5%
Heme Iron	4.1%	16.3%	72.9%	6.7%
Iodine	20.6%	37.4%	21.9%	20.1%
Magnesium	15.8%	21.7%	32.5%	30.0%
Phosphorus	16.1%	25.5%	37.8%	20.6%
Selenium	11.9%	24.1%	46.5%	17.5%
Sodium	14.5%	31.4%	35.8%	18.3%
Zinc	14.6%	24.0%	45.1%	16.3%
Retinol	18.0%	32.8%	29.4%	19.7%
Retinol Activity Equivalents	14.5%	27.8%	39.2%	18.4%
Vitamin B1	14.5%	20.5%	45.2%	19.8%
Vitamin B2	18.2%	24.3%	33.0%	24.4%
Vitamin B6	13.4%	18.3%	46.7%	21.6%
Folate equivalents	18.4%	24.9%	38.1%	18.6%
Folic acid	44.3%	42.4%	6.7%	6.6%
Vitamin B12	14.4%	26.6%	43.4%	15.6%
Vitamin C	11.3%	13.5%	45.5%	29.7%
Vitamin D	13.9%	25.5%	46.2%	14.4%
Vitamin E	14.8%	22.0%	41.8%	21.3%

Table 5.1 Average contribution of places and moments of consumption to the intake of micronutrients of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.3%	16.1%	23.4%	15.8%	1.7%	10.6%	4.3%	10.0%
Copper	13.8%	12.1%	30.2%	16.2%	1.4%	9.3%	6.6%	10.4%
Iron	13.8%	11.8%	31.7%	14.9%	1.4%	9.0%	6.7%	10.7%
Heme Iron	3.4%	8.6%	59.8%	3.2%	0.5%	7.8%	12.4%	4.2%
Iodine	19.0%	21.1%	17.3%	11.2%	2.4%	15.7%	4.3%	9.1%
Magnesium	14.6%	12.2%	27.2%	17.7%	1.4%	9.3%	5.7%	11.8%
Phosphorus	14.8%	14.2%	31.2%	12.7%	1.4%	10.1%	6.5%	9.0%
Selenium	10.5%	13.3%	38.1%	10.4%	1.3%	10.1%	8.4%	7.9%
Sodium	13.1%	17.3%	28.7%	10.8%	1.7%	13.6%	6.4%	8.4%
Zinc	13.2%	13.4%	37.7%	9.8%	1.3%	9.9%	7.7%	7.0%
Retinol	16.7%	19.1%	23.8%	10.7%	2.0%	13.2%	5.2%	9.3%
Retinol Activity Equivalents	13.6%	16.2%	32.3%	10.2%	1.6%	11.3%	6.5%	8.4%
Vitamin B1	13.1%	11.3%	37.5%	12.0%	1.2%	9.2%	7.7%	7.9%
Vitamin B2	17.0%	14.4%	28.2%	14.8%	1.4%	9.1%	5.6%	9.5%
Vitamin B6	11.5%	10.1%	38.3%	14.1%	1.0%	7.3%	8.0%	9.6%
Folate equivalents	16.5%	13.9%	31.7%	11.5%	1.7%	10.2%	6.1%	8.5%
Folic acid	39.9%	23.8%	4.2%	5.6%	3.4%	17.8%	0.9%	4.4%
Vitamin B12	13.7%	15.5%	35.1%	9.6%	1.3%	10.1%	8.0%	6.6%
Vitamin C	9.7%	7.2%	38.9%	18.1%	1.0%	6.7%	7.6%	10.7%
Vitamin D	13.0%	15.1%	36.3%	7.5%	1.4%	11.0%	8.1%	7.6%
Vitamin E	13.1%	12.6%	33.7%	13.8%	1.2%	9.2%	7.5%	8.9%

Table 5.2.a Average contribution of places and moments of consumption the intake of micronutrients of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.6%	13.9%	25.1%	13.6%	1.6%	9.8%	3.6%	10.7%
Copper	15.7%	11.1%	30.0%	14.5%	1.5%	10.5%	5.4%	11.3%
Iron	16.0%	11.2%	31.8%	12.6%	1.4%	10.2%	5.3%	11.5%
Heme Iron	4.4%	7.9%	63.7%	2.6%	0.5%	7.7%	9.3%	4.0%
Iodine	22.6%	18.8%	17.3%	9.8%	2.5%	16.6%	3.2%	9.1%
Magnesium	17.1%	11.6%	29.6%	14.3%	1.4%	10.1%	4.8%	11.1%
Phosphorus	17.3%	12.6%	32.2%	11.6%	1.4%	10.0%	5.2%	9.7%
Selenium	12.0%	12.2%	39.5%	9.9%	1.2%	10.5%	6.2%	8.5%
Sodium	14.7%	14.7%	30.1%	10.7%	1.5%	13.2%	5.4%	9.8%
Zinc	15.0%	12.0%	38.9%	9.3%	1.3%	10.0%	5.9%	7.7%
Retinol	19.2%	15.9%	26.1%	10.4%	1.8%	13.4%	4.3%	8.9%
Retinol Activity Equivalents	15.7%	13.8%	33.6%	10.2%	1.5%	11.7%	5.0%	8.5%
Vitamin B1	15.5%	10.3%	38.2%	11.3%	1.1%	9.0%	5.5%	9.0%
Vitamin B2	22.0%	12.8%	28.7%	12.3%	1.6%	8.7%	4.2%	9.6%
Vitamin B6	12.9%	8.1%	38.2%	14.1%	0.9%	7.6%	5.7%	12.5%
Folate equivalents	18.8%	12.3%	33.2%	10.1%	1.8%	10.5%	5.0%	8.4%
Folic acid	48.0%	13.6%	2.8%	10.7%	2.9%	14.4%	0.4%	7.1%
Vitamin B12	18.5%	13.3%	36.6%	9.0%	1.4%	9.0%	5.0%	7.1%
Vitamin C	7.9%	5.7%	36.3%	19.7%	0.7%	7.1%	6.0%	16.5%
Vitamin D	14.7%	13.0%	38.4%	7.4%	1.4%	11.4%	5.9%	7.8%
Vitamin E	13.2%	10.4%	32.3%	15.2%	1.1%	9.8%	5.3%	12.6%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.5%	16.6%	23.1%	16.2%	1.7%	10.7%	4.4%	9.8%
Copper	13.4%	12.3%	30.3%	16.6%	1.4%	9.0%	6.9%	10.2%
Iron	13.3%	11.9%	31.7%	15.5%	1.4%	8.7%	7.1%	10.5%
Heme Iron	3.2%	8.8%	59.0%	3.3%	0.5%	7.8%	13.1%	4.3%
Iodine	18.2%	21.6%	17.2%	11.5%	2.4%	15.5%	4.5%	9.1%
Magnesium	14.1%	12.4%	26.7%	18.5%	1.4%	9.1%	5.9%	12.0%
Phosphorus	14.3%	14.6%	31.0%	13.0%	1.4%	10.1%	6.8%	8.8%
Selenium	10.1%	13.6%	37.8%	10.6%	1.3%	10.0%	8.9%	7.7%
Sodium	12.8%	17.8%	28.4%	10.8%	1.7%	13.7%	6.7%	8.1%
Zinc	12.8%	13.8%	37.4%	9.9%	1.3%	9.9%	8.1%	6.9%
Retinol	16.2%	19.8%	23.3%	10.8%	2.0%	13.1%	5.4%	9.3%
Retinol Activity Equivalents	13.2%	16.7%	32.0%	10.2%	1.6%	11.2%	6.8%	8.4%
Vitamin B1	12.6%	11.5%	37.4%	12.2%	1.2%	9.2%	8.2%	7.7%
Vitamin B2	15.9%	14.8%	28.0%	15.4%	1.3%	9.2%	5.8%	9.5%
Vitamin B6	11.2%	10.6%	38.4%	14.1%	1.0%	7.2%	8.5%	9.0%
Folate equivalents	15.9%	14.3%	31.3%	11.8%	1.7%	10.1%	6.3%	8.5%
Folic acid	38.4%	25.7%	4.5%	4.7%	3.5%	18.4%	0.9%	3.9%
Vitamin B12	12.7%	15.9%	34.7%	9.8%	1.3%	10.3%	8.7%	6.5%
Vitamin C	10.1%	7.5%	39.5%	17.8%	1.1%	6.6%	8.0%	9.5%
Vitamin D	12.7%	15.6%	35.8%	7.5%	1.4%	11.0%	8.6%	7.5%
Vitamin E	13.1%	13.1%	34.0%	13.5%	1.3%	9.0%	8.0%	8.1%

Table 5.2.b Average contribution of places and moments of consumption to the intake of micronutrients of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.8%	14.3%	25.9%	13.4%	1.7%	9.4%	3.4%	10.1%
Copper	16.0%	11.3%	31.0%	14.4%	1.5%	10.3%	4.8%	10.8%
Iron	16.2%	11.4%	32.6%	12.4%	1.5%	10.0%	4.6%	11.2%
Heme Iron	4.7%	7.9%	64.7%	2.4%	0.5%	7.8%	7.9%	4.2%
Iodine	23.2%	19.0%	17.5%	9.9%	2.5%	15.9%	2.8%	9.2%
Magnesium	17.3%	11.9%	30.4%	14.3%	1.4%	9.8%	4.2%	10.7%
Phosphorus	17.4%	12.9%	32.9%	11.6%	1.4%	9.7%	4.6%	9.5%
Selenium	12.4%	12.4%	40.5%	9.6%	1.3%	10.2%	5.3%	8.4%
Sodium	14.9%	14.9%	30.4%	11.0%	1.6%	12.8%	4.8%	9.6%
Zinc	15.1%	12.3%	39.9%	9.2%	1.3%	9.7%	5.0%	7.5%
Retinol	19.7%	15.3%	27.5%	10.3%	1.9%	12.9%	3.7%	8.6%
Retinol Activity Equivalents	16.1%	13.4%	35.4%	9.8%	1.6%	11.4%	4.3%	8.1%
Vitamin B1	15.3%	10.4%	40.0%	10.7%	1.2%	8.9%	4.7%	9.0%
Vitamin B2	21.9%	13.0%	29.6%	11.9%	1.7%	8.6%	3.9%	9.6%
Vitamin B6	12.4%	8.3%	39.0%	13.6%	0.9%	7.7%	4.9%	13.0%
Folate equivalents	18.9%	12.7%	34.0%	9.8%	1.9%	10.0%	4.4%	8.3%
Folic acid	48.5%	14.2%	3.1%	10.4%	3.1%	12.9%	0.0%	7.8%
Vitamin B12	18.8%	13.3%	37.5%	8.8%	1.5%	8.8%	4.2%	7.2%
Vitamin C	7.6%	6.0%	37.9%	18.7%	0.8%	7.2%	5.4%	16.4%
Vitamin D	15.4%	12.3%	39.8%	7.1%	1.4%	11.2%	5.1%	7.8%
Vitamin E	13.6%	10.2%	33.4%	14.9%	1.0%	9.8%	4.5%	12.5%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.5%	13.5%	24.2%	13.8%	1.6%	10.1%	3.9%	11.4%
Copper	15.4%	10.9%	29.0%	14.5%	1.4%	10.8%	6.1%	11.8%
Iron	15.8%	10.9%	30.9%	12.7%	1.4%	10.4%	6.0%	11.9%
Heme Iron	4.0%	7.9%	62.6%	2.8%	0.4%	7.7%	10.7%	3.9%
Iodine	22.0%	18.5%	17.1%	9.7%	2.4%	17.4%	3.7%	9.1%
Magnesium	17.0%	11.2%	28.8%	14.4%	1.4%	10.4%	5.5%	11.5%
Phosphorus	17.2%	12.2%	31.5%	11.6%	1.4%	10.3%	5.8%	10.0%
Selenium	11.7%	11.9%	38.4%	10.1%	1.2%	10.8%	7.1%	8.7%
Sodium	14.5%	14.4%	29.8%	10.3%	1.4%	13.7%	6.1%	9.9%
Zinc	14.8%	11.7%	37.8%	9.4%	1.2%	10.3%	6.7%	8.0%
Retinol	18.6%	16.5%	24.6%	10.5%	1.6%	14.0%	4.8%	9.3%
Retinol Activity Equivalents	15.4%	14.3%	31.8%	10.5%	1.3%	12.0%	5.7%	9.0%
Vitamin B1	15.6%	10.2%	36.4%	12.0%	1.1%	9.2%	6.5%	9.0%
Vitamin B2	22.0%	12.7%	27.9%	12.8%	1.5%	8.9%	4.6%	9.5%
Vitamin B6	13.5%	7.9%	37.3%	14.5%	0.9%	7.5%	6.5%	12.0%
Folate equivalents	18.7%	11.8%	32.3%	10.5%	1.6%	10.9%	5.7%	8.5%
Folic acid	47.6%	13.1%	2.6%	11.0%	2.6%	15.8%	0.7%	6.5%
Vitamin B12	18.2%	13.4%	35.7%	9.3%	1.3%	9.2%	5.9%	7.0%
Vitamin C	8.2%	5.3%	34.6%	20.8%	0.7%	7.0%	6.7%	16.6%
Vitamin D	14.0%	13.7%	36.9%	7.8%	1.4%	11.6%	6.8%	7.8%
Vitamin E	12.9%	10.6%	31.1%	15.5%	1.1%	9.8%	6.2%	12.7%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.2%	15.1%	24.0%	14.7%	1.9%	12.4%	4.3%	10.4%
Copper	12.7%	10.8%	31.4%	15.2%	1.6%	10.7%	6.7%	10.9%
Iron	12.4%	10.6%	32.8%	14.3%	1.6%	10.2%	6.9%	11.3%
Heme Iron	3.0%	7.6%	58.7%	3.5%	0.6%	9.4%	12.2%	5.0%
Iodine	17.8%	19.0%	17.1%	10.6%	2.8%	18.0%	4.3%	10.4%
Magnesium	13.1%	10.7%	27.0%	17.8%	1.6%	10.5%	5.8%	13.4%
Phosphorus	13.3%	12.7%	31.4%	12.8%	1.6%	11.7%	6.5%	10.0%
Selenium	9.5%	12.1%	38.3%	9.9%	1.5%	11.9%	8.3%	8.6%
Sodium	12.3%	15.6%	28.7%	10.1%	2.1%	16.0%	6.4%	8.9%
Zinc	11.8%	12.0%	38.5%	9.3%	1.6%	11.5%	7.8%	7.6%
Retinol	15.7%	18.3%	23.0%	10.2%	2.3%	15.5%	5.1%	9.9%
Retinol Activity Equivalents	13.1%	15.6%	31.3%	9.5%	1.9%	13.4%	6.4%	8.8%
Vitamin B1	11.6%	10.1%	38.4%	11.0%	1.3%	11.1%	8.2%	8.2%
Vitamin B2	14.8%	13.2%	28.9%	14.6%	1.5%	10.9%	5.6%	10.5%
Vitamin B6	10.1%	9.0%	39.8%	13.4%	1.1%	8.5%	8.2%	10.0%
Folate equivalents	14.8%	12.6%	31.3%	11.5%	1.9%	11.7%	6.2%	10.1%
Folic acid	37.2%	22.8%	3.7%	4.8%	3.5%	21.5%	0.9%	5.6%
Vitamin B12	12.1%	14.6%	35.3%	9.2%	1.4%	12.2%	7.7%	7.5%
Vitamin C	9.7%	6.4%	42.3%	14.7%	1.1%	7.9%	8.3%	9.6%
Vitamin D	12.4%	14.3%	35.4%	6.9%	1.6%	13.5%	7.8%	8.2%
Vitamin E	12.6%	11.9%	34.8%	12.6%	1.5%	10.8%	7.5%	8.4%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.9%	18.1%	22.1%	17.7%	1.4%	9.0%	4.6%	9.2%
Copper	14.1%	13.7%	29.2%	18.0%	1.2%	7.3%	7.0%	9.5%
Iron	14.2%	13.3%	30.6%	16.6%	1.1%	7.1%	7.2%	9.7%
Heme Iron	3.5%	10.0%	59.2%	3.1%	0.4%	6.1%	14.1%	3.5%
Iodine	18.5%	24.1%	17.4%	12.4%	1.9%	13.0%	4.8%	7.8%
Magnesium	15.0%	14.1%	26.3%	19.1%	1.2%	7.7%	6.0%	10.5%
Phosphorus	15.2%	16.5%	30.6%	13.2%	1.2%	8.5%	7.1%	7.7%
Selenium	10.8%	15.1%	37.3%	11.2%	1.0%	8.1%	9.5%	6.9%
Sodium	13.2%	20.1%	28.1%	11.5%	1.3%	11.4%	7.0%	7.3%
Zinc	13.7%	15.5%	36.4%	10.4%	1.1%	8.2%	8.4%	6.2%
Retinol	16.7%	21.4%	23.6%	11.4%	1.7%	10.6%	5.8%	8.8%
Retinol Activity Equivalents	13.2%	17.7%	32.7%	10.9%	1.4%	8.9%	7.2%	7.9%
Vitamin B1	13.7%	13.0%	36.3%	13.3%	1.0%	7.3%	8.3%	7.1%
Vitamin B2	17.0%	16.4%	27.2%	16.1%	1.2%	7.6%	6.0%	8.4%
Vitamin B6	12.4%	12.2%	37.0%	14.9%	0.9%	5.9%	8.7%	8.0%
Folate equivalents	17.1%	16.0%	31.4%	12.1%	1.5%	8.6%	6.5%	6.9%
Folic acid	39.4%	28.3%	5.2%	4.5%	3.6%	15.6%	1.0%	2.3%
Vitamin B12	13.3%	17.3%	34.2%	10.4%	1.1%	8.5%	9.8%	5.5%
Vitamin C	10.4%	8.7%	36.6%	20.9%	1.1%	5.2%	7.7%	9.3%
Vitamin D	13.0%	16.9%	36.3%	8.0%	1.2%	8.4%	9.3%	6.9%
Vitamin E	13.5%	14.3%	33.2%	14.5%	1.1%	7.3%	8.4%	7.8%

Table 5.2.c Average contribution of places and moments of consumption to the intake of micronutrients of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.7%	16.5%	24.6%	11.1%	1.7%	9.5%	4.0%	10.8%
Copper	17.1%	14.1%	28.5%	11.2%	1.7%	10.3%	5.7%	11.3%
Iron	17.6%	13.4%	31.4%	9.7%	1.7%	9.9%	5.2%	11.2%
Heme Iron	6.3%	10.3%	62.0%	2.8%	0.5%	7.3%	8.4%	2.4%
Iodine	24.8%	21.8%	16.5%	7.9%	2.5%	15.6%	3.2%	7.8%
Magnesium	18.6%	14.4%	28.6%	11.1%	1.6%	9.7%	5.0%	11.0%
Phosphorus	18.5%	15.5%	31.2%	9.0%	1.5%	10.0%	5.2%	9.1%
Selenium	13.8%	14.6%	38.6%	8.0%	1.4%	9.6%	6.1%	8.0%
Sodium	16.5%	18.2%	30.4%	7.9%	1.6%	12.2%	5.2%	8.2%
Zinc	16.4%	14.8%	37.6%	7.7%	1.4%	9.5%	5.5%	7.1%
Retinol	21.3%	18.3%	25.0%	7.6%	1.8%	13.8%	4.4%	7.8%
Retinol Activity Equivalents	17.7%	16.3%	32.7%	7.1%	1.3%	12.0%	5.0%	7.9%
Vitamin B1	18.0%	12.3%	36.5%	8.3%	1.3%	8.9%	5.7%	9.1%
Vitamin B2	23.6%	15.2%	27.1%	9.2%	1.8%	9.8%	4.6%	8.8%
Vitamin B6	14.9%	9.5%	38.7%	10.6%	1.0%	7.2%	5.7%	12.4%
Folate equivalents	20.0%	14.7%	33.0%	6.8%	1.7%	10.7%	4.9%	8.2%
Folic acid	49.3%	12.9%	7.5%	6.8%	2.0%	13.6%	1.5%	6.4%
Vitamin B12	20.1%	15.8%	35.8%	7.1%	1.4%	9.3%	4.7%	6.0%
Vitamin C	7.4%	6.5%	35.0%	16.2%	0.7%	6.4%	5.5%	22.3%
Vitamin D	18.3%	15.2%	35.5%	4.9%	1.7%	11.1%	6.1%	7.1%
Vitamin E	15.2%	12.8%	32.0%	11.3%	1.3%	9.3%	5.4%	12.6%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	22.8%	16.0%	24.6%	12.5%	1.9%	8.7%	3.6%	9.8%
Copper	16.5%	12.7%	30.5%	13.3%	1.5%	10.0%	5.1%	10.5%
Iron	16.8%	12.7%	31.5%	11.8%	1.4%	9.7%	5.1%	11.1%
Heme Iron	4.4%	9.3%	64.6%	2.6%	0.2%	7.4%	8.2%	3.4%
Iodine	24.2%	20.8%	18.2%	8.8%	2.5%	14.7%	2.9%	7.8%
Magnesium	17.7%	13.2%	30.0%	13.2%	1.5%	9.7%	4.4%	10.2%
Phosphorus	18.2%	14.4%	32.5%	10.5%	1.5%	9.2%	5.0%	8.8%
Selenium	12.4%	14.0%	40.1%	9.2%	1.1%	9.6%	5.8%	7.8%
Sodium	15.1%	16.8%	30.4%	9.9%	1.6%	12.0%	5.4%	8.8%
Zinc	15.5%	13.7%	39.0%	8.4%	1.3%	9.3%	5.7%	7.1%
Retinol	20.6%	16.9%	27.8%	10.0%	1.7%	12.0%	3.2%	7.9%
Retinol Activity Equivalents	16.8%	14.5%	35.1%	9.6%	1.4%	10.9%	3.8%	7.8%
Vitamin B1	15.4%	11.7%	38.7%	10.5%	1.4%	8.4%	4.5%	9.4%
Vitamin B2	22.9%	14.4%	28.5%	11.5%	1.9%	8.1%	4.0%	8.8%
Vitamin B6	12.8%	9.4%	37.5%	13.6%	1.0%	7.5%	5.2%	12.9%
Folate equivalents	19.8%	14.2%	33.6%	9.4%	2.1%	9.5%	4.4%	7.1%
Folic acid	43.6%	13.2%	2.1%	13.4%	5.7%	13.0%	0.1%	9.1%
Vitamin B12	19.7%	14.8%	36.4%	8.2%	1.6%	8.2%	4.4%	6.7%
Vitamin C	7.7%	6.9%	36.3%	18.5%	0.5%	6.8%	5.4%	17.8%
Vitamin D	14.8%	13.9%	39.2%	7.7%	1.3%	10.8%	4.7%	7.6%
Vitamin E	14.0%	11.9%	31.7%	14.3%	1.0%	9.1%	4.6%	13.3%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.1%	15.1%	24.3%	14.1%	1.5%	8.4%	3.8%	11.7%
Copper	14.9%	12.7%	28.9%	14.8%	1.5%	9.5%	6.0%	11.8%
Iron	15.4%	12.7%	30.6%	13.1%	1.5%	9.0%	5.9%	11.8%
Heme Iron	4.2%	9.0%	62.0%	2.6%	0.4%	6.6%	11.0%	4.1%
Iodine	22.1%	21.7%	16.9%	9.4%	2.6%	14.7%	3.6%	8.9%
Magnesium	16.5%	12.9%	28.5%	15.0%	1.3%	9.1%	5.3%	11.4%
Phosphorus	16.6%	14.1%	31.1%	12.1%	1.4%	8.7%	5.6%	10.4%
Selenium	11.4%	14.2%	38.1%	10.0%	1.3%	8.8%	6.8%	9.4%
Sodium	14.3%	16.3%	29.3%	11.1%	1.5%	11.2%	6.0%	10.5%
Zinc	14.4%	13.3%	37.8%	9.6%	1.3%	8.6%	6.7%	8.3%
Retinol	18.7%	18.7%	24.1%	11.4%	1.7%	10.7%	4.6%	10.1%
Retinol Activity Equivalents	15.6%	16.2%	31.1%	11.2%	1.3%	9.3%	5.5%	9.8%
Vitamin B1	15.2%	12.0%	36.3%	12.2%	1.0%	8.0%	6.1%	9.2%
Vitamin B2	21.6%	14.6%	27.6%	13.2%	1.5%	7.3%	4.6%	9.6%
Vitamin B6	13.6%	9.3%	36.2%	14.8%	1.1%	6.5%	6.4%	12.1%
Folate equivalents	18.5%	13.4%	32.5%	10.4%	1.7%	9.7%	5.6%	8.0%
Folic acid	45.7%	12.9%	3.6%	12.1%	4.2%	15.2%	0.6%	5.7%
Vitamin B12	18.4%	15.2%	34.4%	9.9%	1.3%	7.2%	5.9%	7.8%
Vitamin C	7.4%	5.5%	34.2%	21.4%	0.6%	6.8%	6.3%	17.8%
Vitamin D	13.5%	16.7%	35.1%	7.9%	1.6%	10.0%	6.4%	8.8%
Vitamin E	11.8%	12.0%	30.6%	16.6%	1.3%	8.1%	5.4%	14.2%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	20.9%	12.7%	26.8%	15.3%	1.6%	10.0%	2.8%	9.9%
Copper	14.8%	9.6%	32.0%	16.5%	1.4%	10.0%	4.4%	11.3%
Iron	15.2%	9.9%	33.8%	14.1%	1.5%	10.2%	4.2%	11.1%
Heme Iron	3.6%	6.0%	66.2%	2.2%	0.7%	8.0%	7.5%	5.9%
Iodine	21.1%	17.0%	17.4%	11.6%	2.7%	16.7%	2.6%	11.0%
Magnesium	16.1%	10.2%	31.1%	16.6%	1.4%	9.7%	3.8%	11.1%
Phosphorus	16.1%	10.9%	33.8%	13.8%	1.4%	9.7%	4.0%	10.3%
Selenium	11.3%	10.6%	41.6%	10.6%	1.5%	10.6%	4.8%	9.0%
Sodium	13.6%	12.8%	30.3%	13.1%	1.6%	13.4%	4.1%	11.2%
Zinc	13.9%	10.5%	41.3%	10.5%	1.3%	9.9%	4.3%	8.1%
Retinol	18.0%	14.0%	27.3%	11.7%	2.3%	13.5%	3.5%	9.7%
Retinol Activity Equivalents	14.7%	12.3%	35.5%	11.1%	2.0%	11.7%	4.0%	8.9%
Vitamin B1	14.1%	8.9%	42.0%	12.0%	1.1%	9.2%	4.4%	8.4%
Vitamin B2	20.2%	11.5%	31.1%	13.6%	1.5%	8.3%	3.4%	10.4%
Vitamin B6	11.2%	7.2%	40.4%	14.8%	0.8%	8.1%	4.7%	12.9%
Folate equivalents	17.8%	11.0%	34.3%	11.3%	1.8%	10.3%	4.2%	9.5%
Folic acid	54.5%	17.7%	0.7%	7.0%	0.6%	14.6%	0.0%	4.9%
Vitamin B12	17.1%	11.6%	38.8%	10.2%	1.5%	9.1%	3.6%	8.0%
Vitamin C	8.0%	5.1%	39.8%	19.6%	1.1%	8.0%	5.3%	13.1%
Vitamin D	13.8%	10.5%	41.7%	7.5%	1.6%	11.5%	4.9%	8.4%
Vitamin E	12.4%	8.6%	35.0%	16.7%	1.0%	10.3%	4.2%	11.8%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.6%	9.8%	24.8%	14.6%	1.5%	12.2%	4.0%	11.5%
Copper	15.4%	7.1%	29.7%	15.9%	1.2%	12.7%	6.2%	11.8%
Iron	15.5%	7.5%	31.4%	13.7%	1.2%	12.2%	6.2%	12.3%
Heme Iron	3.6%	5.3%	63.1%	2.9%	0.4%	9.3%	11.3%	4.0%
Iodine	21.3%	13.2%	17.5%	11.0%	1.9%	21.3%	3.8%	10.0%
Magnesium	16.9%	7.5%	29.6%	15.2%	1.2%	12.2%	5.7%	11.7%
Phosphorus	17.5%	8.5%	32.2%	12.2%	1.2%	12.4%	6.0%	10.0%
Selenium	11.6%	8.1%	38.7%	11.1%	0.9%	13.7%	7.6%	8.3%
Sodium	14.2%	10.0%	30.1%	10.8%	1.3%	17.1%	6.5%	10.0%
Zinc	14.9%	8.3%	38.2%	9.9%	1.1%	12.6%	7.1%	7.9%
Retinol	17.7%	12.3%	25.8%	11.1%	1.4%	17.2%	5.6%	8.9%
Retinol Activity Equivalents	14.3%	10.3%	33.4%	11.3%	1.2%	14.4%	6.7%	8.4%
Vitamin B1	15.2%	7.0%	37.0%	13.1%	0.9%	10.7%	7.1%	9.0%
Vitamin B2	21.8%	9.2%	29.0%	13.6%	1.4%	10.2%	4.8%	10.0%
Vitamin B6	12.6%	5.5%	38.0%	15.8%	0.6%	8.8%	6.5%	12.1%
Folate equivalents	18.2%	8.5%	32.4%	12.2%	1.4%	12.2%	6.1%	9.1%
Folic acid	48.4%	12.1%	0.7%	13.0%	1.4%	15.7%	0.0%	8.8%
Vitamin B12	17.6%	9.9%	37.4%	9.3%	1.3%	11.2%	6.4%	6.9%
Vitamin C	9.0%	4.6%	35.8%	22.4%	0.7%	7.4%	7.6%	12.5%
Vitamin D	13.8%	9.0%	39.7%	8.8%	0.9%	13.5%	7.4%	6.9%
Vitamin E	13.1%	7.2%	32.0%	16.4%	0.9%	12.2%	7.1%	11.2%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	16.7%	10.2%	22.6%	13.4%	2.9%	14.9%	5.8%	13.5%
Copper	11.5%	7.3%	29.1%	14.0%	2.3%	13.7%	8.6%	13.6%
Iron	11.8%	7.5%	30.3%	12.3%	2.3%	13.3%	8.8%	13.6%
Heme Iron	3.2%	5.3%	53.1%	3.3%	1.1%	11.7%	15.6%	6.7%
Iodine	16.2%	12.6%	15.8%	9.4%	3.8%	23.2%	5.4%	13.5%
Magnesium	12.5%	7.5%	25.4%	15.2%	2.2%	13.3%	7.4%	16.5%
Phosphorus	12.6%	8.5%	28.7%	12.2%	2.3%	14.2%	8.3%	13.2%
Selenium	9.1%	8.7%	34.9%	8.8%	2.2%	15.0%	10.5%	10.8%
Sodium	10.9%	10.3%	27.1%	10.0%	2.7%	18.7%	8.3%	11.9%
Zinc	11.4%	8.2%	34.8%	8.6%	2.4%	14.6%	10.0%	10.0%
Retinol	15.2%	10.7%	24.8%	8.5%	3.1%	19.6%	6.2%	11.9%
Retinol Activity Equivalents	13.0%	9.5%	31.7%	8.1%	2.5%	16.9%	7.7%	10.8%
Vitamin B1	11.4%	7.7%	35.5%	9.7%	1.9%	13.6%	10.1%	10.2%
Vitamin B2	15.0%	9.0%	26.7%	12.9%	2.4%	12.9%	7.4%	13.7%
Vitamin B6	9.0%	6.1%	36.1%	14.2%	1.6%	9.9%	9.6%	13.4%
Folate equivalents	13.4%	8.2%	30.1%	10.2%	2.6%	14.8%	7.9%	12.9%
Folic acid	38.9%	10.8%	3.4%	6.1%	4.7%	25.8%	2.0%	8.2%
Vitamin B12	12.2%	9.3%	32.9%	8.5%	2.5%	14.7%	9.9%	9.9%
Vitamin C	9.6%	5.3%	37.9%	13.5%	1.8%	10.4%	10.1%	11.3%
Vitamin D	10.4%	9.4%	35.0%	6.7%	2.0%	16.4%	10.6%	9.5%
Vitamin E	10.7%	7.9%	32.1%	13.3%	2.1%	13.2%	10.0%	10.7%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.1%	12.5%	21.9%	15.8%	2.5%	12.2%	5.6%	11.3%
Copper	13.1%	10.1%	29.3%	15.4%	1.9%	10.4%	8.5%	11.3%
Iron	13.3%	10.2%	30.8%	13.1%	2.0%	10.4%	9.0%	11.1%
Heme Iron	3.2%	6.1%	58.3%	2.6%	0.5%	8.0%	17.7%	3.5%
Iodine	17.7%	18.1%	16.6%	11.3%	3.2%	17.8%	5.5%	9.8%
Magnesium	14.5%	10.6%	26.8%	15.4%	1.9%	11.0%	7.7%	12.1%
Phosphorus	14.8%	11.8%	30.1%	11.9%	2.0%	11.6%	8.7%	9.2%
Selenium	10.4%	11.5%	36.8%	9.5%	1.7%	11.2%	10.6%	8.2%
Sodium	12.1%	14.0%	29.0%	10.5%	2.2%	15.1%	8.3%	8.8%
Zinc	13.2%	11.3%	35.1%	9.2%	1.8%	11.3%	10.7%	7.3%
Retinol	16.1%	15.7%	24.3%	10.0%	3.1%	14.1%	6.9%	9.8%
Retinol Activity Equivalents	13.1%	13.2%	31.9%	9.9%	2.5%	12.1%	8.2%	9.1%
Vitamin B1	13.6%	10.3%	34.7%	10.8%	1.5%	10.3%	10.5%	8.2%
Vitamin B2	17.6%	12.3%	25.2%	14.0%	2.3%	10.8%	7.3%	10.4%
Vitamin B6	11.7%	8.8%	34.1%	14.5%	1.5%	8.5%	10.2%	10.7%
Folate equivalents	16.4%	12.2%	30.5%	10.2%	2.5%	11.8%	7.9%	8.5%
Folic acid	41.7%	21.3%	2.9%	3.7%	5.5%	21.2%	1.6%	2.1%
Vitamin B12	14.1%	12.5%	33.0%	9.7%	1.9%	11.7%	10.3%	6.9%
Vitamin C	9.0%	7.7%	34.5%	19.6%	1.0%	7.7%	8.6%	12.0%
Vitamin D	12.0%	12.6%	37.2%	7.4%	1.9%	10.9%	10.3%	7.7%
Vitamin E	12.9%	10.6%	33.2%	13.6%	1.6%	9.2%	9.4%	9.6%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	16.5%	13.4%	23.9%	13.8%	1.9%	14.3%	4.2%	11.9%
Copper	12.2%	9.6%	31.0%	14.2%	1.7%	12.0%	6.7%	12.6%
Iron	11.9%	9.3%	32.4%	13.3%	1.8%	11.4%	7.1%	13.0%
Heme Iron	2.7%	6.5%	59.0%	3.1%	0.7%	9.9%	12.9%	5.3%
Iodine	16.9%	16.5%	16.7%	10.1%	3.2%	20.1%	4.4%	12.1%
Magnesium	12.7%	9.2%	26.4%	16.8%	1.7%	11.8%	5.8%	15.5%
Phosphorus	12.9%	11.2%	31.1%	11.9%	1.7%	13.4%	6.6%	11.2%
Selenium	9.0%	11.0%	37.6%	9.4%	1.6%	13.2%	8.4%	9.8%
Sodium	11.6%	12.6%	29.1%	9.5%	2.3%	18.4%	6.7%	9.8%
Zinc	11.2%	10.6%	38.7%	8.6%	1.6%	12.8%	7.9%	8.6%
Retinol	14.4%	16.4%	22.5%	10.1%	2.5%	17.4%	5.4%	11.2%
Retinol Activity Equivalents	11.8%	13.5%	31.9%	9.2%	2.0%	14.7%	6.9%	10.1%
Vitamin B1	11.4%	8.3%	37.5%	10.9%	1.4%	12.3%	8.6%	9.6%
Vitamin B2	14.8%	11.6%	28.3%	14.0%	1.5%	12.2%	5.6%	12.1%
Vitamin B6	9.5%	7.3%	38.7%	13.2%	1.1%	9.7%	8.8%	11.6%
Folate equivalents	13.7%	10.7%	31.4%	11.0%	1.9%	12.8%	6.6%	11.9%
Folic acid	33.0%	16.5%	4.3%	4.8%	4.6%	28.5%	1.2%	7.0%
Vitamin B12	11.7%	12.8%	35.7%	8.7%	1.5%	13.4%	7.6%	8.6%
Vitamin C	8.8%	4.7%	42.2%	13.7%	1.0%	8.4%	9.3%	11.9%
Vitamin D	11.5%	13.0%	34.3%	6.8%	1.6%	15.6%	8.0%	9.2%
Vitamin E	11.8%	9.8%	35.1%	12.2%	1.4%	12.3%	7.8%	9.5%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.1%	17.7%	21.7%	17.5%	1.2%	9.7%	4.7%	9.4%
Copper	13.7%	12.8%	29.2%	18.1%	1.1%	7.9%	7.0%	10.2%
Iron	14.4%	12.5%	29.9%	17.0%	1.1%	7.7%	7.4%	10.2%
Heme Iron	4.0%	9.6%	59.1%	2.7%	0.6%	6.8%	13.4%	3.9%
Iodine	18.4%	23.4%	17.2%	12.3%	1.7%	14.3%	4.9%	7.9%
Magnesium	15.1%	13.4%	25.8%	19.1%	1.1%	8.3%	6.0%	11.3%
Phosphorus	15.4%	15.5%	30.2%	13.6%	1.1%	9.1%	6.9%	8.1%
Selenium	10.8%	14.1%	38.1%	11.1%	0.9%	8.3%	9.5%	7.3%
Sodium	12.7%	18.7%	28.6%	11.9%	1.2%	12.5%	6.9%	7.6%
Zinc	13.8%	14.6%	36.5%	10.6%	1.1%	8.8%	8.3%	6.5%
Retinol	16.6%	19.9%	23.3%	12.9%	1.5%	10.9%	6.1%	8.9%
Retinol Activity Equivalents	13.1%	16.5%	32.8%	11.8%	1.3%	9.2%	7.4%	7.9%
Vitamin B1	14.5%	12.2%	35.4%	13.3%	1.1%	7.7%	8.0%	7.8%
Vitamin B2	18.1%	15.7%	26.6%	15.8%	1.1%	7.9%	6.0%	8.7%
Vitamin B6	12.9%	11.5%	36.4%	15.0%	1.0%	6.1%	8.3%	8.8%
Folate equivalents	17.4%	14.9%	30.3%	12.5%	1.3%	9.3%	6.8%	7.5%
Folic acid	42.0%	24.9%	4.3%	4.5%	3.7%	15.6%	1.1%	3.9%
Vitamin B12	13.8%	16.4%	34.2%	10.3%	1.1%	8.7%	9.9%	5.7%
Vitamin C	10.5%	8.2%	36.4%	19.6%	1.2%	5.5%	8.1%	10.4%
Vitamin D	13.2%	15.9%	36.4%	7.9%	1.1%	8.8%	9.3%	7.3%
Vitamin E	13.3%	13.2%	32.7%	14.8%	1.0%	8.3%	8.7%	8.2%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.4%	20.3%	24.9%	16.7%	1.3%	8.4%	3.5%	6.4%
Copper	14.0%	14.8%	33.4%	17.2%	1.0%	7.0%	5.6%	7.0%
Iron	13.4%	14.4%	34.8%	16.8%	0.9%	6.8%	5.4%	7.6%
Heme Iron	3.2%	10.4%	61.9%	4.3%	0.3%	7.3%	9.1%	3.5%
Iodine	19.9%	26.4%	18.4%	12.0%	1.8%	11.9%	3.4%	6.3%
Magnesium	14.0%	14.6%	28.9%	21.0%	1.0%	7.0%	4.6%	8.8%
Phosphorus	14.3%	17.3%	33.7%	14.3%	1.0%	8.0%	5.2%	6.2%
Selenium	10.4%	15.8%	41.3%	11.4%	0.8%	8.1%	6.7%	5.6%
Sodium	14.2%	22.8%	29.0%	11.0%	1.3%	11.2%	4.7%	5.8%
Zinc	12.9%	16.3%	40.4%	10.8%	0.9%	7.7%	6.2%	4.7%
Retinol	17.6%	25.8%	22.5%	11.4%	1.6%	10.4%	4.0%	6.8%
Retinol Activity Equivalents	14.8%	22.4%	30.4%	10.8%	1.3%	9.5%	4.8%	5.9%
Vitamin B1	12.0%	14.0%	41.6%	12.1%	0.8%	8.0%	6.4%	5.2%
Vitamin B2	14.8%	18.0%	31.0%	16.7%	0.9%	7.8%	4.6%	6.4%
Vitamin B6	11.4%	12.9%	43.5%	13.2%	0.7%	6.0%	6.4%	5.7%
Folate equivalents	17.1%	18.0%	31.8%	13.1%	1.3%	8.3%	4.5%	5.9%
Folic acid	39.7%	32.5%	3.2%	4.4%	2.2%	14.4%	0.1%	3.5%
Vitamin B12	12.4%	20.4%	36.4%	10.3%	0.7%	9.0%	6.3%	4.6%
Vitamin C	11.0%	9.2%	45.3%	16.8%	0.9%	5.6%	5.8%	5.4%
Vitamin D	14.8%	19.2%	37.0%	7.3%	1.1%	8.8%	5.8%	6.1%
Vitamin E	14.9%	17.2%	36.0%	12.6%	1.1%	7.2%	5.5%	5.6%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.3%	22.2%	22.9%	19.2%	1.0%	6.1%	3.8%	7.6%
Copper	15.3%	17.1%	29.0%	19.5%	0.9%	4.7%	6.1%	7.5%
Iron	14.7%	16.2%	31.4%	18.4%	0.7%	4.3%	6.0%	8.3%
Heme Iron	3.0%	13.1%	59.8%	4.0%	0.0%	4.2%	12.8%	3.0%
Iodine	19.3%	29.0%	18.1%	13.3%	1.4%	8.3%	4.3%	6.3%
Magnesium	15.2%	17.2%	26.8%	21.4%	0.8%	4.9%	5.0%	8.6%
Phosphorus	15.3%	20.7%	31.4%	13.5%	0.9%	5.8%	6.3%	6.0%
Selenium	11.1%	18.5%	36.7%	12.5%	0.8%	5.9%	8.9%	5.6%
Sodium	14.7%	25.8%	27.0%	11.6%	1.0%	7.7%	6.2%	6.1%
Zinc	14.0%	19.4%	37.0%	11.0%	0.7%	5.5%	7.2%	5.1%
Retinol Activity Equivalents	17.4%	26.9%	23.5%	10.3%	1.1%	8.1%	4.8%	8.0%
Vitamin B1	12.6%	15.8%	38.4%	14.9%	0.6%	4.8%	7.3%	5.4%
Vitamin B2	15.2%	19.8%	29.1%	17.9%	0.7%	5.2%	5.3%	6.8%
Vitamin B6	12.4%	15.2%	39.4%	14.9%	0.6%	3.9%	8.4%	5.2%
Folate equivalents	17.2%	19.9%	33.3%	12.7%	1.2%	5.6%	5.1%	5.1%
Folic acid	35.2%	36.3%	7.6%	5.0%	2.4%	12.4%	0.6%	0.6%
Vitamin B12	12.3%	21.3%	34.8%	10.9%	0.6%	6.2%	9.3%	4.5%
Vitamin C	11.3%	9.9%	38.3%	23.4%	0.9%	3.2%	6.6%	6.3%
Vitamin D	13.3%	20.8%	35.6%	8.5%	0.9%	6.3%	8.8%	5.7%
Vitamin E	14.2%	18.0%	34.0%	14.6%	0.8%	4.8%	7.5%	6.1%

Table 5.3.a Average contribution of places and moments of consumption to the intake of micronutrients of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	19.8%	14.9%	24.3%	14.5%	2.0%	8.9%	4.7%	10.9%
Copper	13.8%	12.2%	31.2%	15.0%	1.7%	9.4%	5.9%	10.8%
Iron	14.4%	12.2%	32.9%	13.0%	1.7%	9.4%	5.7%	10.6%
Heme Iron	4.0%	7.8%	65.0%	2.5%	0.7%	7.3%	9.1%	3.5%
Iodine	20.5%	20.7%	18.0%	10.0%	2.8%	15.3%	3.7%	8.9%
Magnesium	15.0%	12.4%	30.6%	15.0%	1.5%	9.4%	5.3%	10.7%
Phosphorus	15.3%	13.4%	32.8%	12.7%	1.7%	9.0%	5.7%	9.4%
Selenium	10.9%	13.6%	40.3%	9.8%	1.6%	9.5%	6.2%	8.2%
Sodium	13.1%	15.3%	31.4%	11.6%	1.7%	12.5%	5.5%	8.9%
Zinc	13.0%	12.7%	40.3%	9.8%	1.6%	9.0%	6.5%	7.1%
Retinol	18.9%	17.1%	26.3%	11.6%	2.4%	11.8%	4.5%	7.4%
Retinol Activity Equivalents	15.6%	14.9%	32.9%	11.3%	2.1%	10.5%	5.4%	7.3%
Vitamin B1	13.7%	10.1%	39.3%	11.6%	1.4%	8.7%	6.0%	9.3%
Vitamin B2	20.0%	13.0%	29.2%	12.7%	2.2%	8.0%	5.1%	9.8%
Vitamin B6	11.7%	7.7%	39.3%	14.7%	1.2%	7.0%	5.8%	12.7%
Folate equivalents	17.2%	13.7%	33.2%	10.7%	2.0%	9.8%	5.5%	7.8%
Folic acid	41.9%	19.0%	4.5%	10.9%	3.0%	15.4%	0.5%	4.7%
Vitamin B12	17.3%	13.7%	36.6%	9.4%	1.9%	8.4%	5.7%	7.0%
Vitamin C	6.7%	5.3%	35.4%	21.3%	0.7%	7.1%	6.8%	16.6%
Vitamin D	14.2%	14.8%	39.6%	7.2%	1.7%	10.7%	5.2%	6.5%
Vitamin E	11.8%	11.1%	33.4%	16.4%	1.1%	8.8%	5.2%	12.2%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.5%	13.8%	25.8%	13.4%	1.4%	10.0%	3.1%	10.9%
Copper	15.5%	10.6%	30.7%	14.3%	1.2%	10.8%	4.8%	12.1%
Iron	15.7%	10.7%	32.8%	12.3%	1.2%	10.3%	4.9%	12.1%
Heme Iron	4.0%	7.7%	64.8%	2.6%	0.3%	7.9%	8.5%	4.1%
Iodine	22.6%	18.5%	17.8%	10.0%	2.3%	16.6%	3.0%	9.4%
Magnesium	16.9%	11.1%	30.5%	14.1%	1.3%	10.2%	4.4%	11.5%
Phosphorus	17.0%	12.3%	33.2%	11.2%	1.2%	10.2%	4.8%	10.2%
Selenium	11.7%	11.8%	40.5%	9.7%	1.0%	10.5%	5.8%	9.1%
Sodium	14.3%	14.2%	31.3%	10.2%	1.3%	13.2%	5.2%	10.3%
Zinc	14.5%	11.6%	40.1%	9.2%	1.1%	10.2%	5.3%	8.0%
Retinol	19.3%	15.9%	26.6%	10.2%	1.3%	13.6%	3.7%	9.5%
Retinol Activity Equivalents	15.9%	13.8%	34.1%	10.2%	1.1%	12.0%	4.1%	8.7%
Vitamin B1	14.6%	10.0%	39.7%	11.4%	0.9%	8.9%	5.3%	9.2%
Vitamin B2	21.7%	12.9%	29.3%	12.5%	1.3%	8.9%	3.8%	9.7%
Vitamin B6	12.2%	8.1%	39.2%	13.9%	0.7%	7.6%	5.3%	13.1%
Folate equivalents	18.2%	11.9%	34.7%	10.0%	1.5%	10.3%	4.7%	8.8%
Folic acid	48.9%	13.7%	3.1%	11.1%	2.0%	11.6%	0.7%	8.9%
Vitamin B12	18.1%	13.4%	37.5%	9.2%	1.1%	9.1%	4.5%	7.2%
Vitamin C	7.4%	5.9%	37.7%	19.4%	0.7%	7.1%	5.0%	16.8%
Vitamin D	14.4%	12.6%	39.2%	7.6%	1.0%	10.8%	5.5%	8.9%
Vitamin E	12.7%	10.1%	33.0%	15.0%	0.9%	10.0%	4.9%	13.5%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	23.0%	14.2%	24.6%	12.8%	1.6%	10.1%	3.4%	10.3%
Copper	16.9%	11.3%	28.8%	14.1%	1.5%	11.0%	5.5%	10.9%
Iron	17.3%	11.3%	30.3%	12.3%	1.4%	10.6%	5.1%	11.6%
Heme Iron	4.8%	7.8%	63.0%	2.8%	0.4%	7.7%	9.2%	4.2%
Iodine	23.6%	18.5%	16.7%	9.4%	2.4%	17.4%	3.0%	9.0%
Magnesium	18.7%	12.0%	28.4%	13.8%	1.5%	10.4%	4.6%	10.7%
Phosphorus	19.1%	12.9%	31.0%	11.1%	1.4%	10.2%	4.9%	9.3%
Selenium	13.1%	12.0%	38.5%	9.8%	1.2%	11.0%	6.1%	8.2%
Sodium	15.8%	15.3%	28.2%	10.5%	1.5%	13.8%	5.3%	9.7%
Zinc	16.7%	12.4%	36.9%	9.0%	1.3%	10.4%	5.6%	7.7%
Retinol	18.9%	16.0%	25.2%	10.0%	1.9%	14.4%	4.2%	9.3%
Retinol Activity Equivalents	15.2%	13.8%	33.6%	9.4%	1.5%	12.2%	5.2%	9.2%
Vitamin B1	17.4%	11.2%	36.5%	10.6%	1.2%	9.3%	5.0%	8.8%
Vitamin B2	23.7%	13.3%	27.8%	11.4%	1.7%	8.9%	4.0%	9.3%
Vitamin B6	14.4%	8.6%	37.1%	13.5%	0.9%	7.9%	5.6%	11.9%
Folate equivalents	20.2%	12.3%	31.9%	9.8%	1.8%	11.1%	4.8%	8.2%
Folic acid	47.5%	12.0%	2.1%	10.9%	3.4%	17.6%	0.0%	6.4%
Vitamin B12	19.9%	13.4%	36.0%	8.4%	1.4%	9.1%	4.7%	7.0%
Vitamin C	9.1%	5.9%	35.5%	19.0%	0.7%	7.1%	6.4%	16.5%
Vitamin D	15.2%	12.8%	37.3%	7.6%	1.7%	12.3%	5.8%	7.5%
Vitamin E	14.4%	10.8%	31.3%	14.6%	1.2%	10.3%	5.3%	12.2%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.0%	20.1%	23.9%	17.0%	1.3%	8.3%	3.5%	9.0%
Copper	13.2%	14.4%	31.8%	17.6%	1.1%	6.8%	5.8%	9.4%
Iron	13.3%	13.8%	32.9%	16.8%	1.1%	6.6%	5.7%	9.8%
Heme Iron	3.1%	9.6%	62.6%	4.2%	0.4%	6.1%	10.1%	3.8%
Iodine	18.4%	25.5%	17.6%	12.6%	2.0%	11.9%	3.4%	8.7%
Magnesium	13.8%	14.3%	28.1%	20.4%	1.1%	6.8%	4.7%	10.9%
Phosphorus	13.8%	17.3%	33.1%	13.6%	1.1%	7.6%	5.4%	8.2%
Selenium	10.0%	15.9%	39.9%	11.4%	1.0%	7.8%	6.9%	7.2%
Sodium	12.9%	20.9%	29.9%	11.4%	1.4%	10.2%	5.4%	7.8%
Zinc	12.2%	15.9%	40.1%	10.3%	1.0%	7.4%	6.6%	6.6%
Retinol	16.7%	23.8%	24.4%	10.7%	1.5%	10.4%	3.9%	8.5%
Retinol Activity Equivalents	14.0%	20.4%	32.5%	10.4%	1.3%	8.9%	4.7%	7.8%
Vitamin B1	11.6%	12.6%	41.3%	12.8%	0.8%	6.8%	6.7%	7.3%
Vitamin B2	14.9%	17.6%	30.0%	16.1%	1.1%	7.2%	4.5%	8.7%
Vitamin B6	10.7%	12.4%	41.3%	14.7%	0.8%	5.5%	6.9%	7.8%
Folate equivalents	15.4%	16.9%	33.2%	12.4%	1.4%	7.9%	5.1%	7.6%
Folic acid	39.3%	31.4%	4.5%	3.2%	3.2%	14.0%	0.7%	3.8%
Vitamin B12	12.2%	19.1%	36.7%	10.1%	1.0%	8.4%	6.5%	6.0%
Vitamin C	8.6%	7.8%	43.1%	19.3%	1.0%	4.4%	7.2%	8.7%
Vitamin D	13.1%	18.8%	37.3%	7.3%	1.2%	9.1%	6.3%	6.8%
Vitamin E	12.6%	15.2%	35.2%	13.8%	1.2%	7.3%	6.4%	8.1%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.7%	15.6%	22.6%	15.9%	1.9%	11.2%	4.8%	10.3%
Copper	13.5%	11.7%	29.6%	16.1%	1.6%	9.7%	7.2%	10.6%
Iron	13.1%	11.4%	31.1%	14.9%	1.6%	9.5%	7.5%	10.8%
Heme Iron	3.4%	8.6%	57.3%	3.4%	0.6%	8.6%	13.5%	4.6%
Iodine	18.3%	20.1%	16.6%	11.2%	2.7%	16.9%	4.9%	9.4%
Magnesium	14.1%	11.8%	26.0%	17.9%	1.6%	9.8%	6.4%	12.5%
Phosphorus	14.3%	13.7%	30.1%	13.0%	1.6%	10.8%	7.2%	9.3%
Selenium	10.6%	12.8%	36.6%	10.4%	1.5%	10.7%	9.2%	8.1%
Sodium	12.8%	16.5%	28.1%	10.6%	1.9%	14.5%	7.3%	8.3%
Zinc	12.9%	13.0%	36.2%	9.8%	1.6%	10.6%	8.6%	7.3%
Retinol	16.2%	18.5%	22.4%	11.0%	2.4%	13.9%	5.7%	9.8%
Retinol Activity Equivalents	13.0%	15.6%	31.2%	10.4%	1.9%	11.8%	7.2%	8.9%
Vitamin B1	12.9%	11.2%	36.2%	11.8%	1.4%	9.8%	8.8%	7.9%
Vitamin B2	16.1%	13.8%	27.0%	15.5%	1.5%	9.8%	6.1%	10.2%
Vitamin B6	11.1%	9.9%	37.3%	14.5%	1.2%	7.5%	8.7%	9.8%
Folate equivalents	15.7%	13.4%	30.6%	11.8%	1.9%	10.9%	6.7%	9.0%
Folic acid	36.2%	25.0%	4.4%	5.2%	4.1%	20.5%	1.6%	3.0%
Vitamin B12	12.9%	15.0%	33.2%	10.5%	1.5%	11.1%	8.7%	7.2%
Vitamin C	9.7%	7.3%	37.9%	17.5%	1.0%	7.6%	8.6%	10.3%
Vitamin D	13.0%	14.4%	34.7%	8.2%	1.6%	11.7%	8.7%	7.7%
Vitamin E	13.2%	12.2%	33.7%	13.6%	1.3%	9.4%	8.2%	8.2%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.9%	13.8%	22.8%	15.7%	1.6%	13.1%	5.1%	10.0%
Copper	13.5%	10.6%	29.5%	16.0%	1.4%	10.7%	7.8%	10.6%
Iron	13.6%	10.3%	31.2%	14.7%	1.3%	10.0%	8.1%	10.8%
Heme Iron	3.1%	8.0%	57.1%	2.1%	0.5%	8.6%	16.5%	4.1%
Iodine	17.6%	19.0%	17.9%	10.6%	2.3%	17.8%	5.6%	9.2%
Magnesium	14.4%	10.8%	26.2%	16.9%	1.4%	11.1%	6.6%	12.5%
Phosphorus	14.9%	12.7%	30.0%	12.1%	1.4%	12.2%	8.0%	8.8%
Selenium	9.6%	11.9%	37.2%	9.8%	1.2%	11.6%	11.0%	7.8%
Sodium	12.6%	16.1%	26.9%	10.4%	1.7%	16.9%	7.3%	8.1%
Zinc	13.2%	12.3%	36.1%	9.5%	1.3%	11.7%	9.2%	6.6%
Retinol	15.4%	16.9%	23.4%	10.4%	1.9%	15.2%	7.0%	9.6%
Retinol Activity Equivalents	12.3%	13.8%	32.8%	9.5%	1.5%	13.1%	8.7%	8.3%
Vitamin B1	13.5%	10.7%	34.2%	12.0%	1.2%	11.5%	9.2%	7.7%
Vitamin B2	16.9%	12.8%	27.4%	14.1%	1.4%	11.0%	7.1%	9.3%
Vitamin B6	12.3%	9.3%	36.5%	12.7%	1.0%	8.9%	10.1%	9.2%
Folate equivalents	17.1%	12.4%	30.1%	11.0%	1.6%	11.8%	7.2%	8.7%
Folic acid	41.0%	19.9%	4.5%	5.5%	3.1%	20.3%	0.1%	5.6%
Vitamin B12	13.0%	13.3%	34.9%	8.1%	1.2%	11.6%	11.7%	6.1%
Vitamin C	12.7%	7.5%	37.6%	16.4%	1.3%	7.7%	8.0%	8.9%
Vitamin D	11.6%	13.3%	36.0%	6.3%	1.2%	12.1%	11.4%	8.1%
Vitamin E	13.4%	11.7%	32.8%	12.9%	1.1%	10.6%	9.5%	7.9%

Table 5.3.b Average contribution of places and moments of consumption to the intake of micronutrients of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.2%	14.5%	25.7%	15.3%	2.1%	8.5%	4.6%	11.1%
Copper	14.4%	11.8%	31.8%	15.0%	1.7%	9.3%	5.2%	10.9%
Iron	14.2%	11.7%	33.8%	13.0%	1.8%	9.4%	5.0%	11.0%
Heme Iron	5.1%	8.1%	64.6%	2.7%	0.9%	7.4%	7.5%	3.6%
Iodine	21.7%	20.2%	18.0%	10.3%	3.3%	14.4%	2.7%	9.3%
Magnesium	14.7%	12.0%	31.2%	15.4%	1.6%	9.5%	4.7%	11.0%
Phosphorus	14.7%	13.1%	33.5%	13.4%	1.8%	8.9%	4.8%	9.8%
Selenium	11.3%	13.5%	40.7%	9.9%	1.7%	9.4%	4.8%	8.8%
Sodium	13.2%	14.9%	31.7%	12.3%	1.9%	12.1%	4.6%	9.2%
Zinc	12.6%	12.2%	41.7%	10.4%	1.8%	8.8%	5.3%	7.3%
Retinol	19.1%	15.0%	28.1%	12.5%	2.9%	10.9%	4.0%	7.5%
Retinol Activity Equivalents	15.8%	13.3%	34.8%	11.7%	2.5%	9.8%	5.0%	7.2%
Vitamin B1	12.8%	9.9%	41.3%	11.0%	1.4%	8.9%	5.0%	9.7%
Vitamin B2	18.4%	12.2%	30.7%	13.1%	2.3%	8.1%	4.6%	10.4%
Vitamin B6	10.4%	7.7%	40.1%	14.7%	1.0%	7.3%	4.9%	14.0%
Folate equivalents	17.0%	13.3%	34.1%	10.8%	2.4%	9.1%	5.2%	8.2%
Folic acid	41.6%	27.8%	5.8%	3.9%	3.8%	14.3%	0.0%	2.8%
Vitamin B12	16.7%	12.7%	37.5%	10.1%	2.4%	8.5%	4.6%	7.5%
Vitamin C	6.9%	5.1%	35.3%	20.6%	0.7%	7.6%	6.3%	17.6%
Vitamin D	15.1%	13.6%	40.1%	7.0%	1.9%	11.3%	4.4%	6.5%
Vitamin E	12.2%	10.4%	34.3%	15.5%	1.3%	8.9%	4.9%	12.4%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.6%	15.4%	27.4%	13.6%	1.5%	8.1%	2.6%	9.9%
Copper	15.7%	11.5%	32.4%	14.4%	1.3%	9.8%	3.7%	11.2%
Iron	16.2%	11.6%	34.5%	12.4%	1.3%	9.1%	3.7%	11.4%
Heme Iron	4.1%	7.4%	68.6%	2.1%	0.3%	7.2%	6.4%	4.0%
Iodine	23.1%	19.9%	18.5%	10.2%	2.4%	14.3%	2.3%	9.3%
Magnesium	17.0%	12.2%	32.3%	14.3%	1.2%	9.0%	3.3%	10.6%
Phosphorus	17.1%	13.4%	34.9%	11.4%	1.2%	8.8%	3.7%	9.5%
Selenium	12.2%	12.6%	42.6%	9.6%	1.0%	9.0%	4.3%	8.6%
Sodium	14.7%	15.3%	32.3%	10.4%	1.4%	11.4%	4.4%	10.0%
Zinc	14.8%	12.6%	42.1%	9.1%	1.1%	8.8%	4.0%	7.5%
Retinol	20.0%	16.8%	28.4%	10.3%	1.6%	11.3%	2.7%	9.0%
Retinol Activity Equivalents	16.3%	14.6%	36.4%	10.0%	1.2%	10.3%	2.9%	8.3%
Vitamin B1	15.4%	10.9%	41.3%	11.2%	1.0%	8.0%	3.6%	8.7%
Vitamin B2	22.0%	13.8%	30.7%	12.4%	1.3%	7.5%	2.9%	9.3%
Vitamin B6	12.3%	8.5%	40.9%	13.7%	0.7%	7.0%	3.7%	13.1%
Folate equivalents	19.1%	13.3%	35.8%	9.8%	1.7%	8.9%	3.3%	8.1%
Folic acid	48.9%	12.6%	3.0%	11.6%	3.6%	9.5%	0.0%	10.8%
Vitamin B12	18.4%	14.2%	39.5%	8.8%	1.2%	7.5%	3.3%	7.0%
Vitamin C	7.7%	6.3%	40.1%	19.7%	0.5%	6.6%	4.1%	15.0%
Vitamin D	15.0%	12.7%	41.9%	7.2%	1.1%	9.6%	3.8%	8.7%
Vitamin E	13.3%	10.8%	34.5%	15.3%	0.9%	9.2%	3.1%	12.9%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	24.4%	13.4%	23.9%	12.0%	1.5%	11.4%	3.7%	9.7%
Copper	17.3%	10.6%	28.4%	14.0%	1.6%	11.7%	5.8%	10.6%
Iron	17.4%	10.9%	29.7%	12.2%	1.5%	11.6%	5.4%	11.3%
Heme Iron	5.1%	8.0%	60.4%	2.9%	0.5%	8.8%	9.6%	4.7%
Iodine	24.2%	17.3%	16.1%	9.5%	2.2%	18.3%	3.4%	9.0%
Magnesium	19.2%	11.4%	27.6%	13.5%	1.6%	11.1%	4.9%	10.6%
Phosphorus	19.7%	12.2%	30.0%	10.9%	1.4%	11.1%	5.3%	9.3%
Selenium	13.3%	11.6%	37.8%	9.5%	1.2%	11.8%	6.8%	8.0%
Sodium	15.9%	14.5%	27.4%	10.8%	1.5%	14.7%	5.5%	9.6%
Zinc	17.2%	11.9%	35.9%	8.8%	1.3%	11.3%	5.9%	7.6%
Retinol	19.4%	14.2%	25.6%	9.4%	1.7%	16.1%	4.7%	8.9%
Retinol Activity Equivalents	15.2%	12.3%	34.5%	8.6%	1.4%	13.7%	5.5%	8.7%
Vitamin B1	16.6%	10.4%	37.2%	10.0%	1.3%	9.8%	5.7%	9.1%
Vitamin B2	24.1%	12.7%	26.9%	10.5%	1.7%	10.1%	4.5%	9.5%
Vitamin B6	13.8%	8.6%	35.9%	12.8%	1.0%	9.0%	6.2%	12.7%
Folate equivalents	19.6%	11.6%	31.9%	9.2%	1.8%	12.0%	5.2%	8.7%
Folic acid	48.0%	11.9%	2.6%	11.2%	2.7%	17.4%	0.1%	6.1%
Vitamin B12	20.7%	12.8%	35.2%	7.8%	1.2%	10.3%	4.9%	7.2%
Vitamin C	7.9%	6.3%	36.3%	16.8%	1.0%	7.8%	6.3%	17.6%
Vitamin D	16.0%	11.1%	37.1%	7.4%	1.3%	12.9%	6.6%	7.6%
Vitamin E	14.3%	9.3%	31.5%	14.4%	1.1%	11.3%	5.6%	12.5%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.6%	15.3%	22.7%	13.7%	1.8%	9.4%	4.8%	10.7%
Copper	13.2%	12.7%	30.6%	15.1%	1.6%	9.5%	6.6%	10.6%
Iron	14.6%	12.7%	32.0%	13.1%	1.6%	9.4%	6.4%	10.2%
Heme Iron	2.8%	7.5%	65.5%	2.3%	0.4%	7.1%	10.9%	3.4%
Iodine	19.1%	21.3%	18.0%	9.8%	2.3%	16.3%	4.8%	8.4%
Magnesium	15.4%	12.8%	30.0%	14.6%	1.4%	9.3%	6.1%	10.4%
Phosphorus	16.1%	13.6%	32.1%	11.9%	1.5%	9.1%	6.7%	9.0%
Selenium	10.6%	13.8%	39.8%	9.7%	1.4%	9.6%	7.7%	7.5%
Sodium	13.0%	15.8%	31.0%	10.7%	1.4%	12.9%	6.6%	8.6%
Zinc	13.5%	13.2%	38.7%	9.3%	1.3%	9.2%	7.8%	7.0%
Retinol	18.6%	19.4%	24.3%	10.6%	1.9%	12.8%	5.1%	7.3%
Retinol Activity Equivalents	15.5%	16.7%	30.7%	10.9%	1.5%	11.3%	5.9%	7.5%
Vitamin B1	14.7%	10.5%	37.0%	12.3%	1.3%	8.5%	7.0%	8.7%
Vitamin B2	21.9%	13.8%	27.5%	12.2%	2.0%	7.9%	5.6%	9.1%
Vitamin B6	13.1%	7.8%	38.3%	14.7%	1.4%	6.6%	6.8%	11.3%
Folate equivalents	17.5%	14.2%	32.3%	10.6%	1.5%	10.5%	5.9%	7.5%
Folic acid	42.1%	14.8%	3.8%	14.3%	2.6%	16.0%	0.8%	5.7%
Vitamin B12	18.0%	14.8%	35.5%	8.6%	1.4%	8.2%	7.0%	6.5%
Vitamin C	6.4%	5.5%	35.6%	22.1%	0.6%	6.6%	7.5%	15.6%
Vitamin D	13.1%	16.2%	39.0%	7.4%	1.4%	10.1%	6.2%	6.5%
Vitamin E	11.3%	11.9%	32.3%	17.4%	0.8%	8.6%	5.6%	12.0%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.5%	12.1%	24.2%	13.2%	1.4%	11.9%	3.7%	12.0%
Copper	15.3%	9.6%	29.0%	14.1%	1.2%	11.8%	6.0%	13.0%
Iron	15.2%	9.8%	31.2%	12.3%	1.2%	11.5%	6.1%	12.7%
Heme Iron	3.9%	8.1%	60.9%	3.1%	0.4%	8.6%	10.7%	4.2%
Iodine	22.0%	17.0%	17.0%	9.8%	2.1%	18.8%	3.7%	9.5%
Magnesium	16.8%	9.9%	28.8%	13.8%	1.3%	11.4%	5.6%	12.4%
Phosphorus	16.9%	11.1%	31.3%	11.1%	1.2%	11.7%	5.9%	10.9%
Selenium	11.1%	11.0%	38.3%	9.9%	0.9%	12.1%	7.3%	9.5%
Sodium	13.8%	13.1%	30.3%	9.9%	1.2%	15.0%	6.0%	10.6%
Zinc	14.3%	10.6%	38.1%	9.2%	1.1%	11.6%	6.6%	8.6%
Retinol	18.7%	14.9%	24.7%	10.1%	1.1%	16.0%	4.7%	9.9%
Retinol Activity Equivalents	15.4%	13.0%	31.9%	10.5%	0.9%	13.8%	5.4%	9.2%
Vitamin B1	13.8%	9.1%	38.1%	11.6%	0.9%	9.8%	7.1%	9.6%
Vitamin B2	21.4%	12.0%	27.9%	12.5%	1.2%	10.3%	4.7%	10.1%
Vitamin B6	12.2%	7.8%	37.3%	14.0%	0.6%	8.3%	6.8%	13.0%
Folate equivalents	17.3%	10.4%	33.6%	10.1%	1.4%	11.7%	6.1%	9.5%
Folic acid	48.9%	15.0%	3.2%	10.5%	0.0%	14.2%	1.6%	6.6%
Vitamin B12	17.7%	12.6%	35.3%	9.5%	1.0%	10.8%	5.7%	7.4%
Vitamin C	7.1%	5.5%	35.3%	19.2%	0.9%	7.6%	5.8%	18.5%
Vitamin D	13.8%	12.5%	36.4%	7.9%	0.9%	12.0%	7.3%	9.1%
Vitamin E	12.0%	9.3%	31.4%	14.7%	1.0%	10.7%	6.6%	14.1%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.4%	15.2%	25.3%	13.7%	1.7%	8.7%	3.1%	10.9%
Copper	16.5%	12.1%	29.2%	14.1%	1.4%	10.2%	5.1%	11.3%
Iron	17.1%	11.8%	31.0%	12.5%	1.4%	9.5%	4.7%	11.9%
Heme Iron	4.6%	7.5%	65.8%	2.6%	0.3%	6.6%	8.8%	3.7%
Iodine	23.0%	19.9%	17.3%	9.2%	2.5%	16.3%	2.6%	9.1%
Magnesium	18.2%	12.6%	29.1%	14.1%	1.3%	9.6%	4.2%	10.8%
Phosphorus	18.3%	13.6%	32.2%	11.4%	1.5%	9.3%	4.4%	9.3%
Selenium	12.7%	12.6%	39.3%	10.2%	1.3%	10.0%	5.4%	8.5%
Sodium	15.7%	16.0%	29.1%	10.1%	1.5%	12.7%	5.0%	9.8%
Zinc	16.1%	13.0%	38.1%	9.1%	1.3%	9.4%	5.3%	7.8%
Retinol	18.4%	18.0%	24.8%	10.7%	2.1%	12.5%	3.7%	9.9%
Retinol Activity Equivalents	15.2%	15.4%	32.5%	10.3%	1.5%	10.5%	4.8%	9.7%
Vitamin B1	18.3%	12.1%	35.8%	11.2%	1.1%	8.8%	4.2%	8.5%
Vitamin B2	23.2%	13.9%	28.7%	12.5%	1.6%	7.6%	3.4%	9.0%
Vitamin B6	15.1%	8.7%	38.4%	14.1%	0.9%	6.8%	5.0%	11.0%
Folate equivalents	20.8%	13.0%	31.8%	10.4%	1.8%	10.1%	4.4%	7.7%
Folic acid	47.1%	12.2%	1.6%	10.6%	4.0%	17.9%	0.0%	6.7%
Vitamin B12	19.0%	14.1%	37.0%	9.1%	1.6%	7.9%	4.6%	6.8%
Vitamin C	10.4%	5.4%	34.7%	21.3%	0.3%	6.2%	6.5%	15.3%
Vitamin D	14.3%	14.7%	37.4%	7.7%	2.0%	11.6%	4.9%	7.3%
Vitamin E	14.5%	12.3%	31.0%	14.8%	1.4%	9.2%	4.9%	11.8%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	16.2%	17.1%	25.6%	15.3%	1.4%	10.2%	3.7%	10.5%
Copper	12.1%	12.2%	33.8%	15.1%	1.1%	8.5%	6.1%	11.1%
Iron	12.3%	11.7%	34.7%	14.6%	1.1%	8.4%	5.8%	11.3%
Heme Iron	3.1%	7.6%	61.2%	4.3%	0.4%	8.6%	10.1%	4.9%
Iodine	17.5%	21.2%	18.0%	11.4%	2.2%	14.7%	3.5%	11.5%
Magnesium	12.5%	11.8%	29.0%	19.2%	1.1%	8.4%	4.9%	13.1%
Phosphorus	12.5%	14.1%	34.2%	13.2%	1.2%	9.4%	5.4%	10.2%
Selenium	9.1%	13.2%	41.5%	10.0%	1.1%	9.6%	6.8%	8.7%
Sodium	12.2%	17.5%	30.5%	10.7%	1.7%	12.2%	5.6%	9.5%
Zinc	11.0%	12.9%	41.7%	9.3%	1.1%	9.3%	6.6%	8.0%
Retinol	16.1%	21.2%	24.9%	9.9%	1.5%	12.5%	4.3%	9.7%
Retinol Activity Equivalents	13.7%	18.2%	32.7%	9.4%	1.3%	10.9%	5.0%	8.8%
Vitamin B1	10.5%	10.4%	43.3%	11.1%	0.8%	8.9%	6.4%	8.6%
Vitamin B2	13.5%	14.6%	31.6%	15.1%	1.0%	9.0%	4.8%	10.5%
Vitamin B6	9.0%	9.4%	42.9%	14.2%	0.9%	7.0%	6.9%	9.7%
Folate equivalents	14.0%	13.7%	33.1%	12.1%	1.7%	9.8%	5.5%	10.2%
Folic acid	40.8%	24.4%	3.5%	2.8%	4.0%	17.8%	0.5%	6.2%
Vitamin B12	11.5%	15.8%	37.7%	9.5%	0.9%	10.5%	6.3%	7.6%
Vitamin C	8.2%	6.7%	46.2%	14.7%	1.2%	5.9%	8.0%	9.1%
Vitamin D	12.9%	16.6%	36.2%	6.9%	1.4%	11.6%	6.5%	8.0%
Vitamin E	12.0%	13.6%	36.0%	12.6%	1.3%	8.6%	6.5%	9.4%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.4%	14.9%	23.0%	14.4%	2.4%	12.6%	4.7%	10.7%
Copper	12.8%	10.5%	30.5%	15.2%	2.0%	11.2%	7.0%	10.9%
Iron	12.2%	10.5%	32.2%	14.1%	2.0%	10.7%	7.1%	11.3%
Heme Iron	3.0%	7.5%	58.2%	3.8%	0.7%	9.6%	11.9%	5.4%
Iodine	18.2%	18.5%	15.8%	10.5%	3.4%	19.1%	4.5%	10.0%
Magnesium	13.1%	10.4%	26.0%	17.8%	2.0%	10.8%	6.2%	13.6%
Phosphorus	13.3%	12.3%	30.0%	13.1%	2.0%	12.1%	6.9%	10.2%
Selenium	9.9%	11.8%	36.8%	10.1%	1.8%	12.2%	8.8%	8.6%
Sodium	12.3%	14.8%	28.2%	10.0%	2.4%	16.5%	7.0%	8.8%
Zinc	11.9%	11.8%	37.2%	9.4%	1.9%	11.8%	8.1%	7.8%
Retinol	15.9%	17.4%	21.8%	10.3%	3.0%	16.3%	5.1%	10.1%
Retinol Activity Equivalents	13.2%	14.8%	30.2%	9.7%	2.3%	13.9%	6.5%	9.2%
Vitamin B1	11.7%	9.9%	37.6%	10.9%	1.6%	11.3%	8.8%	8.1%
Vitamin B2	14.9%	12.8%	27.5%	15.2%	1.8%	11.0%	5.8%	11.2%
Vitamin B6	9.9%	8.6%	38.9%	14.1%	1.3%	8.4%	8.2%	10.7%
Folate equivalents	14.3%	12.2%	30.4%	12.0%	2.2%	12.0%	6.4%	10.5%
Folic acid	34.1%	24.8%	3.4%	5.7%	4.2%	21.9%	1.6%	4.4%
Vitamin B12	12.3%	14.3%	33.6%	9.8%	1.8%	12.4%	7.8%	8.1%
Vitamin C	8.8%	5.7%	41.7%	14.7%	0.9%	8.6%	8.7%	10.9%
Vitamin D	12.7%	13.3%	34.4%	7.5%	1.8%	14.1%	8.0%	8.2%
Vitamin E	12.6%	11.0%	34.5%	13.0%	1.7%	11.1%	8.0%	8.1%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.0%	13.2%	23.8%	14.7%	1.6%	14.6%	4.3%	9.8%
Copper	13.1%	9.9%	30.3%	15.1%	1.5%	12.3%	7.0%	10.8%
Iron	12.8%	9.5%	31.6%	14.2%	1.5%	11.5%	7.7%	11.2%
Heme Iron	2.7%	7.8%	57.0%	2.3%	0.8%	10.0%	15.0%	4.5%
Iodine	17.3%	17.5%	18.3%	9.8%	2.6%	19.8%	4.8%	10.0%
Magnesium	13.7%	9.8%	26.7%	16.4%	1.5%	12.4%	6.0%	13.6%
Phosphorus	14.2%	11.7%	30.9%	11.7%	1.4%	13.8%	7.0%	9.2%
Selenium	9.2%	11.4%	37.3%	9.5%	1.3%	13.8%	9.1%	8.4%
Sodium	12.4%	14.7%	27.4%	9.6%	1.9%	19.4%	6.2%	8.3%
Zinc	12.4%	11.5%	37.1%	9.1%	1.4%	13.3%	8.5%	6.7%
Retinol	14.7%	16.8%	22.9%	10.2%	2.0%	17.7%	6.0%	9.7%
Retinol Activity Equivalents	12.1%	14.2%	31.7%	9.2%	1.7%	15.2%	7.6%	8.2%
Vitamin B1	12.7%	10.0%	34.4%	11.2%	1.3%	13.4%	9.0%	8.1%
Vitamin B2	16.2%	12.4%	28.3%	13.2%	1.4%	12.7%	6.4%	9.4%
Vitamin B6	11.5%	9.1%	37.8%	11.4%	1.0%	10.4%	9.7%	9.1%
Folate equivalents	16.5%	12.0%	30.7%	10.0%	1.6%	13.4%	6.5%	9.2%
Folic acid	38.5%	18.4%	4.2%	5.4%	2.1%	24.4%	0.2%	6.9%
Vitamin B12	12.2%	13.8%	35.7%	7.9%	1.4%	13.6%	8.8%	6.5%
Vitamin C	12.8%	7.1%	39.1%	14.8%	1.4%	9.1%	7.9%	7.8%
Vitamin D	11.3%	13.3%	36.1%	6.0%	1.3%	14.5%	9.1%	8.4%
Vitamin E	13.3%	11.5%	33.8%	11.9%	1.3%	12.6%	7.8%	7.8%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.7%	22.6%	22.5%	18.5%	1.2%	6.6%	3.3%	7.7%
Copper	14.1%	16.2%	30.1%	19.6%	1.1%	5.4%	5.5%	8.0%
Iron	14.2%	15.6%	31.3%	18.7%	1.0%	5.0%	5.5%	8.6%
Heme Iron	3.1%	11.3%	63.8%	4.2%	0.3%	4.0%	10.2%	3.0%
Iodine	19.1%	29.1%	17.2%	13.5%	1.8%	9.6%	3.3%	6.3%
Magnesium	14.8%	16.4%	27.3%	21.5%	1.0%	5.5%	4.6%	9.0%
Phosphorus	14.8%	19.9%	32.2%	13.9%	1.0%	6.2%	5.3%	6.6%
Selenium	10.6%	18.1%	38.6%	12.5%	1.0%	6.4%	6.9%	5.9%
Sodium	13.5%	23.8%	29.3%	12.0%	1.1%	8.6%	5.3%	6.4%
Zinc	13.2%	18.3%	38.7%	11.1%	0.9%	5.9%	6.5%	5.3%
Retinol	17.3%	26.1%	24.1%	11.3%	1.5%	8.7%	3.5%	7.5%
Retinol Activity Equivalents	14.3%	22.2%	32.3%	11.2%	1.4%	7.2%	4.5%	6.9%
Vitamin B1	12.5%	14.5%	39.7%	14.2%	0.9%	5.0%	7.0%	6.2%
Vitamin B2	16.0%	20.1%	28.6%	16.9%	1.1%	5.7%	4.3%	7.2%
Vitamin B6	12.0%	14.8%	40.0%	15.1%	0.7%	4.2%	6.9%	6.2%
Folate equivalents	16.6%	19.5%	33.3%	12.7%	1.3%	6.3%	4.7%	5.5%
Folic acid	38.2%	36.4%	5.1%	3.5%	2.5%	11.3%	0.9%	2.1%
Vitamin B12	12.8%	21.9%	35.8%	10.6%	1.0%	6.6%	6.6%	4.7%
Vitamin C	8.8%	8.7%	40.5%	23.0%	0.8%	3.2%	6.6%	8.4%
Vitamin D	13.3%	20.5%	38.2%	7.7%	1.1%	7.1%	6.3%	5.9%
Vitamin E	13.1%	16.5%	34.6%	14.9%	1.2%	6.2%	6.4%	7.0%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.0%	16.3%	22.2%	17.5%	1.4%	9.7%	4.9%	9.9%
Copper	14.2%	12.9%	28.7%	17.2%	1.2%	8.2%	7.3%	10.3%
Iron	14.2%	12.4%	30.0%	15.7%	1.2%	8.2%	8.0%	10.3%
Heme Iron	3.8%	9.9%	56.4%	2.9%	0.5%	7.6%	15.2%	3.8%
Iodine	18.4%	21.8%	17.5%	11.9%	1.9%	14.5%	5.2%	8.7%
Magnesium	15.1%	13.2%	25.9%	17.9%	1.2%	8.7%	6.5%	11.4%
Phosphorus	15.4%	15.1%	30.1%	13.0%	1.2%	9.5%	7.5%	8.3%
Selenium	11.4%	13.9%	36.4%	10.8%	1.1%	9.1%	9.7%	7.6%
Sodium	13.3%	18.3%	28.0%	11.2%	1.4%	12.4%	7.6%	7.9%
Zinc	14.0%	14.4%	35.2%	10.1%	1.2%	9.3%	9.1%	6.7%
Retinol	16.6%	19.7%	22.9%	11.8%	1.8%	11.3%	6.5%	9.5%
Retinol Activity Equivalents	12.8%	16.4%	32.3%	11.1%	1.5%	9.5%	8.0%	8.5%
Vitamin B1	14.2%	12.6%	34.6%	12.8%	1.1%	8.1%	8.9%	7.8%
Vitamin B2	17.5%	14.9%	26.4%	15.9%	1.3%	8.5%	6.5%	9.1%
Vitamin B6	12.4%	11.4%	35.5%	15.0%	1.1%	6.6%	9.2%	8.8%
Folate equivalents	17.1%	14.7%	30.8%	11.5%	1.7%	9.7%	7.0%	7.4%
Folic acid	38.1%	25.0%	5.4%	4.8%	4.0%	19.3%	1.6%	1.8%
Vitamin B12	13.5%	15.8%	32.8%	11.3%	1.2%	9.6%	9.5%	6.2%
Vitamin C	10.7%	9.1%	33.9%	20.5%	1.2%	6.5%	8.5%	9.7%
Vitamin D	13.3%	15.6%	35.0%	8.9%	1.3%	9.2%	9.5%	7.2%
Vitamin E	13.8%	13.6%	32.8%	14.3%	1.0%	7.7%	8.5%	8.3%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.8%	14.5%	21.5%	17.0%	1.6%	11.4%	5.9%	10.3%
Copper	14.0%	11.4%	28.5%	17.0%	1.3%	8.7%	8.7%	10.5%
Iron	14.4%	11.2%	30.8%	15.2%	1.2%	8.4%	8.5%	10.4%
Heme Iron	3.5%	8.2%	57.2%	1.8%	0.3%	6.9%	18.3%	3.7%
Iodine	18.0%	20.7%	17.4%	11.6%	2.1%	15.6%	6.5%	8.2%
Magnesium	15.2%	12.0%	25.7%	17.6%	1.3%	9.6%	7.3%	11.3%
Phosphorus	15.6%	13.8%	29.1%	12.5%	1.4%	10.3%	9.1%	8.2%
Selenium	10.0%	12.4%	37.1%	10.2%	1.1%	9.0%	13.2%	7.1%
Sodium	12.8%	17.7%	26.4%	11.3%	1.5%	14.0%	8.5%	7.7%
Zinc	14.1%	13.3%	35.0%	9.9%	1.2%	9.8%	10.1%	6.5%
Retinol	16.2%	17.1%	24.1%	10.7%	1.8%	12.3%	8.2%	9.6%
Retinol Activity Equivalents	12.6%	13.4%	34.0%	9.9%	1.4%	10.5%	9.9%	8.4%
Vitamin B1	14.4%	11.5%	34.0%	13.0%	1.1%	9.4%	9.3%	7.3%
Vitamin B2	17.8%	13.2%	26.4%	15.3%	1.3%	9.0%	7.9%	9.2%
Vitamin B6	13.2%	9.5%	35.0%	14.2%	1.0%	7.1%	10.7%	9.3%
Folate equivalents	17.8%	12.9%	29.4%	12.1%	1.7%	9.9%	8.1%	8.2%
Folic acid	44.3%	21.9%	4.9%	5.6%	4.5%	15.1%	0.0%	3.8%
Vitamin B12	13.9%	12.8%	34.0%	8.3%	1.0%	9.2%	15.1%	5.6%
Vitamin C	12.6%	7.9%	35.8%	18.3%	1.3%	6.0%	8.0%	10.2%
Vitamin D	11.8%	13.4%	35.9%	6.8%	1.0%	9.3%	14.0%	7.8%
Vitamin E	13.4%	12.1%	31.8%	14.0%	0.9%	8.3%	11.6%	7.9%

Table 5.4.a Average contribution of places and moments of consumption to the intake of micronutrients of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.8%	13.5%	25.1%	13.7%	1.6%	9.8%	3.7%	10.8%
Copper	15.7%	10.8%	29.6%	14.6%	1.5%	10.7%	5.5%	11.6%
Iron	16.0%	11.0%	31.5%	12.5%	1.5%	10.4%	5.4%	11.7%
Heme Iron	4.3%	7.6%	63.5%	2.5%	0.5%	7.9%	9.5%	4.2%
Iodine	22.7%	18.3%	17.4%	9.8%	2.5%	16.8%	3.3%	9.3%
Magnesium	17.2%	11.3%	29.3%	14.4%	1.4%	10.2%	4.9%	11.2%
Phosphorus	17.5%	12.2%	31.9%	11.8%	1.4%	10.1%	5.3%	9.9%
Selenium	12.0%	11.9%	39.1%	9.9%	1.2%	10.7%	6.3%	8.7%
Sodium	14.7%	14.3%	29.7%	10.8%	1.5%	13.3%	5.6%	10.1%
Zinc	15.1%	11.8%	38.4%	9.4%	1.3%	10.1%	6.0%	7.9%
Retinol	19.2%	15.2%	25.9%	10.6%	1.8%	13.6%	4.5%	9.1%
Retinol Activity Equivalents	15.8%	13.3%	33.4%	10.3%	1.5%	11.8%	5.2%	8.7%
Vitamin B1	15.5%	10.3%	37.8%	11.3%	1.1%	9.3%	5.6%	9.2%
Vitamin B2	22.2%	12.6%	28.5%	12.4%	1.6%	8.8%	4.4%	9.7%
Vitamin B6	13.1%	8.1%	37.7%	14.2%	0.9%	7.8%	5.8%	12.4%
Folate equivalents	18.8%	12.0%	32.8%	10.3%	1.8%	10.6%	5.2%	8.5%
Folic acid	47.9%	12.7%	2.8%	11.1%	3.4%	14.1%	0.5%	7.6%
Vitamin B12	18.8%	13.0%	36.1%	9.3%	1.4%	9.2%	5.1%	7.1%
Vitamin C	7.7%	5.8%	36.1%	19.6%	0.7%	7.2%	6.2%	16.5%
Vitamin D	14.8%	12.5%	38.4%	7.4%	1.4%	11.4%	5.9%	8.1%
Vitamin E	13.2%	10.1%	32.1%	15.2%	1.1%	9.9%	5.5%	12.8%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	20.7%	15.7%	25.1%	13.4%	1.8%	9.6%	3.0%	10.6%
Copper	15.4%	12.5%	31.9%	13.9%	1.3%	9.7%	5.1%	10.2%
Iron	16.0%	12.1%	33.0%	12.8%	1.2%	9.4%	4.7%	10.9%
Heme Iron	4.4%	9.4%	64.5%	2.9%	0.4%	7.2%	8.2%	3.0%
Iodine	22.5%	21.0%	17.1%	10.0%	2.3%	15.7%	2.9%	8.4%
Magnesium	16.7%	12.7%	30.9%	13.9%	1.3%	9.5%	4.4%	10.5%
Phosphorus	16.8%	14.2%	33.5%	10.9%	1.5%	9.6%	4.6%	9.0%
Selenium	12.3%	13.5%	41.0%	9.7%	1.1%	9.4%	5.5%	7.6%
Sodium	14.6%	16.4%	31.8%	10.0%	1.4%	12.9%	4.7%	8.3%
Zinc	14.3%	13.2%	41.0%	8.9%	1.2%	9.6%	5.1%	6.7%
Retinol	19.0%	19.1%	26.8%	9.7%	1.6%	12.6%	3.2%	7.9%
Retinol Activity Equivalents	15.6%	16.3%	34.6%	9.6%	1.2%	10.9%	4.0%	7.8%
Vitamin B1	15.5%	10.6%	40.3%	11.5%	1.0%	8.1%	5.1%	7.9%
Vitamin B2	21.0%	14.0%	30.0%	12.3%	1.8%	8.5%	3.5%	8.9%
Vitamin B6	12.4%	8.2%	40.3%	13.5%	0.9%	6.9%	4.9%	12.9%
Folate equivalents	19.1%	13.5%	34.7%	9.5%	1.4%	9.8%	4.3%	7.7%
Folic acid	48.2%	17.9%	2.8%	9.4%	0.6%	16.0%	0.2%	5.0%
Vitamin B12	17.1%	14.9%	39.1%	7.9%	1.5%	8.1%	4.4%	7.0%
Vitamin C	8.7%	5.3%	37.2%	20.1%	0.7%	6.6%	5.0%	16.3%
Vitamin D	14.3%	15.1%	38.2%	7.7%	1.3%	11.2%	5.7%	6.5%
Vitamin E	13.5%	11.7%	33.1%	15.1%	1.0%	9.3%	4.6%	11.7%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.7%	15.7%	22.3%	15.4%	1.8%	11.4%	5.2%	10.6%
Copper	13.7%	11.7%	28.9%	16.5%	1.4%	9.5%	7.5%	10.8%
Iron	13.5%	11.5%	30.4%	15.1%	1.4%	9.3%	7.8%	11.0%
Heme Iron	3.0%	8.8%	57.3%	3.0%	0.6%	8.3%	14.5%	4.5%
Iodine	17.9%	20.4%	16.6%	11.2%	2.5%	16.6%	5.1%	9.7%
Magnesium	14.4%	11.9%	25.7%	17.8%	1.4%	9.8%	6.6%	12.5%
Phosphorus	14.5%	13.8%	29.7%	12.8%	1.5%	10.6%	7.5%	9.4%
Selenium	10.2%	12.9%	36.4%	10.8%	1.4%	10.3%	9.7%	8.3%
Sodium	12.7%	16.8%	27.0%	10.9%	1.7%	14.5%	7.5%	8.7%
Zinc	12.9%	13.1%	36.0%	9.8%	1.4%	10.4%	9.0%	7.3%
Retinol	16.2%	18.7%	22.6%	11.1%	2.1%	14.1%	6.0%	9.3%
Retinol Activity Equivalents	13.0%	15.5%	31.5%	10.5%	1.7%	11.7%	7.7%	8.4%
Vitamin B1	12.7%	11.0%	35.6%	12.2%	1.2%	9.8%	9.1%	8.3%
Vitamin B2	16.0%	14.1%	27.2%	14.7%	1.5%	9.7%	6.6%	10.3%
Vitamin B6	10.9%	10.0%	36.4%	14.6%	1.1%	7.5%	9.3%	10.2%
Folate equivalents	16.0%	13.3%	30.2%	11.8%	1.7%	10.8%	7.1%	9.1%
Folic acid	38.5%	24.8%	3.8%	4.9%	3.5%	19.9%	0.7%	4.0%
Vitamin B12	13.0%	15.3%	33.4%	9.6%	1.4%	10.5%	10.0%	6.9%
Vitamin C	9.8%	7.1%	38.3%	17.3%	1.2%	7.1%	8.9%	10.3%
Vitamin D	12.6%	14.9%	34.1%	7.7%	1.5%	11.8%	9.6%	7.8%
Vitamin E	12.8%	12.4%	32.4%	14.1%	1.2%	9.4%	9.0%	8.7%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.4%	17.4%	23.7%	16.9%	1.6%	10.1%	3.8%	9.1%
Copper	13.1%	12.8%	31.4%	16.6%	1.3%	8.6%	6.4%	9.7%
Iron	13.1%	12.3%	32.8%	15.7%	1.3%	8.2%	6.4%	10.1%
Heme Iron	3.4%	8.8%	60.4%	3.6%	0.4%	7.4%	12.0%	4.0%
Iodine	18.3%	22.6%	17.8%	11.7%	2.3%	14.6%	4.1%	8.5%
Magnesium	13.8%	12.7%	27.5%	19.0%	1.4%	8.6%	5.3%	11.6%
Phosphorus	14.0%	15.2%	32.1%	13.1%	1.3%	9.7%	6.2%	8.3%
Selenium	10.1%	14.2%	39.0%	10.4%	1.2%	9.7%	8.2%	7.3%
Sodium	12.9%	18.7%	29.5%	10.7%	1.7%	13.0%	5.9%	7.6%
Zinc	12.6%	14.3%	38.7%	9.9%	1.2%	9.4%	7.4%	6.5%
Retinol	16.2%	20.9%	23.9%	10.5%	2.0%	12.2%	5.0%	9.3%
Retinol Activity Equivalents	13.4%	17.6%	32.4%	9.9%	1.6%	10.7%	6.0%	8.4%
Vitamin B1	12.5%	12.0%	38.8%	12.1%	1.1%	8.8%	7.5%	7.2%
Vitamin B2	15.8%	15.3%	28.8%	15.9%	1.2%	8.9%	5.2%	8.8%
Vitamin B6	11.5%	11.1%	40.0%	13.8%	0.9%	6.9%	7.8%	8.0%
Folate equivalents	15.9%	15.2%	32.2%	11.8%	1.7%	9.6%	5.7%	8.0%
Folic acid	38.3%	26.4%	4.9%	4.5%	3.6%	17.3%	1.2%	3.8%
Vitamin B12	12.5%	16.5%	35.9%	9.9%	1.1%	10.2%	7.7%	6.2%
Vitamin C	10.3%	7.8%	40.5%	18.2%	1.1%	6.1%	7.3%	8.7%
Vitamin D	12.8%	16.1%	37.3%	7.2%	1.2%	10.2%	7.8%	7.3%
Vitamin E	13.3%	13.7%	35.3%	13.0%	1.3%	8.7%	7.1%	7.6%

Table 5.4.b Average contribution of places and moments of consumption to the intake of micronutrients of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.9%	14.3%	25.7%	13.4%	1.6%	9.4%	3.5%	10.2%
Copper	15.9%	11.2%	30.6%	14.6%	1.5%	10.3%	4.9%	10.9%
Iron	16.3%	11.4%	32.3%	12.4%	1.5%	10.1%	4.8%	11.2%
Heme Iron	4.8%	7.6%	64.6%	2.3%	0.5%	7.8%	8.1%	4.3%
Iodine	23.1%	18.9%	17.5%	9.9%	2.6%	16.0%	2.9%	9.3%
Magnesium	17.2%	11.9%	30.0%	14.5%	1.5%	9.8%	4.3%	10.8%
Phosphorus	17.5%	12.8%	32.5%	11.8%	1.4%	9.7%	4.7%	9.7%
Selenium	12.3%	12.4%	39.8%	9.7%	1.3%	10.4%	5.6%	8.6%
Sodium	14.9%	14.8%	29.8%	11.3%	1.6%	12.8%	5.0%	9.8%
Zinc	15.2%	12.2%	39.2%	9.4%	1.4%	9.8%	5.2%	7.6%
Retinol	19.9%	15.5%	26.8%	10.3%	2.0%	13.0%	3.8%	8.8%
Retinol Activity Equivalents	16.2%	13.6%	34.8%	9.9%	1.7%	11.4%	4.3%	8.2%
Vitamin B1	15.2%	10.6%	39.4%	10.8%	1.2%	8.9%	4.9%	9.0%
Vitamin B2	22.0%	13.1%	29.2%	11.9%	1.6%	8.6%	4.0%	9.6%
Vitamin B6	12.6%	8.4%	38.4%	14.1%	0.9%	7.7%	5.2%	12.7%
Folate equivalents	18.8%	12.7%	33.5%	10.0%	2.0%	10.1%	4.6%	8.3%
Folic acid	48.1%	13.4%	3.6%	10.5%	3.6%	12.9%	0.0%	7.8%
Vitamin B12	19.1%	13.5%	36.8%	8.9%	1.5%	8.9%	4.2%	7.2%
Vitamin C	7.3%	6.2%	37.9%	18.9%	0.8%	7.1%	5.6%	16.2%
Vitamin D	15.6%	12.1%	39.8%	7.0%	1.4%	11.1%	5.1%	8.0%
Vitamin E	13.4%	10.1%	33.1%	15.4%	1.1%	9.6%	4.8%	12.4%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.2%	14.7%	26.9%	13.3%	1.9%	9.4%	3.1%	9.4%
Copper	16.4%	11.6%	33.1%	13.1%	1.2%	10.1%	4.0%	10.5%
Iron	16.1%	11.2%	34.7%	12.4%	1.1%	9.7%	3.6%	11.2%
Heme Iron	4.2%	9.3%	65.3%	3.0%	0.6%	7.5%	6.8%	3.3%
Iodine	23.8%	19.7%	17.6%	10.0%	2.4%	15.4%	2.4%	8.6%
Magnesium	17.5%	12.0%	32.4%	12.9%	1.3%	10.0%	3.5%	10.3%
Phosphorus	17.3%	13.3%	35.2%	10.8%	1.6%	9.6%	3.8%	8.5%
Selenium	12.9%	12.7%	43.8%	9.1%	1.0%	9.2%	4.0%	7.3%
Sodium	14.8%	15.5%	33.5%	9.6%	1.4%	12.7%	3.9%	8.6%
Zinc	14.7%	12.5%	43.0%	8.3%	1.2%	9.4%	4.2%	6.6%
Retinol	19.1%	14.5%	31.1%	10.7%	1.5%	12.4%	2.9%	7.6%
Retinol Activity Equivalents	15.4%	12.5%	38.4%	9.4%	1.2%	11.3%	4.1%	7.7%
Vitamin B1	15.8%	9.5%	42.8%	9.7%	1.2%	8.6%	3.6%	8.8%
Vitamin B2	21.1%	12.5%	31.5%	11.7%	2.1%	8.5%	3.1%	9.5%
Vitamin B6	11.8%	7.9%	42.3%	11.2%	0.9%	7.8%	3.5%	14.6%
Folate equivalents	19.7%	12.5%	36.8%	8.6%	1.4%	9.6%	3.6%	7.8%
Folic acid	51.0%	19.1%	0.0%	9.8%	0.0%	12.7%	0.0%	7.4%
Vitamin B12	17.4%	12.6%	41.1%	8.0%	1.6%	8.1%	3.9%	7.5%
Vitamin C	9.5%	5.4%	37.9%	17.7%	0.5%	8.1%	3.9%	17.2%
Vitamin D	14.4%	13.2%	40.2%	7.8%	1.2%	11.8%	4.6%	6.7%
Vitamin E	14.4%	10.9%	34.7%	12.4%	0.9%	10.7%	3.0%	12.9%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	21.7%	12.7%	24.4%	14.0%	1.6%	10.2%	4.1%	11.3%
Copper	15.6%	10.4%	28.5%	14.5%	1.4%	11.2%	6.1%	12.3%
Iron	15.8%	10.5%	30.8%	12.6%	1.4%	10.7%	6.1%	12.2%
Heme Iron	3.9%	7.5%	62.4%	2.8%	0.4%	8.0%	11.0%	4.1%
Iodine	22.2%	17.7%	17.3%	9.7%	2.4%	17.7%	3.8%	9.3%
Magnesium	17.2%	10.7%	28.6%	14.3%	1.4%	10.7%	5.5%	11.7%
Phosphorus	17.4%	11.6%	31.3%	11.8%	1.4%	10.5%	5.9%	10.1%
Selenium	11.7%	11.4%	38.4%	10.1%	1.2%	11.1%	7.2%	8.9%
Sodium	14.5%	13.7%	29.6%	10.3%	1.4%	13.8%	6.2%	10.4%
Zinc	15.0%	11.3%	37.5%	9.4%	1.2%	10.4%	6.9%	8.3%
Retinol	18.6%	14.9%	25.0%	11.0%	1.6%	14.2%	5.1%	9.5%
Retinol Activity Equivalents	15.3%	13.0%	31.9%	10.8%	1.3%	12.3%	6.1%	9.2%
Vitamin B1	15.8%	9.9%	36.0%	11.7%	1.1%	9.6%	6.4%	9.5%
Vitamin B2	22.3%	12.1%	27.7%	12.8%	1.5%	9.0%	4.8%	9.8%
Vitamin B6	13.6%	7.8%	37.0%	14.3%	0.9%	7.8%	6.5%	12.1%
Folate equivalents	18.7%	11.2%	32.1%	10.6%	1.7%	11.1%	5.9%	8.7%
Folic acid	47.7%	12.1%	2.1%	11.6%	3.1%	15.3%	0.9%	7.3%
Vitamin B12	18.6%	12.5%	35.3%	9.7%	1.3%	9.5%	6.1%	7.1%
Vitamin C	8.2%	5.3%	34.1%	20.5%	0.7%	7.4%	6.9%	16.9%
Vitamin D	14.0%	12.9%	37.0%	7.8%	1.5%	11.8%	6.8%	8.2%
Vitamin E	13.0%	10.2%	31.0%	15.0%	1.2%	10.3%	6.2%	13.2%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	20.4%	16.6%	23.5%	13.4%	1.7%	9.8%	2.9%	11.7%
Copper	14.6%	13.3%	31.0%	14.6%	1.3%	9.3%	6.0%	9.9%
Iron	15.9%	12.8%	31.5%	13.1%	1.3%	9.1%	5.6%	10.7%
Heme Iron	4.6%	9.5%	63.8%	2.9%	0.2%	6.9%	9.4%	2.8%
Iodine	21.5%	22.1%	16.6%	10.0%	2.2%	16.0%	3.3%	8.3%
Magnesium	16.0%	13.3%	29.7%	14.7%	1.3%	9.1%	5.2%	10.6%
Phosphorus	16.3%	15.0%	32.0%	11.0%	1.4%	9.6%	5.3%	9.4%
Selenium	11.7%	14.2%	38.6%	10.2%	1.2%	9.6%	6.7%	7.8%
Sodium	14.4%	17.2%	30.4%	10.4%	1.4%	13.0%	5.3%	8.0%
Zinc	14.0%	13.7%	39.3%	9.3%	1.2%	9.7%	5.8%	6.8%
Retinol	18.9%	23.1%	23.1%	8.8%	1.6%	12.8%	3.5%	8.2%
Retinol Activity Equivalents	15.8%	19.6%	31.3%	9.7%	1.2%	10.6%	3.9%	7.9%
Vitamin B1	15.2%	11.6%	38.2%	13.0%	0.9%	7.7%	6.4%	7.1%
Vitamin B2	21.0%	15.2%	28.7%	12.8%	1.6%	8.4%	3.9%	8.4%
Vitamin B6	12.9%	8.4%	38.6%	15.5%	0.9%	6.1%	6.1%	11.4%
Folate equivalents	18.6%	14.4%	32.9%	10.3%	1.4%	9.9%	4.9%	7.6%
Folic acid	46.4%	17.2%	4.5%	9.2%	0.9%	18.0%	0.3%	3.6%
Vitamin B12	16.8%	16.9%	37.4%	7.8%	1.4%	8.2%	4.8%	6.7%
Vitamin C	8.1%	5.2%	36.7%	22.2%	0.9%	5.4%	6.0%	15.5%
Vitamin D	14.2%	16.8%	36.5%	7.7%	1.4%	10.7%	6.5%	6.2%
Vitamin E	12.6%	12.5%	31.7%	17.4%	1.1%	8.0%	6.0%	10.7%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.3%	13.9%	23.5%	13.1%	2.2%	13.4%	5.0%	11.6%
Copper	12.8%	10.1%	30.0%	14.5%	1.7%	11.5%	7.1%	12.4%
Iron	12.5%	10.1%	31.2%	13.7%	1.7%	11.1%	7.4%	12.3%
Heme Iron	2.9%	7.9%	56.2%	3.2%	0.8%	10.2%	13.3%	5.6%
Iodine	17.6%	17.5%	16.3%	9.9%	2.9%	19.5%	4.4%	11.9%
Magnesium	13.2%	10.1%	26.0%	16.8%	1.7%	11.3%	6.3%	14.6%
Phosphorus	13.4%	11.9%	30.1%	12.2%	1.7%	12.5%	6.8%	11.2%
Selenium	9.7%	11.7%	36.4%	9.8%	1.6%	12.6%	8.5%	9.8%
Sodium	12.2%	14.1%	27.8%	9.9%	2.0%	17.0%	6.9%	10.1%
Zinc	11.8%	11.3%	37.1%	8.8%	1.7%	12.5%	8.3%	8.6%
Retinol	15.2%	17.1%	22.1%	10.0%	2.3%	17.5%	5.4%	10.2%
Retinol Activity Equivalents	12.6%	14.6%	30.5%	9.4%	1.7%	14.8%	7.2%	9.1%
Vitamin B1	11.6%	9.4%	36.6%	10.7%	1.4%	12.2%	9.0%	9.2%
Vitamin B2	15.0%	12.4%	28.1%	13.5%	1.6%	11.6%	6.1%	11.8%
Vitamin B6	9.3%	8.3%	38.0%	13.8%	1.1%	8.9%	8.9%	11.6%
Folate equivalents	14.6%	11.4%	30.0%	11.4%	1.8%	12.7%	7.1%	11.1%
Folic acid	39.0%	20.4%	2.2%	4.7%	3.2%	23.1%	1.0%	6.4%
Vitamin B12	12.7%	14.0%	34.2%	8.6%	1.6%	12.8%	7.9%	8.1%
Vitamin C	8.7%	5.9%	41.8%	13.5%	1.2%	8.3%	9.9%	10.5%
Vitamin D	12.0%	13.6%	33.8%	7.0%	1.7%	14.9%	8.3%	8.8%
Vitamin E	12.2%	11.1%	33.1%	12.8%	1.5%	11.5%	8.2%	9.6%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.1%	15.9%	24.3%	15.9%	1.8%	11.7%	3.8%	9.4%
Copper	12.6%	11.4%	32.4%	15.6%	1.5%	10.1%	6.5%	9.9%
Iron	12.3%	11.0%	33.9%	14.7%	1.5%	9.6%	6.5%	10.5%
Heme Iron	3.0%	7.3%	60.6%	3.8%	0.5%	8.8%	11.4%	4.6%
Iodine	17.9%	20.1%	17.6%	11.1%	2.8%	16.9%	4.2%	9.3%
Magnesium	13.0%	11.1%	27.8%	18.6%	1.5%	10.0%	5.3%	12.6%
Phosphorus	13.2%	13.2%	32.4%	13.2%	1.5%	11.2%	6.2%	9.0%
Selenium	9.3%	12.4%	39.6%	10.0%	1.4%	11.3%	8.2%	7.8%
Sodium	12.4%	16.6%	29.3%	10.3%	2.1%	15.3%	5.9%	8.0%
Zinc	11.8%	12.6%	39.5%	9.7%	1.5%	10.7%	7.3%	6.9%
Retinol	16.0%	19.3%	23.6%	10.3%	2.3%	14.1%	4.8%	9.6%
Retinol Activity Equivalents	13.4%	16.4%	32.0%	9.6%	1.9%	12.4%	5.7%	8.6%
Vitamin B1	11.7%	10.6%	39.8%	11.3%	1.2%	10.4%	7.5%	7.5%
Vitamin B2	14.7%	13.7%	29.5%	15.5%	1.4%	10.4%	5.3%	9.6%
Vitamin B6	10.6%	9.4%	41.1%	13.2%	1.1%	8.3%	7.6%	8.8%
Folate equivalents	14.9%	13.5%	32.2%	11.6%	1.9%	11.0%	5.5%	9.3%
Folic acid	36.0%	24.3%	4.6%	4.9%	3.7%	20.5%	0.8%	5.1%
Vitamin B12	11.6%	15.0%	36.2%	9.6%	1.3%	11.7%	7.5%	7.1%
Vitamin C	10.4%	6.7%	42.7%	15.6%	1.0%	7.6%	7.1%	8.8%
Vitamin D	12.7%	14.8%	36.5%	6.9%	1.5%	12.4%	7.5%	7.8%
Vitamin E	12.9%	12.5%	36.0%	12.4%	1.5%	10.2%	7.0%	7.5%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	18.1%	17.2%	21.2%	17.4%	1.4%	9.7%	5.3%	9.7%
Copper	14.5%	13.1%	27.9%	18.3%	1.2%	7.8%	7.8%	9.4%
Iron	14.4%	12.8%	29.6%	16.4%	1.2%	7.6%	8.2%	9.8%
Heme Iron	3.1%	9.5%	58.2%	2.9%	0.6%	6.5%	15.6%	3.6%
Iodine	18.2%	23.0%	16.8%	12.3%	2.2%	13.9%	5.7%	7.9%
Magnesium	15.4%	13.6%	25.4%	18.6%	1.2%	8.5%	6.8%	10.6%
Phosphorus	15.5%	15.5%	29.4%	13.4%	1.3%	8.9%	8.2%	7.8%
Selenium	10.6%	13.9%	36.4%	11.7%	1.2%	8.3%	10.9%	7.0%
Sodium	13.1%	19.2%	26.3%	11.9%	1.5%	12.4%	8.1%	7.5%
Zinc	13.9%	14.7%	35.0%	10.8%	1.2%	8.7%	9.5%	6.2%
Retinol	17.1%	20.0%	22.9%	12.1%	1.8%	11.0%	6.5%	8.5%
Retinol Activity Equivalents	13.3%	16.4%	32.5%	11.4%	1.6%	9.0%	8.2%	7.7%
Vitamin B1	13.7%	12.4%	34.7%	13.6%	1.1%	7.7%	9.2%	7.5%
Vitamin B2	16.9%	15.6%	26.3%	15.8%	1.3%	8.0%	7.1%	9.0%
Vitamin B6	12.2%	11.4%	35.0%	15.3%	1.1%	6.4%	9.6%	8.9%
Folate equivalents	17.2%	14.9%	30.4%	12.1%	1.7%	9.2%	7.2%	7.3%
Folic acid	38.2%	28.2%	5.1%	5.0%	3.7%	17.3%	0.5%	2.1%
Vitamin B12	13.3%	16.4%	32.7%	10.5%	1.2%	8.4%	11.8%	5.8%
Vitamin C	10.7%	8.2%	35.2%	20.6%	1.1%	6.1%	8.0%	10.1%
Vitamin D	13.1%	16.0%	34.4%	8.4%	1.4%	9.0%	10.7%	6.9%
Vitamin E	13.2%	13.5%	31.8%	15.3%	1.0%	7.6%	9.7%	7.9%

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

Micronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%	Breakfast mean%	Lunch mean%	Dinner mean%	In between mean%
Calcium	17.6%	19.0%	23.0%	18.0%	1.3%	8.4%	3.9%	8.8%
Copper	13.7%	14.3%	30.3%	17.7%	1.2%	6.9%	6.3%	9.6%
Iron	14.1%	13.7%	31.5%	16.8%	1.1%	6.6%	6.4%	9.7%
Heme Iron	3.9%	10.5%	60.2%	3.3%	0.2%	5.8%	12.7%	3.4%
Iodine	18.9%	25.3%	17.9%	12.5%	1.7%	12.1%	4.0%	7.6%
Magnesium	14.7%	14.6%	27.2%	19.5%	1.1%	7.1%	5.3%	10.5%
Phosphorus	15.0%	17.4%	31.7%	13.1%	1.1%	8.1%	6.1%	7.5%
Selenium	11.0%	16.2%	38.2%	10.8%	0.9%	8.0%	8.3%	6.7%
Sodium	13.4%	21.0%	29.8%	11.2%	1.2%	10.5%	5.9%	7.1%
Zinc	13.5%	16.3%	37.7%	10.1%	1.0%	7.8%	7.5%	6.1%
Retinol	16.5%	22.6%	24.2%	10.7%	1.6%	10.2%	5.2%	9.0%
Retinol Activity Equivalents	13.3%	19.1%	32.9%	10.4%	1.3%	8.7%	6.3%	8.1%
Vitamin B1	13.6%	13.6%	37.7%	13.1%	0.9%	6.9%	7.5%	6.7%
Vitamin B2	17.1%	17.1%	28.0%	16.5%	1.1%	7.2%	5.1%	8.0%
Vitamin B6	12.6%	12.9%	38.8%	14.5%	0.8%	5.4%	7.9%	7.1%
Folate equivalents	17.0%	17.0%	32.3%	12.0%	1.4%	7.9%	5.8%	6.5%
Folic acid	40.7%	28.6%	5.2%	4.1%	3.6%	13.9%	1.5%	2.5%
Vitamin B12	13.4%	18.1%	35.6%	10.3%	1.0%	8.5%	7.8%	5.3%
Vitamin C	10.2%	9.2%	38.0%	21.2%	1.1%	4.4%	7.5%	8.5%
Vitamin D	12.9%	17.7%	38.1%	7.6%	1.0%	7.8%	8.1%	6.8%
Vitamin E	13.8%	15.0%	34.6%	13.7%	1.1%	7.0%	7.3%	7.6%