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Background

This report describes the methods used and the main findings for the National Teens' Food Survey. The survey investigated habitual food and drink consumption, health and lifestyle characteristics and assessed body weight status in 441 teenagers, aged 13-17 years, from the Republic of Ireland. The electronic database which has been compiled from the survey is one of the most comprehensive in Europe. It represents a valuable resource which will be used by agencies concerned with public health policy and planning and by the food industry.

The survey was carried out by the Irish Universities Nutrition Alliance (IUNA – a formal alliance of the academic nutrition centres at University College Cork (UCC), University College Dublin (UCD)/Trinity College Dublin (TCD) and the University of Ulster (UU) which is committed to joint initiatives in research and teaching). The survey was carried out by the following teams at UCD (TCD) and UCC, and consultation was also sought from researchers from the IUNA centre at UU.

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Triona Joyce,
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Elaine Boylan

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Methodology used for the National Teens' Food Survey

Sampling

The National Teens' Food Survey (NTFS), a cross-sectional study that was carried out between September 2005 and September 2006 by the nutrition units in University College Cork and University College Dublin, which form part of the Irish Universities Nutrition Alliance (IUNA). Teenagers aged 13-17 years (224 males, 217 females) were selected from 32 secondary schools throughout the Republic of Ireland.

Selection of schools

Schools were selected from a database of secondary schools available from the Department of Education and Science. All schools in this database (n=722) are classified into secondary (56%), vocational (31%) or comprehensive/community schools (13%). Schools were further classified according to gender served ('all males', 'all females' or 'mixed'), whether disadvantaged or not disadvantaged and location (urban or rural). A number of schools were randomly selected from each category (e.g. secondary, mixed, not disadvantaged, urban schools), so that in the final sample, the percentage of teenagers surveyed attending each of the categories of schools was equal to the percentage of children attending each of these categories of schools according to the database. All urban schools selected were located in Cork or Dublin and all rural schools were located outside Cork or Dublin.

Respondent recruitment

An introductory letter and information about the survey was posted to the principal of each selected school. This was followed up by a phone call from the coordinating nutritionist. If the principal agreed to his/her schools participation in the survey, a suitable date and time for the coordinating nutritionist to visit the school was arranged. Over 95% of schools selected agreed to participate in the survey. The school principal was given information packs to give to all selected students to bring home to their parents/guardians. Information packs contained an introductory letter, an information brochure and a reply slip. If the parent/guardian and the selected teenager were interested

in finding out more about participating in the survey, they were instructed to fill out their contact details on the reply slip and return it to the school. Teenagers who returned a reply slip were excluded if they were not between the ages of 13 and 17 years, if they belonged to an age or sex or geographical location category for which the appropriate number of teenagers had already been recruited or if another member of their household had already been recruited for participation in the survey. A researcher in each centre contacted the parents/guardians of all eligible teenagers who returned a reply slip and if they agreed to participate in the survey a suitable time and date for a fieldworker to visit was arranged. All fieldworkers were qualified nutritionists. The response rate 63%. Analysis of the demographic features in this sample has shown it to be a representative sample of the Irish teenagers with respect to age, sex, social class, socioeconomic group and geographical location (see further details in tables 2.7-2.10) when compared to census data (Central Statistics Office, 2003).

Data collection

A 7-day semi-weighed food diary was used to collect food and beverage intake data. The researcher made four visits to the respondent and his/her parent/guardian during the 7-day period: a training visit to show how to keep the food diary and how to use the weighing scales; a second visit 24-36 hours into the recording period to review the diary, check for completeness and clarify details regarding specific food descriptors and quantities; a third visit 4 or 5 days into the recording period to check the previous 2 or 3 days and to encourage completion; and a final visit 1 or 2 days after the recording period to check the last days and to collect the diary.

The respondents were asked to record detailed information regarding the amount and types of all foods, beverages and supplements consumed over the 7-day period and where applicable the cooking method used, the brand name of the food consumed, packaging size and type and details of recipes and any leftovers. Data was also collected on the time of each eating or drinking occasion, the respondent's definition of each eating or drinking occasion (e.g. morning snack, lunch etc.) and the location of the preparation or source of the meal or snack consumed (e.g. home, school, takeaway etc.).

Food quantification

A quantification protocol that had been established by the IUNA for the North/South Ireland Food Consumption Survey (NSIFCS) (Harrington *et al.,* 2001) and used in the National Children's Food Survey (NCFS) (2003-2004) was also used for the NTFS.

(1) *Weighing* - A portable food scales (Tanita, Japan) was given to each respondent or parent/guardian. The fieldworker gave detailed instructions (including a demonstration) as to how to use the food scales to respondents and/or parents/guardians during the training session. This method was use to quantify 21% of foods and drinks consumed in the NTFS

(2) A *Photographic Food Atlas* (Nelson *et al.,* 1997) was used to quantify 28% of foods/beverages consumed.

(3) *Manufacturer's Information* - Weights of almost 25% of foods/beverages consumed were derived from weights printed on food packaging. To facilitate collection of such data, fieldworkers asked respondents to collect all packaging of food and beverages consumed in a storage bag provided.

(4) *IUNA Information* - Average portions that had been ascertained for certain foods by the IUNA survey team for the NSIFCS were used. This method was used to quantify 8% of foods/beverages consumed.

(5) *Food Portion Sizes* (Ministry of Agriculture, Fisheries and Food, 1997) was used to quantify 10% of foods /beverages consumed.

(6) *Household Measures* e.g. teaspoon, tablespoon, pint etc. were used to quantify almost 7% of foods/beverages.

(7) *Estimated* - Food quantities were defined as estimated if the fieldworker made an assessment of the amount likely to have been consumed based on their knowledge of the respondents general eating habits observed during the recording period. Weights of 2% of foods/beverages consumed were estimated.

Nutrient composition of foods and estimation of nutrient intake

Food intake data were analysed using WISP© (Tinuviel Software, Anglesey, UK). WISP© uses data from McCance and Widdowson's The Composition of Foods, sixth (Food Standards Agency, 2002) and fifth (Holland *et al*., 1995) editions plus supplemental volumes (Holland *et al*., 1988; Holland *et al*., 1989; Holland *et al*., 1991; Holland *et al*., 1992; Holland *et al*., 1993; Chan *et al*., 1994; Chan *et al*., 1995; Chan *et al*., 1996; Holland *et al*., 1996) to generate nutrient intake data. During the NSIFCS, NCFS and NTFS modifications were made to the food composition database: 993 extra new foods were added during the NSIFCS, 564 foods were added during the NCFS and 150 were added during the NTFS. These included recipes of composite dishes, nutritional supplements, generic Irish foods that were commonly consumed and new foods on the market.

Questionnaires

In total the parents and teenagers were asked to complete seven questionnaires.

Teen's Health and Lifestyle Questionnaire: The parents completed this questionnaire which covered a broad range of details regarding the teen, from birth weight and infant feeding practices to allergies, dieting practices and parent's attitudes to their teenager's diet and supplement usage.

Parent Health and Lifestyle: This questionnaire included information on socio-demographics, education level and attitudes of parents to their own diet. This questionnaire was administered to both parents/guardians when possible. The teenager was assigned the higher social class and education level category of both parents/guardians. In addition, this questionnaire contained information on physical activity divided in to three sections: activity at home, work and recreation.

Teen's Questionnaire: A questionnaire was administered to the teenager in an attempt to identify their attitudes and covered a broad range of details including their attitudes to their weight and height. In addition, information on smoking status and alcohol intake was contained in this questionnaire.

Physical Activity: Teenagers completed physical activity questionnaires to assess levels of customary physical activity. The questionnaires consisted of three sections: activity at home; work or school and recreation. Differences between school holidays and term time were also examined

Eating Behaviour: This questionnaire was completed by the teenagers and examined eating behaviour, including neophobia and variety seeking behaviour of the respondents.

Food Questionnaire: This questionnaire was completed by the teenagers and examined the teenager's attitude towards food.

Evaluation Questionnaire: The fieldworker administered this questionnaire at the final visit. This identified whether the teenager's eating habits or physical activity patterns changed during the survey week. In addition, supplement use was examined.

Anthropometry

Weight, height, waist and hip circumference, and leg length, were measured for both teenagers and their parents by the fieldworker. Weight was measured in duplicate using a Seca 770 digital personal weighing scale (Chasmores Ltd, UK) to the nearest 0.1kg. Respondents were weighed whilst wearing light clothing, without shoes and after voiding. Height was measured to the nearest 0.1cm using the Leicester portable height measure (Chasmores Ltd, UK) with the respondent's head positioned in the Frankfurt Plane. Waist circumference was measured in duplicate using a non-stretch tape measure and taken at the naked site where possible. Firstly, the iliac crest (top of hip) and the bottom of the rib cage (10th rib) were identified and marked. Waist circumference was then measured at the midpoint to the nearest 0.1cm. Hip circumference was measured again in duplicate to the nearest 0.1cm using a non-stretch tape measure. This measurement was taken over light clothing at the widest part of the buttocks at the level of the greater trochanter. Leg length was measured in duplicate to the nearest 0.1cm using a non-stretch tape measure. The respondent was in a standing position with legs straight, placed symmetrically and with the pelvis square. The measurement was taken

on the left leg from the anterior superior iliac spine to the distal tip of the lateral malleolus (ankle).

Defining overweight and obesity in teenagers

Body Mass Index (BMI) was used to indirectly assess adiposity and was calculated by weight (kg) divided by height squared (m^2). Age-and-sex-specific BMI charts were used to determine the prevalence of overweight and obesity in this sample of Irish teenagers. These BMI charts are used to compare a young person's BMI to the BMI distribution of a reference sample of young people of the same age (Flegal *et al.*, 2002). Due to the absence of age-and-sex-specific BMI charts for an Irish reference population, the UK 1990 BMI reference curves for males and females (UK90) were used (Cole *et al.*, 1995). In addition, the International Obesity Task Force (IOTF) age-and-sex-specific BMI cut-offs for defining overweight and obesity between 2-18 years were also used so that international comparisons could be made (Cole *et al.*, 2000).

Physical activity and accelerometer

Each teenager wore an accelerometer for 4 days of the survey period, usually 2 week days and 2 weekend days (RT3 Tri-axial accelerometer, Stayhealthy.com). The RT3 is the size of a pager and is worn on the waist. It continuously tracks activity through the use of piezo-electric accelerometer technology that measures motion in three dimensions and provides tri-axial vector data in activity units, metabolic equivalent units (METs) or kilocalories. The Stayhealthy software and RT3 docking station was used to upload the data from the accelerometer into an excel spreadsheet for each subject. One of the disadvantages of most accelerometers is the inability to record motion while the subject is cycling, bathing or swimming. Therefore the time spent at these activities was also recorded in an accelerometer diary.

Quality control

A detailed quality control protocol was developed for both food consumption and questionnaire data coding and entry to ensure consistency and compatibility between the two centres. For the food consumption data, a number of quality procedures were

implemented, including detailed quantification and coding guidelines, default food codes and computerised limits for data entry. Each fieldworker entered data from the diaries that they had collected, and each diary was checked on a line-by-line basis on completion.

A detailed coding manual was also developed for the questionnaires and all questionnaires were assimilated using customised questionnaire software (Q-Builder, Tinuviel Software, Anglesey, UK). Correct data entry was ensured by using a dual data entry method and rules based validation processes where only the answers from the coding manual are permitted. The consolidated data was exported as an asci file for importing into SPSS. Once imported into SPSS, all of the databases imported were analysed for errors and outliers.

Validation of food intake data

Several steps were taken to ensure the validity of the food intake data. The teenagers body weight was taken at the beginning and end of the survey week so that any weight loss over the 7 days of the survey could be determined. At the end of the survey week the teenager was asked if his/hers food intake was the same as usual, less than usual or more than usual during the preceding week. If their intake was different to usual the teenager was asked if they were unwell, if it was not a typical week for them or if there was another reason for the unusual pattern of food intake. The teenager was also asked if they were on a weight-reducing/gain diet while participating in the survey. Furthermore, the teenager was asked if there was any food/drink consumed during the 7 days that was not written down. If the teenager answered yes to this question, the fieldworker recorded the day and time of the foods/drinks consumed. Finally, the fieldworker was asked to comment on their opinion of the respondent's food diary. The diary was rated as 1-accurate and complete, 2-inaccurate and complete, 3-accurate and incomplete and 4-inaccurate and incomplete. More exact methods of validation will be carried out in the future which will use cut-off points based on basal metabolic rate (BMR) to identify over and under-reporting.

Databases

The food intake database from the NTFS comprises over 46,470 rows of data that describe every food and drink item consumed by each of the respondents, at every eating occasion, for each of the seven recording days. For each item consumed, the database records the actual day of the week and meal number in the day, the definition of the eating occasion, the time and location of consumption, the weight of food/drink consumed, the brand information, packaging type and packaging size, and a full nutrient breakdown for the amount of food consumed. Each of the 1761 food codes (including 75 supplements) were assigned to one of 19 food groups in the database. This database can be aggregated to examine day by day intakes and mean daily intakes of foods and nutrients.

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Table 2.1 Number (%) of respondents in the survey by sex and age group

	All *(n= 441)*	13-14y *(n=188)*	15-17y *(n=253)*
Males	224	95 (42)	129 (58)
Females	217	93 (43)	124 (57)

Table 2.2 Number (%) of respondents in the survey during winter (Sept-Feb) and summer (Mar-Aug) by sex

	Males *(n=224)*	Females *(n=217)*
Season		
Winter	80 (36)	107 (49)
Summer	144 (64)	110 (51)

Table 2.3 Number (%) of respondents by geographical location, sex and age group

	All	13-14y	15-17y
Males	*(n=224)*	*(n=95)*	*(n=129)*
Open country/village	66 (30)	29 (30.5)	37 (28.7)
Small town	47 (21)	28 (29.5)	19 (14.7)
Large town	34 (15)	10 (10.5)	24 (18.6)
City	77 (34)	28 (29.5)	49 (38)
Females	*(n=217)*	*(n=93)*	*(n=124)*
Open country/village	71 (33)	27 (29)	44 (35.5)
Small town	33 (15)	13 (14)	20 (16)
Large town	28 (13)	12 (13)	16 (13)
City	85 (39)	41 (44)	44 (35.5)

Table 2.4 Number (%) of respondents by social class and sex

	Males *(n=219)*	Females *(n=212)*
Social Class		
Professional Workers	115 (53)	101 (48)
Non-Manual Workers	41 (19)	38 (18)
Skilled Manual Workers	38 (17)	47 (22)
Unskilled Workers	25 (11)	26 (12)

Excludes 10 missing values

Table 2.5 Number (%) of respondents by socio-economic group and sex

	Males *(n=219)*	Females *(n=212)*
Socio-Economic Group		
Employers and Managers	50 (23)	32 (15)
Higher professional	18 (8)	15 (7)
Lower professional	40 (18)	42 (20)
Non-manual	31 (14)	36 (17)
Manual Skilled	6 (3)	14 (7)
Semi-skilled	14 (6)	13 (6)
Unskilled	1 (1)	5 (2)
Own account workers	50 (23)	45 (21)
Farmers	9 (4)	10 (5)

Excludes 10 missing values

Table 2.6 Number (%) of respondents by parents' education level and sex and age group of respondent

	All	13-14y	15-17y
Males	*(n=220)*	*(n=94)*	*(n=126)*
Intermediate	38 (17)	15 (16)	23 (18)
Secondary	83 (38)	39 (41)	44 (35)
Tertiary	99 (45)	40 (43)	59 (47)
Females	*(n=213)*	*(n=91)*	*(n=122)*
Intermediate	47 (22)	17 (19)	30 (25)
Secondary	86 (40)	43 (47)	43 (35)
Tertiary	80 (38)	31 (34)	49 (40)

Excludes 8 missing values

Table 2.7 Percentage of males and females from the NTFS for each year age compared with the census 2002 data

	Census 2002 (%)			NTFS (%)		
Age (years)	All 13-17	Males	Females	All 13-17	Males	Females
13	18.8	9.6	9.2	20.9	10.4	10.4
14	19.7	10.0	9.7	21.8	11.1	10.7
15	20.2	10.4	9.8	19.7	9.5	10.2
16	20.4	10.4	10.0	19.9	10.2	9.8
17	20.9	10.8	10.1	17.7	9.5	8.2
13-17 years	100	51.2	48.8	100	50.7	49.3

Table 2.8 Comparison of socio demographics from the Census 2002 data for the total population with data from the National Teens' Food Survey

	Census (%)	NTFS (%)
Geographical Location		
Open country	33	31
Village (200-1,499)	7	8
Town (1,500-2,999)	3	2
Town (3,000-4,999)	3	1
Town (5,000-9,999)	6	7
Town (>10,000)	13	14
City (Cork, Dublin)	36	37
Socio-economic group		
Employers and managers	19	19
Higher professional	6	8
Lower professional	12	19
Non-manual	20	16
Manual skilled	12	5
Semi-skilled	10	6
Unskilled	6	1
Own account workers	6	22
Farmers	7	4
Agricultural workers	1	0
Social class		
Professional workers	7	7
Managerial and technical	32	43
Non-manual	20	18
Skilled manual	21	20
Semi-skilled	13	10
Unskilled	7	2

Table 2.9 Comparison of marital status from the Census 2002 data (parents of persons under the age of 15 years (similar to NTFS age group of 13-17 years) and persons aged 40-60 years only (similar to NTFS parental age group)) with marital status from the National Teens' Food Survey

	Census (%)		NTFS total (%)
Marital status	Parents of persons < 15 years[#]	Persons 40-60 years	
Married/Partner	83.0	74.5	84.7
Sepated/Divorced/Widowed		11.3	13.5
Single	17.0	14.2	1.9

Values for 'single' include separated/divorced/widowed

Table 2.10 Comparison of education level from the Census 2002 data (for persons aged 40-60 years only (similar to parental age group on NTFS)) with parental education level from the National Teens' Food Survey

Education Level	Census (%)	NTFS (%)
Primary	21.0	4.5
Lower secondary	21.6	14.7
Upper secondary	27.6	16.3
Non degree	9.6	36.1
Degree	15.1	26.5
Not stated	5.1	1.8

Table 3.1 Mean, SD, median and percentile values of food group intakes (g/d) in the total population

	Food group	Total Population *(n=441)*				
		Mean	SD	Median	Percentiles	
					5th	95th
1	Rice & pasta, flours, grains & starches	39	61	26	0	122
2	Savouries (e.g. pizzas)	47	51	32	0	147
3	White breads & rolls	63	43	60	4	143
4	Wholemeal & brown breads & rolls	20	39	0	0	84
5	Other breads (e.g. scones, croissants)	9	16	0	0	44
6	"Ready-to-eat" breakfast cereals	31	32	22	0	93
7	Other breakfast cereals (e.g. porridge)	16	56	0	0	125
8	Biscuits	12	17	6	0	43
9	Cakes, pastries & buns	12	22	0	0	51
10	Wholemilk	206	232	155	0	617
11	Low fat, skimmed & fortified milks	42	122	0	0	299
12	Other milks (e.g. processed milks)	9	33	0	0	80
13	Creams	1	2	0	0	4
14	Cheeses	11	17	5	0	47
15	Yoghurts	22	36	0	0	96
16	Icecreams	10	17	0	0	43
17	Puddings & chilled desserts	9	23	0	0	47
18	Milk puddings (e.g. rice pudding)	2	9	0	0	6
19	Eggs & egg dishes	8	14	0	0	38
20	Butter	2	7	0	0	18
21	Low fat spreads	2	6	0	0	14
22	Other spreading fats	7	11	3	0	28
23	Oils	0	0	0	0	0
24	Hard cooking fats	0	0	0	0	0
25	Potatoes (e.g. boiled, mashed, baked)	70	63	57	0	189
26	Processed & homemade potato products	7	16	0	0	41
27	Chipped, fried & roasted potatoes	62	50	53	0	158
28	Vegetable & pulse dishes	7	18	0	0	42
29	Peas, beans & lentils	16	23	6	0	60
30	Green vegetables	8	13	0	0	34
31	Carrots	10	14	3	0	38
32	Salad vegetables (e.g. lettuce)	7	14	0	0	34
33	Other vegetables (e.g. onions)	13	22	3	0	58
34	Tinned or jarred vegetables	1	3	0	0	7
35	Fruit juices	86	116	43	0	324
36	Bananas	17	39	0	0	96
37	Other fruits (e.g. apples, pears)	36	78	14	0	150
38	Citrus fruit	8	27	0	0	57
39	Tinned fruit	1	7	0	0	6

Table 3.1 (continued) Mean, SD, median and percentile values of food group intakes (g/d) in the total population

	Food group	Total Population *(n=441)*				
					Percentiles	
		Mean	SD	Median	5th	95th
40	Nuts & seeds, herbs & spices	1	4	0	0	6
41	Fish & fish products	9	15	0	0	41
42	Fish dishes	2	11	0	0	0
43	Bacon & ham	13	16	7	0	50
44	Beef & veal	11	18	0	0	48
45	Lamb	3	11	0	0	25
46	Pork	5	10	0	0	28
47	Chicken, turkey & game (e.g. pheasant)	25	28	18	0	79
48	Offal & offal dishes	0	0	0	0	0
49	Beef & veal dishes	30	44	14	0	103
50	Lamb, pork & bacon dishes	4	17	0	0	43
51	Poultry & game dishes	19	31	0	0	84
52	Burgers (beef & pork)	13	20	0	0	53
53	Sausages	10	13	6	0	35
54	Meat pies & pastries	5	16	0	0	33
55	Meat products (e.g. processed meats)*	22	23	17	0	70
56	Alcoholic beverages *	14	88	0	0	47
57	Sugars, syrups, preserves & sweeteners	8	12	3	0	32
58	Chocolate confectionery	21	20	15	0	65
59	Non-chocolate confectionery	11	18	4	0	45
60	Savoury snacks	13	14	8	0	43
61	Soups, sauces & miscellaneous foods	43	45	30	0	133
63	Teas	110	189	31	0	499
64	Coffees	7	33	0	0	37
65	Other beverages (e.g. water)	418	388	317	0	1196
66	Carbonated beverages	185	189	129	0	588
67	Diet carbonated beverages	21	65	0	0	133
68	Squashes, cordials & fruit juice drinks	34	66	0	0	156

Food group 62 = Nutritional supplements

*Amended January 2018

Table 3.2 Mean, SD, median and percentile values of food group intakes (g/d) in consumers only

	Food group	Consumers only						
		n	%	Mean	SD	Median	Percentiles	
							5th	95th
1	Rice & pasta, flours, grains & starches	*284*	64	61	67	46	12	141
2	Savouries (e.g. pizzas)	*337*	76	62	50	50	7	160
3	White breads & rolls	*422*	96	66	42	61	10	144
4	Wholemeal & brown breads & rolls	*210*	48	41	48	27	5	128
5	Other breads (e.g. scones, croissants)	*180*	41	23	19	17	5	65
6	"Ready-to-eat" breakfast cereals	*358*	81	38	32	30	6	103
7	Other breakfast cereals (e.g. porridge)	*65*	15	110	106	79	10	356
8	Biscuits	*304*	69	17	18	12	2	50
9	Cakes, pastries & buns	*213*	48	25	27	17	4	73
10	Wholemilk	*360*	82	253	232	196	16	686
11	Low fat, skimmed & fortified milks	*106*	24	176	197	109	7	583
12	Other milks (e.g. processed milks)	*53*	12	79	61	57	23	241
13	Creams	*48*	11	5	4	4	1	16
14	Cheeses	*272*	62	18	18	12	2	54
15	Yoghurts	*191*	43	51	39	43	9	130
16	Icecreams	*213*	48	22	19	17	7	62
17	Puddings & chilled desserts	*136*	31	31	34	20	6	79
18	Milk puddings (e.g. rice pudding)	*23*	5	29	25	21	4	98
19	Eggs & egg dishes	*181*	41	20	16	17	7	54
20	Butter	*115*	26	9	12	5	1	37
21	Low fat spreads	*109*	25	9	10	7	1	29
22	Other spreading fats	*300*	68	10	11	6	1	36
23	Oils	*26*	6	1	1	1	0	2
24	Hard cooking fats	*0*	0	0	0	0	0	0
25	Potatoes (e.g. boiled, mashed, baked)	*367*	83	84	60	69	20	196
26	Processed & homemade potato products	*108*	24	27	23	19	6	74
27	Chipped, fried & roasted potatoes	*409*	93	67	49	57	13	160
28	Vegetable & pulse dishes	*116*	26	26	28	15	4	70
29	Peas, beans & lentils	*241*	55	29	24	21	6	86
30	Green vegetables	*181*	41	19	14	14	4	46
31	Carrots	*226*	51	19	15	13	4	48
32	Salad vegetables (e.g. lettuce)	*192*	44	17	17	11	2	60
33	Other vegetables (e.g. onions)	*247*	56	23	25	18	2	74
34	Tinned or jarred vegetables	*37*	8	10	7	8	2	29
35	Fruit juices	*272*	62	140	120	94	27	374
36	Bananas	*148*	34	52	52	39	10	142
37	Other fruits (e.g. apples, pears)	*249*	56	64	94	39	10	183
38	Citrus fruit	*78*	18	47	47	31	6	171
39	Tinned fruit	*28*	6	17	23	10	4	93

Table 3.2 (continued) Mean, SD, median and percentile values of food group intakes (g/d) in consumers only

Food group	Consumers only						
	n	%	Mean	SD	Median	Percentiles	
						5th	95th
40 Nuts & seeds, herbs & spices	*69*	16	6	9	3	0	29
41 Fish & fish products	*164*	37	23	17	19	6	58
42 Fish dishes	*14*	3	48	41	32	9	135
43 Bacon & ham	*290*	66	19	16	13	3	57
44 Beef & veal	*180*	41	27	20	20	6	70
45 Lamb	*68*	15	22	18	17	6	56
46 Pork	*104*	24	21	12	17	8	48
47 Chicken, turkey & game (e.g. pheasant)	*312*	71	35	27	28	7	90
48 Offal & offal dishes	*0*	0	0	0	0	0	0
49 Beef & veal dishes	*229*	52	57	46	43	19	137
50 Lamb, pork & bacon dishes	*46*	10	43	32	38	4	90
51 Poultry & game dishes	*159*	36	52	31	44	16	120
52 Burgers (beef & pork)	*197*	45	29	20	24	10	71
53 Sausages	*251*	57	17	13	13	4	46
54 Meat pies & pastries	*72*	16	30	28	21	5	87
55 Meat products (e.g. processed meats) *	*335*	76	29	23	23	4	79
56 Alcoholic beverages *	*30*	7	210	271	127	1	980
57 Sugars, syrups, preserves & sweeteners	*289*	66	12	14	7	1	41
58 Chocolate confectionery	*369*	84	25	20	18	5	68
59 Non-chocolate confectionery	*293*	66	17	19	11	1	58
60 Savoury snacks	*331*	75	17	14	13	3	46
61 Soups, sauces & miscellaneous foods	*402*	91	47	45	34	4	135
63 Teas	*238*	54	203	218	129	29	677
64 Coffees	*37*	8	86	79	43	21	281
65 Other beverages (e.g. water)	*405*	92	455	384	357	60	1222
66 Carbonated beverages	*362*	82	225	186	179	36	612
67 Diet carbonated beverages	*78*	18	121	108	75	27	341
68 Squashes, cordials & fruit juice drinks	*198*	45	76	80	57	6	236

Food group 62 = Nutritional supplements

*Amended January 2018

Table 3.3 Mean, SD, median and percentile values of food group intakes (g/d) for all males and by age group in the total population

Food group	All males 13-17y *(n =224)*					13-14y *(n= 95)*					15-17y *(n= 129)*				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th				5th	95th
1 Rice & pasta , flours, grains & starches	45	76	31	0	123	44	103	31	0	113	45	48	34	0	145
2 Savouries (e.g. pizzas)	52	54	37	0	155	48	50	36	0	158	55	57	37	0	157
3 White breads & rolls	76	47	68	9	154	80	50	73	10	185	73	44	63	3	151
4 Wholemeal & brown breads & rolls	23	49	0	0	122	15	25	0	0	71	30	60	0	0	172
5 Other breads (e.g. scones, croissants)	7	13	0	0	34	6	12	0	0	34	8	14	0	0	37
6 "Ready-to-eat" breakfast cereals	40	37	34	0	121	38	38	29	0	106	42	35	38	0	123
7 Other breakfast cereals (e.g. porridge)	24	72	0	0	192	16	46	0	0	116	30	86	0	0	236
8 Biscuits	13	19	7	0	47	12	18	6	0	51	14	20	8	0	46
9 Cakes, pastries & buns	13	27	0	0	59	9	17	0	0	36	16	32	0	0	73
10 Wholemilk	266	253	210	0	738	276	259	200	0	831	259	250	221	0	699
11 Low fat, skimmed &fortified milks	48	148	0	0	379	34	97	0	0	315	58	176	0	0	489
12 Other milks (e.g. processed milks)	9	33	0	0	81	7	25	0	0	86	10	38	0	0	81
13 Creams	0	2	0	0	4	0	2	0	0	4	0	1	0	0	4
14 Cheeses	13	19	6	0	53	11	15	5	0	50	14	21	7	0	70
15 Yoghurts	24	38	0	0	100	18	33	0	0	80	28	42	0	0	109
16 Icecreams	10	19	0	0	40	9	14	0	0	34	11	22	0	0	46
17 Puddings & chilled desserts	11	26	0	0	48	12	23	0	0	60	9	27	0	0	47
18 Milk puddings (e.g. rice pudding)	2	8	0	0	10	1	7	0	0	9	2	9	0	0	27
19 Eggs & egg dishes	11	17	0	0	48	12	20	0	0	58	10	14	0	0	40
20 Butter	3	9	0	0	24	3	9	0	0	25	3	9	0	0	22
21 Low fat spreads	2	7	0	0	15	3	8	0	0	19	2	5	0	0	14
22 Other spreading fats	8	12	3	0	37	8	12	3	0	33	9	13	2	0	39
23 Oils	0	0	0	0	1	0	0	0	0	1	0	0	0	0	1
24 Hard cooking fats	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	82	71	68	0	217	88	72	77	0	218	78	70	63	0	219
26 Processed & homemade potato products	8	18	0	0	45	7	14	0	0	42	9	21	0	0	58
27 Chipped, fried & roasted potatoes	67	54	55	0	166	66	53	55	0	163	67	56	54	0	182
28 Vegetable & pulse dishes	5	15	0	0	33	2	6	0	0	15	7	19	0	0	62
29 Peas, beans & lentils	19	25	10	0	76	18	25	10	0	87	19	26	10	0	71
30 Green vegetables	8	14	0	0	34	10	15	0	0	42	8	12	0	0	34
31 Carrots	11	16	5	0	42	11	13	6	0	36	11	18	4	0	48
32 Salad vegetables (e.g. lettuce)	7	14	0	0	33	6	11	0	0	32	7	16	0	0	47
33 Other vegetables (e.g. onions)	14	25	2	0	63	15	27	0	0	68	14	24	3	0	67
34 Tinned or jarred vegetables	1	4	0	0	6	1	4	0	0	12	1	4	0	0	5
35 Fruit juices	87	124	36	0	333	83	110	43	0	304	90	133	32	0	377

Table 3.3 (continued) Mean, SD, median and percentile values of food group intakes (g/d) for all males and by age group in the total population

Food group	All males 13-17y *(n =224)*					13-14y *(n= 95)*					15-17y *(n= 129)*				
	Mean	SD	Median	Percentiles 5th	95th	Mean	SD	Median	Percentiles 5th	95th	Mean	SD	Median	Percentiles 5th	95th
36 Bananas	21	47	0	0	106	16	41	0	0	100	25	51	0	0	107
37 Other fruits (e.g. apples, pears)	37	98	2	0	163	30	49	11	0	145	41	122	0	0	192
38 Citrus fruit	10	33	0	0	80	7	27	0	0	55	12	37	0	0	110
39 Tinned fruit	1	7	0	0	0	0	2	0	0	0	1	9	0	0	0
40 Nuts & seeds, herbs & spices	1	6	0	0	11	1	4	0	0	5	2	7	0	0	13
41 Fish & fish products	10	17	0	0	44	10	16	0	0	46	10	18	0	0	44
42 Fish dishes	2	12	0	0	0	3	16	0	0	0	1	9	0	0	0
43 Bacon & ham	16	18	10	0	56	15	15	10	0	46	16	19	10	0	60
44 Beef & veal	15	22	0	0	67	17	24	0	0	72	13	20	0	0	54
45 Lamb	4	11	0	0	32	5	12	0	0	38	4	10	0	0	29
46 Pork	5	11	0	0	27	4	9	0	0	21	6	12	0	0	30
47 Chicken, turkey & game (e.g. pheasant)	29	31	21	0	92	27	31	18	0	96	30	31	24	0	91
48 Offal & offal dishes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
49 Beef & veal dishes	34	52	15	0	109	38	67	15	0	161	31	38	14	0	104
50 Lamb, pork & bacon dishes	5	19	0	0	44	6	22	0	0	44	5	16	0	0	47
51 Poultry & game dishes	20	36	0	0	91	15	30	0	0	78	25	39	0	0	116
52 Burgers (beef & pork)	14	23	0	0	64	11	18	0	0	62	17	25	0	0	73
53 Sausages	11	15	7	0	42	13	16	9	0	45	10	14	6	0	41
54 Meat pies & pastries	6	19	0	0	49	8	23	0	0	45	5	16	0	0	52
55 Meat products (e.g. processed meats) *	27	26	21	0	81	28	25	21	0	85	26	27	20	0	81
56 Alcoholic beverages *	18	106	0	0	85	0	0	0	0	0	32	138	0	0	269
57 Sugars, syrups, preserves & sweeteners	9	14	5	0	37	8	12	4	0	37	10	16	6	0	38
58 Chocolate confectionery	23	22	16	0	68	21	21	15	0	69	24	23	17	0	68
59 Non-chocolate confectionery	11	18	4	0	46	12	17	6	0	46	11	18	2	0	53
60 Savoury snacks	10	13	6	0	41	12	15	6	0	47	9	11	6	0	29
61 Soups, sauces & miscellaneous foods	41	43	28	0	137	38	42	27	0	133	43	43	30	0	142
63 Teas	113	209	31	0	512	90	145	31	0	420	129	244	0	0	734
64 Coffees	5	24	0	0	31	6	27	0	0	34	4	22	0	0	30
65 Other beverages (e.g. water)	426	411	323	0	1305	357	373	306	0	1156	476	431	357	0	1360
66 Carbonated beverages	207	201	165	0	615	188	161	154	0	517	222	225	183	0	660
67 Diet carbonated beverages	21	66	0	0	173	18	59	0	0	138	23	71	0	0	186
68 Squashes, cordials & fruit juice drinks	42	79	0	0	221	48	94	0	0	259	37	67	0	0	171

Food group 62 = Nutritional supplements

*Amended January 2018

Table 3.4 Mean, SD, median and percentile values of food group intakes (g/d) for all females and by age group in the total population

Food group	All females 13-17y *(n=217)*					13-14y *(n=93)*					15-17y *(n=124)*				
	Mean	SD	Median	Percentiles 5th	95th	Mean	SD	Median	Percentiles 5th	95th	Mean	SD	Median	Percentiles 5th	95th
1 Rice & pasta, flours, grains & starches	34	41	23	0	115	39	47	26	0	123	30	36	19	0	105
2 Savouries (e.g. pizzas)	42	47	27	0	131	43	49	25	0	171	41	45	27	0	123
3 White breads & rolls	51	34	48	0	114	53	36	49	0	117	49	33	48	0	108
4 Wholemeal & brown breads & rolls	16	25	5	0	79	9	16	0	0	44	21	28	10	0	93
5 Other breads (e.g. scones, croissants)	11	19	0	0	58	12	20	0	0	64	11	18	0	0	47
6 "Ready-to-eat" breakfast cereals	21	24	13	0	77	19	21	13	0	59	22	26	12	0	84
7 Other breakfast cereals (e.g. porridge)	8	30	0	0	77	6	22	0	0	53	10	35	0	0	90
8 Biscuits	10	13	6	0	40	9	11	7	0	34	11	14	6	0	42
9 Cakes, pastries & buns	11	16	0	0	44	11	15	4	0	44	10	17	0	0	45
10 Wholemilk	144	188	86	0	475	135	147	93	0	426	151	214	83	0	494
11 Low fat, skimmed & fortified milks	37	89	0	0	252	30	81	0	0	245	41	94	0	0	276
12 Other milks (e.g. processed milks)	10	33	0	0	72	7	25	0	0	58	11	38	0	0	83
13 Creams	1	2	0	0	4	1	2	0	0	4	1	2	0	0	5
14 Cheeses	10	14	5	0	39	11	16	3	0	48	9	12	5	0	39
15 Yoghurts	20	33	0	0	86	19	34	0	0	77	21	33	0	0	88
16 Icecreams	11	15	4	0	45	12	14	9	0	39	10	16	0	0	47
17 Puddings & chilled desserts	8	21	0	0	44	8	25	0	0	57	8	17	0	0	43
18 Milk puddings (e.g. rice pudding)	1	9	0	0	0	2	11	0	0	0	1	7	0	0	0
19 Eggs & egg dishes	6	11	0	0	34	5	8	0	0	22	7	13	0	0	43
20 Butter	2	5	0	0	10	1	5	0	0	10	2	5	0	0	11
21 Low fat spreads	2	6	0	0	12	2	7	0	0	11	2	5	0	0	14
22 Other spreading fats	6	8	3	0	20	5	6	3	0	18	6	9	2	0	23
23 Oils	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
24 Hard cooking fats	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	58	52	49	0	157	51	52	37	0	161	63	52	55	0	157
26 Processed & homemade potato products	5	14	0	0	32	6	16	0	0	46	5	13	0	0	27
27 Chipped, fried & roasted potatoes	58	45	49	0	151	60	42	55	0	145	56	47	46	0	158
28 Vegetable & pulse dishes	9	21	0	0	56	8	25	0	0	61	9	17	0	0	50
29 Peas, beans & lentils	12	19	4	0	50	14	21	5	0	71	11	17	4	0	39
30 Green vegetables	7	11	0	0	30	8	13	0	0	38	6	10	0	0	28
31 Carrots	8	12	0	0	37	8	13	0	0	35	8	12	3	0	37
32 Salad vegetables (e.g. lettuce)	8	14	0	0	43	6	10	0	0	30	10	17	2	0	51
33 Other vegetables (e.g. onions)	12	18	4	0	49	9	13	2	0	35	14	20	6	0	58
34 Tinned or jarred vegetables	1	3	0	0	8	1	4	0	0	11	1	2	0	0	5

Table 3.4 (continued) Mean, SD, median and percentile values of food group intakes (g/d) for all females and by age group in the total population

Food group	All females 13-17y *(n=217)*					13-14y *(n=93)*					15-17y *(n=124)*				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th				5th	95th
35 Fruit juices	85	108	57	0	289	85	108	57	0	324	86	108	57	0	286
36 Bananas	14	28	0	0	77	10	21	0	0	66	17	32	0	0	86
37 Other fruits (e.g. apples, pears)	36	49	17	0	145	30	45	17	0	123	40	52	19	0	149
38 Citrus fruit	7	17	0	0	42	6	17	0	0	39	7	18	0	0	46
39 Tinned fruit	1	7	0	0	11	2	10	0	0	9	1	4	0	0	11
40 Nuts & seeds, herbs & spices	1	2	0	0	5	1	2	0	0	6	0	2	0	0	4
41 Fish & fish products	7	13	0	0	36	6	11	0	0	36	8	14	0	0	39
42 Fish dishes	1	9	0	0	0	1	13	0	0	0	1	5	0	0	6
43 Bacon & ham	10	14	6	0	36	10	13	6	0	35	10	15	6	0	40
44 Beef & veal	7	12	0	0	35	9	14	0	0	43	6	10	0	0	29
45 Lamb	3	10	0	0	18	2	5	0	0	15	3	13	0	0	28
46 Pork	4	10	0	0	28	4	9	0	0	29	5	11	0	0	29
47 Chicken, turkey & game (e.g. pheasant)	21	24	16	0	65	18	22	12	0	57	23	25	17	0	72
48 Offal & offal dishes	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
49 Beef & veal dishes	25	33	14	0	92	24	30	18	0	81	26	35	14	0	101
50 Lamb, pork & bacon dishes	3	14	0	0	36	3	12	0	0	22	4	16	0	0	36
51 Poultry & game dishes	17	26	0	0	69	20	28	0	0	82	14	23	0	0	61
52 Burgers (beef & pork)	12	17	0	0	44	14	16	12	0	45	10	17	0	0	46
53 Sausages	8	11	5	0	28	8	11	5	0	27	8	11	5	0	29
54 Meat pies & pastries	4	11	0	0	25	5	13	0	0	28	3	9	0	0	20
55 Meat products (e.g. processed meats) *	18	19	14	0	62	18	21	14	0	70	17	17	14	0	49
56 Alcoholic beverages*	10	63	0	0	16	1	10	0	0	0	17	83	0	0	96
57 Sugars, syrups, preserves & sweeteners	6	10	2	0	25	5	7	1	0	19	7	12	2	0	35
58 Chocolate confectionery	19	19	13	0	60	19	17	14	0	60	19	20	12	0	65
59 Non-chocolate confectionery	11	18	4	0	44	14	19	6	0	47	9	17	3	0	44
60 Savoury snacks	15	14	11	0	45	16	13	13	0	46	15	15	10	0	46
61 Soups, sauces & miscellaneous foods	45	47	30	0	127	47	57	28	0	132	44	38	37	1	122
63 Teas	106	167	31	0	497	86	129	29	0	343	122	190	36	0	539
64 Coffees	10	40	0	0	53	7	28	0	0	50	12	47	0	0	72
65 Other beverages (e.g. water)	410	364	310	0	1120	354	259	303	0	825	452	423	319	51	1327
66 Carbonated beverages	161	173	106	0	536	176	168	126	0	557	150	177	88	0	527
67 Diet carbonated beverages	22	63	0	0	121	21	60	0	0	144	23	66	0	0	136
68 Squashes, cordials & fruit juice drinks	26	46	0	0	143	31	45	6	0	125	23	47	0	0	146

Food group 62 = Nutritional supplements

*Amended January 2018

Table 3.5 Mean, SD, median and percentile values of food group intakes (g/d) for all males and by age group in consumers only

	Food group	Male consumers only																			
		13-17y							13-14 y							15-17 y						
		n	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles	
							5th	95th						5th	95th						5th	95th
1	Rice & pasta, flours, grains & starches	*143*	64	70	85	53	15	147	57	60	74	125	47	19	133	86	67	67	44	60	15	148
2	Savouries (e.g. pizzas)	*172*	77	68	53	57	7	167	69	73	67	48	59	7	178	103	80	69	56	55	7	164
3	White breads & rolls	*217*	97	78	69	46	18	155	94	99	81	50	74	14	186	123	95	76	42	65	20	151
4	Wholemeal & brown breads & rolls	*96*	43	55	63	39	6	208	39	41	35	29	27	5	86	57	44	68	75	43	7	264
5	Other breads (e.g. scones, croissants)	*77*	34	21	15	20	5	51	30	32	20	13	17	3	44	47	36	22	16	21	5	61
6	"Ready to eat" breakfast cereals	*195*	87	46	36	39	6	123	81	85	44	38	37	6	121	114	88	48	34	39	7	125
7	Other breakfast cereals (e.g. porridge)	*38*	17	141	121	92	11	384	17	18	88	76	65	6	241	21	16	183	134	153	36	528
8	Biscuits	*150*	67	20	21	14	2	61	65	68	18	19	10	2	66	85	66	21	22	16	3	63
9	Cakes, pastries & buns	*107*	48	28	33	16	4	94	43	45	21	20	15	4	81	64	50	33	39	18	6	119
10	Wholemilk	*192*	86	311	247	245	43	831	82	86	319	252	229	27	832	110	85	304	245	253	59	791
11	Low fat, skimmed & fortified milks	*44*	20	244	253	168	10	737	17	18	190	156	160	7	557	27	21	279	297	199	11	1029
12	Other milks (e.g. processed milks)	*25*	11	82	64	71	24	279	9	9	78	37	86	31	143	16	12	84	76	60	21	307
13	Creams	*18*	8	5	4	4	1	18	6	6	7	6	5	1	18	12	9	4	2	4	2	9
14	Cheeses	*143*	64	20	20	14	2	72	58	61	18	16	13	2	54	85	66	22	23	14	2	76
15	Yoghurts	*96*	43	55	41	47	13	137	37	39	47	38	37	7	168	59	46	61	42	54	14	132
16	Icecreams	*103*	46	22	23	14	7	72	45	47	19	15	13	7	60	58	45	24	27	14	7	82
17	Puddings & chilled desserts	*70*	31	34	37	25	8	71	34	36	33	29	26	4	99	36	28	34	43	21	8	95
18	Milk puddings (e.g. rice pudding)	*15*	7	26	19	25	3	64	6	6	18	23	10	3	64	9	7	31	16	29	7	64
19	Eggs & egg dishes	*109*	49	22	18	17	7	59	46	48	25	22	17	7	84	63	49	20	14	17	6	51
20	Butter	*61*	27	11	13	5	1	44	27	28	12	13	7	1	43	34	26	11	14	4	1	47
21	Low fat spreads	*54*	24	10	10	7	2	32	24	25	12	13	9	2	52	30	23	8	7	6	1	26
22	Other spreading fats	*154*	69	12	13	7	1	39	65	68	12	13	6	1	37	89	69	13	14	8	1	46
23	Oils	*19*	8	1	1	1	0	3	10	11	1	1	1	0	3	9	7	1	0	1	0	1
24	Hard cooking fats	*0*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25	Potatoes (e.g. boiled, mashed, baked)	*190*	85	97	67	81	20	228	82	86	102	67	87	24	242	108	84	93	66	75	20	229
26	Processed & homemade potato products	*58*	26	30	25	24	6	67	25	26	26	15	19	4	55	33	26	33	30	26	5	115
27	Chipped, fried & roasted potatoes	*209*	93	71	53	58	12	174	88	93	71	51	60	13	165	121	94	72	55	58	9	183
28	Vegetable & pulse dishes	*50*	22	24	25	15	3	72	18	19	12	8	10	4	36	32	25	30	29	17	3	93
29	Peas, beans & lentils	*129*	58	33	26	29	6	91	55	58	32	26	28	6	100	74	57	34	25	29	7	86
30	Green vegetables	*96*	43	20	15	16	5	52	42	44	22	16	17	5	59	54	42	18	14	14	5	41
31	Carrots	*119*	53	21	17	15	4	50	51	54	20	12	16	4	43	68	53	21	19	13	4	71
32	Salad vegetables (e.g. lettuce)	*84*	38	17	18	11	2	61	34	36	17	14	16	1	46	50	39	18	21	8	2	65
33	Other vegetables (e.g. onions)	*119*	53	27	29	20	2	90	46	48	31	32	23	1	97	73	57	24	27	18	2	81
34	Tinned or jarred vegetables	*17*	8	11	8	7	1	29	7	7	12	7	12	3	22	10	8	9	10	6	1	29

Table 3.5 (continued) Mean, SD, median and percentile values of food group intakes (g/d) for all males and by age group in consumers only

Food group	Male consumers only																				
	13-17y							13-14 y							15-17 y						
	n	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th						5th	95th
35 Fruit juices	*129*	58	151	130	115	29	443	56	59	140	112	104	7	359	73	57	160	143	120	29	501
36 Bananas	*77*	34	60	64	42	10	186	27	28	55	63	31	6	227	50	39	63	65	49	10	142
37 Other fruits (e.g. apples, pears)	*113*	50	73	128	41	9	225	53	56	54	55	33	7	167	60	47	89	167	45	9	259
38 Citrus fruit	*35*	16	63	62	40	6	190	15	16	46	55	18	6	212	20	16	75	65	59	6	184
39 Tinned fruit	*7*	3	22	33	6	4	96	2	2	11	9	11	5	17	5	4	27	40	6	4	96
40 Nuts & seeds, herbs & spices	*31*	14	10	12	5	0	41	11	12	7	10	3	0	29	20	16	12	13	6	0	45
41 Fish & fish products	*87*	39	26	20	19	6	67	41	43	24	17	18	7	67	46	36	27	22	19	6	74
42 Fish dishes	*7*	3	60	38	49	26	135	3	3	81	49	69	38	135	4	3	45	23	39	26	75
43 Bacon & ham	*159*	71	22	17	17	4	60	71	75	19	15	15	4	51	88	68	24	19	18	3	62
44 Beef & veal	*105*	47	32	22	25	7	82	47	49	34	24	25	7	88	58	45	30	20	24	6	77
45 Lamb	*105*	47	4	11	0	0	33	47	49	5	12	0	0	40	58	45	4	10	0	0	35
46 Pork	*141*	63	52	41	39	11	125	21	22	19	10	17	7	54	36	28	22	12	18	9	52
47 Chicken, turkey & game (e.g. pheasant)	*166*	74	39	30	30	9	96	71	75	36	31	24	8	106	95	74	41	29	34	9	94
48 Offal & offal dishes	*0*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
49 Beef & veal dishes	*117*	52	66	56	50	15	158	49	52	74	78	43	17	259	68	53	59	32	50	14	125
50 Lamb, pork & bacon dishes	*28*	13	43	35	37	8	137	14	15	43	43	31	10	177	14	11	44	26	44	6	89
51 Poultry & game dishes	*75*	33	61	36	58	15	131	26	27	55	35	48	15	153	49	38	65	36	61	14	142
52 Burgers (beef & pork)	*99*	44	33	24	26	10	79	37	39	28	18	24	7	70	62	48	35	26	28	10	101
53 Sausages	*131*	58	19	15	14	4	54	59	62	21	15	17	6	54	72	56	18	15	13	4	55
54 Meat pies & pastries	*35*	16	39	34	29	6	120	18	19	40	39	25	12	180	17	13	38	29	29	6	105
55 Meat products (e.g. processed meats)*	*177*	79	34	25	28	6	84	80	84	33	24	26	3	86	97	75	35	26	28	6	82
56 Alcoholic beverages*	*15*	7	273	322	214	41	1331	0	0	0	0	0	0	0	15	12	273	322	214	41	1331
57 Sugars, syrups, preserves & sweeteners	*149*	67	14	15	9	1	47	64	67	12	12	8	1	45	85	66	16	17	11	1	58
58 Chocolate confectionery	*186*	83	27	21	21	6	70	81	85	25	21	20	5	70	105	81	29	22	22	6	70
59 Non-chocolate confectionery	*134*	60	19	19	14	1	60	60	63	18	19	14	1	58	74	57	20	20	14	1	66
60 Savoury snacks	*147*	66	15	13	11	3	45	66	69	17	15	11	3	50	81	63	14	11	11	3	41
61 Soups, sauces & miscellaneous foods	*199*	89	46	43	33	3	140	83	87	43	43	32	3	138	116	90	48	43	35	3	148
63 Teas	*119*	53	212	247	115	29	761	56	59	153	162	99	27	502	63	49	265	295	154	31	854
64 Coffees	*15*	7	74	63	37	11	195	8	8	74	66	35	11	170	7	5	75	64	37	30	195
65 Other beverages (e.g. water)	*199*	89	479	405	359	46	1359	83	87	409	372	328	63	1188	116	90	529	422	381	43	1382
66 Carbonated beverages	*187*	83	248	195	200	43	626	82	86	218	154	184	36	550	105	81	272	220	214	47	723
67 Diet carbonated beverages	*35*	16	134	114	86	23	361	14	15	123	107	83	23	332	21	16	141	121	86	24	464
68 Squashes, cordials & fruit juice drinks	*103*	46	90	97	62	7	317	47	49	97	115	45	7	424	56	43	85	79	69	6	297

Food group 62 = Nutritional supplements

*Amended January 2018

Table 3.6 Mean, SD, median and percentile values of food group intakes (g/d) for all females and by age group in consumers only

Food group	Female consumers only																				
	13-17 y							13-14 y							15-17 y						
	n	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th						5th	95th
1 Rice & pasta, flours, grains & starches	*141*	65	52	41	39	11	125	67	72	55	47	41	11	136	74	60	50	34	39	8	125
2 Savouries (e.g. pizzas)	*165*	76	55	46	45	9	145	68	73	58	49	41	5	178	97	78	53	45	46	9	126
3 White breads & rolls	*205*	94	54	50	33	8	115	87	94	57	34	55	9	118	118	95	52	32	49	8	108
4 Wholemeal & brown breads & rolls	*114*	53	30	27	22	5	97	39	42	22	19	14	5	75	75	60	35	29	27	5	102
5 Other breads (e.g. scones, croissants)	*103*	47	24	22	16	6	68	42	45	27	23	19	6	88	61	49	21	20	14	5	66
6 "Ready to eat" breakfast cereals	*163*	75	28	24	20	5	84	69	74	26	20	21	6	65	94	76	29	26	20	4	85
7 Other breakfast cereals (e.g. porridge)	*27*	12	67	58	42	7	188	10	11	54	46	42	6	134	17	14	74	65	42	11	207
8 Biscuits	*154*	71	15	14	10	2	46	67	72	13	11	11	1	43	87	70	16	15	9	2	48
9 Cakes, pastries & buns	*106*	49	22	18	17	4	61	52	56	20	16	15	4	61	54	44	23	19	17	4	63
10 Wholemilk	*168*	77	186	195	140	9	522	74	80	169	146	137	13	497	94	76	199	226	143	8	540
11 Low fat, skimmed & fortified milks	*62*	29	128	126	91	7	439	22	24	129	125	102	5	483	40	32	128	128	69	7	441
12 Other milks (e.g. processed milks)	*28*	13	76	59	52	19	234	10	11	69	39	54	34	147	18	15	79	69	51	14	304
13 Creams	*30*	14	5	4	4	1	15	10	11	6	5	4	1	17	20	16	5	4	3	1	14
14 Cheeses	*129*	59	17	14	12	2	48	51	55	20	17	14	2	67	78	63	15	12	10	2	43
15 Yoghurts	*95*	44	46	36	39	9	129	37	40	47	39	43	8	153	58	47	46	34	36	8	128
16 Icecreams	*110*	51	21	15	18	7	56	55	59	20	12	18	7	52	55	44	22	18	18	5	65
17 Puddings & chilled desserts	*66*	30	27	30	16	4	95	23	25	33	41	19	4	164	43	35	24	22	16	3	81
18 Milk puddings (e.g. rice pudding)	*8*	4	35	34	21	7	106	3	3	48	50	21	17	106	5	4	27	23	21	7	66
19 Eggs & egg dishes	*72*	33	18	13	17	7	44	32	34	14	8	9	6	34	40	32	21	14	17	7	51
20 Butter	*54*	25	7	9	3	1	29	18	19	7	11	3	1	47	36	29	7	8	4	1	28
21 Low fat spreads	*55*	25	9	9	7	1	24	22	24	9	13	4	2	54	33	27	9	6	9	1	22
22 Other spreading fats	*146*	67	8	8	5	1	23	66	71	7	6	5	1	19	80	65	9	10	5	1	26
23 Oils	*7*	3	1	0	1	0	2	4	4	1	0	1	0	1	3	2	1	1	1	0	2
24 Hard cooking fats	*0*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	*177*	82	71	49	57	17	162	70	75	68	50	52	14	174	107	86	73	49	62	20	160
26 Processed & homemade potato products	*50*	23	24	21	16	6	76	20	22	26	26	16	5	101	30	24	22	18	16	6	75
27 Chipped, fried & roasted potatoes	*200*	92	63	43	55	14	153	86	92	65	40	57	14	148	114	92	61	46	52	11	163
28 Vegetable & pulse dishes	*66*	30	28	29	16	5	85	18	19	40	43	22	3	173	48	39	24	21	16	6	63
29 Peas, beans & lentils	*112*	52	24	20	18	5	79	49	53	26	23	19	5	89	63	51	22	17	17	4	56
30 Green vegetables	*85*	39	17	12	14	4	44	38	41	19	15	13	4	58	47	38	16	9	14	4	36
31 Carrots	*107*	49	17	13	13	5	41	44	47	17	14	12	5	54	63	51	17	12	13	3	41
32 Salad vegetables (e.g. lettuce)	*108*	50	17	17	11	2	53	38	41	14	11	11	2	32	70	56	18	19	11	1	61
33 Other vegetables (e.g. onions)	*128*	59	20	19	15	2	65	50	54	17	14	13	0	44	78	63	22	21	16	3	72
34 Tinned or jarred vegetables	*20*	9	9	7	8	3	29	9	10	12	8	10	4	29	11	9	7	5	6	3	16

Table 3.6 (continued) Mean, SD, median and percentile values of food group intakes (g/d) for all females and by age group in consumers only

Food group	Female consumers only																				
	13-17 y							13-14 y							15-17 y						
	n	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles		*n*	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th						5th	95th
35 Fruit juices	*143*	66	130	109	91	23	341	64	69	124	111	88	20	350	79	64	134	109	91	29	343
36 Bananas	*71*	33	43	33	30	12	107	26	28	36	25	23	14	91	45	36	46	37	35	10	146
37 Other fruits (e.g. apples, pears)	*136*	63	57	52	38	11	161	56	60	49	48	32	9	149	80	65	62	53	45	12	177
38 Citrus fruit	*43*	20	34	25	30	7	94	15	16	38	24	33	8	88	28	23	32	26	26	6	101
39 Tinned fruit	*21*	10	15	18	11	4	84	10	11	18	26	7	4	89	11	9	12	6	11	5	23
40 Nuts & seeds, herbs & spices	*38*	18	3	4	2	0	12	17	18	4	4	2	0	15	21	17	3	3	2	0	12
41 Fish & fish products	*77*	35	21	14	16	4	44	26	28	22	11	21	4	41	51	41	20	15	16	5	56
42 Fish dishes	*7*	3	35	42	20	9	128	1	1	128	0	128	128	128	6	5	19	9	17	9	33
43 Bacon & ham	*131*	60	16	15	12	3	51	55	59	17	13	13	3	51	76	61	16	16	11	3	52
44 Beef & veal	*75*	35	20	13	16	6	49	35	38	23	15	16	5	59	40	32	18	10	16	7	38
45 Lamb	*75*	35	3	14	0	0	20	35	38	1	4	0	0	15	40	32	5	19	0	0	32
46 Pork	*47*	22	20	12	17	5	47	20	22	19	12	14	4	44	27	22	22	13	17	5	54
47 Chicken, turkey & game (e.g. pheasant)	*146*	67	31	23	26	7	75	56	60	30	20	27	6	70	90	73	32	25	25	7	77
48 Offal & offal dishes	*0*	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
49 Beef & veal dishes	*112*	52	49	31	40	19	112	47	51	48	24	40	22	98	65	52	50	35	40	14	129
50 Lamb, pork & bacon dishes	*18*	8	41	29	40	4	91	7	8	34	28	43	4	81	11	9	46	30	36	4	91
51 Poultry & game dishes	*84*	39	43	23	37	16	94	40	43	47	24	43	17	97	44	35	41	22	31	14	86
52 Burgers (beef & pork)	*98*	45	26	16	23	8	53	51	55	25	14	22	8	52	47	38	26	17	24	7	55
53 Sausages	*120*	55	14	11	10	4	32	53	57	13	11	9	3	34	67	54	15	11	11	4	39
54 Meat pies & pastries	*37*	17	22	19	16	3	65	17	18	26	21	20	6	90	20	16	18	16	15	3	61
55 Meat products (e.g. processed meats)*	*158*	73	24	18	20	4	68	66	71	26	20	20	4	78	92	74	23	16	20	4	61
56 Alcoholic beverages *	*15*	7	148	201	47	0	0	1	1	93	93	93	93	93	14	11	152	208	39	0	286
57 Sugars, syrups, preserves & sweeteners	*140*	65	9	11	5	1	29	59	63	7	7	5	1	25	81	65	10	13	5	1	44
58 Chocolate confectionery	*183*	84	22	18	16	3	64	85	91	21	17	15	3	61	98	79	24	20	17	3	69
59 Non-chocolate confectionery	*159*	73	15	19	8	0	56	74	80	17	19	10	0	54	85	69	13	19	6	0	59
60 Savoury snacks	*184*	85	18	14	14	3	50	85	91	17	13	14	4	49	99	80	19	15	15	2	51
61 Soups, sauces & miscellaneous foods	*203*	94	49	47	37	4	129	84	90	52	58	30	3	136	119	96	46	38	39	4	123
63 Teas	*119*	55	194	185	138	28	553	51	55	157	139	132	21	457	68	55	222	209	152	30	637
64 Coffees	*22*	10	94	89	48	23	321	8	9	78	64	54	29	218	14	11	104	101	47	23	329
65 Other beverages (e.g. water)	*206*	95	432	361	323	64	1138	86	92	383	247	320	48	832	120	97	467	422	345	65	1331
66 Carbonated beverages	*175*	81	200	172	143	31	592	82	88	200	165	145	31	583	93	75	201	178	140	31	629
67 Diet carbonated beverages	*43*	20	111	102	71	27	354	17	18	114	96	71	14	357	26	21	108	108	77	27	453
68 Squashes, cordials & fruit juice drinks	*95*	44	60	53	49	6	201	50	54	57	48	51	5	164	45	36	64	59	49	6	208

Food group 62 = Nutritional supplements
*Amended January 2018

Table 4.1 Mean, SD, median and percentile values of daily energy, macronutrient, vitamin and mineral intakes for the total population

	Total Population *(n=441)*				
	Mean	SD	Median	Percentiles	
				5th	95th
Macronutrients & Fibre					
Energy (MJ)	8.3	2.4	8.0	4.9	12.9
Energy (kcals)	1981	582	1910	1156	3062
Protein (g)	73.1	24.9	70.9	38.4	116.9
Fat (g)	78.7	26.8	76.5	41.1	128.7
CHO (g)	257.8	78.2	249.8	149.4	392.9
% total energy from protein	14.8	2.6	14.7	10.6	19.5
% total energy from CHO	49.0	5.1	48.9	40.3	57.6
% total energy from fat	35.6	5.0	35.6	27.7	43.6
NSP (g)	11.6	5.2	10.7	5.8	19.6
Vitamins*					
Retinol (mg)	363	295	261	77	1032
Carotene (mg)	2593	2393	2024	254	7340
Total Vitamin A (mg)	795	539	681	165	1916
Vitamin D (mg)	2.7	2.4	1.9	0.5	7.6
Vitamin E (mg)	8.7	8.2	6.8	2.7	21.1
Thiamin (mg)	2.1	2.8	1.6	0.7	3.7
Riboflavin (mg)	2.3	2.8	1.8	0.7	4.5
Pre-formed Niacin (mg)	22.6	10.5	20.4	9.6	42.0
Total Niacin Equivalents (mg)	37.0	14.4	34.7	17.8	64.1
Vitamin B6 (mg)	2.8	2.8	2.2	1.0	5.3
Vitamin B12 (mg)	5.1	3.3	4.4	1.5	11.1
Folate (mg)	276	150	232	110	582
Biotin (mg)	32.0	37.9	23.1	9.6	90.5
Pantothenate (mg)	6.3	4.2	5.3	2.3	12.9
Vitamin C (mg)	95.3	93.9	67.4	21.1	224.0
Minerals*					
Calcium (mg)	906	406	832	397	1657
Magnesium (mg)	234	87	221	124	386
Phosphorous (mg)	1210	436	1144	611	2051
Iron (mg)	12.4	11.7	9.7	5.1	25.0
Copper (mg)	1.0	0.5	0.9	0.5	1.9
Zinc(mg)	8.7	3.7	8.0	4.1	15.5

* All sources including dietary supplements

Table 4.2 Mean, SD, median and percentile values of daily energy, macronutrient, vitamin and mineral intakes for all males by age group

	Males														
	13-17y *(n=224)*					13-14y *(n=95)*					15-17y *(n=129)*				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th				5th	95th
Macronutrients & Fibre															
Energy (MJ)	9.5	2.4	9.2	6.1	13.9	9.0	2.1	8.9	5.8	12.9	9.9	2.5	9.7	6.1	14.6
Energy (kcals)	2256	566	2199	1445	3292	2137	502	2103	1398	3073	2344	595	2314	1459	3473
Protein (g)	85.5	24.2	82.4	51.7	129.6	81.7	23.0	79.0	49.3	125.7	88.2	24.7	87.0	52.3	144.9
Fat (g)	89.1	26.8	88.0	46.1	136.8	85.0	23.9	83.3	45.3	133.1	92.2	28.6	90.7	46.7	140.7
CHO (g)	292.6	79.8	279.4	174.0	426.4	276.7	70.2	266.2	173.7	403.0	304.3	84.6	287.1	173.8	487.6
% total energy from protein	15.2	2.5	15.1	11.5	19.8	15.3	2.6	15.5	10.7	19.9	15.2	2.4	14.9	11.9	19.9
% total energy from CHO	48.7	5.4	48.6	39.3	57.7	48.6	5.2	48.6	38.5	57.6	48.8	5.6	48.6	39.4	57.8
% total energy from fat	35.4	5.2	35.5	26.9	43.8	35.7	4.9	35.7	28.9	44.8	35.2	5.5	35.1	26.5	43.8
NSP (g)	13.1	6.1	12.2	6.5	22.8	12.3	4.1	11.9	6.2	21.9	13.7	7.1	12.5	6.5	25.8
Vitamins*															
Retinol (mg)	416	315	315	109	1186	413	345	291	106	1245	418	293	323	113	1101
Carotene (mg)	2909	2751	2258	272	8577	2913	2237	2450	187	7907	2906	3084	1934	274	11249
Total Vitamin A (mg)	901	601	796	196	2202	898	558	802	174	2010	903	634	787	236	2312
Vitamin D (mg)	3.0	2.6	2.0	0.7	8.9	2.8	2.5	1.9	0.7	8.8	3.1	2.6	2.1	0.7	9.0
Vitamin E (mg)	9.3	6.4	7.6	3.0	24.3	8.6	5.9	7.4	3.2	20.5	9.8	6.7	7.7	2.6	26.6
Thiamin (mg)	2.2	2.4	1.8	1.0	3.7	2.1	1.7	1.8	0.9	3.4	2.4	2.8	1.9	1.0	4.4
Riboflavin (mg)	2.6	2.5	2.2	0.9	4.6	2.4	2.0	2.1	0.9	4.2	2.7	2.8	2.2	1.1	5.0
Pre-formed Niacin (mg)	26.5	11.0	24.3	12.7	48.6	24.7	10.6	23.1	10.5	42.2	27.8	11.1	25.0	14.0	51.9
Total Niacin Equivalents (mg)	43.3	14.6	41.8	23.2	71.3	40.8	14.1	39.8	20.6	63.8	45.2	14.8	43.0	25.3	74.0
Vitamin B6 (mg)	3.1	2.5	2.6	1.4	5.4	2.8	1.5	2.7	1.3	5.2	3.2	3.0	2.6	1.4	5.9
Vitamin B12 (mg)	6	3	6	2	12	6	3	5	2	12	6.1	3.4	5.7	2.4	12.6
Folate (mg)	320	157	276	149	687	296	133	273	147	580	338	170	286	150	724
Biotin (mg)	37.9	38.6	25.6	14.0	123.4	34.4	34.1	25.0	11.0	119.5	40.5	41.5	27.0	14.0	131.5
Pantothenate (mg)	7.3	4.1	6.3	3.1	13.9	7.0	3.9	5.9	3.3	13.0	7.5	4.3	6.6	3.0	15.0
Vitamin C (mg)	98	87	72	22	237	95	74	75	25	224	101	96	72	18	245
Minerals*															
Calcium (mg)	1070	409	1002	522	1905	1004	382	956	508	1812	1118	423	1036	551	1920
Magnesium (mg)	270.7	92.2	254.1	163.1	434.8	254	72	242	151	401	283	103	261	166	500
Phosphorous (mg)	1413.4	430.1	1346.9	820.7	2223.9	1331	396	1266	795	2173	1474	446	1439	850	2395
Iron (mg)	14.1	11.5	11.9	6.8	25.7	12.3	5.0	11.1	6.4	25.1	15.5	14.4	12.5	6.9	27.8
Copper (mg)	1.2	0.6	1.0	0.6	2.4	1.1	0.5	1.0	0.5	2.4	1.2	0.6	1.1	0.6	2.4
Zinc (mg)	10.2	3.7	9.5	5.8	18.1	10.0	4.0	9.1	5.4	20.3	10.3	3.4	9.8	5.9	18.1

* All sources including dietary supplements

Table 4.3 Mean, SD, median and percentile values of daily energy, macronutrient, vitamin and mineral intakes for all females by age group

	Females														
	13-17y *(n=217)*					13-14y *(n=93)*					15-17y *(n=124)*				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th				5th	95th
Macronutrients & Fibre															
Energy (MJ)	7.1	1.9	7.0	4.1	10.3	7.0	1.6	7.0	4.3	9.9	7.2	2.1	7.0	4.0	10.9
Energy (kcals)	1696	445	1665	986	2436	1674	377	1667	1009	2356	1712	491	1663	952	2599
Protein (g)	60.3	18.2	59.1	32.1	91.9	59.2	16.3	58.8	32.2	87.1	61.1	19.6	59.2	32.0	98.0
Fat (g)	68.0	22.0	65.2	37.1	108.3	67.1	17.8	67.6	41.7	100.6	68.6	24.8	64.8	34.5	111.6
CHO (g)	222.0	57.8	218.2	135.2	319.8	220.1	52.6	215.5	135.0	306.0	223.4	61.6	221.3	132.3	329.9
% total energy from protein	14.3	2.6	14.0	10.1	18.9	14.1	2.2	14.0	10.3	17.8	14.4	2.8	14.0	9.7	19.8
% total energy from CHO	49.3	4.8	49.1	41.3	57.5	49.4	4.7	49.1	41.5	57.6	49.2	4.8	48.9	41.2	57.1
% total energy from fat	35.8	4.8	35.8	28.1	43.4	36.0	4.6	36.2	28.3	43.5	35.7	5.0	35.7	27.0	43.6
NSP (g)	10.1	3.4	9.6	5.3	16.2	9.7	3.1	9.4	5.3	16.2	10.3	3.5	10.0	5.3	16.3
Vitamins*															
Retinol (mg)	308	262	223	61	927	311	291	205	58	1065	306	239	228	62	863
Carotene (mg)	2267	1909	1893	244	6063	2139	1883	1701	164	5608	2364	1930	1993	252	6405
Total Vitamin A (mg)	686	441	618	133	1567	668	462	573	112	1670	700	425	625	161	1538
Vitamin D (mg)	2.3	2.2	1.6	0.4	7.2	2.3	2.4	1.3	0.3	7.3	2.4	2.1	1.9	0.4	6.4
Vitamin E (mg)	8.0	9.7	6.4	2.7	15.6	8.8	14.0	6.3	2.3	19.3	7.5	4.1	6.5	3.0	15.4
Thiamin (mg)	1.9	3.2	1.4	0.7	3.7	1.8	2.2	1.3	0.5	5.0	2.0	3.8	1.4	0.7	3.1
Riboflavin (mg)	2.0	3.1	1.4	0.5	4.2	1.9	2.3	1.4	0.5	5.1	2.1	3.6	1.5	0.5	4.0
Pre-formed Niacin (mg)	18.7	8.3	17.3	8.1	34.9	18.0	7.5	16.8	7.6	34.4	19.2	8.8	17.4	8.3	36.3
Total Niacin Equivalents (mg)	30.5	10.8	29.9	15.0	50.2	29.6	10.1	28.5	13.5	49.9	31.2	11.3	31.2	15.1	51.0
Vitamin B6 (mg)	2.5	3.1	1.9	0.9	5.1	2.4	2.5	1.8	0.9	7.5	2.5	3.5	2.0	1.0	4.8
Vitamin B12 (mg)	4.2	3.1	3.6	1.1	8.5	4.1	3.4	3.5	1.1	8.5	4.2	3.0	3.7	1.1	8.7
Folate (mg)	230	129	202	97	501	221	115	198	89	500	236	139	206	101	515
Biotin (mg)	25.9	36.2	19.6	7.2	68.5	27.5	50.1	16.5	7.7	79.1	24.6	20.4	20.5	6.9	66.0
Pantothenate (mg)	5.2	4.0	4.3	1.9	10.9	5.1	3.6	4.2	1.8	10.8	5.3	4.2	4.4	1.8	11.1
Vitamin C (mg)	92	100	62	21	209	89	80	60	22	210	94	113	65	20	208
Minerals*															
Calcium (mg)	738	328	680	311	1383	725	318	626	287	1413	748	336	699	314	1337
Magnesium (mg)	196	62	190	105	319	190	56	189	106	294	201	65	196	99	331
Phosphorous (mg)	1000	331	959	523	1646	967	290	920	551	1549	1025	358	986	505	1735
Iron (mg)	10.7	11.6	8.4	4.2	20.8	12.4	16.5	8.4	4.1	31.3	9.4	5.3	8.3	4.3	16.4
Copper (mg)	0.8	0.4	0.8	0.4	1.6	0.8	0.4	0.8	0.4	1.7	0.9	0.3	0.8	0.4	1.6
Zinc(mg)	7.2	3.1	6.6	3.3	12.8	7.0	2.9	6.4	3.6	12.9	7.2	3.3	6.8	3.1	12.7

* All sources including dietary supplements

Table 4.4 Contribution of food groups (kcal & %) to mean daily energy intakes in Irish teenagers *(n=441)* by sex and age-group

	Total		Males						Females					
	13-17y *(n=441)*		All Ages *(n=224)*		13-14y *(n=95)*		15-17y *(n=129)*		All Ages *(n=217)*		13-14y *(n=93)*		15-17y *(n=124)*	
	kcal	%	kcal	%	kcal	%	kcal	%	kcal	%	kcal	%	kcal	%
Meat & meat products	318	16.2	374	16.8	373	17.4	375	16.4	260	15.6	270	16.5	252	14.9
Bread & rolls	232	11.8	265	11.8	251	12.0	275	11.6	199	11.9	190	11.3	205	12.3
Sugars, confectionery, preserves & savouries	229	11.6	234	10.3	229	10.6	237	10.1	224	13.0	233	13.9	217	12.3
Potatoes & potato products	199	10.4	220	9.9	219	10.4	220	9.6	178	10.9	174	10.9	182	10.8
Milk & yoghurt	185	8.9	229	10.0	224	10.3	233	9.8	139	7.7	127	7.3	148	8.0
Grains, rice, pasta and savouries	144	7.5	161	7.3	149	7.0	171	7.4	127	7.7	133	8.0	122	7.4
Breakfast cereals	129	6.3	171	7.5	156	7.2	182	7.8	85	5.0	79	4.6	90	5.2
Beverages	96	4.9	109	4.9	93	4.4	121	5.3	82	5.0	82	5.1	83	4.9
Biscuits, cakes & pastries	100	4.8	111	4.6	93	4.1	124	5.0	89	5.1	88	5.2	90	5.0
Butter, spreading fats & oils	70	3.4	84	3.7	86	4.0	83	3.5	55	3.1	51	2.9	58	3.3
Fruit & fruit juices	65	3.3	67	2.9	58	2.8	73	3.0	62	3.7	56	3.2	67	4.0
Creams, ice-creams & chilled desserts	49	2.4	51	2.2	49	2.3	53	2.2	47	2.6	50	2.8	45	2.5
Soups, sauces & miscellaneous foods	43	2.3	40	1.8	30	1.4	48	2.1	46	2.7	40	2.3	50	3.1
Cheeses	44	2.2	49	2.1	41	1.9	55	2.2	38	2.2	42	2.5	35	2.0
Veg & veg dishes	38	2.0	40	1.8	36	1.7	43	1.9	35	2.1	33	1.9	37	2.3
Fish & fish products	18	0.9	20	0.9	22	1.1	19	0.8	15	0.9	14	0.8	16	1.0
Eggs & egg dishes	16	0.8	21	1.0	23	1.1	19	0.9	11	0.7	9	0.6	13	0.8
Nuts & seeds, herbs & spices	6	0.2	8	0.3	5	0.2	11	0.4	3	0.2	4	0.2	2	0.1
Nutritional supplements	1	0.0	1	0.0	0	0.0	2	0.1	0	0.0	0	0.0	0	0.0
Total	1981	100	2256	100	2137	100	2344	100	1696	100	1674	100	1712	100

Table 4.5 Mean, SD and median values of daily energy intake (MJ/day) for males by demographic variables and age group

	Males											
	13-17y (*n=224*)				13-14y (*n=95*)				15-17y (*n=129*)			
	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median	*n*
Location												
Open country & village	9.6	2.4	9.2	*66*	8.9	2.2	8.8	*29*	10.1	2.5	10.3	*37*
Small town	9.3	1.8	9.3	*47*	8.9	1.6	8.9	*28*	9.9	2.0	10.0	*19*
Large town	10.2	2.6	10.2	*34*	9.9	2.5	10.3	*10*	10.3	2.7	10.1	*24*
City	9.2	2.5	8.5	*77*	8.8	2.3	8.4	*28*	9.4	2.5	8.8	*49*
Education Level [a]		*(n=220)*				*(n=94)*				*(n=126)*		
Primary/Junior cert	9.0	2.0	9.0	*38*	8.5	2.0	8.4	*15*	9.3	2.0	9.2	*23*
Secondary	9.2	2.2	9.0	*83*	8.5	1.9	8.4	*39*	9.7	2.3	10.0	*44*
Third level	9.9	2.6	9.6	*99*	9.5	2.3	9.6	*40*	10.1	2.8	9.6	*59*
Social class [b]		*(n=219)*				*(n=93)*				*(n=126)*		
Professional, managerial & technical	9.7	2.4	9.5	*115*	9.3	1.9	9.3	*52*	10.1	2.7	9.6	*63*
Non-manual	9.8	2.6	9.8	*41*	8.7	2.5	8.5	*14*	10.4	2.5	10.3	*27*
Skilled manual	9.1	2.3	9.0	*38*	8.7	2.6	8.6	*20*	9.5	1.9	9.6	*18*
Unskilled/ semi-skilled manual	8.3	1.5	7.8	*25*	7.7	0.7	7.6	*7*	8.6	1.7	8.0	*18*

[a] parental education (highest level of education)

[b] social class of family

Table 4.6 Mean, SD and median values of daily energy intake (MJ/day) for females by demographic variables and age group

	Females											
	13-17y *(n=217)*				13-14y *(n=93)*				15-17y *(n=124)*			
	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median	*n*
Location												
Open country & village	7.2	1.8	6.9	*71*	7.1	1.4	6.8	*27*	7.2	2.1	7.0	*44*
Small town	6.9	1.6	7.1	*33*	7.0	1.8	7.3	*13*	6.9	1.5	6.9	*20*
Large town	7.4	2.1	7.3	*28*	7.5	1.7	7.7	*12*	7.3	2.5	7.1	*16*
City	7.1	1.9	6.9	*85*	6.9	1.6	6.8	*41*	7.3	2.1	7.1	*44*
Education Level [a]		*(n=213)*				*(n=91)*				*(n=122)*		
Primary/Junior cert	6.9	1.6	6.8	*47*	6.6	1.4	6.8	*17*	7.1	1.6	6.6	*30*
Secondary	7.0	1.9	6.9	*86*	7.0	1.7	7.0	*43*	7.0	2.0	6.9	*43*
Third level	7.4	2.0	7.3	*80*	7.4	1.5	7.6	*31*	7.4	2.3	7.2	*49*
Social class [b]		*(n=212)*				*(n=92)*				*(n=120)*		
Professional, managerial & technical	7.2	2.1	7.1	*101*	7.2	1.5	7.4	*47*	7.2	2.5	7.0	*54*
Non-manual	7.4	1.5	7.8	*38*	7.5	0.9	7.5	*13*	7.4	1.8	8.1	*25*
Skilled manual	7.1	1.6	6.9	*47*	7.1	1.6	7.0	*19*	7.1	1.6	6.9	*28*
Unskilled/ semi-skilled manual	6.6	1.9	6.1	*26*	6.0	1.9	5.7	*13*	7.2	1.8	6.8	*13*

[a] parental education (highest level of education)

[b] social class of family

Table 4.7 Contribution of food groups (g & %) to mean daily protein intakes in Irish teenagers (n=441) by sex and age group

	Total		Males				Females					
	13-17y (n=441)		All Ages (n=224)		13-14y (n=95)		15-17y (n=129)		All Ages (n=217)		13-14y (n=93)		15-17y (n=124)	
	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Meat & meat products *	29.6	40.1	35.0	40.5	33.9	40.6	35.8	40.4	24.1	39.6	24.3	41.1	23.9	38.6
Milk & yoghurt	9.6	13.1	11.8	13.8	11.4	13.9	12.1	13.6	7.2	11.2	6.6	11.1	7.8	11.7
Bread & rolls	8.2	11.2	9.5	11.1	9.0	11.0	9.8	11.2	6.9	11.7	6.5	11.0	7.2	12.3
Grains, rice, pasta and savouries	5.1	7.0	5.7	6.7	5.2	6.4	6.1	7.1	4.5	7.6	4.6	7.8	4.4	7.4
Potatoes & potato products	3.4	4.7	3.8	4.5	3.9	4.8	3.8	4.4	3.0	5.5	3.0	5.0	3.1	5.5
Breakfast cereals	3.1	4.3	4.2	4.9	3.7	4.5	4.5	5.0	2.1	3.3	1.9	3.2	2.2	3.4
Cheeses	2.7	3.7	3.1	3.6	2.6	3.2	3.5	3.8	2.3	3.8	2.6	4.4	2.1	3.5
Sugars, confectionery, preserves & savouries	2.7	3.7	2.7	3.2	2.6	3.2	2.8	3.4	2.7	4.7	2.8	4.7	2.6	4.5
Veg & veg dishes	1.7	2.3	1.9	2.2	1.8	2.2	1.9	2.2	1.5	2.5	1.5	2.5	1.5	2.6
Fish & fish products	1.6	2.2	1.8	2.2	2.0	2.5	1.7	1.8	1.4	2.3	1.2	2.0	1.6	2.7
Biscuits, cakes & pastries	1.4	1.9	1.5	1.8	1.3	1.6	1.7	2.0	1.3	2.1	1.2	2.1	1.3	2.0
Eggs & egg dishes	1.1	1.5	1.4	1.6	1.5	1.9	1.2	1.4	0.7	1.3	0.6	1.0	0.9	1.5
Creams, ice-creams & chilled desserts	0.8	1.1	0.9	1.0	0.8	1.0	0.9	1.0	0.8	1.3	0.9	1.4	0.7	1.2
Fruit & fruit juices	0.8	1.1	0.8	1.0	0.7	0.8	0.9	1.0	0.7	1.2	0.7	1.1	0.8	1.3
Other *	1.2	1.6	1.3	1.6	1.2	1.5	1.5	1.6	1.0	1.7	0.9	1.6	1.1	1.8
Total	73.1	100	85.5	100	81.7	100	88.2	100	60.3	100	59.2	100	61.1	100

* Amended January 2018

Table 4.8 Contribution of food groups (g & %) to mean daily fat intakes in Irish teenagers *(n=441)* by sex and age group.

	Total		Males				Females					
	13-17y (n=441)		All Ages (n=224)		13-14y (n=95)		15-17y (n=129)		All Ages (n=217)		13-14y (n=93)		15-17y (n=124)	
	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Meat & meat products *	17.3	22.2	20.5	23.2	20.8	24.1	20.2	22.5	14.1	21.1	14.7	22.4	13.6	20.2
Sugars, confectionery, preserves & savouries	9.9	12.6	9.7	10.9	9.6	11.2	9.8	10.6	10.2	14.9	10.5	10.7	9.9	14.4
Milk & yoghurt	9.6	12.2	12.1	13.6	12.2	14.4	12.0	13.1	7.1	10.4	6.5	13.1	7.5	10.9
Butter, spreading fats & oils	7.7	9.8	9.3	10.4	9.4	11.1	9.1	9.9	6.0	8.9	5.6	9.9	6.4	9.3
Potatoes & potato products	7.5	9.6	8.2	9.2	7.9	9.3	8.5	9.2	6.8	10.1	6.6	9.2	7.0	10.2
Biscuits, cakes & pastries	4.6	5.8	5.0	5.6	4.1	4.9	5.7	6.2	4.1	6.0	4.1	6.2	4.0	5.8
Grains, rice, pasta and savouries	4.4	5.6	4.9	5.5	4.5	5.3	5.2	5.6	3.9	5.7	4.0	5.6	3.8	5.6
Cheeses	3.6	4.6	4.0	4.5	3.4	4.0	4.5	4.9	3.2	4.7	3.5	4.9	2.9	4.3
Soups, sauces & miscellaneous foods	3.1	3.9	2.8	3.2	1.7	2.0	3.6	3.9	3.3	4.9	2.7	3.9	3.8	5.5
Bread & rolls	2.6	3.3	2.8	3.2	2.5	2.9	3.1	3.3	2.4	3.6	2.3	3.3	2.5	3.7
Creams, ice-creams & chilled desserts	2.6	3.3	2.7	3.0	2.6	3.0	2.8	3.1	2.5	3.7	2.5	3.1	2.5	3.6
Veg & veg dishes	1.5	1.9	1.5	1.7	1.2	1.4	1.7	1.9	1.4	2.1	1.2	1.9	1.5	2.3
Eggs & egg dishes	1.3	1.7	1.7	1.9	1.9	2.2	1.5	1.7	0.9	1.3	0.7	1.7	1.0	1.5
Breakfast cereals	1.3	1.7	1.8	2.0	1.5	1.7	2.0	2.2	0.8	1.2	0.8	2.2	0.8	1.2
Fish & fish products	0.9	1.2	1.1	1.2	1.1	1.3	1.0	1.1	0.8	1.1	0.7	1.1	0.8	1.2
Other *	0.8	0.9	1.0	1.1	0.7	0.8	1.2	1.2	0.5	0.8	0.5	0.8	0.5	0.7
Total	78.7	100	89.1	100	85.0	100	92.2	100	68.0	100	67.1	100	68.6	100

* Amended January 2018

Table 4.9 Contribution of food groups (g & %) to mean daily carbohydrate intakes in Irish teenagers *(n=441)* by sex and age group.

	Total		Males						Females					
	13-17y (n=441)		All Ages *(n=224)*		13-14y *(n=95)*		15-17y *(n=129)*		All Ages *(n=217)*		13-14y *(n=93)*		15-17y *(n=124)*	
	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Bread & rolls	46.9	18.4	53.8	18.4	51.6	19.2	55.4	18.2	39.8	17.9	38.3	17.4	40.9	18.3
Sugars, confectionery, preserves & savouries	34.0	13.1	35.8	12.3	35.2	12.4	36.3	11.9	32.2	14.5	33.5	15.2	31.1	13.9
Potatoes & potato products	31.3	12.7	34.7	11.9	35.3	13.0	34.2	11.3	27.8	12.5	27.2	12.4	28.3	12.7
Breakfast cereals	27.5	10.1	36.4	12.5	33.8	11.8	38.4	12.6	18.4	8.3	16.9	7.7	19.5	8.7
Beverages *	23.5	9.2	26.4	9.1	23.9	8.5	28.2	9.5	20.4	9.3	21.1	9.7	20.0	8.9
Grains, rice, pasta and savouries	22.3	8.9	25.0	8.6	23.0	8.4	26.5	8.7	19.5	8.8	20.8	9.4	18.5	8.3
Milk & yoghurt	15.9	6.0	19.3	6.6	18.1	6.5	20.2	6.6	12.3	5.5	11.3	5.1	13.1	5.9
Fruit & fruit juices	15.8	6.0	16.4	5.6	14.2	5.1	18.0	5.9	15.3	6.9	13.7	6.2	16.5	7.4
Biscuits, cakes & pastries	14.1	5.2	15.7	5.4	13.4	4.5	17.3	5.7	12.6	5.7	12.1	5.5	12.9	5.8
Meat & meat products *	11.3	4.6	13.1	4.7	12.9	4.8	13.2	4.6	9.4	4.4	10.4	5.0	8.7	4.0
Creams, ice-creams & chilled desserts	5.9	2.2	6.2	2.1	6.1	2.2	6.3	2.1	5.6	2.5	6.2	2.8	5.1	2.3
Veg & veg dishes	4.7	1.9	5.1	1.7	4.9	1.8	5.2	1.7	4.3	2.0	4.2	1.9	4.4	2.0
Soups, sauces & miscellaneous foods	3.4	1.4	3.3	1.1	3.1	1.2	3.4	1.1	3.5	1.6	3.4	1.6	3.5	1.6
Other	1.2	0.5	1.4	0.5	1.3	0.5	1.5	0.5	0.9	0.4	1.0	0.4	0.9	0.4
Total	257.8	100	292.6	100	276.7	100	304.3	100	222.0	100	220.1	100	223.4	100

* Amended January 2018

Table 4.10 Mean, SD and median values of macronutrient intakes for males and females by geographical location

	Open country & village			Small town			Large town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males		*(n=66)*			*(n=47)*			*(n=34)*			*(n=77)*	
Protein (g)	89.7	24.4	87.8	81.7	19.6	80.2	91.3	24.6	87.0	81.6	25.5	75.6
Fat (g)	92.4	28.3	91.5	90.4	21.9	89.5	89.5	27.5	86.1	85.5	28.1	79.5
Carbohydrate (g)	288.0	82.9	277.3	282.9	63.9	274.4	329.6	97.1	333.3	286.1	74.3	269.7
% total energy from protein	15.9	2.6	15.7	14.8	2.5	14.7	15.3	2.5	14.8	14.9	2.4	15.1
% total energy from fat	36.3	5.5	36.8	36.7	4.6	36.0	33.3	5.4	33.1	34.8	5.0	34.7
% total energy from carbohydrate	47.4	5.7	47.1	47.9	4.8	48.6	50.9	5.2	51.2	49.4	5.2	49.7
Females		*(n=71)*			*(n=33)*			*(n=28)*			*(n=85)*	
Protein (g)	59.7	18.5	57.4	56.4	15.8	56.4	63.9	16.8	65.0	61.0	19.2	59.9
Fat (g)	69.8	23.0	66.8	63.3	18.2	60.9	69.9	25.4	70.9	67.6	21.5	63.1
Carbohydrate (g)	220.6	56.6	214.4	223.6	51.8	225.7	230.1	65.5	215.8	219.8	59.0	216.9
% total energy from protein	14.1	2.6	13.7	13.8	2.7	14.3	14.8	2.3	14.2	14.4	2.5	14.4
% total energy from fat	36.7	5.4	36.5	34.4	3.5	34.7	35.2	4.4	35.0	35.8	4.8	36.2
% total energy from carbohydrate	48.8	5.7	49.1	51.2	3.6	51.0	49.4	4.2	48.2	48.9	4.4	48.6

Table 4.11 Mean, SD and median values of macronutrient intakes for males and females by level of education of parents

	Intermediate			Secondary			Tertiary		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males		*(n=38)*			*(n=83)*			*(n=99)*	
Protein (g)	79.4	21.4	76.1	80.0	21.8	75.2	92.3	25.7	87.2
Fat (g)	85.8	25.9	80.9	86.7	26.5	83.7	92.4	27.7	90.7
Carbohydrate (g)	275.7	58.6	264.6	284.7	72.9	276.1	304.6	90.7	288.5
% total energy from protein	14.8	2.3	14.9	14.7	2.4	14.9	15.8	2.6	15.6
% total energy from fat	35.7	5.8	35.3	35.6	5.2	35.5	35.2	5.1	35.4
% total energy from carbohydrate	48.5	5.6	48.4	49.1	5.9	49.0	48.4	5.0	48.6
Females		*(n=47)*			*(n=86)*			*(n=80)*	
Protein (g)	55.8	16.4	53.4	57.9	17.4	58.1	66.1	18.9	65.4
Fat (g)	66.7	18.6	60.9	67.0	21.3	66.6	69.8	24.6	67.0
Carbohydrate (g)	216.1	49.8	211.6	217.8	61.7	216.1	230.2	57.5	227.5
% total energy from protein	13.6	3.0	13.5	14.0	2.3	14.0	15.1	2.3	15.2
% total energy from fat	36.2	4.4	37.5	36.1	5.4	35.6	35.1	4.3	35.2
% total energy from carbohydrate	49.3	4.7	48.2	49.1	5.2	49.8	49.4	4.5	49.2

Table 4.12 Mean, SD and median values of macronutrient intakes for males and females by social class

	Professional Workers			Non-Manual Workers			Skilled Manual Workers			Unskilled Workers		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males	*(n=115)*			*(n=41)*			*(n=38)*			*(n=25)*		
Protein (g)	88.9	24.7	85.6	92.0	24.4	92.6	77.3	21.4	73.4	70.3	16.6	67.6
Fat (g)	91.1	25.6	91.0	93.1	30.1	87.7	85.6	30.4	77.8	78.2	19.7	75.3
Carbohydrate (g)	301.1	87.1	288.5	293.4	82.7	281.0	282.1	68.0	272.6	263.5	47.7	243.3
% total energy from protein	15.4	2.5	15.0	16.0	2.1	16.0	14.5	2.7	14.5	14.2	2.3	14.8
% total energy from fat	35.5	5.3	35.7	35.7	5.1	35.7	35.2	5.7	34.9	35.3	4.8	34.7
% total energy from carbohydrate	48.7	5.4	48.6	47.3	5.6	46.5	49.4	5.6	49.8	50.0	4.7	49.7
Females	*(n=101)*			*(n=38)*			*(n=47)*			*(n=26)*		
Protein (g)	63.2	19.7	62.4	65.6	15.9	65.5	56.6	15.0	53.4	50.6	16.1	48.0
Fat (g)	67.9	24.3	65.6	71.2	19.4	73.2	68.1	19.7	63.1	64.0	20.8	57.6
Carbohydrate (g)	223.0	63.5	217.0	229.1	46.3	237.0	225.0	50.6	221.9	206.0	61.2	197.6
% total energy from protein	14.9	2.4	14.9	14.9	2.4	14.4	13.5	2.6	13.5	12.9	2.4	12.5
% total energy from fat	35.5	5.0	35.3	35.9	4.7	35.9	35.9	4.7	35.2	36.5	4.6	36.5
% total energy from carbohydrate	49.1	5.0	49.1	48.8	4.5	49.1	50.0	4.7	49.8	49.0	4.4	48.8

Table 4.13 Mean, SD, median and percentile values of calcium intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	1070	1004	1118	738	725	748
SD	409	382	423	328	318	336
Median	1002	956	1036	680	626	699
Percentiles						
5th	522	508	551	311	287	314
95th	1905	1812	1920	1383	1413	1337
97.5th	2047	2017	2126	1571	1615	1586
Food sources						
Mean	1063	999	1111	734	719	746
SD	408	380	422	326	312	336
Median	992	956	1032	678	625	691
Percentiles						
5th	522	508	551	294	287	299
95th	1905	1812	1920	1376	1384	1337
97.5th	2047	2017	2126	1554	1570	1586

Table 4.14 Mean, SD, median and percentile values of magnesium intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	271	254	283	196	190	201
SD	92	72	103	62	56	65
Median	254	242	261	190	189	196
Percentiles						
5th	163	151	166	105	106	99
95th	435	401	500	319	294	331
97.5th	512	430	615	345	342	372
Food sources						
Mean	268	250	282	194	188	199
SD	91	70	102	61	54	65
Median	253	241	260	190	186	192
Percentiles						
5th	163	151	166	105	106	99
95th	435	392	484	291	281	331
97.5th	506	430	615	345	327	372

Table 4.15 Mean, SD, median and percentile values of phosphorus intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	1413	1331	1474	1000	967	1025
SD	430	396	446	331	290	358
Median	1347	1266	1439	959	920	986
Percentiles						
5th	821	795	850	523	551	505
95th	2224	2173	2395	1646	1549	1735
97.5th	2464	2274	2520	1768	1636	1851
Food sources						
Mean	1412	1329	1472	999	964	1025
SD	430	397	444	330	286	358
Median	1347	1266	1439	959	920	986
Percentiles						
5th	820	795	850	523	551	505
95th	2224	2173	2395	1646	1518	1735
97.5th	2464	2274	2520	1768	1620	1851

Table 4.16 Mean, SD, median and percentile values of iron intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	14.1	12.3	15.5	10.7	12.4	9.4
SD	11.5	5.0	14.4	11.6	16.5	5.3
Median	11.9	11.1	12.5	8.4	8.4	8.3
Percentiles						
5th	6.8	6.4	6.9	4.2	4.1	4.3
95th	25.7	25.1	27.8	20.8	31.3	16.4
97.5th	28.7	27.0	35.0	33.1	94.4	22.1
Food sources						
Mean	12.6	11.9	13.1	8.5	8.4	8.7
SD	4.8	4.4	5.0	3.1	3.0	3.2
Median	11.6	11.0	12.3	8.0	7.9	8.1
Percentiles						
5th	6.8	6.4	6.9	4.2	4.0	4.2
95th	22.3	22.1	22.7	14.7	13.6	15.2
97.5th	25.6	25.3	27.4	16.4	16.2	16.4

Table 4.17 Mean, SD, median and percentile values of copper intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	1.16	1.07	1.22	0.85	0.82	0.86
SD	0.59	0.53	0.62	0.37	0.40	0.34
Median	1.00	0.96	1.05	0.79	0.78	0.82
Percentiles						
5th	0.59	0.51	0.61	0.42	0.41	0.44
95th	2.38	2.45	2.36	1.56	1.68	1.55
97.5th	2.74	2.77	2.87	1.83	1.91	1.85
Food sources						
Mean	1.11	1.01	1.18	0.82	0.77	0.85
SD	0.55	0.46	0.60	0.32	0.28	0.34
Median	0.98	0.93	1.04	0.78	0.76	0.79
Percentiles						
5th	0.59	0.51	0.61	0.42	0.41	0.44
95th	1.99	2.01	2.10	1.50	1.28	1.55
97.5th	2.58	2.49	2.87	1.78	1.68	1.85

Table 4.18 Mean, SD, median and percentile values of zinc intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	10.2	10.0	10.3	7.2	7.0	7.2
SD	3.7	4.0	3.4	3.1	2.9	3.3
Median	9.5	9.1	9.8	6.6	6.4	6.8
Percentiles						
5th	5.8	5.4	5.9	3.3	3.6	3.1
95th	18.1	20.3	18.1	12.8	12.9	12.7
97.5th	20.5	23.1	19.8	15.4	16.9	14.2
Food sources						
Mean	9.8	9.5	10.0	6.7	6.6	6.8
SD	3.2	3.2	3.2	2.3	2.0	2.5
Median	9.3	9.0	9.5	6.5	6.3	6.6
Percentiles						
5th	5.5	5.4	5.4	3.3	3.5	3.1
95th	15.5	15.4	15.6	10.7	10.1	11.8
97.5th	18.8	18.8	19.4	11.9	10.4	13.8

Table 4.19 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and geographical location

	Open country & village			Small town			Large town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males	*(n=86)*			*(n=12)*			*(n=49)*			*(n=77)*		
Calcium	1076	405	968	1021	429	1061	1105	385	1079	1047	432	996
Magnesium	278	86	264	246	54	242	278	98	260	262	100	223
Phosphorus	1467	430	1416	1335	366	1302	1436	401	1393	1351	454	1235
Iron	14.4	12.1	12.4	13.3	4.8	12.7	15.8	16.8	12.1	12.9	6.1	11.3
Copper	1.2	0.6	1.0	1.0	0.3	1.0	1.2	0.5	1.1	1.1	0.6	1.0
Zinc	10.7	3.5	10.5	9.2	1.9	9.6	10.2	3.1	9.1	9.7	4.2	8.3
Females	*(n=88)*			*(n=33)*			*(n=28)*			*(n=85)*		
Calcium	731	324	680	692	281	680	816	333	716	724	325	654
Magnesium	194	60	190	187	58	183	208	56	198	196	64	198
Phosphorus	995	332	984	927	271	930	1060	308	1050	1002	338	941
Iron	9.5	6.0	8.1	10.3	11	8.6	11.5	7.1	8.8	11.4	15.8	8.2
Copper	0.8	0.3	0.8	0.8	0	0.7	0.9	0.5	0.8	0.8	0.3	0.8
Zinc	7.1	3.2	6.6	6.5	4	5.9	7.8	2.8	7.1	7.3	3.2	6.6

Table 4.20 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and level of education of parents

	Intermediate education			Secondary education			Tertiary education		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males		*(n=38)*			*(n=83)*			*(n=99)*	
Calcium	965	347	910	993	342	970	1160	459	1032
Magnesium	242	63	231	255	82	245	293	106	264
Phosphorus	1299	371	1268	1333	363	1296	1520	484	1430
Iron	12.3	5.7	11.0	13.3	11.9	12.0	15.3	12.6	12.8
Copper	1.0	0.5	0.9	1.1	0.6	0.9	1.3	0.6	1.2
Zinc	9.0	3.0	8.0	9.0	2.5	8.7	11.5	4.3	10.6
Females		*(n=47)*			*(n=86)*			*(n=80)*	
Calcium	647	252	648	712	317	638	832	359	740
Magnesium	177	48	177	187	59	190	218	66	209
Phosphorus	917	266	860	956	305	953	1106	368	1022
Iron	7.7	3.0	7.3	11.3	14.0	8.0	12.0	12.0	9.1
Copper	0.7	0.3	0.7	0.8	0.3	0.8	1.0	0.4	0.9
Zinc	6.8	3.9	5.6	6.6	2.6	6.5	8.0	3.1	7.4

Excludes 8 missing values

Table 4.21 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and social class

	Professional Workers			Non-Manual Workers			Skilled Manual Workers			Unskilled Workers		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males	*(n=115)*			*(n=41)*			*(n=38)*			*(n=25)*		
Calcium	1111	410	1043	1152	455	1017	978	388	919	838	265	822
Magnesium	282	101	261	280	91	267	250	78	240	226	58	209
Phosphorus	1456	442	1370	1528	458	1523	1288	376	1250	1184	309	1115
Iron	14.4	11.8	12.5	16.5	16.6	12.3	11.9	4.7	10.4	11.2	3.9	10.1
Copper	1.2	0.6	1.1	1.1	0.6	1.0	1.0	0.4	0.9	1.0	0.6	0.9
Zinc	11.0	4.0	10.0	10.3	3.1	10.0	8.9	3.1	8.1	7.8	2.0	7.9
Females	*(n=101)*			*(n=38)*			*(n=47)*			*(n=26)*		
Calcium	792	372	696	782	270	764	708	269	671	540	258	507
Magnesium	205	70	198	206	51	209	192	47	189	161	51	158
Phosphorus	1056	380	1016	1075	292	1082	947	231	922	804	243	776
Iron	10.1	5.3	8.7	10.6	7.4	8.7	12.5	17.2	8.2	10.5	20.2	6.1
Copper	0.9	0.4	0.8	0.9	0.3	0.9	0.8	0.3	0.8	0.6	0.2	0.6
Zinc	7.5	3.1	6.9	7.4	2.3	7.3	7.3	4.1	6.2	5.6	1.9	5.5

Table 4.22 Mean, SD, median and percentile values of retinol intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	416	413	418	308	311	306
SD	315	345	293	262	291	239
Median	315	291	323	223	205	228
Percentiles						
5th	109	106	113	61	58	62
95th	1186	1245	1101	927	1065	863
97.5th	1326	1477	1291	1097	1195	1030
Food sources						
Mean	336	317	350	234	216	247
SD	210	184	227	149	140	155
Median	289	281	307	206	188	220
Percentiles						
5th	108	106	108	58	58	56
95th	772	781	778	506	464	587
97.5th	865	867	942	700	704	703

Table 4.23 Mean, SD, median and percentile values of carotene intake (μg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	2909	2913	2906	2267	2139	2364
SD	2751	2237	3084	1909	1883	1930
Median	2258	2450	1934	1893	1701	1993
Percentiles						
5th	272	187	274	244	164	252
95th	8577	7907	11249	6063	5608	6405
97.5th	12186	8792	13086	7180	7211	7296
Food sources						
Mean	2832	2749	2894	2233	2082	2346
SD	2687	2116	3046	1893	1838	1933
Median	2185	2385	1934	1838	1701	1915
Percentiles						
5th	272	187	274	243	164	252
95th	8410	7348	11249	6063	5345	6405
97.5th	12032	8525	12886	7180	7211	7296

Table 4.24 Mean, SD, median and percentile values of total vitamin A intake (μg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	901	898	903	686	668	700
SD	601	558	634	441	462	425
Median	796	802	787	618	573	625
Percentiles						
5th	196	174	236	133	112	161
95th	2202	2010	2312	1567	1670	1538
97.5th	2542	2349	2876	1782	1919	1697
Food sources						
Mean	808	775	833	606	563	638
SD	526	440	583	369	352	380
Median	700	698	711	529	492	560
Percentiles						
5th	186	174	225	130	112	161
95th	1944	1755	2223	1401	1177	1465
97.5th	2241	1845	2381	1524	1447	1547

Table 4.25 Mean, SD, median and percentile values of vitamin D intake (µg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	3.0	2.8	3.1	2.3	2.3	2.4
SD	2.6	2.5	2.6	2.2	2.4	2.1
Median	2.0	1.9	2.1	1.6	1.3	1.9
Percentiles						
5th	0.7	0.7	0.7	0.4	0.3	0.4
95th	8.9	8.8	9.0	7.2	7.3	6.4
97.5th	10.2	10.2	10.6	9.2	10.0	9.2
Food sources						
Mean	2.4	2.2	2.6	1.8	1.6	2.0
SD	1.9	1.5	2.1	1.6	1.3	1.7
Median	1.9	1.7	2.0	1.3	1.2	1.6
Percentiles						
5th	0.6	0.6	0.7	0.4	0.3	0.4
95th	6.0	5.8	7.1	4.5	4.5	5.0
97.5th	7.5	6.6	8.7	6.0	5.3	6.5

Table 4.26 Mean, SD, median and percentile values of vitamin E intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	9.3	8.6	9.8	8.0	8.8	7.5
SD	6.4	5.9	6.7	9.7	14.0	4.1
Median	7.6	7.4	7.7	6.4	6.3	6.5
Percentiles						
5th	3.0	3.2	2.6	2.7	2.3	3.0
95th	24.3	20.5	26.6	15.6	19.3	15.4
97.5th	28.4	28.5	28.9	22.8	26.0	17.0
Food sources						
Mean	7.9	7.2	8.4	6.6	6.2	6.8
SD	4.7	3.5	5.3	3.2	2.7	3.5
Median	7.0	6.8	7.3	6.1	6.1	6.1
Percentiles						
5th	2.8	2.8	2.6	2.7	2.3	3.0
95th	16.2	13.4	22.0	12.5	11.8	13.9
97.5th	23.9	15.5	25.7	14.4	12.8	15.4

Table 4.27 Mean, SD, median and percentile values of thiamin intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	2.2	2.1	2.4	1.9	1.8	2.0
SD	2.4	1.7	2.8	3.2	2.2	3.8
Median	1.8	1.8	1.9	1.4	1.3	1.4
Percentiles						
5th	1.0	0.9	1.0	0.7	0.5	0.7
95th	3.7	3.4	4.4	3.7	5.0	3.1
97.5th	4.8	4.3	4.9	9.9	9.0	11.9
Food sources						
Mean	1.9	1.8	2.0	1.4	1.3	1.5
SD	0.7	0.7	0.8	1.4	0.4	1.8
Median	1.8	1.7	1.8	1.3	1.3	1.3
Percentiles						
5th	1.0	0.9	1.0	0.6	0.5	0.7
95th	3.4	2.9	3.6	2.2	2.0	2.4
97.5th	4.0	3.6	4.2	2.5	2.2	2.7

Table 4.28 Mean, SD, median and percentile values of riboflavin intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	2.6	2.4	2.7	2.0	1.9	2.1
SD	2.5	2.0	2.8	3.1	2.3	3.6
Median	2.2	2.1	2.2	1.4	1.4	1.5
Percentiles						
5th	0.9	0.9	1.1	0.5	0.5	0.5
95th	4.6	4.2	5.0	4.2	5.1	4.0
97.5th	5.6	5.8	5.8	8.6	10.1	9.1
Food sources						
Mean	2.3	2.1	2.3	1.5	1.4	1.5
SD	1.0	1.0	1.0	0.8	0.7	0.8
Median	2.1	1.9	2.2	1.3	1.3	1.3
Percentiles						
5th	0.9	0.9	1.1	0.5	0.5	0.5
95th	4.0	3.9	4.2	2.9	2.8	3.0
97.5th	4.6	4.1	4.7	3.4	3.1	4.0

Table 4.29 Mean, SD, median and percentile values of pre-formed niacin intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	26.5	24.7	27.8	18.7	18.0	19.2
SD	11.0	10.6	11.1	8.3	7.5	8.8
Median	24.3	23.1	25.0	17.3	16.8	17.4
Percentiles						
5th	12.7	10.5	14.0	8.1	7.6	8.3
95th	48.6	42.2	51.9	34.9	34.4	36.3
97.5th	56.1	51.9	58.3	39.8	38.9	40.3
Food sources						
Mean	24.8	23.2	26.1	17.2	16.6	17.7
SD	9.1	8.2	9.6	6.4	5.6	7.0
Median	23.5	23.1	23.9	16.8	16.4	16.9
Percentiles						
5th	12.1	10.5	13.3	8.1	7.6	8.3
95th	42.0	37.2	47.2	29.2	25.8	30.3
97.5th	48.3	39.4	48.8	30.7	28.4	32.3

Table 4.30 Mean, SD, median and percentile values of total niacin equivalents (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	43.3	40.8	45.2	30.5	29.6	31.2
SD	14.6	14.1	14.8	10.8	10.1	11.3
Median	41.8	39.8	43.0	29.9	28.5	31.2
Percentiles						
5th	23.2	20.6	25.3	15.0	13.5	15.1
95th	71.3	63.8	74.0	50.2	49.9	51.0
97.5th	79.6	74.1	80.0	52.9	55.4	53.2
Food sources						
Mean	41.7	39.3	43.4	29.1	28.2	29.8
SD	13.2	12.0	13.8	9.4	8.3	10.1
Median	41.2	39.1	42.1	28.7	28.4	29.9
Percentiles						
5th	23.0	20.5	24.9	15.0	13.5	15.1
95th	67.1	60.7	72.3	44.9	43.3	47.7
97.5th	75.6	63.3	79.1	48.1	44.6	49.6

Table 4.31 Mean, SD, median and percentile values of vitamin B6 intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	3.1	2.8	3.2	2.5	2.4	2.5
SD	2.5	1.5	3.0	3.1	2.5	3.5
Median	2.6	2.7	2.6	1.9	1.8	2.0
Percentiles						
5th	1.4	1.3	1.4	0.9	0.9	1.0
95th	5.4	5.2	5.9	5.1	7.5	4.8
97.5th	7.7	6.1	10.1	9.5	10.6	6.7
Food sources						
Mean	2.7	2.6	2.7	1.9	1.8	2.0
SD	1.0	0.9	1.0	0.7	0.6	0.9
Median	2.5	2.5	2.4	1.8	1.8	1.8
Percentiles						
5th	1.3	1.2	1.4	0.9	0.9	1.0
95th	4.5	4.1	4.7	3.2	2.7	3.7
97.5th	5.0	5.2	5.1	4.0	2.8	4.4

Table 4.32 Mean, SD, median and percentile values of vitamin B12 intake (μg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	6.0	5.8	6.1	4.2	4.1	4.2
SD	3.2	3.0	3.4	3.1	3.4	3.0
Median	5.5	5.4	5.7	3.6	3.5	3.7
Percentiles						
5th	2.4	2.2	2.4	1.1	1.1	1.1
95th	12.1	11.9	12.6	8.5	8.5	8.7
97.5th	15.3	14.3	17.8	15.0	15.9	16.6
Food sources						
Mean	5.7	5.6	5.8	3.7	3.5	3.8
SD	2.7	2.6	2.7	2.1	1.8	2.4
Median	5.4	5.4	5.4	3.4	3.3	3.5
Percentiles						
5th	2.4	2.2	2.4	1.1	0.9	1.1
95th	11.3	11.4	11.3	7.5	7.3	7.9
97.5th	13.1	13.0	13.4	8.7	8.3	9.7

Table 4.33 Mean, SD, median and percentile values of folate intake (μg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	320	296	338	230	221	236
SD	157	133	170	129	115	139
Median	276	273	286	202	198	206
Percentiles						
5th	149	147	150	97	89	101
95th	687	580	724	501	500	515
97.5th	763	706	839	581	572	722
Food sources						
Mean	302	276	321	209	198	218
SD	143	118	157	101	81	114
Median	267	257	271	196	192	198
Percentiles						
5th	148	146	150	96	89	100
95th	653	477	674	378	362	394
97.5th	726	706	835	475	443	568

Table 4.34 Mean, SD, median and percentile values of biotin intake (μg) from all sources and and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	37.9	34.4	40.5	25.9	27.5	24.6
SD	38.6	34.1	41.5	36.2	50.1	20.4
Median	25.6	25.0	27.0	19.6	16.5	20.5
Percentiles						
5th	14.0	11.0	14.0	7.2	7.7	6.9
95th	123.4	119.5	131.5	68.5	79.1	66.0
97.5th	180.5	180.8	188.5	107.5	157.1	103.6
Food sources						
Mean	30.8	26.8	33.8	19.7	18.1	20.9
SD	23.4	11.6	28.8	10.5	7.6	12.1
Median	25.3	24.2	25.8	17.9	16.5	18.3
Percentiles						
5th	13.8	11.0	13.8	7.2	7.7	6.9
95th	60.1	49.1	68.7	35.5	34.7	39.7
97.5th	75.2	57.4	89.6	41.8	39.1	44.8

Table 4.35 Mean, SD, median and percentile values of pantothenate intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	7.3	7.0	7.5	5.2	5.1	5.3
SD	4.1	3.9	4.3	4.0	3.6	4.2
Median	6.3	5.9	6.6	4.3	4.2	4.4
Percentiles						
5th	3.1	3.3	3.0	1.9	1.8	1.8
95th	13.9	13.0	15.0	10.9	10.8	11.1
97.5th	18.2	16.9	19.9	16.2	20.1	15.8
Food sources						
Mean	6.6	6.4	6.8	4.4	4.2	4.5
SD	2.8	2.6	2.9	1.9	1.7	2.0
Median	6.2	5.8	6.3	4.2	4.1	4.3
Percentiles						
5th	3.0	3.1	3.0	1.9	1.8	1.8
95th	11.7	11.3	12.6	7.9	7.6	8.0
97.5th	13.8	11.8	14.5	8.4	8.1	10.7

Table 4.36 Mean, SD, median and percentile values of vitamin C intake (mg) from all sources and from food sources (excluding supplements) by sex and age group

	Males			Females		
	All ages *(n=224)*	13-14y *(n=95)*	15-17y *(n=129)*	All ages *(n=217)*	13-14y *(n=93)*	15-17y *(n=124)*
All sources						
Mean	98	95	101	92	89	94
SD	87	74	96	100	80	113
Median	72	75	72	62	60	65
Percentiles						
5th	22	25	18	21	22	20
95th	237	224	245	209	210	208
97.5th	311	286	348	315	350	326
Food sources						
Mean	83	80	85	72	69	75
SD	55	46	60	48	44	50
Median	65	65	65	57	53	61
Percentiles						
5th	19	19	17	21	22	20
95th	188	159	211	179	164	181
97.5th	221	173	240	207	208	207

Table 4.37 Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and geographical location

	Open Country/village			Small Town			Large Town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males	*(n=86)*			*(n=12)*			*(n=49)*			*(n=77)*		
Retinol (µg)	437	325	334	454	369	330	388	263	294	405	329	271
Carotene (µg)	3507	2862	2874	3252	3381	2523	2825	2776	2071	2242	2376	1507
Total Vitamin A (µg)	1021	608	920	996	781	753	859	563	696	778	570	643
Vitamin D (µg)	3.1	2.7	2.2	3.4	2.3	2.6	2.8	2.3	1.9	2.9	2.7	1.8
Vitamin E (mg)	9.2	5.7	7.4	8.5	7.0	6.5	9.8	7.8	7.6	9.2	6.2	7.8
Thiamin (mg)	2.2	1.1	1.9	2.0	0.8	1.9	2.6	4.2	1.9	2.1	1.9	1.7
Riboflavin (mg)	2.4	1.3	2.1	2.4	1.3	2.2	3.0	4.3	2.4	2.6	2.1	2.1
Pre-formed Niacin (mg)	26.4	11.1	24.2	27.2	10.6	25.4	27.8	10.8	25.7	25.6	11.2	23.1
Total Niacin Equivalents (mg)	44.1	15.1	42.3	43.3	13.1	43.7	44.9	14.3	42.3	41.4	14.7	38.7
Vitamin B6 (mg)	3.0	1.6	2.6	3.0	1.2	2.8	3.4	4.3	2.8	2.9	1.7	2.5
Vitamin B12 (µg)	6.1	3.5	5.5	5.5	2.5	5.4	5.9	2.8	5.6	5.9	3.2	5.7
Folate (µg)	317	146	285	334	150	297	345	178	284	306	156	258
Biotin (µg)	43.0	45.8	30.0	39.9	50.2	25.6	35.8	28.6	25.2	33.3	33.0	24.1
Pantothenate (mg)	7.7	3.9	6.7	6.8	3.6	5.7	7.4	5.1	6.2	6.8	3.8	6.4
Vitamin C (mg)	104	64	91	87	44	83	95	103	68	96	104	57
Females	*(n=88)*			*(n=33)*			*(n=28)*			*(n=85)*		
Retinol (µg)	269	198	222	258	198	197	437	356	254	306	277	218
Carotene (µg)	2396	1904	2039	2369	2180	1914	2084	1649	1555	2228	2052	1800
Total Vitamin A (µg)	669	386	619	652	397	599	784	496	624	677	490	573
Vitamin D (µg)	2.1	2.0	1.5	2.3	2.1	1.7	3.2	3.0	2.2	2.2	1.9	1.5
Vitamin E (mg)	8.5	14.0	6.2	7.4	3.3	6.8	9.7	7.2	6.5	6.9	3.8	6.4
Thiamin (mg)	2.2	4.4	1.3	2.4	6.3	1.4	2.2	2.3	1.6	1.6	2.1	1.3
Riboflavin (mg)	2.4	4.5	1.3	2.4	6.2	1.2	2.5	2.4	2.0	1.5	0.9	1.4
Pre-formed Niacin (mg)	18.5	8.4	16.5	18.3	8.9	17.9	21.8	9.1	19.8	18.0	8.2	16.8
Total Niacin Equivalents (mg)	30.3	10.5	28.8	29.4	10.9	30.1	34.4	10.7	33.6	29.9	11.4	29.9
Vitamin B6 (mg)	2.8	4.5	1.8	2.9	6.4	1.8	2.9	2.1	2.3	2.1	1.4	1.8
Vitamin B12 (µg)	4.5	4.0	3.5	3.6	3.3	3.0	4.9	3.3	3.8	3.7	2.0	3.5
Folate (µg)	222	127	190	247	164	195	298	169	243	206	100	199
Biotin (µg)	26.3	47.4	19.8	20.7	15.6	16.5	39.4	43.6	22.5	21.7	16.8	17.8
Pantothenate (mg)	5.7	5.0	4.3	5.2	6.5	4.2	6.4	4.4	5.5	4.6	2.5	4.1
Vitamin C (mg)	97	128	62	88	76	59	111	73	86	76	71	50

Table 4.38 Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and level of education of parents

	Intermediate education			Secondary education			Tertiary education		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males		*(n=38)*			*(n=83)*			*(n=99)*	
Retinol (µg)	317	212	262	370	266	281	494	370	378
Carotene (µg)	2260	2697	1253	2477	2561	1862	3445	2766	3037
Total Vitamin A (µg)	693	491	566	783	564	698	1068	625	944
Vitamin D (µg)	2.7	3.0	1.7	2.5	2.1	1.9	3.4	2.7	2.5
Vitamin E (mg)	7.5	3.6	6.8	8.3	5.4	7.6	10.5	7.1	7.9
Thiamin (mg)	1.9	0.8	1.7	1.9	0.7	1.8	2.7	3.4	2.0
Riboflavin (mg)	2.2	1.0	2.1	2.2	0.8	2.1	3.0	3.6	2.2
Pre-formed Niacin (mg)	23.2	10.4	19.7	24.3	8.3	23.1	29.1	12.4	26.6
Total Niacin Equivalents (mg)	38.6	13.5	34.9	39.9	11.7	40.1	47.4	16.0	44.4
Vitamin B6 (mg)	2.6	1.2	2.4	2.7	1.2	2.5	3.5	3.4	3.0
Vitamin B12 (µg)	5.6	2.3	5.1	5.4	2.2	5.4	6.5	4.0	5.6
Total folate (µg)	281	155	225	279	111	260	364	178	324
Biotin (µg)	30.1	25.0	24.3	30.8	20.1	25.3	46.9	51.6	27.0
Pantothenate (mg)	6.7	3.4	6.2	6.4	2.3	6.3	8.1	5.3	6.6
Vitamin C (mg)	90	105	51	77	53	65	118	99	100
Females		*(n=47)*			*(n=86)*			*(n=80)*	
Retinol (µg)	213	156	211	302	270	207	381	286	275
Carotene (µg)	1921	1561	1910	2006	1791	1601	2839	2111	2639
Total Vitamin A (µg)	533	338	525	636	302	559	854	479	780
Vitamin D (µg)	1.6	1.6	1.1	2.0	1.7	1.3	3.2	2.8	2.3
Vitamin E (mg)	9.0	18.9	5.8	7.1	4.3	6.3	8.5	5.0	7.0
Thiamin (mg)	2.3	5.8	1.2	1.7	2.2	1.3	2.0	1.9	1.5
Riboflavin (mg)	2.4	5.8	1.1	1.6	1.1	1.4	2.3	2.2	1.8
Pre-formed Niacin (mg)	16.5	8.6	15.5	17.5	7.4	16.5	21.6	8.4	20.3
Total Niaicin Equivalents (mg)	27.5	10.6	25.8	28.9	10.4	28.1	34.6	10.5	34.4
Vitamin B6 (mg)	2.9	5.9	1.6	2.1	1.4	1.8	2.7	2.0	2.2
Vitamin B12 (µg)	4.1	4.4	3.1	3.5	1.9	3.3	5.0	3.3	4.0
Total folate (µg)	197	130	160	215	113	194	270	137	231
Biotin (µg)	27.3	63.9	15.6	23.3	20.9	18.7	28.3	26.6	21.3
Pantothenate (mg)	5.1	6.1	3.8	4.6	2.5	4.4	6.0	3.7	4.9
Vitamin C (mg)	57	52	42	99	135	58	107	72	89

Table 4.39 Mean, SD and median values of vitamin intakes from all sources (including supplements) by sex and social class

	Professional Workers			Non-Manual Workers			Skilled Manual Workers			Unskilled Workers		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Males	*(n=115)*			*(n=41)*			*(n=38)*			*(n=25)*		
Retinol (μg)	457	347	355	454	316	319	337	252	256	278	192	233
Carotene (μg)	3224	2919	2532	2818	2156	2402	2484	2881	1760	2054	2131	1741
Total Vitamin A (μg)	995	632	831	923	534	886	751	630	550	620	372	562
Vitamin D (μg)	3.1	2.5	2.1	3.3	2.9	2.4	2.2	2.1	1.6	2.6	2.8	2.0
Vitamin E (mg)	9.9	6.7	7.7	8.6	5.8	7.7	8.6	5.2	7.7	7.1	3.4	6.2
Thiamin (mg)	2.5	3.2	1.9	2.3	0.9	2.0	1.8	0.6	1.7	1.6	0.5	1.5
Riboflavin (mg)	2.9	3.3	2.1	2.6	1.2	2.3	2.1	0.8	2.1	1.9	0.7	1.6
Pre-formed Niacin (mg)	27.8	11.9	25.2	28.5	11.0	26.0	22.5	7.3	22.7	20.9	8.0	18.3
Total Niacin Equivalents (mg)	45.4	15.4	43.1	46.4	14.6	46.0	37.8	11.0	35.6	34.3	10.3	31.4
Vitamin B6 (mg)	3.4	3.2	2.8	3.1	1.2	2.9	2.5	0.8	2.5	2.2	0.9	2.0
Vitamin B12 (μg)	6.4	3.7	5.6	6.3	2.9	6.0	5.1	2.1	4.8	4.6	2.0	4.4
Total folate (μg)	337	160	294	339	183	263	264	97	243	264	129	225
Biotin (μg)	43.8	48.4	26.9	32.2	17.1	25.7	29.8	21.3	24.4	29.9	30.4	21.8
Pantothenate (mg)	7.8	5.0	6.3	7.6	3.4	7.2	6.0	2.0	6.1	5.4	2.0	4.4
Vitamin C (mg)	114	94	97	92	77	60	67	34	61	76	113	41
Females	*(n=101)*			*(n=38)*			*(n=47)*			*(n=26)*		
Retinol (μg)	326	265	221	296	197	242	354	333	235	197	169	149
Carotene (μg)	2557	2015	2152	2637	2222	2007	1781	1341	1234	1787	1685	1377
Total Vitamin A (μg)	752	448	664	736	466	622	651	426	525	494	348	386
Vitamin D (μg)	2.6	2.4	2.1	2.3	2.2	1.7	2.5	2.2	1.5	1.3	0.8	1.0
Vitamin E (mg)	7.5	4.3	6.5	7.1	4.0	5.9	10.9	19.1	6.7	6.4	3.2	6.1
Thiamin (mg)	1.6	1.1	1.4	1.7	1.5	1.4	3.3	6.4	1.4	1.2	1.2	1.0
Riboflavin (mg)	1.8	1.2	1.6	2.0	1.8	1.8	3.0	6.0	1.4	1.1	1.2	0.8
Pre-formed Niacin (mg)	19.8	8.0	18.8	20.3	7.6	18.1	19.0	9.3	16.6	12.9	5.6	12.2
Total Niacin Equivalents (mg)	32.2	10.8	31.6	33.1	9.8	32.4	30.3	11.2	28.4	23.2	8.5	22.2
Vitamin B6 (mg)	2.3	1.2	2.1	2.3	1.6	2.1	3.6	6.1	1.9	1.6	1.3	1.3
Vitamin B12 (μg)	4.2	2.5	3.7	4.6	3.0	4.1	4.6	4.7	3.4	2.7	1.8	2.5
Total folate (μg)	245	132	218	214	89	199	261	161	208	151	62	144
Biotin (μg)	26.5	25.6	20.3	21.8	8.7	20.3	34.5	66.8	16.9	15.4	7.4	13.5
Pantothenate (mg)	5.1	2.9	4.5	5.6	3.4	5.1	6.2	6.5	4.5	3.5	1.7	3.2
Vitamin C (mg)	98	71	84	98	172	55	89	74	60	73	107	44

Table 4.40 Mean, SD, median and percentile values of NSP (g) intakes from all food sources for the total population by sex and age group

Gender		NSP (g)				
Age group	*n*	Mean	SD	Median	Percentiles	
					5th	95th
All						
13-17y	*441*	11.6	5.2	10.7	5.8	19.6
13-14y	*188*	11.0	3.9	10.3	5.9	17.4
15-17y	*253*	12.1	5.9	11.0	5.7	21.4
Males						
13-17y	*224*	13.1	6.1	12.2	6.5	22.8
13-14y	*95*	12.3	4.1	11.9	6.2	21.9
15-17y	*129*	13.7	7.1	12.5	6.5	25.8
Females						
13-17y	*217*	10.1	3.4	9.6	5.3	16.2
13-14y	*93*	9.7	3.1	9.4	5.3	16.2
15-17y	*124*	10.3	3.5	10.0	5.3	16.3

Table 4.41 Mean, SD, median and percentile values of NSP (g/MJ) intakes from all food sources for the total population by sex and age group

Gender		NSP (g)		
Age group	*n*	Mean	SD	Median
All				
13-17y	*441*	1.41	0.43	1.35
13-14y	*188*	1.38	0.34	1.33
15-17y	*253*	1.43	0.49	1.35
Males				
13-17y	*224*	1.38	0.46	1.33
13-14y	*95*	1.38	0.40	1.35
15-17y	*129*	1.38	0.50	1.32
Females				
13-17y	*217*	1.43	0.40	1.36
13-14y	*93*	1.37	0.28	1.32
15-17y	*124*	1.48	0.47	1.37

Table 4.42 Mean, SD and median values of NSP intakes (g and g/MJ) for the total population and for males and females by geographical location

	Open country/village			Small town			Large town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
All		*(n=174)*			*(n=43)*			*(n=62)*			*(n=162)*	
NSP (g)	12.0	5.3	11.5	11.5	4.2	10.8	12.5	5.7	11.4	10.9	4.9	10.0
NSP (g/MJ)	1.4	0.4	1.4	1.4	0.4	1.3	1.4	0.4	1.3	1.4	0.5	1.3
Males		*(n= 86)*			*(n=27)*			*(n=34)*			*(n=77)*	
NSP (g)	14.0	6.4	12.8	12.3	3.7	12.0	14.3	6.8	13.1	11.8	10.5	5.9
NSP (g/MJ)	1.5	0.5	1.4	1.3	0.3	1.3	1.4	0.5	1.3	1.3	1.2	0.4
Females		*(n=88)*			*(n=16)*			*(n=28)*			*(n=85)*	
NSP (g)	10.0	2.9	9.5	10.0	4.7	9.6	10.2	2.6	9.8	10.1	9.8	3.7
NSP (g/MJ)	1.4	0.3	1.4	1.5	0.5	1.3	1.4	0.3	1.4	1.4	1.3	0.5

Table 4.43 Mean, SD and median values of NSP intakes (g and g/MJ) for the total population and males and females by level of education of their parents

	Intermediate education			Secondary education			Tertiary education		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
All		*(n=85)*			*(n=169)*			*(n=179)*	
NSP (g)	9.9	3.5	9.0	11.2	5.3	10.4	12.8	5.4	12.0
NSP (g/MJ)	1.3	0.4	1.2	1.4	0.5	1.4	1.5	0.4	1.4
Males		*(n=38)*			*(n=83)*			*(n=99)*	
NSP (g)	11.0	4.1	10.0	12.7	6.4	11.9	14.3	6.2	12.9
NSP (g/MJ)	1.2	0.4	1.2	1.4	0.5	1.3	1.4	0.4	1.3
Females		*(n=47)*			*(n=86)*			*(n=80)*	
NSP (g)	9.0	2.7	8.5	9.8	3.5	9.6	11.0	3.3	10.6
NSP (g/MJ)	1.3	0.4	1.2	1.4	0.4	1.4	1.5	0.4	1.4

Excludes 8 missing values

Table 4.44 Mean, SD and median values of NSP intakes (g and g/MJ) for the total population and males and females by social class

Social class		NSP (g)			NSP (g/MJ)		
	n	Mean	SD	Median	Mean	SD	Median
Professional Workers							
All	*115*	12.57	5.64	11.59	19.42	5.51	18.68
Males	*68*	13.77	6.35	12.47	18.76	5.14	18.15
Females	*47*	10.83	3.86	9.84	20.38	5.93	19.31
Non Manual workers							
All	*149*	11.32	4.31	10.64	18.71	5.25	18.23
Males	*71*	12.75	5.00	12.21	18.25	5.28	18.24
Females	*78*	10.02	3.04	9.89	19.12	5.23	18.22
Skilled Manual Workers							
All	*66*	10.33	4.30	9.04	18.25	5.24	18.21
Males	*29*	11.74	5.27	10.09	17.86	5.37	16.94
Females	*37*	9.23	3.00	8.70	18.56	5.18	18.36
Unskilled Workers							
All	*111*	11.77	5.96	10.75	18.52	5.46	17.27
Males	*56*	13.53	7.26	11.96	18.85	6.62	17.66
Females	*55*	9.99	3.48	9.54	18.18	3.99	17.27

Table 5.1 Mean, SD, median and percentile values of anthropometric measurements for all 13-17 year old Irish teenagers and by age group

Age Groups		Weight (kg)	Height (m)	BMI (kg/m²)	Waist (cm)	Hip (cm)
13-17 y	*n*	*440*	*441*	*440*	*437*	*437*
	Mean	59.8	1.7	21.6	74.8	93.2
	SD	11.0	0.1	3.3	9.2	7.2
	Median	59.1	1.7	21.0	73.6	93.3
	Percentile 5th	43.6	1.5	17.6	63.3	82.1
	Percentile 75th	65.4	1.7	23.0	79.2	96.9
	Percentile 95th	78.8	1.8	27.2	91.9	104.3
13-14y	*n*	*187*	*188*	*187*	*186*	*185*
	Mean	56.1	1.6	21.1	73.8	90.8
	SD	11.2	0.1	3.6	9.7	7.7
	Median	54.1	1.6	20.5	71.5	90.9
	Percentile 5th	41.8	1.5	17.3	62.3	80.3
	Percentile 75th	60.6	1.7	22.4	77.9	94.5
	Percentile 95th	78.2	1.8	27.3	95.4	102.3
15-17y	*n*	*253*	*253*	*253*	*251*	*252*
	Mean	62.5	1.7	21.9	75.6	94.9
	SD	10.1	0.1	3.1	8.7	6.3
	Median	61.7	1.7	21.4	75.0	94.6
	Percentile 5th	47.3	1.5	18.0	63.8	85.3
	Percentile 75th	68.6	1.8	23.2	80.0	98.0
	Percentile 95th	78.9	1.8	27.2	91.7	104.6

Table 5.2 Mean, SD, median and percentile values of anthropometric measurements by sex and age group

Sex	Age Group		Weight (kg)	Height (m)	BMI (kg/m²)	Waist (cm)	Hip (cm)
Males	13-17y	*n*	*223*	*223*	*223*	*222*	*222*
		Mean	62.2	1.7	21.3	76.3	92.8
		SD	11.5	0.1	3.2	9.0	7.2
		Median	62.1	1.7	20.7	74.6	93.3
		Percentile 5th	43.6	1.5	17.5	65.2	80.9
		Percentile 75th	69.7	1.8	22.5	80.3	96.4
		Percentile 95th	79.0	1.9	26.8	95.0	103.0
	13-14y	*n*	*94*	*94*	*94*	*93*	*93*
		Mean	57.1	1.6	20.9	74.9	90.1
		SD	11.9	0.1	3.5	9.7	7.4
		Median	55.7	1.7	20.0	72.1	90.2
		Percentile 5th	40.6	1.5	17.1	64.2	79.7
		Percentile 75th	63.6	1.7	22.1	78.2	94.5
		Percentile 95th	80.2	1.8	28.3	98.5	102.1
	15-17y	*n*	*129*	*129*	*129*	*129*	*129*
		Mean	65.9	1.7	21.6	77.2	94.7
		SD	9.7	0.1	2.9	8.5	6.4
		Median	65.3	1.8	21.1	75.7	94.6
		Percentile 5th	50.0	1.6	18.0	65.5	85.4
		Percentile 75th	71.7	1.8	23.0	80.7	98.1
		Percentile 95th	79.5	1.9	26.5	93.6	104.1
Females	13-17y	*n*	*217*	*218*	*217*	*215*	*215*
		Mean	57.2	1.6	21.8	73.4	93.6
		SD	10.0	0.1	3.5	9.1	7.2
		Median	56.2	1.6	21.4	71.5	92.9
		Percentile 5th	43.5	1.5	17.6	61.7	83.5
		Percentile 75th	61.8	1.7	23.2	77.6	97.0
		Percentile 95th	78.6	1.7	27.3	89.9	106.7
	13-14y	*n*	*93*	*94*	*93*	*93*	*92*
		Mean	55.0	1.6	21.4	72.6	91.6
		SD	10.5	0.1	3.6	9.6	7.9
		Median	52.8	1.6	20.7	71.2	90.9
		Percentile 5th	42.9	1.5	17.5	60.8	81.6
		Percentile 75th	59.6	1.6	23.0	76.0	94.6
		Percentile 95th	73.8	1.7	26.7	89.2	104.1
	15-17y	*n*	*124*	*124*	*124*	*122*	*123*
		Mean	58.9	1.6	22.1	74.0	95.1
		SD	9.3	0.1	3.3	8.7	6.3
		Median	57.7	1.6	21.8	72.1	94.6
		Percentile 5th	45.5	1.5	17.9	62.8	85.1
		Percentile 75th	62.7	1.7	23.5	78.3	97.4
		Percentile 95th	78.8	1.7	27.6	91.0	107.5

Table 5.3 Mean, SD and median values of weight (kg) for all 13-17 year old Irish teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*173*	59.8	10.1	59.3	*73*	55.9	10.5	54.1	*100*	62.6	8.8	61.9
Small town	*43*	56.4	10.0	56.9	*23*	54.9	10.9	53.8	*20*	58.3	8.7	57.9
Large Town	*62*	61.5	12.3	60.7	*22*	55.2	12.3	52.5	*40*	64.9	11.0	63.4
City	*162*	59.9	11.7	58.5	*69*	56.9	11.9	54.9	*93*	62.2	11.1	60.9
Education Level												
Primary/Junior cert	*85*	62.5	13.1	60.6	*32*	60.2	14.7	56.8	*53*	63.9	12.0	61.6
Secondary	*169*	58.5	10.4	58.0	*82*	54.8	10.2	53.3	*87*	61.9	9.4	61.3
Third level	*178*	59.8	10.5	59.3	*70*	55.9	10.3	54.1	*108*	62.4	9.8	61.9
Social Class												
Professional,Managerial,Technical	*215*	59.6	10.7	59.1	*98*	54.7	9.4	53.2	*117*	63.7	10.1	63.0
Non-manual skilled	*79*	62.3	12.5	60.6	*27*	58.9	14.2	54.2	*52*	64.2	11.2	62.6
Manual skilled	*85*	58.8	11.6	57.4	*39*	57.4	14.0	54.3	*46*	60.0	9.1	59.7
Semi-skilled, unskilled (includes students)	*51*	58.6	8.7	58.8	*20*	57.6	8.5	58.8	*31*	59.3	8.9	59.3
Socio-economic group												
Employers, managers, higher professionals	*115*	59.9	11.6	58.0	*53*	55.2	11.4	52.7	*62*	63.9	10.4	62.3
Lower professionals, non- managers	*148*	60.4	11.4	59.3	*61*	57.3	11.6	54.1	*87*	62.6	10.9	61.3
Manual-skilled, semi-skilled, farmers	*66*	58.2	10.9	56.5	*30*	56.3	11.2	54.1	*36*	59.8	10.4	60.0
Unskilled, own a/c workers, agri workers, unknown, students	*111*	59.7	10.0	59.6	*43*	55.3	10.7	55.0	*68*	62.5	8.5	62.6

Table 5.4 Mean, SD and median values of weight (kg) for all 13-17 year old Irish male teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*86*	62.4	10.8	63.1	*41*	57.4	11.7	55.8	*45*	66.9	7.7	65.9
Small town	*27*	56.5	9.0	56.9	*16*	54.7	10.2	54.5	*11*	59.1	6.6	60.9
Large Town	*34*	63.9	10.3	64.1	*10*	56.4	9.3	58.3	*24*	67.1	9.1	66.0
City	*76*	63.2	13.0	61.8	*27*	58.5	14.1	55.7	*49*	65.9	11.7	66.3
Education Level												
Primary/Junior cert	*38*	64.2	13.6	64.2	*15*	61.8	14.9	58.0	*23*	65.8	12.7	66.3
Secondary	*83*	60.4	11.6	60.0	*39*	54.7	10.8	53.3	*44*	65.3	10.0	64.4
Third level	*98*	63.2	10.4	63.2	*39*	58.1	11.2	56.8	*59*	66.6	8.4	65.3
Social Class												
Professional,Managerial,Technical	*114*	62.2	11.1	62.3	*51*	56.1	10.3	56.0	*63*	67.1	9.1	65.9
Non-manual skilled	*41*	64.5	12.6	64.2	*14*	59.0	14.5	54.7	*27*	67.3	10.7	66.1
Manual skilled	*38*	61.3	12.5	60.6	*20*	58.6	14.7	54.1	*18*	64.4	9.0	63.6
Semi-skilled, unskilled (includes students)	*25*	60.1	9.9	60.6	*7*	58.8	9.7	58.8	*18*	60.6	10.3	60.9
Socio-economic group												
Employers, managers, higher professionals	*68*	61.8	11.7	61.7	*33*	55.6	10.2	56.0	*35*	67.6	10.0	66.9
Lower professionals, non- managers	*71*	63.0	11.8	62.3	*29*	57.8	12.7	54.2	*42*	66.6	9.8	64.5
Manual-skilled, semi-skilled, farmers	*29*	59.7	12.0	60.6	*11*	57.6	13.1	55.7	*18*	60.9	11.5	60.9
Unskilled, own a/c workers, agri workers, unknown, students	*55*	62.9	10.7	63.2	*21*	58.3	13.1	55.1	*34*	65.8	7.8	66.0

Table 5.5 Mean, SD and median values of weight (kg) for all 13-17 year old Irish female teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*87*	57.2	8.6	56.9	*32*	54.1	8.6	52.2	*55*	59.1	8.1	57.8
Small town	*16*	56.4	11.7	56.9	*7*	55.3	13.3	48.4	*9*	57.3	11.1	57.1
Large Town	*28*	58.5	14.0	54.7	*12*	54.2	14.7	51.4	*16*	61.7	12.9	59.0
City	*86*	57.0	9.5	56.0	*42*	55.8	10.2	54.6	*44*	58.1	8.8	57.2
Education Level												
Primary/Junior cert	*47*	61.2	12.7	59.3	*17*	58.9	14.9	54.6	*30*	62.4	11.3	60.3
Secondary	*86*	56.7	8.8	55.7	*43*	54.9	9.7	54.1	*43*	58.4	7.5	57.4
Third level	*80*	55.7	9.0	54.9	*31*	53.1	8.3	52.1	*49*	57.4	9.1	56.8
Social Class												
Professional,Managerial,Technical	*101*	56.6	9.5	55.6	*47*	53.1	8.0	52.1	*54*	59.7	9.8	57.9
Non-manual skilled	*38*	60.1	12.1	57.9	*13*	58.7	14.5	54.1	*25*	60.8	10.9	58.6
Manual skilled	*47*	56.8	10.4	56.8	*19*	56.2	13.4	54.3	*28*	57.1	8.0	57.3
Semi-skilled, unskilled (includes students)	*26*	57.2	7.4	58.1	*13*	57.0	8.2	58.7	*13*	57.5	6.7	57.4
Socio-economic group												
Employers, managers, higher professionals	*47*	57.1	11.1	54.8	*20*	54.4	13.3	50.9	*27*	59.1	8.9	57.3
Lower professionals, non- managers	*77*	57.9	10.5	56.1	*32*	56.8	10.7	53.7	*45*	58.7	10.5	57.0
Manual-skilled, semi-skilled, farmers	*37*	57.1	9.9	54.6	*19*	55.5	10.3	52.4	*18*	58.8	9.5	58.1
Unskilled, own a/c workers, agri workers, unknown, students	*56*	56.5	8.2	57.6	*22*	52.5	6.9	53.5	*34*	59.2	8.0	59.2

Table 5.6 Mean, SD and median values of height (m) for all 13-17 year old Irish teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*174*	1.7	0.1	1.7	*74*	1.6	0.1	1.6	*100*	1.7	0.1	1.7
Small town	*43*	1.7	0.1	1.7	*23*	1.7	0.1	1.7	*20*	1.7	0.1	1.7
Large Town	*62*	1.7	0.1	1.7	*22*	1.6	0.1	1.6	*40*	1.7	0.1	1.7
City	*162*	1.7	0.1	1.7	*69*	1.6	0.1	1.6	*93*	1.7	0.1	1.7
Education Level												
Primary/Junior cert	*85*	1.7	0.1	1.6	*32*	1.6	0.1	1.6	*53*	1.7	0.1	1.7
Secondary	*169*	1.7	0.1	1.6	*82*	1.6	0.1	1.6	*87*	1.7	0.1	1.7
Third level	*179*	1.7	0.1	1.7	*71*	1.6	0.1	1.6	*108*	1.7	0.1	1.7
Social Class												
Professional,Managerial,Technical	*216*	1.7	0.1	1.7	*99*	1.6	0.1	1.6	*117*	1.7	0.1	1.7
Non-manual skilled	*79*	1.7	0.1	1.7	*27*	1.6	0.1	1.6	*52*	1.7	0.1	1.7
Manual skilled	*85*	1.6	0.1	1.6	*39*	1.6	0.1	1.6	*46*	1.7	0.1	1.6
Semi-skilled, unskilled (includes students)	*51*	1.6	0.1	1.6	*20*	1.6	0.1	1.6	*31*	1.7	0.1	1.7
Socio-economic group												
Employers, managers, higher professionals	*115*	1.7	0.1	1.7	*53*	1.6	0.1	1.6	*62*	1.7	0.1	1.7
Lower professionals, non- managers	*149*	1.7	0.1	1.7	*62*	1.6	0.1	1.6	*87*	1.7	0.1	1.7
Manual-skilled, semi-skilled, farmers	*66*	1.6	0.1	1.6	*30*	1.6	0.1	1.6	*36*	1.7	0.1	1.7
Unskilled, own a/c workers, agri workers, unknown, students	*111*	1.7	0.1	1.6	*43*	1.6	0.1	1.6	*68*	1.7	0.1	1.7

Table 5.7 Mean, SD and median values of height (m) for all 13-17 year old Irish male teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*86*	1.7	0.1	1.7	*45*	1.8	0.1	1.8	*41*	1.7	0.1	1.7
Small town	*27*	1.7	0.1	1.7	*16*	1.7	0.1	1.7	*11*	1.7	0.1	1.7
Large Town	*34*	1.7	0.1	1.7	*10*	1.6	0.1	1.6	*24*	1.8	0.1	1.8
City	*76*	1.7	0.1	1.7	*27*	1.6	0.1	1.6	*49*	1.7	0.1	1.7
Education Level												
Primary/Junior cert	*38*	1.7	0.1	1.7	*15*	1.7	0.1	1.7	*23*	1.7	0.1	1.7
Secondary	*83*	1.7	0.1	1.7	*39*	1.6	0.1	1.6	*44*	1.7	0.1	1.8
Third level	*98*	1.7	0.1	1.7	*39*	1.7	0.1	1.7	*59*	1.8	0.1	1.8
Social Class												
Professional,Managerial,Technical	*114*	1.7	0.1	1.7	*51*	1.7	0.1	1.7	*63*	1.8	0.1	1.8
Non-manual skilled	*41*	1.7	0.1	1.7	*14*	1.6	0.1	1.7	*27*	1.7	0.1	1.7
Manual skilled	*38*	1.7	0.1	1.7	*20*	1.6	0.1	1.6	*18*	1.7	0.1	1.7
Semi-skilled, unskilled (includes students)	*25*	1.7	0.1	1.7	*7*	1.7	0.1	1.7	*18*	1.7	0.1	1.7
Socio-economic group												
Employers, managers, higher professionals	*68*	1.7	0.1	1.7	*33*	1.6	0.1	1.7	*35*	1.8	0.1	1.8
Lower professionals, non- managers	*71*	1.7	0.1	1.7	*29*	1.6	0.1	1.7	*42*	1.7	0.1	1.7
Manual-skilled, semi-skilled, farmers	*29*	1.7	0.1	1.7	*11*	1.7	0.1	1.7	*18*	1.7	0.1	1.7
Unskilled, own a/c workers, agri workers, unknown, students	*55*	1.7	0.1	1.7	*21*	1.6	0.1	1.6	*34*	1.7	0.1	1.7

Table 5.8 Mean, SD and median values of height (m) for all 13-17 year old Irish female teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*88*	1.6	0.1	1.6	*33*	1.6	0.1	1.6	*55*	1.6	0.1	1.6
Small town	*16*	1.6	0.0	1.6	*7*	1.6	0.1	1.6	*9*	1.6	0.0	1.6
Large Town	*28*	1.6	0.1	1.6	*12*	1.6	0.1	1.6	*16*	1.6	0.1	1.7
City	*86*	1.6	0.1	1.6	*42*	1.6	0.1	1.6	*44*	1.6	0.1	1.6
Education Level												
Primary/Junior cert	*47*	1.6	0.1	1.6	*17*	1.6	0.1	1.6	*30*	1.6	0.1	1.6
Secondary	*86*	1.6	0.1	1.6	*43*	1.6	0.1	1.6	*43*	1.6	0.1	1.6
Third level	*81*	1.6	0.1	1.6	*32*	1.6	0.1	1.6	*49*	1.6	0.1	1.6
Social Class												
Professional,Managerial,Technical	*102*	1.6	0.1	1.6	*48*	1.6	0.1	1.6	*54*	1.6	0.1	1.6
Non-manual skilled	*38*	1.6	0.1	1.6	*13*	1.6	0.1	1.6	*25*	1.6	0.1	1.7
Manual skilled	*47*	1.6	0.0	1.6	*19*	1.6	0.1	1.6	*28*	1.6	0.0	1.6
Semi-skilled, unskilled (includes students)	*26*	1.6	0.1	1.6	*13*	1.6	0.1	1.6	*13*	1.6	0.1	1.6
Socio-economic group												
Employers, managers, higher professionals	*47*	1.6	0.1	1.6	*20*	1.6	0.1	1.6	*27*	1.6	0.1	1.6
Lower professionals, non- managers	*78*	1.6	0.1	1.6	*33*	1.6	0.1	1.6	*45*	1.6	0.1	1.6
Manual-skilled, semi-skilled, farmers	*37*	1.6	0.1	1.6	*19*	1.6	0.1	1.6	*18*	1.6	0.1	1.6
Unskilled, own a/c workers, agri workers, unknown, students	*56*	1.6	0.1	1.6	*22*	1.6	0.1	1.6	*34*	1.6	0.1	1.6

Table 5.9 Mean, Sd and median values of BMI (kg/m²) for all 13-17 year old Irish teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*173*	21.6	2.9	21.2	*73*	20.9	2.9	20.5	*100*	22.1	2.8	21.5
Small town	*43*	20.2	3.0	19.3	*23*	19.9	2.9	18.8	*20*	20.4	3.2	19.4
Large Town	*62*	21.8	3.5	21.1	*22*	21.1	3.6	20.2	*40*	22.1	3.4	21.4
City	*162*	21.8	3.7	21.1	*69*	21.8	4.3	21.1	*93*	21.8	3.2	21.0
Education Level												
Primary/Junior cert	*85*	22.8	4.7	21.7	*32*	22.3	5.6	20.6	*53*	23.2	4.2	22.5
Secondary	*169*	21.4	3.0	21.2	*82*	20.9	3.0	20.6	*87*	21.8	2.9	21.5
Third level	*178*	21.1	2.6	20.7	*70*	20.8	2.9	20.3	*108*	21.3	2.5	20.9
Social Class												
Professional,Managerial,Technical	*215*	21.2	2.8	21.0	*98*	20.6	2.7	20.3	*117*	21.8	2.8	21.2
Non-manual skilled	*79*	22.3	4.4	21.2	*27*	22.3	5.3	20.6	*52*	22.3	3.9	21.8
Manual skilled	*85*	21.8	3.7	21.4	*39*	21.6	4.3	20.0	*46*	21.9	3.1	21.5
Semi-skilled, unskilled (includes students)	*51*	21.7	2.6	21.6	*20*	21.8	2.6	21.6	*31*	21.6	2.6	21.5
Socio-economic group												
Employers, managers, higher professionals	*115*	21.1	3.0	20.6	*53*	20.7	3.3	20.2	*62*	21.5	2.7	21.1
Lower professionals, non- managers	*148*	21.8	3.7	21.0	*61*	21.5	3.8	20.7	*87*	22.0	3.6	21.2
Manual-skilled, semi-skilled, farmers	*66*	21.4	3.2	20.6	*30*	21.2	3.1	20.6	*36*	21.6	3.2	20.9
Unskilled, own a/c workers, agri workers, unknown, students	*111*	21.8	3.2	21.4	*43*	21.2	3.8	20.0	*68*	22.1	2.7	21.6

Table 5.10 Mean, Sd and median values of BMI (kg/m²) for all 13-17 year old Irish male teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*86*	21.3	2.7	21.1	*41*	20.7	3.1	19.7	*45*	21.8	2.3	21.4
Small town	*27*	19.7	2.3	19.3	*16*	19.7	2.6	18.7	*11*	19.7	1.8	19.3
Large Town	*34*	21.5	2.3	21.2	*10*	21.5	2.4	21.3	*24*	21.6	2.3	21.2
City	*76*	21.8	4.0	20.9	*27*	21.8	4.6	20.9	*49*	21.9	3.6	20.9
Education Level												
Primary/Junior cert	*38*	22.4	4.8	21.4	*15*	21.8	5.4	19.7	*23*	22.9	4.3	22.4
Secondary	*83*	21.0	2.8	20.8	*39*	20.5	2.7	19.8	*44*	21.5	2.7	21.2
Third level	*98*	21.2	2.6	20.6	*39*	21.1	3.3	20.0	*59*	21.3	2.1	21.0
Social Class												
Professional,Managerial,Technical	*114*	21.0	2.6	20.9	*51*	20.5	2.9	19.5	*63*	21.4	2.2	21.1
Non-manual skilled	*41*	22.0	4.0	21.0	*14*	21.9	4.2	20.6	*27*	22.1	3.9	21.7
Manual skilled	*38*	21.8	4.1	21.0	*20*	21.7	4.6	20.4	*18*	21.9	3.4	21.5
Semi-skilled, unskilled (includes students)	*25*	21.2	2.8	20.0	*7*	20.6	2.2	20.6	*18*	21.4	3.0	20.0
Socio-economic group												
Employers, managers, higher professionals	*68*	20.8	2.6	20.6	*33*	20.5	2.8	20.2	*35*	21.1	2.3	21.0
Lower professionals, non- managers	*71*	21.7	3.4	20.7	*29*	21.1	3.3	19.8	*42*	22.2	3.4	21.1
Manual-skilled, semi-skilled, farmers	*29*	20.8	3.3	19.8	*11*	20.4	3.1	19.7	*18*	21.0	3.5	19.8
Unskilled, own a/c workers, agri workers, unknown, students	*55*	21.7	3.4	21.2	*21*	21.7	4.7	20.6	*34*	21.8	2.2	21.4

Table 5.11 Mean, Sd and median values of BMI (kg/m²) for all 13-17 year old Irish female teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*87*	21.9	3.0	21.4	*32*	21.1	2.5	20.6	*55*	22.3	3.2	21.5
Small town	*16*	21.0	3.9	21.1	*7*	20.5	3.7	19.3	*9*	21.3	4.2	21.8
Large Town	*28*	22.0	4.6	20.8	*12*	20.9	4.5	19.5	*16*	22.9	4.6	22.3
City	*86*	21.8	3.5	21.5	*42*	21.8	4.1	21.5	*44*	21.8	2.7	21.5
Education Level												
Primary/Junior cert	*47*	23.2	4.8	21.8	*17*	22.7	5.9	20.7	*30*	23.4	4.1	22.5
Secondary	*86*	21.8	3.1	21.6	*43*	21.4	3.2	21.2	*43*	22.2	3.0	21.9
Third level	*80*	21.0	2.7	20.8	*31*	20.5	2.2	20.4	*49*	21.4	2.9	20.9
Social Class												
Professional,Managerial,Technical	*101*	21.4	3.1	21.0	*47*	20.7	2.5	20.5	*54*	22.1	3.4	21.8
Non-manual skilled	*38*	22.5	4.9	21.5	*13*	22.7	6.4	20.6	*25*	22.5	4.1	21.8
Manual skilled	*47*	21.8	3.5	21.4	*19*	21.6	4.1	20.0	*28*	22.0	3.0	21.5
Semi-skilled, unskilled (includes students)	*26*	22.2	2.3	22.4	*13*	22.4	2.7	22.6	*13*	22.0	2.0	22.1
Socio-economic group												
Employers, managers, higher professionals	*47*	21.5	3.5	20.8	*20*	20.9	4.1	20.3	*27*	22.0	3.1	21.9
Lower professionals, non- managers	*77*	21.9	4.0	21.3	*32*	21.9	4.2	21.3	*45*	21.9	3.9	21.3
Manual-skilled, semi-skilled, farmers	*37*	22.0	3.0	21.7	*19*	21.7	3.1	20.7	*18*	22.3	2.9	22.7
Unskilled, own a/c workers, agri workers, unknown, students	*56*	21.8	3.0	21.5	*22*	20.8	2.7	20.0	*34*	22.4	3.0	21.8

Table 5.12 Mean, SD and median values of waist circumference (cm) for all 13-17 year old Irish teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*171*	75.0	8.5	74.4	*72*	72.9	8.7	71.3	*99*	76.5	8.2	75.6
Small town	*43*	72.3	7.0	71.1	*23*	72.6	7.2	71.5	*20*	71.9	7.0	71.1
Large Town	*61*	75.0	8.9	73.3	*22*	72.4	9.0	70.9	*39*	76.5	8.7	75.0
City	*162*	75.3	10.3	73.3	*69*	75.5	11.4	72.2	*93*	75.1	9.5	74.2
Education Level												
Primary/Junior cert	*84*	78.3	12.2	76.1	*32*	77.6	13.8	72.1	*52*	78.7	11.2	77.4
Secondary	*169*	74.2	8.2	74.3	*82*	72.7	8.5	71.3	*87*	75.6	7.7	75.1
Third level	*176*	74.0	8.1	72.5	*69*	73.3	8.5	71.6	*107*	74.4	7.9	73.3
Social Class												
Professional,Managerial,Technical	*213*	74.0	8.1	72.8	*97*	72.0	7.7	71.1	*116*	75.6	8.0	74.5
Non-manual skilled	*79*	76.7	11.3	74.3	*27*	76.8	12.9	73.6	*52*	76.7	10.5	74.8
Manual skilled	*84*	75.2	10.6	72.9	*39*	75.0	12.4	71.4	*45*	75.3	9.0	75.4
Semi-skilled, unskilled (includes students)	*51*	75.8	7.4	75.1	*20*	76.7	6.1	75.1	*31*	75.3	8.2	75.1
Socio-economic group												
Employers, managers, higher professionals	*113*	74.3	8.4	73.2	*52*	72.6	8.5	70.8	*61*	75.7	8.2	74.3
Lower professionals, non- managers	*147*	75.0	10.0	73.2	*61*	74.1	10.3	71.5	*86*	75.7	9.7	73.6
Manual-skilled, semi-skilled, farmers	*66*	75.3	9.6	73.8	*30*	75.5	9.4	72.8	*36*	75.2	9.9	75.1
Unskilled, own a/c workers, agri workers, unknown, students	*111*	74.9	8.6	74.4	*43*	73.5	10.5	71.4	*68*	75.7	7.2	76.1

Table 5.13 Mean, SD and median values of waist circumference (cm) for all 13-17 year old Irish male teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*85*	76.2	8.3	74.6	*40*	73.7	8.8	71.3	*45*	78.5	7.1	77.1
Small town	*27*	72.3	5.5	71.3	*16*	72.6	6.5	70.9	*11*	71.9	3.9	71.3
Large Town	*34*	76.2	6.6	75.0	*10*	74.6	5.4	73.4	*24*	76.8	7.1	75.9
City	*76*	77.8	11.3	75.6	*27*	78.3	12.8	73.8	*49*	77.4	10.4	76.1
Education Level												
Primary/Junior cert	*38*	79.4	12.6	78.1	*15*	79.1	13.8	73.1	*23*	79.7	12.1	79.6
Secondary	*83*	74.8	8.0	74.4	*39*	72.9	7.9	71.1	*44*	76.4	7.8	75.4
Third level	*97*	76.5	8.1	74.9	*38*	75.5	9.2	72.6	*59*	77.1	7.2	76.0
Social Class												
Professional,Managerial,Technical	*113*	75.8	7.9	74.4	*50*	73.7	7.8	72.1	*63*	77.4	7.6	76.1
Non-manual skilled	*41*	77.3	10.7	74.6	*14*	76.7	12.4	71.3	*27*	77.6	10.0	75.4
Manual skilled	*38*	77.6	10.9	75.5	*20*	77.5	12.9	73.7	*18*	77.7	8.5	77.1
Semi-skilled, unskilled (includes students)	*25*	75.4	8.8	74.4	*7*	74.5	5.1	73.8	*18*	75.8	10.0	75.1
Socio-economic group												
Employers, managers, higher professionals	*67*	75.3	7.6	74.4	*32*	73.4	6.9	72.1	*35*	77.1	7.9	75.7
Lower professionals, non- managers	*71*	76.8	9.9	75.0	*29*	74.7	10.3	71.5	*42*	78.2	9.5	75.2
Manual-skilled, semi-skilled, farmers	*29*	75.5	10.0	74.0	*11*	75.0	10.0	70.3	*18*	75.7	10.3	75.3
Unskilled, own a/c workers, agri workers, unknown, students	*55*	77.1	9.1	75.3	*21*	77.5	12.3	74.3	*34*	76.9	6.7	76.8

Table 5.14 Mean, SD and median values of waist circumference (cm) for all 13-17 year old Irish female teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*86*	73.9	8.7	73.0	*32*	72.1	8.5	71.0	*54*	74.9	8.7	74.9
Small town	*16*	72.2	9.3	70.9	*7*	72.5	9.4	72.1	*9*	72.0	9.8	70.7
Large Town	*27*	73.5	11.2	71.4	*12*	70.5	11.0	68.6	*15*	76.0	11.0	73.3
City	*86*	73.1	8.9	71.2	*42*	73.7	10.2	71.4	*44*	72.5	7.5	70.2
Education Level												
Primary/Junior cert	*46*	77.3	11.9	75.8	*17*	76.3	14.1	71.2	*29*	78.0	10.6	76.3
Secondary	*86*	73.7	8.4	74.0	*43*	72.5	9.0	71.4	*43*	74.8	7.7	75.1
Third level	*79*	70.9	7.0	70.1	*31*	70.6	6.6	70.1	*48*	71.0	7.3	69.7
Social Class												
Professional,Managerial,Technical	*100*	71.9	7.8	70.4	*47*	70.2	7.2	69.6	*53*	73.5	8.0	71.9
Non-manual skilled	*38*	76.1	12.0	73.6	*13*	77.0	13.8	73.7	*25*	75.7	11.2	72.6
Manual skilled	*46*	73.1	10.0	70.0	*19*	72.4	11.5	68.4	*27*	73.6	9.0	70.1
Semi-skilled, unskilled (includes students)	*26*	76.3	5.9	76.0	*13*	77.8	6.5	78.2	*13*	74.7	5.0	75.6
Socio-economic group												
Employers, managers, higher professionals	*46*	72.7	9.4	70.5	*20*	71.3	10.6	68.6	*26*	73.8	8.4	71.7
Lower professionals, non- managers	*76*	73.4	9.9	70.8	*32*	73.5	10.5	71.7	*44*	73.4	9.5	70.4
Manual-skilled, semi-skilled, farmers	*37*	75.2	9.4	73.6	*19*	75.8	9.3	73.6	*18*	74.6	9.8	74.1
Unskilled, own a/c workers, agri workers, unknown, students	*56*	72.7	7.6	71.7	*22*	69.8	6.8	70.6	*34*	74.5	7.6	76.0

Table 5.15 Mean, SD and median values of hip circumference (cm) for all 13-17 year old Irish teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*171*	92.8	6.6	92.8	*72*	89.6	6.5	90.1	*99*	95.2	5.7	94.6
Small town	*43*	91.3	7.3	91.2	*23*	90.0	7.7	88.1	*20*	92.9	6.7	93.4
Large Town	*61*	94.3	7.9	94.3	*21*	90.7	8.7	91.1	*40*	96.2	6.8	95.2
City	*162*	93.6	7.5	93.5	*69*	92.4	8.3	91.4	*93*	94.5	6.7	94.4
Education Level												
Primary/Junior cert	*84*	95.0	9.0	95.0	*32*	93.5	10.5	91.2	*52*	95.9	8.0	95.5
Secondary	*169*	92.5	6.9	92.7	*82*	90.2	7.2	90.2	*87*	94.7	5.9	94.5
Third level	*176*	93.1	6.4	93.2	*68*	90.5	6.5	91.0	*108*	94.7	5.8	94.3
Social Class												
Professional,Managerial,Technical	*213*	92.9	7.0	93.3	*96*	89.8	6.7	90.1	*117*	95.4	6.2	94.6
Non-manual skilled	*79*	94.4	8.4	92.8	*27*	92.5	10.2	91.4	*52*	95.5	7.2	95.0
Manual skilled	*84*	93.3	7.3	93.2	*39*	92.1	8.6	91.3	*45*	94.4	5.8	94.4
Semi-skilled, unskilled (includes students)	*51*	92.7	6.3	93.3	*20*	91.9	5.9	92.1	*31*	93.2	6.5	94.0
Socio-economic group												
Employers, managers, higher professionals	*112*	93.2	7.6	93.4	*51*	90.0	7.5	90.1	*61*	95.9	6.6	94.6
Lower professionals, non- managers	*148*	93.8	7.7	92.9	*61*	91.8	8.8	91.2	*87*	95.2	6.6	94.9
Manual-skilled, semi-skilled, farmers	*66*	92.0	7.2	92.0	*30*	90.9	7.4	89.1	*36*	92.9	7.0	94.0
Unskilled, own a/c workers, agri workers, unknown, students	*111*	93.1	6.2	93.5	*43*	90.4	6.6	90.6	*68*	94.7	5.3	95.1

Table 5.16 Mean, SD and median values of hip circumference (cm) for all 13-17 year old Irish male teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*85*	92.4	7.0	92.7	*40*	89.3	7.1	90.1	*45*	95.2	5.7	94.6
Small town	*27*	90.0	5.7	90.5	*16*	88.9	6.6	88.1	*11*	91.7	3.8	93.3
Large Town	*34*	93.9	6.4	94.3	*10*	90.4	7.2	91.0	*24*	95.4	5.6	95.2
City	*76*	93.6	8.0	94.1	*27*	92.0	8.4	91.4	*49*	94.6	7.7	94.9
Education Level												
Primary/Junior cert	*38*	94.2	8.6	95.0	*15*	93.6	9.2	91.8	*23*	94.6	8.3	95.1
Secondary	*83*	91.5	7.3	91.6	*39*	88.6	7.1	89.1	*44*	94.1	6.5	94.2
Third level	*97*	93.4	6.4	93.8	*38*	90.6	6.6	91.1	*59*	95.3	5.6	94.9
Social Class												
Professional,Managerial,Technical	*113*	92.6	6.9	93.3	*50*	89.3	6.7	90.1	*63*	95.3	5.8	94.6
Non-manual skilled	*41*	93.7	7.6	94.3	*14*	91.1	8.0	90.3	*27*	95.0	7.2	94.9
Manual skilled	*38*	93.0	7.8	93.8	*20*	91.7	9.0	91.4	*18*	94.4	6.0	94.2
Semi-skilled, unskilled (includes students)	*25*	91.9	7.6	91.1	*7*	90.8	7.1	91.1	*18*	92.3	8.0	91.7
Socio-economic group												
Employers, managers, higher professionals	*67*	92.7	7.1	93.3	*32*	89.3	5.7	90.1	*35*	95.9	6.8	95.0
Lower professionals, non- managers	*71*	93.3	7.6	93.3	*29*	90.2	8.5	90.0	*42*	95.5	6.1	95.0
Manual-skilled, semi-skilled, farmers	*29*	91.0	8.2	90.2	*11*	90.5	9.2	87.2	*18*	91.3	7.8	92.1
Unskilled, own a/c workers, agri workers, unknown, students	*55*	93.1	6.2	93.5	*21*	91.1	7.7	91.3	*34*	94.3	4.9	94.5

Table 5.17 Mean, SD and median values of hip circumference (cm) for all 13-17 year old Irish female teenagers by demographic and lifestyle factors and by age group

	All 13-17y				13-14y				15-17y			
	n	Mean	SD	Median	*n*	Mean	SD	Median	*n*	Mean	SD	Median
Location												
Rural	*86*	93.2	6.2	92.8	*32*	90.0	5.7	90.1	*54*	95.1	5.7	94.6
Small town	*16*	93.6	9.3	94.2	*7*	92.6	10.0	88.1	*9*	94.4	9.2	95.1
Large Town	*27*	94.8	9.6	93.4	*11*	91.1	10.3	92.3	*16*	97.4	8.5	96.8
City	*86*	93.6	7.0	92.8	*42*	92.7	8.4	91.3	*44*	94.5	5.4	94.3
Education Level												
Primary/Junior cert	*46*	95.6	9.5	94.7	*17*	93.3	11.8	88.3	*29*	96.9	7.8	95.6
Secondary	*86*	93.5	6.5	93.1	*43*	91.6	7.1	91.0	*43*	95.3	5.3	94.6
Third level	*79*	92.7	6.5	92.4	*30*	90.5	6.6	91.0	*49*	94.1	6.1	93.3
Social Class												
Professional,Managerial,Technical	*100*	93.2	7.2	93.1	*46*	90.4	6.7	90.5	*54*	95.6	6.7	94.5
Non-manual skilled	*38*	95.3	9.2	92.5	*13*	94.0	12.3	91.4	*25*	96.0	7.2	95.3
Manual skilled	*46*	93.6	7.0	92.9	*19*	92.4	8.4	89.6	*27*	94.4	5.8	94.7
Semi-skilled, unskilled (includes students)	*26*	93.4	4.7	94.2	*13*	92.4	5.4	93.9	*13*	94.4	3.7	95.4
Socio-economic group												
Employers, managers, higher professionals	*45*	94.0	8.2	93.4	*19*	91.2	9.8	89.6	*26*	96.0	6.3	94.3
Lower professionals, non- managers	*77*	94.2	7.8	92.8	*32*	93.3	8.9	91.4	*45*	94.9	7.0	94.2
Manual-skilled, semi-skilled, farmers	*37*	92.8	6.3	92.5	*19*	91.1	6.4	89.6	*18*	94.5	5.8	94.2
Unskilled, own a/c workers, agri workers, unknown, students	*56*	93.0	6.2	93.7	*22*	89.8	5.5	89.6	*34*	95.2	5.8	95.5

Table 5.18 Percentage of all 13-17 year old Irish teenagers defined as normal, overweight and obese by age group using the UK 90 cut-offs

		UK 90 cut-offs*		
Age Group	*n*	Normal	Overweight	Obese
13-17y	*440*	81.6	10.9	7.5
13-14y	*187*	78.1	11.8	10.2
15-17y	*253*	84.2	10.3	5.5

* BMI reference curves for the UK1990 (Cole *et al.* 1995)

Table 5.19 Percentage of all 13-17 year old Irish male teenagers defined as normal, overweight and obese by age group using the UK 90 cut-offs

		UK 90 cut-offs*		
Age Group	*n*	Normal	Overweight	Obese
13-17y	*223*	80.7	10.8	8.5
13-14y	*94*	75.5	11.7	12.8
15-17y	*129*	84.5	10.1	5.4

* BMI reference curves for the UK1990 (Cole *et al.* 1995)

Table 5.20 Percentage of all 13-17 year old Irish female teenagers defined as normal, overweight and obese by age group using the UK 90 cut-offs

		UK 90 cut-offs*		
Age Group	*n*	Normal	Overweight	Obese
13-17y	*217*	82.5	11.1	6.5
13-14y	*93*	80.6	11.8	7.5
15-17y	*124*	83.9	10.5	5.6

* BMI reference curves for the UK1990 (Cole *et al.* 1995)

Table 5.21 Percentage of all 13-17 year old Irish teenagers defined as normal, overweight and obese by age group using the IOTF cut-offs

		IOTF cut-offs*		
Age Group	*n*	Normal	Overweight	Obese
13-17y	440	82.0	15.0	3.0
13-14y	187	79.1	16.6	4.3
15-17y	253	84.2	13.8	2.0

* International Obesity Taskforce age and sex specific BMI cut-offs (Cole *et al.* 2000)

Table 5.22 Percentage of all 13-17 year old Irish males teenagers defined as normal, overweight and obese by age group using the IOTF cut-offs

		IOTF cut-offs*		
Age Group	*n*	Normal	Overweight	Obese
13-17y	223	82.1	15.2	2.7
13-14y	94	78.7	16.0	5.3
15-17y	129	84.5	14.7	0.8

* International Obesity Taskforce age and sex specific BMI cut-offs (Cole *et al.* 2000)

Table 5.23 Percentage of all 13-17 year old Irish females teenagers defined as normal, overweight and obese by age group using the IOTF cut-offs

		IOTF cut-offs*		
Age Group	*n*	Normal	Overweight	Obese
13-17y	217	82.0	14.7	3.2
13-14y	93	79.6	17.2	3.2
15-17y	124	83.9	12.9	3.2

* International Obesity Taskforce age and sex specific BMI cut-offs (Cole *et al.* 2000)

Table 6.1 Body size satisfaction for 13-17 year old Irish teenagers by BMI, sex, age group and demographic and lifestyle factors

	n	Taller (%)	Smaller (%)	Same(%)	Heavier (%)	Lighter (%)	Same(%)
BMI category*							
Normal weight	*356*	50	4	46	14	34	52
Overweight	*47*	60	2	38	6	60	34
Obese	*33*	6	3	33	0	91	9
Sex							
Male	*224*	45	7	48	21	23	56
Female	*217*	58	1	40	4	60	36
Age group							
13-14y	*188*	52	3	46	8	44	48
15-17y	*253*	52	5	43	16	39	45
Location							
Rural	*171*	49	4	47	8	44	48
Small town	*43*	56	5	39	23	23	54
Large Town	*62*	52	3	45	16	37	47
City	*160*	54	4	41	13	44	43
Socio-economic group							
Employers, managers, higher professionals	*115*	47	3	50	16	33	51
Lower professionals, non- managers	*147*	54	7	39	10	47	43
Manual-skilled, semi-skilled, farmers	*63*	56	5	39	11	44	45
Unskilled, own a/c workers, agri workers, unknown, students	*111*	52	2	46	13	40	48

* International Obesity Taskforce age and sex specific BMI cut-offs (Cole *et al.* 2000)

Table 6.2 Prevalence of weight control practices in 13-17 year old Irish teenagers by BMI, sex, age group and demographic and lifestyle factors

	Weight loss attempted (%)	Weight gain attempted (%)	Weight loss attempted in previous 12 months (%)
BMI category*			
Normal weight	32	10	24
Overweight	55	6	42
Obese	85	0	85
Sex			
Male	25	11	16
Female	51	7	42
	0	0	0
Age group	0	0	0
13-14y	32	5	24
15-17y	41	12	32
Location			
Rural	38	5	29
Small town	23	19	19
Large Town	34	7	23
City	42	11	33
Socio-economic group			
Employers, managers, higher professionals	30	10	20
Lower professionals, non- managers	44	7	31
Manual-skilled, semi-skilled, farmers	36	11	34
Unskilled, own a/c workers, agri workers, unknown, students	37	9	31

* International Obesity Taskforce age and sex specific BMI cut-offs (Cole*et al.* 2000)