

ANNEX VI

Mean daily individual availability of 15 main food groups

- Availability for the overall population
- Availability by locality of the residence
- Availability by education of the household head
- Availability by occupation of the household head
- Availability by household composition

AUSTRIA - Mean daily individual availability of 15 main food groups, for the overall population and for population sub-groups.

Table 1: Overall mean food availability in Austria. Analysis of the household budget survey of 1999-2000 (quantity/person/day).

Food Group	Mean availability
	1999-2000
Eggs (pieces)	0.50
Potatoes and other starchy roots (g)	100
Pulses (g)	N/A*
Nuts (g)	N/A*
Cereals and cereal products (g)	303
Milk and milk products (g)	284
Meat and meat products (g)	182
Vegetables (fresh and processed) (g)	142
Fish and seafood (g)	9.30
Fruits (fresh and processed) (g)	192
Total added lipids (g)	42
Alcoholic beverages (ml)	171
Non alcoholic beverages (ml)	652
Sugar and sugar products (g)	74
Juices (fruit and vegetable) (ml)	90

N/A: Not available

* There is no information for pulses and nuts, since they are included in other food codes and have been classified under processed vegetables and processed fruits, respectively.

Source: The Austrian National Institute of Statistics and the DAFNE databank.

Table 2: Mean food availability in Austria, by locality of the dwelling Analysis of the household budget survey of 1999-2000 (quantity/person/day).

Food Group	1999-2000		
	Rural	Semi-Urban	Urban
Eggs (pieces)	0,56	0,50	0,42
Potatoes and other starchy roots (g)	110	104	87
Pulses (g)	N/A*	N/A*	N/A*
Nuts (g)	N/A*	N/A*	N/A*
Cereals and cereal products (g)	295	301	314
Milk and milk products (g)	294	268	283
Meat and meat products (g)	190	186	169
Vegetables (g)	133	147	150
Fish and seafood (g)	7.88	9.64	11
Fruits (g)	189	202	189
Total added lipids (g)	44	44	39
Alcoholic beverages (ml)	173	200	147
Non alcoholic beverages (ml)	630	654	675
Sugar and sugar products (g)	80	70	70
Juices (fruit and vegetable) (ml)	73	86	112

N/A: Not available

* There is no information for pulses and nuts, since they are included in other food codes and have been classified under processed vegetables and processed fruits, respectively.

Source: The Austrian National Institute of Statistics and the DAFNE databank.

Table 3: Mean food availability in Austria, by educational level of the household head. Analysis of the household budget survey of 1999-2000 (quantity/person/day).

Food Group	1999-2000		
	IE	SE	HE
Eggs (pieces)	0,59	0,51	0,31
Potatoes and other starchy roots (g)	151	103	67
Pulses (g)	N/A*	N/A*	N/A*
Nuts (g)	N/A*	N/A*	N/A*
Cereals and cereal products (g)	339	302	305
Milk and milk products (g)	343	285	267
Meat and meat products (g)	197	185	140
Vegetables (g)	193	140	159
Fish and seafood (g)	7.07	9.03	12
Fruits (g)	260	191	191
Total added lipids (g)	67	43	30
Alcoholic beverages (ml)	172	174	142
Non alcoholic beverages (ml)	684	660	551
Sugar and sugar products (g)	97	75	57
Juices (fruit and vegetable) (ml)	94	87	117

IE: Illiterate/Elementary education **SE:** Secondary education **HE:** Higher Education

N/A: Not available

* There is no information for pulses and nuts, since they are included in other food codes and have been classified under processed vegetables and processed fruits, respectively.

Source: The Austrian National Institute of Statistics and the DAFNE databank.

Table 4: Mean food availability in Austria, by occupation of the household head. Analysis of the household budget survey of 1999-2000 (quantity/person/day).

Food Group	1999-2000				
	Manual	Non-manual	Retired	Unemployed	Other [†]
Eggs (pieces)	0,49	0,39	0,70	0,45	0,39
Potatoes and other starchy roots (g)	90	75	156	119	89
Pulses (g)	N/A *	N/A *	N/A *	N/A *	N/A *
Nuts (g)	N/A *	N/A *	N/A *	N/A *	N/A *
Cereals and cereal products (g)	284	284	359	313	266
Milk and milk products (g)	255	263	347	277	280
Meat and meat products (g)	167	153	253	200	145
Vegetables (g)	112	131	197	146	114
Fish and seafood (g)	6.84	8.97	12	10	8.57
Fruits (g)	156	167	278	181	155
Total added lipids (g)	41	33	62	44	35
Alcoholic beverages (ml)	170	142	230	192	123
Non alcoholic beverages (ml)	659	597	763	652	547
Sugar and sugar products (g)	65	62	106	64	62
Juices (fruit and vegetable) (ml)	87	95	81	124	97

[†] **Other:** Housewives, Students and Invalid Persons

N/A: Not available

* There is no information for pulses and nuts, since they are included in other food codes and have been classified under processed vegetables and processed fruits, respectively.

Source: The Austrian National Institute of Statistics and the DAFNE databank.

Table 5: Mean food availability in Austria, by household type. Analysis of the household budget survey of 1999-2000 (quantity/person/day).

Food Group	1999-2000								
	One adult	Two adults	One adult and children	Two adults and children	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other
Eggs (pieces)	0.57	0.52	0.43	0.39	0.69	0.49	0.80	0.60	0.50
Potatoes and other starchy roots(g)	86	103	93	76	156	82	167	143	118
Pulses (g)	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*
Nuts (g)	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*	N/A*
Cereals and cereal products (g)	372	310	314	264	368	291	383	357	282
Milk and milk products (g)	342	277	288	249	350	286	393	321	264
Meat and meat products (g)	202	216	137	139	251	154	221	213	222
Vegetables (g)	161	177	115	107	181	113	216	196	150
Fish and seafood (g)	8.72	13	10	7,21	11	5,82	12	14	8.73
Fruits (g)	252	242	172	143	226	161	329	261	174
Total added lipids (g)	44	47	39	31	60	44	77	62	40
Alcoholic beverages (ml)	244	218	87	120	255	170	184	232	173
Non alcoholic beverages (ml)	950	757	608	530	735	555	818	673	665
Sugar and sugar products (g)	85	79	65	58	100	73	134	93	68
Juices (fruit and vegetable) (ml)	127	96	110	91	74	50	90	69	86

N/A: Not available

* There is no information for pulses and nuts, since they are included in other food codes and have been classified under processed vegetables and processed fruits, respectively.

Source: The Austrian National Institute of Statistics and the DAFNE databank.

FINLAND - Mean daily individual availability of 15 main food groups, for the overall population and for population sub-groups.

Table 6: Overall mean food availability in Finland, by survey year (quantity/person/day).

Food Group	Mean availability		
	1985	1990	1998
Eggs (pieces)	0.44	0.34	0.31
Potatoes and other starchy roots (g)	136	110	111
Pulses (g)	1.22	0.96	1.28
Nuts (g)	0.59	1.03	1.56
Cereals and cereal products (g)	202	188	206
Milk and milk products (g)	591	542	507
Meat and meat products (g)	140	129	148
Vegetables (fresh and processed) (g)	95	99	123
Fish and seafood (g)	29	36	30
Fruits (fresh and processed) (g)	153	149	157
Total added lipids (g)	39	34	31
Alcoholic beverages (ml)	52	79	102
Non alcoholic beverages (ml)	523	499	531
Sugar and sugar products (g)	48	41	53
Juices (fruit and vegetable) (ml)	32	52	82

Source: The Finnish National Statistical Office and the DAFNE databank.

Table 7: Mean food availability in Finland, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1985			1990			1998		
	Rural	Semi-urban	Urban	Rural	Semi-urban	Urban	Rural	Semi-urban	Urban
Eggs (pieces)	0.47	0.40	0.42	0.36	0.37	0.33	0.33	0.33	0.30
Potatoes and other starchy roots (g)	166	144	115	140	123	92	156	121	90
Pulses (g)	1.50	1.67	0.93	1.06	1.63	0.72	1.54	1.04	1.24
Nuts (g)	0.40	0.53	0.73	0.76	1.03	1.17	1.30	1.28	1.74
Cereals and cereal products (g)	217	201	192	209	196	176	221	218	196
Milk and milk products (g)	691	602	526	639	581	482	589	544	465
Meat and meat products (g)	144	143	136	137	135	123	164	155	139
Vegetables (g)	84	97	101	91	94	104	118	122	125
Fish and seafood (g)	31	27	29	39	36	35	34	29	29
Fruits (g)	155	153	151	133	140	159	163	156	156
Total added lipids (g)	45	39	35	39	36	30	37	34	28
Alcoholic beverages (ml)	36	47	64	57	71	91	80	97	113
Non alcoholic beverages (ml)	557	517	503	522	510	485	519	527	536
Sugar and sugar products (g)	59	49	40	52	49	33	62	58	48
Fruit and vegetable juices (ml)	24	28	38	40	45	60	70	76	89

Source: The Finnish National Statistical Office and the DAFNE databank.

Table 8: Mean food availability in Finland, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1985			1990			1998		
	IE	SE	HE	IE	SE	HE	IE	SE	HE
Eggs (pieces)	0.48	0.41	0.38	0.40	0.32	0.29	0,36	0,30	0,28
Potatoes and other starchy roots (g)	163	121	94	136	101	81	144	105	81
Pulses (g)	1.50	1.24	0.56	1.25	1.00	0.46	1,09	0,78	2,14
Nuts (g)	0.49	0.56	0.87	1.01	0.81	1.37	1,48	1,49	1,73
Cereals and cereal products (g)	224	184	176	212	172	172	223	191	203
Milk and milk products (g)	668	557	467	619	519	447	564	501	450
Meat and meat products (g)	153	134	116	146	122	110	167	144	131
Vegetables (g)	96	90	101	101	90	107	126	111	135
Fish and seafood (g)	34	25	27	45	29	32	36	26	28
Fruits (g)	151	146	165	146	140	165	161	145	169
Total added lipids (g)	45	35	30	41	31	27	39	29	25
Alcoholic beverages (ml)	43	58	65	68	78	97	86	107	115
Non alcoholic beverages (ml)	593	467	438	593	447	418	588	476	533
Sugar and sugar products (g)	59	42	29	51	38	28	64	48	47
Fruit and vegetable juices (ml)	26	34	41	41	56	65	71	82	94

IE: Illiterate/Elementary education **SE:** Secondary education **HE:** Higher Education

Source: The Finnish National Statistical Office and the DAFNE databank.

Table 9: Mean food availability in Finland, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1985					1990					1998				
	M	NM	R	U	Other	M	NM	R	U	Other	M	NM	R	U	Other
Eggs (pieces)	0.44	0.39	0.55	0.37	0.44	0.36	0.30	0.44	0.32	0.26	0.31	0.26	0.41	0.36	0.28
Potatoes and other starchy roots (g)	156	104	166	105	156	122	82	157	80	73	118	85	155	134	84
Pulses (g)	1.43	0.63	2.10	1.09	1.43	1.09	0.56	1.73	0.23	0.21	0.71	1.70	1.58	0.42	0.85
Nuts (g)	0.57	0.75	0.29	0.45	0.57	0.73	1.06	1.63	0.17	0.38	1.44	1.62	1.76	1.44	1.00
Cereals and cereal products (g)	197	178	278	171	197	187	168	241	187	144	193	194	266	177	153
Milk and milk products (g)	638	491	731	495	638	584	458	659	545	452	532	460	599	492	382
Meat and meat products (g)	146	127	156	118	146	138	117	142	128	92	155	137	170	158	93
Vegetables (g)	85	99	118	70	85	86	101	120	91	68	106	126	155	109	86
Fish and seafood (g)	26	26	48	23	26	31	30	60	98	25	23	26	48	42	18
Fruits (g)	138	161	174	127	138	135	154	170	120	109	142	157	201	123	106
Total added lipids (g)	41	32	49	30	41	35	27	47	38	27	31	25	46	34	19
Alcoholic beverages (ml)	46	65	36	54	46	72	95	55	160	51	104	109	82	136	81
Non alcoholic beverages (ml)	526	445	715	455	526	490	420	711	519	314	485	514	687	489	327
Sugar and sugar products (g)	52	34	70	39	52	44	29	63	48	30	51	47	70	64	40
Fruit and vegetable juices (ml)	28	40	20	33	28	50	62	32	50	70	83	93	63	73	70

M: Manual **NM:** Non manual **R:** Retired **U:** Unemployed **Other:** Housewives, Students and Invalid Persons

Source: The Finnish National Statistical Office and the DAFNE databank

Table 10a: Mean food availability in Finland, by survey year and by household type (quantity/person/day).

Food Group	1985				1990				1998			
	One adult	Two adults	One adult and children	Two adults and children	One adult	Two adults	One adult and children	Two adults and children	One adult	Two adults	One adult and children	Two adults and children
Eggs (pieces)	0.49	0.51	0.36	0.37	0.33	0.41	0.24	0.29	0.35	0.35	0.28	0.24
Potatoes and other starchy roots (g)	92	169	74	117	92	124	59	90	92	121	80	90
Pulses (g)	0.93	1.40	0.94	0.89	0.75	1.10	0.47	0.66	1.09	1.39	0.31	1.16
Nuts (g)	0.52	0.80	0.74	0.63	1.54	0.91	0.69	0.83	1.35	1.98	1.39	1.28
Cereals and cereal products (g)	212	227	153	170	203	198	141	162	216	223	167	172
Milk and milk products (g)	509	607	478	548	486	544	446	499	477	498	437	488
Meat and meat products (g)	135	165	111	126	135	149	103	114	152	174	119	126
Vegetables (g)	106	122	78	80	108	125	70	83	129	155	84	98
Fish and seafood (g)	32	42	18	21	45	48	19	23	38	39	15	20
Fruits (g)	173	180	143	135	170	170	114	135	164	186	109	128
Total added lipids (g)	35	44	29	34	32	36	26	28	30	34	24	25
Alcoholic beverages (ml)	89	72	34	46	115	121	51	71	156	151	52	83
Non alcoholic beverages (ml)	621	619	385	410	615	597	351	378	572	613	374	439
Sugar and sugar products (g)	42	56	31	37	36	44	21	32	49	54	52	47
Fruit and vegetable juices (ml)	46	31	48	32	74	54	69	54	89	92	95	84

Source: The Finnish National Statistical Office and the DAFNE databank.

Table 10b: Mean food availability in Finland, by survey year and by household type (quantity/person/day).

Food Group	1985					1990					1998				
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other
Eggs (pieces)	0.51	0.36	0.54	0.49	0.49	0.45	0.37	0.44	0.39	0.41	0.42	0.26	0.45	0.42	0.31
Potatoes and other starchy roots (g)	200	212	152	173	163	178	146	133	159	137	199	178	138	174	141
Pulses (g)	2.23	1.72	2.95	1.87	1.15	2.11	1.22	1.64	1.31	1.24	2.28	0.27	1.55	1.39	1.88
Nuts (g)	0.27	0.28	0.25	0.44	0.66	2.32	0.29	0.49	1.67	1.13	1.37	0.36	1.80	1.72	2.58
Cereals and cereal products (g)	260	207	299	267	214	233	202	255	243	207	271	174	287	267	210
Milk and milk products (g)	761	737	701	741	647	710	604	659	670	588	618	542	620	596	513
Meat and meat products (g)	165	139	139	148	162	151	112	134	128	156	187	122	157	148	189
Vegetables (g)	99	74	134	103	103	113	77	124	100	101	153	77	148	160	139
Fish and seafood (g)	42	26	49	41	34	58	30	56	55	42	49	31	36	50	33
Fruits (g)	185	117	164	170	155	153	108	171	173	150	214	133	197	208	173
Total added lipids (g)	48	46	50	47	45	49	38	50	47	37	45	33	48	43	34
Alcoholic beverages (ml)	40	29	16	30	56	57	31	31	31	85	87	27	35	53	136
Non alcoholic beverages (ml)	680	479	757	617	616	621	437	756	635	561	685	461	719	631	561
Sugar and sugar products (g)	76	54	71	73	58	72	57	58	70	42	73	63	71	77	53
Fruit and vegetable juices (ml)	19	20	24	12	30	29	44	34	26	48	58	20	61	47	88

Source: The Finnish National Statistical Office and the DAFNE databank.

GERMANY - Mean daily individual availability of 15 main food groups, for the overall population and for population sub-groups.

Table 11: Overall mean food availability in Germany, by year (quantity/person/day).

Food Group	Mean availability		
	1988*	1993	1998
Eggs (pieces)	0.47	0.34	0.36
Potatoes and other starchy roots (g)	105	125	115
Pulses (g)	0.86	0.77	0.64
Nuts (g)	4.89	7.40	7.55
Cereals and cereal products (g)	202	195	217
Milk and milk products (g)	321	306	311
Meat and meat products (g)	145	132	132
Vegetables (fresh and processed) (g)	134	143	180
Fish and seafood (g)	13	22	16
Fruits (fresh and processed) (g)	159	181	182
Total added lipids (g)	41	37	37
Alcoholic beverages (ml)	195	210	200
Non alcoholic beverages (ml)	728	950	915
Sugar and sugar products (g)	58	59	59
Juices (fruit and vegetable) (ml)	88	123	123

* Data refer to former West Germany.

Source: The Technische Universität München and the DAFNE databank

Table 12: Mean food availability in Germany, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1988*			1993			1998		
	Rural	Semi-urban	Urban	Rural	Semi-urban	Urban	Rural	Semi-urban	Urban
Eggs (pieces)	0.47	0.48	0.47	0.34	0.36	0.32	0.38	0.37	0.35
Potatoes and other starchy roots (g)	92	106	111	137	126	116	123	120	100
Pulses (g)	0.69	0.94	0.85	0.72	0.75	0.85	0.47	0.75	0.63
Nuts (g)	5.04	5.22	4.32	6.13	7.58	7.86	6.00	8.33	7.63
Cereals and cereal products (g)	213	205	191	205	195	189	219	218	216
Milk and milk products (g)	324	317	326	296	308	310	299	313	318
Meat and meat products (g)	153	146	139	138	136	123	145	131	122
Vegetables (g)	103	131	154	119	141	160	166	181	190
Fish and seafood (g)	11	12	16	19	21	25	14	16	19
Fruits (g)	138	157	172	155	179	200	177	186	180
Total added lipids (g)	41	41	40	38	37	35	38	36	36
Alcoholic beverages (ml)	190	197	195	200	216	205	195	195	213
Non alcoholic beverages (ml)	658	736	755	882	941	1005	867	911	961
Sugar and sugar products (g)	59	59	55	60	60	57	58	60	58
Juices (fruit and vegetable) (ml)	89	90	83	128	124	119	126	126	116

* Data refer to former West Germany.

Source: The Technische Universität München and the DAFNE databank

Table 13: Mean food availability in Germany, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1988*			1993			1998		
	IE	SE	HE	IE	SE	HE	IE	SE	HE
Eggs (pieces)								0.37	0.34
Potatoes and other starchy roots (g)								117	103
Pulses (g)								0.59	0.79
Nuts (g)								7.14	9.09
Cereals and cereal products (g)								216	224
Milk and milk products (g)								307	322
Meat and meat products (g)								137	114
Vegetables (g)		N/A			N/A			Not Reported [†]	176
Fish and seafood (g)								16	18
Fruits (g)								177	197
Total added lipids (g)								37	34
Alcoholic beverages (ml)								199	212
Non alcoholic beverages (ml)								925	887
Sugar and sugar products (g)								59	56
Juices (fruit and vegetable) (ml)								120	134

IE: Illiterate/Elementary education **SE:** Secondary education **HE:** Higher Education
N/A: Not available

* Data refer to former West Germany.

[†] Results for this category are not presented, since they only refer to 3% of the population.

Source: The Technische Universität München and the DAFNE databank

Table 14: Mean food availability in Germany, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1988*					1993					1998				
	M	NM	R	U	Other	M	NM	R	U	Other	M	NM	R	U	Other
Eggs (pieces)	0.47	0.41	0.53	0.48	0.54	0.33	0.30	0.44	0.35	0.34	0.36	0.32	0.46	0.38	0.33
Potatoes and other starchy roots(g)	96	78	130	131	135	114	92	181	151	149	92	87	182	155	90
Pulses (g)	0.77	0.71	1.05	0.93	1.06	0.64	0.72	1.13	0.62	0.65	0.49	0.62	0.78	0.78	0.96
Nuts (g)	4.48	5.22	5.39	3.59	4.15	6.51	7.94	8.04	5.67	7.53	5.39	8.22	9.08	6.38	6.60
Cereals and cereal products (g)	202	181	219	190	218	190	179	230	197	198	212	212	236	214	207
Milk and milk products (g)	319	311	332	297	339	296	298	340	285	304	301	302	340	307	316
Meat and meat products (g)	156	124	152	143	161	141	116	154	134	119	141	115	156	131	100
Vegetables (g)	116	131	146	133	154	124	140	171	138	147	158	166	228	187	171
Fish and seafood (g)	11	12	16	12	14	18	19	31	21	21	13	15	22	17	15
Fruits (g)	139	150	187	136	169	156	172	230	172	187	145	163	263	168	149
Total added lipids (g)	39	34	48	41	47	36	31	47	39	37	37	31	47	37	33
Alcoholic beverages (ml)	194	192	204	195	186	207	211	223	191	184	198	196	220	203	134
Non alcoholic beverages (ml)	710	676	771	721	821	899	894	1145	876	908	912	888	981	921	830
Sugar and sugar products (g)	55	51	68	51	63	55	51	78	55	62	55	54	74	57	52
Juices (fruit and vegetable) (ml)	94	102	68	79	82	127	137	90	128	137	129	137	95	112	110

M: Manual NM: Non manual R: Retired U: Unemployed Other: Housewives, Students and Invalid Persons

* Data refer to former West Germany.

Source: The Technische Universität München and the DAFNE databank

Table 15a: Mean food availability in Germany, by survey year and by household type (quantity/person/day).

Food Group	1988*				1993				1998			
	One adult	Two adults	One adult and children	Two adults and children	One adult	Two adults	One adult and children	Two adults and children	One adult	Two adults	One adult and children	Two adults and children
Eggs (pieces)	0.53	0.53	0.40	0.39	0.34	0.40	0.27	0.28	0.37	0.43	0.29	0.29
Potatoes and other starchy roots (g)	102	130	80	76	111	151	91	89	104	131	71	77
Pulses (g)	0.77	1.05	0.55	0.68	0.67	0.89	0.52	0.63	1.00	0.71	0.63	0.47
Nuts (g)	4.79	5.52	3.57	4.64	9.72	8.51	6.09	6.17	8.44	10.97	4.71	5.76
Cereals and cereal products (g)	218	217	176	179	210	215	170	170	236	227	212	205
Milk and milk products (g)	357	319	323	302	353	318	286	278	353	321	301	289
Meat and meat products (g)	133	179	107	128	122	166	93	112	120	160	92	110
Vegetables (g)	159	168	114	112	171	179	112	114	201	224	144	137
Fish and seafood (g)	16	17	9	9	29	29	11	14	19	20	11	11
Fruits (g)	181	185	141	127	236	211	154	140	201	228	126	125
Total added lipids (g)	44	46	33	33	38	43	28	31	38	41	28	30
Alcoholic beverages (ml)	241	287	76	167	276	303	81	162	243	285	79	146
Non alcoholic beverages (ml)	913	838	682	623	1323	1091	846	751	1159	1033	854	766
Sugar and products (g)	60	61	55	49	63	63	54	48	62	63	51	50
Juices (fruit and vegetable) (ml)	88	76	121	103	132	128	141	131	132	118	130	137

* Data refer to former West Germany.

Source: The Technische Universität München and the DAFNE databank

Table 15b: Mean food availability in Germany, by survey year and by household type (quantity/person/day).

Food Group	1988*					1993					1998				
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other
Eggs (pieces)	0.58	0.61	0.62	0.56	0.55	0.42	0.32	0.48	0.45	0,39	0.46	0.33	0.43	0.47	0,37
Potatoes and other starchy roots (g)	150	137	117	211	121	180	95	194	188	157	206	105	140	194	131
Pulses (g)	1.38	1.24	0.92	1.37	1.00	1.06	0.87	0.98	1.29	0,83	0.87	1.14	0.87	0.72	0,50
Nuts (g)	5.88	4.87	4.87	4.65	5.76	9.45	4.48	6.98	8.94	7,86	7.96	3.23	8.18	8.04	6,88
Cereals and cereal products (g)	239	216	254	218	219	230	189	241	230	201	227	192	234	225	213
Milk and milk products (g)	343	374	366	318	341	323	354	352	342	311	333	273	359	316	297
Meat and meat products (g)	175	166	152	176	170	154	111	138	156	159	165	109	128	155	149
Vegetables (g)	156	108	153	153	142	167	90	178	162	152	214	112	217	206	187
Fish and seafood (g)	17	12	18	21	14	31	18	32	31	23	22	10	20	24	17
Fruits (g)	194	138	228	200	165	206	116	265	241	180	233	123	269	251	181
Total added lipids (g)	52	43	57	55	45	46	36	46	49	38	47	27	48	46	37
Alcoholic beverages (ml)	209	178	166	243	206	244	152	160	251	228	232	205	140	222	232
Non alcoholic beverages (ml)	809	624	880	781	766	1028	739	1299	1065	994	944	710	985	924	957
Sugar and sugar products (g)	70	61	81	76	60	77	52	88	75	62	69	63	81	74	56
Juices (fruit and vegetable) (ml)	49	78	61	45	84	90	110	86	80	130	93	136	91	84	128

* Data refer to former West Germany.

Source: The Technische Universität München and the DAFNE databank

PORTUGAL - Mean daily individual availability of 15 main food groups, for the overall population and for population sub-groups.

Table 16: Overall mean food availability in Portugal, by year (quantity/person/day).

Food Group	Mean availability		
	1989-90	1994-95	2000
Eggs (pieces)	0.28	0.23	0.18
Potatoes and other starchy roots (g)	323	230	180
Pulses (g)	14	11	9.21
Nuts (g)	2.33	2.41	3.01
Cereals and cereal products (g)	292	258	239
Milk and milk products (g)	252	261	276
Meat and meat products (g)	143	163	160
Vegetables (fresh and processed) (g)	150	147	137
Fish and seafood (g)	74	85	83
Fruits (fresh and processed) (g)	211	175	198
Total added lipids (g)	63	56	51
Alcoholic beverages (ml)	190	139	125
Non alcoholic beverages (ml)	97	137	171
Sugar and sugar products (g)	43	34	30
Juices (fruit and vegetable) (ml)	2.20	1.55	11

Source: The Portuguese National Statistical Office and the DAFNE databank.

Table 17: Mean food availability in Portugal, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1989-90			1994-95			2000		
	Rural	Semi-Urban	Urban	Rural	Semi-Urban	Urban	Rural	Semi-Urban	Urban
Eggs (pieces)	0.31	0.24	0.29	0.23	0.21	0.24	0.18	0.16	0.19
Potatoes and other starchy roots (g)	389	378	272	295	281	185	220	199	156
Pulses (g)	26	16	8.92	20	15	7.32	14	11	6.81
Nuts (g)	3.83	1.55	2.06	2.77	1.98	2.51	2.73	2.96	3.14
Cereals and cereal products (g)	353	332	249	294	284	235	281	257	216
Milk and milk products (g)	217	222	279	218	235	286	250	258	294
Meat and meat products (g)	132	147	145	146	179	161	163	162	158
Vegetables (g)	178	144	142	144	160	142	139	126	143
Fish and seafood (g)	64	72	80	73	89	87	80	83	84
Fruits (g)	174	169	244	132	154	199	158	202	208
Total added lipids (g)	72	65	58	62	59	53	58	51	48
Alcoholic beverages (ml)	206	243	160	153	179	116	141	154	103
Non alcoholic beverages (ml)	82	81	110	91	110	164	142	147	194
Sugar and sugar products (g)	56	47	36	37	38	32	35	34	26
Juices (fruit and vegetable) (ml)	1.75	1.85	2.55	1.07	0.99	1.97	7.25	9.89	12

Source: The Portuguese National Statistical Office and the DAFNE databank.

Table 18: Mean food availability in Portugal, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1989-90			1994-95			2000		
	IE	SE	HE	IE	SE	HE	IE	SE	HE
Eggs (pieces)	0.28	0.32	0.32	0.22	0.24	0.32	0.17	0.21	0.25
Potatoes and other starchy roots (g)	346	208	186	247	167	142	188	158	132
Pulses (g)	16	6.69	3.16	13	5.66	3.69	11	5.09	3.57
Nuts (g)	2.40	1.65	3.01	2.27	2.25	4.77	2.94	3.13	3.59
Cereals and cereal products (g)	310	207	188	272	207	188	252	201	181
Milk and milk products (g)	238	308	354	244	320	353	265	313	310
Meat and meat products (g)	141	151	145	164	159	161	159	169	155
Vegetables (g)	152	144	144	150	131	152	137	138	135
Fish and seafood (g)	74	79	76	85	86	90	81	91	79
Fruits (g)	202	252	258	166	201	242	193	207	238
Total added lipids (g)	65	50	48	58	49	54	53	45	37
Alcoholic beverages (ml)	200	155	95	152	92	75	135	90	91
Non alcoholic beverages (ml)	90	122	155	120	179	269	151	236	243
Sugar and sugar products (g)	46	31	27	36	28	30	32	24	24
Fruit and vegetable juices (ml)	1.76	4.78	3.68	1.30	2.18	3.57	9.03	16	17

IE: Illiterate/Elementary education **SE:** Secondary education **HE:** Higher Education

Source: The Portuguese National Statistical Office and the DAFNE databank.

Table 19: Mean food availability in Portugal, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1989-90					1994-95					2000				
	M	NM	R	U	Other	M	NM	R	U	Other	M	NM	R	U	Other
Eggs (pieces)	0.28	0.30	0.29	0.20	0.30	0.22	0.24	0.24	0.25	0.26	0.16	0.19	0.20	0.16	0.15
Potatoes and other starchy roots(g)	331	247	372	331	332	234	171	281	176	234	171	149	210	199	211
Pulses (g)	13	6.94	23	6.13	13	13	6.95	13	8.73	12	8.81	5.74	13	9.61	10
Nuts (g)	1.94	1.83	3.63	2.34	1.84	2.19	2.88	2.57	2.15	1.54	2.06	3.68	3.55	2.57	3.99
Cereals and cereal products (g)	296	228	342	250	309	260	222	286	243	279	240	193	278	246	239
Milk and milk products (g)	234	294	250	239	249	245	291	265	238	255	254	284	298	306	258
Meat and meat products (g)	143	153	138	115	122	164	162	163	162	166	163	157	161	187	133
Vegetables (g)	140	140	182	125	146	138	139	174	131	140	120	124	172	140	136
Fish and seafood (g)	68	80	83	62	69	79	87	96	83	79	70	83	101	99	70
Fruits (g)	186	242	216	198	304	160	197	190	149	160	169	189	252	188	179
Total added lipids (g)	59	54	80	46	57	55	53	64	50	56	48	44	60	58	46
Alcoholic beverages (ml)	206	137	216	118	152	153	101	152	128	136	138	97	131	231	75
Non alcoholic beverages (ml)	78	114	117	55	114	114	176	143	139	124	149	195	181	188	151
Sugar and sugar products (g)	39	32	59	27	53	32	29	42	31	40	28	22	40	26	27
Juices (fruit and vegetable) (ml)	1.96	3.01	2.00	2.52	1.94	1.23	2.41	1.50	0.96	1.10	9.09	16	7.70	12	10

M: Manual NM: Non manual R: Retired U: Unemployed Other: Housewives, Students and Invalid Persons

Source: The Portuguese National Statistical Office and the DAFNE databank.

Table 20a: Mean food availability in Portugal, by survey year and by household type (quantity/person/day).

Food Group	1989-90				1994-95				2000			
	One adult	Two adults	One adult and children	Two adults and children	One adult	Two adults	One adult and children	Two adults and children	One adult	Two adults	One adult and children	Two adults and children
Eggs (pieces)	0.43	0.39	0.33	0.26	0.32	0.31	0.23	0.21	0.28	0.24	0.19	0.15
Potatoes and other starchy roots (g)	346	406	263	285	229	287	165	191	251	228	84	161
Pulses (g)	15	20	4.81	13	13	16	3.89	8.57	14	12	9.55	6.60
Nuts (g)	4.76	2.72	2.16	1.64	2.20	2.93	1.29	1.79	3.98	6.00	5.50	2.32
Cereals and cereal products (g)	403	375	265	260	299	314	219	232	274	287	206	210
Milk and milk products (g)	374	280	289	248	381	295	339	265	365	311	301	262
Meat and meat products (g)	178	201	122	132	176	211	145	149	200	229	118	147
Vegetables (g)	274	235	113	122	198	220	123	117	200	202	99	107
Fish and seafood (g)	108	112	60	63	107	123	65	70	100	131	34	62
Fruits (g)	337	274	206	193	255	233	176	154	284	259	146	153
Total added lipids (g)	121	95	55	51	70	73	56	48	61	75	45	42
Alcoholic beverages (ml)	178	271	83	174	155	198	60	108	115	208	170	92
Non alcoholic beverages (ml)	204	137	73	77	215	205	131	124	253	256	143	145
Sugar and products (g)	84	58	45	34	51	42	27	28	41	40	15	23
Juices (fruit and vegetable) (ml)	2.84	3.21	1.70	2.40	1.75	1.35	2.68	1.72	24	13	23	11

Source: The Portuguese National Statistical Office and the DAFNE databank.

Table 20b: Mean food availability in Portugal, by survey year and by household type (quantity/person/day).

Food Group	1989-90					1994-95					2000				
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other
Eggs (pieces)	0.31	0.26	0.27	0.28	0.29	0.23	0.20	0.28	0.24	0.24	0.20	0.12	0.24	0.22	0,17
Potatoes and other starchy roots (g)	407	352	364	353	338	280	216	323	305	222	208	133	230	233	160
Pulses (g)	18	9.51	14	25	14	16	9.69	12	16	12	11	5.12	18	14	9,24
Nuts (g)	4.85	1.32	6.34	2.31	2.78	3.28	2.18	1.65	3.17	2.97	3.53	2.40	2.76	1.79	3,28
Cereals and cereal products (g)	354	264	371	344	303	285	239	333	299	256	261	218	314	294	233
Milk and milk products (g)	253	221	294	241	238	248	223	359	251	238	279	256	382	297	250
Meat and meat products (g)	153	127	113	136	159	174	147	153	160	178	157	136	144	155	173
Vegetables (g)	194	130	183	205	157	181	126	200	192	145	167	96	191	184	131
Fish and seafood (g)	87	61	90	88	86	99	70	109	101	92	97	64	96	108	91
Fruits (g)	267	160	245	225	205	186	134	226	187	193	206	144	259	237	246
Total added lipids (g)	79	52	88	82	67	65	47	69	66	58	57	41	63	69	46
Alcoholic beverages (ml)	220	160	211	234	198	171	159	144	147	156	142	99	73	158	153
Non alcoholic beverages (ml)	118	84	194	124	109	130	107	171	142	144	172	120	235	186	176
Sugar and sugar products (g)	57	39	86	65	43	42	30	57	46	33	36	26	56	43	27
Juices (fruit and vegetable) (ml)	1.30	1.02	5.01	0.85	2.15	0.96	1.74	0.65	1.00	1.88	7.28	7.72	7.20	6.29	12

Source: The Portuguese National Statistical Office and the DAFNE databank.

SWEDEN - Mean daily individual availability of 15 main food groups, for the overall population and for population sub-groups.

Table 21: Overall mean food availability in Sweden, by year (quantity/person/day).

Food Group	Mean availability	
	1989	1996-97
Eggs (pieces)	0.42	0.40
Potatoes and other starchy roots (g)	107	85
Pulses (g)	1.48	2.04
Nuts (g)	2.72	1.92
Cereals and cereal products (g)	177	200
Milk and milk products (g)	442	445
Meat and meat products (g)	112	127
Vegetables (fresh and processed) (g)	99	128
Fish and seafood (g)	32	30
Fruits (fresh and processed) (g)	149	122
Total added lipids (g)	41	39
Alcoholic beverages (ml)	N/A	N/A
Non alcoholic beverages (ml)	476	541
Sugar and sugar products (g)	49	56
Juices (fruit and vegetable) (ml)	14	N/A

N/A: Not available

Source: The Swedish National Statistical Office and the DAFNE databank.

Table 22: Mean food availability in Sweden, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1989			1996-97		
	Rural	Semi-Urban	Urban	Rural	Semi-Urban	Urban
Eggs (pieces)	0.42	0.42	0.41	0.49	0.45	0.38
Potatoes and other starchy roots (g)	108	113	105	88	83	84
Pulses (g)	1.18	2.01	1.38	1.68	1.83	2.16
Nuts (g)	2.11	2.88	2.78	1.30	2.01	1.99
Cereals and cereal products (g)	192	185	172	219	198	197
Milk and milk products (g)	528	471	418	500	452	434
Meat and meat products (g)	113	126	107	137	122	128
Vegetables (g)	87	95	102	114	121	132
Fish and seafood (g)	33	30	32	24	31	31
Fruits (g)	140	147	152	130	112	124
Total added lipids (g)	44	46	39	42	44	37
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	526	496	461	650	534	525
Sugar and sugar products (g)	50	56	47	71	61	53
Juices (fruit and vegetable) (ml)	8	12	16	N/A	N/A	N/A

N/A: Not available

Source: The Swedish National Statistical Office and the DAFNE databank.

Table 23: Mean food availability in Sweden, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1989			1996-97		
	IE	SE	HE	IE	SE	HE
Eggs (pieces)				0.51	0.39	0.37
Potatoes and other starchy roots (g)				113	84	66
Pulses (g)				2.31	1.90	2.06
Nuts (g)				2.06	1.78	2.19
Cereals and cereal products (g)				242	191	197
Milk and milk products (g)				501	436	426
Meat and meat products (g)				165	127	108
Vegetables (g)		N/A		151	110	152
Fish and seafood (g)				34	25	35
Fruits (g)				140	113	132
Total added lipids (g)				56	37	33
Alcoholic beverages (ml)				N/A	N/A	N/A
Non alcoholic beverages (ml)				669	507	538
Sugar and sugar products (g)				79	50	50
Fruit and vegetable juices (ml)				N/A	N/A	N/A

IE: Illiterate/Elementary education **SE:** Secondary education **HE:** Higher Education
N/A: Not available

Source: The Swedish National Statistical Office and the DAFNE databank.

Table 24: Mean food availability in Sweden, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1989				1996-97				
	M	NM	R	Other*	M	NM	R	U	Other
Eggs (pieces)	0.42	0.38	0.58	0.48	0.34	0.37	0.56	0.41	0.36
Potatoes and other starchy roots(g)	106	98	168	87	73	68	141	70	60
Pulses (g)	1.45	1.15	2.92	2.80	1.18	1.47	3.06	3.05	0.82
Nuts (g)	2.58	2.90	2.64	1.60	1.90	1.94	2.39	1.02	1.62
Cereals and cereal products (g)	178	171	194	214	192	186	230	195	175
Milk and milk products (g)	457	429	468	425	440	449	496	413	319
Meat and meat products (g)	114	107	127	110	127	124	146	123	110
Vegetables (g)	85	102	119	119	114	126	146	121	146
Fish and seafood (g)	28	31	50	31	21	32	46	22	15
Fruits (g)	127	154	188	187	117	124	135	114	105
Total added lipids (g)	43	36	58	42	41	31	58	33	29
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	451	458	639	546	500	504	693	540	387
Sugar and sugar products (g)	50	44	83	39	56	44	100	48	46
Juices (fruit and vegetable) (ml)	13	16	8	19	N/A	N/A	N/A	N/A	N/A

M: Manual NM: Non manual R: Retired U: Unemployed Other: Housewives, Students and Invalid Persons

* Households the heads of which are unemployed are included in the Other category.

N/A: Not available

Source: The Swedish National Statistical Office and the DAFNE databank.

Table 25a: Mean food availability in Sweden, by survey year and by household type (quantity/person/day).

Food Group	1989				1996-97			
	One adult	Two adults	One adult and children	Two adults and children	One adult	Two adults	One adult and children	Two adults and children
Eggs (pieces)	0.40	0.44	0.33	0.35	0.45	0.46	0.34	0.31
Potatoes and other starchy roots (g)	79	115	60	98	101	112	53	57
Pulses (g)	1.84	1.75	0.96	1.08	2.90	3.64	0.99	1.01
Nuts (g)	2.94	3.32	1.87	2.54	1.75	2.68	1.29	1.59
Cereals and cereal products (g)	174	185	134	173	225	208	167	178
Milk and milk products (g)	421	445	407	440	468	466	377	417
Meat and meat products (g)	95	134	84	100	141	150	113	108
Vegetables (g)	97	121	81	85	150	162	111	105
Fish and seafood (g)	30	43	16	23	29	42	13	22
Fruits (g)	184	154	130	129	139	133	104	111
Total added lipids (g)	36	46	32	35	44	43	26	32
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	574	562	384	379	675	640	403	418
Sugar and products (g)	42	49	33	43	53	57	41	46
Juices (fruit and vegetable) (ml)	17	17	11	15	N/A	N/A	N/A	N/A

N/A: Not available

Source: The Swedish National Statistical Office and the DAFNE databank.

Table 25b: Mean food availability in Sweden, by survey year and by household type (quantity/person/day).

Food Group	1989					1996-97				
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Other
Eggs (pieces)	0.61	0.52	0.49	0.60	0.51	0.55	0.26	0.74	0.67	0.45
Potatoes and other starchy roots (g)	170	104	163	144	130	153	50	183	119	98
Pulses (g)	1.85	0.00	2.32	3.42	1.12	2.80	6.45	2.48	4.17	1.50
Nuts (g)	1.75	1.26	2.17	3.19	2.98	1.60	1.97	5.31	2.46	1.57
Cereals and cereal products (g)	207	143	191	199	172	234	197	332	245	205
Milk and milk products (g)	451	394	518	454	459	475	571	659	468	485
Meat and meat products (g)	145	89	125	121	142	144	172	189	142	147
Vegetables (g)	118	103	143	119	105	154	127	179	138	122
Fish and seafood (g)	51	48	41	54	36	46	49	61	50	37
Fruits (g)	185	101	202	188	151	137	137	198	124	113
Total added lipids (g)	54	52	60	60	46	55	58	71	67	38
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	586	434	751	590	530	583	769	1073	757	527
Sugar and sugar products (g)	89	52	90	84	44	79	68	127	126	46
Juices (fruit and vegetable) (ml)	7.79	11	12	6.85	11	N/A	N/A	N/A	N/A	N/A

N/A: Not available

Source: The Swedish National Statistical Office and the DAFNE databank.

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