

## ANNEX IV

### Mean daily individual availability of 15 main food groups

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

**BELGIUM** - 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 Belgium, by year (quantity/person/day).

Food Group	Mean availability		
	1987/88	1996/97*	1999*
Eggs (pieces)	0.37	0.22	0.21
Potatoes and other starchy roots (g)	187	113	97
Pulses (g)	0.5	0.2	N/A
Nuts (g)	0.4	3.3	2.6
Cereals and cereal products (g)	220	232	238
Milk and milk products (g)	235	244	255
Meat and meat products (g)	166	139	127
Vegetables (fresh and processed) (g)	161	157	167
Fish and seafood (g)	21	20	21
Fruits (fresh and processed) (g)	161	132	123
Total added lipids (g)	43	32	29
Alcoholic beverages (ml)	127	141	135
Non alcoholic beverages (ml)	617	431	500
Sugar and sugar products (g)	55	59	56
Juices (fruit and vegetable) (ml)	38	45	54

\*Estimations for quantities purchased for each of the different food items are based on the average year price/unit of weight or volume calculated on the basis of the NIS-published monthly retail prices

**N/A:** Non available

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

**Table 2:** Mean food availability in Belgium, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1987/88			1996/97*			1999*		
	Rural	Semi-Urban	Urban	Rural	Semi-Urban	Urban	Rural	Semi-Urban	Urban
<b>Eggs</b> (pieces)	0.31	0.40	0.28	0.24	0.21	0.22	0.27	0.20	0.21
<b>Potatoes and other starchy roots</b> (g)	194	190	159	135	111	112	107	98	96
<b>Pulses</b> (g)	0.4	0.5	0.6	0.2	0.1	0.2	N/A	N/A	N/A
<b>Nuts</b> (g)	0.3	0.3	0.5	2.7	3.1	3.6	2.6	2.8	2.5
<b>Cereals and cereal products</b> (g)	224	220	215	214	242	227	219	255	229
<b>Milk and milk products</b> (g)	246	230	243	276	242	240	260	252	257
<b>Meat and meat products</b> (g)	166	170	152	139	138	139	132	129	126
<b>Vegetables</b> (g)	142	164	180	137	148	167	171	163	170
<b>Fish and seafood</b> (g)	18	22	23	14	20	21	16	20	21
<b>Fruits</b> (g)	151	160	181	111	128	138	104	125	122
<b>Total added lipids</b> (g)	46	43	39	36	33	30	33	30	27
<b>Alcoholic beverages</b> (ml)	108	132	131	157	130	147	148	124	141
<b>Non alcoholic beverages</b> (ml)	568	622	667	439	407	450	411	496	510
<b>Sugar and sugar products</b> (g)	59	54	57	71	61	55	61	56	55
<b>Juices (fruit and vegetable)</b> (ml)	34	38	43	43	42	47	61	54	54

\* Estimations for quantities purchased for each of the different food items are based on the average year price/unit of weight or volume calculated on the basis of the NIS-published monthly retail prices.

N/A: Non available

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

**Table 3:** Mean food availability in Belgium, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1987/88			1996/97*			1999*		
	IE	SE	HE	IE	SE	HE	IE	SE	HE
Eggs (pieces)	0.47	0.36	0.26	0.23	0.22	0.20	0.23	0.21	0.20
Potatoes and other starchy roots (g)	245	183	127	115	128	91	132	103	81
Pulses (g)	0.6	0.3	0.6	0.2	0.2	0.1	N/A	N/A	N/A
Nuts (g)	0.3	0.3	0.5	2.0	3.0	4.3	1.8	2.5	3.1
Cereals and cereal products (g)	247	219	195	260	232	219	270	236	232
Milk and milk products (g)	238	229	248	240	237	255	233	236	284
Meat and meat products (g)	193	162	147	156	143	125	152	130	117
Vegetables (g)	165	156	171	144	155	166	162	163	175
Fish and seafood (g)	19	20	26	18	20	20	20	19	22
Fruits (g)	166	156	168	124	128	141	115	115	134
Total added lipids (g)	52	42	35	38	33	27	36	29	26
Alcoholic beverages (ml)	118	127	139	122	138	154	127	119	155
Non alcoholic beverages (ml)	663	612	575	390	439	438	463	489	524
Sugar and sugar products (g)	61	54	50	64	59	56	56	54	57
Juices (fruit and vegetable) (ml)	26	37	52	27	46	52	37	46	68

\*Estimations for quantities purchased for each of the different food items are based on the average year price/unit of weight or volume calculated on the basis of the NIS-published monthly retail prices

**IE:** Illiterate/Elementary education    **SE:** Secondary education    **HE:** Higher Education  
**N/A:** Non available

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

**Table 4:** Mean food availability in Belgium, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1987/88				1996/97**				1999**			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.54	0.26	0.40	0.31	0.19	0.20	0.31	0.20	0.18	0.19	0.27	0.23
Potatoes and other starchy roots (g)	188	142	238	219	100	91	166	142	87	82	142	107
Pulses (g)	0.27	0.48	0.59	0.50	0.15	0.12	0.24	0.20	N/A	N/A	N/A	N/A
Nuts (g)	0.26	0.36	0.40	0.39	2.89	4.12	2.80	2.55	2.58	2.88	2.59	1.90
Cereals and cereal products (g)	227	201	247	213	221	221	288	185	223	230	294	200
Milk and milk products (g)	213	233	265	218	217	246	292	240	226	277	265	233
Meat and meat products (g)	161	151	193	167	129	125	182	131	122	114	167	119
Vegetables (g)	132	151	203	158	126	157	223	139	142	165	217	156
Fish and seafood (g)	16	21	26	18	16	19	32	15	18	19	30	17
Fruits (g)	137	145	211	145	101	131	201	95	95	121	182	88
Total added lipids (g)	41	36	55	43	28	25	50	31	25	24	46	27
Alcoholic beverages (ml)	110	121	160	100	105	136	205	164	113	123	206	105
Non alcoholic beverages (ml)	554	565	754	600	404	436	494	369	511	507	498	435
Sugar and sugar products (g)	52	49	68	52	54	54	79	51	49	54	70	56
Juices (fruit and vegetable) (ml)	35	45	32	31	41	53	39	42	51	68	35	44

\*Other: Housewives, Students, Unemployed and Invalid Persons

\*\*Estimations for quantities purchased for each of the different food items are based on the average year price/unit of weight or volume calculated on the basis of the NIS-published monthly retail prices.

N/A: Non available

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

**Table 5a:** Mean food availability in Belgium, by survey year and by household type (quantity/person/day).

Food Group	1987/88				1996/97*				1999*			
	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)	0.79	0.37	0.25	0.32	0.29	0.29	0.18	0.16	0.28	0.25	0.14	0.17
Potatoes and other starchy roots(g)	187	242	142	164	128	138	78	89	106	111	60	83
Pulses (g)	0.71	0.55	0.26	0.35	0.17	0.16	0.29	0.11	N/A	N/A	N/A	N/A
Nuts (g)	0.58	0.41	0.33	0.29	6.58	3.72	3.41	2.85	3.16	2.92	1.46	2.52
Cereals and cereal products (g)	266	257	167	202	267	252	195	210	256	255	165	219
Milk and milk products (g)	272	244	202	226	287	243	284	232	280	248	217	263
Meat and meat products (g)	176	205	129	146	151	161	96	118	127	155	85	108
Vegetables (g)	218	204	117	128	212	201	111	121	216	214	101	140
Fish and seafood (g)	28	29	12	17	24	25	10	14	22	27	12	17
Fruits (g)	221	202	96	128	180	168	75	98	156	146	67	99
Total added lipids (g)	54	52	32	36	41	40	19	23	34	35	16	21
Alcoholic beverages (ml)	172	162	63	103	258	188	58	94	203	184	69	93
Non alcoholic beverages (ml)	845	761	528	508	638	506	409	374	666	578	372	457
Sugar and sugar products (g)	69	61	46	49	66	68	59	49	64	59	47	51
Juices (fruit and vegetable) (ml)	54	34	53	42	68	44	47	50	60	54	50	62

\*Estimations for quantities purchased for each of the different food items are based on the average year price/unit of weight or volume calculated on the basis of the NIS-published monthly retail prices.

N/A: Non available

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

**Table 5b:** Mean food availability in Belgium, by survey year and by household type (quantity/person/day).

Food Group	1987/88				1996/97*				1999*			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.36	0.19	0.39	0.32	0.28	0.08	0.37	0.26	0.28	0.19	0.30	0.23
Potatoes and other starchy roots (g)	193	112	219	215	176	216	182	152	133	58	147	139
Pulses (g)	0.44	0.75	0.41	0.65	0.23	0.00	0.34	0.08	N/A	N/A	N/A	N/A
Nuts (g)	0.32	0.37	0.50	0.28	4.78	2.54	2.53	2.26	3.39	1.64	3.38	1.52
Cereals and cereal products (g)	220	181	249	239	248	152	322	282	279	228	357	269
Milk and milk products (g)	216	215	293	252	257	228	321	272	255	190	281	250
Meat and meat products (g)	179	117	177	182	174	116	185	174	169	96	178	153
Vegetables (g)	175	122	218	190	212	109	245	199	224	96	211	206
Fish and seafood (g)	22	15	28	25	26	16	35	35	34	16	26	29
Fruits (g)	171	126	233	212	192	82	224	197	155	80	197	201
Total added lipids (g)	49	35	51	56	48	31	53	45	47	15	49	44
Alcoholic beverages (ml)	159	79	151	183	190	147	233	190	226	62	208	214
Non alcoholic beverages (ml)	644	469	857	739	409	336	557	460	493	425	561	458
Sugar and sugar products (g)	62	44	74	64	72	50	88	75	65	42	73	75
Juices (fruit and vegetable) (ml)	25	38	29	20	31	26	35	28	34	39	31	30

\*Estimations for quantities purchased for each of the different food items are based on the average year price/unit of weight or volume calculated on the basis of the NIS-published monthly retail prices.

**N/A:** Non available

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



FRANCE - 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 France, by year (quantity/person/day).

Food Group	Mean food availability	
	1985	1991
Eggs (pieces)	0.45	0.38
Potatoes and other starchy roots (g)	116	95
Pulses (g)	6.0	4.9
Nuts (g)	1.6	1.7
Cereals and cereal products (g)	171	161
Milk and milk products (g)	270	291
Meat and meat products (g)	169	161
Vegetables (fresh and processed) (g)	183	187
Fish and seafood (g)	18	19
Fruits (fresh and processed) (g)	161	157
Total added lipids (g)	46	41
Alcoholic beverages (ml)	156	114
Non alcoholic beverages (ml)	276	373
Sugar and sugar products (g)	50	44
Juices (fruit and vegetable) (ml)	14	33

Source: the DAFNE databank.

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

Food Group	1985			1991		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.50	0.44	0.43	0.40	0.38	0.37
Potatoes and other starchy roots (g)	124	116	112	97	100	92
Pulses (g)	6.8	6.4	5.4	5.0	4.7	4.9
Nuts (g)	1.5	1.4	1.7	1.5	1.7	1.8
Cereals and cereal products (g)	199	171	158	177	161	153
Milk and milk products (g)	280	277	264	305	285	287
Meat and meat products (g)	180	171	163	169	160	157
Vegetables (g)	193	179	180	196	192	181
Fish and seafood (g)	16	18	19	17	19	20
Fruits (g)	139	159	172	144	148	166
Total added lipids (g)	50	46	45	44	41	39
Alcoholic beverages (ml)	169	151	151	115	111	114
Non alcoholic beverages (ml)	225	256	305	306	376	404
Sugar and sugar products (g)	55	53	47	48	46	41
Juices (fruit and vegetable) (ml)	9	12	16	23	32	38

Source: the DAFNE databank

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

Food Group	1985					1991				
	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U
Eggs (pieces)	0.45	0.47	0.45	0.43	0.43	0.38	0.42	0.37	0.37	0.34
Potatoes and other starchy roots (g)	136	140	106	88	74	112	121	87	89	62
Pulses (g)	8.1	6.6	5.7	4.0	3.4	6.3	6.2	4.4	4.0	3.3
Nuts (g)	1.4	1.2	1.6	2.4	2.1	1.9	1.7	1.5	1.4	2.2
Cereals and cereal products (g)	214	183	154	138	135	191	183	152	143	127
Milk and milk products (g)	275	271	270	257	276	290	298	289	291	287
Meat and meat products (g)	187	183	163	153	135	176	181	159	146	131
Vegetables (g)	177	203	172	176	180	195	210	176	176	176
Fish and seafood (g)	17	19	16	19	20	17	22	17	21	20
Fruits (g)	155	158	151	166	195	162	172	138	161	166
Total added lipids (g)	54	53	43	36	38	47	49	39	35	32
Alcoholic beverages (ml)	151	194	145	122	135	113	150	109	106	82
Non alcoholic beverages (ml)	268	304	263	262	268	362	426	367	372	332
Sugar and sugar products (g)	58	53	46	43	46	46	49	41	39	43
Juices (fruit and vegetable) (ml)	9	12	12	21	24	26	24	34	33	51

**EI:** Illiterate/Elementary education incomplete  
**SC:** Secondary education completed

**EC:** Elementary education completed  
**C/U:** College /University

**SI:** Secondary education incomplete

**Source:** the DAFNE databank.

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

Food Group	1985				1991			
	Manual	Non-manual	Retired	Other*	Manual	Non-Manual	Retired	Other*
Eggs (pieces)	0.44	0.43	0.52	0.47	0.37	0.35	0.42	0.42
Potatoes and other starchy roots (g)	122	86	140	199	97	67	131	144
Pulses (g)	6.8	4.2	7.9	5.6	5.3	4.1	6.0	3.9
Nuts (g)	1.4	1.6	1.9	1.9	1.6	1.5	2.1	2.4
Cereals and cereal products (g)	180	142	204	180	163	137	195	174
Milk and milk products (g)	272	267	273	266	290	286	299	303
Meat and meat products (g)	174	153	193	157	168	140	189	153
Vegetables (g)	159	176	244	188	162	168	258	188
Fish and seafood (g)	15	17	24	20	14	18	28	18
Fruits (g)	131	163	216	176	123	146	230	151
Total added lipids (g)	44	39	64	54	41	33	54	45
Alcoholic beverages (ml)	143	132	233	134	104	93	172	82
Non alcoholic beverages (ml)	234	258	387	302	326	354	478	390
Sugar and sugar products (g)	50	41	65	55	41	40	53	51
Juices (fruit and vegetable) (ml)	12	19	8	11	30	43	21	27

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

**Source:** the DAFNE databank

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

Food Group	1985				1991			
	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)	0.58	0.53	0.46	0.40	0.47	0.41	0.32	0.33
Potatoes and other starchy roots (g)	126	129	102	100	76	95	85	85
Pulses (g)	6.0	7.7	3.9	5.1	4.0	4.6	5.0	4.6
Nuts (g)	2.2	2.1	1.0	1.3	1.6	2.9	2.0	1.3
Cereals and cereal products (g)	184	190	139	155	191	178	133	138
Milk and milk products (g)	285	256	330	276	316	286	274	288
Meat and meat products (g)	183	206	160	153	189	195	130	140
Vegetables (g)	231	245	146	145	211	240	121	146
Fish and seafood (g)	19	24	11	15	21	24	11	15
Fruits (g)	248	198	171	131	207	194	107	119
Total added lipids (g)	52	56	39	39	48	48	27	33
Alcoholic beverages (ml)	229	238	80	114	156	164	44	81
Non alcoholic beverages (ml)	407	337	268	217	491	476	282	306
Sugar and products (g)	59	57	45	43	52	42	38	40
Juices (fruit and vegetable) (ml)	28	17	24	13	53	38	38	34

Source: the DAFNE databank

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

Food Group	1985				1991			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.50	0.45	0.52	0.47	0.44	0.41	0.49	0.42
Potatoes and other starchy roots (g)	139	164	161	139	145	75	105	122
Pulses (g)	9.6	11.1	5.0	6.1	7.2	6.7	4.4	7.5
Nuts (g)	2.0	2.8	1.2	2.3	2.1	3.6	1.9	1.7
Cereals and cereal products (g)	205	187	194	191	194	213	190	187
Milk and milk products (g)	268	215	277	252	269	339	332	282
Meat and meat products (g)	199	152	163	181	199	194	162	167
Vegetables (g)	248	145	238	228	239	181	253	253
Fish and seafood (g)	24	10	24	23	31	10	26	26
Fruits (g)	193	116	248	202	203	159	233	244
Total added lipids (g)	60	52	66	58	53	69	55	55
Alcoholic beverages (ml)	202	119	158	229	169	100	127	177
Non alcoholic beverages (ml)	368	212	395	396	421	246	561	460
Sugar and sugar products (g)	65	49	72	57	49	63	61	50
Juices (fruit and vegetable) (ml)	7	18	4	10	20	17	18	15

Source: the DAFNE databank

GREECE - 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 Greece, by year (quantity/person/day).

Food Group	Mean availability		
	1981/82	1987/88	1998/99
Eggs (pieces)	0.40	0.51	0.25
Potatoes and other starchy roots (g)	158	154	137
Pulses (g)	17	16	14
Nuts (g)	2.0	3.7	4.7
Cereals and cereal products (g)	294	323	253
Milk and milk products (g)	273	317	298
Meat and meat products (g)	150	174	149
Vegetables (fresh and processed) (g)	N/A	264	271
Fish and seafood (g)	36†	40	45
Fruits (fresh and processed) (g)	332‡	350	306
Total added lipids (g)	79	82	84
Olive oil (g)	68	63	67
Alcoholic beverages (ml)	36	36	48
Non alcoholic beverages (ml)	N/A	316	328
Fruit and vegetable juices (ml)	1.8	4	23

† Data refer to fish availability only.

‡ Data refer to fresh fruit availability only.

N/A: Not available

Source: the DAFNE databank.

**Table 12:** Mean food availability in Greece, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1981/82					1987/88					1998/99				
	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U
Eggs (pieces)	0.44	0.42	N/R	0.34	0.36	0.53	0.54	0.50	0.41	0.54	0.28	0.26	0.24	0.24	0.22
Potatoes and other starchy roots (g)	171	163	N/R	142	127	160	163	151	150	132	156	143	136	134	117
Pulses (g)	26	18	N/R	10	9	22	18	14	11	9	22	17	12	11	10
Nuts (g)	1.4	1.7	N/R	3.2	3.2	2.8	3.3	3.8	4.6	4.8	6.6	4.6	3.4	4.2	5.5
Cereals and cereal products (g)	373	302	N/R	226	206	398	340	307	280	260	327	285	234	219	206
Milk and milk products (g)	252	265	N/R	287	342	269	305	336	344	361	262	269	275	320	360
Meat and meat products (g)	146	149	N/R	153	154	167	175	181	174	172	154	155	144	144	144
Vegetables (g)	N/A	N/A	N/A	N/A	N/A	288	269	247	252	248	309	281	251	256	259
Fish and seafood (g)	40†	35†	N/R	33†	32†	39	42	42	36	37	53	47	40	41	45
Fruits (g)	308‡	315‡	N/R	372‡	405‡	350	329	309	379	408	297	289	274	309	357
Total added lipids (g)	98	75	N/R	81	58	95	87	84	72	62	93	94	69	76	80
Olive oil (g)	88	65	N/R	68	47	76	68	66	54	47	72	76	52	60	64
Alcoholic beverages (ml)	36	34	N/R	37	41	31	37	36	33	43	47	51	48	45	44
Non alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	282	287	300	440	299	337	318	307	326	360
Fruit and vegetable juices (ml)	0.6	1.7	N/R	2.9	2.5	1.8	3.1	5.2	5.1	4.1	12	16	22	27	37

**EI:** Illiterate/Elementary education incomplete    **EC:** Elementary education completed    **SI:** Secondary education incomplete  
**SC:** Secondary education completed    **C/U:** College /University

† Data refer to fish availability only.

‡ Data refer to the availability of fresh fruit only.

**N/R:** Not recorded

**N/A:** Not available.

**Source:** the DAFNE databank.

**Table 13:** Mean food availability in Greece, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1981/82				1987/88				1998/99			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.41	0.37	0.42	0.39	0.58	0.50	0.41	0.49	0.26	0.22	0.27	0.26
Potatoes and other starchy roots (g)	168	139	153	156	163	136	166	156	135	120	155	143
Pulses (g)	19	11	22	12	18	11	19	13	13	10	20	13
Nuts (g)	1.8	3.1	1.4	1.8	3.6	4.6	2.8	3.2	3.7	5.2	5.8	5.1
Cereals and cereal products (g)	305	245	342	269	342	281	351	319	261	202	287	267
Milk and milk products (g)	263	301	269	268	303	329	329	311	271	340	292	314
Meat and meat products (g)	144	156	163	146	178	172	174	156	144	144	162	150
Vegetables (g)	N/A	N/A	N/A	N/A	250	240	323	264	246	247	335	276
Fish and seafood (g)	34†	33†	48†	31†	38	36	51	32	39	43	59	42
Fruits (g)	297‡	360‡	401‡	340‡	310	352	424	349	265	320	360	299
Total added lipids (g)	78	74	99	62	86	70	94	74	81	78	95	85
Olive oil (g)	68	62	89	49	68	53	74	50	63	62	77	65
Alcoholic beverages (ml)	35	43	34	21	36	42	32	23	49	44	57	27
Non alcoholic beverages (ml)	N/A	N/A	N/A	N/A	342	291	308	297	300	333	363	347
Fruit and vegetable juices (ml)	1.2	2.8	2.0	2.2	3.5	4.2	2.8	3.7	21	33	16	23

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

† Data refer to fish availability only.

‡ Data refer to the availability of fresh fruit only.

N/A: Not available.

**Source:** the DAFNE databank

**Table 14a:** Mean food availability in Greece, by survey year and by household type (quantity/person/day).

Food Group	1981/82				1987/88				1998/99			
	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)	0.44	0.52	0.46	0.38	0.41	0.72	0.41	0.51	0.32	0.32	0.25	0.22
Potatoes and other starchy roots (g)	139	194	200	156	155	175	160	144	148	163	145	122
Pulses (g)	13	21	11	15	15	23	14	13	10	19	6	10
Nuts (g)	4.3	2.1	2.2	2.2	5.1	4.6	4.8	4.0	5.9	6.8	3.4	4.1
Cereals and cereal products (g)	275	368	273	266	363	394	328	289	279	303	217	217
Milk and milk products (g)	302	272	361	284	353	323	376	330	356	290	331	321
Meat and meat products (g)	172	202	169	141	209	215	167	165	167	192	150	132
Vegetables (g)	N/A	N/A	N/A	N/A	346	359	230	222	329	354	228	213
Fish and seafood (g)	27†	53†	34†	31†	32	54	26	32	50	56	35	35
Fruits (g)	467‡	463‡	365‡	304‡	579	473	363	302	458	358	287	268
Total added lipids (g)	107	126	56	66	97	98	87	70	104	99	56	70
Olive oil (g)	91	110	39	56	73	77	68	53	82	77	39	55
Alcoholic beverages (ml)	51	61	14	33	44	60	23	31	66	63	27	37
Non alcoholic beverages (ml)	N/A	N/A	N/A	N/A	536	437	304	303	614	452	323	276
Fruit and vegetable juices (ml)	1.3	3.3	2.7	1.9	3.8	3.9	3.3	4.1	54	24	33	26

† Data refer to fish availability only.

‡ Data refer to the availability of fresh fruit only.

N/A: Not available.

Source: the DAFNE databank

**Table 14b:** Mean food availability in Greece, by survey year and by household type (quantity/person/day).

Food Group	1981/82				1987/88				1998/99			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.43	0.38	0.41	0.49	0.50	0.57	0.40	0.46	0.27	0.23	0.31	0.26
Potatoes and other starchy roots (g)	163	136	130	144	166	133	154	179	148	112	159	159
Pulses (g)	24	16	18	24	20	14	25	22	19	13	22	22
Nuts (g)	1.4	1.5	0.8	1.0	2.9	2.9	2.1	1.4	5.9	3.2	7.2	5.3
Cereals and cereal products (g)	364	286	388	353	364	313	430	377	277	241	350	318
Milk and milk products (g)	247	264	358	299	301	278	388	347	271	257	378	325
Meat and meat products (g)	158	125	160	172	185	137	186	160	158	114	172	171
Vegetables (g)	N/A	N/A	N/A	N/A	321	200	361	336	321	190	381	358
Fish and seafood (g)	46†	30†	37†	59†	54	36	51	63	57	34	65	66
Fruits (g)	394‡	255‡	511‡	394‡	394	240	556	450	338	206	456	382
Total added lipids (g)	85	79	124	153	98	70	108	120	94	65	125	104
Olive oil (g)	75	69	110	147	79	57	81	99	76	48	103	83
Alcoholic beverages (ml)	36	31	20	34	42	24	21	37	60	42	37	67
Non alcoholic beverages (ml)	N/A	N/A	N/A	N/A	312	212	319	323	330	241	485	346
Fruit and vegetable juices (ml)	2.0	0.6	2.2	0.2	2.8	2.7	3.4	3.5	19	20	20	10

† Data refer to fish availability only.

‡ Data refer to the availability of fresh fruit only.

N/A: Not available.

Source: the DAFNE databank

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

**Table 15:** Overall mean food availability in Ireland, by year (quantity/person/day).

Food Group	Mean availability		
	1987	1994/95	1999/2000
Eggs (pieces)	0.36	0.25	0.23
Potatoes and other starchy roots (g)	225	197	186
Pulses (g)	1.29	0.98	1.07
Nuts (g)	0.92	1.12	1.19
Cereals and cereal products (g)	289	301	289
Milk and milk products (g)	466	467	480
Meat and meat products (g)	133	142	166
Vegetables (fresh and processed) (g)	126	137	144
Fish and seafood (g)	11	12	13
Fruits (fresh and processed) (g)	88	89	101
Total added lipids (g)	43	27	22
Alcoholic beverages (ml)	13	30	40
Non alcoholic beverages (ml)	564	569	563
Sugar and sugar products (g)	70	62	61
Juices (fruit and vegetable) (ml)	15	26	57

Source: the DAFNE databank.

**Table 16:** Mean food availability in Ireland, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1987		1994/95		1999/2000	
	Rural	Urban	Rural	Urban	Rural	Urban
Eggs (pieces)	0.39	0.34	0.26	0.24	0.25	0.22
Potatoes and other starchy roots (g)	257	206	218	184	198	179
Pulses (g)	1.10	1.42	0.83	1.08	0.93	1.15
Nuts (g)	0.74	1.03	0.93	1.24	0.96	1.33
Cereals and cereal products (g)	326	267	332	283	306	279
Milk and milk products (g)	538	421	518	435	544	442
Meat and meat products (g)	138	130	150	137	178	158
Vegetables (g)	129	125	141	135	154	139
Fish and seafood (g)	9.3	12	11	12	13	13
Fruits (g)	86	89	90	89	99	103
Total added lipids (g)	47	40	31	25	24	20
Alcoholic beverages (ml)	10	15	17	37	23	49
Non alcoholic beverages (ml)	605	539	606	547	581	552
Sugar and sugar products (g)	82	62	70	56	66	57
Juices (fruit and vegetable) (ml)	11	18	21	29	50	62

Source: the DAFNE databank



**Table 17:** Mean food availability in Ireland, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1987				1994/95				1999/2000			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.34	0.33	0.52	0.35	0.23	0.22	0.37	0.26	0.21	0.21	0.35	0.24
Potatoes and other starchy roots(g)	220	199	310	242	181	169	266	227	176	163	256	210
Pulses (g)	1.23	1.11	2.27	1.29	0.80	0.87	1.75	1.02	0.86	0.94	1.83	1.17
Nuts (g)	0.81	1.23	0.94	0.55	0.88	1.54	1.36	0.61	0.85	1.32	2.02	0.80
Cereals and cereal products (g)	287	276	388	277	292	293	400	286	278	279	358	286
Milk and milk products (g)	466	463	516	451	462	464	520	455	472	462	541	497
Meat and meat products (g)	130	133	181	120	140	141	188	128	162	160	211	157
Vegetables (g)	116	126	176	120	124	130	189	141	131	135	202	150
Fish and seafood (g)	9.3	12	15	9.0	11	13	18	9.2	11	13	20	12
Fruits (g)	79	105	106	65	78	102	118	68	82	109	139	82
Total added lipids (g)	42	40	60	41	25	25	42	27	19	20	32	23
Alcoholic beverages (ml)	9.2	16	27	7.3	26	34	35	25	36	46	41	28
Non alcoholic beverages (ml)	526	516	886	561	520	526	837	578	537	519	746	593
Sugar and sugar products (g)	68	66	99	67	59	58	84	60	59	56	79	64
Juices (fruit and vegetable) (ml)	12	23	12	9.4	25	35	17	17	52	69	49	42

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

**Source:** the DAFNE databank

**Table 18a:** Mean food availability in Ireland, by survey year and by household type (quantity/person/day).

Food Group	1987				1994/95				1999/2000			
	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)	0.55	0.44	0.34	0.3	0.36	0.32	0.20	0.21	0.34	0.29	0.19	0.18
Potatoes and other starchy roots (g)	288	272	199	190	257	247	179	167	255	236	166	157
Pulses (g)	1.71	2.18	0.75	1.06	1.54	1.68	0.91	0.75	1.63	1.37	0.86	0.86
Nuts (g)	1.23	1.57	0.44	0.86	1.50	1.85	0.66	0.99	1.69	2.01	0.66	0.89
Cereals and cereal products (g)	437	348	234	249	431	356	239	263	402	335	235	256
Milk and milk products (g)	542	472	456	444	525	456	430	450	555	491	461	459
Meat and meat products (g)	182	183	103	114	173	181	102	124	185	207	121	147
Vegetables (g)	184	185	107	105	183	194	115	116	187	205	106	118
Fish and seafood (g)	15	18	8.1	8.7	18	20	7.8	9.5	19	18	6.4	10
Fruits (g)	125	124	68	79	125	126	72	78	159	146	77	84
Total added lipids (g)	57	52	31	37	36	33	19	22	33	28	15	17
Alcoholic beverages (ml)	28	27	2.5	9.6	49	55	17	25	70	62	24	35
Non alcoholic beverages (ml)	979	807	441	439	892	740	435	455	826	698	484	471
Sugar and products (g)	92	82	55	60	71	65	47	55	74	64	51	54
Juices (fruit and vegetable) (ml)	21	22	11	16	25	28	25	29	75	65	56	60

Source: the DAFNE databank

**Table 18b:** Mean food availability in Ireland, by survey year and by household type (quantity/person/day).

Food Group	1987				1994/95				1999/2000			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.51	0.33	0.68	0.58	0.33	0.23	0.49	0.39	0.33	0.23	0.42	0.39
Potatoes and other starchy roots (g)	339	254	344	334	275	210	320	287	256	171	327	253
Pulses (g)	2.48	0.71	1.94	2.16	1.51	0.93	1.8	1.63	1.78	1.26	1.49	2.33
Nuts (g)	1.13	0.64	0.69	0.67	1.2	0.62	1.54	1.3	2.57	1.29	1.03	1.59
Cereals and cereal products (g)	412	274	489	426	398	305	490	415	358	283	434	370
Milk and milk products (g)	558	467	628	536	535	478	621	548	567	519	627	545
Meat and meat products (g)	191	121	194	193	196	140	208	204	219	167	216	221
Vegetables (g)	188	122	199	185	192	132	221	193	208	149	221	215
Fish and seafood (g)	16	9.9	17	15	17	9.9	17	21	20	14	20	21
Fruits (g)	106	83	126	109	113	80	130	125	128	92	158	144
Total added lipids (g)	63	42	67	62	41	30	51	47	32	22	39	37
Alcoholic beverages (ml)	27	7.6	17	26	32	20	25	38	34	35	30	31
Non alcoholic beverages (ml)	908	497	1241	922	834	605	1,132	886	725	611	859	759
Sugar and sugar products (g)	101	73	129	109	80	64	107	102	76	62	104	86
Juices (fruit and vegetable) (ml)	13	11	9.4	12	16	18	15	14	47	54	38	40

Source: the DAFNE databank

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

**Table 19:** Overall mean food availability Italy, by year (quantity/person/day).

Food Group	Mean availability		
	1990	1993	1996
Eggs (pieces)	0.40	0.36	0.34
Potatoes and other starchy roots (g)	91	83	76
Pulses (g)	4.6	4.1	4.1
Nuts (g)	0.9	0.9	0.9
Cereals and cereal products (g)	359	338	335
Milk and milk products (g)	269	270	271
Meat and meat products (g)	160	140	136
Vegetables (fresh and processed) (g)	204	188	184
Fish and seafood (g)	41	38	38
Fruits (fresh and processed) (g)	260	248	233
Total added lipids (g)	77	68	63
Olive Oil (g)	42	38	35
Alcoholic beverages (ml)	208	168	149
Non alcoholic beverages (ml)	745	766	824
Sugar and sugar products (g)	51	51	49
Juices (fruit and vegetable) (ml)	9.1	7.9	9.6

Source: the DAFNE databank.

**Table 20:** Mean food availability in Italy. by survey year and by locality of the dwelling (quantity/person/day)

Food Group	1990			1993			1996		
	Rural	Semi-Urban	Urban	Rural	Semi-Urban	Urban	Rural	Semi-Urban	Urban
Eggs (pieces)	0.43	0.38	0.41	0.36	0.35	0.36	0.36	0.33	0.35
Potatoes and other starchy roots (g)	95	87	92	86	79	85	73	73	82
Pulses (g)	4.2	4.6	4.9	4.0	4.0	4.2	3.6	4.1	4.5
Nuts (g)	0.9	0.9	0.90	0.9	0.8	1.0	1.1	0.8	0.9
Cereals and cereal products (g)	394	358	340	371	340	317	351	339	321
Milk and milk products (g)	280	263	271	274	269	269	277	272	267
Meat and meat products (g)	166	156	160	150	141	134	144	137	130
Vegetables (g)	169	189	242	168	173	216	153	174	214
Fish and seafood (g)	36	39	46	32	38	42	33	36	42
Fruits (g)	245	252	278	237	245	259	225	226	245
Total added lipids (g)	83	74	77	77	67	64	65	63	61
Olive Oil (g)	47	40	42	44	37	35	37	36	34
Alcoholic beverages (ml)	231	208	194	201	172	144	165	156	133
Non alcoholic beverages (ml)	735	736	759	722	787	766	733	846	848
Sugar and sugar products (g)	62	48	47	60	50	47	55	49	45
Juices (fruit and vegetable) (ml)	9.3	8.6	9.5	7.6	8.1	7.8	9.9	10	8.8

Source: the DAFNE databank

**Table 21:** Mean food availability in Italy, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1990					1993					1996				
	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U
Eggs (pieces)	0.49	0.42	0.38	0.36	0.36	0.44	0.37	0.35	0.32	0.31	0.40	0.38	0.33	0.32	0.28
Potatoes and other starchy roots (g)	106	94	89	83	81	103	89	81	72	71	84	86	71	71	69
Pulses (g)	4.7	4.4	4.6	5.0	4.9	5.2	4.4	3.8	3.9	3.6	4.8	4.3	3.9	4.1	3.7
Nuts (g)	1.3	0.8	0.9	0.9	1.2	1.0	0.9	0.9	0.9	1.2	0.8	0.9	0.8	1.2	0.7
Cereals and cereal products (g)	453	377	340	325	321	412	359	326	305	299	408	358	326	311	289
Milk and milk products (g)	271	270	265	273	280	265	277	263	273	267	269	277	265	273	266
Meat and meat products (g)	177	167	156	147	147	157	149	136	131	125	146	149	133	126	118
Vegetables (g)	213	199	202	207	223	211	187	180	186	207	192	191	173	188	193
Fish and seafood (g)	46	40	39	42	46	40	38	38	39	42	41	38	37	38	38
Fruits (g)	259	261	253	263	282	254	253	235	253	263	236	244	223	234	231
Total added lipids (g)	90	84	73	69	66	82	75	65	57	60	77	70	60	56	51
Olive Oil (g)	49	46	38	39	38	47	41	37	32	37	46	38	33	32	32
Alcoholic beverages (ml)	227	232	198	174	178	183	194	159	145	122	151	180	143	126	123
Non alcoholic beverages (ml)	747	771	707	743	769	714	808	725	781	760	766	871	788	834	811
Sugar and sugar products (g)	63	55	48	45	41	62	57	48	44	42	58	55	46	45	38
Juices (fruit and vegetable) (ml)	7.5	7.5	9.3	11	16	4.6	6.0	8.4	10	12	5.2	6.9	9.9	13	12

EI: Illiterate/Elementary education incomplete  
 SC: Secondary education completed

EC: Elementary education completed  
 C/U: College /University

SI: Secondary education incomplete

Source: the DAFNE databank.

**Table 22:** Mean food availability in Italy, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1990				1993				1996			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.38	0.36	0.47	0.47	0.34	0.32	0.40	0.44	0.32	0.31	0.39	0.39
Potatoes and other starchy roots (g)	86	81	105	108	78	72	96	103	70	68	88	90
Pulses (g)	4.3	4.6	5.1	5.2	3.7	3.8	4.4	5.7	3.7	3.9	4.9	4.6
Nuts (g)	0.9	0.8	0.9	1.4	0.8	0.9	1.1	0.8	0.9	0.8	1.2	0.8
Cereals and cereal products (g)	355	322	396	404	331	306	363	399	327	306	366	369
Milk and milk products (g)	249	265	302	302	253	262	296	299	259	265	289	286
Meat and meat products (g)	158	148	171	173	136	130	154	153	134	124	154	135
Vegetables (g)	185	206	231	227	166	184	214	224	165	179	211	199
Fish and seafood (g)	39	42	42	46	36	39	40	43	36	37	41	41
Fruits (g)	239	256	298	280	225	241	288	267	215	218	276	235
Total added lipids (g)	73	66	93	91	64	57	82	81	57	54	79	69
Olive Oil (g)	39	37	52	49	36	32	47	44	31	30	46	37
Alcoholic beverages (ml)	207	173	251	201	171	137	208	145	149	117	196	131
Non alcoholic beverages (ml)	676	714	876	845	700	747	872	831	763	789	940	849
Sugar and sugar products (g)	47	43	63	63	47	43	60	64	45	43	58	57
Juices (fruit and vegetable) (ml)	9.1	11	6.3	10	7.7	11	5.9	5.7	10	12	6.7	7.5

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

**Source:** the DAFNE databank



**Table 23a:** Mean food availability in Italy, by survey year and by household type (quantity/person/day).

Food Group	1990				1993				1996			
	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)	0.63	0.47	0.44	0.35	0.56	0.40	0.37	0.31	0.55	0.40	0.34	0.30
Potatoes and other starchy roots (g)	136	103	104	79	113	94	89	73	107	91	86	67
Pulses (g)	5.7	5.7	4.3	4.1	5.7	5.0	3.8	3.5	5.4	5.0	4.3	3.6
Nuts (g)	0.9	1.1	0.7	0.9	1.2	1.4	0.6	0.8	1.0	1.1	0.6	0.8
Cereals and cereal products (g)	494	409	353	329	481	375	337	307	454	371	354	309
Milk and milk products (g)	424	300	331	248	411	294	314	249	411	303	320	254
Meat and meat products (g)	204	187	155	145	188	162	134	126	170	161	146	121
Vegetables (g)	313	256	205	177	289	230	193	157	278	230	196	153
Fish and seafood (g)	52	50	42	38	52	44	43	35	51	45	36	34
Fruits (g)	398	314	272	227	387	304	271	211	355	291	244	196
Total added lipids (g)	123	93	78	65	103	81	68	56	99	79	57	51
Olive Oil (g)	69	51	42	35	60	45	38	30	59	47	34	28
Alcoholic beverages (ml)	287	287	149	171	255	222	101	134	246	197	57	116
Non alcoholic beverages (ml)	1,279	971	839	616	1,329	971	843	644	1,477	1,028	928	693
Sugar and products (g)	91	60	57	42	88	59	54	42	83	58	53	41
Juices (fruit and vegetable) (ml)	11	9.3	20	10	7.8	8.2	11	9.4	11	8.6	16	12

Source: the DAFNE databank

**Table 23b:** Mean food availability in Italy, by survey year and by household type (quantity/person/day).

Food Group	1990				1993				1996			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.44	0.31	0.64	0.48	0.38	0.28	0.54	0.44	0.36	0.25	0.54	0.43
Potatoes and other starchy roots (g)	102	74	134	110	90	68	133	108	79	50	121	100
Pulses (g)	5.1	3.9	5.9	5.4	4.4	3.4	6.7	5.1	4.4	2.8	5.6	5.4
Nuts (g)	1.0	0.8	0.7	0.8	0.9	1.3	1.1	0.7	1.0	0.7	2.5	0.8
Cereals and cereal products (g)	371	306	487	399	353	288	467	383	343	286	464	383
Milk and milk products (g)	272	224	416	304	264	220	420	311	264	222	411	307
Meat and meat products (g)	170	139	189	170	149	127	170	157	145	121	160	156
Vegetables (g)	215	159	275	236	198	145	284	225	201	146	255	221
Fish and seafood (g)	42	30	48	44	39	29	44	41	40	31	46	44
Fruits (g)	279	199	364	305	265	197	365	299	249	175	339	286
Total added lipids (g)	85	63	126	102	77	55	108	95	70	58	99	83
Olive Oil (g)	47	37	74	61	44	28	62	59	40	31	58	47
Alcoholic beverages (ml)	258	188	184	273	213	134	137	250	183	125	158	211
Non alcoholic beverages (ml)	810	566	1,191	878	781	592	1,179	872	829	649	1,250	961
Sugar and sugar products (g)	56	38	96	65	56	44	92	63	50	39	86	65
Juices (fruit and vegetable) (ml)	5.8	9.7	10	4.5	5.3	8.3	7.1	3.5	5.2	7.8	8.0	4.4

Source: the DAFNE databank

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

**Table 24:** Overall mean food availability in Norway, by year (quantity/person/day).

Food Group	Mean availability		
	1986/87/88	1992/93/94	1996/97/98
Eggs (pieces)	0.41	0.36	0.34
Potatoes and other starchy roots (g)	151	138	114
Pulses (g)	1.6	1.3	0.82
Nuts (g)	3.61	3.32	3.80
Cereals and cereal products (g)	211	205	201
Milk and milk products (g)	479	438	386
Meat and meat products (g)	121	128	126
Vegetables (fresh and processed) (g)	93	102	109
Fish and seafood (g)	54	53	50
Fruits (fresh and processed) (g)	133	134	135
Total added lipids (g)	40	35	32
Alcoholic beverages (ml)	64	71	73
Non alcoholic beverages (ml)	719	713	720
Sugar and sugar products (g)	84	81	79
Juices (fruit and vegetable) (ml)	30	40	48

Source: the DAFNE databank.

**Table 25:** Mean food availability in Norway, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1986/87/88			1992/93/94			1996/97/98		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.39	0.41	0.42	0.35	0.36	0.34	0.32	0.34	0.35
Potatoes and other starchy roots (g)	146	157	135	158	136	122	140	111	90
Pulses (g)	2.1	1.7	1.0	1.5	1.3	1.0	1.1	0.7	0.7
Nuts (g)	3.2	3.8	3.4	3.7	3.2	3.4	3.2	4.2	3.3
Cereals and cereal products (g)	224	210	200	215	202	202	203	201	195
Milk and milk products (g)	512	477	448	475	436	405	414	386	353
Meat and meat products (g)	113	122	128	136	124	131	118	128	128
Vegetables (g)	78	94	108	95	101	112	96	110	119
Fish and seafood (g)	46	57	54	52	51	62	60	47	49
Fruits (g)	137	129	142	129	133	140	123	139	139
Total added lipids (g)	45	40	35	39	35	33	35	31	28
Alcoholic beverages (ml)	38	61	105	43	69	109	51	70	109
Non alcoholic beverages (ml)	684	723	750	719	716	694	728	722	701
Sugar and sugar products (g)	91	84	76	87	82	72	86	79	67
Juices (fruit and vegetable) (ml)	20	30	41	33	39	53	40	49	56

Source: the DAFNE databank

**Table 26:** Mean food availability in Norway, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1992/93/94					1996/97/98				
	EI*	EC	SI	SC	C/U	EI*	EC	SI	SC	C/U
Eggs (pieces)		0.40	0.37	0.32	0.35		0.40	0.35	0.33	0.31
Potatoes and other starchy roots (g)		185	143	132	106		179	127	101	90
Pulses (g)		1.9	1.4	1.0	0.7		1.3	0.7	0.8	0.5
Nuts (g)		2.6	3.4	3.2	3.8		3.8	3.9	3.6	4.1
Cereals and cereal products (g)		237	203	192	197		212	209	189	199
Milk and milk products (g)		460	447	415	442		430	393	367	387
Meat and meat products (g)		149	125	123	119		139	139	123	114
Vegetables (g)		101	99	96	112		105	108	101	118
Fish and seafood (g)		61	53	49	51		58	58	45	47
Fruits (g)		130	129	129	146		132	138	124	150
Total added lipids (g)		44	37	33	29		40	36	29	27
Alcoholic beverages (ml)		55	65	75	82		44	68	73	92
Non alcoholic beverages (ml)		866	742	664	632		900	818	665	637
Sugar and sugar products (g)		92	81	79	75		89	82	76	76
Juices (fruit and vegetable) (ml)		29	35	41	54		32	45	45	63

\* Results are not presented due to the small number of households (<10) classified under this category

**EI:** Illiterate/Elementary education incomplete  
**SC:** Secondary education completed

**EC:** Elementary education completed  
**C/U:** College /University

**SI:** Secondary education incomplete

**Source:** the DAFNE databank.

**Table 27:** Mean food availability in Norway, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1986/87/88				1992/93/94				1996/97/98			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.38	0.38	0.54	0.45	0.32	0.35	0.44	0.38	0.33	0.30	0.47	0.28
Potatoes and other starchy roots(g)	137	137	210	168	128	116	206	159	114	98	171	114
Pulses (g)	1.6	1.3	2.6	1.7	0.9	1.0	2.6	1.1	0.9	0.6	1.4	0.8
Nuts (g)	3.5	4.1	2.8	2.9	3.0	3.9	2.7	2.5	4.0	4.0	3.3	2.3
Cereals and cereal products (g)	210	200	239	216	201	193	241	214	200	193	223	208
Milk and milk products (g)	480	467	504	487	432	432	471	431	383	375	447	337
Meat and meat products (g)	119	118	135	122	123	127	142	119	123	122	150	113
Vegetables (g)	83	97	102	94	86	106	122	98	95	111	141	77
Fish and seafood (g)	49	49	77	56	46	50	76	47	42	44	82	72
Fruits (g)	116	138	158	131	110	139	163	139	116	139	181	85
Total added lipids (g)	40	33	58	43	34	31	49	34	32	27	48	27
Alcoholic beverages (ml)	55	77	52	57	64	83	65	44	63	81	66	73
Non alcoholic beverages (ml)	701	625	972	772	707	653	881	712	744	632	982	653
Sugar and sugar products (g)	79	77	104	106	79	77	99	80	82	73	95	68
Juices (fruit and vegetable) (ml)	27	38	17	24	34	48	29	49	40	55	41	50

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

**Source:** the DAFNE databank

**Table 28a:** Mean food availability in Norway, by survey year and by household type (quantity/person/day).

Food Group	1986/87/88				1992/93/94				1996/97/98			
	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)	0.47	0.50	0.27	0.33	0.37	0.44	0.28	0.29	0.33	0.42	0.24	0.27
Potatoes and other starchy roots (g)	106	183	118	121	127	170	79	107	90	151	66	94
Pulses (g)	1.7	2.8	0.8	0.8	1.7	1.8	0.4	0.7	0.9	1.0	0.6	0.6
Nuts (g)	4.6	4.4	3.3	3.8	2.9	4.4	3.0	3.4	3.1	6.0	2.7	3.5
Cereals and cereal products (g)	222	215	182	193	224	214	173	185	224	210	176	186
Milk and milk products (g)	482	507	455	458	473	458	375	418	402	413	308	366
Meat and meat products (g)	119	165	111	104	133	165	98	108	132	151	115	109
Vegetables (g)	99	125	63	77	106	135	70	84	112	144	82	88
Fish and seafood (g)	62	76	41	39	61	67	32	39	50	65	28	37
Fruits (g)	151	157	110	114	138	154	105	111	133	158	98	115
Total added lipids (g)	37	41	29	34	31	42	26	29	25	36	26	27
Alcoholic beverages (ml)	112	108	37	50	136	106	32	47	130	110	48	49
Non alcoholic beverages (ml)	819	925	561	556	887	889	600	577	808	881	528	578
Sugar and products (g)	69	89	70	77	78	87	63	76	67	86	75	77
Juices (fruit and vegetable) (ml)	44	34	30	31	48	41	42	41	59	48	47	48

Source: the DAFNE databank



**Table 28b:** Mean food availability in Norway, by survey year and by household type (quantity/person/day)\*.

Food Group	1986/87/88			1992/93/94			1996/97/98		
	Adults and elderly	One elderly	Two elderly	Adults and elderly	One elderly	Two elderly	Adults and elderly	One elderly	Two elderly
Eggs (pieces)	0.51	0.60	0.57	0.45	0.48	0.57	0.47	0.49	0.51
Potatoes and other starchy roots (g)	248	242	185	251	225	250	166	133	210
Pulses (g)	3.3	2.4	2.7	1.6	1.9	2.9	1.8	0.2	1.8
Nuts (g)	2.4	2.4	1.6	2.2	1.3	2.9	2.5	2.0	5.5
Cereals and cereal products (g)	247	276	243	246	255	275	243	225	231
Milk and milk products (g)	482	525	527	462	476	502	480	406	454
Meat and meat products (g)	132	143	136	168	131	130	153	147	151
Vegetables (g)	108	113	106	121	146	116	146	142	137
Fish and seafood (g)	72	72	86	78	91	92	93	66	96
Fruits (g)	164	180	158	188	209	211	213	195	196
Total added lipids (g)	57	66	53	51	53	62	52	44	60
Alcoholic beverages (ml)	47	41	51	61	62	50	65	47	61
Non alcoholic beverages (ml)	881	1052	1101	850	850	911	943	1085	1009
Sugar and sugar products (g)	103	115	109	88	101	133	93	85	100
Juices (fruit and vegetable) (ml)	15	20	18	28	27	20	37	64	29

\* Results on the group of *Adult + Elderly + Children* households are not presented due to the small number of households classified under this category.

Source: the DAFNE databank

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

**Table 29:** Overall mean food availability in Portugal, by year (quantity/person/day).

Food Group	Mean availability	
	1989-1990	1994-1995
Eggs (pieces)	0.28	0.23
Potatoes and other starchy roots (g)	323	230
Pulses (g)	14	11
Nuts (g)	2.3	2.4
Cereals and cereal products (g)	291	257
Milk and milk products (g)	252	261
Meat and meat products (g)	143	163
Vegetables (fresh and processed) (g)	150	147
Fish and seafood (g)	74	85
Fruits (fresh and processed) (g)	211	175
Total added lipids (g)	63	56
Olive Oil (g)	23	20
Alcoholic beverages (ml)	190	139
Non alcoholic beverages (ml)	97	129
Sugar and sugar products (g)	43	34
Juices (fruit and vegetable) (ml)	2.2	1.6

Source: the DAFNE databank.

**Table 30:** Mean food availability in Portugal, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1989-1990			1994-1995		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.27	0.28	0.32	0.21	0.21	0.24
Potatoes and other starchy roots (g)	369	260	258	295	281	185
Pulses (g)	18	10	8.5	20	15	7.3
Nuts (g)	2.7	1.5	1.9	2.8	2.0	2.5
Cereals and cereal products (g)	328	272	222	293	284	233
Milk and milk products (g)	226	277	294	218	235	286
Meat and meat products (g)	140	140	149	146	179	161
Vegetables (g)	155	137	149	144	160	142
Fish and seafood (g)	69	74	86	73	89	87
Fruits (g)	192	221	245	132	154	199
Total added lipids (g)	65	61	59	62	59	53
Olive Oil (g)	26	21	17	30	19	17
Alcoholic beverages (ml)	234	138	122	153	179	116
Non alcoholic beverages (ml)	83	91	128	85	100	156
Sugar and sugar products (g)	49	39	32	37	38	32
Juices (fruit and vegetable) (ml)	1.4	3.9	2.9	1.1	1.0	2.0

Source: the DAFNE databank

**Table 31:** Mean food availability in Portugal, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1989-1990					1994-1995				
	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U
Eggs (pieces)	0.26	0.28	0.33	0.31	0.32	0.21	0.23	0.24	0.25	0.32
Potatoes and other starchy roots (g)	401	326	222	182	186	296	232	172	159	142
Pulses (g)	17	16	6.3	7.4	3.2	16	12	5.7	5.5	3.7
Nuts (g)	3.1	2.1	2.2	0.7	3.0	2.5	2.2	2.1	2.5	4.8
Cereals and cereal products (g)	360	290	211	195	186	310	260	202	209	187
Milk and milk products (g)	199	252	310	305	354	216	253	319	231	353
Meat and meat products (g)	125	147	151	152	145	153	167	162	155	161
Vegetables (g)	162	148	146	140	144	164	146	136	122	152
Fish and seafood (g)	66	76	81	76	76	82	86	91	77	90
Fruits (g)	207	201	249	259	258	141	174	201	201	242
Total added lipids (g)	71	63	49	53	48	62	56	50	47	54
Olive Oil (g)	30	22	15	17	13	25	19	15	14	22
Alcoholic beverages (ml)	215	194	160	145	95	186	142	100	80	75
Non alcoholic beverages (ml)	87	91	110	145	155	97	118	180	154	252
Sugar and sugar products (g)	55	42	34	25	27	42	34	27	30	30
Juices (fruit and vegetable) (ml)	1.2	2.0	4.7	4.9	3.7	1.0	1.4	2.5	1.7	3.6

**EI:** Illiterate/Elementary education incomplete  
**SC:** Secondary education completed

**EC:** Elementary education completed  
**C/U:** College /University

**SI:** Secondary education incomplete

**Source:** the DAFNE databank.

**Table 32:** Mean food availability in Portugal, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1989-1990				1994-1995			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.28	0.30	0.29	0.27	0.22	0.24	0.24	0.25
Potatoes and other starchy roots (g)	331	247	372	332	234	171	281	210
Pulses (g)	13	6.9	23	11	13	6.9	13	10
Nuts (g)	1.9	1.8	3.6	2.0	2.2	2.9	2.6	1.8
Cereals and cereal products (g)	295	227	341	293	259	220	285	262
Milk and milk products (g)	234	294	250	247	245	291	265	248
Meat and meat products (g)	143	153	138	120	164	162	163	164
Vegetables (g)	140	140	182	141	138	139	174	136
Fish and seafood (g)	68	80	83	68	79	87	96	81
Fruits (g)	186	242	216	277	160	197	190	155
Total added lipids (g)	59	54	80	54	55	53	64	54
Olive Oil (g)	21	18	33	16	18	17	26	16
Alcoholic beverages (ml)	206	137	216	144	153	101	152	133
Non alcoholic beverages (ml)	78	114	117	99	104	168	137	125
Sugar and sugar products (g)	39.0	32.3	59.4	46.6	32	29	42	36
Juices (fruit and vegetable) (ml)	2.0	3.0	2.0	2.1	1.2	2.4	1.5	1.0

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

**Source:** the DAFNE databank

**Table 33a:** Mean food availability in Portugal, by survey year and by household type (quantity/person/day).

Food Group	1989-1990				1994-1995			
	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
Potatoes and other starchy roots (g)	346	406	263	285	229	287	165	191
Pulses (g)	15	20	4.8	13	13	16	3.9	8.6
Nuts (g)	4.8	2.7	2.2	1.6	2.2	2.9	1.3	1.8
Cereals and cereal products (g)	401	374	263	258	298	313	217	231
Milk and milk products (g)	374	280	289	248	381	295	339	265
Meat and meat products (g)	178	201	122	132	176	211	145	149
Vegetables (g)	274	235	113	122	198	220	123	117
Fish and seafood (g)	108	112	60	63	107	123	65	70
Fruits (g)	337	274	206	193	255	233	176	154
Total added lipids (g)	121	95	55	51	70	73	56	48
Olive Oil (g)	52	45	14	16	30	27	16	15
Alcoholic beverages (ml)	178	271	83	174	155	198	60	108
Non alcoholic beverages (ml)	204	137	73	77	213	203	101	112
Sugar and products (g)	84	58	45	34	51	42	27	28
Juices (fruit and vegetable) (ml)	2.8	3.2	1.7	2.4	1.7	1.3	2.7	1.7

Source: the DAFNE databank

**Table 33b:** Mean food availability in Portugal, by survey year and by household type (quantity/person/day).

Food Group	1989-1990				1994-1995			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.31	0.26	0.27	0.28	0.23	0.20	0.28	0.24
Potatoes and other starchy roots (g)	407	352	364	353	280	216	323	305
Pulses (g)	18	9.5	14	25	16	9.7	12	16
Nuts (g)	4.8	1.3	6.3	2.3	3.3	2.2	1.6	3.2
Cereals and cereal products (g)	354	263	370	343	284	238	332	298
Milk and milk products (g)	253	221	294	241	248	223	359	251
Meat and meat products (g)	153	127	113	136	174	147	153	160
Vegetables (g)	194	130	183	205	181	126	200	192
Fish and seafood (g)	87	61	90	88	99	70	109	101
Fruits (g)	267	160	245	225	186	134	226	187
Total added lipids (g)	79	52	88	82	65	47	69	66
Olive Oil (g)	33	15	38	38	25	14	32	31
Alcoholic beverages (ml)	220	160	211	234	171	159	144	147
Non alcoholic beverages (ml)	118	84	194	124	126	101	171	140
Sugar and sugar products (g)	57	39	86	65	42	30	57	46
Juices (fruit and vegetable) (ml)	1.3	1.0	5.0	0.8	1.0	1.7	0.6	1.0

Source: the DAFNE databank



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

**Table 34:** Overall mean food availability in Spain, by year (quantity/person/day).

Food Group	Mean availability		
	1980/81	1990/91	1998/99
Eggs (pieces)	0.78	0.56	0.32
Potatoes and other starchy roots (g)	203	143	86
Pulses (g)	25	18	11
Nuts (g)	0.9	2.1	0.9
Cereals and cereal products (g)	290	206	170
Milk and milk products (g)	423	398	341
Meat and meat products (g)	187	176	139
Vegetables (fresh and processed) (g)	209	179	121
Fish and seafood (g)	75	74	61
Fruits (fresh and processed) (g)	284	289	195
Total added lipids (g)	74	59	45
Olive Oil (g)	48	38	30
Alcoholic beverages (ml)	176	110	74
Non alcoholic beverages (ml)	330	358	377
Sugar and sugar products (g)	50	35	27
Juices (fruit and vegetable) (ml)	8	18	30

Source: the DAFNE databank.

**Table 35:** Mean food availability in Spain, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1980/81			1990/91			1998/99		
	Rural	Semi - Urban	Urban	Rural	Semi- Urban	Urban	Rural	Semi - Urban	Urban
Eggs (pieces)	0.80	0.75	0.78	0.59	0.57	0.55	0.36	0.31	0.30
Potatoes and other starchy roots (g)	242	210	177	167	177	127	97	108	78
Pulses (g)	32	24	21	23	19	16	13	11	9.2
Nuts (g)	0.8	0.9	0.9	2.4	1.8	2.0	1.0	0.8	0.9
Cereals and cereal products (g)	347	298	253	244	226	188	189	182	161
Milk and milk products (g)	427	412	425	413	405	390	367	335	332
Meat and meat products (g)	202	182	181	197	174	168	159	141	132
Vegetables (g)	208	196	216	179	176	179	119	113	122
Fish and seafood (g)	70	72	79	72	77	74	60	64	61
Fruits (g)	257	277	303	289	284	290	193	194	196
Total added lipids (g)	82	74	70	64	64	57	49	47	43
Olive Oil (g)	54	47	45	39	38	37	32	28	29
Alcoholic beverages (ml)	217	184	148	131	126	98	74	74	73
Non alcoholic beverages (ml)	315	322	342	336	341	370	349	399	385
Sugar and sugar products (g)	59	51	44	43	39	31	30	26	25
Juices (fruit and vegetable) (ml)	9	10	6	15	18	20	29	33	30

Source: the DAFNE databank

**Table 36:** Mean food availability in Spain, by survey year and by educational level of the household head (quantity/person/day).

Food Group	1980/81					1990/91					1998/99				
	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U	EI	EC	SI	SC	C/U
Eggs (pieces)	0.75	0.80	0.81	0.79	0.81	0.58	0.57	0.50	0.50	0.53	0.34	0.33	0.29	0.29	0.31
Potatoes and other starchy roots (g)	250	198	158	140	123	190	141	105	99	94	119	96	78	65	58
Pulses (g)	30	25	17	17	12	23	19	14	13	11	13	12	9.4	8.4	7.1
Nuts (g)	0.8	0.9	1.0	1.1	1.2	1.8	2.1	1.5	2.4	2.2	1.1	0.9	0.8	0.8	0.9
Cereals and cereal products (g)	344	282	240	227	218	255	205	167	161	155	209	179	164	148	137
Milk and milk products (g)	420	425	415	426	433	410	399	388	371	389	351	342	335	328	353
Meat and meat products (g)	189	192	172	174	164	183	182	159	160	147	157	149	134	129	113
Vegetables (g)	209	206	198	240	186	190	179	177	154	173	129	124	108	114	128
Fish and seafood (g)	72	76	77	77	67	71	76	76	68	70	58	64	55	62	65
Fruits (g)	272	288	289	290	297	314	284	285	265	278	216	202	172	180	206
Total added lipids (g)	79	75	66	70	55	70	59	50	48	52	55	49	39	41	37
Olive Oil (g)	53	47	40	45	29	43	37	33	31	36	32	33	25	27	28
Alcoholic beverages (ml)	191	183	143	136	126	128	107	100	99	95	74	69	73	82	76
Non alcoholic beverages (ml)	319	334	338	320	382	377	344	426	335	374	353	355	371	426	422
Sugar and sugar products (g)	55	50	43	43	42	43	35	26	27	28	30	26	26	25	27
Juices (fruit and vegetable) (ml)	10	7	7	5	7	17	17	25	21	22	29	26	34	34	32

EI: Illiterate/Elementary education incomplete  
 SC: Secondary education completed

EC: Elementary education completed  
 C/U: College /University

SI: Secondary education incomplete

Source: the DAFNE databank.

**Table 37:** Mean food availability in Spain, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1980/81		1990/91		1998/99	
	Manual	Non-manual	Manual	Non-manual	Manual	Non-manual
Eggs (pieces)			0.54	0.52		
Potatoes and other starchy roots (g)			139	104		
Pulses (g)			17	13		
Nuts (g)			2.2	2.0		
Cereals and cereal products (g)			208	167		
Milk and milk products (g)			379	377		
Meat and meat products (g)			177	159		
Vegetables (g)	N/A		161	161	N/A	
Fish and seafood (g)			69	70		
Fruits (g)			268	266		
Total added lipids (g)			53	51		
Olive Oil (g)			34	34		
Alcoholic beverages (ml)			112	92		
Non alcoholic beverages (ml)			305	349		
Sugar and sugar products (g)			32	27		
Juices (fruit and vegetable) (ml)			18	19		

N/A: Not available.

Source: the DAFNE databank

**Table 37a:** Mean food availability in Spain, by survey year and by household type (quantity/person/day).

Food Group	1980/81				1990/91				1998/99			
	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	0.39	0.26	0.27
Potatoes and other starchy roots (g)									97	89	81	68
Pulses (g)									15	12	8.7	8.6
Nuts (g)									1.5	1.2	1.0	0.8
Cereals and cereal products (g)									196	187	154	157
Milk and milk products (g)									424	379	343	323
Meat and meat products (g)									168	167	124	123
Vegetables (g)			N/A				N/A		206	163	101	93
Fish and seafood (g)									84	83	47	50
Fruits (g)									337	246	163	154
Total added lipids (g)									67	53	31	35
Olive Oil (g)									53	33	20	22
Alcoholic beverages (ml)									102	106	36	67
Non alcoholic beverages (ml)									488	471	416	370
Sugar and products (g)									35	28	20	25
Juices (fruit and vegetable) (ml)									30	33	56	36

N/A: Not available.

Source: the DAFNE databank

**Table 37b:** Mean food availability in Spain, by survey year and by household type (quantity/person/day).

Food Group	1980/81				1990/91				1998/99			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)									0.35	0.32	0.48	0.41
Potatoes and other starchy roots (g)									110	124	127	128
Pulses (g)									13	9.2	14	17
Nuts (g)									1.1	0.6	1.9	1.0
Cereals and cereal products (g)									182	170	227	195
Milk and milk products (g)									358	360	498	417
Meat and meat products (g)									154	137	181	164
Vegetables (g)		N/A				N/A			143	113	230	183
Fish and seafood (g)									72	62	82	76
Fruits (g)									238	172	370	316
Total added lipids (g)									53	42	74	69
Olive Oil (g)									37	24	60	50
Alcoholic beverages (ml)									86	71	53	96
Non alcoholic beverages (ml)									398	365	440	330
Sugar and sugar products (g)									29	29	33	36
Juices (fruit and vegetable) (ml)									21	22	23	22

N/A: Not available.

Source: the DAFNE databank

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



**Table 38a:** Overall mean food availability in the United Kingdom, by year (quantity/person/day).

Food Group	Mean availability						
	1985	1986	1987	1988	1989	1990	1991
Eggs (pieces)	0.45	0.43	0.41	0.38	0.33	0.31	0.32
Potatoes and other starchy roots (g)	184	176	173	169	165	159	157
Pulses (g)	1.2	1.6	1.3	1.2	1.3	0.9	0.9
Nuts (g)	1.7	1.9	2.4	2.0	1.9	2.1	2.1
Cereals and cereal products (g)	209	214	213	211	207	197	198
Milk and milk products (g)	365	368	362	356	350	331	333
Meat and meat products (g)	149	150	150	148	146	136	137
Vegetables (fresh and processed) (g)	159	172	165	167	166	156	158
Fish and seafood (g)	20	21	21	20	21	20	20
Fruits (fresh and processed) (g)	86	95	94	97	99	94	98
Total added lipids (g)	40	42	40	39	38	35	35
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	890	898	876	857	835	772	792
Sugar and sugar products (g)	44	43	41	39	36	33	34
Juices (fruit and vegetable) (ml)	22	29	30	31	32	29	36

N/A: Non available

Source: the DAFNE databank.

**Table 38b:** Overall mean food availability in the United Kingdom, by year (quantity/person/day).

Food Group	Mean availability							
	1992	1993	1994	1995	1996	1997	1998	1999
Eggs (pieces)	0.30	0.27	0.27	0.26	0.27	0.26	0.25	0.24
Potatoes and other starchy roots (g)	148	146	138	136	143	135	131	128
Pulses (g)	1.0	0.8	0.8	0.7	0.8	0.8	0.9	1.0
Nuts (g)	2.3	2.5	2.3	2.0	2.2	2.0	1.8	1.7
Cereals and cereal products (g)	200	199	197	200	215	208	201	199
Milk and milk products (g)	348	341	343	340	330	332	326	320
Meat and meat products (g)	136	137	135	135	135	134	133	130
Vegetables (fresh and processed) (g)	159	155	153	151	154	154	149	150
Fish and seafood (g)	20	21	21	21	22	20	20	20
Fruits (fresh and processed) (g)	99	98	102	105	106	108	107	106
Total added lipids (g)	34	32	32	30	32	29	27	26
Alcoholic beverages (ml)	44	45	46	52	52	51	51	51
Non alcoholic beverages (ml)	927	891	912	935	923	884	860	812
Sugar and sugar products (g)	39	38	37	36	38	35	33	31
Juices (fruit and vegetable) (ml)	33	35	35	36	35	37	41	41

Source: the DAFNE databank.

**Table 39a:** Mean food availability in the United Kingdom, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1985			1986			1987		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.47	0.43	0.46	0.45	0.42	0.43	0.43	0.40	0.41
Potatoes and other starchy roots (g)	173	177	196	161	183	176	174	172	175
Pulses (g)	0.9	0.9	1.8	1.5	1.2	2.2	1.3	1.1	1.6
Nuts (g)	2.0	1.8	1.5	2.1	1.9	1.9	2.6	2.6	2.1
Cereals and cereal products (g)	205	204	217	212	214	215	213	209	217
Milk and milk products (g)	374	370	354	383	376	351	369	366	354
Meat and meat products (g)	144	143	158	148	146	156	148	147	153
Vegetables (g)	161	157	161	169	174	171	168	167	162
Fish and seafood (g)	19	19	22	20	21	21	20	20	22
Fruits (g)	95	85	85	106	93	92	100	95	92
Total added lipids (g)	41	40	41	43	42	41	43	40	39
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)	809	865	956	881	892	912	843	887	881
Sugar and sugar products (g)	45	44	45	46	43	42	44	41	40
Juices (fruit and vegetable) (ml)	23	23	20	29	28	29	30	32	28

N/A: Non available

Source: the DAFNE databank

**Table 39b:** Mean food availability in the United Kingdom, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1988			1989			1990		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.40	0.36	0.39	0.35	0.32	0.32	0.34	0.29	0.31
Potatoes and other starchy roots (g)	172	162	172	169	169	160	168	152	161
Pulses (g)	1.0	0.9	1.6	1.0	1.0	1.6	0.8	0.8	1.1
Nuts (g)	2.3	2.1	1.8	2.0	1.9	1.9	2.4	2.1	2.0
Cereals and cereal products (g)	212	204	216	208	205	208	201	190	201
Milk and milk products (g)	379	354	348	366	358	335	359	324	323
Meat and meat products (g)	146	141	155	144	141	150	136	127	142
Vegetables (g)	168	170	163	168	167	163	161	151	156
Fish and seafood (g)	19	20	22	20	20	22	19	19	21
Fruits (g)	104	99	92	103	103	93	105	91	92
Total added lipids (g)	42	39	39	39	37	38	38	35	33
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)	885	811	879	778	819	874	762	749	796
Sugar and sugar products (g)	44	36	38	41	36	35	38	32	32
Juices (fruit and vegetable) (ml)	29	32	31	36	31	30	31	28	29

N/A: Non available

Source: the DAFNE databank

**Table 39c:** Mean food availability in the United Kingdom, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1991			1992			1993		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.35	0.31	0.32	0.31	0.29	0.29	0.28	0.27	0.27
Potatoes and other starchy roots (g)	154	158	158	149	146	150	143	148	144
Pulses (g)	1.2	0.7	0.9	1.0	0.8	1.1	0.6	0.4	1.4
Nuts (g)	2.3	2.0	2.2	2.6	2.2	2.2	2.7	2.4	2.4
Cereals and cereal products (g)	195	195	203	206	200	198	194	199	202
Milk and milk products (g)	352	339	319	366	357	331	339	355	329
Meat and meat products (g)	128	132	146	134	134	138	133	136	138
Vegetables (g)	159	154	161	167	157	157	155	156	155
Fish and seafood (g)	19	18	21	22	19	21	20	21	21
Fruits (g)	109	90	98	115	94	96	100	98	96
Total added lipids (g)	35	35	35	36	34	34	35	32	31
Alcoholic beverages (ml)	N/A	N/A	N/A	42	43	46	45	45	45
Non alcoholic beverages (ml)	770	780	814	948	933	913	871	905	887
Sugar and sugar products (g)	37	33	33	45	38	38	40	38	38
Juices (fruit and vegetable) (ml)	39	32	39	37	31	33	36	35	34

N/A: Non available

Source: the DAFNE databank

**Table 39d:** Mean food availability in the United Kingdom, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1994			1995			1996		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.27	0.26	0.27	0.27	0.27	0.26	0.29	0.25	0.27
Potatoes and other starchy roots (g)	135	140	137	130	144	133	136	135	141
Pulses (g)	0.7	0.5	1.2	0.6	0.5	1.1	0.9	0.5	0.8
Nuts (g)	2.8	2.1	2.1	2.4	2.1	1.8	3.1	2.1	2.0
Cereals and cereal products (g)	201	196	195	197	200	201	208	203	223
Milk and milk products (g)	356	352	325	360	339	331	342	330	325
Meat and meat products (g)	143	132	133	132	137	134	128	134	138
Vegetables (g)	159	153	150	156	152	148	165	153	156
Fish and seafood (g)	20	21	21	21	20	21	22	21	23
Fruits (g)	111	100	98	117	104	101	114	107	103
Total added lipids (g)	33	31	32	32	30	30	33	31	32
Alcoholic beverages (ml)	48	44	47	50	52	54	56	57	53
Non alcoholic beverages (ml)	877	923	920	942	952	917	877	953	930
Sugar and sugar products (g)	42	38	34	39	36	34	41	39	37
Juices (fruit and vegetable) (ml)	38	36	33	36	35	37	43	36	36

Source: the DAFNE databank

**Table 39e:** Mean food availability in the United Kingdom, by survey year and by locality of the dwelling (quantity/person/day).

Food Group	1997			1998			1999		
	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban	Rural	Semi- Urban	Urban
Eggs (pieces)	0.27	0.25	0.26	0.24	0.25	0.25	0.25	0.24	0.24
Potatoes and other starchy roots (g)	134	134	138	146	122	127	157	118	116
Pulses (g)	0.8	0.6	0.9	0.8	0.6	1.2	0.9	0.7	1.4
Nuts (g)	1.8	2.4	1.7	1.4	2.2	1.8	1.3	2.2	1.6
Cereals and cereal products (g)	206	206	210	200	202	201	199	201	198
Milk and milk products (g)	349	333	322	348	325	312	340	321	305
Meat and meat products (g)	132	135	135	131	137	130	129	132	128
Vegetables (g)	147	159	154	138	158	149	146	153	150
Fish and seafood (g)	19	21	20	18	21	21	17	20	21
Fruits (g)	111	111	104	100	116	102	101	113	104
Total added lipids (g)	30	28	28	29	28	26	28	25	26
Alcoholic beverages (ml)	40	57	51	38	61	51	40	61	49
Non alcoholic beverages (ml)	836	880	911	816	900	854	747	827	843
Sugar and sugar products (g)	36	36	35	33	36	31	32	33	29
Juices (fruit and vegetable) (ml)	32	40	36	29	48	43	40	43	40

Source: the DAFNE databank

**Table 40a:** Mean food availability in the United Kingdom, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1985				1986				1987			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.46	0.44	0.46	0.41	0.44	0.43	0.42	0.43	0.41	0.42	0.40	0.40
Potatoes and other starchy roots (g)	189	189	176	174	177	173	180	172	173	173	173	180
Pulses (g)	1.1	1.3	1.4	0.8	1.4	1.8	1.7	1.2	1.4	1.2	1.3	1.7
Nuts (g)	1.7	1.6	1.9	1.8	1.8	1.8	2.0	2.3	2.3	2.2	2.6	2.3
Cereals and cereal products (g)	207	210	214	199	215	216	210	217	213	211	214	220
Milk and milk products (g)	368	362	365	354	371	367	366	367	366	358	357	371
Meat and meat products (g)	151	145	150	151	150	151	148	156	147	152	150	156
Vegetables (g)	159	159	162	148	172	175	168	175	163	167	167	162
Fish and seafood (g)	19	20	20	19	21	21	20	21	21	21	20	21
Fruits (g)	86	86	87	89	97	93	94	97	94	96	92	99
Total added lipids (g)	40	39	41	42	41	43	40	45	39	40	40	44
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	891	863	936	802	892	924	871	921	868	876	887	872
Sugar and sugar products (g)	45	41	46	45	44	43	42	43	41	40	41	42
Juices (fruit and vegetable) (ml)	20	26	20	20	29	29	28	29	31	29	30	31

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

N/A: Not available.

Source: the DAFNE databank



**Table 40b:** Mean food availability in the United Kingdom, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1988				1989				1990			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.35	0.31	0.50	0.35	0.32	0.34	0.33	0.32	0.29	0.26	0.39	0.30
Potatoes and other starchy roots (g)	179	132	195	172	173	163	164	170	170	124	189	152
Pulses (g)	0.8	1.0	2.2	0.8	2.7	0.5	1.1	1.8	0.9	0.7	1.2	1.0
Nuts (g)	1.8	2.7	1.6	2.2	1.9	1.6	1.9	2.7	1.8	3.0	1.6	1.4
Cereals and cereal products (g)	213	192	233	191	211	206	207	214	196	185	214	199
Milk and milk products (g)	341	352	390	313	347	346	351	353	317	324	363	316
Meat and meat products (g)	152	133	163	137	151	146	145	141	142	125	140	129
Vegetables (g)	155	166	185	156	169	165	165	176	146	156	172	145
Fish and seafood (g)	18	20	25	16	20	22	21	22	18	19	25	18
Fruits (g)	77	109	112	82	92	102	100	92	79	105	109	76
Total added lipids (g)	38	34	49	34	38	38	38	37	34	30	43	32
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	785	655	1,200	726	844	842	836	751	733	590	1,069	705
Sugar and sugar products (g)	34	31	54	33	37	37	36	33	31	26	46	32
Juices (fruit and vegetable) (ml)	25	48	22	20	33	31	32	26	24	45	18	25

\* **Other:** Housewives. Students, Unemployed and Invalid Persons

N/A: Not available.

Source: the DAFNE databank

**Table 40c:** Mean food availability in the United Kingdom, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1991				1992				1993			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.30	0.28	0.42	0.31	0.28	0.24	0.38	0.34	0.26	0.23	0.34	0.30
Potatoes and other starchy roots (g)	171	126	174	180	151	116	177	176	152	121	166	138
Pulses (g)	0.6	0.9	1.3	1.0	0.7	0.9	1.4	0.9	0.9	0.6	0.9	1.0
Nuts (g)	1.8	2.6	2.2	1.6	2.0	3.1	1.8	1.7	2.0	3.5	2.0	1.7
Cereals and cereal products (g)	192	189	226	195	196	190	219	190	197	186	216	196
Milk and milk products (g)	314	325	387	319	329	341	384	317	325	331	376	307
Meat and meat products (g)	138	128	154	126	139	123	148	128	141	124	146	130
Vegetables (g)	145	163	180	145	148	160	170	153	145	154	170	150
Fish and seafood (g)	16	20	28	17	17	20	25	18	17	20	25	19
Fruits (g)	77	110	124	72	80	109	114	71	79	109	111	72
Total added lipids (g)	33	31	44	34	33	31	41	31	31	28	39	28
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	43	56	33	38	39	59	34	54
Non alcoholic beverages (ml)	680	644	1,209	828	876	813	1,153	766	828	757	1,110	827
Sugar and sugar products (g)	30	27	53	34	37	32	51	34	36	31	49	35
Juices (fruit and vegetable) (ml)	31	49	28	32	25	48	26	26	26	52	27	30

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

N/A: Not available.

Source: the DAFNE databank

**Table 40d:** Mean food availability in the United Kingdom, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1994				1995				1996			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.25	0.22	0.34	0.28	0.25	0.20	0.36	0.30	0.24	0.23	0.36	0.31
Potatoes and other starchy roots (g)	142	111	150	162	141	105	152	166	148	108	168	172
Pulses (g)	0.6	0.5	1.2	1.2	0.7	0.6	0.9	1.0	0.6	0.8	1.0	1.1
Nuts (g)	2.0	2.8	2.2	1.7	2.0	2.4	2.1	1.5	2.0	2.9	2.2	1.3
Cereals and cereal products (g)	194	185	219	195	198	187	222	199	205	201	246	229
Milk and milk products (g)	324	331	402	330	326	325	397	326	314	316	393	322
Meat and meat products (g)	137	122	151	135	137	124	149	135	135	121	161	135
Vegetables (g)	140	156	185	135	143	153	178	134	141	153	195	145
Fish and seafood (g)	18	19	31	17	18	19	31	17	19	20	32	20
Fruits (g)	81	115	148	65	88	116	152	67	90	112	158	74
Total added lipids (g)	29	27	43	31	29	25	42	30	29	26	47	34
Alcoholic beverages (ml)	45	59	43	30	48	73	47	29	53	64	51	31
Non alcoholic beverages (ml)	845	777	1,241	892	863	773	1,353	883	856	772	1,292	958
Sugar and sugar products (g)	33	29	57	37	32	28	55	36	34	31	59	41
Juices (fruit and vegetable) (ml)	27	51	35	23	32	52	30	21	31	46	36	24

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

**Source:** the DAFNE databank

**Table 40e:** Mean food availability in the United Kingdom, by survey year and by occupation of the household head (quantity/person/day).

Food Group	1997				1998				1999			
	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*	Manual	Non-manual	Retired	Other*
Eggs (pieces)	0.23	0.21	0.36	0.31	0.22	0.21	0.35	0.27	0.22	0.20	0.34	0.27
Potatoes and other starchy roots (g)	135	106	160	167	123	110	162	158	125	110	146	152
Pulses (g)	0.5	0.5	1.1	1.5	0.8	0.8	1.2	1.0	0.7	0.8	1.6	1.3
Nuts (g)	1.8	2.4	2.3	1.3	1.6	2.2	2.2	1.2	1.5	2.3	1.8	1.0
Cereals and cereal products (g)	202	195	244	208	193	195	230	204	187	193	235	202
Milk and milk products (g)	310	310	405	343	307	302	402	337	301	301	382	332
Meat and meat products (g)	136	120	153	139	131	124	152	132	129	120	152	128
Vegetables (g)	138	156	194	142	130	158	190	131	134	155	188	133
Fish and seafood (g)	18	19	32	17	16	20	30	18	16	19	31	15
Fruits (g)	85	118	165	78	85	116	162	75	83	121	154	69
Total added lipids (g)	25	23	44	32	24	23	39	30	23	22	37	28
Alcoholic beverages (ml)	49	65	48	31	46	71	43	31	52	65	46	25
Non alcoholic beverages (ml)	796	734	1,252	975	787	734	1,264	827	721	694	1,158	874
Sugar and sugar products (g)	32	28	52	38	31	26	50	35	29	25	47	31
Juices (fruit and vegetable) (ml)	30	50	36	25	33	59	37	27	31	55	41	32

\* **Other:** Housewives, Students, Unemployed and Invalid Persons

**Source:** the DAFNE databank

**Table 41a:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1985				1986				1987			
	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	0.52	0.41	0.39	0.61	0.50	0.41	0.36	0.51	0.46	0.41	0.35
Potatoes and other starchy roots (g)	155	197	187	181	191	201	192	167	162	178	166	165
Pulses (g)	3.2	1.5	0.5	1.0	3.3	1.8	1.8	1.2	1.4	1.5	0.8	1.2
Nuts (g)	2.0	2.5	1.8	1.7	3.8	2.4	1.3	1.9	2.0	3.7	1.3	2.3
Cereals and cereal products (g)	250	229	210	197	264	232	200	199	245	224	199	203
Milk and milk products (g)	436	383	368	345	442	394	359	341	424	368	349	344
Meat and meat products (g)	158	182	140	131	172	188	123	134	174	178	124	131
Vegetables (g)	197	211	133	139	230	229	133	146	209	209	135	141
Fish and seafood (g)	28	27	15	15	33	28	14	16	30	27	14	16
Fruits (g)	112	113	61	72	145	120	61	76	134	112	65	79
Total added lipids (g)	43	49	34	35	48	51	34	35	45	48	34	35
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	1,321	1,155	692	668	1,279	1,188	677	659	1,236	1,060	675	645
Sugar and products (g)	49	48	42	38	51	46	36	35	47	44	32	34
Juices (fruit and vegetable) (ml)	40	29	18	21	39	34	18	29	45	40	24	30

N/A: Not available.

Source: the DAFNE databank

**Table 42b:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1988				1989				1990			
	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	0.43	0.32	0.32	0.43	0.36	0.30	0.27	0.39	0.36	0.26	0.25
Potatoes and other starchy roots (g)	174	169	176	161	155	179	171	154	146	182	161	142
Pulses (g)	1.9	1.5	0.7	0.9	2.0	1.0	0.6	1.3	1.2	1.4	0.3	0.6
Nuts (g)	2.9	2.9	0.9	2.0	2.6	2.7	1.5	1.8	3.1	3.0	1.4	1.9
Cereals and cereal products (g)	250	223	201	196	239	219	192	194	230	211	186	182
Milk and milk products (g)	408	376	352	335	409	363	320	327	388	351	329	305
Meat and meat products (g)	163	177	139	130	160	181	109	126	146	166	108	119
Vegetables (g)	211	209	130	142	217	211	120	139	196	198	116	132
Fish and seafood (g)	28	26	17	16	30	28	14	16	26	27	11	15
Fruits (g)	121	122	58	80	128	121	61	80	131	120	60	75
Total added lipids (g)	44	46	32	33	48	42	31	32	38	42	27	28
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	1,227	1,061	659	631	1,099	1,053	631	588	1,055	966	592	571
Sugar and products (g)	51	40	30	31	43	39	31	28	38	37	26	27
Juices (fruit and vegetable) (ml)	36	38	25	31	44	35	27	32	42	35	18	30

N/A: Not available.

Source: the DAFNE databank

**Table 42c:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1991				1992				1993			
	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
<b>Eggs (pieces)</b>	0.43	0.36	0.26	0.26	0.38	0.33	0.28	0.24	0.37	0.30	0.22	0.23
<b>Potatoes and other starchy roots (g)</b>	147	154	161	149	148	156	139	134	151	152	123	136
<b>Pulses (g)</b>	1.7	1.0	0.3	0.7	1.8	1.3	0.8	0.6	1.3	0.8	0.3	0.6
<b>Nuts (g)</b>	2.5	3.0	1.6	1.9	3.0	3.2	0.9	2.2	3.7	3.1	1.8	2.4
<b>Cereals and cereal products (g)</b>	230	209	190	183	227	218	183	186	235	213	174	187
<b>Milk and milk products (g)</b>	370	352	306	308	394	362	327	327	378	355	311	320
<b>Meat and meat products (g)</b>	150	157	114	118	148	165	113	119	149	158	113	123
<b>Vegetables (g)</b>	192	200	122	132	205	205	121	134	198	195	111	128
<b>Fish and seafood (g)</b>	27	24	15	14	26	27	15	15	26	26	15	16
<b>Fruits (g)</b>	115	127	66	76	132	126	61	78	122	121	64	77
<b>Total added lipids (g)</b>	40	39	26	30	36	39	26	29	37	35	24	27
<b>Alcoholic beverages (ml)</b>	N/A	N/A	N/A	N/A	89	76	18	36	66	72	19	40
<b>Non alcoholic beverages (ml)</b>	1,119	961	598	563	1,000	1,042	819	782	1,125	1,064	752	718
<b>Sugar and products (g)</b>	39	36	26	26	40	41	35	33	43	39	32	34
<b>Juices (fruit and vegetable) (ml)</b>	48	44	45	35	55	39	24	32	43	39	26	35

N/A: Not available.

Source: the DAFNE databank

**Table 42d:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1994				1995				1996			
	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)	0.34	0.30	0.20	0.22	0.32	0.30	0.23	0.21	0.33	0.30	0.24	0.22
Potatoes and other starchy roots (g)	131	157	123	123	125	146	135	124	149	160	141	129
Pulses (g)	0.8	0.7	0.5	0.8	0.6	1.1	0.5	0.5	1.6	0.9	0.2	0.7
Nuts (g)	2.6	2.6	1.9	2.2	2.5	3.0	1.5	1.8	2.7	2.7	1.1	2.1
Cereals and cereal products (g)	221	208	175	185	229	218	186	184	247	236	186	197
Milk and milk products (g)	375	353	308	318	372	355	333	312	371	349	327	305
Meat and meat products (g)	151	164	105	117	147	164	116	117	157	163	109	115
Vegetables (g)	190	194	106	128	180	198	120	123	205	202	105	125
Fish and seafood (g)	26	28	14	15	29	28	12	14	31	29	15	15
Fruits (g)	125	127	55	81	135	134	63	79	135	140	65	79
Total added lipids (g)	38	36	24	26	32	38	26	24	34	37	23	25
Alcoholic beverages (ml)	64	77	14	40	80	92	24	41	91	87	18	41
Non alcoholic beverages (ml)	1,151	1,078	684	724	1,150	1,090	849	705	1,157	1,094	813	731
Sugar and products (g)	43	42	29	29	36	39	28	29	40	42	32	31
Juices (fruit and vegetable) (ml)	42	36	34	35	45	42	37	35	48	43	29	34

Source: the DAFNE databank



**Table 42e:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1997				1998				1999			
	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)	0.36	0.28	0.23	0.21	0.30	0.27	0.19	0.20	0.31	0.28	0.22	0.19
Potatoes and other starchy roots (g)	133	141	142	120	129	143	133	113	134	141	122	110
Pulses (g)	0.7	0.7	0.1	0.8	1.1	0.8	0.2	0.7	1.0	1.0	0.7	0.8
Nuts (g)	2.6	2.8	1.0	1.6	2.0	2.9	1.0	1.6	2.3	2.5	1.0	1.6
Cereals and cereal products (g)	241	219	174	192	234	209	175	187	231	213	181	180
Milk and milk products (g)	349	337	310	308	387	317	301	306	345	327	313	296
Meat and meat products (g)	145	156	109	119	136	153	108	117	152	152	107	113
Vegetables (g)	184	200	110	126	177	196	107	117	178	207	116	116
Fish and seafood (g)	25	27	13	15	24	25	12	15	26	24	12	15
Fruits (g)	143	141	57	81	132	133	58	83	125	141	58	84
Total added lipids (g)	32	31	24	22	26	31	20	22	29	30	24	20
Alcoholic beverages (ml)	105	90	18	40	82	92	17	42	100	79	20	43
Non alcoholic beverages (ml)	1,095	977	702	724	996	992	587	685	981	960	712	601
Sugar and products (g)	37	36	25	30	37	34	26	28	32	33	26	26
Juices (fruit and vegetable) (ml)	44	44	25	35	55	48	29	41	64	48	36	38

Source: the DAFNE databank

**Table 42f:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1985				1986				1987			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.57	0.47	0.60	0.54	0.55	0.47	0.59	0.52	0.54	0.35	0.58	0.54
Potatoes and other starchy roots (g)	201	160	153	183	190	168	177	172	190	167	154	192
Pulses (g)	1.8	3.8	0.8	1.2	2.2	1.6	2.3	1.7	2.2	0.3	1.7	1.5
Nuts (g)	1.3	1.1	1.4	1.2	1.9	1.1	1.3	1.3	1.9	1.7	1.0	1.6
Cereals and cereal products (g)	238	226	240	221	233	241	245	229	234	170	249	229
Milk and milk products (g)	407	354	471	414	412	338	475	412	391	310	452	417
Meat and meat products (g)	190	122	159	161	173	104	164	159	177	138	160	174
Vegetables (g)	185	143	174	170	204	176	180	182	197	150	182	189
Fish and seafood (g)	26	17	32	31	29	20	32	33	30	19	31	31
Fruits (g)	108	76	139	119	124	97	134	141	119	64	141	150
Total added lipids (g)	54	42	56	52	52	52	56	55	49	37	52	53
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	1,290	826	1,532	1,352	1,433	760	1,622	1,387	1,362	895	1,733	1,394
Sugar and sugar products (g)	59	49	70	68	63	41	74	76	55	40	71	65
Juices (fruit and vegetable) (ml)	19	14	12	15	23	15	21	17	26	20	17	20

N/A: Not available.

Source: the DAFNE databank

**Table 42g:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1988				1989				1990			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.42	0.42	0.57	0.51	0.42	0.35	0.46	0.41	0.41	0.19	0.45	0.40
Potatoes and other starchy roots (g)	190	203	162	166	193	132	141	182	207	136	131	185
Pulses (g)	1.2	2.3	1.2	3.2	1.6	0.3	1.4	1.0	0.9	2.8	0.7	1.8
Nuts (g)	1.1	1.5	1.2	2.4	1.3	1.6	1.1	1.4	1.7	3.3	1.6	1.9
Cereals and cereal products (g)	225	215	243	231	221	180	239	226	222	166	233	214
Milk and milk products (g)	388	334	444	413	398	323	428	406	375	343	404	372
Meat and meat products (g)	169	122	157	171	165	133	152	161	159	99	135	142
Vegetables (g)	201	147	174	200	206	132	182	189	187	112	167	184
Fish and seafood (g)	29	14	32	30	30	15	30	30	27	12	28	31
Fruits (g)	120	94	145	141	134	80	140	143	121	58	144	132
Total added lipids (g)	49	38	52	57	46	27	52	52	48	50	46	47
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Non alcoholic beverages (ml)	1,250	792	1,388	1,333	1,276	729	1,471	1,343	1,070	466	1,391	1,225
Sugar and sugar products (g)	57	29	72	63	55	37	62	61	42	27	60	55
Juices (fruit and vegetable) (ml)	24	24	23	24	26	33	19	25	23	13	16	23

N/A: Not available.

Source: the DAFNE databank

**Table 42h:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1991				1992				1993			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.42	0.38	0.48	0.46	0.34	0.21	0.43	0.42	0.36	0.29	0.38	0.36
Potatoes and other starchy roots (g)	189	95	154	174	176	163	147	178	191	149	141	164
Pulses (g)	1.6	1.2	1.5	1.3	0.7	1.0	0.8	0.7	0.9	5.2	0.5	0.7
Nuts (g)	2.5	0.6	1.8	1.6	1.9	1.9	1.1	2.2	2.0	2.1	2.0	2.1
Cereals and cereal products (g)	233	144	240	228	222	202	222	213	227	201	235	216
Milk and milk products (g)	387	323	429	398	380	316	425	401	385	304	433	410
Meat and meat products (g)	160	120	144	168	161	120	137	150	161	131	142	150
Vegetables (g)	189	132	172	189	176	140	165	177	193	148	182	181
Fish and seafood (g)	32	13	33	28	31	11	28	29	29	19	33	29
Fruits (g)	136	73	148	149	118	68	145	153	130	85	151	143
Total added lipids (g)	42	32	43	50	42	37	45	46	41	30	45	44
Alcoholic beverages (ml)	N/A	N/A	N/A	N/A	44	12	18	33	45	20	27	45
Non alcoholic beverages (ml)	1,260	778	1,343	1,282	1,235	675	1,279	1,193	1,133	717	1,345	1,204
Sugar and sugar products (g)	61	25	56	57	51	36	61	63	49	39	60	63
Juices (fruit and vegetable) (ml)	33	35	26	27	27	17	21	29	33	37	24	26

N/A: Not available.

Source: the DAFNE databank

**Table 42i:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1994				1995				1996			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.31	0.21	0.41	0.36	0.33	0.21	0.39	0.37	0.35	0.27	0.42	0.35
Potatoes and other starchy roots (g)	168	121	142	152	154	123	127	162	165	115	144	171
Pulses (g)	1.7	1.4	0.7	1.1	0.3	3.1	1.1	1.3	0.8	0.4	0.7	1.3
Nuts (g)	2.2	2.9	1.9	2.2	1.6	1.6	1.7	1.8	2.8	1.8	1.4	1.7
Cereals and cereal products (g)	209	166	231	217	204	161	231	211	236	255	245	237
Milk and milk products (g)	379	327	421	401	373	324	422	396	375	329	415	372
Meat and meat products (g)	151	122	140	148	151	101	140	141	158	128	147	156
Vegetables (g)	182	115	177	183	170	119	165	174	186	141	178	188
Fish and seafood (g)	29	13	31	32	29	21	33	29	29	24	34	32
Fruits (g)	129	63	164	153	136	97	157	158	141	87	162	163
Total added lipids (g)	44	26	42	47	35	19	42	45	46	35	42	49
Alcoholic beverages (ml)	43	24	35	39	46	26	32	45	48	41	34	50
Non alcoholic beverages (ml)	1,233	613	1,428	1,200	1,127	832	1,441	1,462	1,147	898	1,325	1,342
Sugar and sugar products (g)	52	35	61	61	47	32	58	59	56	39	61	63
Juices (fruit and vegetable) (ml)	32	22	30	42	31	29	24	30	31	25	23	39

Source: the DAFNE databank

**Table 42j:** Mean food availability in the United Kingdom, by survey year and by household type (quantity/person/day).

Food Group	1997				1998				1999			
	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly	Adults and elderly	Adults, elderly and children	One elderly	Two elderly
Eggs (pieces)	0.37	0.34	0.41	0.32	0.37	0.18	0.36	0.35	0.31	0.20	0.39	0.31
Potatoes and other starchy roots (g)	185	139	146	159	183	102	141	162	153	130	140	155
Pulses (g)	0.9	0.3	1.0	1.2	1.6	7.4	0.8	0.6	3.8	1.7	0.7	0.9
Nuts (g)	2.3	5.5	1.3	2.1	1.5	3.0	1.4	2.1	1.2	1.5	1.0	2.1
Cereals and cereal products (g)	242	252	251	231	225	209	230	229	242	168	242	224
Milk and milk products (g)	399	374	437	392	372	307	420	396	360	334	403	372
Meat and meat products (g)	158	116	136	153	164	84	142	152	159	113	140	134
Vegetables (g)	204	125	176	188	204	117	173	193	198	141	169	183
Fish and seafood (g)	29	20	30	33	35	14	30	29	30	20	31	32
Fruits (g)	151	93	160	168	150	89	163	170	137	72	164	166
Total added lipids (g)	46	43	39	45	40	22	40	42	41	32	36	37
Alcoholic beverages (ml)	48	23	38	48	41	4	32	41	43	22	41	44
Non alcoholic beverages (ml)	1,239	826	1,394	1,192	1,125	730	1,499	1,204	1,239	708	1,152	1,241
Sugar and sugar products (g)	55	39	58	54	47	22	54	54	49	22	52	50
Juices (fruit and vegetable) (ml)	35	28	33	31	37	29	37	31	37	26	34	41

Source: the DAFNE databank



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