Department of Health

health

# The Victorian Health Monitor Food and Nutrition report

State Government Victoria

# The Victorian Health Monitor
# Food and Nutrition report

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# Preface

Ccomprehensive nutrition information on the dietary habits and nutritional status of the adult population presented in this report will contribute to the evidence base on healthy eating in Victoria.

The Baker IDI Heart and Diabetes Institute were commissioned by the Department of Health to conduct the Victorian Health Monitor. Baker IDI is acknowledged for their work in undertaking this landmark survey.

Particular mention is given to the team of senior dieticians from Monash University, Department of Nutrition and Dietetics who undertook intensive monitoring of the telephone dietary interviews in the first three months of the fieldwork period. The Monash team also participated in interviewer training to ensure that all interviews were conducted to a high level of competence, accuracy and attention to detail.

As part of the post-interviewing process, the Monash team undertook unique work on the conversion of food volume data to weights and also assigned individual weights to all standard food items reported by the survey participants. Detailed assessments of all recipes were also undertaken to ensure the collection and reporting of accurate, high quality nutritional information in this report.

The companion document to this report is the *Victorian Health Monitor* report. This report presents detailed physical and biomedical measurement information on diabetes, heart disease, kidney disease and related risk factors.

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# Abbreviations

| | |
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| **95% CI** | 95 per cent confidence interval; this is the range within which there is 95 per cent certainty that the true population figure lies |
| **CD** | Census collection district |
| **IQR** | inter-quartile range; this is defined as the 25th and 75th percentiles of a variable and provides the range within which the middle 50 per cent of the observations lie |
| **mean** | the average intake |
| **median** | the 50th percentile, or the middle value of all observations |
| **1995 NNS** | 1995 National Nutrition Survey |
| **RDI** | recommended daily intake |
| **VHM** | Victorian Health Monitor |

# How to interpret the tables

All estimates in the tables of this report have been weighted to the 2008 Victorian population to compensate for the differential probabilities of selection and non-response. All tables contain estimates by age and sex-specific groups, as well as an overall estimate.

The tables report mean and median intake of various foods and nutrients in the total population and by sex. The mean provides us with the average intake for the people attending the survey and the 95 per cent confidence interval helps us to assess how likely it is that the mean calculated in the survey population will apply to the wider population. It does this by showing the likely range within which the mean might really lie. The median reflects the 50th percentile, or the middle value of all the observations recorded, while the inter-quartile range provides the values in which the middle 50 per cent of all the survey observations lie. The median is useful for interpreting nutrient intake, as it is unaffected by extreme values that may be recorded on a single day's intake.

All differences between estimates reported in the text of this report are statistically significant differences. If there is no significant difference observed in the data, estimates are described in the text as being 'similar' when compared. For instance, 'the mean intake of meat was higher in men than in women' indicates that there was a statistically significant difference between the estimates for men and women. The statement that 'the mean intake of vegetables was similar in men and women' indicates that there was no statistically significant difference between the estimates for men and women in that particular instance.

Estimates for food intake and nutrients have been compared with the 1995 National Nutrition Survey (1995 NNS). The 1995 NNS was an initiative of the Commonwealth Department of Health and Ageing and was delivered by the Australian Bureau of Statistics (ABS). The 1995 NNS was conducted in all states and territories in Australia between February 1995 and March 1996. It surveyed Australians aged two years and over; however, for our comparisons we have used the data reported for Australians aged 19 years and over. A single 24-hour diet recall survey was used to collect and calculate information on food, beverage and nutrient intake.[1]

# 1. Introduction

# Introduction

The Victorian Health Monitor (VHM) was a Victorian statewide cross-sectional, population-health measurement survey conducted from May 2009 to June 2010.

The survey measured the prevalence of diabetes, cardiovascular disease, kidney disease and hypertension, and their risk factors in a representative sample of adults aged 18–75 years from Victoria.

The specific objectives of the study were to:

- estimate the prevalence of the following conditions in the Victorian metropolitan and rural population:
  - diabetes and other forms of abnormal glucose tolerance
  - cardiovascular disease
  - kidney disease
  - cardiovascular disease risk factors, including obesity, hypertension and lipid profile abnormalities
- assess the distribution and relationships of the cardiovascular disease risk factors indicated above
- assess the associations of the social determinants of health with risk factors and the chronic diseases included in the survey
- inform policy development and contribute to overall program planning for chronic disease prevention activities in Victoria
- inform nutrition policy at the state level and contribute to the evidence base on healthy eating.

The sample selection was based on a stratified cluster sample of Census Collection Districts (CDs) within the eight Department of Health regions in Victoria. There were 50 randomly selected CDs included in the survey, 25 from the metropolitan area and 25 from rural Victoria. Every private household within these 50 CDs was approached and one eligible person from each household was invited to participate in the survey. Survey activities included attendance at a local testing site where participants provided a blood sample, urine sample, underwent anthropometric and blood pressure measurements, and completed a risk factor questionnaire and a self-reported food frequency questionnaire. The total number of people who attended test sites was 3,653. Please see Appendix 1 for more details on survey response.

Following attendance at the test site, participants were contacted to complete three separate 24-hour dietary recalls over six weeks.

This report presents the data collected in the dietary recalls. The results of the survey will be used to inform nutrition policy and to contribute to the evidence base for advice on healthy eating.

# 2. Methods

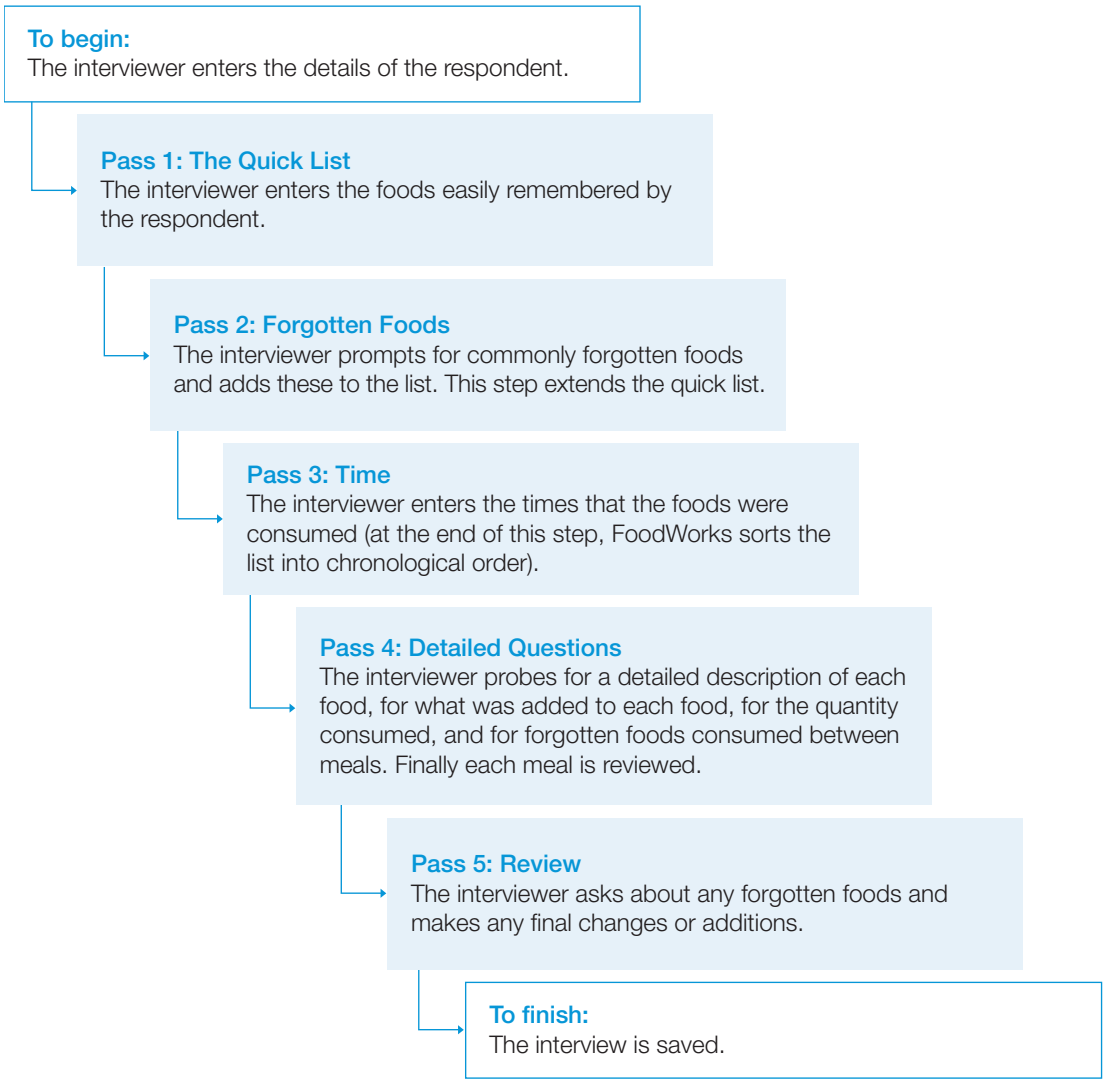
# 2. Methods

Following the visit to the test site, each participant provided a 24-hour dietary recall on three separate occasions, at two-week intervals, via a computer-assisted telephone interview using specialised software to capture nutrition information. Of the 3,653 participants who participated in survey activities at the test sites, 96 per cent went on to complete at least one dietary recall, 94 per cent completed at least two dietary recalls, and 92 per cent completed all three dietary recalls. A total of 10,307 dietary recalls were completed.

The dietary recall interviews were conducted by trained interviewers. Intensive training and monitoring of the dietary interviewers was undertaken by dieticians from the Department of Nutrition and Dietetics at Monash University during the first three months of the 12-month fieldwork period. This was to ensure all interviews were conducted competently, accurately and with attention to detail. A food model book was used to facilitate the dietary recall interviews by providing visual aids to assist participants with their description of the portions of foods or beverages they had consumed on the day(s) of interest. Frequently forgotten foods and eating occasions were included in the book, along with 'to scale' photographs of household food and beverage containers, measuring cups and spoons.

A special version of nutrition software (FoodWorks® software, *FoodWorks Interview*) was used by the interviewers to conduct the dietary recalls. The software provided scripted prompts to guide the interviewers through each interview, facilitating a multiple-pass approach designed to help respondents remember their food intake most effectively. Interviewers could, however, interrupt or take control of the sequence at any time, for example, to prompt for additional detail on specific food items. The approach used is summarised in Figure 1.

## Figure 1 Passes in a 24-hour recall interview using FoodWorks® Interview



The first pass in the dietary recall involved asking the respondent to list the foods they could easily recall eating on the previous day. This included everything eaten or drunk from midnight to midnight, including between-meal snacks, meal replacements, supplements and alcoholic drinks. At this stage, respondents were not asked specifically for details of these foods or drinks, the quantities consumed or the time of consumption. If, however, the respondent volunteered any of this additional information it was recorded.

In the second pass, the interviewer extended the quick list by prompting the respondent for additional foods guided by prompts for commonly forgotten details (for example, the spread used on a sandwich). These additional items were added by the interviewer to the quick list.

In the third pass, the interviewer went back over the list of food and drinks and recorded the time when each item was consumed, starting with the first food listed and continuing until the time had been determined for all items on the list.

In the fourth pass, the interviewer probed for a detailed description of each food item, including any brand name, specific ingredients or cooking method. They also asked whether anything had been added to the food when eaten (for example, sauce). The quantity consumed (number of items) was established, as well as the volume through reference to the food model book. In passing from one recorded time of eating to the next, the interviewer probed for any additional foods consumed between meals (Figure 2).

### Figure 2 Interview technique employed to ascertain completeness of dietary recall

For each documented **meal** the interviewer prompted for:

- **earlier meals:** any forgotten foods eaten prior to this occasion (for the first meal of the day, questions were asked about foods eaten between midnight and this first meal)
- **details (as below):** to capture a complete description of each food or drink consumed at a meal.

The interviewer then reviewed the information collected about each meal with the respondent. For each food item the sequence was:

1. **probing questions:** designed to fully characterise the food allowing a definitive description.
2. **extra questions:** to complete a food description if in any way unclear (additional information volunteered by respondents was also recorded)
3. **additional foods:** for each food item the respondent was asked if any additional foods were consumed with this food
4. **quantities:** for each food, the respondent was asked to estimate the quantity consumed using the Food model book as a guide.

In the final pass, the respondent was asked about any other forgotten foods. If new items were added to the quick list at this point, the interviewer cycled again through the detailed questions as already described in passes three and four. When no additional foods were recalled, gathering data for the 24-hour recall was complete and the interviewer continued to the final questions for the study.

Post-interview processing carried out at the Monash University, Department of Nutrition and Dietetics included the development of a file of volume conversion factors to allow the data collected on food volumes (reported as household measures) to be transformed into food weights. This was done either by reference to published data, by measuring the weight and volume of specific foods, or by considering the food as very similar to another food for which a volume conversion factor was already available. In addition, appropriate weights for foods reported as a single item (for example, one medium apple) were determined by direct measurement or from a published source. All recipes provided by interviewees were checked for completeness. Where a recipe was found to be incomplete so that nutrients could not be calculated, a standard generic recipe for the food in question was substituted.

Nutrient intakes were calculated from the estimated intakes of foods using the nutrient composition data in AUSNUT 2007.[2]

An analysis of the data was carried out by Baker IDI and provides the basis for this current report. A list of food items included in each food group is provided in Appendix 2. Means were weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and then standardised to the 2006 Victorian population (Appendix 3). Medians were weighted to the age and sex distribution of the 2008 estimated residential population of Victoria. Data presented include weighted means with 95 per cent confidence intervals and weighted medians with the inter-quartile range. All participants were included in the analysis for mean intake. Weighted medians were calculated including only those who recorded an intake of that item and for foods consumed by more than 10 people, in order to avoid unreliable estimates. Nutrient contributions to energy were calculated using the following formulas:[3]

- Carbohydrates * 16 / energy (without dietary fibre)
- Sugar * 16 / energy (without dietary fibre)
- Starch * 17 / energy (without dietary fibre)
- Protein * 17 / energy (without dietary fibre)
- Total fat * 37 / energy (without dietary fibre)
- Alcohol * 29 / energy (without dietary fibre).

Data were analysed using Stata version 11 (StataCorp Texas USA).

# 3. Food-group intake

# 3. Food-group intake

Table 1 to Table 57 show the mean daily intake (with confidence intervals) of foods consumed by all respondents in the survey. In these tables, data from all participants, whether or not they reported consuming a particular food, were used to calculate mean intakes. Therefore, these data represent mean daily intakes for the whole population. The data are shown separately for men and women across five age groups.

Table 58 to Table 114 show the median daily intake (with inter-quartile range) of foods consumed. In these tables, only the data from those participants who reported consuming the food item were used to calculate each median value. Therefore, these data represent median intakes among consumers of a food item. For food items consumed by 10 or fewer people, the median was not calculated due to the unreliability of the estimate.

## Cereal products

Table 1 and Table 20 show men had a higher daily intake of cereals and cereal products (cereal and bread) than women. Overall, the mean daily intake for men and women was 189.7 g and 161.3 g, respectively. No association with age was apparent for men or women.

Table 2 and Table 21 show that men had a higher mean daily intake of cereal-based products and dishes (sweet and savoury biscuits, cakes and so on) than women. Overall, men had a mean intake of 328.7 g per day, whereas women had a mean intake of 215.9 g per day. Intake of cereal-based products decreased with age group for both men and women ($p$ for trend $< 0.001$). Men aged 18–34 consumed a mean of 404.5 g per day of cereal-based products, while those aged 65–75 consumed a mean of 239.0 g per day. Women aged 18–34 consumed a mean of 248.9 g per day of cereal-based products, while those aged 65–75 consumed a mean of 161.2 g per day.

## Milk products

Table 6 and Table 25 show the mean daily intake of milk products and dishes were similar among men and women. Intake of milk products increased with age group among women, from 228.1 g per day in those aged 18–34, to 276.7 g per day in those aged 65–75 ($p$ for trend $< 0.05$). There was no association between intake of milk products and age group among men.

## Meat products

Table 7 and Table 26 show that men had a higher mean daily intake of meat, poultry and game than women, in all age groups. Overall, men had a mean intake of 187.1 g per day of meat, whereas women had a mean intake of 126.2 g per day. Intake of meat was not associated with age group for men or women.

## Seafood

Table 8 and Table 27 show the mean daily intake of fish and seafood products and dishes were similar among men and women. Overall men had a mean intake of 38.3 g per day of fish and seafood products, whereas women had a mean intake of 32.3 g per day. Intake of fish and seafood products did not differ by age group.

## Snack foods

Table 10 and Table 29 show that men had a higher mean daily intake of snack foods than women. Overall, men had a mean daily intake of 6.9 g of snack foods, whereas women had a mean intake of 4.3 g per day. The higher intake among men was mainly attributable to potato snacks. Intake of snack foods decreased with age group for both men (p for trend < 0.001) and women (*p* for trend < 0.005). Men aged 18–34 consumed a mean of 10.6 g per day of snack foods, while those aged 65–75 consumed a mean of 2.3 g per day. Women aged 18–34 consumed a mean of 6.1 g per day of snack foods, while those aged 65–75 consumed a mean of 1.2 g per day.

## Sugar

Table 11 and Table 30 show that men had a higher mean daily intake of sugar products and dishes than women. Overall, men had a mean intake of 17.6 g per day of sugar products, whereas women had a mean intake of 13.4 g per day. Intake of sugar products was not associated with age group for men or women.

## Fats and oils

Table 14 and Table 33 show that men had a higher mean daily intake of fats and oils than women. Overall, men had a mean intake of 6.7 g per day of fats and oils, whereas women had a mean intake of 5.3 g per day. Intake of fats and oils increased with age group among men (*p* for trend < 0.001) and among women (p for trend = 0.038). Men aged 18–34 consumed a mean of 4.8 g of fats and oils per day, while those aged 65–75 consumed a mean of 10.6 g per day. Women aged 18–34 consumed a mean of 4.2 g of fats and oils per day, while those aged 65–75 consumed a mean of 6.3 g per day.

## Alcohol

Table 18 and Table 37 show that men had a higher mean daily intake of alcoholic beverages than women, in all age groups, with men having an overall mean intake of 426.1 g of alcoholic beverages per day and women having an overall mean intake of 137.7 g per day. Alcohol intake decreased with age group among women (*p* for trend< 0.01). Women aged 18–34 consumed a mean of 154.6 g per day of alcohol, while those aged 65–75 consumed a mean of 98.3 g per day. No association with age was apparent for men.

## Fruits and vegetables

Table 3 and Table 22 show that men and women had similar mean daily intakes of fruit. Intake of fruit increased with age group for both men and women (p for trend < 0.001). Men aged 18–34 consumed a mean of 109.2 g of fruit per day, while those aged 65–75 consumed a mean of 191.1 g per day. Women aged 18–34 consumed a mean of 137.9 g of fruit per day, while those aged 65–75 consumed a mean of 201.0 g per day.

Table 4 and Table 23 show that men and women had similar mean daily intakes of vegetables. Intake of vegetables increased with age group for both men (p for trend < 0.001) and women (*p* for trend < 0.05). Men aged 18–34 consumed a mean of 172.7 g of vegetables per day, while those aged 65–75 consumed a mean of 250.1 g per day. Women aged 18–34 consumed a mean of 185.5 g of vegetables per day, while those aged 65–75 consumed a mean of 221.7 g of vegetables per day.

Table 17 and Table 36 show that men had a significantly higher mean daily intake of fruit and vegetable juice than women, with men consuming an intake of 112.8 g per day and women consuming 78.5 g per day of fruit and vegetable juice. Intake of fruit and vegetable juice decreased with age group for both men (p for trend < 0.005) and women (*p* for trend < 0.01). Men aged 18–34 consumed a mean of 154.7 g of fruit and vegetable juice per day, while those aged 65–75 consumed a mean of 90.7 g per day. Women aged 18–34 consumed a mean of 111.9 g of fruit and vegetable juice per day, while those aged 65–75 consumed a mean of 71.3 g per day.

Table 133 to Table 135 describe the proportion of men and women consuming different serves of fruit and vegetables. Table 133 shows that men and women consumed a similar number of vegetable serves across all age groups. Approximately 14.6 per cent of men and 14.3 per cent of women consumed five of more serves of vegetables per day. Approximately 22.6 per cent of men and 18.4 per cent women consumed less than one serve of vegetables per day.

Table 134 shows that men and women also consumed a similar number of fruit serves across all age groups, except for those aged 45–54 years. There were a higher proportion of men (22.7 per cent) than women (12.5 per cent) aged 45–54 years who consumed two or more serves of fruit per day. Overall, 15.2 per cent of men and 13.4 per cent of women consumed two serves or more of fruit per day. Approximately 58.4 per cent of men and 56.1 per cent of women reported consuming less than one serve of fruit per day.

Table 135 shows a higher proportion of men than women consumed two or more serves of fruit and vegetable juice per day (17.2 per cent versus 9.4 per cent). A lower proportion of men than women consumed less than one serve of fruit juice per day (68.6 per cent versus 76.6 per cent).

# 4. Nutrient intake

# 4. Nutrient intake

Table 115 to Table 123 show the mean daily intake (with confidence intervals) of nutrients consumed by all respondents in the survey. In these tables, data from all participants, whether or not they consumed a particular nutrient, were used to calculate mean intakes. Therefore, these data represent mean daily intakes for the whole population. The data are shown separately for men and women across five age groups.

Table 124 to Table 132 show the median daily intake (with inter-quartile range) of nutrients consumed. In these tables, only the data from those participants who reported consuming the respective nutrient were used to calculate each median value. There are only five nutrients that were not consumed by all people: alcohol, caffeine, retinol, folate and long-chain fatty acid n-3. The number of people included in the analysis for these nutrients can be found in the footnotes of the respective tables. For all other nutrients the number of people in each group can be found in Appendix 4.

Table 124 and Table 127 show that men had higher intakes of energy, protein, total fat, saturated fat, carbohydrates, sugar and sodium than women, in all age groups.

## Energy intake

Overall, men had a median daily energy intake of 10,801.7 kj (without dietary fibre) compared with women whose median energy intake was 7942.0 kj per day. Energy intake decreased with age group for both men and women (p for trend < 0.001). The median daily energy intake for men ranged from 11,279.4 kj in the 18–34-year age group to 9,939.8 kj per day in the 65–75-year age group. For women, the median daily intake ranged from 8310.4 kj in the 18–34-year age group to 7255.0 kj in the 65–75-year age group.

The majority of our energy intake is obtained from carbohydrates, protein, fats and alcohol. Table 137 shows median contributions of these macronutrients to daily energy intake. The median contribution of total carbohydrates to energy intake decreased with age group for men ($p$ for trend < 0.05), but not for women. Overall, the median contribution of carbohydrates to energy intake was 42.5 per cent for men and 44.1 per cent for women. The contribution of carbohydrates to energy intake can be broken down to show the individual contributions of sugar and starch. The median contribution of sugar to energy intake was 17.9 per cent for men and 20.6 per cent among women. The median contribution of starch to energy intake was 24.3 per cent for men and 23.7 per cent for women, and decreased with age group among men ($p$ for trend < 0.05).

The median contribution of protein to energy intake was 18.7 per cent for men and 19.2 per cent for women, and increased with age group among women ($p$ for trend < 0.05). The median contribution of total fats to energy intake was 31.8 per cent for men and 31.5 per cent among women. There was no association between contribution of total fats to energy intake and age group. Among those who consumed alcohol, alcohol contributed a median of 4.6 per cent of the daily total energy intake among men and 2.7 per cent among women. Alcohol intake was not associated with age group for men or women.

## Protein intake

Men had a median daily intake of 117.1 g of protein, whereas the median intake for women was 89.4 g per day. Protein intake decreased with age group among both men and women (*p* for trend < 0.005). The median daily intake of protein among men peaked in the 35–44-year age group at 126.0 g before decreasing in subsequent age groups with 65–75 year olds having the lowest median intake of 107.4 g per day. The median daily intake of protein for women ranged from 92.4 g in the 18–34-year age group to 84.8 g in the 65–75-year age group.

## Fat intake

Men had a median daily intake of total fat of 91.7 g, with a median daily intake of saturated fat of 35.8 g. In comparison, women had a median daily intake of 67.0 g of total fat and a median daily intake of saturated fat of 26.0 g. The intakes of both total and saturated fat decreased with age group for men (p for trend < 0.001 for both total and saturated fat) and women (*p* for trend < 0.005 and < 0.001 respectively). The median daily intakes of total fat steadily decreased with increasing age group among men ranging from 94.3 g in the 18–34-year age group to 82.6 g per day in the 65–75 year age group. The median daily intakes of saturated fat among men ranged from 37.1 g in the 18–34-year age group to 32.5 g per day in the 55–64-year age group. Among women, the median daily intakes for both total and saturated fat peaked in the 35–44-year age group, with 74.6 g and 28.0 g per day, respectively, before decreasing to 60.7 g and 22.8 g per day, respectively, in the 65–75-year age group.

## Carbohydrates

Men had a median daily intake of 282.7 g of carbohydrates, whereas the median intake for women was 216.6 g per day. The intake of carbohydrates decreased with age group among men and women (*p* for trend < 0.001). Among men, the median daily intake of carbohydrates peaked at 296.7 g in the 35–44-year age group then decreased across the age groups to 253.3 g per day among 65–75 year olds. Among women, the age group with the highest median daily intake of carbohydrates was the 18–34-year age group at 235.3 g, with the 65–75-year age group reporting the lowest median intake of 200.1 g per day.

## Sugar

Men had an overall median daily sugar intake of 117.7 g compared with women who had a median intake of 100.9 g per day. Sugar intake decreased with age group for both men and women (*p* for trend < 0.005 and < 0.001, respectively). Among men, the median daily intake of sugar ranged from 124.1 g in the 35–44-year age group to 106.9 g per day in 65–75-year age group. Among women, the 18–34-year age group reported the highest median daily intake of sugar at 104.5 g, with the lowest median intake reported in the 35–44-year age group at 96.6 g per day.

## Sodium

Median daily sodium intake was 3,447.5 mg among men and 2,522.6 mg per day among women. Sodium intake decreased with age group for both men and women (*p* for trend = 0.001 and < 0.001, respectively). The median daily intake of sodium among men ranged from 3,725.6 mg in the 18–34-year age group to 2,982.9 mg per day in the 65–75-year age group. Among women the median daily intake of sodium ranged from 2,733.5 mg per day in the 18–34-year age group to 2,219.5 mg per day in the 65–75-year age group.

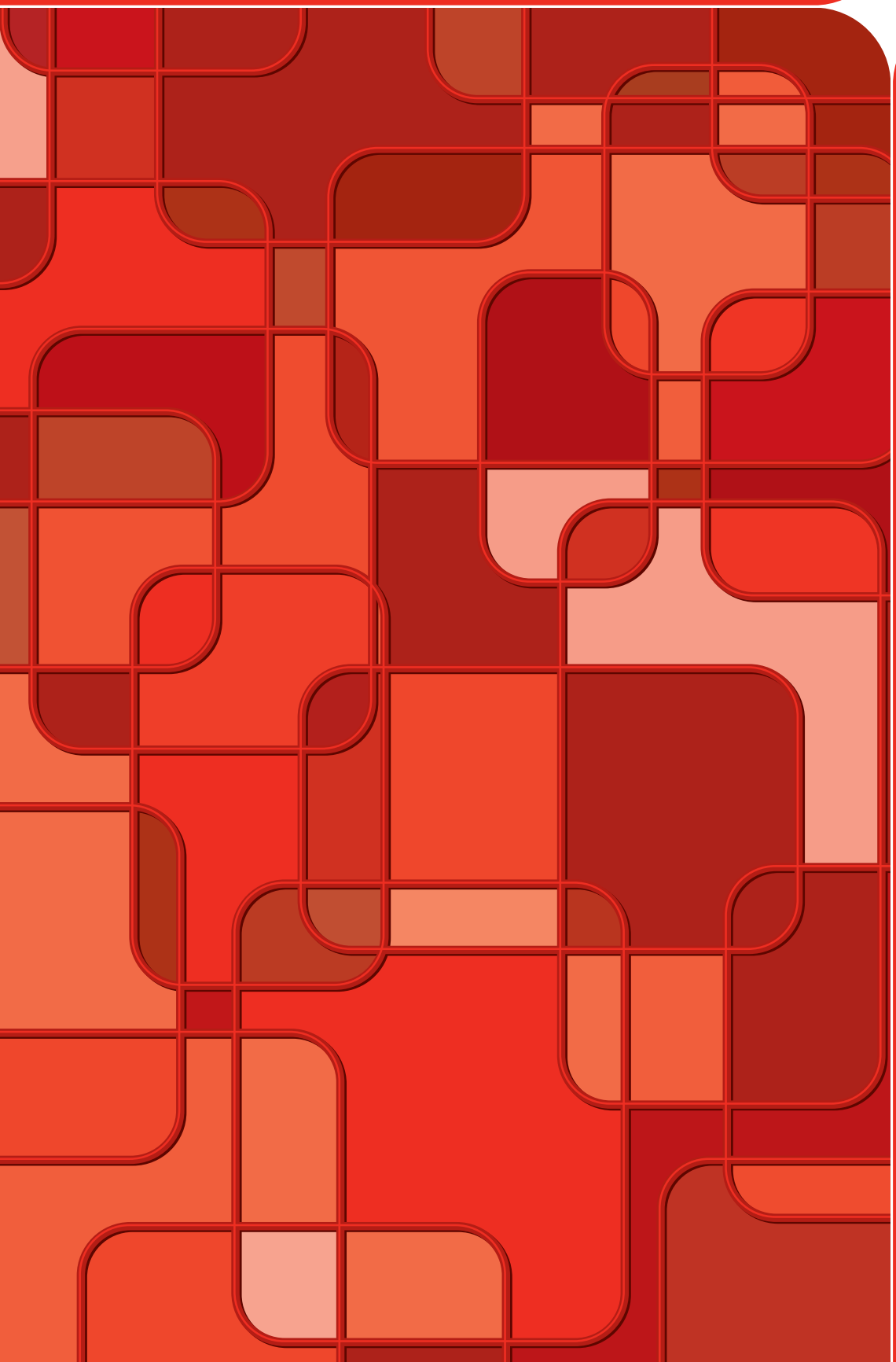
## Fibre

The median daily intake of fibre among men was 26.9 g and 22.8 g per day among women. Intake of fibre increased with age group for men (*p* for trend < 0.05) and women. Among men the median daily intake for fibre ranged from 24.6 g in the 18–34-year age group to 28.3 g per day in the 45–54-year age group. The median daily intake for fibre among women ranged from 22.0 g in the 18–34-year age group to 25.4 g per day in the 55–64-year age group.

## Folate

The median daily intake of folate among men was 450.7 µg and 401.1 µg per day among women. Intake of folate was not associated with age group for men or women. The median daily intake for folate among men ranged from 438.2µg in the 18-34 year age group to 481.7 µg per day in the 45–54-year age group. Among women the median daily intake of folate ranged from 378.8 µg in the 45–54-year age group to 448.3 µg per day in the 65–75-year age group.

# 5. Comparison with 1995 National Nutrition Survey and recommended daily intakes



# 5. Comparison with 1995 National Nutrition Survey and recommended daily intakes

Table 138 to Table 140 provide the overall mean daily food intakes, the median daily nutrient intakes and the median contributions to energy for both the VHM and the 1995 National Nutrition Survey (NNS).

There are a number of differences between the VHM and the 1995 NNS, with the latter being an Australia-wide survey, reporting on intake in men and women aged 19 years and older on the basis of a single 24-hour dietary recall. The VHM, however, is limited to Victoria only, reports on men and women aged 18–75 years, and is based on three dietary recalls. However, the foods consumed in both surveys have been categorised into the same groups and hence the results reported in the 1995 NNS provide a benchmark against which we can compare our findings.

It is also possible to compare estimated nutrient intakes between 1995 NNS and VHM. However, different versions of the AUSNUT nutrient composition database were used, which may contribute to some of the observed differences. This is particularly the case for folate for which the intake in VHM is almost double what was reported in the 1995 NNS. The folate data used for the 1995 NNS was largely based on the British food tables of the time, while for the VHM, Australian data was used, which has been noted to have higher values. During the delivery of the VHM survey, mandatory folate fortification of bread-making flour was introduced (September 2009); this change has not been accounted for in the nutrient calculations.

Although the 1995 NNS is now 15 years old, it is the most appropriate summary on food and nutrition in Australia that is available with which to compare our findings.

The suggested number of serves per day of food items have come from the *Australian dietary guidelines*, as interpreted in the *Guide to healthy eating*.[4] The recommended daily intake (RDI) for nutrient items have come from the Nutrient reference values for Australia and New Zealand.[3]

## Milk products

The suggested number of serves per day of milk products and dishes for Australian adults is two serves per day.[4] The main contributors to milk products are milk, yoghurt and cheese, of which one serve constitutes 250 g, 200 g and 40 g respectively.[4] Based on these three components, both mean and median intakes for men and women were less than the suggested number of serves per day of milk products and dishes. The overall intake of milk products and dishes among women in the VHM was similar to that in the 1995 NNS (258.5 g versus 257.7 g per day), whereas the intake among men was lower in the VHM compared with the 1995 NNS (269.1 g versus 321.9 g per day).[1]

## Meat products

The suggested number of serves per day of meat, fish and poultry for Australian adults is one serve per day, with one serve being defined as 65–100 g of meat or poultry and 80–120 g of fish.[4] The mean and median intakes for both men and women exceeded this, with the mean and median intake for men almost double the suggested number of serves per day through their consumption of meat and poultry alone. Overall, the mean intake for meat and poultry among men was only slightly below what was reported in the 1995 NNS (186.6 g versus 199.9 g per day). Among women, however, the mean daily intake was slightly above the 1995 NNS in our population (125.9 g in the VHM versus 116.1 g per day in the 1995 NNS).[1] Mean daily intake of fish and seafood products was higher among both men and women in our population compared with that of the 1995 NNS (38.3 versus 28.9 g per day for men and 32.6 g versus 22.6 g per day for women).[1]

## Fruit and vegetables

The suggested number of serves per day of fruit for Australian adults is two serves per day.[4] Only 15.2 per cent of men and 13.4 per cent women achieved this target. Conversely, 58.4 per cent of men and 56.1 per cent of women reported consuming less than one serve of fruit per day. Likewise, few participants reported consuming the suggested number of five serves of vegetables per day.[4] Only 14.6 per cent of men and 14.3 per cent of women reported achieving this target. In the 1995 NNS the mean daily intake for fruit was 141.3 g and 145.7 g per day for men and women respectively.[1] The mean daily intake in our population was slightly above this for both men and women (157.2 g and 160.2 g per day respectively). The mean daily vegetable intake among our population was below that of the 1995 NNS for both men and women. In our population, men and women reported a mean daily intake of 198.3 g and 205.3 g per day respectively, while in the 1995 NNS men and women reported an intake of 283.4 g and 234.9 g per day, respectively.

## Energy intake

The majority of our energy intake is obtained from carbohydrates, protein, fats and alcohol, with carbohydrates generally contributing the largest proportion of daily energy intake. The recommended contribution of total carbohydrates to energy intake is 45–65 per cent.[3] The median contribution of carbohydrates to energy intake in our population was within the recommended range for women and below this range for men (42.5 per cent). In comparison, the 1995 NNS showed a median contribution of total carbohydrates to energy of 45.2 per cent for men and 46.9 per cent for women, both of which fall within the recommended range.[5]

The contribution of carbohydrates to energy intake can be broken down to show the individual contributions of sugar and starch. In our population the contribution of sugar to energy intake was similar to that reported in the 1995 NNS, which showed sugar contributing 18.6 per cent and 20.2 per cent to energy intake for men and women, respectively. Our population also showed the contribution of starch to energy intake was similar to that reported in the 1995 NNS, which reported median contributions of starch to energy intake as 25.0 per cent and 25.4 per cent for men and women, respectively.[5]

The recommended contribution of protein to energy intake is 15–25 per cent.(3) The median contribution of protein to energy intake in our population was within this recommended range. In comparison, the 1995 NNS reported a median contribution of protein to energy of 16.5 per cent for men and 16.7 per cent for women.[5]

The recommended contribution of total fats to energy intake is 20–35 per cent.(3) The median contribution of total fats to energy intake in our population was within this range. In comparison, the 1995 NNS showed similar median contributions of total fats to energy of 32.6 per cent for both men and women.[5]

The recommended contribution of alcohol to energy intake is less than 5 per cent.(3) The median contribution of alcohol to energy in our population was within this range for both men and women. In comparison, the 1995 NNS showed higher median contributions of alcohol to energy intake of 9.1 per cent among men and 8.1 per cent among women.[5]

## Protein

The RDIs for protein in men and women aged 18–70 years are 64 g and 46 g per day, respectively.[3] In our population medians for both men and women were above the RDI for protein. In comparison, the 1995 NNS showed lower median daily intakes of 100.1 g per day for men for protein and 69.5 g per day for women.[5]

## Sodium

An upper limit of 2,300 mg of sodium per day has been set for Australian adults.[3] The median intake for men exceeded this limit in all age groups, while the median for women exceeded this across all age groups except for those aged 65–75 years. There was no nutrient analysis for sodium in the 1995 NNS,(5) therefore no comparison can be made.

## Dietary fibre

The RDIs for dietary fibre in adult men and women are 30 g and 25 g per day, respectively.[3] For men, the median intake across all age groups was just below the RDI, except for those in the 45–54-year age group, who reported a median intake of 30.0 g per day. For women, the median intake across all age groups, except for those aged 55–64 years, was also below the RDI. However, the 1995 NNS showed lower median daily intakes of 23.8 g per day for men and 18.9 g per day for women.[5]

## Alcohol

One standard drink of alcohol is defined as containing 10 g of alcohol.[6] If we apply this to our median daily intake of alcohol, men consumed less than two standard drinks per day and women consumed less than one standard drink per day. In comparison, the 1995 NNS showed a very similar median daily intake.[5] However, it is important to note that the 1995 NNS data is based on a single dietary recall while the VHM uses up to three, and the medians were calculated based only on people who consumed alcohol. Considering these factors, these results on alcohol may not be comparable.

## Folate

The RDI of folate for men and women is 400 µg per day.[3] Median intakes of folate for men in all age groups were above the RDI. In comparison, the 1995 NNS showed much lower median daily intakes of 285.3 µg per day for men for folate and 216.7 µg per day for women.[5]

## A balanced diet?

The Australian dietary guidelines recommend a healthy balanced diet should include foods from all the major food groups every day. On at least one of the days covered by their dietary recalls 98 per cent of participants consumed cereal and cereal products, 87 per cent consumed fruit, 95 per cent consumed vegetables, 98 per cent consumed milk products (including dairy substitutes) and 94 per cent consumed meat, poultry, game or fish products. In addition, 95 per cent reported consuming water or mineral water and 60 per cent reported consuming alcohol. From this we can assume that the majority of people are consuming a wide range of foods that contributes to a balanced diet. Although 60 per cent of people reported consuming alcoholic beverages the overall intake of alcohol was within the recommended range and lower than what was reported in the 1995 NNS.

Overall the intakes of the food groups appear to be reasonably consistent across both studies. While we cannot provide statistical comparisons there are some differences apparent, which may indicate changes over time or differences between the dietary patterns in Victoria relative to the whole of Australia.

The calculated energy intakes in the VHM were higher than those estimated for 1995 NNS, in both men (by approximately 4 per cent) and women (by approximately 11 per cent). Intakes of most macronutrients were greater in the VHM, but for men this was most evident for protein, while in women it was seen for all except alcohol and retinol.

Intake of cholesterol estimated in the VHM was higher than that in the 1995 NNS for both men and women, but was not consistent with the patterns observed for intakes of meat, dairy or eggs, which were the major sources in the 1995 NNS.

# 6. Conclusion

# 6. Conclusion

In summary, although Victorians appear to consume a wide range of foods from the major food groups their consumption of fruit and vegetables is far below the RDI. The daily intake of fruit was above that of the 1995 NNS, however, the intake of vegetables was below. This indicates that further public education about adequate fruit and vegetable intake should remain a priority. The intake of milk products is also below the RDI and the mean daily intake among men is below that of what was reported in the 1995 NNS. Intake of meat and poultry was well above the RDI levels, which may explain why protein intakes in our population also exceed the RDI. Although meat, poultry and game are still appear more popular than fish, the mean daily intake of fish and seafood products is above what was reported in the 1995 NNS.

Sodium intake was above recommended levels across all age groups in men and most age groups in women, indicating further education about salt reduction in Victorian diets, and possible benefits of reducing the salt content of various products, is still required. The median daily intake of dietary fibre was below RDIs, which may be a result of the inadequate intake of fruit and vegetables. The intake of folate met RDIs across most age groups and was much higher than the levels reported in the 1995 NNS; however, it is not possible to evaluate how much this reflects the differences in the nutrient data used or real differences in intake. Since the introduction of mandatory fortification of bread-making flour with folate in September 2009, intakes are likely to have increased.

# 7. Tables: Mean food intake

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## Table 1 Mean daily intake (grams) of cereals and cereal products among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Cereals and cereal products** | 181.9 | 150.5 | 213.1 | 204.1 | 179.7 | 228.5 | 197.3 | 173.9 | 220.7 | 173.2 | 153.1 | 193.3 | 184.3 | 155.8 | 212.9 | **189.7** | **177.0** | **202.5** |
| Flours and other cereal grains and starches | 60.0 | 38.0 | 81.9 | 52.3 | 38.6 | 66.0 | 41.5 | 24.2 | 58.7 | 29.0 | 17.0 | 41.0 | 24.2 | 15.6 | 32.8 | **46.7** | **36.3** | **57.1** |
| Regular bread and rolls | 37.7 | 32.5 | 42.9 | 43.6 | 37.6 | 49.6 | 43.6 | 36.3 | 50.9 | 50.6 | 45.6 | 55.5 | 52.5 | 44.8 | 60.2 | **43.7** | **41.4** | **46.0** |
| White bread | 22.7 | 16.6 | 28.8 | 22.1 | 16.4 | 27.9 | 21.8 | 16.5 | 27.1 | 22.9 | 17.5 | 28.2 | 21.8 | 16.3 | 27.4 | **22.5** | **19.9** | **25.0** |
| Grain bread | 9.3 | 6.8 | 11.8 | 9.3 | 6.3 | 12.4 | 9.9 | 7.3 | 12.6 | 14.3 | 11.5 | 17.0 | 14.5 | 10.9 | 18.1 | **10.7** | **9.1** | **12.2** |
| Wholemeal bread | 3.7 | 1.9 | 5.4 | 7.8 | 5.3 | 10.3 | 6.9 | 4.4 | 9.4 | 8.2 | 5.9 | 10.6 | 11.3 | 7.3 | 15.4 | **6.7** | **5.7** | **7.8** |
| Rye bread | 1.4 | 0(a) | 3.0 | 2.5 | 0.7 | 4.4 | 2.8 | 0.8 | 4.8 | 3.3 | 1.3 | 5.2 | 3.9 | 0.9 | 6.9 | **2.4** | **1.6** | **3.3** |
| English-style muffins, flat bread and savoury and sweet breads | 16.2 | 11.3 | 21.2 | 15.5 | 12.2 | 18.8 | 17.6 | 12.3 | 22.9 | 9.7 | 6.8 | 12.6 | 15.3 | 8.5 | 22.2 | **15.6** | **13.8** | **17.5** |
| Pasta and pasta products | 33.9 | 23.0 | 44.9 | 40.3 | 26.8 | 53.9 | 32.4 | 24.2 | 40.7 | 22.9 | 15.6 | 30.3 | 17.1 | 10.2 | 23.9 | **31.7** | **26.8** | **36.6** |
| Breakfast cereals and bars, unfortified and fortified varieties | 21.2 | 16.3 | 26.1 | 33.7 | 26.3 | 41.0 | 30.3 | 24.6 | 36.1 | 29.0 | 24.6 | 33.4 | 29.3 | 23.5 | 35.1 | **27.8** | **25.2** | **30.4** |
| Breakfast cereal, hot porridge type | 12.9 | 6.7 | 19.1 | 18.7 | 9.9 | 27.5 | 31.8 | 18.9 | 44.8 | 32.0 | 19.6 | 44.5 | 45.9 | 25.0 | 66.9 | **24.2** | **20.9** | **27.5** |

(a) Due to the small number of consumers the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 2 Mean daily intake (grams) of cereal-based products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Cereal-based products and dishes** | 404.5 | 346.5 | 462.5 | 334.0 | 308.7 | 359.3 | 301.7 | 275.6 | 327.9 | 252.0 | 232.7 | 271.2 | 239.0 | 211.6 | 266.3 | **328.7** | **308.4** | **349.1** |
| Sweet biscuits | 9.2 | 4.9 | 13.5 | 8.9 | 6.8 | 11.0 | 8.7 | 6.7 | 10.7 | 9.5 | 7.7 | 11.3 | 10.1 | 7.1 | 13.1 | **9.2** | **7.6** | **10.7** |
| Savoury biscuits | 7.4 | 4.2 | 10.7 | 6.1 | 4.7 | 7.5 | 5.4 | 3.9 | 6.9 | 6.4 | 5.1 | 7.6 | 6.2 | 4.5 | 7.9 | **6.4** | **5.2** | **7.6** |
| Cakes, buns, muffins, scones, cake-type desserts | 13.3 | 8.1 | 18.5 | 22.8 | 15.9 | 29.6 | 22.4 | 16.6 | 28.1 | 21.3 | 17.5 | 25.1 | 31.1 | 25.0 | 37.1 | **20.3** | **17.6** | **22.9** |
| Pastries | 60.4 | 40.6 | 80.2 | 38.7 | 31.0 | 46.3 | 50.5 | 40.1 | 61.0 | 43.9 | 34.7 | 53.2 | 46.6 | 34.0 | 59.3 | **49.6** | **42.8** | **56.3** |
| Mixed dishes where cereal is the major ingredient | 306.4 | 259.7 | 353.2 | 252.3 | 226.2 | 278.4 | 208.0 | 184.7 | 231.2 | 165.5 | 148.5 | 182.6 | 140.3 | 115.5 | 165.2 | **237.0** | **219.7** | **254.3** |
| Batter-based products | 7.8 | 4.3 | 11.3 | 5.3 | 3.3 | 7.3 | 6.7 | 4.4 | 9.1 | 5.3 | 3.1 | 7.6 | 4.7 | 1.9 | 7.5 | **6.3** | **4.8** | **7.8** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 3 Mean daily intake (grams) of fruit products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fruit products and dishes** | 109.2 | 92.6 | 126.2 | 155.5 | 134.4 | 176.7 | 191.0 | 174.6 | 207.5 | 197.1 | 178.3 | 215.8 | 191.1 | 169.8 | 212.4 | **157.6** | **147.7** | **167.5** |
| Pome fruit | 38.2 | 31.3 | 45.1 | 52.1 | 42.6 | 61.6 | 62.9 | 51.6 | 74.3 | 65.1 | 54.8 | 75.4 | 53.6 | 41.2 | 66.0 | **51.9** | **48.1** | **55.6** |
| Berry fruit | 1.5 | 0.3 | 2.6 | 2.7 | 1.1 | 4.3 | 4.4 | 1.1 | 7.7 | 3.1 | 1.3 | 4.8 | 4.6 | 2.4 | 6.8 | **2.9** | **1.8** | **4.0** |
| Citrus fruit | 12.3 | 7.1 | 17.6 | 26.1 | 17.8 | 34.5 | 30.8 | 22.9 | 38.6 | 34.5 | 25.5 | 43.5 | 25.6 | 18.3 | 32.9 | **23.6** | **19.8** | **27.3** |
| Stone fruit | 6.3 | 2.1 | 10.5 | 8.4 | 3.4 | 13.4 | 12.9 | 4.8 | 21.0 | 14.7 | 9.3 | 20.1 | 24.0 | 13.4 | 34.6 | **11.5** | **7.1** | **15.9** |
| Tropical fruit | 31.9 | 21.3 | 42.4 | 37.3 | 31.3 | 43.3 | 48.6 | 41.8 | 55.4 | 44.9 | 39.3 | 50.5 | 53.1 | 46.1 | 60.1 | **40.6** | **36.6** | **44.6** |
| Other fruit | 8.4 | 2.0 | 14.8 | 19.9 | 8.1 | 31.6 | 16.0 | 8.9 | 23.1 | 17.7 | 11.8 | 23.7 | 15.9 | 10.1 | 21.7 | **14.6** | **10.8** | **18.5** |
| Mixtures of two or more groups of fruit | 8.1 | 3.5 | 12.6 | 4.9 | 2.5 | 7.3 | 11.6 | 6.8 | 16.3 | 12.0 | 5.2 | 18.8 | 9.6 | 5.4 | 13.7 | **8.8** | **6.6** | **11.0** |
| Mixed dishes where fruit is the major component and dried, preserved fruit | 2.5 | 0.8 | 4.3 | 4.2 | 1.9 | 6.5 | 3.9 | 2.5 | 5.3 | 5.2 | 3.3 | 7.0 | 4.8 | 2.6 | 7.1 | **3.8** | **2.9** | **4.6** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 4 Mean daily intake (grams) of vegetable products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Vegetable products and dishes** | 172.7 | 153.0 | 192.5 | 181.9 | 158.8 | 204.9 | 209.0 | 177.7 | 240.2 | 225.6 | 204.7 | 246.5 | 250.1 | 210.8 | 289.5 | **196.7** | **184.6** | **208.7** |
| Potatoes | 62.9 | 52.3 | 73.5 | 72.9 | 59.2 | 86.5 | 69.1 | 52.0 | 86.2 | 85.3 | 75.0 | 95.6 | 88.6 | 70.7 | 106.6 | **72.0** | **66.2** | **77.8** |
| Cabbage, cauliflower and similar brassica vegetables | 5.1 | 3.2 | 7.0 | 7.1 | 5.6 | 8.6 | 11.7 | 8.3 | 15.2 | 10.4 | 7.0 | 13.9 | 19.0 | 5.0 | 33.0 | **9.0** | **7.3** | **10.7** |
| Carrot and similar root vegetables | 9.5 | 6.0 | 13.0 | 12.3 | 9.0 | 15.6 | 12.7 | 9.7 | 15.7 | 14.4 | 11.2 | 17.7 | 17.2 | 13.2 | 21.3 | **12.4** | **10.7** | **14.1** |
| Leaf and stalk vegetables | 3.4 | 1.3 | 5.6 | 2.7 | 1.7 | 3.8 | 7.4 | 4.1 | 10.6 | 4.9 | 3.1 | 6.6 | 9.0 | 3.6 | 14.4 | **4.8** | **3.7** | **5.9** |
| Peas and beans | 5.8 | 3.3 | 8.4 | 7.3 | 5.5 | 9.2 | 13.3 | 9.9 | 16.8 | 18.5 | 14.5 | 22.5 | 19.3 | 13.3 | 25.2 | **10.9** | **9.1** | **12.7** |
| Tomato and tomato products | 5.6 | 3.0 | 8.3 | 6.3 | 3.4 | 9.2 | 9.7 | 7.0 | 12.4 | 13.1 | 8.6 | 17.6 | 16.7 | 11.8 | 21.7 | **8.8** | **7.2** | **10.4** |
| Other fruiting vegetables | 6.3 | 3.9 | 8.6 | 9.6 | 6.2 | 13.1 | 14.4 | 9.4 | 19.4 | 13.2 | 9.7 | 16.7 | 17.5 | 11.2 | 23.7 | **10.7** | **9.4** | **12.0** |
| Other vegetables and vegetables combinations | 13.5 | 9.8 | 17.3 | 15.5 | 10.5 | 20.5 | 15.5 | 12.3 | 18.7 | 17.1 | 12.7 | 21.4 | 23.6 | 16.3 | 30.9 | **15.8** | **13.9** | **17.7** |
| Dishes where vegetables is the major component | 60.6 | 42.5 | 78.6 | 48.1 | 34.0 | 62.2 | 55.1 | 37.3 | 72.9 | 48.8 | 37.8 | 59.7 | 39.2 | 26.6 | 51.8 | **52.3** | **43.6** | **60.9** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 5 Mean daily intake (grams) of legume and pulse products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Legume and pulse products and dishes** | 17.2 | 8.9 | 25.5 | 15.9 | 8.1 | 23.6 | 12.6 | 8.4 | 16.9 | 9.6 | 6.5 | 12.8 | 9.8 | 4.8 | 14.9 | **13.9** | **10.4** | **17.4** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 6 Mean daily intake (grams) of milk products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Milk products and dishes** | 257.9 | 224.7 | 291.0 | 298.8 | 274.7 | 322.9 | 262.5 | 240.0 | 284.9 | 255.0 | 233.2 | 276.7 | 280.6 | 256.6 | 304.6 | **270.0** | **255.7** | **284.4** |
| Dairy milk | 181.7 | 149.1 | 214.3 | 203.2 | 180.3 | 226.0 | 196.5 | 174.9 | 218.1 | 184.6 | 164.4 | 204.8 | 216.7 | 199.0 | 234.4 | **193.6** | **179.7** | **207.5** |
| Low-fat milk | 86.5 | 59.6 | 113.3 | 105.6 | 85.5 | 125.8 | 120.2 | 99.5 | 140.9 | 109.9 | 91.6 | 128.3 | 129.2 | 103.4 | 155.1 | **105.7** | **93.5** | **117.8** |
| Yoghurt | 16.1 | 12.1 | 20.2 | 22.1 | 11.9 | 32.3 | 19.3 | 15.3 | 23.4 | 15.9 | 11.6 | 20.3 | 17.1 | 10.6 | 23.5 | **18.1** | **15.5** | **20.7** |
| Cream | 1.7 | 0.9 | 2.5 | 2.5 | 0.8 | 4.1 | 1.3 | 0.7 | 1.8 | 1.7 | 1.3 | 2.2 | 3.5 | 2.1 | 4.9 | **2.0** | **1.4** | **2.5** |
| Cheese | 4.6 | 3.2 | 6.0 | 8.9 | 6.7 | 11.0 | 6.9 | 5.4 | 8.4 | 8.4 | 5.6 | 11.3 | 10.8 | 8.0 | 13.6 | **7.2** | **6.2** | **8.3** |
| Frozen milk products | 16.6 | 10.6 | 22.5 | 13.3 | 9.3 | 17.4 | 14.8 | 11.0 | 18.6 | 14.4 | 10.2 | 18.5 | 13.1 | 9.5 | 16.7 | **14.7** | **12.5** | **17.0** |
| Custards | 1.1 | 0.1 | 2.1 | 1.9 | 0(a) | 3.8 | 0.8 | 0.2 | 1.4 | 2.4 | 0.3 | 4.5 | 3.3 | 1.5 | 5.2 | **1.6** | **0.9** | **2.2** |
| Other dishes where milk or a milk product is the major component | 0.6 | 0.1 | 1.0 | 3.0 | 0.6 | 5.3 | 1.1 | 0.5 | 1.7 | 1.8 | 0.5 | 3.0 | 2.4 | 0.4 | 4.5 | **1.5** | **1.0** | **2.0** |
| Flavoured milks | 28.9 | 19.8 | 38.1 | 32.2 | 15.5 | 48.8 | 14.6 | 8.1 | 21.1 | 8.9 | 2.7 | 15.1 | 5.3 | 0(a) | 11.1 | **21.3** | **16.7** | **25.9** |
| Dairy substitutes | 6.6 | 3.1 | 10.0 | 11.9 | 4.7 | 19.1 | 7.1 | 2.7 | 11.6 | 16.9 | 6.6 | 27.2 | 23.7 | 2.1 | 14.5 | **10.0** | **6.7** | **13.4** |

(a) Due to many zero intakes the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 7 Mean daily intake (grams) of meat, poultry and game products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Meat, poultry and game products and dishes[(a)]** | 188.6 | 152.7 | 224.5 | 195.2 | 165.7 | 224.8 | 186.1 | 161.4 | 210.8 | 181.2 | 166.3 | 196.1 | 173.1 | 156.1 | 190.0 | **187.1** | **172.7** | **201.4** |
| Muscle meat | 48.3 | 33.1 | 63.5 | 52.6 | 38.8 | 66.4 | 53.9 | 43.5 | 64.4 | 62.6 | 51.8 | 73.3 | 61.2 | 49.1 | 73.4 | **54.0** | **47.7** | **60.3** |
| Poultry and feathered game | 32.5 | 23.0 | 41.9 | 26.5 | 18.3 | 34.6 | 20.9 | 15.1 | 26.8 | 22.0 | 16.5 | 27.6 | 20.3 | 12.7 | 27.9 | **25.7** | **21.4** | **30.1** |
| Sausages, frankfurts and saveloys | 11.9 | 7.2 | 16.6 | 10.4 | 7.2 | 13.7 | 15.5 | 6.4 | 24.6 | 11.3 | 9.2 | 13.4 | 14.1 | 8.7 | 19.6 | **12.3** | **9.4** | **15.2** |
| Processed meat | 6.1 | 3.3 | 8.9 | 3.8 | 2.5 | 5.1 | 9.1 | 5.1 | 13.0 | 6.2 | 4.0 | 8.4 | 8.4 | 5.1 | 11.7 | **6.4** | **5.0** | **7.8** |
| Mixed dishes where beef, veal or lamb is the major component | 30.8 | 15.3 | 46.3 | 32.5 | 23.1 | 41.9 | 35.9 | 22.9 | 49.0 | 41.4 | 30.0 | 52.9 | 35.3 | 21.4 | 49.1 | **34.4** | **27.5** | **41.3** |
| Mixed dishes where pork, bacon or ham is the major component | 3.2 | 0.6 | 5.7 | 2.9 | 0.9 | 5.0 | 3.0 | 0.7 | 5.4 | 2.9 | 0.4 | 5.4 | 4.1 | 1.8 | 6.4 | **3.3** | **1.9** | **4.6** |
| Mixed dishes where poultry or game is the major component | 54.2 | 38.9 | 69.6 | 66.3 | 44.9 | 87.6 | 45.5 | 35.7 | 55.2 | 33.6 | 26.0 | 41.1 | 28.7 | 15.8 | 41.5 | **49.8** | **42.1** | **57.5** |

(a) Intakes of categories for game and other carcass meat and organ meats and offal, products and dishes were calculated but were only consumed by 1 per cent of the male population and so were not included in the above table.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 8 Mean daily intake (grams) of fish and seafood products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fish and seafood products and dishes** | 31.5 | 22.3 | 40.7 | 47.0 | 26.5 | 67.5 | 37.7 | 26.9 | 48.6 | 38.6 | 29.6 | 47.7 | 43.8 | 31.2 | 56.4 | **38.3** | **32.5** | **44.0** |
| Fin fish (except canned) | 9.5 | 4.2 | 14.8 | 20.1 | 10.1 | 30.1 | 12.8 | 8.4 | 17.2 | 16.0 | 9.3 | 22.8 | 20.5 | 12.8 | 28.3 | **14.7** | **11.8** | **17.7** |
| Packed (canned) fish and seafood | 5.8 | 1.8 | 9.8 | 3.6 | 1.1 | 6.2 | 3.3 | 1.6 | 5.0 | 5.1 | 2.9 | 7.2 | 5.0 | 1.6 | 8.5 | **4.7** | **3.1** | **6.2** |
| Other fish and seafood products and dishes(a) | 16.3 | 8.8 | 23.7 | 23.2 | 9.0 | 37.5 | 21.6 | 12.2 | 30.9 | 17.6 | 10.9 | 24.3 | 18.2 | 8.8 | 27.7 | **18.9** | **13.6** | **24.1** |

(a) Includes crustacean and molluscs (excluding canned), fish and seafood products, and mixed dishes with fish or seafood as the major component.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 9 Mean daily intake (grams) of egg products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Egg products and dishes** | 16.7 | 10.6 | 22.7 | 12.6 | 9.5 | 15.7 | 14.0 | 9.7 | 18.4 | 16.2 | 12.4 | 20.0 | 11.1 | 7.5 | 14.6 | **14.5** | **12.0** | **17.0** |
| Eggs | 8.8 | 6.1 | 11.5 | 5.6 | 3.8 | 7.4 | 6.3 | 4.4 | 8.3 | 9.0 | 7.0 | 11.1 | 7.4 | 5.3 | 9.6 | **7.6** | **6.5** | **8.6** |
| Dishes where egg is the major ingredient | 7.9 | 3.2 | 12.5 | 7.0 | 3.5 | 10.5 | 7.7 | 3.8 | 11.6 | 7.2 | 4.1 | 10.3 | 3.7 | 1.0 | 6.3 | **7.0** | **4.9** | **9.1** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 10 Mean daily intake (grams) of snack foods among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Snack foods** | 10.6 | 8.0 | 13.3 | 7.0 | 4.9 | 9.2 | 5.2 | 2.9 | 7.5 | 4.0 | 2.6 | 5.4 | 2.3 | 0.8 | 3.8 | **6.9** | **5.7** | **8.2** |
| Potato snacks | 7.7 | 4.9 | 10.5 | 4.7 | 3.1 | 6.3 | 2.7 | 1.2 | 4.2 | 2.5 | 1.7 | 3.4 | 2.0 | 0.6 | 3.3 | **4.7** | **3.6** | **5.8** |
| Other snacks[a] | 2.9 | 1.5 | 4.4 | 2.3 | 1.1 | 3.6 | 2.5 | 0.7 | 4.3 | 1.4 | 0.3 | 2.6 | 0.3 | 0.1 | 0.6 | **2.2** | **1.5** | **2.9** |

(a) Includes corn snacks, extruded snacks and pretzels

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 11 Mean daily intake (grams) of sugar products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Sugar products and dishes** | 13.9 | 10.1 | 17.7 | 21.0 | 14.2 | 27.8 | 17.9 | 15.3 | 20.5 | 19.4 | 16.2 | 22.5 | 19.2 | 14.0 | 24.4 | **17.6** | **15.6** | **19.6** |
| Sugar, honey and syrups | 9.5 | 6.4 | 12.6 | 12.8 | 9.8 | 15.9 | 13.5 | 11.4 | 15.7 | 14.1 | 11.1 | 17.0 | 12.1 | 9.5 | 14.7 | **12.0** | **10.6** | **13.3** |
| Jam and lemon spreads, chocolate spreads | 1.2 | 0.7 | 1.6 | 2.6 | 1.8 | 3.4 | 2.0 | 1.4 | 2.7 | 2.8 | 2.3 | 3.4 | 4.0 | 2.9 | 5.2 | **2.2** | **1.9** | **2.5** |
| Dishes and products other than confectionery where sugar is the main ingredient | 3.2 | 0.6 | 5.9 | 5.6 | 0[a] | 12.9 | 2.3 | 1.2 | 3.4 | 2.5 | 0.6 | 4.3 | 3.1 | 0.0 | 6.1 | **3.4** | **1.6** | **5.1** |

(a) Due to many zero intakes the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 12 Mean daily intake (grams) of confectionary among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Confectionery** | 15.5 | 12.1 | 18.9 | 17.2 | 13.7 | 20.6 | 13.5 | 10.5 | 16.5 | 11.3 | 8.5 | 14.1 | 7.0 | 4.7 | 9.3 | **13.9** | **12.2** | **15.6** |
| Chocolate and chocolate-based confectionery | 9.4 | 7.5 | 11.3 | 10.6 | 8.3 | 12.8 | 7.3 | 5.2 | 9.4 | 5.6 | 4.2 | 7.0 | 4.4 | 2.7 | 6.1 | **8.1** | **7.1** | **9.1** |
| Cereal, fruit, nut and seed-bars | 2.2 | 1.3 | 3.2 | 3.5 | 1.6 | 5.3 | 3.3 | 1.9 | 4.7 | 2.7 | 0.7 | 4.6 | 1.4 | 0.5 | 2.3 | **2.6** | **2.0** | **3.2** |
| Other confectionery | 3.9 | 2.4 | 5.5 | 3.2 | 1.5 | 4.9 | 2.9 | 1.8 | 4.0 | 3.0 | 1.2 | 4.9 | 1.2 | 0.7 | 1.6 | **3.2** | **2.5** | **3.8** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 13 Mean daily intake (grams) of seed and nut products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Seed and nut products and dishes[(a)]** | 8.4 | 6.2 | 10.6 | 9.5 | 7.0 | 12.1 | 14.2 | 10.6 | 17.8 | 12.6 | 9.6 | 15.6 | 7.5 | 5.2 | 9.7 | **10.4** | **9.2** | **11.6** |

(a) Intakes of categories for seeds and seed products were calculated but were consumed by only 1.2 per cent of the male population and so was not included in the above table

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 14 Mean daily intake (grams) of fats and oils among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fats and oils**[(a)] | 4.8 | 4.0 | 5.5 | 6.6 | 5.6 | 7.6 | 6.9 | 5.6 | 8.2 | 8.3 | 7.3 | 9.4 | 10.6 | 9.3 | 12.0 | **6.7** | **6.2** | **7.2** |
| Butters | 1.4 | 0.9 | 1.9 | 1.8 | 1.1 | 2.6 | 1.8 | 1.3 | 2.3 | 2.1 | 1.0 | 3.2 | 2.6 | 1.9 | 3.3 | **1.8** | **1.5** | **2.1** |
| Dairy blends | 0.8 | 0.3 | 1.3 | 1.3 | 0.5 | 2.0 | 1.3 | 0.4 | 2.3 | 0.9 | 0.6 | 1.2 | 1.3 | 0.6 | 2.1 | **1.1** | **0.8** | **1.4** |
| Margarine and table spreads | 2.2 | 1.5 | 2.8 | 2.9 | 2.2 | 3.6 | 3.1 | 2.5 | 3.7 | 4.6 | 3.9 | 5.2 | 5.6 | 4.3 | 7.0 | **3.2** | **2.9** | **3.6** |
| Polyunsaturated margarine | 0.8 | 0.3 | 1.2 | 0.5 | 0.3 | 0.8 | 0.4 | 0.2 | 0.7 | 1.2 | 0.7 | 1.6 | 1.1 | 0.4 | 1.8 | **0.8** | **0.5** | **1.0** |
| Mono-unsaturated margarine | 0.8 | 0.4 | 1.3 | 1.5 | 1.0 | 2.1 | 1.3 | 0.9 | 1.7 | 2.1 | 1.6 | 2.6 | 2.3 | 1.6 | 3.0 | **1.4** | **1.2** | **1.7** |
| Vegetable or nut oil | 0.3 | 0.0 | 0.7 | 0.6 | 0.3 | 0.9 | 0.7 | 0.3 | 1.1 | 0.8 | 0.5 | 1.1 | 1.1 | 0.3 | 1.9 | **0.6** | **0.4** | **0.8** |

(a) Intakes of categories for other fats and unspecified fats were calculated but were only consumed by 0.1 per cent of the male population and so were not included in the above table.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 15 Mean daily intake (grams) of soup among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Soup** | 37.0 | 23.9 | 50.1 | 66.3 | 42.5 | 90.0 | 93.8 | 57.0 | 130.7 | 100.9 | 76.2 | 125.6 | 81.5 | 55.0 | 108.0 | **69.3** | **57.5** | **81.2** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 16 Mean daily intake (grams) of savoury sauces and condiments among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Savoury sauces and condiments[a]** | 23.1 | 16.8 | 29.3 | 23.4 | 18.0 | 28.7 | 20.5 | 15.0 | 26.0 | 22.1 | 18.6 | 25.6 | 24.9 | 14.3 | 35.4 | **22.6** | **19.7** | **25.5** |
| Gravies and savoury sauces | 20.8 | 14.9 | 26.6 | 21.5 | 16.3 | 26.7 | 18.2 | 13.1 | 23.2 | 18.3 | 15.2 | 21.5 | 16.7 | 11.8 | 21.6 | **19.6** | **16.8** | **22.4** |
| Pickles, chutneys and relishes | 1.3 | 0.6 | 2.0 | 1.0 | 0.4 | 1.6 | 1.5 | 0.8 | 2.1 | 2.5 | 1.0 | 4.1 | 6.2 | 0[a] | 14.2 | **1.9** | **1.1** | **2.7** |
| Salad dressings | 1.0 | 0.3 | 1.6 | 0.8 | 0.5 | 1.2 | 0.8 | 0.3 | 1.2 | 1.2 | 0.5 | 1.8 | 2.0 | 0.9 | 3.1 | **1.1** | **0.8** | **1.4** |

(a) The category for stuffing was calculated but was only consumed by 0.2% of the male population and so was not included in the above table.

(b) Due to the small number of consumers the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 17 Mean daily intake (grams) of non-alcoholic beverages among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Non-alcoholic beverages** | 2031.9 | 1896.9 | 2166.9 | 2112.9 | 2000.2 | 2225.6 | 1951.9 | 1847.0 | 2056.7 | 1696.8 | 1608.1 | 1785.6 | 1555.8 | 1472.3 | 1639.4 | **1933.1** | **1877.0** | **1989.2** |
| Tea | 103.8 | 82.0 | 125.6 | 218.3 | 174.5 | 262.1 | 328.7 | 277.7 | 379.7 | 404.2 | 353.4 | 454.9 | 350.5 | 287.0 | 414.1 | **244.6** | **223.0** | **266.2** |
| Coffee and coffee substitutes | 184.7 | 130.2 | 239.3 | 345.1 | 281.4 | 408.7 | 396.5 | 350.1 | 442.8 | 383.2 | 337.1 | 429.2 | 437.4 | 365.5 | 509.2 | **317.8** | **288.3** | **347.3** |
| Fruit and vegetables juices and drinks | 154.7 | 113.5 | 196.0 | 106.3 | 86.2 | 126.4 | 83.6 | 68.9 | 98.3 | 84.8 | 71.6 | 98.0 | 90.7 | 69.1 | 112.3 | **112.8** | **100.0** | **125.7** |
| Cordials | 17.1 | 9.6 | 24.5 | 55.1 | 11.6 | 98.7 | 31.1 | 14.5 | 47.8 | 20.7 | 10.8 | 30.5 | 19.0 | 5.8 | 32.2 | **28.4** | **17.0** | **39.7** |
| Soft drinks and flavoured mineral waters | 296.0 | 230.1 | 361.8 | 197.5 | 158.6 | 236.3 | 137.2 | 94.2 | 180.2 | 96.4 | 67.9 | 125.0 | 114.9 | 81.7 | 148.1 | **193.7** | **166.6** | **220.8** |
| Electrolyte, energy and fortified drinks | 47.2 | 24.6 | 69.7 | 24.8 | 8.9 | 40.7 | 9.4 | 2.7 | 16.0 | 5.5 | 0.9 | 10.2 | 8.4 | 0(a) | 17.7 | **24.6** | **16.3** | **32.8** |
| Mineral waters and water | 1223.0 | 1105.8 | 1340.3 | 1160.9 | 1024.5 | 1297.2 | 954.4 | 843.4 | 1065.5 | 696.1 | 637.0 | 755.1 | 528.0 | 447.6 | 608.4 | **1004.5** | **953.7** | **1055.3** |
| Beverage flavourings | 5.5 | 1.2 | 9.8 | 5.0 | 1.6 | 8.5 | 10.9 | 4.9 | 16.9 | 6.1 | 2.9 | 9.2 | 7.0 | 2.7 | 11.2 | **6.7** | **5.1** | **8.4** |

(a) Due to many zero intakes the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 18 Mean daily intake (grams) of alcoholic beverages among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Alcoholic beverages[(a)]** | 441.5 | 327.6 | 555.5 | 427.1 | 344.2 | 509.9 | 431.3 | 358.2 | 504.4 | 446.3 | 354.9 | 537.8 | 357.5 | 280.3 | 434.7 | **426.1** | **382.7** | **469.6** |
| Beers | 326.6 | 213.9 | 439.3 | 309.2 | 230.9 | 387.4 | 299.5 | 236.1 | 362.9 | 295.7 | 220.4 | 370.9 | 202.1 | 134.8 | 269.4 | **298.5** | **257.9** | **339.1** |
| Wines | 40.5 | 20.6 | 60.5 | 71.0 | 48.5 | 93.5 | 98.7 | 76.9 | 120.6 | 136.0 | 103.7 | 168.2 | 148.9 | 110.3 | 187.4 | **83.8** | **69.2** | **98.4** |
| Spirits | 4.4 | 1.0 | 7.9 | 5.2 | 1.3 | 9.2 | 3.8 | 1.6 | 5.9 | 5.2 | 0.6 | 9.7 | 3.0 | 0.5 | 5.6 | **4.4** | **2.9** | **5.9** |
| Pre-mixed drinks | 69.8 | 38.6 | 100.9 | 39.4 | 16.1 | 62.7 | 28.6 | 10.9 | 46.4 | 9.5 | 4.6 | 14.3 | 3.4 | 0.8 | 6.1 | **38.7** | **29.1** | **48.3** |

(a) Intakes of categories for other alcohol were calculated but were only consumed by 0.5% of the male population and so was not included in the above table

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 19 Mean daily intake (grams) of miscellaneous products among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Miscellaneous[(a)]** | 10.0 | 3.9 | 16.2 | 5.7 | 0.7 | 10.7 | 4.6 | 2.7 | 6.4 | 3.3 | 2.5 | 4.0 | 5.5 | 3.3 | 7.8 | **6.6** | **4.1** | **9.1** |

(a) Includes formula dietary foods; yeast, vegetables and meat extracts; intense sweetening agents; herbs, spices, seasonings and stock cubes; and infant foods.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 20 Mean daily intake (grams) of cereal and cereal products among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Cereals and cereal products** | 171.7 | 140.8 | 202.6 | 163.4 | 143.1 | 183.7 | 144.2 | 129.3 | 159.1 | 163.5 | 142.8 | 184.3 | 154.5 | 136.8 | 172.3 | **161.3** | **148.8** | **173.7** |
| Flours and other cereal grains and starches | 46.3 | 26.1 | 66.5 | 35.2 | 24.2 | 46.3 | 27.6 | 20.0 | 35.2 | 31.0 | 21.3 | 40.7 | 25.7 | 11.8 | 39.7 | **36.0** | **26.8** | **45.1** |
| Regular bread and rolls | 32.0 | 25.8 | 38.2 | 37.6 | 32.6 | 42.6 | 33.1 | 28.9 | 37.3 | 36.6 | 32.1 | 41.1 | 36.3 | 31.8 | 40.8 | **34.7** | **32.0** | **37.4** |
| White bread | 19.7 | 13.4 | 26.0 | 17.0 | 14.4 | 19.7 | 14.0 | 10.9 | 17.2 | 12.1 | 9.7 | 14.4 | 13.4 | 10.3 | 16.5 | **16.2** | **14.1** | **18.3** |
| Grain bread | 6.2 | 3.7 | 8.6 | 8.6 | 6.8 | 10.3 | 9.7 | 7.5 | 11.9 | 13.6 | 10.3 | 17.0 | 11.7 | 8.7 | 14.6 | **9.1** | **7.9** | **10.2** |
| Wholemeal bread | 3.3 | 1.9 | 4.6 | 6.3 | 3.6 | 9.1 | 6.1 | 4.2 | 8.0 | 5.6 | 4.1 | 7.1 | 5.6 | 3.6 | 7.6 | **5.1** | **4.2** | **6.1** |
| Rye bread | 2.1 | 0.4 | 3.8 | 2.9 | 1.4 | 4.4 | 1.9 | 0.9 | 2.9 | 4.0 | 2.3 | 5.8 | 3.9 | 2.2 | 5.6 | **2.7** | **2.0** | **3.5** |
| English-style muffins, flat bread and savoury and sweet breads | 14.5 | 10.0 | 19.0 | 12.4 | 9.3 | 15.4 | 11.6 | 8.7 | 14.6 | 8.4 | 5.4 | 11.3 | 9.9 | 6.9 | 13.0 | **12.0** | **10.0** | **14.0** |
| Pasta and pasta products | 30.0 | 19.4 | 40.6 | 35.3 | 18.9 | 51.7 | 23.5 | 14.2 | 32.8 | 21.6 | 12.5 | 30.8 | 13.3 | 7.2 | 19.5 | **26.4** | **20.8** | **31.9** |
| Breakfast cereals and bars, unfortified and fortified varieties | 17.7 | 12.5 | 22.9 | 19.3 | 16.2 | 22.3 | 18.9 | 15.5 | 22.3 | 19.6 | 16.8 | 22.5 | 23.6 | 20.4 | 26.8 | **19.2** | **16.9** | **21.4** |
| Breakfast cereal, hot porridge type | 31.1 | 18.7 | 43.5 | 23.6 | 15.1 | 32.1 | 29.5 | 19.4 | 39.6 | 46.3 | 31.6 | 60.9 | 45.6 | 34.4 | 56.9 | **33.1** | **28.8** | **37.4** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 21 Mean daily intake (grams) of cereal-based products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Cereal-based products and dishes** | 248.9 | 219.0 | 278.8 | 238.2 | 210.6 | 265.7 | 199.0 | 183.2 | 214.7 | 174.3 | 163.6 | 185.0 | 161.2 | 146.5 | 175.8 | **215.9** | **204.1** | **227.7** |
| Sweet biscuits | 7.3 | 5.0 | 9.6 | 8.8 | 7.0 | 10.5 | 6.6 | 5.2 | 8.0 | 8.9 | 7.3 | 10.4 | 6.7 | 5.4 | 8.0 | **7.6** | **6.8** | **8.4** |
| Savoury biscuits | 4.9 | 3.6 | 6.1 | 7.7 | 6.0 | 9.5 | 7.3 | 5.1 | 9.5 | 9.2 | 7.3 | 11.0 | 6.4 | 5.0 | 7.8 | **6.8** | **6.2** | **7.4** |
| Cakes, buns, muffins, scones, cake-type desserts | 21.9 | 14.7 | 29.1 | 23.0 | 17.0 | 28.9 | 22.2 | 18.7 | 25.7 | 22.5 | 17.4 | 27.6 | 27.3 | 22.0 | 32.5 | **22.8** | **19.8** | **25.8** |
| Pastries | 43.6 | 21.2 | 66.0 | 35.2 | 25.2 | 45.3 | 37.4 | 28.8 | 46.1 | 27.1 | 20.1 | 34.2 | 26.2 | 19.7 | 32.7 | **36.2** | **28.3** | **44.0** |
| Mixed dishes where cereal is the major ingredient | 166.6 | 146.4 | 186.9 | 154.8 | 133.7 | 175.9 | 120.3 | 108.2 | 132.5 | 101.8 | 93.0 | 110.6 | 91.1 | 77.7 | 104.5 | **137.1** | **128.9** | **145.2** |
| Batter-based products | 4.7 | 3.2 | 6.2 | 8.7 | 3.9 | 13.5 | 5.1 | 3.1 | 7.2 | 4.9 | 2.2 | 7.5 | 3.4 | 1.9 | 5.0 | **5.5** | **4.1** | **6.9** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 22 Mean daily intake (grams) of fruit products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fruit products and dishes** | 137.9 | 114.3 | 161.6 | 134.4 | 120.8 | 148.1 | 162.3 | 144.0 | 180.7 | 204.8 | 186.1 | 223.4 | 201.0 | 181.8 | 220.2 | **158.8** | **149.1** | **168.6** |
| Pome fruit | 42.3 | 31.2 | 53.3 | 48.0 | 40.8 | 55.1 | 48.4 | 38.3 | 58.4 | 55.5 | 46.4 | 64.5 | 62.9 | 52.9 | 72.8 | **48.6** | **43.2** | **54.1** |
| Berry fruit | 4.5 | 2.4 | 6.7 | 5.9 | 3.4 | 8.5 | 5.1 | 3.1 | 7.1 | 8.8 | 5.4 | 12.1 | 5.0 | 3.0 | 6.9 | **5.6** | **4.2** | **7.0** |
| Citrus fruit | 22.9 | 15.2 | 30.7 | 19.2 | 14.0 | 24.4 | 27.4 | 21.0 | 33.7 | 37.5 | 29.5 | 45.5 | 27.6 | 20.9 | 34.3 | **25.8** | **21.9** | **29.8** |
| Stone fruit | 8.2 | 3.2 | 13.2 | 5.9 | 2.4 | 9.3 | 11.6 | 7.2 | 16.0 | 15.8 | 9.3 | 22.2 | 25.9 | 17.5 | 34.4 | **11.5** | **7.6** | **15.4** |
| Tropical fruit | 34.3 | 26.7 | 42.0 | 30.1 | 24.2 | 36.0 | 38.6 | 32.6 | 44.6 | 43.2 | 33.9 | 52.6 | 45.3 | 38.5 | 52.0 | **37.0** | **34.1** | **39.9** |
| Other fruit | 15.6 | 9.2 | 22.0 | 16.9 | 8.9 | 24.8 | 13.9 | 10.6 | 17.3 | 26.7 | 21.2 | 32.3 | 22.2 | 13.7 | 30.8 | **17.9** | **14.6** | **21.3** |
| Mixtures of two or more groups of fruit | 6.8 | 1.4 | 12.3 | 4.9 | 1.3 | 8.4 | 14.0 | 7.7 | 20.4 | 11.0 | 4.5 | 17.6 | 6.0 | 2.6 | 9.5 | **8.2** | **5.7** | **10.7** |
| Mixed dishes where fruit is the major component and dried, preserved fruit | 3.3 | 1.4 | 5.1 | 3.6 | 1.3 | 5.8 | 3.3 | 2.2 | 4.4 | 6.3 | 4.2 | 8.4 | 6.1 | 3.4 | 8.7 | **4.2** | **3.0** | **5.3** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 23 Mean daily intake (grams) of vegetable products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Vegetable products and dishes** | 185.5 | 154.1 | 217.0 | 192.5 | 168.4 | 216.6 | 212.2 | 186.9 | 237.4 | 239.4 | 213.6 | 265.2 | 221.7 | 200.5 | 242.9 | **204.1** | **192.0** | **216.1** |
| Potatoes | 57.0 | 46.0 | 68.0 | 50.9 | 34.8 | 67.0 | 63.7 | 48.7 | 78.6 | 52.5 | 44.5 | 60.5 | 65.3 | 52.1 | 78.5 | **57.2** | **51.1** | **63.4** |
| Cabbage, cauliflower and similar brassica vegetables | 11.5 | 2.5 | 20.5 | 11.3 | 6.8 | 15.9 | 10.3 | 6.7 | 13.9 | 18.7 | 12.3 | 25.2 | 15.9 | 11.9 | 20.0 | **12.8** | **9.4** | **16.2** |
| Carrot and similar root vegetables | 14.0 | 6.6 | 21.4 | 12.0 | 9.1 | 14.8 | 12.7 | 9.8 | 15.5 | 15.5 | 11.9 | 19.1 | 16.1 | 13.1 | 19.2 | **13.8** | **11.2** | **16.5** |
| Leaf and stalk vegetables | 6.7 | 4.1 | 9.2 | 5.7 | 3.6 | 7.9 | 6.0 | 4.1 | 7.9 | 7.7 | 4.4 | 11.0 | 8.1 | 5.3 | 11.0 | **6.7** | **5.3** | **8.1** |
| Peas and beans | 7.4 | 4.6 | 10.2 | 7.5 | 5.2 | 9.9 | 10.5 | 7.9 | 13.1 | 10.3 | 8.5 | 12.2 | 13.9 | 10.6 | 17.3 | **9.1** | **8.0** | **10.2** |
| Tomato and tomato products | 10.8 | 0(a) | 24.7 | 6.5 | 4.6 | 8.4 | 11.4 | 6.4 | 16.5 | 21.0 | 12.6 | 29.5 | 16.3 | 11.9 | 20.7 | **12.2** | **7.2** | **17.2** |
| Other fruiting vegetables | 11.2 | 6.7 | 15.7 | 15.2 | 10.3 | 20.2 | 17.3 | 8.7 | 25.8 | 23.0 | 13.9 | 32.0 | 20.3 | 13.4 | 27.3 | **16.2** | **13.1** | **19.3** |
| Other vegetables and vegetables combinations | 13.4 | 10.3 | 16.4 | 16.2 | 12.0 | 20.5 | 14.4 | 11.4 | 17.4 | 20.9 | 14.7 | 27.2 | 17.4 | 8.9 | 25.9 | **15.6** | **13.7** | **17.6** |
| Dishes where vegetables is the major component | 53.6 | 41.4 | 65.9 | 67.1 | 55.3 | 78.9 | 65.9 | 47.5 | 84.4 | 69.7 | 55.7 | 83.7 | 48.3 | 34.3 | 62.2 | **60.4** | **53.3** | **67.5** |

(a) Due to many zero intakes the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 24 Mean daily intake (grams) of legume and pulse products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Legume and pulse products and dishes** | 18.4 | 6.4 | 30.4 | 8.4 | 4.7 | 12.1 | 12.9 | 7.8 | 18.0 | 13.0 | 7.8 | 18.3 | 14.0 | 2.7 | 25.3 | **13.7** | **9.8** | **17.6** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 25 Mean daily intake (grams) of milk products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Milk products and dishes** | 228.1 | 187.5 | 268.6 | 257.7 | 233.8 | 281.7 | 280.2 | 257.6 | 302.7 | 278.6 | 253.8 | 303.3 | 276.7 | 251.8 | 301.7 | **257.5** | **240.3** | **274.7** |
| Dairy milk | 142.5 | 107.7 | 177.3 | 169.2 | 149.7 | 188.7 | 193.2 | 174.9 | 211.6 | 184.2 | 158.6 | 209.8 | 199.2 | 176.4 | 221.9 | **170.3** | **155.0** | **185.5** |
| Low-fat milk | 89.1 | 65.1 | 113.1 | 109.8 | 89.6 | 130.0 | 130.9 | 111.3 | 150.4 | 148.6 | 124.9 | 172.3 | 142.4 | 119.0 | 165.7 | **115.7** | **103.9** | **127.5** |
| Yoghurt | 28.0 | 19.5 | 36.4 | 32.0 | 24.4 | 39.5 | 36.9 | 27.2 | 46.7 | 32.6 | 23.6 | 41.7 | 26.5 | 20.2 | 32.7 | **31.3** | **26.1** | **36.5** |
| Cream | 1.4 | 0.8 | 1.9 | 1.5 | 0.9 | 2.1 | 1.5 | 1.0 | 2.0 | 1.5 | 0.9 | 2.1 | 2.3 | 1.3 | 3.3 | **1.5** | **1.3** | **1.8** |
| Cheese | 9.3 | 6.7 | 11.9 | 9.3 | 7.8 | 10.8 | 8.1 | 6.4 | 9.9 | 10.2 | 8.2 | 12.1 | 7.0 | 5.4 | 8.7 | **8.9** | **8.0** | **9.9** |
| Frozen milk products | 10.7 | 7.4 | 14.0 | 8.8 | 6.7 | 10.8 | 8.6 | 6.3 | 11.0 | 11.5 | 8.5 | 14.5 | 8.0 | 5.1 | 10.9 | **9.7** | **8.2** | **11.3** |
| Custards | 1.2 | 0.0 | 2.4 | 0.7 | 0.0 | 1.3 | 1.6 | 0.4 | 2.8 | 2.3 | 0.4 | 4.2 | 3.2 | 1.4 | 5.0 | **1.6** | **1.1** | **2.2** |
| Other dishes where milk or a milk product is the major component | 6.7 | 2.5 | 11.0 | 2.3 | 0.9 | 3.6 | 3.3 | 1.4 | 5.2 | 2.3 | 1.2 | 3.5 | 3.9 | 2.1 | 5.7 | **4.2** | **2.6** | **5.7** |
| Flavoured milks | 15.7 | 8.9 | 22.5 | 14.9 | 10.1 | 19.6 | 14.9 | 9.1 | 20.8 | 13.5 | 3.2 | 23.9 | 8.9 | 3.6 | 14.3 | **14.2** | **11.3** | **17.1** |
| Dairy substitutes | 12.5 | 4.9 | 20.2 | 19.1 | 8.1 | 30.0 | 11.9 | 4.7 | 19.1 | 20.4 | 12.8 | 28.1 | 17.8 | 7.9 | 27.7 | **15.7** | **11.8** | **19.6** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 26 Mean daily intake (grams) of meat, poultry and game products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Meat, poultry and game products and dishes(a)** | 125.5 | 106.9 | 144.1 | 132.2 | 115.0 | 149.4 | 125.1 | 110.3 | 140.0 | 121.8 | 105.4 | 138.3 | 122.2 | 105.9 | 138.5 | **126.2** | **118.2** | **134.1** |
| Muscle meat | 40.0 | 29.5 | 50.5 | 31.1 | 24.9 | 37.2 | 32.8 | 25.3 | 40.2 | 37.6 | 30.0 | 45.2 | 43.5 | 33.5 | 53.5 | **36.6** | **32.5** | **40.6** |
| Poultry and feathered game | 15.4 | 10.6 | 20.3 | 22.5 | 16.4 | 28.5 | 21.5 | 16.0 | 27.0 | 18.6 | 12.5 | 24.7 | 14.5 | 10.9 | 18.1 | **18.6** | **15.8** | **21.4** |
| Sausages, frankfurts and saveloys | 5.0 | 2.2 | 7.7 | 6.4 | 3.0 | 9.9 | 4.8 | 1.3 | 8.3 | 5.7 | 2.6 | 8.7 | 4.5 | 2.6 | 6.4 | **5.4** | **3.8** | **7.0** |
| Processed meat | 2.4 | 1.6 | 3.1 | 4.0 | 1.7 | 6.3 | 3.3 | 2.1 | 4.5 | 3.0 | 2.0 | 3.9 | 5.8 | 2.9 | 8.8 | **3.4** | **2.6** | **4.1** |
| Mixed dishes where beef, veal or lamb is the major component | 28.6 | 18.3 | 38.9 | 27.2 | 18.8 | 35.6 | 24.7 | 18.0 | 31.4 | 32.0 | 23.8 | 40.2 | 27.6 | 17.0 | 38.1 | **27.9** | **24.3** | **31.5** |
| Mixed dishes where pork, bacon or ham is the major component | 3.5 | 0.3 | 6.7 | 3.8 | 0.0 | 7.6 | 3.4 | 0(a) | 7.3 | 1.3 | 0.1 | 2.6 | 4.1 | 0.6 | 7.6 | **3.2** | **1.8** | **4.6** |
| Mixed dishes where poultry or game is the major component | 29.6 | 23.0 | 36.1 | 37.0 | 22.0 | 52.1 | 33.5 | 26.3 | 40.6 | 23.0 | 16.8 | 29.1 | 21.6 | 16.5 | 26.8 | **30.3** | **26.9** | **33.8** |

(a) Intakes of categories for game and other carcass meat and organ meats and offal, products and dishes were calculated but were only consumed by 1 per cent of the female population and so were not included in the above table.

(b) Due to the small number of consumers the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 27 Mean daily intake (grams) of fish and seafood products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fish and seafood products and dishes** | 31.3 | 18.7 | 43.9 | 30.4 | 22.3 | 38.5 | 32.4 | 25.7 | 39.1 | 40.2 | 30.5 | 49.9 | 30.0 | 21.0 | 38.9 | **32.3** | **26.9** | **37.6** |
| Fin fish (except canned) | 9.7 | 5.0 | 14.3 | 11.6 | 6.6 | 16.6 | 12.7 | 8.1 | 17.3 | 18.2 | 12.7 | 23.7 | 10.4 | 6.0 | 14.7 | **11.9** | **9.4** | **14.5** |
| Packed (canned) fish and seafood | 4.3 | 2.0 | 6.6 | 5.3 | 3.1 | 7.5 | 4.2 | 2.7 | 5.7 | 4.9 | 3.4 | 6.4 | 4.9 | 2.4 | 7.5 | **4.7** | **3.8** | **5.6** |
| Fish and seafood products and dishes(a) | 17.3 | 7.5 | 27.1 | 13.5 | 9.3 | 17.7 | 15.5 | 11.2 | 19.7 | 17.0 | 10.6 | 23.5 | 14.7 | 8.6 | 20.7 | **15.7** | **11.9** | **19.4** |

(a) Includes crustacean and molluscs (excluding canned), fish and seafood products, and mixed dishes with fish or seafood as the major component.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 28 Mean daily intake (grams) of egg products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Egg products and dishes** | 10.9 | 7.6 | 14.2 | 12.8 | 9.5 | 16.0 | 13.6 | 9.6 | 17.6 | 15.0 | 10.4 | 19.6 | 14.8 | 9.4 | 20.2 | **12.7** | **11.0** | **14.3** |
| Eggs | 5.2 | 3.4 | 6.9 | 6.0 | 4.0 | 8.0 | 5.3 | 3.8 | 6.7 | 6.1 | 4.6 | 7.5 | 7.1 | 5.1 | 9.0 | **5.7** | **4.9** | **6.4** |
| Dishes where egg is the major ingredient | 5.7 | 3.1 | 8.3 | 6.8 | 3.7 | 9.8 | 8.4 | 4.3 | 12.5 | 8.9 | 4.8 | 13.1 | 7.7 | 3.4 | 12.0 | **7.0** | **5.3** | **8.7** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 29 Mean daily intake (grams) of snack foods among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Snack foods** | 6.1 | 3.2 | 9.1 | 5.3 | 4.3 | 6.4 | 3.5 | 2.3 | 4.6 | 2.1 | 1.2 | 2.9 | 1.2 | 0.6 | 1.7 | **4.3** | **3.3** | **5.3** |
| Potato snacks | 2.6 | 0.5 | 4.7 | 3.4 | 2.5 | 4.3 | 1.3 | 0.9 | 1.6 | 1.5 | 0.7 | 2.4 | 0.8 | 0.4 | 1.3 | **2.2** | **1.5** | **2.9** |
| Other snacks[(a)] | 3.5 | 0.6 | 6.5 | 1.9 | 1.0 | 2.8 | 2.2 | 1.2 | 3.2 | 0.6 | 0.3 | 0.8 | 0.3 | 0.0 | 0.7 | **2.1** | **1.2** | **3.1** |

(a) Includes corn snacks, extruded snacks and pretzels

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 30 Mean daily intake (grams) of sugar products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Sugar products and dishes** | 16.0 | 10.9 | 21.1 | 12.3 | 9.6 | 15.0 | 9.6 | 7.7 | 11.6 | 13.0 | 9.9 | 16.2 | 13.1 | 9.9 | 16.4 | **13.4** | **11.3** | **15.4** |
| Sugar, honey and syrups | 8.7 | 6.9 | 10.4 | 7.8 | 6.5 | 9.1 | 6.4 | 5.0 | 7.8 | 8.2 | 6.7 | 9.7 | 5.8 | 4.5 | 7.2 | **7.7** | **6.9** | **8.5** |
| Jam and lemon spreads, chocolate spreads | 1.8 | 0.9 | 2.7 | 1.7 | 0.9 | 2.4 | 1.9 | 1.3 | 2.4 | 2.2 | 1.6 | 2.9 | 3.5 | 2.2 | 4.8 | **2.1** | **1.6** | **2.5** |
| Dishes and products other than confectionery where sugar is the main ingredient | 5.6 | 1.0 | 10.1 | 2.9 | 0.8 | 5.0 | 1.4 | 0.6 | 2.3 | 2.6 | 0.1 | 5.2 | 3.8 | 1.7 | 6.0 | **3.6** | **1.8** | **5.4** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 31 Mean daily intake (grams) of confectionary among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Confectionery** | 15.9 | 12.3 | 19.5 | 16.7 | 14.4 | 18.9 | 14.8 | 11.8 | 17.8 | 10.0 | 7.9 | 12.1 | 8.7 | 6.4 | 10.9 | **14.1** | **12.4** | **15.8** |
| Chocolate and chocolate based confectionery | 10.2 | 6.2 | 14.3 | 9.6 | 7.7 | 11.5 | 8.7 | 6.8 | 10.6 | 4.7 | 3.8 | 5.6 | 4.9 | 3.1 | 6.8 | **8.4** | **6.8** | **9.9** |
| Cereal, fruit, nut and seed-bars | 3.6 | 2.0 | 5.2 | 3.1 | 2.3 | 4.0 | 2.2 | 1.5 | 2.9 | 2.7 | 1.7 | 3.8 | 1.1 | 0.4 | 1.8 | **2.8** | **2.1** | **3.5** |
| Other confectionery | 2.1 | 1.0 | 3.2 | 3.9 | 2.3 | 5.5 | 3.9 | 2.6 | 5.2 | 2.6 | 1.5 | 3.6 | 2.6 | 1.6 | 3.7 | **3.0** | **2.3** | **3.7** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 32 Mean daily intake (grams) of seed and nut products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Seed and nut products and dishes[(a)]** | 5.6 | 3.6 | 7.6 | 11.2 | 7.8 | 14.5 | 13.0 | 9.2 | 16.8 | 10.4 | 7.2 | 13.5 | 9.2 | 7.1 | 11.3 | **9.4** | **7.6** | **11.2** |

(a) Intakes of categories for seeds and seed products were calculated but were consumed by only 2.8 per cent of the female population and so was not included in the above table

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 33 Mean daily intake (grams) of fats and oils among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fats and oils**[(a)] | 4.2 | 3.2 | 5.1 | 6.5 | 4.5 | 8.6 | 4.8 | 4.0 | 5.5 | 5.8 | 4.7 | 7.0 | 6.3 | 5.5 | 7.2 | **5.3** | **4.6** | **6.0** |
| Butters | 0.9 | 0.6 | 1.3 | 1.5 | 1.0 | 2.0 | 1.0 | 0.8 | 1.3 | 1.0 | 0.6 | 1.4 | 1.7 | 1.1 | 2.4 | **1.2** | **1.0** | **1.4** |
| Dairy blends | 0.6 | 0.4 | 0.9 | 0.8 | 0.5 | 1.1 | 0.8 | 0.5 | 1.1 | 0.6 | 0.3 | 1.0 | 0.7 | 0.4 | 1.0 | **0.7** | **0.6** | **0.8** |
| Margarine and table spreads | 1.9 | 1.0 | 2.8 | 3.3 | 1.2 | 5.4 | 2.4 | 1.8 | 2.9 | 2.8 | 2.2 | 3.4 | 3.2 | 2.6 | 3.9 | **2.6** | **1.9** | **3.2** |
| Polyunsaturated margarine | 0.6 | 0.0 | 1.3 | 1.0 | 0.6 | 1.4 | 0.5 | 0.2 | 0.8 | 0.5 | 0.3 | 0.7 | 0.6 | 0.2 | 1.0 | **0.7** | **0.4** | **0.9** |
| Mono-unsaturated margarine | 0.9 | 0.6 | 1.2 | 1.9 | 0.0 | 3.9 | 1.1 | 0.8 | 1.5 | 1.3 | 0.9 | 1.6 | 1.5 | 1.0 | 2.1 | **1.3** | **0.8** | **1.7** |
| Vegetable or nut oil | 0.7 | 0.3 | 1.2 | 1.0 | 0.4 | 1.5 | 0.6 | 0.3 | 0.9 | 1.3 | 0.7 | 1.8 | 0.6 | 0.3 | 1.0 | **0.8** | **0.6** | **1.1** |

(a) Intakes of categories for other fats and unspecified fats were calculated but were only consumed by 0.2 per cent of the female population and so were not included in the above table.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 34 Mean daily intake (grams) of soup among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Soup** | 60.3 | 41.5 | 79.1 | 74.6 | 51.7 | 97.6 | 71.3 | 52.6 | 90.0 | 106.7 | 82.6 | 130.8 | 97.4 | 69.5 | 125.3 | **76.3** | **64.0** | **88.6** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 35 Mean daily intake (grams) of savoury sauces and condiments among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Savoury sauces and condiments[(a)]** | 23.5 | 17.5 | 29.6 | 19.7 | 16.1 | 23.3 | 20.5 | 16.6 | 24.4 | 18.5 | 14.3 | 22.7 | 16.4 | 11.9 | 20.8 | **20.4** | **18.1** | **22.8** |
| Gravies and savoury sauces | 20.4 | 14.7 | 26.1 | 16.8 | 13.6 | 19.9 | 18.4 | 14.5 | 22.4 | 15.8 | 11.5 | 20.1 | 14.0 | 9.3 | 18.7 | **17.7** | **15.4** | **20.0** |
| Pickles, chutneys and relishes | 1.8 | 0.5 | 3.1 | 1.7 | 0.2 | 3.2 | 0.7 | 0.5 | 1.0 | 0.9 | 0.6 | 1.2 | 1.0 | 0.5 | 1.4 | **1.4** | **0.9** | **1.8** |
| Salad dressings | 1.3 | 0.6 | 2.1 | 1.2 | 0.8 | 1.7 | 1.2 | 0.7 | 1.8 | 1.8 | 1.1 | 2.4 | 1.4 | 0.8 | 2.0 | **1.4** | **1.1** | **1.6** |

(a) Intakes of categories for stuffing were calculated but were only consumed by 0.1 per cent of the female population and so was not included in the above table.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 36 Mean daily intake (grams) of non-alcoholic beverages among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Non-alcoholic beverages** | 2071.7 | 1959.8 | 2183.5 | 2090.6 | 1993.0 | 2188.2 | 2030.3 | 1950.6 | 2110.0 | 1933.9 | 1855.3 | 2012.4 | 1835.9 | 1718.6 | 1953.3 | **2022.9** | **1979.6** | **2066.1** |
| Tea | 239.2 | 208.8 | 269.5 | 314.7 | 265.3 | 364.0 | 467.3 | 392.7 | 541.8 | 522.0 | 443.9 | 600.1 | 545.1 | 470.6 | 619.6 | **375.7** | **349.4** | **402.0** |
| Coffee and coffee substitutes | 210.9 | 169.4 | 252.3 | 304.0 | 269.0 | 339.1 | 309.4 | 276.7 | 342.1 | 347.7 | 302.3 | 393.2 | 296.7 | 248.3 | 345.2 | **278.8** | **262.5** | **295.0** |
| Fruit and vegetables juices and drinks | 111.9 | 85.5 | 138.3 | 55.6 | 42.3 | 68.9 | 60.8 | 43.8 | 77.9 | 66.1 | 53.2 | 79.0 | 71.3 | 50.5 | 92.0 | **78.5** | **68.1** | **88.9** |
| Cordials | 39.3 | 8.0 | 70.6 | 19.9 | 5.8 | 34.0 | 9.8 | 3.5 | 16.1 | 9.9 | 3.6 | 16.2 | 12.0 | 0(a) | 25.6 | **22.1** | **11.3** | **32.9** |
| Soft drinks and flavoured mineral waters | 192.6 | 152.4 | 232.8 | 141.3 | 110.6 | 172.0 | 107.8 | 76.1 | 139.5 | 65.8 | 48.8 | 82.7 | 41.6 | 27.3 | 55.8 | **128.9** | **108.9** | **149.0** |
| Electrolyte, energy and fortified drinks | 7.3 | 3.7 | 11.0 | 6.8 | 2.0 | 11.7 | 3.0 | 0.4 | 5.7 | 2.7 | 0(a) | 5.9 | 1.2 | 0(a) | 2.8 | **5.1** | **3.4** | **6.7** |
| Mineral waters and water | 1256.3 | 1146.8 | 1365.8 | 1238.0 | 1142.7 | 1333.3 | 1058.8 | 971.4 | 1146.2 | 913.5 | 849.3 | 977.6 | 862.2 | 777.9 | 946.6 | **1122.7** | **1068.8** | **1176.5** |
| Beverage flavourings | 14.1 | 9.2 | 19.1 | 10.3 | 6.6 | 14.0 | 13.3 | 8.0 | 18.6 | 6.2 | 2.6 | 9.9 | 5.8 | 2.1 | 9.6 | **11.1** | **9.2** | **13.1** |

(a) Due to many zero intakes the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 37 Mean daily intake (grams) of alcoholic beverages among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Alcoholic beverages[(a)]** | 154.6 | 104.6 | 204.6 | 157.7 | 124.0 | 191.4 | 130.0 | 107.8 | 152.3 | 115.3 | 95.8 | 134.7 | 98.3 | 73.1 | 123.5 | **137.7** | **119.0** | **156.4** |
| Beers | 46.2 | 20.4 | 72.0 | 43.8 | 15.7 | 71.9 | 25.2 | 11.7 | 38.8 | 20.9 | 10.8 | 31.1 | 9.0 | 3.2 | 14.8 | **33.7** | **23.1** | **44.4** |
| Wines | 55.6 | 38.6 | 72.6 | 82.2 | 59.6 | 104.9 | 84.5 | 66.3 | 102.6 | 89.0 | 69.6 | 108.3 | 84.8 | 59.8 | 109.8 | **74.7** | **61.9** | **87.5** |
| Spirits | 3.7 | 1.7 | 5.7 | 3.1 | 0.6 | 5.7 | 2.3 | 0.4 | 4.3 | 1.5 | 0.7 | 2.3 | 1.9 | 0[(a)] | 3.9 | **2.8** | **2.0** | **3.5** |
| Pre-mixed drinks | 46.5 | 18.9 | 74.1 | 24.8 | 5.4 | 44.3 | 16.5 | 4.4 | 28.7 | 3.1 | 1.1 | 5.1 | 1.8 | 0[(a)] | 3.8 | **24.4** | **15.4** | **33.3** |

(a) Intakes of categories for other alcohol were calculated but were only consumed by 1.1 per cent of the female population and so was not included in the above table.
(b) Due to the small number of consumers the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.
95% CI = 95 per cent confidence interval
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 38 Mean daily intake (grams) of miscellaneous products among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Miscellaneous[(a)]** | 5.3 | 2.9 | 7.8 | 7.3 | 3.7 | 10.8 | 2.8 | 1.8 | 3.8 | 7.5 | 3.1 | 11.8 | 4.2 | 2.9 | 5.5 | **5.4** | **4.0** | **6.8** |

(a) Includes formula dietary foods; yeast, vegetables and meat extracts; intense sweetening agents; herbs, spices, seasonings and stock cubes; and infant foods.
95% CI = 95 per cent confidence interval
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 39 Mean daily intake (grams) of cereal and cereal products among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Cereals and cereal products** | 176.9 | 157.3 | 196.6 | 183.2 | 164.7 | 201.7 | 170.3 | 154.9 | 185.6 | 168.2 | 151.1 | 185.3 | 168.8 | 151.0 | 186.6 | **175.1** | **167.1** | **183.2** |
| Flours and other cereal grains and starches | 53.4 | 40.9 | 65.8 | 43.5 | 33.9 | 53.1 | 34.4 | 24.5 | 44.3 | 30.0 | 22.5 | 37.6 | 25.0 | 15.2 | 34.8 | **41.4** | **34.5** | **48.2** |
| Regular bread and rolls | 34.9 | 29.9 | 40.0 | 40.5 | 36.7 | 44.3 | 38.3 | 33.9 | 42.6 | 43.4 | 40.0 | 46.8 | 44.1 | 39.4 | 48.7 | **39.1** | **37.2** | **41.0** |
| White bread | 21.3 | 15.9 | 26.6 | 19.5 | 16.6 | 22.4 | 17.8 | 14.6 | 21.0 | 17.3 | 14.2 | 20.5 | 17.4 | 14.3 | 20.6 | **19.3** | **17.3** | **21.2** |
| Grain bread | 7.8 | 5.7 | 9.8 | 8.9 | 7.1 | 10.8 | 9.8 | 8.3 | 11.3 | 14.0 | 11.8 | 16.1 | 13.0 | 11.0 | 15.1 | **9.9** | **8.8** | **11.0** |
| Wholemeal bread | 3.5 | 2.4 | 4.6 | 7.0 | 5.0 | 9.1 | 6.5 | 4.6 | 8.3 | 6.9 | 5.4 | 8.3 | 8.4 | 6.4 | 10.3 | **5.9** | **5.2** | **6.6** |
| Rye bread | 1.7 | 0.6 | 2.8 | 2.7 | 1.4 | 4.1 | 2.4 | 1.1 | 3.6 | 3.7 | 2.4 | 4.9 | 3.9 | 2.1 | 5.7 | **2.6** | **2.1** | **3.1** |
| English-style muffins, flat bread and savoury and sweet breads | 15.4 | 12.2 | 18.6 | 13.9 | 11.5 | 16.3 | 14.6 | 11.6 | 17.5 | 9.0 | 7.1 | 11.0 | 12.5 | 8.7 | 16.4 | **13.8** | **12.6** | **14.9** |
| Pasta and pasta products | 32.0 | 24.5 | 39.5 | 37.8 | 26.5 | 49.0 | 27.9 | 21.3 | 34.5 | 22.3 | 15.9 | 28.6 | 15.1 | 10.9 | 19.4 | **28.9** | **24.8** | **33.0** |
| Breakfast cereals and bars, unfortified and fortified varieties | 19.5 | 15.4 | 23.6 | 26.3 | 22.2 | 30.3 | 24.5 | 21.2 | 27.8 | 24.2 | 21.4 | 27.0 | 26.3 | 23.0 | 29.7 | **23.4** | **21.5** | **25.3** |
| Breakfast cereal, hot porridge type | 21.7 | 15.5 | 27.9 | 21.2 | 14.3 | 28.1 | 30.6 | 21.1 | 40.2 | 39.3 | 28.5 | 50.2 | 45.8 | 32.0 | 59.5 | **28.6** | **25.6** | **31.5** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 40 Mean daily intake (grams) of cereal-based products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Cereal-based products and dishes** | 329.1 | 296.8 | 361.3 | 284.8 | 266.0 | 303.6 | 249.4 | 232.7 | 266.2 | 212.1 | 201.1 | 223.0 | 198.4 | 183.8 | 212.9 | **272.2** | **259.8** | **284.6** |
| Sweet biscuits | 8.3 | 5.9 | 10.6 | 8.8 | 7.4 | 10.2 | 7.6 | 6.6 | 8.7 | 9.2 | 7.9 | 10.5 | 8.3 | 7.0 | 9.7 | **8.4** | **7.5** | **9.3** |
| Savoury biscuits | 6.2 | 4.3 | 8.1 | 6.9 | 5.8 | 8.1 | 6.4 | 5.2 | 7.5 | 7.8 | 6.5 | 9.1 | 6.3 | 5.1 | 7.5 | **6.6** | **5.9** | **7.3** |
| Cakes, buns, muffins, scones, cake-type desserts | 17.5 | 12.7 | 22.2 | 22.9 | 18.2 | 27.5 | 22.3 | 19.0 | 25.6 | 21.9 | 18.6 | 25.2 | 29.1 | 24.9 | 33.2 | **21.4** | **19.5** | **23.4** |
| Pastries | 52.2 | 38.9 | 65.6 | 36.9 | 31.0 | 42.8 | 43.9 | 36.9 | 50.9 | 35.3 | 29.6 | 41.0 | 36.0 | 29.5 | 42.4 | **42.9** | **38.4** | **47.4** |
| Mixed dishes where cereal is the major ingredient | 238.6 | 212.1 | 265.2 | 202.2 | 185.4 | 219.1 | 163.4 | 149.3 | 177.4 | 132.8 | 121.8 | 143.7 | 114.6 | 101.9 | 127.4 | **186.9** | **176.0** | **197.8** |
| Batter-based products | 6.3 | 4.4 | 8.1 | 7.0 | 4.4 | 9.7 | 5.9 | 4.3 | 7.5 | 5.1 | 3.2 | 7.0 | 4.0 | 2.3 | 5.7 | **5.9** | **4.9** | **6.9** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 41 Mean daily intake (grams) of fruit products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fruit products and dishes** | 123.2 | 110.1 | 136.2 | 144.7 | 130.9 | 158.5 | 176.4 | 162.3 | 190.5 | 201.0 | 189.9 | 212.1 | 196.3 | 182.1 | 210.5 | **158.1** | **151.1** | **165.0** |
| Pome fruit | 40.2 | 35.1 | 45.3 | 50.0 | 44.4 | 55.6 | 55.5 | 48.3 | 62.7 | 60.1 | 52.8 | 67.5 | 58.4 | 50.3 | 66.6 | **50.2** | **46.6** | **53.8** |
| Berry fruit | 3.0 | 1.7 | 4.2 | 4.4 | 3.0 | 5.7 | 4.8 | 2.8 | 6.8 | 6.0 | 4.0 | 8.0 | 4.8 | 3.3 | 6.3 | **4.3** | **3.4** | **5.1** |
| Citrus fruit | 17.5 | 12.9 | 22.0 | 22.6 | 17.5 | 27.7 | 29.1 | 23.3 | 34.8 | 36.0 | 30.1 | 42.0 | 26.7 | 21.3 | 32.0 | **24.6** | **21.4** | **27.9** |
| Stone fruit | 7.2 | 3.8 | 10.7 | 7.1 | 3.4 | 10.8 | 12.2 | 6.5 | 17.9 | 15.2 | 10.2 | 20.2 | 25.0 | 17.4 | 32.6 | **11.5** | **7.6** | **15.4** |
| Tropical fruit | 33.1 | 25.5 | 40.6 | 33.6 | 28.9 | 38.3 | 43.5 | 37.8 | 49.1 | 44.0 | 38.9 | 49.2 | 49.0 | 44.5 | 53.5 | **38.7** | **35.6** | **41.8** |
| Other fruit | 11.9 | 8.1 | 15.7 | 18.3 | 11.1 | 25.5 | 14.9 | 10.7 | 19.2 | 22.3 | 18.6 | 26.1 | 19.2 | 13.2 | 25.2 | **16.3** | **14.1** | **18.5** |
| Mixtures of two or more groups of fruit | 7.5 | 3.2 | 11.7 | 4.9 | 2.8 | 7.0 | 12.8 | 8.6 | 17.1 | 11.5 | 7.1 | 15.9 | 7.7 | 5.3 | 10.2 | **8.5** | **6.6** | **10.3** |
| Dried fruit, preserved fruit | 1.6 | 0.9 | 2.3 | 2.3 | 1.1 | 3.5 | 2.6 | 2.0 | 3.3 | 4.0 | 2.7 | 5.3 | 3.9 | 2.5 | 5.4 | **2.6** | **2.2** | **3.0** |
| Mixed dishes where fruit is the major component | 1.3 | 0.3 | 2.2 | 1.6 | 0.4 | 2.7 | 1.0 | 0.3 | 1.6 | 1.7 | 0.8 | 2.7 | 1.5 | 0.5 | 2.6 | **1.4** | **0.9** | **1.8** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 42 Mean daily intake (grams) of vegetable products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Vegetable products and dishes** | 178.9 | 158.6 | 199.3 | 187.3 | 171.4 | 203.3 | 210.6 | 190.8 | 230.4 | 232.7 | 215.2 | 250.1 | 235.3 | 212.6 | 258.0 | **200.2** | **191.9** | **208.6** |
| Potatoes | 60.0 | 53.1 | 66.9 | 61.6 | 52.3 | 70.9 | 66.3 | 54.7 | 77.9 | 68.4 | 62.5 | 74.4 | 76.5 | 64.1 | 88.9 | **64.4** | **60.7** | **68.2** |
| Cabbage, cauliflower and similar brassica vegetables | 8.2 | 3.7 | 12.7 | 9.3 | 6.8 | 11.8 | 11.0 | 8.7 | 13.3 | 14.7 | 11.0 | 18.4 | 17.4 | 10.1 | 24.7 | **10.9** | **9.0** | **12.8** |
| Carrot and similar root vegetables | 11.7 | 7.8 | 15.5 | 12.1 | 9.9 | 14.4 | 12.7 | 10.4 | 15.0 | 15.0 | 12.5 | 17.5 | 16.7 | 14.2 | 19.1 | **13.1** | **11.6** | **14.6** |
| Leaf and stalk vegetables | 5.0 | 3.4 | 6.6 | 4.3 | 3.2 | 5.4 | 6.7 | 4.5 | 8.9 | 6.3 | 4.4 | 8.2 | 8.6 | 5.6 | 11.5 | **5.7** | **4.8** | **6.6** |
| Peas and beans | 6.6 | 4.5 | 8.6 | 7.4 | 6.0 | 8.8 | 11.9 | 10.0 | 13.8 | 14.3 | 12.1 | 16.4 | 16.5 | 12.9 | 20.1 | **10.0** | **8.8** | **11.1** |
| Tomato and tomato products | 8.1 | 1.3 | 15.0 | 6.4 | 4.5 | 8.3 | 10.6 | 8.2 | 13.0 | 17.2 | 12.9 | 21.5 | 16.5 | 12.9 | 20.1 | **10.5** | **7.8** | **13.2** |
| Other fruiting vegetables | 8.7 | 6.1 | 11.2 | 12.5 | 8.9 | 16.2 | 15.8 | 10.8 | 20.9 | 18.2 | 13.4 | 23.0 | 18.9 | 13.9 | 24.0 | **13.4** | **11.9** | **15.0** |
| Other vegetables and vegetables combinations | 13.4 | 11.2 | 15.7 | 15.9 | 12.8 | 18.9 | 15.0 | 12.8 | 17.2 | 19.1 | 14.5 | 23.6 | 20.4 | 14.1 | 26.6 | **15.7** | **14.2** | **17.1** |
| Dishes where vegetables is the major component | 57.2 | 45.3 | 69.2 | 57.8 | 48.5 | 67.2 | 60.6 | 48.5 | 72.7 | 59.5 | 50.9 | 68.2 | 43.9 | 35.0 | 52.8 | **56.5** | **50.4** | **62.7** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 43 Mean daily intake (grams) of legume and pulse products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Legume and pulse products and dishes** | 17.8 | 11.6 | 23.9 | 12.0 | 7.5 | 16.6 | 12.8 | 9.1 | 16.4 | 11.4 | 8.2 | 14.6 | 12.0 | 6.1 | 17.9 | **13.7** | **11.2** | **16.2** |
| Mature legumes and pulses | 1.0 | 0.2 | 1.8 | 2.0 | 0.6 | 3.5 | 0.6 | 0.3 | 1.0 | 1.7 | 0.5 | 2.9 | 0.2 | 0.0 | 0.5 | **1.2** | **0.7** | **1.7** |
| Mature legume and pulse products and dishes | 16.8 | 10.5 | 23.0 | 10.0 | 5.9 | 14.1 | 12.1 | 8.6 | 15.7 | 9.7 | 6.5 | 12.9 | 11.8 | 5.9 | 17.6 | **12.6** | **10.0** | **15.1** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 44 Mean daily intake (grams) of milk products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Milk products and dishes** | 243.4 | 217.6 | 269.2 | 277.7 | 263.5 | 292.0 | 271.5 | 253.7 | 289.2 | 267.1 | 252.8 | 281.4 | 278.6 | 260.6 | 296.5 | **263.7** | **253.6** | **273.8** |
| Dairy milk | 162.7 | 137.3 | 188.1 | 185.7 | 172.4 | 199.1 | 194.9 | 178.0 | 211.7 | 184.4 | 168.6 | 200.2 | 207.6 | 191.3 | 223.9 | **181.9** | **172.0** | **191.8** |
| Low-fat milk | 87.7 | 71.1 | 104.3 | 107.8 | 94.7 | 120.8 | 125.6 | 109.5 | 141.8 | 129.8 | 114.8 | 144.8 | 136.1 | 114.8 | 157.4 | **110.7** | **102.2** | **119.2** |
| Yoghurt | 21.9 | 17.0 | 26.7 | 27.2 | 21.6 | 32.8 | 28.3 | 23.0 | 33.6 | 24.5 | 18.5 | 30.5 | 22.0 | 17.2 | 26.7 | **24.7** | **21.7** | **27.8** |
| Cream | 1.5 | 0.9 | 2.1 | 2.0 | 1.1 | 2.8 | 1.4 | 1.0 | 1.8 | 1.6 | 1.2 | 2.0 | 2.9 | 2.0 | 3.8 | **1.7** | **1.4** | **2.1** |
| Cheese | 6.9 | 5.4 | 8.3 | 9.1 | 7.8 | 10.4 | 7.5 | 6.3 | 8.7 | 9.3 | 7.9 | 10.8 | 8.8 | 7.4 | 10.2 | **8.0** | **7.4** | **8.7** |
| Frozen milk products | 13.7 | 10.1 | 17.4 | 11.0 | 8.9 | 13.1 | 11.7 | 9.8 | 13.5 | 12.9 | 10.4 | 15.3 | 10.4 | 7.9 | 13.0 | **12.2** | **10.7** | **13.7** |
| Custards | 1.2 | 0.5 | 1.8 | 1.3 | 0.3 | 2.3 | 1.2 | 0.6 | 1.8 | 2.3 | 1.0 | 3.7 | 3.3 | 2.1 | 4.5 | **1.6** | **1.2** | **2.1** |
| Other dishes where milk or a milk product is the major component | 3.6 | 1.5 | 5.6 | 2.6 | 1.3 | 3.9 | 2.2 | 1.2 | 3.2 | 2.0 | 1.3 | 2.8 | 3.2 | 1.8 | 4.6 | **2.8** | **2.1** | **3.6** |
| Flavoured milks | 22.5 | 16.5 | 28.5 | 23.3 | 14.5 | 32.1 | 14.8 | 11.3 | 18.3 | 11.3 | 5.3 | 17.2 | 7.2 | 3.4 | 10.9 | **17.8** | **14.4** | **21.1** |
| Dairy substitutes | 9.5 | 5.3 | 13.6 | 15.6 | 7.9 | 23.3 | 9.6 | 5.6 | 13.6 | 18.7 | 12.2 | 25.2 | 13.2 | 7.1 | 19.3 | **12.9** | **10.0** | **15.7** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 45 Mean daily intake (grams) of meat, poultry and game products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Meat, poultry and game products and dishes[(a)]** | 158.0 | 138.5 | 177.5 | 162.9 | 147.0 | 178.7 | 155.1 | 138.6 | 171.6 | 150.7 | 141.5 | 159.9 | 146.6 | 133.0 | 160.1 | **156.4** | **148.4** | **164.3** |
| Muscle meat | 44.3 | 35.3 | 53.2 | 41.6 | 34.4 | 48.8 | 43.2 | 36.0 | 50.3 | 49.7 | 43.2 | 56.3 | 52.0 | 43.5 | 60.5 | **45.1** | **41.5** | **48.7** |
| Poultry and feathered game | 24.2 | 18.7 | 29.7 | 24.4 | 19.4 | 29.4 | 21.2 | 17.2 | 25.2 | 20.3 | 16.2 | 24.3 | 17.3 | 13.7 | 20.8 | **22.3** | **19.6** | **24.9** |
| Sausages, frankfurts and saveloys | 8.5 | 5.9 | 11.2 | 8.4 | 5.8 | 11.0 | 10.1 | 5.3 | 14.9 | 8.4 | 6.3 | 10.5 | 9.1 | 6.2 | 12.0 | **8.8** | **7.1** | **10.5** |
| Processed meat | 4.3 | 2.7 | 5.9 | 3.9 | 2.5 | 5.3 | 6.1 | 3.9 | 8.3 | 4.6 | 3.5 | 5.6 | 7.1 | 4.6 | 9.5 | **4.8** | **4.0** | **5.7** |
| Mixed dishes where beef, veal or lamb is the major component | 29.7 | 21.3 | 38.1 | 29.8 | 24.1 | 35.4 | 30.2 | 21.9 | 38.5 | 36.6 | 30.6 | 42.5 | 31.2 | 24.2 | 38.2 | **31.1** | **27.3** | **34.9** |
| Mixed dishes where pork, bacon or ham is the major component | 3.3 | 1.3 | 5.3 | 3.4 | 0.9 | 5.9 | 3.2 | 1.0 | 5.5 | 2.1 | 0.4 | 3.8 | 4.1 | 1.8 | 6.4 | **3.2** | **2.2** | **4.2** |
| Mixed dishes where poultry or game is the major component | 42.3 | 33.5 | 51.0 | 51.3 | 39.1 | 63.4 | 39.3 | 33.5 | 45.2 | 28.1 | 24.2 | 32.1 | 25.0 | 17.7 | 32.3 | **40.0** | **35.9** | **44.1** |

(a) Intakes of categories for game and other carcass meat and organ meats and offal, products and dishes were calculated but were only consumed by 2 per cent of the total population, so were not included in the above table.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 46 Mean daily intake (grams) of fish and seafood products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fish and seafood products and dishes** | 31.4 | 23.4 | 39.4 | 38.5 | 28.0 | 48.9 | 35.0 | 28.9 | 41.1 | 39.4 | 32.9 | 46.0 | 36.6 | 29.0 | 44.2 | **35.2** | **31.4** | **38.9** |
| Fin fish (except canned) | 9.6 | 5.8 | 13.4 | 15.8 | 10.5 | 21.0 | 12.8 | 9.0 | 16.6 | 17.1 | 12.3 | 22.0 | 15.2 | 10.3 | 20.1 | **13.3** | **11.1** | **15.4** |
| Packed (canned) fish and seafood | 5.1 | 2.7 | 7.4 | 4.5 | 3.0 | 6.0 | 3.8 | 2.7 | 4.9 | 5.0 | 3.8 | 6.2 | 5.0 | 2.9 | 7.1 | **4.7** | **3.8** | **5.6** |
| Fish and seafood products and dishes[(a)] | 16.8 | 11.4 | 22.2 | 18.2 | 10.7 | 25.8 | 18.5 | 13.2 | 23.7 | 17.3 | 12.6 | 22.0 | 16.4 | 10.8 | 21.9 | **17.2** | **14.0** | **20.4** |

(a) Includes crustacean and molluscs (excluding canned), fish and seafood products, and mixed dishes with fish or seafood as the major component.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 47 Mean daily intake (grams) of egg products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Egg products and dishes** | 13.9 | 10.4 | 17.4 | 12.7 | 10.5 | 14.9 | 13.8 | 10.8 | 16.9 | 15.6 | 12.5 | 18.7 | 13.0 | 9.9 | 16.2 | **13.6** | **11.9** | **15.3** |
| Eggs | 7.0 | 5.4 | 8.7 | 5.8 | 4.4 | 7.2 | 5.8 | 4.9 | 6.7 | 7.5 | 6.3 | 8.7 | 7.2 | 5.7 | 8.8 | **6.6** | **5.9** | **7.3** |
| Dishes where egg is the major ingredient | 6.8 | 4.2 | 9.5 | 6.9 | 4.6 | 9.2 | 8.0 | 5.2 | 10.8 | 8.1 | 5.3 | 10.9 | 5.8 | 3.2 | 8.3 | **7.0** | **5.6** | **8.4** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 48 Mean daily intake (grams) of snack foods among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Snack foods** | 8.4 | 6.2 | 10.7 | 6.2 | 4.9 | 7.4 | 4.3 | 3.1 | 5.6 | 3.0 | 2.2 | 3.8 | 1.7 | 0.8 | 2.6 | **5.6** | **4.6** | **6.6** |
| Potato snacks | 5.2 | 3.6 | 6.8 | 4.0 | 3.1 | 5.0 | 2.0 | 1.2 | 2.7 | 2.0 | 1.4 | 2.6 | 1.4 | 0.7 | 2.1 | **3.5** | **2.8** | **4.1** |
| Other snacks[(a)] | 3.2 | 1.8 | 4.6 | 2.1 | 1.4 | 2.9 | 2.3 | 1.3 | 3.3 | 1.0 | 0.4 | 1.6 | 0.3 | 0.1 | 0.6 | **2.2** | **1.7** | **2.6** |

(a) Includes corn snacks, extruded snacks and pretzels

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 49 Mean daily intake (grams) of sugar products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Sugar products and dishes** | 14.9 | 11.8 | 18.0 | 16.6 | 13.4 | 19.7 | 13.7 | 11.8 | 15.6 | 16.1 | 13.9 | 18.3 | 16.0 | 12.9 | 19.2 | **15.3** | **14.1** | **16.6** |
| Sugar, honey and syrups | 9.1 | 7.3 | 10.9 | 10.2 | 8.7 | 11.8 | 9.9 | 8.3 | 11.4 | 11.0 | 9.5 | 12.6 | 8.8 | 7.2 | 10.5 | **9.8** | **8.9** | **10.6** |
| Jam and lemon spreads, chocolate spreads | 1.5 | 0.9 | 2.0 | 2.1 | 1.6 | 2.7 | 1.9 | 1.5 | 2.4 | 2.5 | 2.1 | 3.0 | 3.8 | 2.8 | 4.7 | **2.1** | **1.8** | **2.4** |
| Dishes and products other than confectionery where sugar is the main ingredient | 4.3 | 1.7 | 7.0 | 4.2 | 0.8 | 7.6 | 1.9 | 1.2 | 2.5 | 2.6 | 1.1 | 4.0 | 3.5 | 1.7 | 5.2 | **3.4** | **2.3** | **4.6** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 50 Mean daily intake (grams) of confectionary among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Confectionery** | 15.7 | 13.4 | 18.0 | 16.9 | 14.9 | 19.0 | 14.2 | 12.0 | 16.4 | 10.6 | 8.7 | 12.6 | 7.9 | 6.1 | 9.6 | **14.0** | **12.8** | **15.2** |
| Chocolate and chocolate based confectionery | 9.8 | 7.7 | 11.9 | 10.1 | 8.7 | 11.5 | 8.0 | 6.5 | 9.5 | 5.1 | 4.3 | 5.9 | 4.7 | 3.4 | 5.9 | **8.2** | **7.2** | **9.2** |
| Cereal, fruit, nut and seed-bars | 2.9 | 2.2 | 3.6 | 3.3 | 2.3 | 4.2 | 2.7 | 2.0 | 3.5 | 2.7 | 1.7 | 3.7 | 1.2 | 0.7 | 1.8 | **2.7** | **2.3** | **3.1** |
| Other confectionery | 3.0 | 2.1 | 3.9 | 3.6 | 2.1 | 5.0 | 3.4 | 2.4 | 4.4 | 2.8 | 1.5 | 4.1 | 1.9 | 1.3 | 2.6 | **3.1** | **2.5** | **3.6** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 51 Mean daily intake (grams) of seed and nut products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Seed and nut products and dishes** | 7.0 | 5.6 | 8.5 | 10.4 | 8.4 | 12.3 | 13.6 | 11.7 | 15.4 | 11.4 | 9.4 | 13.4 | 8.4 | 6.9 | 9.8 | **9.9** | **8.8** | **10.9** |
| Seeds and seed products | 0.2 | 0.0 | 0.4 | 0.6 | 0.2 | 1.0 | 0.5 | 0.2 | 0.9 | 0.4 | 0.2 | 0.6 | 0.5 | 0.1 | 0.8 | **0.4** | **0.3** | **0.6** |
| Nuts and nut products | 6.8 | 5.4 | 8.2 | 9.8 | 8.0 | 11.6 | 13.0 | 11.1 | 14.9 | 11.0 | 9.0 | 13.0 | 7.9 | 6.4 | 9.4 | **9.4** | **8.5** | **10.4** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 52 Mean daily intake (grams) of fats and oils among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Fats and oils**[(a)] | 4.5 | 3.7 | 5.2 | 6.6 | 5.4 | 7.7 | 5.8 | 5.1 | 6.5 | 7.1 | 6.3 | 7.8 | 8.4 | 7.6 | 9.2 | **6.0** | **5.5** | **6.5** |
| Butters | 1.1 | 0.8 | 1.5 | 1.7 | 1.1 | 2.2 | 1.4 | 1.1 | 1.7 | 1.6 | 0.9 | 2.2 | 2.1 | 1.7 | 2.6 | **1.5** | **1.3** | **1.7** |
| Dairy blends | 0.7 | 0.5 | 1.0 | 1.0 | 0.6 | 1.4 | 1.0 | 0.6 | 1.5 | 0.8 | 0.5 | 1.0 | 1.0 | 0.6 | 1.4 | **0.9** | **0.7** | **1.0** |
| Margarine and table spreads | 2.0 | 1.3 | 2.7 | 3.1 | 1.9 | 4.3 | 2.7 | 2.4 | 3.1 | 3.7 | 3.2 | 4.1 | 4.4 | 3.6 | 5.2 | **2.9** | **2.5** | **3.3** |
| Polyunsaturated margarine | 0.7 | 0.3 | 1.1 | 0.8 | 0.6 | 1.0 | 0.5 | 0.3 | 0.6 | 0.8 | 0.6 | 1.1 | 0.8 | 0.5 | 1.2 | **0.7** | **0.5** | **0.9** |
| Mono-unsaturated margarine | 0.9 | 0.6 | 1.1 | 1.7 | 0.7 | 2.8 | 1.2 | 1.0 | 1.5 | 1.7 | 1.4 | 2.0 | 1.9 | 1.4 | 2.3 | **1.4** | **1.1** | **1.6** |
| Vegetable or nut oil | 0.5 | 0.3 | 0.8 | 0.8 | 0.5 | 1.1 | 0.6 | 0.4 | 0.9 | 1.0 | 0.7 | 1.4 | 0.9 | 0.4 | 1.3 | **0.7** | **0.5** | **0.9** |

(a) Intakes of categories for other fats and unspecified fats were calculated but were only consumed by 0.3 per cent of the total population and so were not included in the above table.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 53 Mean daily intake (grams) of soup among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Soup** | 48.3 | 38.2 | 58.3 | 70.6 | 54.9 | 86.3 | 82.4 | 59.5 | 105.2 | 103.9 | 83.9 | 123.8 | 89.8 | 70.0 | 109.6 | **72.6** | **62.3** | **82.9** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 54 Mean daily intake (grams) of savoury sauces and condiments among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Savoury sauces and condiments[(a)]** | 23.3 | 17.9 | 28.7 | 21.5 | 18.1 | 24.8 | 20.5 | 17.5 | 23.5 | 20.2 | 17.8 | 22.7 | 20.4 | 14.8 | 26.1 | **21.4** | **19.3** | **23.6** |
| Gravies and savoury sauces | 20.6 | 15.6 | 25.5 | 19.1 | 16.0 | 22.1 | 18.3 | 15.4 | 21.2 | 17.0 | 14.6 | 19.5 | 15.3 | 11.4 | 19.2 | **18.6** | **16.5** | **20.6** |
| Pickles, chutneys and relishes | 1.5 | 0.8 | 2.3 | 1.4 | 0.4 | 2.3 | 1.1 | 0.8 | 1.4 | 1.7 | 1.0 | 2.4 | 3.5 | 0[(a)] | 7.3 | **1.6** | **1.1** | **2.1** |
| Salad dressings | 1.2 | 0.6 | 1.7 | 1.0 | 0.7 | 1.4 | 1.0 | 0.6 | 1.4 | 1.5 | 1.0 | 1.9 | 1.7 | 1.1 | 2.2 | **1.2** | **1.0** | **1.4** |

(a) Intakes of categories for stuffing were calculated but were only consumed by 0.3 per cent of the total population and so was not included in the above table.

(b) Due to the small number of consumers the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 55 Mean daily intake (grams) of non-alcoholic beverages among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Non-alcoholic beverages** | 2051.2 | 1950.6 | 2151.7 | 2101.5 | 2035.2 | 2167.7 | 1991.8 | 1915.7 | 2067.9 | 1818.6 | 1752.0 | 1885.2 | 1702.0 | 1618.6 | 1785.3 | **1980.5** | **1939.4** | **2021.6** |
| Tea | 169.4 | 148.9 | 190.0 | 267.8 | 238.0 | 297.5 | 399.2 | 358.2 | 440.3 | 464.7 | 415.9 | 513.5 | 452.1 | 397.1 | 507.0 | **311.1** | **294.6** | **327.6** |
| Coffee and coffee substitutes | 197.4 | 161.3 | 233.5 | 324.0 | 290.9 | 357.1 | 352.2 | 323.6 | 380.7 | 365.0 | 326.1 | 403.8 | 364.0 | 317.3 | 410.7 | **297.5** | **281.9** | **313.2** |
| Fruit and vegetables juices and drinks | 134.0 | 105.2 | 162.8 | 80.3 | 67.6 | 92.9 | 72.0 | 60.5 | 83.5 | 75.2 | 66.0 | 84.3 | 80.6 | 64.4 | 96.7 | **95.6** | **85.3** | **105.9** |
| Cordials | 27.9 | 11.9 | 43.8 | 37.0 | 16.4 | 57.7 | 20.3 | 12.2 | 28.4 | 15.1 | 9.2 | 21.0 | 15.4 | 7.3 | 23.4 | **24.8** | **15.2** | **34.4** |
| Soft drinks and flavoured mineral waters | 245.8 | 204.8 | 286.9 | 168.6 | 142.4 | 194.9 | 122.3 | 95.1 | 149.4 | 80.7 | 64.0 | 97.3 | 76.6 | 59.9 | 93.3 | **161.4** | **143.5** | **179.3** |
| Electrolyte, energy and fortified drinks | 27.8 | 15.0 | 40.7 | 15.6 | 7.6 | 23.6 | 6.2 | 2.3 | 10.1 | 4.1 | 1.2 | 6.9 | 4.6 | 0[(a)] | 9.4 | **14.9** | **10.1** | **19.7** |
| Mineral waters and water | 1239.2 | 1148.2 | 1330.1 | 1200.5 | 1128.6 | 1272.3 | 1007.5 | 928.3 | 1086.8 | 807.8 | 754.1 | 861.5 | 702.4 | 637.1 | 767.7 | **1066.2** | **1024.0** | **1108.4** |
| Beverage flavourings | 9.7 | 6.6 | 12.8 | 7.7 | 5.3 | 10.1 | 12.1 | 8.7 | 15.5 | 6.1 | 3.5 | 8.7 | 6.4 | 3.7 | 9.0 | **8.9** | **7.7** | **10.2** |

(a) Due to many zero intakes the lower limit confidence interval had a negative value. This value has been re-set to zero to allow for easier interpretation.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 56 Mean daily intake (grams) of alcoholic beverages among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Alcoholic beverages[a]** | 302.4 | 243.3 | 361.5 | 288.8 | 240.0 | 337.6 | 277.9 | 235.3 | 320.5 | 276.2 | 230.4 | 322.1 | 222.3 | 178.2 | 266.3 | **280.5** | **256.4** | **304.6** |
| Beers | 190.6 | 134.1 | 247.2 | 172.9 | 131.2 | 214.6 | 159.9 | 123.9 | 195.9 | 154.5 | 114.3 | 194.7 | 101.4 | 69.9 | 132.9 | **164.9** | **145.3** | **184.4** |
| Wines | 47.8 | 34.4 | 61.3 | 76.8 | 61.0 | 92.6 | 91.5 | 76.1 | 106.8 | 111.8 | 93.0 | 130.7 | 115.4 | 88.3 | 142.5 | **79.0** | **67.3** | **90.7** |
| Spirits | 4.1 | 2.3 | 5.9 | 4.2 | 3.1 | 5.2 | 3.0 | 1.6 | 4.5 | 3.3 | 1.1 | 5.5 | 2.5 | 1.0 | 3.9 | **3.6** | **2.8** | **4.4** |
| Pre-mixed drinks | 58.5 | 43.4 | 73.6 | 31.9 | 15.4 | 48.5 | 22.5 | 14.3 | 30.6 | 6.2 | 3.9 | 8.5 | 2.6 | 1.1 | 4.0 | **31.7** | **26.1** | **37.3** |

(a) Intakes of categories for other alcohol were calculated but were only consumed by 1.6 per cent of the total population and so was not included in the above table

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 57 Mean daily intake (grams) of miscellaneous products among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Miscellaneous[a]** | 7.8 | 4.4 | 11.1 | 6.5 | 2.7 | 10.3 | 3.7 | 2.7 | 4.7 | 5.4 | 3.2 | 7.7 | 4.8 | 3.7 | 6.0 | **6.0** | **4.5** | **7.5** |

(a) Includes formula dietary foods; yeast, vegetables and meat extracts; intense sweetening agents; herbs, spices, seasonings and stock cubes; and infant foods.

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

# 8. Tables: Median food intake

# 8. Tables: Median food intake

## Table 58 Median[(a)] daily intake (grams) of cereal and cereal products among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Cereals and cereal products (n = 1,597)** | 139.8 | 60.7 | 270.2 | 176.7 | 97.0 | 262.9 | 149.1 | 81.6 | 244.7 | 130.8 | 76.1 | 229.9 | 136.5 | 77.6 | 226.8 | **145.8** | **76.7** | **252.4** |
| Flours and other cereal grains and starches (n = 545) | 139.3 | 69.7 | 217.9 | 95.0 | 70.9 | 164.5 | 63.3 | 35.5 | 124.4 | 63.3 | 28.3 | 98.9 | 63.3 | 20.3 | 95.0 | **83.3** | **47.5** | **174.8** |
| Regular bread and rolls (n = 1,329) | 42.7 | 21.2 | 67.5 | 46.0 | 22.7 | 73.4 | 47.5 | 20.0 | 76.0 | 46.7 | 24.7 | 75.6 | 49.7 | 33.5 | 85.7 | **45.0** | **24.0** | **74.0** |
| White bread (n = 807) | 33.3 | 17.0 | 56.7 | 34.0 | 16.3 | 53.3 | 35.9 | 16.7 | 54.7 | 30.3 | 16.3 | 54.7 | 35.0 | 24.7 | 53.5 | **33.3** | **16.7** | **56.0** |
| Grain bread (n = 512) | 29.9 | 18.7 | 45.3 | 24.7 | 16.8 | 44.1 | 22.0 | 16.8 | 42.0 | 30.9 | 18.7 | 47.3 | 40.0 | 21.0 | 56.0 | **28.0** | **18.7** | **45.4** |
| Wholemeal bread (n = 358) | 16.7 | 11.3 | 31.9 | 24.7 | 15.9 | 43.3 | 27.2 | 16.7 | 56.0 | 23.6 | 11.3 | 49.3 | 34.0 | 19.0 | 44.3 | **24.7** | **15.3** | **43.7** |
| Rye bread (n = 110) | 25.3 | 12.4 | 30.7 | 44.2 | 30.1 | 68.6 | 28.7 | 17.2 | 50.7 | 25.3 | 10.0 | 47.1 | 47.5 | 28.7 | 83.7 | **30.7** | **15.5** | **54.0** |
| English-style muffins, flat bread and savoury and sweet breads (n = 518) | 36.7 | 24.7 | 58.0 | 31.7 | 19.3 | 74.7 | 35.3 | 20.9 | 60.0 | 18.8 | 9.8 | 44.7 | 28.8 | 19.0 | 67.0 | **32.2** | **19.3** | **60.0** |
| Pasta and pasta products (n = 368) | 117.5 | 72.3 | 180.9 | 105.0 | 81.7 | 180.9 | 83.8 | 62.5 | 126.0 | 83.8 | 42.9 | 128.1 | 69.2 | 51.0 | 83.8 | **99.0** | **66.2** | **160.8** |
| Breakfast cereals and bars, unfortified and fortified varieties (n = 954) | 40.0 | 22.8 | 59.7 | 49.5 | 31.0 | 82.5 | 42.7 | 22.0 | 76.2 | 37.9 | 22.0 | 68.6 | 44.0 | 29.5 | 55.2 | **42.7** | **23.3** | **66.0** |
| Breakfast cereal, hot porridge type (n = 213) | 97.1 | 93.0 | 130.0 | 118.3 | 106.9 | 314.2 | 173.3 | 97.1 | 355.4 | 170.3 | 43.3 | 290.0 | 260.0 | 113.6 | 408.4 | **130.0** | **97.1** | **260.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to unreliability of estimate

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 59 Median[(a)] daily intake (grams) of cereal-based products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Cereal-based products and dishes (n = 1,597)** | 376.0 | 190.8 | 587.7 | 288.8 | 174.8 | 435.3 | 257.5 | 161.2 | 421.9 | 235.3 | 138.8 | 363.9 | 204.8 | 132.2 | 345.1 | **289.9** | **167.0** | **462.2** |
| Sweet biscuits (n = 697) | 13.0 | 8.0 | 30.0 | 17.3 | 10.7 | 26.0 | 15.1 | 8.0 | 26.1 | 15.7 | 8.3 | 30.9 | 13.0 | 8.0 | 27.3 | **14.4** | **8.3** | **27.3** |
| Savoury biscuits (n = 557) | 18.3 | 7.3 | 55.0 | 13.3 | 6.0 | 26.7 | 10.0 | 4.4 | 20.3 | 15.0 | 6.0 | 24.0 | 11.7 | 6.0 | 18.8 | **13.7** | **6.0** | **26.7** |
| Cakes, buns, muffins, scones, cake-type desserts (n = 624) | 56.7 | 28.8 | 72.8 | 59.6 | 28.3 | 99.2 | 43.8 | 18.3 | 83.2 | 45.0 | 26.7 | 65.0 | 43.3 | 22.6 | 88.8 | **50.0** | **26.4** | **81.9** |
| Pastries (n = 694) | 104.2 | 71.7 | 172.7 | 66.7 | 42.0 | 122.8 | 94.2 | 48.3 | 167.0 | 69.0 | 42.7 | 140.1 | 74.9 | 45.3 | 146.8 | **88.9** | **48.7** | **152.0** |
| Mixed dishes where cereal is the major ingredient (n = 1,414) | 314.8 | 160.8 | 473.9 | 224.7 | 129.4 | 360.3 | 200.1 | 119.5 | 307.9 | 165.9 | 96.0 | 275.4 | 156.3 | 94.4 | 228.9 | **221.4** | **121.5** | **373.3** |
| Batter-based products (n = 241) | 45.0 | 28.7 | 57.3 | 28.0 | 22.0 | 42.2 | 30.0 | 28.0 | 47.3 | 35.5 | 22.7 | 58.7 | 28.0 | 14.0 | 44.0 | **35.5** | **22.0** | **56.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 60 Median[(a)] daily intake (grams) of fruit products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fruit products and dishes (n = 1373)** | 111.3 | 46.7 | 220.0 | 144.8 | 85.7 | 252.0 | 189.3 | 100.0 | 312.7 | 175.8 | 106.7 | 297.6 | 169.3 | 103.8 | 261.7 | **151.7** | **84.0** | **262.7** |
| Pome fruit (n = 799) | 74.3 | 46.7 | 108.0 | 93.3 | 49.7 | 148.7 | 100.3 | 53.7 | 157.3 | 102.0 | 55.3 | 163.7 | 102.0 | 46.7 | 144.0 | **93.3** | **46.7** | **143.0** |
| Berry fruit (n = 181) | 16.6 | 16.0 | 24.6 | 24.0 | 14.7 | 38.2 | 26.7 | 16.0 | 48.0 | 20.8 | 16.0 | 48.0 | 28.0 | 20.0 | 44.0 | **24.0** | **16.0** | **40.0** |
| Citrus fruit (n = 462) | 86.0 | 54.3 | 108.7 | 57.3 | 31.1 | 111.7 | 72.0 | 40.6 | 124.7 | 86.0 | 57.3 | 134.7 | 57.3 | 32.3 | 108.7 | **67.3** | **54.3** | **114.7** |
| Stone fruit (n = 285) | 50.8 | 23.3 | 143.3 | 73.3 | 36.0 | 109.0 | 36.0 | 25.3 | 72.0 | 70.0 | 36.0 | 96.0 | 65.6 | 36.0 | 136.0 | **55.3** | **27.7** | **95.0** |
| Tropical fruit (n = 899) | 67.3 | 39.3 | 113.3 | 59.0 | 39.3 | 90.7 | 78.7 | 39.3 | 118.0 | 78.7 | 39.3 | 112.7 | 77.6 | 39.3 | 118.0 | **73.3** | **39.3** | **113.3** |
| Other fruit (n = 326) | 52.0 | 26.0 | 144.0 | 52.0 | 26.0 | 96.0 | 50.0 | 26.0 | 101.3 | 56.0 | 28.9 | 87.6 | 41.7 | 20.0 | 63.5 | **50.0** | **26.0** | **96.0** |
| Mixtures of two or more groups of fruit (n = 156) | 98.4 | 46.7 | 248.3 | 50.0 | 28.0 | 104.3 | 89.4 | 68.3 | 136.7 | 84.7 | 36.7 | 136.7 | 87.5 | 52.5 | 101.1 | **87.5** | **43.8** | **136.7** |
| Dried fruit, preserved fruit (n = 185) | 19.8 | 10.0 | 24.0 | 18.0 | 9.9 | 35.7 | 23.4 | 12.8 | 33.9 | 20.0 | 12.0 | 40.0 | 23.4 | 10.0 | 41.5 | **20.7** | **10.0** | **34.0** |
| Mixed dishes where fruit is the major component (n = 37) | 81.1 | 70.9 | 91.2 | 57.0 | 40.5 | 81.1 | 19.2 | 16.2 | 64.9 | 47.5 | 20.3 | 81.1 | 47.5 | 47.5 | 63.7 | **70.9** | **39.3** | **81.1** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 61 Median[(a)] daily intake (grams) of vegetable products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Vegetable products and dishes (n = 1,535)** | 179.7 | 67.5 | 246.8 | 174.9 | 97.6 | 270.2 | 180.9 | 103.8 | 299.2 | 204.6 | 107.8 | 318.8 | 226.7 | 131.4 | 350.7 | **185.5** | **98.0** | **287.3** |
| Potatoes (n = 1,118) | 69.3 | 38.7 | 119.5 | 82.8 | 40.8 | 149.4 | 82.2 | 45.0 | 148.0 | 99.7 | 46.0 | 161.3 | 98.7 | 60.6 | 158.0 | **83.0** | **42.7** | **143.0** |
| Cabbage, cauliflower and similar brassica vegetables (n = 518) | 16.7 | 13.0 | 32.0 | 14.7 | 10.0 | 30.0 | 26.7 | 11.0 | 64.2 | 16.7 | 10.0 | 27.7 | 17.5 | 10.0 | 38.7 | **16.7** | **10.0** | **33.0** |
| Carrot and similar root vegetables (n = 657) | 23.6 | 9.2 | 42.6 | 25.8 | 13.7 | 39.0 | 27.3 | 13.7 | 37.9 | 27.3 | 13.7 | 43.4 | 25.8 | 13.7 | 44.8 | **27.3** | **13.7** | **41.0** |
| Leaf and stalk vegetables (n = 337) | 14.9 | 8.0 | 23.3 | 13.1 | 5.3 | 20.3 | 10.7 | 5.3 | 30.0 | 17.5 | 8.0 | 27.8 | 20.6 | 8.0 | 41.7 | **14.9** | **5.8** | **28.8** |
| Peas and beans (n = 566) | 27.5 | 15.8 | 39.6 | 22.6 | 13.2 | 28.7 | 27.5 | 19.5 | 46.7 | 29.2 | 19.5 | 55.0 | 26.9 | 14.6 | 48.7 | **27.5** | **14.6** | **46.7** |
| Tomato and tomato products (n = 395) | 33.0 | 9.9 | 49.3 | 24.7 | 12.3 | 49.3 | 24.7 | 16.0 | 49.3 | 37.0 | 12.3 | 64.7 | 33.3 | 16.7 | 63.3 | **33.0** | **12.3** | **49.5** |
| Other fruiting vegetables (n = 546) | 20.8 | 13.3 | 33.6 | 26.4 | 14.9 | 56.7 | 23.3 | 13.3 | 54.4 | 22.9 | 11.9 | 40.8 | 24.7 | 12.4 | 44.8 | **23.3** | **13.3** | **44.8** |
| Other vegetables and vegetables combinations (n = 584) | 29.3 | 13.5 | 50.9 | 30.8 | 13.2 | 64.8 | 26.3 | 13.2 | 58.3 | 30.9 | 13.6 | 58.5 | 36.0 | 13.2 | 84.5 | **29.2** | **13.5** | **59.4** |
| Dishes where vegetables is the major component (n = 788) | 100.3 | 38.8 | 156.7 | 68.3 | 33.1 | 159.0 | 77.6 | 34.2 | 139.2 | 64.0 | 33.1 | 119.3 | 61.3 | 37.3 | 124.0 | **77.6** | **34.2** | **146.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 62 Median[(a)] daily intake (grams) of legume and pulse products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Legume and pulse products and dishes (n = 259)** | 66.7 | 18.0 | 155.8 | 82.5 | 31.7 | 163.0 | 53.0 | 27.5 | 96.7 | 38.9 | 13.9 | 70.8 | 70.0 | 45.8 | 82.5 | **62.0** | **21.3** | **114.7** |
| Mature legumes and pulses (n = 43) | 22.0 | 19.7 | 138.1 | 76.0 | 55.0 | 82.8 | 8.8 | 4.3 | 28.8 | 33.3 | 30.8 | 70.8 | 14.5 | 14.5 | 17.3 | **33.3** | **13.8** | **82.8** |
| Mature legume and pulse products and dishes (n = 228) | 66.7 | 20.6 | 155.8 | 82.5 | 27.5 | 157.2 | 66.7 | 30.5 | 96.7 | 25.0 | 6.9 | 69.2 | 70.4 | 45.8 | 82.5 | **66.1** | **20.6** | **114.4** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 63 Median[(a)] daily intake (grams) of milk products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Milk products and dishes (n = 1,596)** | 224.7 | 105.3 | 388.7 | 274.4 | 133.0 | 430.0 | 224.2 | 127.1 | 360.6 | 226.0 | 118.5 | 350.0 | 262.6 | 152.0 | 379.9 | **239.5** | **119.0** | **383.1** |
| Dairy milk (n = 1,446) | 173.3 | 86.7 | 321.0 | 179.6 | 78.0 | 324.5 | 171.7 | 86.7 | 294.7 | 163.3 | 77.8 | 263.3 | 234.0 | 124.0 | 323.6 | **176.8** | **86.7** | **315.9** |
| Low-fat milk (n = 914) | 130.0 | 83.5 | 277.3 | 176.8 | 69.3 | 300.7 | 148.4 | 62.4 | 260.0 | 124.8 | 69.3 | 235.7 | 190.7 | 91.9 | 292.1 | **149.1** | **69.3** | **270.9** |
| Yoghurt (n = 422) | 66.7 | 43.3 | 100.0 | 52.0 | 34.3 | 97.1 | 62.4 | 29.8 | 109.8 | 57.2 | 33.3 | 84.3 | 55.1 | 27.7 | 100.0 | **62.4** | **34.3** | **100.0** |
| Cream (n = 227) | 8.8 | 3.0 | 20.6 | 13.1 | 6.2 | 20.2 | 6.7 | 2.7 | 15.2 | 9.4 | 6.1 | 16.6 | 10.3 | 3.5 | 22.2 | **8.9** | **3.4** | **20.2** |
| Cheese (n = 729) | 9.6 | 3.7 | 18.7 | 13.8 | 6.2 | 28.5 | 7.1 | 4.2 | 21.0 | 8.0 | 3.8 | 21.3 | 13.3 | 6.1 | 31.1 | **10.0** | **4.4** | **22.2** |
| Frozen milk products (n = 541) | 33.3 | 24.7 | 58.7 | 33.0 | 20.8 | 64.0 | 35.0 | 24.0 | 58.3 | 30.1 | 20.0 | 50.0 | 25.0 | 16.0 | 45.5 | **33.3** | **20.8** | **58.9** |
| Custards (n = 56) | 46.7 | 44.8 | 46.7 | 46.7 | 41.1 | 238.9 | 29.9 | 20.0 | 46.7 | 46.7 | 29.9 | 104.5 | 24.6 | 11.2 | 46.7 | **44.8** | **24.6** | **46.7** |
| Other dishes where milk or a milk product is the major component (n = 65) | 16.7 | 9.4 | 20.6 | 46.7 | 28.6 | 49.2 | 30.0 | 16.7 | 45.6 | 24.0 | 21.6 | 53.3 | 60.0 | 36.3 | 79.5 | **30.0** | **16.7** | **49.2** |
| Flavoured milks (n = 149) | 142.3 | 85.8 | 188.7 | 206.0 | 120.7 | 260.8 | 145.0 | 102.0 | 206.0 | 171.8 | 85.8 | 351.0 | 102.0 | 96.7 | 206.0 | **151.1** | **96.7** | **217.5** |
| Dairy substitutes (n = 111) | 86.7 | 60.7 | 192.5 | 150.8 | 83.2 | 231.4 | 128.3 | 81.5 | 194.1 | 150.6 | 52.0 | 176.8 | 239.2 | 34.7 | 313.7 | **138.7** | **81.5** | **216.7** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 64 Median[(a)] daily intake (grams) of meat, poultry and game products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Meat, poultry and game products and dishes (n = 1,481)** | 186.1 | 125.3 | 292.1 | 183.5 | 96.0 | 267.6 | 149.1 | 82.7 | 278.8 | 159.8 | 82.7 | 263.2 | 152.4 | 68.8 | 240.0 | **175.8** | **94.0** | **273.6** |
| Muscle meat (n = 864) | 80.0 | 54.9 | 140.7 | 72.0 | 38.7 | 128.0 | 80.0 | 47.5 | 134.4 | 75.9 | 48.0 | 142.6 | 59.2 | 38.0 | 115.2 | **76.0** | **46.2** | **136.8** |
| Poultry and feathered game (n = 440) | 100.8 | 64.0 | 145.9 | 76.8 | 42.7 | 115.8 | 57.6 | 29.3 | 102.4 | 60.7 | 40.0 | 102.4 | 44.7 | 26.7 | 96.0 | **76.7** | **38.4** | **124.0** |
| Game and other carcass meats, organ meats and offal, products and dishes (n = 35) | 40.0 | 40.0 | 160.0 | 4.7 | 4.7 | 37.5 | 163.2 | 163.2 | 163.2 | 4.7 | 2.3 | 60.0 | 45.2 | 6.1 | 66.0 | **40.0** | **4.7** | **163.2** |
| Sausages, frankfurts and saveloys (n = 345) | 57.1 | 31.3 | 92.7 | 48.0 | 26.8 | 66.0 | 53.5 | 35.7 | 80.3 | 42.8 | 26.8 | 71.3 | 39.2 | 26.8 | 62.9 | **49.9** | **28.5** | **80.3** |
| Processed meat (n = 432) | 11.9 | 5.7 | 31.4 | 14.0 | 6.5 | 27.1 | 15.8 | 7.7 | 46.2 | 9.9 | 5.2 | 21.0 | 18.0 | 6.5 | 41.5 | **12.5** | **5.8** | **32.4** |
| Mixed dishes where beef, veal or lamb is the major component (n = 425) | 111.8 | 73.3 | 207.9 | 84.2 | 56.0 | 135.0 | 116.5 | 66.0 | 213.9 | 109.9 | 77.6 | 183.6 | 128.8 | 55.0 | 183.6 | **105.7** | **65.8** | **188.8** |
| Mixed dishes where pork, bacon or ham is the major component (n = 63) | 31.3 | 21.0 | 110.5 | 73.7 | 31.3 | 126.3 | 98.8 | 44.0 | 157.8 | 101.0 | 97.0 | 116.3 | 112.0 | 100.0 | 123.7 | **80.0** | **21.0** | **116.3** |
| Mixed dishes where poultry or game is the major component (n = 529) | 99.8 | 70.0 | 168.0 | 100.8 | 60.0 | 212.1 | 101.7 | 36.7 | 196.9 | 94.5 | 55.5 | 138.6 | 111.5 | 66.1 | 189.5 | **100.0** | **55.5** | **172.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 65 Median[(a)] daily intake (grams) of fish and seafood products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fish and seafood products and dishes (n = 627)** | 79.2 | 38.3 | 145.0 | 79.2 | 47.3 | 124.2 | 83.3 | 35.2 | 125.0 | 70.4 | 45.8 | 113.8 | 70.8 | 34.2 | 119.9 | **76.8** | **38.3** | **128.8** |
| Fin fish (except canned) (n = 286) | 70.4 | 31.7 | 105.6 | 79.2 | 52.8 | 140.8 | 46.9 | 26.4 | 105.6 | 70.4 | 42.7 | 105.6 | 79.2 | 52.8 | 105.6 | **70.4** | **36.7** | **105.6** |
| Crustacea and molluscs (excluding canned) (n = 82) | 15.3 | 6.3 | 30.0 | 38.0 | 31.7 | 40.2 | 35.8 | 12.0 | 52.1 | 15.0 | 8.3 | 60.0 | 60.0 | 26.7 | 60.0 | **25.3** | **9.3** | **56.7** |
| Packed (canned) fish and seafood (n = 150) | 43.2 | 31.7 | 95.0 | 31.7 | 31.7 | 60.0 | 40.0 | 25.2 | 63.3 | 58.3 | 18.5 | 70.8 | 33.9 | 20.0 | 70.8 | **35.0** | **31.7** | **70.8** |
| Fish and seafood products (n = 197) | 82.5 | 52.6 | 146.7 | 60.7 | 41.7 | 100.0 | 47.3 | 23.7 | 84.5 | 60.3 | 37.4 | 95.3 | 50.0 | 16.7 | 92.5 | **60.5** | **35.2** | **100.0** |
| Mixed dishes with fish or seafood as the major component (n = 93) | 113.3 | 50.0 | 117.3 | 106.7 | 84.8 | 324.0 | 150.0 | 62.5 | 200.0 | 57.6 | 25.3 | 137.5 | 113.7 | 41.7 | 160.0 | **106.7** | **50.0** | **200.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 66 Median[(a)] daily intake (grams) of egg products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Egg products and dishes (n = 531)** | 28.6 | 24.7 | 69.7 | 31.0 | 24.7 | 50.0 | 24.7 | 24.7 | 49.0 | 29.3 | 19.3 | 53.0 | 24.7 | 14.7 | 32.7 | **24.7** | **24.7** | **49.3** |
| Eggs (n = 411) | 24.7 | 24.7 | 37.0 | 24.7 | 24.7 | 32.7 | 24.7 | 24.7 | 24.7 | 24.7 | 12.3 | 32.7 | 24.7 | 12.3 | 29.3 | **24.7** | **24.7** | **32.7** |
| Dishes where egg is the major ingredient (n = 145) | 78.7 | 28.6 | 116.7 | 58.1 | 35.3 | 116.3 | 56.4 | 33.7 | 83.4 | 50.4 | 33.1 | 83.7 | 59.2 | 30.0 | 82.8 | **59.4** | **33.7** | **101.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 67 Median[(a)] daily intake (grams) of snack foods among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Snack foods (n = 367)** | 25.0 | 14.8 | 52.6 | 16.2 | 10.0 | 31.7 | 14.6 | 6.7 | 28.3 | 10.7 | 4.6 | 30.0 | 7.5 | 3.5 | 18.1 | **16.7** | **7.5** | **33.3** |
| Potato snacks (n = 259) | 25.0 | 15.0 | 52.5 | 16.7 | 12.7 | 33.3 | 10.8 | 6.0 | 17.5 | 10.5 | 6.3 | 16.7 | 7.5 | 6.7 | 40.0 | **16.7** | **8.0** | **33.3** |
| Other snacks(b) (n = 157) | 15.0 | 10.8 | 36.5 | 13.3 | 7.3 | 17.1 | 15.0 | 6.4 | 41.7 | 16.4 | 6.7 | 33.3 | 3.5 | 0.5 | 10.4 | **14.8** | **6.7** | **30.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) Includes corn snacks, extruded snacks and pretzels
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 68 Median[(a)] daily intake (grams) of sugar products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Sugar products and dishes (n = 1,275)** | 11.8 | 4.9 | 22.7 | 16.3 | 7.1 | 29.3 | 17.1 | 6.9 | 29.9 | 17.6 | 9.0 | 31.8 | 20.0 | 7.9 | 30.6 | **15.7** | **6.8** | **29.0** |
| Sugar, honey and syrups (n = 1,142) | 9.7 | 3.9 | 19.2 | 12.5 | 5.6 | 22.2 | 15.3 | 6.2 | 28.0 | 14.0 | 7.3 | 28.0 | 17.2 | 7.6 | 27.0 | **12.9** | **5.5** | **23.2** |
| Jam and lemon spreads, chocolate spreads (n = 414) | 9.0 | 4.5 | 11.3 | 9.0 | 4.5 | 14.9 | 9.0 | 4.5 | 13.5 | 6.8 | 4.5 | 13.5 | 9.0 | 4.5 | 13.5 | **9.0** | **4.5** | **13.5** |
| Dishes and products other than confectionery where sugar is the main ingredient (n = 93) | 25.0 | 24.3 | 88.8 | 46.6 | 31.3 | 74.0 | 29.9 | 21.4 | 49.3 | 56.9 | 37.0 | 79.1 | 46.7 | 41.0 | 109.5 | **43.8** | **24.7** | **74.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 69 Median[(a)] daily intake (grams) of confectionary among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Confectionery (n = 872)** | 17.6 | 8.7 | 33.3 | 19.5 | 10.6 | 36.0 | 16.5 | 8.7 | 30.6 | 12.5 | 6.7 | 24.3 | 13.8 | 6.0 | 24.9 | **16.9** | **8.7** | **31.0** |
| Chocolate and chocolate-based confectionery (n = 618) | 17.3 | 8.7 | 30.0 | 13.7 | 9.7 | 33.2 | 13.3 | 6.7 | 21.9 | 11.2 | 6.0 | 18.0 | 15.0 | 6.7 | 21.3 | **14.8** | **7.5** | **26.0** |
| Cereal, fruit, nut and seed-bars (n = 179) | 13.3 | 10.3 | 27.3 | 13.3 | 10.7 | 21.3 | 20.7 | 11.7 | 33.3 | 20.7 | 11.7 | 25.0 | 20.7 | 13.3 | 44.7 | **20.3** | **10.7** | **28.3** |
| Other confectionery (n = 346) | 12.1 | 3.7 | 18.0 | 8.7 | 3.7 | 19.0 | 7.6 | 2.7 | 16.1 | 7.4 | 2.9 | 15.2 | 7.0 | 2.9 | 9.0 | **8.6** | **3.7** | **16.1** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 70 Median[(a)] daily intake (grams) of seed and nut products and dishes among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Seed and nut products and dishes (n = 610)** | 16.7 | 10.0 | 34.2 | 17.0 | 8.3 | 37.2 | 24.3 | 9.5 | 50.0 | 17.1 | 9.0 | 50.0 | 12.5 | 4.8 | 25.0 | **17.0** | **8.3** | **40.0** |
| Seeds and seed products (n = 43) | 11.0 | 9.3 | 11.0 | 12.8 | 10.2 | 15.0 | 7.0 | 3.8 | 12.8 | 5.8 | 3.0 | 16.3 | 11.1 | 5.2 | 20.3 | **11.0** | **4.7** | **15.0** |
| Nuts and nut products (n = 596) | 16.7 | 8.7 | 35.0 | 16.7 | 8.3 | 35.2 | 25.0 | 11.7 | 50.0 | 16.7 | 8.3 | 46.5 | 12.5 | 4.8 | 25.0 | **17.0** | **8.3** | **40.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 71 Median[(a)] daily intake (grams) of fats and oils among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fats and oils (n = 1160)** | 6.3 | 3.2 | 11.1 | 7.9 | 3.2 | 12.7 | 6.7 | 4.8 | 12.7 | 7.0 | 3.2 | 13.9 | 10.1 | 6.3 | 17.4 | **6.7** | **3.2** | **12.7** |
| Butters (n = 404) | 6.3 | 3.2 | 6.3 | 4.8 | 3.2 | 9.5 | 4.8 | 3.2 | 7.9 | 4.8 | 3.2 | 9.5 | 6.3 | 3.2 | 9.8 | **5.5** | **3.2** | **8.6** |
| Dairy blends (n = 210) | 6.3 | 3.2 | 12.7 | 6.3 | 3.2 | 9.5 | 6.3 | 1.9 | 6.3 | 6.3 | 3.2 | 9.5 | 6.3 | 3.2 | 12.7 | **6.3** | **3.2** | **9.5** |
| Margarine and table spreads (n = 677) | 6.3 | 3.2 | 9.5 | 9.0 | 3.7 | 11.1 | 6.3 | 3.2 | 9.5 | 7.0 | 3.2 | 12.7 | 9.5 | 5.1 | 15.8 | **6.3** | **3.2** | **12.7** |
| Polyunsaturated margarine (n = 151) | 6.3 | 3.2 | 12.7 | 6.3 | 3.2 | 9.5 | 6.3 | 3.2 | 6.3 | 9.5 | 3.2 | 13.1 | 6.3 | 4.8 | 9.5 | **6.3** | **3.2** | **9.5** |
| Mono-unsaturated margarine (n = 370) | 4.8 | 3.2 | 9.5 | 7.9 | 3.2 | 9.5 | 4.8 | 3.2 | 6.3 | 6.3 | 3.2 | 9.8 | 6.3 | 4.4 | 12.7 | **6.3** | **3.2** | **9.5** |
| Vegetable or nut oil (n = 189) | 3.0 | 1.5 | 6.0 | 6.0 | 1.5 | 6.0 | 2.7 | 1.5 | 6.0 | 3.9 | 2.1 | 6.3 | 3.8 | 1.5 | 15.0 | **3.0** | **1.5** | **6.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 72 Median[(a)] daily intake (grams) of soup among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Soup (n = 499)** | 168.3 | 109.9 | 275.4 | 170.0 | 107.7 | 272.7 | 171.7 | 113.1 | 291.8 | 191.3 | 121.3 | 291.8 | 170.0 | 107.7 | 224.3 | **170.0** | **109.9** | **276.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range

## Table 73 Median[(a)] daily intake (grams) of savoury sauces and condiments among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Savoury sauces and condiments (n = 1103)** | 22.0 | 8.7 | 45.2 | 21.2 | 7.9 | 45.5 | 17.1 | 6.7 | 38.0 | 20.0 | 8.8 | 40.0 | 13.3 | 6.7 | 43.8 | **19.9** | **7.3** | **43.2** |
| Gravies and savoury sauces (n = 985) | 23.1 | 8.7 | 44.7 | 20.2 | 6.9 | 45.5 | 16.1 | 6.7 | 38.0 | 17.3 | 6.9 | 38.5 | 11.0 | 4.9 | 38.9 | **18.4** | **6.9** | **42.4** |
| Pickles, chutneys and relishes (n = 166) | 13.2 | 8.0 | 20.9 | 9.3 | 6.7 | 14.0 | 10.8 | 5.3 | 16.0 | 10.7 | 6.3 | 25.0 | 14.5 | 7.2 | 26.5 | **12.5** | **6.7** | **21.0** |
| Salad dressings (n = 202) | 6.7 | 3.3 | 11.0 | 6.7 | 3.0 | 10.0 | 3.0 | 1.8 | 7.0 | 5.0 | 2.3 | 21.3 | 6.7 | 5.0 | 13.3 | **6.7** | **3.0** | **11.6** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 74 Median[(a)] daily intake (grams) of non-alcoholic beverages among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Non-alcoholic beverages (n = 1,641)** | 1972.5 | 1423.0 | 2482.5 | 2047.1 | 1498.9 | 2526.3 | 1755.5 | 1400.0 | 2290.0 | 1593.1 | 1217.8 | 2105.8 | 1472.4 | 1108.3 | 1875.3 | **1806.7** | **1339.9** | **2362.7** |
| Tea (n = 1,001) | 158.3 | 83.3 | 383.3 | 333.3 | 125.0 | 583.3 | 406.7 | 208.3 | 661.7 | 453.3 | 233.3 | 753.3 | 520.0 | 266.7 | 808.3 | **333.3** | **153.3** | **616.7** |
| Coffee and coffee substitutes (n = 1,276) | 217.2 | 117.0 | 453.7 | 374.6 | 243.3 | 594.6 | 378.8 | 226.7 | 666.7 | 393.3 | 232.3 | 587.3 | 416.7 | 250.0 | 703.3 | **348.5** | **191.9** | **589.2** |
| Fruit and vegetables juices and drinks (n = 779) | 275.6 | 104.0 | 374.5 | 186.5 | 105.0 | 288.5 | 165.8 | 86.7 | 244.3 | 150.9 | 86.7 | 215.8 | 161.0 | 95.3 | 251.3 | **183.7** | **96.3** | **312.0** |
| Cordials (n = 227) | 87.3 | 24.1 | 154.5 | 107.0 | 40.7 | 315.0 | 48.8 | 26.7 | 152.3 | 91.5 | 32.5 | 262.2 | 35.6 | 30.5 | 245.0 | **78.1** | **30.5** | **205.6** |
| Soft drinks and flavoured mineral waters (n = 758) | 338.3 | 167.2 | 632.5 | 216.7 | 130.0 | 416.7 | 199.3 | 130.0 | 342.7 | 173.3 | 104.0 | 303.3 | 209.7 | 104.0 | 390.0 | **255.0** | **130.0** | **482.7** |
| Electrolyte, energy and fortified drinks (n = 106) | 208.0 | 133.8 | 235.4 | 208.0 | 89.2 | 312.0 | 156.9 | 104.0 | 214.0 | 208.0 | 178.3 | 381.3 | 208.0 | 133.8 | 416.0 | **208.0** | **133.8** | **260.0** |
| Mineral waters and water (n = 1522) | 1126.7 | 646.7 | 1800.0 | 1001.0 | 525.0 | 1666.7 | 925.0 | 516.7 | 1275.0 | 670.0 | 383.3 | 1012.3 | 500.0 | 283.3 | 858.3 | **913.3** | **480.0** | **1483.3** |
| Beverage flavourings (n = 196) | 4.6 | 3.5 | 94.2 | 6.9 | 3.6 | 105.8 | 110.5 | 12.8 | 176.7 | 8.3 | 4.0 | 118.8 | 9.4 | 4.4 | 85.0 | **7.1** | **3.6** | **106.4** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 75 Median[(a)] daily intake (grams) of alcoholic beverages among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Alcoholic beverages (n = 1,097)** | 497.5 | 207.7 | 875.5 | 390.0 | 236.1 | 758.4 | 386.3 | 195.6 | 757.5 | 382.0 | 190.0 | 797.0 | 405.9 | 190.9 | 757.5 | **410.1** | **200.7** | **819.5** |
| Beers (n = 724) | 505.0 | 212.1 | 883.8 | 378.8 | 236.1 | 757.5 | 294.6 | 126.3 | 882.5 | 500.0 | 189.4 | 1128.8 | 378.8 | 126.3 | 757.5 | **380.0** | **205.7** | **883.8** |
| Wines (n = 613) | 115.5 | 66.0 | 247.5 | 174.9 | 99.0 | 297.0 | 184.8 | 99.0 | 330.0 | 247.5 | 132.0 | 396.0 | 257.4 | 115.5 | 405.9 | **193.6** | **99.0** | **330.0** |
| Spirits (n = 134) | 38.4 | 19.2 | 118.8 | 16.0 | 9.6 | 62.4 | 31.7 | 15.8 | 48.0 | 30.1 | 15.8 | 47.5 | 39.6 | 25.6 | 69.7 | **32.0** | **15.8** | **57.0** |
| Other alcoholic beverages (n = 18) | 35.3 | 30.6 | 35.3 | 381.6 | 151.2 | 381.6 | 15.9 | 11.7 | 19.0 | 8.8 | 8.8 | 8.8 | 5.3 | 5.3 | 5.3 | **19.0** | **9.9** | **35.3** |
| Pre-mixed drinks (n = 133) | 260.0 | 130.0 | 504.3 | 260.0 | 130.0 | 430.8 | 260.0 | 128.0 | 390.0 | 130.0 | 67.3 | 260.0 | 85.8 | 68.7 | 130.0 | **260.0** | **130.0** | **400.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 76 Median[(a)] daily intake (grams) of miscellaneous products among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Miscellaneous (n = 1,062)** | 2.2 | 0.7 | 10.3 | 2.5 | 0.7 | 7.0 | 2.8 | 0.9 | 7.9 | 1.9 | 0.7 | 5.5 | 2.9 | 1.1 | 5.9 | **2.4** | **0.7** | **8.0** |
| Formula dietary foods (n = 38) | 52.0 | 50.0 | 210.5 | 13.3 | 8.7 | 268.7 | 34.0 | 14.0 | 130.4 | 13.3 | 13.3 | 23.3 | 61.8 | 4.0 | 116.7 | **52.0** | **23.3** | **116.7** |
| Yeast; yeast, vegetables and meat extracts (n = 397) | 7.6 | 2.0 | 10.4 | 4.0 | 2.0 | 8.0 | 4.8 | 4.0 | 8.0 | 4.0 | 2.0 | 8.0 | 4.0 | 3.0 | 8.0 | **4.0** | **2.0** | **8.0** |
| Intense sweetening agents (n = 91) | 0.3 | 0.3 | 2.0 | 1.0 | 1.0 | 1.5 | 2.3 | 1.3 | 3.8 | 2.3 | 0.8 | 3.3 | 2.5 | 1.0 | 4.8 | **2.0** | **0.7** | **3.1** |
| Herbs, spices, seasonings and stock cubes (n = 840) | 1.1 | 0.5 | 1.9 | 0.7 | 0.5 | 1.9 | 1.1 | 0.5 | 2.4 | 0.8 | 0.5 | 1.9 | 1.1 | 0.5 | 2.1 | **0.9** | **0.5** | **2.1** |
| Infant foods (n = 18) | 11.3 | 11.3 | 11.3 | 5.2 | 5.2 | 14.7 | 13.7 | 6.6 | 42.9 | 19.1 | 14.7 | 23.0 | 27.5 | 2.8 | 27.5 | **11.3** | **5.2** | **23.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 77 Median[(a)] daily intake (grams) of cereal and cereal products among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Cereals and cereal products (n = 1835)** | 133.5 | 55.4 | 241.0 | 117.1 | 65.3 | 211.8 | 119.7 | 59.3 | 190.6 | 133.5 | 65.5 | 216.0 | 125.2 | 73.1 | 198.3 | **125.4** | **63.2** | **215.0** |
| Flours and other cereal grains and starches (n = 682) | 75.0 | 31.7 | 159.6 | 65.9 | 31.7 | 126.7 | 52.3 | 29.2 | 81.1 | 63.3 | 30.0 | 118.6 | 51.8 | 20.4 | 81.1 | **63.3** | **31.7** | **116.7** |
| Regular bread and rolls (n = 1,554) | 34.7 | 17.0 | 53.3 | 38.7 | 20.7 | 58.5 | 33.5 | 18.7 | 52.0 | 37.0 | 20.0 | 56.0 | 33.8 | 19.0 | 50.7 | **34.8** | **19.1** | **55.2** |
| White bread (n = 879) | 36.0 | 16.7 | 50.0 | 24.9 | 16.3 | 37.3 | 22.4 | 15.0 | 40.3 | 21.3 | 10.2 | 34.0 | 20.0 | 10.7 | 36.6 | **24.9** | **14.7** | **43.2** |
| Grain bread (n = 634) | 21.0 | 11.7 | 30.1 | 24.2 | 18.7 | 38.8 | 20.2 | 14.0 | 32.7 | 25.7 | 14.0 | 42.0 | 19.6 | 16.7 | 39.7 | **22.0** | **14.0** | **37.3** |
| Wholemeal bread (n = 387) | 15.3 | 7.7 | 21.8 | 18.0 | 9.1 | 40.8 | 17.6 | 10.5 | 34.1 | 20.2 | 10.3 | 33.3 | 17.6 | 10.5 | 33.0 | **17.0** | **9.0** | **32.0** |
| Rye bread (n = 187) | 24.0 | 16.2 | 36.3 | 24.5 | 12.9 | 48.0 | 24.8 | 12.0 | 38.0 | 22.1 | 12.7 | 45.4 | 25.3 | 12.7 | 44.2 | **24.0** | **12.7** | **38.0** |
| English-style muffins, flat bread and savoury and sweet breads (n = 617) | 33.6 | 19.3 | 44.7 | 22.7 | 15.0 | 40.5 | 28.0 | 12.0 | 42.5 | 19.3 | 9.6 | 32.0 | 24.0 | 18.7 | 44.9 | **25.3** | **14.7** | **43.3** |
| Pasta and pasta products (n = 412) | 99.0 | 71.5 | 162.0 | 83.8 | 50.0 | 133.3 | 71.5 | 50.3 | 140.7 | 83.8 | 62.5 | 138.8 | 75.0 | 41.7 | 83.8 | **83.8** | **57.3** | **140.7** |
| Breakfast cereals and bars, unfortified and fortified varieties (n = 1109) | 22.0 | 14.7 | 40.0 | 25.6 | 16.5 | 49.5 | 22.4 | 13.3 | 37.5 | 27.5 | 16.5 | 46.5 | 29.0 | 18.9 | 43.0 | **24.0** | **15.0** | **42.7** |
| Breakfast cereal, hot porridge type (n = 378) | 130.0 | 79.2 | 222.0 | 110.9 | 46.0 | 173.0 | 127.4 | 86.7 | 198.3 | 135.2 | 92.6 | 240.1 | 142.7 | 77.1 | 215.3 | **124.8** | **80.8** | **217.7** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 78 Median[(a)] daily intake (grams) of cereal-based products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Cereal-based products and dishes (n = 1,817)** | 236.4 | 129.6 | 359.9 | 209.2 | 113.3 | 336.0 | 183.2 | 96.7 | 275.2 | 158.4 | 92.3 | 242.0 | 147.8 | 80.4 | 214.3 | **190.2** | **103.8** | **303.3** |
| Sweet biscuits (n = 884) | 11.3 | 6.7 | 18.3 | 12.7 | 8.0 | 20.7 | 11.3 | 7.0 | 18.2 | 13.6 | 7.1 | 22.7 | 10.7 | 5.7 | 19.0 | **11.9** | **6.9** | **19.8** |
| Savoury biscuits (n = 844) | 10.0 | 6.0 | 16.7 | 10.5 | 6.7 | 21.7 | 11.0 | 6.0 | 21.0 | 12.0 | 7.3 | 24.0 | 10.0 | 4.0 | 19.5 | **10.7** | **6.0** | **20.7** |
| Cakes, buns, muffins, scones, cake-type desserts (n = 841) | 46.0 | 27.0 | 74.2 | 37.7 | 21.7 | 68.7 | 36.7 | 18.8 | 63.6 | 33.5 | 19.9 | 65.8 | 37.5 | 16.8 | 77.2 | **37.4** | **21.1** | **68.4** |
| Pastries (n = 709) | 70.4 | 27.6 | 128.0 | 74.7 | 42.4 | 118.7 | 76.7 | 32.4 | 139.5 | 53.7 | 32.1 | 112.9 | 60.6 | 40.0 | 99.6 | **69.6** | **33.3** | **122.8** |
| Mixed dishes where cereal is the major ingredient (n = 1,534) | 158.4 | 89.4 | 292.1 | 147.0 | 85.5 | 226.1 | 127.5 | 69.4 | 187.6 | 114.0 | 66.9 | 188.7 | 89.1 | 54.1 | 146.7 | **136.0** | **73.0** | **221.7** |
| Batter-based products (n = 291) | 28.0 | 18.5 | 41.5 | 28.0 | 14.0 | 47.3 | 28.0 | 15.0 | 42.3 | 24.5 | 14.0 | 34.0 | 23.7 | 14.0 | 40.8 | **28.0** | **15.0** | **42.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 79 Median[(a)] daily intake (grams) of fruit products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fruit products and dishes (n = 1,662)** | 139.0 | 78.7 | 241.3 | 118.0 | 78.7 | 215.3 | 153.3 | 92.8 | 253.0 | 192.0 | 112.7 | 285.4 | 184.5 | 118.5 | 278.2 | **152.0** | **87.7** | **253.0** |
| Pome fruit (n = 1,009) | 85.0 | 49.7 | 118.7 | 67.3 | 46.7 | 116.7 | 72.0 | 46.7 | 110.7 | 93.3 | 46.7 | 133.3 | 78.7 | 55.3 | 123.7 | **77.0** | **46.7** | **118.7** |
| Berry fruit (n = 351) | 16.0 | 11.2 | 32.0 | 22.0 | 16.0 | 40.0 | 23.2 | 13.7 | 36.0 | 29.3 | 20.0 | 58.6 | 29.3 | 16.0 | 40.0 | **22.0** | **12.7** | **39.2** |
| Citrus fruit (n = 645) | 54.3 | 28.7 | 67.3 | 54.3 | 28.7 | 86.0 | 57.3 | 28.7 | 111.7 | 57.3 | 46.0 | 108.7 | 57.3 | 28.7 | 86.0 | **57.3** | **28.7** | **86.7** |
| Stone fruit (n = 378) | 64.3 | 28.0 | 124.3 | 36.7 | 21.0 | 73.3 | 42.5 | 31.7 | 64.3 | 48.5 | 28.0 | 72.0 | 51.0 | 36.0 | 109.3 | **49.5** | **28.0** | **74.2** |
| Tropical fruit (n = 1,040) | 48.0 | 39.3 | 84.7 | 56.7 | 39.3 | 84.7 | 67.3 | 39.3 | 90.7 | 53.5 | 39.3 | 90.7 | 62.0 | 39.3 | 87.3 | **59.0** | **39.3** | **88.7** |
| Other fruit (n = 539) | 31.7 | 26.0 | 71.5 | 33.0 | 16.7 | 70.7 | 42.7 | 26.0 | 71.4 | 56.7 | 26.0 | 95.0 | 50.0 | 26.0 | 82.7 | **39.8** | **26.0** | **78.0** |
| Mixtures of two or more groups of fruit (n = 166) | 95.2 | 76.5 | 198.7 | 74.7 | 43.8 | 112.0 | 84.7 | 36.7 | 183.3 | 75.2 | 20.3 | 140.0 | 43.8 | 29.0 | 102.5 | **82.0** | **41.7** | **136.7** |
| Dried fruit, preserved fruit (n = 279) | 13.3 | 7.8 | 29.4 | 13.3 | 8.5 | 19.0 | 13.3 | 6.0 | 23.0 | 14.0 | 7.5 | 37.5 | 13.3 | 6.0 | 29.7 | **13.3** | **7.8** | **29.2** |
| Mixed dishes where fruit is the major component (n = 48) | 18.9 | 18.9 | 84.3 | 71.9 | 40.0 | 96.2 | 38.0 | 18.3 | 75.0 | 48.6 | 31.7 | 61.2 | 30.9 | 24.3 | 57.0 | **41.7** | **18.9** | **84.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 80 Median[(a)] daily intake (grams) of vegetable products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Vegetable products and dishes (n = 1,795)** | 139.5 | 86.6 | 280.3 | 168.0 | 85.2 | 279.9 | 187.1 | 112.4 | 304.2 | 210.8 | 117.4 | 313.2 | 205.9 | 105.8 | 310.8 | **176.5** | **97.0** | **294.7** |
| Potatoes (n = 1,199) | 72.5 | 40.8 | 116.5 | 65.6 | 40.8 | 114.4 | 74.6 | 40.8 | 115.6 | 58.7 | 40.0 | 97.6 | 76.3 | 40.8 | 135.0 | **68.1** | **40.8** | **113.2** |
| Cabbage, cauliflower and similar brassica vegetables (n = 673) | 23.0 | 13.3 | 35.7 | 20.0 | 13.0 | 42.5 | 18.7 | 7.7 | 37.2 | 21.7 | 10.0 | 53.3 | 18.7 | 11.0 | 40.7 | **20.0** | **11.0** | **38.0** |
| Carrot and similar root vegetables (n = 836) | 19.2 | 13.7 | 38.5 | 27.3 | 13.7 | 41.0 | 20.1 | 12.9 | 35.5 | 21.8 | 12.7 | 49.0 | 26.4 | 13.7 | 41.0 | **24.5** | **13.7** | **40.3** |
| Leaf and stalk vegetables (n = 533) | 15.2 | 6.7 | 31.7 | 13.3 | 5.8 | 29.7 | 11.9 | 5.3 | 35.5 | 12.5 | 5.8 | 30.0 | 14.9 | 7.4 | 26.7 | **13.3** | **5.8** | **31.7** |
| Peas and beans (n = 620) | 27.5 | 17.0 | 42.0 | 27.3 | 14.1 | 42.4 | 25.0 | 14.6 | 38.5 | 20.8 | 13.2 | 36.5 | 23.3 | 13.2 | 43.3 | **24.8** | **14.5** | **41.3** |
| Tomato and tomato products (n = 551) | 24.7 | 12.3 | 60.1 | 24.7 | 6.7 | 44.2 | 24.7 | 12.0 | 49.3 | 28.0 | 16.5 | 62.7 | 25.0 | 15.0 | 49.3 | **24.7** | **12.4** | **49.3** |
| Other fruiting vegetables (n = 781) | 25.3 | 10.3 | 53.3 | 21.3 | 11.9 | 43.4 | 23.9 | 11.9 | 48.7 | 27.3 | 13.3 | 47.9 | 32.7 | 13.2 | 52.8 | **26.0** | **11.9** | **47.8** |
| Other vegetables and vegetables combinations (n = 731) | 29.2 | 13.2 | 53.2 | 26.7 | 13.3 | 47.5 | 23.8 | 13.2 | 47.8 | 33.3 | 13.3 | 69.0 | 23.8 | 12.5 | 35.6 | **26.7** | **13.2** | **53.3** |
| Dishes where vegetables is the major component (n = 1044) | 67.2 | 44.3 | 128.5 | 84.4 | 48.2 | 154.3 | 92.1 | 41.7 | 182.6 | 82.0 | 26.1 | 142.6 | 63.0 | 33.1 | 132.0 | **76.3** | **40.5** | **150.5** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 81 Median[(a)] daily intake (grams) of legume products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Legume and pulse products and dishes (n = 351)** | 52.1 | 16.3 | 99.4 | 41.9 | 13.9 | 82.5 | 34.5 | 11.7 | 82.5 | 41.7 | 16.6 | 81.7 | 42.1 | 19.3 | 86.7 | **42.1** | **16.3** | **87.6** |
| Mature legumes and pulses (n = 55) | 16.3 | 16.3 | 30.8 | 33.3 | 23.0 | 91.3 | 11.7 | 11.7 | 23.3 | 40.0 | 11.7 | 40.0 | 19.3 | 11.7 | 38.5 | **23.3** | **14.4** | **38.5** |
| Mature legume and pulse products and dishes (n = 312) | 70.0 | 22.0 | 117.0 | 41.9 | 11.7 | 77.7 | 36.3 | 11.4 | 82.5 | 43.3 | 16.6 | 81.7 | 45.3 | 23.3 | 86.7 | **45.1** | **15.6** | **90.1** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 82 Median[(a)] daily intake (grams) of milk products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Milk products and dishes (n = 1,838)** | 200.2 | 110.2 | 302.4 | 231.0 | 131.8 | 354.4 | 257.9 | 160.5 | 370.5 | 230.1 | 154.0 | 362.3 | 235.8 | 157.0 | 356.9 | **224.5** | **137.5** | **351.1** |
| Dairy milk (n = 1,626) | 137.6 | 60.7 | 218.2 | 164.7 | 101.3 | 260.0 | 190.7 | 128.8 | 282.4 | 162.1 | 90.1 | 282.5 | 177.0 | 109.2 | 270.1 | **164.7** | **86.7** | **260.0** |
| Low-fat milk (n = 1,232) | 116.1 | 52.3 | 194.1 | 145.6 | 75.9 | 253.1 | 173.3 | 86.7 | 260.0 | 156.0 | 90.1 | 266.9 | 163.6 | 97.1 | 254.9 | **148.7** | **69.3** | **246.1** |
| Yoghurt (n = 772) | 66.7 | 33.3 | 119.0 | 66.7 | 41.6 | 113.3 | 66.7 | 34.3 | 102.0 | 66.7 | 30.0 | 101.3 | 50.0 | 24.3 | 81.2 | **66.7** | **34.3** | **111.4** |
| Cream (n = 298) | 8.8 | 1.7 | 13.7 | 6.9 | 3.4 | 15.5 | 5.1 | 3.0 | 10.4 | 6.7 | 3.1 | 11.2 | 6.7 | 3.4 | 11.3 | **6.7** | **3.4** | **12.0** |
| Cheese (n = 1010) | 10.7 | 5.7 | 26.7 | 12.0 | 6.4 | 25.8 | 10.5 | 5.8 | 19.9 | 11.4 | 6.0 | 22.6 | 8.0 | 3.5 | 16.0 | **10.7** | **5.6** | **21.0** |
| Frozen milk products (n = 527) | 30.3 | 16.5 | 55.3 | 25.0 | 16.4 | 37.5 | 25.6 | 18.0 | 46.7 | 25.0 | 18.0 | 50.0 | 19.8 | 10.4 | 33.0 | **25.3** | **16.0** | **48.0** |
| Custards (n = 78) | 46.7 | 37.3 | 59.8 | 14.9 | 14.9 | 35.0 | 29.9 | 22.4 | 46.7 | 46.7 | 23.3 | 78.5 | 35.0 | 24.6 | 49.3 | **37.3** | **24.6** | **49.3** |
| Other dishes where milk or a milk product is the major component (n = 126) | 57.5 | 41.3 | 110.3 | 30.0 | 20.7 | 66.7 | 50.0 | 29.8 | 71.7 | 27.0 | 16.7 | 41.7 | 46.7 | 11.8 | 90.4 | **50.0** | **23.6** | **73.3** |
| Flavoured milks (n = 171) | 128.8 | 94.4 | 171.7 | 124.1 | 103.3 | 171.7 | 136.6 | 89.6 | 182.9 | 101.3 | 58.0 | 146.5 | 115.6 | 84.1 | 145.0 | **120.2** | **85.7** | **171.7** |
| Dairy substitutes (n = 193) | 110.9 | 43.3 | 149.8 | 86.7 | 41.7 | 183.7 | 104.0 | 43.3 | 194.1 | 192.4 | 118.6 | 225.3 | 164.7 | 55.5 | 260.0 | **112.7** | **52.0** | **219.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 83 Median[(a)] daily intake (grams) of meat, poultry and game products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Meat, poultry and game products and dishes (n = 1,631)** | 128.4 | 74.1 | 204.6 | 120.2 | 76.2 | 196.9 | 120.3 | 58.2 | 192.1 | 118.1 | 65.6 | 183.2 | 106.2 | 57.6 | 179.8 | **121.1** | **68.7** | **193.7** |
| Muscle meat (n = 934) | 69.9 | 38.4 | 113.9 | 53.8 | 25.9 | 94.1 | 51.2 | 33.3 | 85.0 | 45.7 | 24.3 | 98.6 | 42.7 | 29.7 | 89.5 | **55.5** | **31.4** | **96.9** |
| Poultry and feathered game (n = 533) | 51.0 | 29.3 | 90.1 | 65.6 | 32.0 | 100.0 | 48.0 | 29.3 | 96.0 | 50.0 | 18.0 | 76.8 | 40.0 | 25.0 | 68.3 | **50.2** | **28.8** | **89.6** |
| Game and other carcass meats, organ meats and offal, products and dishes (n = 36) | 7.0 | 1.6 | 67.5 | 24.5 | 24.5 | 47.1 | 17.1 | 11.3 | 109.7 | 72.0 | 9.6 | 156.8 | 14.4 | 2.3 | 33.3 | **24.5** | **4.7** | **67.5** |
| Sausages, frankfurts and saveloys (n = 234) | 38.0 | 23.2 | 57.1 | 37.5 | 23.2 | 53.5 | 26.8 | 20.5 | 48.0 | 28.5 | 17.8 | 49.9 | 26.8 | 21.4 | 44.0 | **33.9** | **21.4** | **53.5** |
| Processed meat (n = 424) | 9.0 | 3.9 | 19.6 | 11.7 | 5.3 | 16.7 | 9.0 | 3.5 | 20.0 | 8.8 | 2.6 | 16.1 | 11.5 | 4.7 | 21.3 | **9.3** | **3.9** | **19.6** |
| Mixed dishes where beef, veal or lamb is the major component (n = 451) | 126.0 | 78.7 | 183.3 | 84.3 | 36.9 | 131.5 | 83.9 | 46.2 | 135.2 | 111.6 | 62.1 | 162.5 | 101.7 | 59.4 | 141.6 | **105.0** | **54.5** | **158.0** |
| Mixed dishes where pork, bacon or ham is the major component (n = 59) | 83.9 | 62.4 | 134.6 | 134.1 | 30.9 | 235.7 | 50.0 | 24.2 | 220.1 | 44.8 | 41.5 | 100.0 | 93.9 | 75.0 | 122.1 | **80.7** | **50.0** | **135.7** |
| Mixed dishes where poultry or game is the major component (n = 554) | 86.4 | 33.9 | 116.5 | 89.1 | 50.4 | 150.0 | 73.6 | 41.7 | 128.0 | 87.4 | 42.9 | 117.0 | 73.8 | 41.6 | 126.4 | **85.7** | **41.6** | **127.9** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 84 Median[(a)] daily intake (grams) of fish and seafood products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fish and seafood products and dishes (n = 813)** | 63.3 | 31.7 | 112.9 | 60.0 | 31.7 | 100.8 | 50.0 | 31.7 | 93.9 | 56.7 | 31.7 | 107.7 | 42.4 | 31.7 | 88.0 | **56.9** | **31.7** | **100.8** |
| Fin fish (except canned) (n = 342) | 62.3 | 37.0 | 118.8 | 55.0 | 32.9 | 104.5 | 66.0 | 35.2 | 88.0 | 53.3 | 33.3 | 93.9 | 46.9 | 23.5 | 92.4 | **58.7** | **33.3** | **99.7** |
| Crustacea and molluscs (excluding canned) (n = 81) | 5.0 | 5.0 | 6.3 | 39.5 | 20.0 | 57.0 | 30.0 | 6.0 | 37.0 | 19.0 | 13.3 | 28.8 | 30.0 | 16.0 | 31.7 | **16.0** | **5.0** | **31.7** |
| Packed (canned) fish and seafood (n = 245) | 31.7 | 31.7 | 63.3 | 31.7 | 31.7 | 47.5 | 31.7 | 31.7 | 47.5 | 31.7 | 29.7 | 38.3 | 31.7 | 26.7 | 35.0 | **31.7** | **31.7** | **47.5** |
| Fish and seafood products (n = 212) | 52.8 | 25.9 | 67.2 | 58.7 | 22.3 | 78.7 | 45.6 | 22.6 | 80.0 | 52.8 | 30.8 | 73.7 | 42.4 | 29.3 | 78.2 | **47.3** | **25.9** | **73.7** |
| Mixed dishes with fish or seafood as the major component (n = 133) | 116.7 | 43.3 | 244.9 | 100.3 | 64.8 | 134.2 | 73.7 | 32.0 | 137.2 | 96.7 | 48.0 | 125.0 | 84.0 | 45.0 | 100.0 | **93.8** | **46.9** | **143.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 85 Median[(a)] daily intake (grams) of egg products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Egg products and dishes (n = 592)** | 24.7 | 12.3 | 49.7 | 24.7 | 16.3 | 49.3 | 24.7 | 12.3 | 49.3 | 24.7 | 12.3 | 49.3 | 24.7 | 12.3 | 42.8 | **24.7** | **12.3** | **49.3** |
| Eggs (n = 446) | 24.7 | 12.3 | 24.7 | 24.7 | 12.3 | 29.3 | 16.3 | 12.3 | 24.7 | 16.3 | 12.3 | 24.7 | 14.7 | 12.3 | 27.0 | **24.5** | **12.3** | **24.7** |
| Dishes where egg is the major ingredient (n = 197) | 45.2 | 25.0 | 56.2 | 51.2 | 35.6 | 77.5 | 60.3 | 24.7 | 113.3 | 74.0 | 35.3 | 120.7 | 40.0 | 30.5 | 81.9 | **49.5** | **30.8** | **86.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 86 Median[(a)] daily intake (grams) of snack foods among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Snack foods (n = 427)** | 11.7 | 6.7 | 16.7 | 13.3 | 6.7 | 25.0 | 9.3 | 5.8 | 16.6 | 10.7 | 4.0 | 20.4 | 10.8 | 4.2 | 15.0 | **11.7** | **6.3** | **20.4** |
| Potato snacks (n = 262) | 8.3 | 6.3 | 15.0 | 8.3 | 6.3 | 21.8 | 8.3 | 5.8 | 15.0 | 13.3 | 4.2 | 28.3 | 10.8 | 4.2 | 15.0 | **8.3** | **6.3** | **16.7** |
| Other snacks(b) (n = 214) | 10.0 | 5.6 | 16.7 | 10.5 | 5.3 | 22.2 | 11.7 | 5.0 | 20.0 | 6.7 | 2.0 | 14.9 | 11.0 | 8.2 | 27.2 | **10.0** | **5.0** | **16.7** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) Includes corn snacks, extruded snacks and pretzels
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 87 Median[(a)] daily intake (grams) of sugar products and dishes among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Sugar products and dishes (n = 1291)** | 11.5 | 4.3 | 25.0 | 12.3 | 4.8 | 23.6 | 10.4 | 4.8 | 20.3 | 11.5 | 5.0 | 25.0 | 8.9 | 4.1 | 21.5 | **10.9** | **4.5** | **23.7** |
| Sugar, honey and syrups (n = 1066) | 9.5 | 3.5 | 19.1 | 8.6 | 3.8 | 16.6 | 9.5 | 4.3 | 17.7 | 9.4 | 3.8 | 20.9 | 6.7 | 3.2 | 14.7 | **8.9** | **3.8** | **18.4** |
| Jam and lemon spreads, chocolate spreads (n = 462) | 4.5 | 3.2 | 10.3 | 6.1 | 4.5 | 10.4 | 5.4 | 3.4 | 9.0 | 6.8 | 4.5 | 9.0 | 4.5 | 2.3 | 10.8 | **5.0** | **3.2** | **9.0** |
| Dishes and products other than confectionery where sugar is the main ingredient (n = 113) | 52.8 | 40.0 | 75.0 | 45.1 | 24.7 | 90.4 | 31.3 | 16.6 | 50.0 | 33.5 | 24.7 | 65.0 | 37.5 | 8.9 | 50.0 | **44.2** | **24.7** | **75.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 88 Median[(a)] daily intake (grams) of confectionary among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Confectionery (n = 1,172)** | 15.9 | 7.5 | 30.5 | 17.7 | 8.8 | 33.2 | 16.5 | 7.2 | 30.3 | 12.2 | 4.8 | 20.0 | 10.0 | 5.0 | 21.3 | **15.1** | **6.7** | **28.8** |
| Chocolate and chocolate-based confectionery (n = 831) | 12.7 | 6.1 | 25.0 | 11.9 | 6.7 | 25.0 | 12.5 | 6.7 | 24.3 | 9.0 | 4.0 | 15.7 | 6.6 | 3.3 | 14.7 | **11.8** | **6.0** | **22.0** |
| Cereal, fruit, nut and seed-bars (n = 255) | 20.0 | 10.3 | 25.0 | 13.3 | 10.3 | 25.0 | 13.3 | 10.7 | 25.0 | 12.3 | 10.4 | 28.3 | 10.7 | 10.3 | 21.3 | **15.0** | **10.3** | **25.0** |
| Other confectionery (n = 483) | 5.1 | 1.3 | 12.0 | 7.7 | 2.9 | 18.5 | 6.2 | 2.5 | 15.3 | 4.5 | 2.5 | 13.0 | 7.9 | 4.1 | 13.3 | **6.0** | **2.5** | **15.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 89 Median[(a)] daily intake (grams) of seed and nut products among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Seed and nut products and dishes (n = 775)** | 8.3 | 4.0 | 16.0 | 14.1 | 6.0 | 37.0 | 17.6 | 8.0 | 40.0 | 12.3 | 6.5 | 27.6 | 15.0 | 7.8 | 36.0 | **12.3** | **5.8** | **30.0** |
| Seeds and seed products (n = 99) | 4.4 | 3.8 | 6.7 | 12.0 | 12.0 | 33.8 | 3.4 | 2.0 | 9.3 | 6.3 | 4.0 | 13.2 | 13.2 | 3.7 | 24.0 | **5.9** | **3.8** | **13.3** |
| Nuts and nut products (n = 735) | 8.3 | 4.0 | 24.0 | 14.0 | 6.0 | 34.2 | 18.8 | 8.3 | 40.2 | 12.3 | 5.8 | 25.0 | 14.7 | 8.0 | 32.8 | **12.4** | **6.0** | **30.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 90 Median[(a)] daily intake (grams) of fats and oils among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fats and oils (n = 1,377)** | 3.2 | 1.6 | 7.9 | 4.8 | 2.4 | 9.5 | 4.8 | 3.2 | 9.5 | 6.3 | 3.2 | 11.1 | 6.3 | 3.2 | 11.1 | **4.8** | **3.1** | **9.5** |
| Butters (n = 461) | 3.2 | 1.6 | 6.3 | 3.2 | 2.3 | 6.3 | 3.2 | 2.4 | 4.8 | 3.2 | 1.6 | 6.3 | 4.0 | 1.6 | 7.1 | **3.2** | **1.6** | **6.3** |
| Dairy blends (n = 270) | 3.2 | 1.6 | 6.3 | 3.2 | 1.6 | 7.9 | 3.2 | 3.2 | 6.3 | 3.2 | 1.6 | 6.3 | 3.2 | 1.6 | 6.3 | **3.2** | **1.6** | **6.3** |
| Margarine and table spreads (n = 761) | 3.2 | 1.6 | 6.3 | 3.5 | 1.6 | 9.5 | 4.0 | 1.6 | 8.2 | 4.8 | 2.7 | 9.0 | 4.8 | 3.2 | 9.5 | **3.5** | **1.6** | **7.9** |
| Polyunsaturated margarine (n = 202) | 3.2 | 3.2 | 4.8 | 3.2 | 1.6 | 7.0 | 3.2 | 1.6 | 9.5 | 3.2 | 1.6 | 7.6 | 4.4 | 2.5 | 5.7 | **3.2** | **1.6** | **6.3** |
| Mono-unsaturated margarine (n = 410) | 3.2 | 1.6 | 4.8 | 3.2 | 1.6 | 6.3 | 3.2 | 1.6 | 6.3 | 4.0 | 1.6 | 7.9 | 3.2 | 2.2 | 6.3 | **3.2** | **1.6** | **6.3** |
| Vegetable or nut oil (n = 282) | 6.0 | 1.5 | 8.7 | 3.3 | 1.5 | 7.5 | 2.1 | 1.5 | 6.0 | 6.0 | 1.7 | 9.0 | 2.7 | 1.5 | 6.0 | **4.5** | **1.5** | **7.8** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 91 Median[(a)] daily intake (grams) of soup among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Soup (n = 722)** | 168.3 | 98.9 | 237.8 | 152.6 | 84.6 | 265.0 | 134.4 | 88.3 | 241.3 | 143.1 | 104.8 | 270.5 | 141.8 | 94.7 | 238.9 | **150.2** | **89.7** | **250.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 92 Median[(a)] daily intake (grams) of savoury sauces and condiments among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Savoury sauces and condiments (n = 1,196)** | 19.4 | 7.0 | 44.4 | 21.2 | 8.7 | 42.6 | 14.0 | 5.6 | 41.4 | 16.8 | 6.9 | 38.4 | 14.0 | 8.4 | 38.1 | **17.7** | **7.0** | **42.4** |
| Gravies and savoury sauces (n = 999) | 18.0 | 7.3 | 42.9 | 20.2 | 8.4 | 39.3 | 15.5 | 5.6 | 43.3 | 16.7 | 6.7 | 43.8 | 14.5 | 8.8 | 43.1 | **17.5** | **6.9** | **42.9** |
| Pickles, chutneys and relishes (n = 217) | 14.5 | 8.6 | 17.7 | 8.6 | 6.3 | 16.7 | 5.4 | 4.0 | 10.5 | 6.0 | 2.4 | 8.3 | 4.0 | 2.4 | 10.5 | **8.3** | **4.2** | **14.5** |
| Salad dressings (n = 313) | 7.0 | 1.8 | 9.0 | 4.9 | 2.6 | 8.7 | 4.9 | 2.3 | 10.5 | 5.2 | 2.6 | 8.7 | 4.7 | 1.9 | 10.2 | **6.7** | **2.5** | **10.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 93 Median[(a)] daily intake (grams) of non-alcoholic beverages among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Non-alcoholic beverages (n = 1,865)** | 1948.3 | 1433.7 | 2590.0 | 1909.2 | 1530.0 | 2536.9 | 1968.3 | 1560.0 | 2472.8 | 1798.0 | 1487.5 | 2391.5 | 1729.5 | 1389.2 | 2162.7 | **1881.2** | **1483.4** | **2474.7** |
| Tea (n = 1,376) | 308.3 | 166.7 | 541.7 | 341.7 | 233.3 | 678.3 | 523.3 | 276.7 | 898.3 | 571.7 | 333.3 | 855.3 | 613.3 | 333.3 | 891.7 | **450.0** | **250.0** | **730.0** |
| Coffee and coffee substitutes (n = 1,392) | 252.5 | 168.3 | 425.9 | 352.7 | 193.6 | 576.5 | 357.5 | 211.7 | 526.2 | 366.8 | 216.7 | 648.1 | 281.3 | 143.3 | 500.0 | **328.9** | **185.0** | **526.2** |
| Fruit and vegetables juices and drinks (n = 864) | 173.3 | 84.2 | 262.5 | 105.0 | 21.9 | 218.5 | 112.0 | 69.3 | 180.3 | 87.5 | 43.3 | 199.5 | 111.1 | 43.8 | 225.3 | **121.3** | **69.3** | **225.8** |
| Cordials (n = 203) | 65.1 | 24.4 | 324.8 | 44.7 | 16.3 | 205.6 | 54.9 | 15.3 | 141.7 | 87.5 | 16.3 | 211.6 | 91.1 | 21.0 | 274.3 | **68.0** | **24.4** | **211.6** |
| Soft drinks and flavoured mineral waters (n = 750) | 227.5 | 116.7 | 390.0 | 200.0 | 106.7 | 330.4 | 204.0 | 104.0 | 383.3 | 148.3 | 100.0 | 275.0 | 130.0 | 83.3 | 226.7 | **208.0** | **104.0** | **364.0** |
| Electrolyte, energy and fortified drinks (n = 46) | 104.0 | 21.4 | 296.0 | 173.3 | 89.2 | 208.0 | 208.0 | 149.5 | 250.0 | 173.3 | 166.7 | 416.3 | 204.0 | 173.3 | 204.0 | **173.3** | **83.3** | **250.0** |
| Mineral waters and water (n = 1,818) | 1179.2 | 683.3 | 1655.0 | 1075.0 | 710.0 | 1670.0 | 995.0 | 568.3 | 1561.7 | 833.3 | 565.0 | 1283.3 | 726.7 | 466.7 | 1166.7 | **1000.0** | **600.3** | **1517.7** |
| Beverage flavourings (n = 322) | 19.4 | 4.4 | 116.8 | 6.7 | 2.4 | 85.0 | 68.0 | 3.2 | 108.6 | 10.6 | 2.4 | 87.3 | 7.2 | 1.7 | 93.2 | **12.0** | **3.2** | **106.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 94 Median[(a)] daily intake (grams) of alcoholic beverages among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Alcoholic beverages (n = 998)** | 215.3 | 95.0 | 438.6 | 181.5 | 107.7 | 378.9 | 156.8 | 71.3 | 306.9 | 174.9 | 71.0 | 287.8 | 165.0 | 79.2 | 272.5 | **181.7** | **90.8** | **363.3** |
| Beers (n = 167) | 222.2 | 126.3 | 506.3 | 252.5 | 126.3 | 498.3 | 126.3 | 111.1 | 361.9 | 210.4 | 125.9 | 513.4 | 126.3 | 67.3 | 126.3 | **218.8** | **126.3** | **475.0** |
| Wines (n = 802) | 160.9 | 66.0 | 216.0 | 151.0 | 99.0 | 280.5 | 141.9 | 66.0 | 247.5 | 163.4 | 66.0 | 264.0 | 165.0 | 66.0 | 268.7 | **151.0** | **66.7** | **264.0** |
| Spirits (n = 120) | 19.3 | 9.6 | 57.0 | 19.2 | 16.0 | 40.0 | 31.7 | 15.8 | 64.0 | 25.6 | 14.3 | 31.7 | 17.5 | 16.0 | 63.3 | **19.3** | **15.8** | **47.5** |
| Other alcoholic beverages (n = 39) | 114.4 | 26.5 | 309.0 | 70.7 | 35.3 | 159.0 | 53.0 | 15.9 | 66.7 | 26.5 | 3.3 | 42.5 | 4.8 | 2.5 | 217.6 | **42.5** | **21.2** | **159.0** |
| Pre-mixed drinks (n = 123) | 173.3 | 128.8 | 386.3 | 180.2 | 129.9 | 260.0 | 150.0 | 85.8 | 225.3 | 85.8 | 34.7 | 106.9 | 111.6 | 31.7 | 242.7 | **169.9** | **111.6** | **312.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 95 Median[(a)] daily intake (grams) of miscellaneous products among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Miscellaneous (n = 1,231)** | 2.4 | 1.0 | 7.1 | 2.4 | 0.7 | 6.5 | 1.7 | 0.5 | 4.0 | 2.0 | 0.9 | 5.0 | 2.0 | 0.7 | 5.3 | **2.1** | **0.7** | **5.9** |
| Formula dietary foods (n = 51) | 100.0 | 36.7 | 103.3 | 97.1 | 83.3 | 109.7 | 36.7 | 26.7 | 80.0 | 117.9 | 26.7 | 158.7 | 6.7 | 6.7 | 59.0 | **83.3** | **20.6** | **111.6** |
| Yeast; yeast, vegetables and meat extracts (n = 531) | 4.0 | 2.0 | 6.0 | 4.0 | 2.0 | 6.0 | 2.0 | 1.2 | 4.0 | 2.0 | 1.2 | 4.0 | 3.6 | 1.0 | 4.0 | **3.7** | **1.6** | **6.0** |
| Intense sweetening agents (n = 126) | 1.2 | 0.3 | 2.7 | 0.9 | 0.3 | 2.0 | 3.0 | 1.4 | 8.7 | 2.7 | 1.6 | 4.0 | 3.0 | 2.1 | 5.5 | **2.0** | **0.9** | **3.7** |
| Herbs, spices, seasonings and stock cubes (n = 919) | 0.8 | 0.3 | 2.5 | 0.7 | 0.3 | 2.0 | 0.6 | 0.3 | 1.5 | 0.9 | 0.4 | 1.7 | 0.8 | 0.4 | 1.7 | **0.7** | **0.4** | **1.9** |
| Infant foods (n = 21) | 12.1 | 12.1 | 12.1 | 10.0 | 7.3 | 11.3 | 9.5 | 6.2 | 24.2 | 45.8 | 45.8 | 45.8 | 2.6 | 2.4 | 2.6 | **10.0** | **3.1** | **14.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 96 Median[(a)] daily intake (grams) of cereal and cereal products among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Cereals and cereal products (n = 3,432)** | 137.5 | 56.3 | 253.8 | 142.3 | 75.9 | 245.0 | 134.3 | 72.0 | 216.8 | 132.0 | 70.7 | 223.5 | 128.3 | 76.4 | 203.5 | **135.4** | **68.8** | **236.8** |
| Flours and other cereal grains and starches (n = 1,227) | 88.7 | 42.8 | 188.7 | 83.6 | 47.5 | 159.0 | 63.3 | 31.7 | 95.0 | 63.3 | 28.3 | 110.2 | 51.9 | 20.3 | 87.5 | **72.3** | **31.7** | **148.3** |
| Regular bread and rolls (n = 2,883) | 37.8 | 20.0 | 57.3 | 40.0 | 22.7 | 65.5 | 38.0 | 18.7 | 62.0 | 41.3 | 22.7 | 66.4 | 43.0 | 25.7 | 65.7 | **40.0** | **20.9** | **63.3** |
| White bread (n = 1,686) | 35.3 | 16.7 | 53.4 | 27.5 | 16.3 | 49.0 | 26.7 | 16.3 | 49.3 | 24.7 | 13.3 | 45.7 | 26.7 | 16.7 | 49.3 | **28.4** | **16.3** | **49.5** |
| Grain bread (n = 1,146) | 24.7 | 16.5 | 37.8 | 24.2 | 18.7 | 42.0 | 20.7 | 14.9 | 39.7 | 28.0 | 16.8 | 45.3 | 26.7 | 18.3 | 46.3 | **24.2** | **16.8** | **42.0** |
| Wholemeal bread (n = 745) | 16.7 | 8.3 | 26.3 | 22.7 | 15.3 | 42.3 | 22.7 | 12.3 | 43.7 | 22.0 | 11.3 | 38.3 | 25.0 | 15.3 | 42.3 | **20.2** | **12.0** | **38.3** |
| Rye bread (n = 297) | 24.0 | 15.3 | 30.7 | 28.8 | 14.9 | 53.8 | 25.8 | 14.4 | 49.3 | 24.0 | 12.7 | 45.4 | 30.7 | 13.8 | 55.2 | **25.3** | **14.3** | **47.1** |
| English-style muffins, flat bread and savoury and sweet breads (n = 1,135) | 34.1 | 19.3 | 51.2 | 28.0 | 18.7 | 48.0 | 29.4 | 15.9 | 50.7 | 19.3 | 9.6 | 37.0 | 28.2 | 18.7 | 56.6 | **29.0** | **16.8** | **49.3** |
| Pasta and pasta products (n = 780) | 101.7 | 71.5 | 167.5 | 99.0 | 62.5 | 164.7 | 76.3 | 57.3 | 140.7 | 83.8 | 56.0 | 133.3 | 71.5 | 51.0 | 83.8 | **89.3** | **62.5** | **146.7** |
| Breakfast cereals and bars, unfortified and fortified varieties (n = 2,063) | 27.0 | 16.7 | 49.5 | 38.5 | 20.0 | 61.2 | 30.7 | 16.5 | 54.0 | 33.0 | 16.7 | 53.9 | 33.3 | 22.0 | 50.0 | **33.0** | **17.1** | **53.6** |
| Breakfast cereal, hot porridge type (n = 591) | 110.9 | 80.2 | 206.1 | 115.8 | 66.7 | 200.3 | 140.4 | 93.5 | 215.5 | 148.3 | 85.0 | 262.4 | 173.3 | 87.4 | 266.3 | **130.0** | **86.7** | **221.9** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 97 Median[(a)] daily intake (grams) of cereal-based products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Cereal-based products and dishes (n = 3,414)** | 299.6 | 167.0 | 466.0 | 240.9 | 147.6 | 374.8 | 214.3 | 126.7 | 349.5 | 187.1 | 110.4 | 302.5 | 170.9 | 99.3 | 277.0 | **229.4** | **132.3** | **375.5** |
| Sweet biscuits (n = 1,581) | 12.7 | 7.6 | 22.3 | 15.0 | 8.3 | 25.1 | 12.5 | 7.5 | 24.0 | 14.7 | 8.0 | 24.3 | 11.5 | 6.3 | 22.7 | **13.0** | **8.0** | **24.0** |
| Savoury biscuits (n = 1,401) | 12.0 | 6.7 | 25.0 | 11.9 | 6.0 | 22.3 | 10.7 | 6.0 | 21.0 | 12.7 | 6.7 | 24.0 | 11.0 | 5.1 | 19.5 | **11.9** | **6.0** | **23.0** |
| Cakes, buns, muffins, scones, cake-type desserts (n = 1,465) | 49.5 | 27.8 | 73.0 | 41.8 | 24.3 | 81.1 | 36.7 | 18.3 | 69.8 | 39.0 | 21.3 | 65.0 | 41.6 | 20.0 | 81.7 | **42.3** | **22.6** | **73.3** |
| Pastries (n = 1,403) | 88.3 | 44.7 | 145.8 | 66.7 | 42.4 | 119.6 | 80.1 | 40.8 | 152.8 | 66.1 | 37.3 | 131.2 | 69.6 | 41.7 | 118.8 | **79.7** | **41.7** | **138.0** |
| Mixed dishes where cereal is the major ingredient (n = 2,948) | 227.3 | 111.6 | 373.3 | 183.1 | 96.7 | 302.8 | 154.3 | 88.3 | 250.5 | 140.0 | 74.2 | 231.2 | 122.8 | 62.0 | 192.1 | **168.1** | **92.3** | **300.4** |
| Batter-based products (n = 532) | 30.0 | 22.0 | 53.5 | 28.0 | 14.3 | 47.3 | 28.0 | 22.0 | 47.3 | 28.0 | 15.0 | 47.3 | 28.0 | 14.0 | 43.0 | **28.7** | **18.5** | **47.3** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 98 Median[(a)] daily intake (grams) of fruit products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fruit products and dishes (n = 3,035)** | 123.7 | 59.7 | 224.3 | 134.7 | 80.1 | 228.8 | 167.0 | 93.7 | 277.9 | 182.3 | 110.7 | 287.2 | 180.0 | 111.0 | 275.1 | **151.7** | **86.0** | **258.7** |
| Pome fruit (n = 1,808) | 74.3 | 46.7 | 113.3 | 80.3 | 46.7 | 127.0 | 80.3 | 46.7 | 140.0 | 93.3 | 46.7 | 148.7 | 91.7 | 55.3 | 140.0 | **83.0** | **46.7** | **133.3** |
| Berry fruit (n = 532) | 16.0 | 12.0 | 28.0 | 24.0 | 14.7 | 40.0 | 24.0 | 16.0 | 43.3 | 25.4 | 16.0 | 56.6 | 28.0 | 16.7 | 44.0 | **22.0** | **14.7** | **40.0** |
| Citrus fruit (n = 1,107) | 57.3 | 32.3 | 100.0 | 54.3 | 28.7 | 86.0 | 60.8 | 28.7 | 114.7 | 67.3 | 54.3 | 111.7 | 57.3 | 28.7 | 101.0 | **57.3** | **31.9** | **108.7** |
| Stone fruit (n = 663) | 64.0 | 25.3 | 129.2 | 61.0 | 25.3 | 85.7 | 38.3 | 29.8 | 64.3 | 53.0 | 28.0 | 90.0 | 63.2 | 36.0 | 119.3 | **51.0** | **27.7** | **89.3** |
| Tropical fruit (n = 1,939) | 59.0 | 39.3 | 106.7 | 59.0 | 39.3 | 90.7 | 78.7 | 39.3 | 101.3 | 67.3 | 39.3 | 96.0 | 67.3 | 39.3 | 101.3 | **67.3** | **39.3** | **96.0** |
| Other fruit (n = 865) | 32.4 | 26.0 | 85.0 | 38.3 | 19.7 | 83.3 | 49.6 | 26.0 | 82.0 | 56.0 | 28.0 | 95.0 | 46.2 | 22.2 | 78.0 | **45.0** | **26.0** | **83.3** |
| Mixtures of two or more groups of fruit (n = 322) | 95.2 | 76.5 | 198.7 | 58.7 | 41.7 | 112.0 | 89.4 | 46.7 | 136.7 | 84.7 | 34.7 | 140.0 | 71.0 | 35.0 | 102.5 | **87.5** | **43.8** | **136.7** |
| Dried fruit, preserved fruit (n = 464) | 15.6 | 7.8 | 29.4 | 14.0 | 9.0 | 29.2 | 16.0 | 8.3 | 29.0 | 15.4 | 8.1 | 38.0 | 13.8 | 7.8 | 33.3 | **15.6** | **8.0** | **30.0** |
| Mixed dishes where fruit is the major component (n = 85) | 81.1 | 18.9 | 84.3 | 71.9 | 40.0 | 95.0 | 38.0 | 16.2 | 66.9 | 47.5 | 20.3 | 67.5 | 44.0 | 24.3 | 57.0 | **50.3** | **21.1** | **81.1** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 99 Median[(a)] daily intake (grams) of vegetable products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Vegetable products and dishes (n = 3,330)** | 160.7 | 80.5 | 257.8 | 169.9 | 90.8 | 277.7 | 184.3 | 108.3 | 300.2 | 210.1 | 116.6 | 318.6 | 212.2 | 116.4 | 330.6 | **180.5** | **97.3** | **290.1** |
| Potatoes (n = 2,317) | 69.3 | 40.0 | 116.5 | 76.2 | 40.8 | 132.7 | 80.9 | 42.7 | 130.7 | 78.0 | 45.0 | 134.5 | 90.0 | 50.0 | 140.2 | **77.5** | **41.8** | **128.0** |
| Cabbage, cauliflower and similar brassica vegetables (n = 1,191) | 20.0 | 13.0 | 35.0 | 16.7 | 10.0 | 33.0 | 20.0 | 10.0 | 42.0 | 17.7 | 10.0 | 42.5 | 17.7 | 11.0 | 40.3 | **18.3** | **10.0** | **37.2** |
| Carrot and similar root vegetables (n = 1,493) | 23.6 | 11.8 | 41.0 | 27.3 | 13.7 | 41.0 | 25.0 | 13.7 | 36.5 | 25.6 | 13.1 | 46.7 | 25.8 | 13.7 | 41.0 | **25.8** | **13.7** | **41.0** |
| Leaf and stalk vegetables (n = 870) | 15.0 | 6.7 | 31.7 | 13.3 | 5.3 | 28.6 | 11.7 | 5.3 | 30.0 | 14.9 | 5.8 | 29.4 | 15.2 | 7.4 | 31.9 | **14.2** | **5.8** | **30.0** |
| Peas and beans (n = 1186) | 27.5 | 15.8 | 41.3 | 24.3 | 13.2 | 31.3 | 27.5 | 16.5 | 41.8 | 27.5 | 14.6 | 46.7 | 24.3 | 14.0 | 45.8 | **27.5** | **14.6** | **43.3** |
| Tomato and tomato products (n = 946) | 24.7 | 10.0 | 49.3 | 24.7 | 11.0 | 49.3 | 24.7 | 13.3 | 49.3 | 33.0 | 16.3 | 62.7 | 25.9 | 15.3 | 49.3 | **24.7** | **12.3** | **49.3** |
| Other fruiting vegetables (n = 1,327) | 24.8 | 13.2 | 46.7 | 23.9 | 13.3 | 44.0 | 23.3 | 13.2 | 50.3 | 25.9 | 12.5 | 46.7 | 27.7 | 13.1 | 45.8 | **25.0** | **13.2** | **46.7** |
| Other vegetables and vegetables combinations (n = 1,315) | 29.3 | 13.2 | 51.9 | 28.3 | 13.3 | 55.4 | 26.3 | 13.2 | 54.7 | 31.5 | 13.3 | 60.8 | 28.3 | 13.2 | 62.9 | **28.3** | **13.2** | **55.4** |
| Dishes where vegetables is the major component (n = 1,832) | 78.3 | 42.2 | 145.4 | 75.0 | 37.9 | 159.0 | 82.2 | 39.6 | 158.2 | 70.6 | 31.1 | 134.0 | 61.3 | 33.3 | 128.1 | **76.5** | **38.6** | **148.7** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 100 Median[(a)] daily intake (grams) of legume products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Legume and pulse products and dishes (n = 610)** | 58.4 | 17.0 | 133.3 | 57.2 | 25.1 | 116.6 | 45.8 | 17.2 | 95.0 | 41.1 | 16.6 | 78.9 | 51.4 | 23.3 | 86.7 | **46.7** | **18.0** | **100.0** |
| Mature legumes and pulses (n = 98) | 22.0 | 16.3 | 40.5 | 33.3 | 27.1 | 91.3 | 11.7 | 4.8 | 28.8 | 33.3 | 17.6 | 57.5 | 19.3 | 14.5 | 33.3 | **27.1** | **14.4** | **55.0** |
| Mature legume and pulse products and dishes (n = 540) | 67.3 | 20.6 | 142.5 | 57.2 | 17.7 | 116.6 | 45.8 | 17.6 | 95.0 | 38.9 | 13.7 | 78.9 | 62.0 | 26.2 | 86.7 | **47.0** | **19.1** | **101.7** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 101 Median[(a)] daily intake (grams) of milk products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Milk products and dishes (n = 3434)** | 207.7 | 106.5 | 333.5 | 254.0 | 131.8 | 383.8 | 240.6 | 137.8 | 365.4 | 227.1 | 135.7 | 357.1 | 247.9 | 152.0 | 368.1 | **230.1** | **128.6** | **365.3** |
| Dairy milk (n = 3,072) | 156.0 | 79.6 | 277.3 | 171.7 | 89.3 | 283.7 | 182.0 | 100.5 | 291.8 | 162.1 | 84.9 | 275.6 | 199.1 | 110.9 | 299.9 | **171.7** | **86.7** | **285.5** |
| Low-fat milk (n = 2,146) | 123.1 | 60.7 | 227.1 | 159.5 | 75.9 | 265.2 | 159.5 | 70.0 | 260.0 | 147.3 | 78.7 | 253.1 | 166.4 | 95.3 | 281.1 | **149.1** | **69.3** | **260.0** |
| Yoghurt (n = 1,194) | 66.7 | 34.3 | 119.0 | 66.7 | 34.3 | 108.3 | 66.7 | 33.3 | 103.0 | 63.3 | 33.3 | 97.5 | 55.1 | 27.7 | 84.7 | **66.7** | **34.3** | **102.7** |
| Cream (n = 525) | 8.8 | 3.0 | 14.0 | 8.9 | 4.8 | 17.7 | 6.6 | 3.0 | 11.1 | 8.8 | 3.4 | 12.0 | 8.8 | 3.4 | 18.5 | **8.6** | **3.4** | **15.5** |
| Cheese (n = 1,739) | 10.6 | 5.3 | 20.8 | 13.1 | 6.4 | 28.0 | 9.3 | 4.8 | 20.0 | 10.2 | 4.5 | 22.2 | 9.6 | 4.5 | 21.0 | **10.6** | **5.1** | **21.0** |
| Frozen milk products (n = 1,068) | 33.0 | 19.7 | 57.7 | 26.8 | 18.7 | 50.0 | 30.3 | 19.7 | 50.0 | 26.4 | 19.7 | 50.0 | 23.0 | 12.5 | 37.5 | **30.0** | **18.7** | **50.0** |
| Custards (n = 134) | 46.7 | 44.8 | 46.7 | 37.3 | 14.9 | 66.1 | 29.9 | 22.4 | 46.7 | 46.7 | 24.6 | 83.6 | 29.9 | 19.4 | 46.7 | **41.8** | **24.6** | **48.5** |
| Other dishes where milk or a milk product is the major component (n = 191) | 52.9 | 20.6 | 101.3 | 42.0 | 20.7 | 50.0 | 35.3 | 23.6 | 50.0 | 24.0 | 16.7 | 49.4 | 52.1 | 23.3 | 83.3 | **41.7** | **20.6** | **66.7** |
| Flavoured milks (n = 320) | 142.3 | 85.8 | 183.5 | 171.7 | 104.8 | 206.0 | 136.6 | 101.3 | 182.9 | 103.3 | 63.7 | 171.8 | 104.1 | 85.0 | 145.0 | **142.3** | **92.0** | **200.6** |
| Dairy substitutes (n = 304) | 95.3 | 52.0 | 161.2 | 95.3 | 48.5 | 216.7 | 104.0 | 48.5 | 194.1 | 156.0 | 88.4 | 223.6 | 164.7 | 55.5 | 272.1 | **114.4** | **55.5** | **216.7** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 102 Median[(a)] daily intake (grams) of meat, poultry and game products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Meat, poultry and game products and dishes (n = 3,112)** | 164.3 | 88.2 | 247.5 | 146.2 | 80.9 | 241.5 | 131.7 | 69.0 | 233.0 | 136.2 | 73.3 | 224.7 | 126.2 | 64.6 | 211.7 | **144.4** | **76.8** | **239.1** |
| Muscle meat (n = 1,798) | 76.7 | 46.6 | 131.0 | 62.7 | 33.6 | 111.7 | 64.0 | 38.4 | 108.8 | 61.2 | 32.0 | 115.1 | 52.2 | 35.6 | 96.0 | **65.3** | **38.0** | **113.9** |
| Poultry and feathered game (n = 973) | 76.8 | 35.0 | 124.0 | 67.2 | 36.3 | 104.5 | 51.2 | 29.3 | 96.0 | 53.3 | 29.6 | 90.3 | 44.0 | 26.0 | 80.0 | **60.0** | **32.0** | **102.4** |
| Game and other carcass meats, organ meats and offal, products and dishes (n = 71) | 40.0 | 2.3 | 67.5 | 24.5 | 4.7 | 37.5 | 109.7 | 16.8 | 163.2 | 41.4 | 2.3 | 96.0 | 25.0 | 4.7 | 50.2 | **40.0** | **4.7** | **72.0** |
| Sausages, frankfurts and saveloys (n = 579) | 49.9 | 26.8 | 74.9 | 42.8 | 26.8 | 64.2 | 46.7 | 25.0 | 74.9 | 36.7 | 20.0 | 60.6 | 35.7 | 21.4 | 53.5 | **42.8** | **25.0** | **66.0** |
| Processed meat (n = 856) | 10.7 | 4.5 | 20.1 | 12.0 | 5.3 | 22.6 | 11.3 | 5.2 | 32.8 | 9.3 | 3.7 | 20.0 | 15.6 | 5.0 | 31.3 | **11.2** | **4.7** | **22.7** |
| Mixed dishes where beef, veal or lamb is the major component (n = 876) | 126.0 | 75.7 | 189.8 | 84.2 | 49.9 | 133.6 | 96.8 | 54.5 | 185.6 | 109.9 | 69.2 | 176.6 | 112.4 | 59.4 | 155.0 | **105.0** | **60.2** | **176.4** |
| Mixed dishes where pork, bacon or ham is the major component (n = 122) | 62.4 | 21.0 | 110.5 | 76.4 | 31.3 | 162.5 | 55.5 | 25.0 | 189.4 | 100.0 | 44.8 | 111.7 | 100.0 | 93.8 | 123.7 | **80.0** | **33.3** | **126.3** |
| Mixed dishes where poultry or game is the major component (n = 1,083) | 96.0 | 50.4 | 144.0 | 93.9 | 55.0 | 166.5 | 84.6 | 37.7 | 162.2 | 88.7 | 50.0 | 134.0 | 93.7 | 48.4 | 147.2 | **90.9** | **48.4** | **147.8** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 103 Median[(a)] daily intake (grams) of fish and seafood products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fish and seafood products and dishes (n = 1,440)** | 69.5 | 35.0 | 125.8 | 66.3 | 33.3 | 106.7 | 66.0 | 31.7 | 108.2 | 64.1 | 35.0 | 108.3 | 56.9 | 31.7 | 105.6 | **66.0** | **32.9** | **112.9** |
| Fin fish (except canned) (n = 628) | 66.0 | 35.2 | 118.8 | 66.0 | 32.9 | 110.0 | 59.4 | 29.3 | 93.1 | 61.6 | 36.5 | 104.1 | 70.4 | 37.3 | 105.6 | **65.6** | **35.2** | **105.6** |
| Crustacea and molluscs (excluding canned) (n = 163) | 6.3 | 5.0 | 15.3 | 38.0 | 20.0 | 52.4 | 31.7 | 11.7 | 46.0 | 19.0 | 10.7 | 38.0 | 31.7 | 16.0 | 60.0 | **20.0** | **6.3** | **42.3** |
| Packed (canned) fish and seafood (n = 395) | 33.3 | 31.7 | 63.3 | 31.7 | 31.7 | 51.7 | 31.7 | 31.7 | 56.8 | 31.7 | 24.0 | 58.3 | 31.7 | 24.0 | 35.4 | **31.7** | **31.7** | **58.3** |
| Fish and seafood products (n = 409) | 63.5 | 33.3 | 106.7 | 60.0 | 29.3 | 92.6 | 47.3 | 22.6 | 83.2 | 60.0 | 35.2 | 83.6 | 46.2 | 29.3 | 90.0 | **52.8** | **29.3** | **88.0** |
| Mixed dishes with fish or seafood as the major component (n = 226) | 113.3 | 43.3 | 162.0 | 100.8 | 71.3 | 159.5 | 103.9 | 45.8 | 200.0 | 64.0 | 45.8 | 136.0 | 84.0 | 41.7 | 137.5 | **98.7** | **48.0** | **160.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 104 Median[(a)] daily intake (grams) of egg products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Egg products and dishes (n = 1,123)** | 24.7 | 23.6 | 54.0 | 26.4 | 24.0 | 49.3 | 24.7 | 16.3 | 49.0 | 24.7 | 14.7 | 53.0 | 24.7 | 12.3 | 38.3 | **24.7** | **16.3** | **49.3** |
| Eggs (n = 857) | 24.7 | 16.3 | 32.7 | 24.7 | 14.7 | 31.0 | 24.7 | 12.3 | 24.7 | 24.7 | 12.3 | 32.7 | 24.7 | 12.3 | 29.3 | **24.7** | **12.3** | **30.8** |
| Dishes where egg is the major ingredient (n = 342) | 51.1 | 28.6 | 90.0 | 58.1 | 35.3 | 99.2 | 59.4 | 32.0 | 102.9 | 58.4 | 34.2 | 91.2 | 47.9 | 30.5 | 82.8 | **56.1** | **32.0** | **91.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 105 Median[(a)] daily intake (grams) of snack products among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Snack foods (n = 794)** | 15.0 | 7.5 | 33.3 | 15.0 | 7.3 | 29.3 | 10.8 | 6.4 | 17.1 | 10.7 | 4.2 | 25.0 | 8.2 | 4.0 | 16.7 | **15.0** | **6.7** | **29.2** |
| Potato snacks (n = 521) | 15.0 | 8.0 | 33.3 | 15.0 | 6.7 | 29.6 | 10.0 | 5.8 | 15.0 | 10.7 | 4.2 | 20.0 | 8.3 | 4.2 | 19.3 | **15.0** | **6.7** | **29.2** |
| Corn snacks (n = 178) | 10.0 | 5.0 | 25.0 | 10.7 | 6.4 | 17.1 | 11.7 | 5.0 | 28.3 | 12.0 | 6.7 | 24.0 | 0.5 | 0.5 | 10.4 | **10.0** | **5.0** | **21.4** |
| Extruded snacks (n = 68) | 15.0 | 13.3 | 16.7 | 6.3 | 3.3 | 10.5 | 8.0 | 4.3 | 15.0 | 15.0 | 4.2 | 15.0 | 5.6 | 3.3 | 14.0 | **13.3** | **6.7** | **15.0** |
| Pretzels (n = 28) | 5.0 | 3.3 | 5.0 | 2.0 | 2.0 | 7.7 | 14.6 | 2.0 | 14.6 | 2.0 | 2.0 | 6.7 | 3.3 | 3.3 | 18.1 | **5.0** | **2.0** | **11.3** |
| Other snacks (n = 97) | 8.3 | 7.3 | 48.3 | 15.8 | 7.3 | 33.0 | 16.7 | 9.3 | 33.3 | 15.0 | 4.7 | 16.7 | 4.2 | 3.5 | 18.7 | **13.3** | **7.3** | **28.7** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 106 Median[(a)] daily intake (grams) of sugar products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Sugar products and dishes (n = 2,566)** | 11.8 | 4.7 | 24.3 | 13.8 | 5.6 | 27.7 | 13.3 | 6.2 | 27.1 | 14.3 | 6.7 | 28.0 | 12.9 | 5.9 | 27.8 | **13.1** | **5.6** | **27.0** |
| Sugar, honey and syrups (n = 2,208) | 9.5 | 3.8 | 19.1 | 10.9 | 4.8 | 19.7 | 11.4 | 5.0 | 24.6 | 12.1 | 4.9 | 23.4 | 11.9 | 4.5 | 21.6 | **10.8** | **4.3** | **21.0** |
| Jam and lemon spreads, chocolate spreads (n = 876) | 6.4 | 4.5 | 11.2 | 9.0 | 4.5 | 13.5 | 6.8 | 4.5 | 11.2 | 6.8 | 4.5 | 12.2 | 6.8 | 3.8 | 12.7 | **6.8** | **4.5** | **11.3** |
| Dishes and products other than confectionery where sugar is the main ingredient (n = 206) | 50.0 | 25.0 | 75.0 | 46.6 | 25.0 | 90.4 | 31.3 | 16.6 | 49.3 | 40.0 | 25.0 | 65.0 | 41.0 | 10.5 | 78.2 | **43.8** | **24.7** | **75.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 107 Median[(a)] daily intake (grams) of confectionary among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Confectionery (n = 2,044)** | 16.7 | 8.7 | 31.3 | 18.2 | 10.0 | 33.8 | 16.5 | 7.7 | 30.3 | 12.3 | 6.0 | 22.5 | 10.7 | 5.5 | 22.8 | **16.0** | **7.6** | **30.2** |
| Chocolate and chocolate-based confectionery (n = 1,449) | 15.1 | 7.5 | 30.0 | 13.3 | 6.7 | 27.6 | 13.2 | 6.7 | 22.7 | 9.8 | 4.8 | 16.7 | 8.9 | 4.5 | 18.7 | **12.7** | **6.5** | **23.3** |
| Cereal, fruit, nut and seed-bars (n = 434) | 20.0 | 10.3 | 25.7 | 13.3 | 10.3 | 24.7 | 20.7 | 10.7 | 30.0 | 14.0 | 10.7 | 25.8 | 14.0 | 10.3 | 25.0 | **15.0** | **10.4** | **25.7** |
| Other confectionery (n = 829) | 7.6 | 2.5 | 16.4 | 8.7 | 3.5 | 19.0 | 7.4 | 2.5 | 16.1 | 6.0 | 2.5 | 13.0 | 7.6 | 3.3 | 12.7 | **7.4** | **2.7** | **15.4** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 108 Median[(a)] daily intake (grams) of seed and nut products and dishes among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Seed and nut products and dishes (n = 1385)** | 12.0 | 4.3 | 25.0 | 16.7 | 8.0 | 37.2 | 19.5 | 8.3 | 45.2 | 15.2 | 8.0 | 31.5 | 13.6 | 6.0 | 31.8 | **15.0** | **7.3** | **34.8** |
| Seeds and seed products (n = 142) | 6.7 | 4.3 | 11.0 | 12.8 | 11.6 | 15.0 | 4.7 | 2.1 | 10.2 | 6.3 | 4.0 | 13.4 | 11.1 | 3.7 | 20.8 | **8.0** | **4.0** | **14.0** |
| Nuts and nut products (n = 1,331) | 12.0 | 4.2 | 26.7 | 16.0 | 7.5 | 35.2 | 20.8 | 9.5 | 45.2 | 15.2 | 8.0 | 31.5 | 13.6 | 6.0 | 30.0 | **15.3** | **7.3** | **34.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 109 Median[(a)] daily intake (grams) of fats and oils among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Fats and oils (n = 2,537)** | 5.4 | 2.4 | 9.2 | 6.3 | 3.2 | 11.1 | 6.3 | 3.2 | 10.9 | 6.3 | 3.2 | 12.7 | 7.9 | 4.0 | 14.9 | **6.3** | **3.2** | **11.1** |
| Butters (n = 865) | 4.8 | 3.2 | 6.3 | 4.4 | 3.0 | 7.6 | 3.8 | 3.2 | 6.3 | 3.2 | 1.6 | 7.9 | 4.8 | 3.2 | 9.5 | **4.8** | **2.7** | **6.7** |
| Dairy blends (n = 480) | 4.7 | 1.9 | 7.1 | 4.8 | 1.6 | 7.9 | 3.2 | 1.9 | 6.3 | 3.2 | 2.2 | 6.3 | 5.4 | 3.2 | 7.9 | **4.7** | **1.9** | **7.0** |
| Margarine and table spreads (n = 1,438) | 3.2 | 1.6 | 7.9 | 5.4 | 3.2 | 9.5 | 6.3 | 3.2 | 9.5 | 6.3 | 3.2 | 10.1 | 6.3 | 3.2 | 12.7 | **5.1** | **3.2** | **9.5** |
| Polyunsaturated margarine (n = 353) | 4.8 | 3.2 | 6.3 | 4.8 | 1.6 | 7.9 | 4.8 | 1.6 | 7.9 | 5.1 | 2.4 | 9.5 | 4.8 | 3.2 | 6.3 | **4.8** | **1.9** | **7.9** |
| Mono-unsaturated margarine (n = 780) | 3.2 | 1.6 | 6.3 | 4.8 | 3.2 | 9.5 | 4.0 | 3.2 | 6.3 | 4.8 | 3.2 | 9.5 | 4.8 | 3.2 | 9.5 | **4.8** | **2.5** | **7.9** |
| Vegetable or nut oil (n = 471) | 6.0 | 1.5 | 7.8 | 6.0 | 1.5 | 6.0 | 2.1 | 1.5 | 6.0 | 5.3 | 1.7 | 7.8 | 3.0 | 1.5 | 9.9 | **3.2** | **1.5** | **7.5** |
| Other fats (n = 10) | 10.0 | 1.5 | 10.0 | 5.0 | 5.0 | 5.0 | 3.0 | 3.0 | 3.0 | 3.0 | 3.0 | 9.4 | 3.0 | 3.0 | 5.0 | **5.0** | **3.0** | **10.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 110 Median[(a)] daily intake (grams) of soup among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Soup (n = 1,221)** | 168.3 | 102.0 | 251.0 | 166.7 | 93.0 | 272.7 | 160.2 | 96.1 | 272.7 | 170.0 | 108.8 | 284.0 | 152.7 | 104.0 | 233.5 | **168.3** | **102.0** | **272.1** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 111 Median[(a)] daily intake (grams) of savoury sauces and condiments among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Savoury sauces and condiments (n = 2,299)** | 20.6 | 7.3 | 44.5 | 21.2 | 8.4 | 44.8 | 14.7 | 6.5 | 40.0 | 17.7 | 7.3 | 38.9 | 13.6 | 6.9 | 42.1 | **18.0** | **7.0** | **42.6** |
| Gravies and savoury sauces (n = 1,984) | 18.4 | 7.3 | 44.2 | 20.2 | 7.7 | 42.1 | 15.9 | 6.2 | 41.2 | 17.3 | 6.7 | 41.6 | 13.5 | 6.7 | 42.1 | **17.9** | **6.9** | **42.4** |
| Pickles, chutneys and relishes (n = 383) | 13.8 | 8.6 | 20.0 | 8.6 | 6.7 | 16.7 | 8.0 | 4.2 | 13.3 | 8.2 | 3.3 | 16.5 | 8.3 | 4.0 | 18.1 | **10.4** | **5.3** | **16.5** |
| Salad dressings (n = 515) | 6.7 | 3.2 | 10.0 | 6.7 | 2.7 | 10.0 | 3.5 | 1.9 | 10.5 | 5.0 | 2.5 | 13.3 | 6.7 | 2.7 | 13.3 | **6.7** | **2.6** | **10.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 112 Median[(a)] daily intake (grams) of non-alcoholic beverages among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Non-alcoholic beverages (n = 3,506)** | 1948.3 | 1433.7 | 2541.6 | 1969.4 | 1500.0 | 2536.9 | 1834.4 | 1495.0 | 2381.7 | 1703.3 | 1325.8 | 2233.2 | 1613.7 | 1277.5 | 2065.0 | **1834.4** | **1423.0** | **2406.1** |
| Tea (n = 2,377) | 250.0 | 101.0 | 500.0 | 333.3 | 186.7 | 610.0 | 453.3 | 250.0 | 791.7 | 526.7 | 266.7 | 820.0 | 596.7 | 300.0 | 833.3 | **400.0** | **195.0** | **680.0** |
| Coffee and coffee substitutes (n = 2,668) | 247.5 | 150.0 | 431.7 | 353.5 | 225.0 | 592.5 | 373.7 | 225.0 | 572.3 | 385.8 | 220.7 | 613.3 | 363.3 | 183.3 | 583.3 | **336.7** | **188.4** | **558.7** |
| Fruit and vegetables juices and drinks (n = 1,643) | 208.0 | 96.3 | 345.4 | 152.3 | 79.7 | 246.1 | 130.8 | 72.8 | 222.8 | 114.0 | 69.3 | 210.0 | 147.8 | 69.3 | 226.2 | **156.8** | **79.7** | **269.5** |
| Cordials (n = 430) | 78.1 | 24.4 | 205.6 | 80.5 | 28.5 | 224.0 | 48.8 | 24.4 | 142.9 | 91.5 | 28.5 | 230.3 | 72.0 | 30.5 | 274.3 | **73.2** | **24.4** | **206.4** |
| Soft drinks and flavoured mineral waters (n = 1,508) | 270.4 | 131.3 | 520.0 | 208.0 | 125.0 | 385.0 | 200.0 | 114.4 | 378.7 | 159.5 | 102.0 | 279.7 | 153.3 | 91.0 | 290.7 | **221.7** | **125.0** | **411.7** |
| Electrolyte, energy and fortified drinks (n = 152) | 208.0 | 107.0 | 260.0 | 208.0 | 89.2 | 297.2 | 190.0 | 149.5 | 250.0 | 208.0 | 173.3 | 416.0 | 208.0 | 133.8 | 416.0 | **208.0** | **107.0** | **260.0** |
| Mineral waters and water (n = 3,340) | 1166.7 | 675.0 | 1700.0 | 1033.3 | 650.0 | 1666.7 | 960.0 | 550.0 | 1420.0 | 749.3 | 438.3 | 1208.3 | 649.2 | 391.7 | 1033.3 | **966.7** | **550.0** | **1500.0** |
| Beverage flavourings (n = 518) | 7.3 | 3.5 | 115.6 | 6.7 | 2.7 | 93.5 | 85.0 | 3.7 | 124.8 | 8.3 | 3.6 | 102.0 | 9.4 | 3.3 | 90.4 | **9.6** | **3.5** | **106.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 113 Median[(a)] daily intake (grams) of alcoholic beverages among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Alcoholic beverages (n = 2,095)** | 357.2 | 161.0 | 711.8 | 302.0 | 140.3 | 557.2 | 252.5 | 122.0 | 520.0 | 255.2 | 126.3 | 583.2 | 252.5 | 115.5 | 505.0 | **280.5** | **127.8** | **604.3** |
| Beers (n = 891) | 380.0 | 185.2 | 833.3 | 378.8 | 222.2 | 753.8 | 252.5 | 126.3 | 757.5 | 378.8 | 126.3 | 1010.0 | 353.5 | 126.3 | 757.5 | **378.8** | **129.6** | **757.5** |
| Wines (n = 1,415) | 132.0 | 66.0 | 231.0 | 165.0 | 99.0 | 293.3 | 168.3 | 82.5 | 280.5 | 198.3 | 99.0 | 321.8 | 200.0 | 87.8 | 363.0 | **165.3** | **87.5** | **295.7** |
| Spirits (n = 254) | 28.8 | 9.7 | 57.0 | 19.0 | 15.8 | 53.8 | 31.7 | 15.8 | 52.3 | 30.1 | 15.8 | 41.3 | 31.7 | 16.0 | 63.3 | **28.8** | **15.8** | **57.0** |
| Other alcoholic beverages (n = 57) | 35.3 | 30.6 | 309.0 | 70.7 | 35.3 | 171.7 | 19.0 | 15.9 | 66.7 | 17.7 | 3.3 | 42.5 | 5.3 | 2.5 | 5.3 | **35.3** | **15.9** | **151.2** |
| Pre-mixed drinks (n = 256) | 258.8 | 130.0 | 446.3 | 257.5 | 129.9 | 390.0 | 188.7 | 114.4 | 390.0 | 111.6 | 57.2 | 130.0 | 85.8 | 68.7 | 138.7 | **208.0** | **128.8** | **390.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 114 Median[(a)] daily intake (grams) of miscellaneous among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Miscellaneous (n = 2,293)** | 2.4 | 0.8 | 8.0 | 2.5 | 0.7 | 6.5 | 2.0 | 0.7 | 6.0 | 2.0 | 0.7 | 5.1 | 2.3 | 0.9 | 5.9 | **2.2** | **0.7** | **6.5** |
| Formula dietary foods (n = 89) | 52.0 | 41.2 | 171.6 | 85.0 | 20.6 | 109.7 | 36.7 | 26.7 | 80.0 | 55.0 | 13.3 | 125.0 | 13.3 | 6.7 | 85.8 | **55.5** | **23.3** | **116.7** |
| Yeast; yeast, vegetables and meat extracts (n = 928) | 4.0 | 2.0 | 8.0 | 4.0 | 2.0 | 8.0 | 4.0 | 2.0 | 7.1 | 2.8 | 1.6 | 6.0 | 4.0 | 2.0 | 6.8 | **4.0** | **2.0** | **8.0** |
| Intense sweetening agents (n = 217) | 1.0 | 0.3 | 2.0 | 1.0 | 0.3 | 1.5 | 2.3 | 1.3 | 5.7 | 2.7 | 1.6 | 4.0 | 2.5 | 1.7 | 5.3 | **2.0** | **0.8** | **3.2** |
| Herbs, spices, seasonings and stock cubes (n = 1,759) | 0.9 | 0.4 | 2.1 | 0.7 | 0.4 | 2.0 | 0.7 | 0.4 | 2.0 | 0.9 | 0.4 | 1.9 | 0.9 | 0.4 | 1.9 | **0.9** | **0.4** | **2.0** |
| Infant foods (n = 39) | 12.1 | 11.3 | 12.1 | 7.3 | 5.2 | 11.3 | 9.5 | 6.6 | 24.2 | 23.0 | 14.7 | 45.8 | 2.8 | 2.6 | 27.5 | **11.3** | **5.2** | **19.1** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

# 9. Tables: Mean nutrient intake

# 9. Tables: Mean nutrient intake

## Table 115 Mean daily intake of energy, moisture and macronutrient intake among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Energy kj[a] | 11814.3 | 11248.5 | 12380.1 | 11795.1 | 11282.4 | 12307.8 | 11261.7 | 10758.5 | 11764.8 | 10468.1 | 10139.3 | 10796.9 | 10247.5 | 9727.3 | 10767.7 | **11328.2** | **11080.2** | **11576.2** |
| Energy kj[b] | 11601.3 | 11047.2 | 12155.4 | 11561.8 | 11058.2 | 12065.5 | 11021.0 | 10526.6 | 11515.4 | 10232.5 | 9912.3 | 10552.7 | 10009.7 | 9503.6 | 10515.8 | **11099.4** | **10857.8** | **11341.0** |
| Water g[c] | 3359.7 | 3112.1 | 3607.8 | 3522.7 | 3375.0 | 3670.3 | 3382.7 | 3212.1 | 3553.3 | 3123.2 | 2988.3 | 3258.2 | 2912.6 | 2787.8 | 3037.0 | **3315.8** | **3217.2** | **3414.5** |
| Protein g | 127.8 | 120.4 | 135.1 | 130.0 | 121.0 | 139.0 | 124.1 | 117.4 | 130.7 | 116.0 | 110.3 | 121.6 | 114.6 | 108.1 | 121.0 | **124.3** | **121.2** | **127.3** |
| Total fat g | 101.5 | 95.2 | 107.7 | 99.9 | 93.8 | 105.9 | 97.5 | 91.1 | 103.9 | 88.4 | 85.0 | 91.9 | 85.9 | 80.7 | 91.1 | **96.6** | **93.5** | **99.7** |
| Saturated fat g | 40.9 | 38.4 | 43.4 | 39.9 | 37.7 | 42.2 | 38.3 | 36.2 | 40.4 | 34.1 | 32.6 | 35.7 | 34.5 | 31.9 | 37.0 | **38.4** | **37.3** | **39.6** |
| Polyunsat fat g | 14.6 | 13.5 | 15.8 | 14.5 | 13.3 | 15.6 | 14.6 | 13.4 | 15.8 | 13.4 | 12.5 | 14.3 | 12.5 | 11.5 | 13.5 | **14.2** | **13.5** | **14.8** |
| Monounsat fat g | 38.5 | 35.9 | 41.2 | 37.9 | 35.4 | 40.5 | 37.1 | 34.1 | 40.2 | 33.8 | 32.3 | 35.3 | 32.0 | 30.2 | 33.8 | **36.7** | **35.4** | **38.0** |
| Long-chain n-3 fatty acid | 339.3 | 276.1 | 400.5 | 449.3 | 299.4 | 599.3 | 441.1 | 348.6 | 533.5 | 413.9 | 338.8 | 489.0 | 460.2 | 337.0 | 583.3 | **405.9** | **367.7** | **444.2** |
| 18:2 n-6 linoleic acid | 12.4 | 11.3 | 13.5 | 12.1 | 11.1 | 13.1 | 12.2 | 11.2 | 13.2 | 11.3 | 10.5 | 12.1 | 10.2 | 9.4 | 11.1 | **11.9** | **11.3** | **12.5** |
| 18:3 n-3 alpha-linolenic acid | 1.6 | 1.5 | 1.7 | 1.7 | 1.6 | 1.8 | 1.7 | 1.6 | 1.9 | 1.6 | 1.5 | 1.7 | 1.6 | 1.5 | 1.7 | **1.7** | **1.6** | **1.7** |
| Cholesterol mg | 375.8 | 336.8 | 414.8 | 369.0 | 341.9 | 396.2 | 356.6 | 339.3 | 373.9 | 339.0 | 315.6 | 362.5 | 328.1 | 306.1 | 349.9 | **359.3** | **345.6** | **372.9** |
| Carbohydrate g | 310.1 | 291.8 | 328.5 | 307.7 | 296.0 | 319.5 | 285.7 | 274.8 | 296.6 | 263.1 | 253.6 | 272.6 | 261.5 | 246.7 | 276.2 | **292.8** | **285.9** | **299.7** |
| Sugars g | 133.0 | 123.9 | 142.1 | 133.8 | 127.1 | 140.5 | 123.6 | 118.5 | 128.7 | 118.1 | 111.7 | 124.4 | 117.5 | 110.0 | 124.9 | **127.5** | **123.8** | **131.2** |
| Starch g | 169.3 | 155.2 | 183.4 | 165.7 | 157.0 | 174.4 | 154.3 | 146.3 | 162.3 | 137.1 | 131.3 | 142.8 | 138.3 | 128.4 | 148.1 | **157.6** | **152.5** | **162.8** |

## Table 115 Mean daily intake of energy, moisture and macronutrient intake among men (continued)

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Dietary fibre g | 26.6 | 24.7 | 28.4 | 29.0 | 27.0 | 31.0 | 30.0 | 28.4 | 31.5 | 29.4 | 27.9 | 30.8 | 29.6 | 27.5 | 31.7 | **28.5** | **27.5** | **29.5** |
| Alcohol g | 17.1 | 12.7 | 21.5 | 17.9 | 14.5 | 21.3 | 18.2 | 15.1 | 21.3 | 20.5 | 16.7 | 24.2 | 17.5 | 14.2 | 20.9 | **17.9** | **16.1** | **19.8** |

(a) Energy with dietary fibre: energy (kJ) = energy without dietary fibre (kJ) + dietary fibre (g)(a)8

(b) Energy without dietary fibre: energy (kJ) = protein (g)*17 + total sugars (g)*16 + total fat (g)*37 + starch (g)*17 + glycogen (g)*17 + dextrin (g)*17 + maltodextrin (g)*17 + sorbitol/mannitol (g)*16 + lactic/acetic acids (g)*15 + malic/quinic/citric acids (g)*10 + alcohol (g)*29.

(c) Includes all water or moisture from foods and beverages

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 116 Mean daily intake of vitamins among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Thiamin mg | 2.2 | 2.0 | 2.4 | 2.4 | 2.1 | 2.6 | 2.2 | 2.1 | 2.4 | 2.0 | 1.9 | 2.2 | 2.1 | 2.0 | 2.3 | **2.2** | **2.1** | **2.3** |
| Riboflavin mg | 3.0 | 2.8 | 3.3 | 3.1 | 2.9 | 3.3 | 3.0 | 2.8 | 3.2 | 2.6 | 2.5 | 2.8 | 2.7 | 2.5 | 2.9 | **2.9** | **2.8** | **3.0** |
| Niacin mg | 67.5 | 63.3 | 71.7 | 69.1 | 64.5 | 73.6 | 65.5 | 62.5 | 68.4 | 60.9 | 57.9 | 63.9 | 59.8 | 56.7 | 62.8 | **65.6** | **63.9** | **67.4** |
| Vitamin C mg | 141.0 | 117.0 | 165.1 | 143.7 | 129.6 | 157.8 | 136.7 | 125.9 | 147.5 | 145.0 | 134.2 | 155.7 | 143.6 | 123.4 | 163.6 | **141.1** | **134.1** | **148.0** |
| Vitamin D µg | 4.0 | 3.6 | 4.3 | 4.6 | 3.9 | 5.3 | 4.2 | 3.8 | 4.5 | 3.8 | 3.5 | 4.1 | 4.2 | 3.6 | 4.7 | **4.1** | **4.0** | **4.3** |
| Folate µg | 546.9 | 480.8 | 613.0 | 561.7 | 517.6 | 605.9 | 553.8 | 507.7 | 599.9 | 527.6 | 498.2 | 557.0 | 529.5 | 484.3 | 574.7 | **546.3** | **519.5** | **573.2** |
| Retinol µg | 422.2 | 386.9 | 457.2 | 524.9 | 416.8 | 633.0 | 434.3 | 396.1 | 472.4 | 645.4 | 288.1 | 1002.7 | 500.2 | 399.3 | 601.2 | **487.6** | **426.0** | **549.2** |
| Beta-carotene µg | 3058.0 | 2430.7 | 3685.4 | 3145.5 | 2718.4 | 3572.6 | 3219.0 | 2902.5 | 3535.5 | 3446.3 | 3067.5 | 3825.2 | 3691.4 | 3319.1 | 4063.7 | **3241.2** | **2962.2** | **3520.3** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 117 Mean daily intake of minerals and caffeine among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Potassium mg | 3815.4 | 3571.7 | 4059.1 | 4067.2 | 3841.3 | 4293.1 | 4028.3 | 3824.0 | 4232.6 | 4002.6 | 3831.4 | 4173.9 | 4032.7 | 3738.2 | 4327.3 | **3961.5** | **3846.8** | **4076.2** |
| Magnesium mg | 433.2 | 403.6 | 462.5 | 477.3 | 447.5 | 507.2 | 475.7 | 452.6 | 498.8 | 451.2 | 427.5 | 475.0 | 430.3 | 401.7 | 458.8 | **453.7** | **438.0** | **469.3** |
| Calcium mg | 974.6 | 904.4 | 1044.7 | 1026.0 | 969.1 | 1082.8 | 964.8 | 924.6 | 1004.9 | 879.0 | 836.9 | 921.0 | 915.6 | 844.2 | 987.1 | **961.9** | **929.2** | **994.6** |
| Phosphorus mg | 1962.2 | 1869.7 | 2054.8 | 2038.2 | 1921.9 | 2154.4 | 1952.6 | 1871.6 | 2033.5 | 1824.6 | 1739.0 | 1910.2 | 1823.9 | 1712.1 | 1935.7 | **1939.5** | **1895.1** | **1984.0** |
| Iron mg | 14.7 | 14.0 | 15.4 | 15.2 | 14.2 | 16.1 | 15.5 | 14.7 | 16.3 | 14.7 | 14.0 | 15.4 | 14.5 | 13.5 | 15.6 | **14.9** | **14.5** | **15.4** |
| Zinc mg | 15.3 | 14.2 | 16.4 | 15.5 | 14.3 | 16.6 | 15.7 | 14.5 | 16.9 | 15.0 | 14.0 | 16.0 | 14.8 | 12.5 | 17.1 | **15.3** | **14.8** | **15.8** |
| Iodine µg | 168.2 | 150.2 | 186.2 | 168.8 | 158.3 | 179.3 | 162.6 | 153.0 | 172.1 | 145.7 | 136.3 | 155.1 | 147.9 | 138.2 | 157.5 | **161.5** | **154.3** | **168.6** |
| Sodium mg | 3915.3 | 3610.5 | 4220.0 | 3628.5 | 3452.7 | 3804.2 | 3658.7 | 3426.5 | 3890.8 | 3337.1 | 3170.7 | 3503.5 | 3289.9 | 3057.2 | 3522.5 | **3642.3** | **3513.5** | **3771.0** |
| Caffeine mg | 153.3 | 123.9 | 182.7 | 242.3 | 213.6 | 271.1 | 269.9 | 245.1 | 294.6 | 302.9 | 268.9 | 336.9 | 268.0 | 244.6 | 291.4 | **230.9** | **214.8** | **247.1** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 118 Mean daily intake of energy, moisture and macronutrients among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Energy kj(a) | 8884.0 | 8361.1 | 9406.8 | 8735.4 | 8396.2 | 9074.6 | 8139.2 | 7769.9 | 8508.5 | 8016.6 | 7648.3 | 8384.3 | 7593.2 | 7302.3 | 7884.0 | **8425.4** | **8188.0** | **8662.7** |
| Energy kj(b) | 8695.0 | 8181.1 | 9208.4 | 8545.7 | 8213.4 | 8877.9 | 7951.4 | 7586.3 | 8316.5 | 7807.0 | 7448.4 | 8165.6 | 7394.6 | 7109.9 | 7679.4 | **8232.5** | **8000.6** | **8464.4** |
| Water g(c) | 3048.5 | 2901.4 | 3195.6 | 3111.0 | 3004.3 | 3217.7 | 3051.2 | 2957.1 | 3145.3 | 3040.5 | 2948.1 | 3132.9 | 2876.7 | 2744.2 | 3009.3 | **3042.6** | **2988.4** | **3096.8** |
| Protein g | 96.3 | 90.9 | 101.7 | 97.2 | 92.9 | 101.4 | 91.6 | 87.0 | 96.1 | 90.6 | 86.2 | 95.1 | 87.0 | 83.1 | 90.9 | **93.6** | **91.2** | **95.9** |
| Total fat g | 74.6 | 67.7 | 81.4 | 76.4 | 72.1 | 80.6 | 71.4 | 67.2 | 75.6 | 67.3 | 63.3 | 71.4 | 63.1 | 59.5 | 66.6 | **71.8** | **68.9** | **74.8** |
| Saturated fat g | 29.9 | 26.7 | 33.1 | 29.7 | 27.9 | 31.5 | 27.7 | 26.2 | 29.2 | 24.9 | 23.1 | 26.6 | 24.6 | 23.0 | 26.2 | **28.0** | **26.7** | **29.3** |
| Polyunsat. fat g | 11.2 | 10.2 | 12.3 | 12.2 | 11.3 | 13.1 | 11.0 | 10.1 | 11.9 | 11.5 | 10.4 | 12.5 | 9.8 | 9.2 | 10.5 | **11.2** | **10.7** | **11.8** |
| Mono-unsat. fat g | 27.8 | 25.2 | 30.4 | 28.7 | 26.8 | 30.5 | 27.0 | 25.0 | 29.0 | 25.5 | 23.6 | 27.3 | 23.2 | 21.8 | 24.7 | **26.9** | **25.7** | **28.1** |
| Long-chain n-3 fatty acid | 291.1 | 218.3 | 364.0 | 339.7 | 273.4 | 406.1 | 332.6 | 271.8 | 393.3 | 379.5 | 316.1 | 442.8 | 305.0 | 246.2 | 363.7 | **323.4** | **290.1** | **356.7** |
| 18:2 n-6 linoleic acid | 9.4 | 8.4 | 10.3 | 10.4 | 9.5 | 11.2 | 9.3 | 8.5 | 10.1 | 9.6 | 8.7 | 10.4 | 8.2 | 7.7 | 8.8 | **9.4** | **9.0** | **9.9** |
| 18:3 n-3 alpha-linolenic acid | 1.3 | 1.2 | 1.5 | 1.4 | 1.2 | 1.5 | 1.3 | 1.2 | 1.4 | 1.4 | 1.3 | 1.6 | 1.3 | 1.2 | 1.3 | **1.3** | **1.3** | **1.4** |
| Cholesterol mg | 268.8 | 241.9 | 295.7 | 277.6 | 259.4 | 295.9 | 266.1 | 251.9 | 280.3 | 252.1 | 231.6 | 272.7 | 248.2 | 225.9 | 270.5 | **264.5** | **254.0** | **274.9** |
| Carbohydrate g | 244.8 | 231.1 | 258.5 | 228.6 | 218.9 | 238.2 | 212.1 | 200.8 | 223.3 | 213.7 | 203.6 | 223.8 | 203.5 | 196.4 | 210.6 | **225.7** | **219.6** | **231.7** |
| Sugars g | 116.4 | 110.4 | 122.3 | 103.5 | 97.9 | 109.1 | 101.5 | 96.0 | 107.1 | 103.1 | 97.3 | 108.8 | 99.5 | 94.3 | 104.6 | **106.9** | **104.4** | **109.4** |
| Starch g | 125.8 | 116.4 | 135.2 | 122.2 | 116.5 | 128.0 | 108.0 | 101.5 | 114.6 | 107.7 | 102.2 | 113.2 | 101.4 | 96.4 | 106.5 | **116.1** | **112.1** | **120.1** |

## Table 118 Mean daily intake of energy, moisture and macronutrients among women (continued)

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Dietary fibre g | 23.5 | 21.9 | 25.2 | 23.6 | 22.4 | 24.8 | 23.4 | 22.3 | 24.5 | 26.1 | 24.6 | 27.6 | 24.7 | 23.5 | 26.0 | **24.0** | **23.1** | **24.9** |
| Alcohol g | 7.4 | 5.0 | 9.7 | 8.6 | 7.0 | 10.1 | 7.1 | 6.1 | 8.1 | 6.9 | 5.7 | 8.0 | 6.2 | 4.6 | 7.8 | **7.3** | **6.3** | **8.4** |

(a) Energy with dietary fibre: energy (kJ) = energy without dietary fibre (kJ) + dietary fibre (g)(a)8

(b) Energy without dietary fibre: energy (kJ) = protein (g)*17 + total sugars (g)*16 + total fat (g)*37 + starch (g)*17 + glycogen (g)*17 + dextrin (g)*17 + maltodextrin (g)*17 + sorbitol/mannitol (g)*16 + lactic/acetic acids (g)*15 + malic/quinic/citric acids (g)*10 + alcohol (g)*29.

(c) Includes all water or moisture from foods and beverages

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 119 Mean daily intake of vitamins among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Thiamin mg | 1.7 | 1.5 | 1.9 | 1.8 | 1.6 | 1.9 | 1.5 | 1.4 | 1.6 | 1.6 | 1.5 | 1.7 | 1.7 | 1.6 | 1.9 | **1.7** | **1.6** | **1.8** |
| Riboflavin mg | 2.4 | 2.2 | 2.7 | 2.5 | 2.4 | 2.7 | 2.3 | 2.1 | 2.4 | 2.3 | 2.2 | 2.4 | 2.4 | 2.2 | 2.6 | **2.4** | **2.3** | **2.5** |
| Niacin mg | 49.4 | 46.4 | 52.4 | 51.5 | 49.2 | 53.8 | 47.5 | 45.1 | 49.8 | 46.7 | 44.5 | 49.0 | 45.2 | 43.1 | 47.3 | **48.5** | **47.1** | **49.9** |
| Vitamin C mg | 126.0 | 114.6 | 137.5 | 110.3 | 101.7 | 118.9 | 119.7 | 110.1 | 129.3 | 143.3 | 130.7 | 156.0 | 124.5 | 111.7 | 137.2 | **123.8** | **118.5** | **129.1** |
| Vitamin D µg | 3.0 | 2.7 | 3.3 | 3.4 | 3.1 | 3.7 | 3.1 | 2.8 | 3.3 | 3.0 | 2.8 | 3.3 | 2.9 | 2.6 | 3.2 | **3.1** | **2.9** | **3.2** |
| Folate µg | 464.6 | 401.0 | 528.3 | 478.8 | 434.0 | 523.6 | 436.3 | 405.5 | 467.2 | 458.7 | 431.7 | 485.6 | 517.7 | 468.5 | 567.0 | **464.4** | **438.5** | **490.3** |
| Retinol µg | 390.2 | 292.7 | 487.7 | 375.8 | 307.7 | 443.8 | 369.2 | 315.2 | 423.2 | 362.2 | 283.5 | 440.5 | 363.0 | 303.4 | 422.7 | **374.2** | **329.0** | **419.4** |
| Beta-carotene µg | 3317.7 | 2698.2 | 3937.1 | 3195.8 | 2934.0 | 3457.6 | 3362.7 | 3109.8 | 3615.6 | 3905.6 | 3504.0 | 4307.3 | 3559.5 | 3205.7 | 3913.3 | **3418.7** | **3173.2** | **3664.2** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 120 Mean daily intake of minerals among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Potassium mg | 3221.7 | 3014.1 | 3429.2 | 3311.7 | 3183.0 | 3440.4 | 3326.9 | 3193.3 | 3460.4 | 3520.1 | 3383.7 | 3656.6 | 3352.9 | 3200.1 | 3505.8 | **3318.1** | **3219.9** | **3416.3** |
| Magnesium mg | 364.2 | 336.5 | 392.0 | 387.5 | 368.0 | 406.9 | 376.1 | 361.5 | 390.7 | 391.2 | 371.5 | 411.0 | 354.2 | 338.2 | 370.1 | **374.1** | **359.6** | **388.7** |
| Calcium mg | 854.6 | 790.2 | 919.0 | 870.0 | 824.7 | 915.3 | 845.1 | 799.5 | 890.7 | 853.7 | 814.6 | 892.7 | 803.5 | 760.2 | 846.7 | **849.1** | **819.6** | **878.6** |
| Phosphorus mg | 1562.9 | 1468.0 | 1657.7 | 1603.0 | 1546.5 | 1659.6 | 1517.6 | 1455.6 | 1579.7 | 1536.5 | 1477.9 | 1595.1 | 1448.7 | 1387.4 | 1510.0 | **1544.3** | **1501.2** | **1587.4** |
| Iron mg | 12.5 | 11.5 | 13.4 | 12.3 | 11.6 | 12.9 | 11.5 | 10.9 | 12.0 | 12.2 | 11.6 | 12.8 | 11.7 | 11.2 | 12.3 | **12.1** | **11.7** | **12.5** |
| Zinc mg | 11.9 | 11.0 | 12.8 | 11.9 | 11.3 | 12.5 | 11.0 | 10.4 | 11.6 | 11.4 | 10.8 | 12.0 | 11.3 | 10.7 | 11.9 | **11.6** | **11.2** | **11.9** |
| Iodine µg | 139.7 | 131.1 | 148.3 | 145.4 | 136.9 | 153.8 | 141.0 | 134.5 | 147.6 | 139.5 | 130.4 | 148.7 | 133.1 | 124.0 | 142.2 | **140.0** | **135.3** | **144.6** |
| Sodium mg | 2945.3 | 2714.8 | 3175.8 | 2879.4 | 2730.9 | 3027.8 | 2524.2 | 2383.7 | 2664.8 | 2541.8 | 2392.6 | 2691.1 | 2440.9 | 2222.5 | 2659.3 | **2731.7** | **2633.7** | **2829.7** |
| Caffeine mg | 163.6 | 141.0 | 186.3 | 224.3 | 195.6 | 253.1 | 243.1 | 225.3 | 260.9 | 284.9 | 250.6 | 319.3 | 236.2 | 212.8 | 259.6 | **217.5** | **204.2** | **230.9** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 121 Mean daily intake of energy, moisture and macronutrients among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Energy kj[(a)] | 10393.3 | 9936.5 | 10850.1 | 10224.2 | 9870.1 | 10578.3 | 9672.5 | 9271.9 | 10073.1 | 9208.4 | 8931.6 | 9485.3 | 8862.7 | 8558.7 | 9166.6 | **9860.3** | **9663.6** | **10056.9** |
| Energy kj[(b)] | 10191.9 | 9742.9 | 10640.9 | 10013.3 | 9666.4 | 10360.2 | 9458.7 | 9064.7 | 9852.7 | 8986.2 | 8716.1 | 9256.2 | 8645.3 | 8348.2 | 8942.5 | **9649.7** | **9457.6** | **9841.9** |
| Water g[(c)] | 3208.8 | 3061.5 | 3356.1 | 3311.3 | 3226.7 | 3395.9 | 3214.0 | 3107.1 | 3320.9 | 3080.7 | 2996.0 | 3165.5 | 2893.9 | 2789.7 | 2998.1 | **3179.5** | **3129.6** | **3229.4** |
| Protein g | 112.5 | 107.5 | 117.5 | 113.2 | 108.4 | 117.9 | 107.5 | 102.5 | 112.5 | 103.0 | 99.9 | 106.0 | 100.2 | 96.5 | 103.9 | **108.8** | **106.6** | **111.0** |
| Total fat g | 88.4 | 83.1 | 93.8 | 87.8 | 83.8 | 91.8 | 84.2 | 79.7 | 88.8 | 77.6 | 74.6 | 80.5 | 74.0 | 70.7 | 77.2 | **84.1** | **81.5** | **86.7** |
| Saturated fat g | 35.6 | 33.3 | 37.8 | 34.7 | 33.1 | 36.3 | 32.9 | 31.4 | 34.4 | 29.4 | 28.1 | 30.6 | 29.3 | 27.8 | 30.9 | **33.2** | **32.2** | **34.2** |
| Polyunsat. fat g | 13.0 | 12.0 | 13.9 | 13.3 | 12.6 | 14.0 | 12.8 | 12.0 | 13.6 | 12.4 | 11.8 | 13.1 | 11.1 | 10.5 | 11.7 | **12.7** | **12.2** | **13.2** |
| Mono-unsat. fat g | 33.3 | 31.1 | 35.5 | 33.2 | 31.5 | 34.9 | 32.0 | 29.8 | 34.1 | 29.5 | 28.3 | 30.8 | 27.4 | 26.2 | 28.7 | **31.7** | **30.7** | **32.8** |
| Long-chain n-3 fatty acid | 316.0 | 268.5 | 363.5 | 393.0 | 313.5 | 472.6 | 385.8 | 330.4 | 441.2 | 396.2 | 350.1 | 442.4 | 379.2 | 314.5 | 443.9 | **364.0** | **339.8** | **388.3** |
| 18:2 n-6 linoleic acid | 10.9 | 10.1 | 11.7 | 11.2 | 10.6 | 11.8 | 10.7 | 10.0 | 11.4 | 10.4 | 9.8 | 11.0 | 9.2 | 8.7 | 9.7 | **10.7** | **10.2** | **11.1** |
| 18:3 n-3 alpha-linolenic acid | 1.5 | 1.4 | 1.6 | 1.5 | 1.4 | 1.6 | 1.5 | 1.4 | 1.6 | 1.5 | 1.4 | 1.6 | 1.4 | 1.3 | 1.5 | **1.5** | **1.4** | **1.5** |
| Cholesterol mg | 323.9 | 298.1 | 349.8 | 322.1 | 307.4 | 336.8 | 310.5 | 297.5 | 323.5 | 294.4 | 278.1 | 310.7 | 286.4 | 268.3 | 304.4 | **311.4** | **301.2** | **321.6** |
| Carbohydrate g | 278.5 | 266.8 | 290.1 | 267.1 | 258.9 | 275.3 | 248.2 | 238.7 | 257.7 | 237.7 | 229.0 | 246.5 | 231.2 | 223.3 | 239.2 | **258.8** | **254.5** | **263.2** |
| Sugars g | 124.9 | 119.5 | 130.3 | 118.3 | 114.0 | 122.5 | 112.4 | 107.7 | 117.1 | 110.3 | 105.7 | 115.0 | 108.1 | 103.1 | 113.0 | **117.0** | **114.7** | **119.3** |
| Starch g | 148.2 | 140.3 | 156.1 | 143.4 | 137.6 | 149.1 | 130.8 | 125.1 | 136.4 | 122.0 | 116.9 | 127.0 | 119.0 | 113.5 | 124.6 | **136.7** | **133.9** | **139.5** |
| Dietary fibre g | 25.1 | 23.8 | 26.3 | 26.3 | 24.9 | 27.6 | 26.6 | 25.4 | 27.9 | 27.7 | 26.7 | 28.7 | 27.1 | 25.9 | 28.3 | **26.2** | **25.5** | **26.9** |
| Alcohol g | 12.4 | 9.8 | 14.9 | 13.1 | 11.1 | 15.2 | 12.5 | 10.7 | 14.4 | 13.5 | 11.7 | 15.3 | 11.6 | 9.5 | 13.8 | **12.6** | **11.4** | **13.7** |

(a) Energy with dietary fibre: energy (kJ) = energy without dietary fibre (kJ) + dietary fibre (g)(a)8

(b) Energy without dietary fibre: energy (kJ) = protein (g)*17 + total sugars (g)*16 + total fat (g)*37 + starch (g)*17 + glycogen (g)*17 + dextrin (g)*17 + maltodextrin (g)*17 + sorbitol/mannitol (g)*16 + lactic/acetic acids (g)*15 + malic/quinic/citric acids (g)*10 + alcohol (g)*29.

(c) Includes all water or moisture from foods and beverages

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 122 Mean daily intake of vitamins among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Thiamin mg | 2.0 | 1.8 | 2.1 | 2.1 | 1.9 | 2.2 | 1.9 | 1.8 | 1.9 | 1.8 | 1.7 | 1.9 | 1.9 | 1.8 | 2.1 | **1.9** | **1.9** | **2.0** |
| Riboflavin mg | 2.7 | 2.5 | 3.0 | 2.8 | 2.7 | 2.9 | 2.6 | 2.5 | 2.7 | 2.5 | 2.4 | 2.6 | 2.5 | 2.4 | 2.7 | **2.7** | **2.6** | **2.7** |
| Niacin mg | 58.7 | 55.8 | 61.7 | 60.0 | 57.6 | 62.4 | 56.3 | 53.9 | 58.7 | 53.6 | 51.8 | 55.4 | 52.2 | 50.3 | 54.0 | **57.0** | **55.6** | **58.4** |
| Vitamin C mg | 133.7 | 117.5 | 150.0 | 126.6 | 118.4 | 134.7 | 128.0 | 120.1 | 136.0 | 144.1 | 137.3 | 150.9 | 133.6 | 121.7 | 145.5 | **132.4** | **126.8** | **137.9** |
| Vitamin D µg | 3.5 | 3.2 | 3.7 | 4.0 | 3.6 | 4.4 | 3.6 | 3.4 | 3.8 | 3.4 | 3.2 | 3.6 | 3.5 | 3.2 | 3.8 | **3.6** | **3.5** | **3.7** |
| Folate µg | 507.0 | 450.7 | 563.4 | 519.1 | 491.9 | 546.4 | 494.0 | 469.7 | 518.3 | 492.2 | 469.5 | 514.8 | 523.4 | 494.9 | 551.9 | **505.3** | **485.3** | **525.3** |
| Retinol µg | 406.7 | 361.0 | 452.3 | 448.3 | 383.5 | 513.1 | 401.2 | 368.6 | 433.8 | 499.9 | 320.6 | 679.1 | 428.7 | 357.5 | 499.8 | **428.2** | **389.8** | **466.6** |
| Beta-carotene µg | 3184.0 | 2763.6 | 3604.3 | 3171.3 | 2911.9 | 3430.8 | 3292.1 | 3082.0 | 3502.2 | 3682.3 | 3403.3 | 3961.4 | 3622.6 | 3347.7 | 3897.5 | **3325.9** | **3152.3** | **3499.5** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 123 Mean daily intake of minerals and caffeine among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Potassium mg | 3527.5 | 3350.0 | 3704.9 | 3679.3 | 3549.2 | 3809.4 | 3671.3 | 3526.1 | 3816.5 | 3754.7 | 3653.0 | 3856.4 | 3678.1 | 3505.7 | 3850.4 | **3635.0** | **3551.5** | **3718.6** |
| Magnesium mg | 399.8 | 377.1 | 422.5 | 431.2 | 410.1 | 452.3 | 425.0 | 407.6 | 442.4 | 420.4 | 405.1 | 435.7 | 390.6 | 373.5 | 407.6 | **413.3** | **400.6** | **426.0** |
| Calcium mg | 916.4 | 865.9 | 966.9 | 945.9 | 910.6 | 981.2 | 903.9 | 870.7 | 937.0 | 866.0 | 841.9 | 890.0 | 857.1 | 813.7 | 900.5 | **904.9** | **883.6** | **926.3** |
| Phosphorus mg | 1768.6 | 1694.5 | 1842.6 | 1814.8 | 1747.7 | 1881.9 | 1731.2 | 1666.9 | 1795.5 | 1676.6 | 1629.2 | 1723.9 | 1628.1 | 1561.8 | 1694.5 | **1739.8** | **1703.1** | **1776.4** |
| Iron mg | 13.6 | 13.0 | 14.2 | 13.7 | 13.1 | 14.3 | 13.5 | 12.8 | 14.1 | 13.4 | 12.9 | 13.9 | 13.1 | 12.6 | 13.6 | **13.5** | **13.2** | **13.8** |
| Zinc mg | 13.7 | 12.9 | 14.5 | 13.6 | 13.0 | 14.3 | 13.3 | 12.6 | 14.1 | 13.2 | 12.7 | 13.6 | 13.0 | 11.9 | 14.1 | **13.4** | **13.1** | **13.8** |
| Iodine µg | 154.4 | 144.8 | 163.9 | 156.8 | 149.3 | 164.2 | 151.6 | 145.9 | 157.3 | 142.5 | 135.5 | 149.5 | 140.2 | 133.9 | 146.4 | **150.6** | **146.7** | **154.5** |
| Sodium mg | 3444.9 | 3256.2 | 3633.6 | 3243.9 | 3118.0 | 3369.7 | 3081.3 | 2921.7 | 3240.9 | 2928.4 | 2826.7 | 3030.2 | 2847.0 | 2664.3 | 3029.6 | **3182.0** | **3104.1** | **3259.8** |
| Caffeine mg | 158.3 | 137.0 | 179.6 | 233.1 | 210.8 | 255.4 | 256.2 | 240.8 | 271.6 | 293.7 | 266.5 | 320.8 | 251.4 | 231.3 | 271.5 | **223.8** | **211.8** | **235.8** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

# 10. Tables: Median nutrient intake

# 10. Tables: Median nutrient intake

## Table 124 Median[a] (IQR) daily intake of energy, moisture and macronutrients among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Energy kj[b] | 11457.4 | 9700.3 | 13737.0 | 11381.7 | 9351.4 | 13771.2 | 11083.5 | 9102.8 | 13010.7 | 10372.5 | 8436.8 | 12194.3 | 10157.3 | 8367.7 | 11852.8 | **11043.7** | **9074.4** | **13242.8** |
| Energy kj[c] | 11279.4 | 9519.8 | 13584.6 | 11187.6 | 9174.7 | 13515.2 | 10865.7 | 8938.1 | 12771.7 | 10052.9 | 8267.9 | 11939.1 | 9939.8 | 8174.3 | 11594.9 | **10801.7** | **8861.4** | **13021.7** |
| Water g[d] | 3232.2 | 2554.0 | 3869.3 | 3330.2 | 2741.0 | 4093.3 | 3228.0 | 2595.2 | 3865.8 | 3044.8 | 2485.4 | 3623.7 | 2824.7 | 2408.6 | 3423.4 | **3171.2** | **2554.0** | **3818.9** |
| Protein g | 120.7 | 93.0 | 151.7 | 126.0 | 97.1 | 149.8 | 117.5 | 92.0 | 146.7 | 109.3 | 93.3 | 132.3 | 107.4 | 89.2 | 137.0 | **117.1** | **93.7** | **145.9** |
| Total fat g | 94.3 | 74.1 | 122.2 | 93.7 | 70.8 | 123.4 | 92.6 | 71.7 | 116.2 | 84.5 | 66.1 | 106.7 | 82.6 | 62.0 | 105.3 | **91.7** | **69.6** | **117.8** |
| Saturated fat g | 37.1 | 30.3 | 51.0 | 36.8 | 27.1 | 52.1 | 36.8 | 27.3 | 46.6 | 32.5 | 24.1 | 42.9 | 33.7 | 23.3 | 41.7 | **35.8** | **26.5** | **48.2** |
| Polyunsat. fat g | 13.8 | 10.0 | 17.5 | 13.2 | 10.2 | 18.1 | 13.4 | 9.8 | 17.5 | 11.9 | 9.4 | 15.6 | 12.4 | 8.9 | 14.7 | **12.9** | **9.7** | **17.0** |
| Mono-unsat. fat g | 36.8 | 27.1 | 48.2 | 35.5 | 27.1 | 45.7 | 33.8 | 25.0 | 44.9 | 31.8 | 24.9 | 40.7 | 30.7 | 22.0 | 39.0 | **34.5** | **25.6** | **44.8** |
| Long-chain n-3 fatty acid[e] | 160.6 | 95.8 | 314.9 | 174.6 | 103.7 | 360.0 | 188.2 | 111.6 | 416.4 | 195.3 | 116.9 | 396.7 | 229.3 | 118.9 | 495.4 | **182.4** | **105.4** | **381.8** |
| 18:2 n-6 linoleic acid | 11.6 | 8.2 | 15.1 | 10.7 | 8.3 | 14.7 | 11.1 | 7.8 | 15.4 | 10.0 | 7.5 | 13.7 | 9.8 | 6.9 | 12.4 | **10.6** | **7.8** | **14.4** |
| 18:3 n-3 alpha-linolenic acid | 1.6 | 1.2 | 2.0 | 1.5 | 1.1 | 2.2 | 1.5 | 1.1 | 2.1 | 1.5 | 1.1 | 1.9 | 1.4 | 1.1 | 1.9 | **1.5** | **1.1** | **2.0** |
| Cholesterol mg | 323.9 | 225.1 | 484.3 | 335.8 | 253.9 | 424.9 | 328.4 | 240.3 | 433.9 | 307.7 | 219.7 | 419.5 | 311.1 | 226.4 | 419.0 | **325.3** | **233.0** | **443.9** |
| Carbohydrate g | 293.6 | 239.8 | 366.3 | 296.7 | 245.2 | 364.0 | 276.0 | 219.0 | 340.9 | 256.4 | 202.2 | 320.0 | 253.3 | 199.3 | 315.8 | **282.7** | **226.5** | **345.0** |
| Sugars g | 123.8 | 88.4 | 159.3 | 124.1 | 89.2 | 162.3 | 116.6 | 85.1 | 158.7 | 112.1 | 83.1 | 143.3 | 106.9 | 82.8 | 145.0 | **117.7** | **86.0** | **158.2** |
| Starch g | 164.8 | 132.0 | 198.4 | 158.4 | 124.7 | 198.4 | 146.4 | 117.0 | 184.2 | 129.6 | 100.6 | 166.9 | 132.1 | 102.6 | 169.7 | **150.9** | **117.2** | **189.2** |

## Table 124 Median[a] (IQR) daily intake of energy, moisture and macronutrients among men (continued)

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Dietary fibre g | 24.6 | 19.4 | 32.6 | 27.3 | 21.2 | 35.5 | 28.3 | 22.5 | 36.2 | 28.0 | 22.0 | 35.3 | 28.0 | 21.7 | 36.3 | **26.9** | **21.3** | **34.5** |
| Alcohol g[f] | 15.6 | 5.4 | 32.5 | 17.2 | 5.8 | 32.8 | 15.1 | 6.3 | 30.5 | 19.5 | 7.9 | 37.9 | 21.0 | 7.6 | 35.9 | **17.2** | **6.3** | **33.0** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

(b) Energy with dietary fibre: energy (kJ) = energy without dietary fibre (kJ) + dietary fibre (g)(a)8

(c) Energy without dietary fibre: energy (kJ) = protein (g)*17 + total sugars (g)*16 + total fat (g)*37 + starch (g)*17 + glycogen (g)*17 + dextrin (g)*17 + maltodextrin (g)*17 + sorbitol/mannitol (g)*16 + lactic/acetic acids (g)*15 + malic/quinic/citric acids (g)*10 + alcohol (g)*29.

(d) Includes all water or moisture from foods and beverages

(e) n = 1,640

(f) n = 1,203

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 125 Median[a] (IQR) daily intake of vitamins among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Thiamin mg | 1.9 | 1.4 | 2.7 | 2.0 | 1.4 | 2.8 | 2.0 | 1.5 | 2.7 | 1.8 | 1.3 | 2.5 | 1.9 | 1.3 | 2.7 | **1.9** | **1.4** | **2.7** |
| Riboflavin mg | 2.7 | 2.0 | 3.7 | 2.8 | 2.1 | 3.7 | 2.7 | 1.9 | 3.6 | 2.4 | 1.8 | 3.1 | 2.5 | 1.7 | 3.4 | **2.7** | **1.9** | **3.6** |
| Niacin mg | 62.0 | 51.0 | 83.3 | 65.5 | 51.9 | 80.1 | 62.5 | 50.9 | 78.6 | 56.7 | 48.6 | 69.5 | 57.4 | 46.1 | 71.2 | **61.3** | **50.2** | **77.8** |
| Vitamin C mg | 112.7 | 66.6 | 198.1 | 116.8 | 72.2 | 196.5 | 114.8 | 72.9 | 183.2 | 121.8 | 84.1 | 185.2 | 115.0 | 69.8 | 191.2 | **114.8** | **71.4** | **190.9** |
| Vitamin D µg | 3.2 | 2.2 | 5.0 | 3.6 | 2.5 | 4.8 | 3.3 | 2.3 | 5.2 | 3.3 | 2.3 | 4.6 | 3.3 | 2.2 | 4.9 | **3.3** | **2.3** | **4.9** |
| Folate µg[b] | 438.2 | 310.1 | 678.0 | 462.1 | 343.2 | 659.9 | 481.7 | 343.1 | 681.3 | 440.0 | 338.6 | 637.8 | 439.5 | 346.6 | 633.6 | **450.7** | **329.5** | **657.8** |
| Retinol µg[c] | 356.1 | 268.8 | 530.5 | 397.2 | 288.7 | 577.4 | 377.6 | 246.5 | 518.5 | 359.9 | 254.8 | 489.6 | 406.0 | 266.2 | 542.7 | **372.7** | **268.3** | **530.5** |
| Beta-carotene µg | 2284.9 | 1320.6 | 3911.7 | 2475.7 | 1252.6 | 4064.0 | 2486.3 | 1527.0 | 4045.1 | 2516.1 | 1541.4 | 4650.6 | 3105.0 | 1481.0 | 4642.2 | **2394.9** | **1364.9** | **4120.1** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) n = 1,487
(c) n = 1,640
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 126 Median[a] (IQR) daily intake of minerals among men

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Potassium mg | 3626.4 | 2985.9 | 4512.8 | 4018.9 | 3182.2 | 4719.1 | 3892.0 | 3153.5 | 4866.2 | 3903.9 | 3263.0 | 4694.3 | 3797.0 | 3183.3 | 4783.9 | **3808.3** | **3104.5** | **4694.3** |
| Magnesium mg | 416.5 | 331.6 | 517.7 | 454.5 | 375.6 | 552.9 | 456.0 | 353.5 | 557.0 | 431.1 | 355.4 | 544.5 | 420.6 | 323.1 | 529.4 | **435.1** | **346.5** | **535.3** |
| Calcium mg | 909.3 | 724.9 | 1155.2 | 966.1 | 740.2 | 1244.5 | 918.8 | 678.1 | 1184.3 | 816.9 | 633.1 | 1049.4 | 844.6 | 643.6 | 1064.2 | **894.3** | **687.5** | **1166.7** |
| Phosphorus mg | 1907.6 | 1536.7 | 2282.1 | 1933.9 | 1567.9 | 2351.1 | 1880.1 | 1544.5 | 2297.7 | 1765.8 | 1460.6 | 2149.6 | 1751.4 | 1407.2 | 2138.1 | **1858.4** | **1519.1** | **2273.9** |
| Iron mg | 14.1 | 11.1 | 18.3 | 14.4 | 11.1 | 18.3 | 14.4 | 11.4 | 18.5 | 14.1 | 11.1 | 17.7 | 13.9 | 10.7 | 17.9 | **14.1** | **11.1** | **18.2** |
| Zinc mg | 13.9 | 11.0 | 18.4 | 14.1 | 11.2 | 17.9 | 14.2 | 10.9 | 18.3 | 13.7 | 10.7 | 17.4 | 12.7 | 10.3 | 16.8 | **13.9** | **11.0** | **18.0** |
| Iodine µg | 154.0 | 111.9 | 204.5 | 158.3 | 120.1 | 202.7 | 155.1 | 107.3 | 199.8 | 138.3 | 105.0 | 176.6 | 136.1 | 106.7 | 179.8 | **150.7** | **110.2** | **196.0** |
| Sodium mg | 3725.6 | 2856.1 | 4736.1 | 3376.6 | 2744.5 | 4329.5 | 3406.0 | 2632.7 | 4444.6 | 3148.7 | 2491.5 | 4002.8 | 2982.9 | 2288.7 | 4045.4 | **3447.5** | **2651.7** | **4396.0** |
| Caffeine mg[b] | 109.6 | 36.2 | 227.8 | 225.4 | 127.0 | 334.7 | 256.0 | 146.5 | 360.7 | 242.9 | 150.8 | 368.0 | 236.3 | 168.2 | 350.4 | **197.3** | **100.1** | **327.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) n = 1,622
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 127 Median[a] (IQR) intake of energy, moisture and macronutrients among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Energy kj[b] | 8569.7 | 7040.6 | 10405.1 | 8463.4 | 7144.6 | 9941.8 | 7820.7 | 6413.1 | 9814.6 | 7740.5 | 6535.5 | 9109.6 | 7443.3 | 6122.9 | 8933.7 | **8145.7** | **6770.5** | **9736.5** |
| Energy kj[c] | 8310.4 | 6898.7 | 10269.0 | 8259.0 | 6970.9 | 9702.8 | 7640.6 | 6279.7 | 9495.8 | 7522.5 | 6349.6 | 8894.2 | 7255.0 | 5958.5 | 8699.6 | **7942.0** | **6583.2** | **9542.4** |
| Water g[d] | 2893.7 | 2377.3 | 3532.2 | 2968.0 | 2467.7 | 3623.7 | 3033.5 | 2542.1 | 3550.4 | 2919.8 | 2411.1 | 3535.2 | 2845.0 | 2368.0 | 3270.0 | **2922.6** | **2425.5** | **3532.2** |
| Protein g | 92.4 | 70.6 | 114.0 | 92.2 | 75.2 | 111.0 | 86.3 | 68.5 | 111.9 | 87.1 | 71.7 | 103.8 | 84.8 | 67.7 | 102.1 | **89.4** | **70.9** | **109.1** |
| Total fat g | 68.3 | 52.8 | 92.3 | 74.6 | 55.4 | 89.3 | 66.5 | 49.2 | 90.1 | 64.4 | 47.2 | 83.5 | 60.7 | 44.0 | 75.3 | **67.0** | **50.5** | **87.5** |
| Saturated fat g | 27.0 | 19.7 | 35.5 | 28.0 | 20.6 | 35.9 | 25.8 | 18.6 | 35.8 | 23.1 | 16.3 | 31.0 | 22.8 | 16.1 | 31.7 | **26.0** | **18.4** | **34.3** |
| Polyunsat fat g | 10.0 | 7.7 | 14.0 | 9.7 | 7.6 | 14.7 | 9.5 | 7.0 | 13.4 | 9.7 | 7.3 | 14.1 | 9.2 | 6.6 | 12.3 | **9.7** | **7.3** | **13.8** |
| Monounsat fat g | 26.3 | 18.5 | 34.3 | 26.4 | 20.0 | 33.6 | 24.4 | 17.8 | 33.1 | 24.0 | 17.3 | 31.2 | 22.3 | 15.9 | 28.6 | **24.9** | **18.3** | **32.9** |
| Long-chain n-3 fatty acid[e] | 164.8 | 79.4 | 313.8 | 166.4 | 78.6 | 332.8 | 159.8 | 81.6 | 335.1 | 173.8 | 89.9 | 406.9 | 161.3 | 86.8 | 303.1 | **165.9** | **80.3** | **334.9** |
| 18:2 n-6 linoleic acid | 8.4 | 6.2 | 11.7 | 8.3 | 6.2 | 12.9 | 7.8 | 5.7 | 11.2 | 8.1 | 6.1 | 11.3 | 7.5 | 5.5 | 10.2 | **8.2** | **6.0** | **11.6** |
| 18:3 n-3 alpha-linolenic acid | 1.2 | 0.9 | 1.5 | 1.1 | 0.9 | 1.6 | 1.2 | 0.8 | 1.6 | 1.2 | 0.9 | 1.6 | 1.1 | 0.8 | 1.5 | **1.2** | **0.9** | **1.6** |
| Cholesterol mg | 239.0 | 166.6 | 313.3 | 247.6 | 190.1 | 324.0 | 234.4 | 169.6 | 333.2 | 230.0 | 158.5 | 313.1 | 228.5 | 168.3 | 298.1 | **237.5** | **170.6** | **318.6** |
| Carbohydrate g | 235.3 | 193.9 | 288.5 | 224.0 | 177.3 | 273.3 | 202.7 | 169.4 | 254.0 | 207.5 | 165.7 | 250.6 | 200.1 | 160.1 | 238.6 | **216.6** | **175.7** | **268.6** |
| Sugars g | 104.5 | 83.1 | 139.3 | 96.6 | 75.4 | 127.9 | 99.2 | 74.1 | 120.9 | 99.0 | 73.7 | 126.5 | 98.9 | 71.0 | 123.0 | **100.9** | **78.2** | **130.7** |

## Table 127 Median[(a)] (IQR) intake of energy, moisture and macronutrients among women (continued)

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Starch g | 119.7 | 94.4 | 153.4 | 116.7 | 91.6 | 149.1 | 100.7 | 79.5 | 128.0 | 103.7 | 78.8 | 131.3 | 96.7 | 75.4 | 120.9 | **110.0** | **83.0** | **142.1** |
| Dietary fibre g | 22.0 | 17.9 | 28.7 | 22.4 | 17.2 | 28.9 | 22.3 | 17.3 | 28.2 | 25.4 | 19.4 | 31.0 | 23.1 | 18.9 | 30.4 | **22.8** | **17.9** | **29.3** |
| Alcohol g[(f)] | 6.6 | 1.0 | 17.6 | 8.5 | 2.9 | 20.4 | 7.6 | 2.7 | 15.1 | 7.9 | 2.1 | 16.1 | 8.4 | 3.3 | 15.0 | **7.9** | **2.0** | **16.4** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

(b) Energy with dietary fibre: energy (kJ) = energy without dietary fibre (kJ) + dietary fibre (g)(a)8

(c) Energy without dietary fibre: energy (kJ) = protein (g)*17 + total sugars (g)*16 + total fat (g)*37 + starch (g)*17 + glycogen (g)*17 + dextrin (g)*17 + maltodextrin (g)*17 + sorbitol/mannitol (g)*16 + lactic/acetic acids (g)*15 + malic/quinic/citric acids (g)*10 + alcohol (g)*29.

(d) Includes all water or moisture from foods and beverages

(e) n = 1,864

(f) n = 1,192

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 128 Median[a] (IQR) daily intake of vitamins among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Thiamin mg | 1.4 | 1.0 | 2.1 | 1.6 | 1.1 | 2.0 | 1.4 | 1.0 | 1.8 | 1.5 | 1.1 | 1.8 | 1.5 | 1.2 | 2.0 | **1.4** | **1.1** | **2.0** |
| Riboflavin mg | 2.2 | 1.5 | 3.0 | 2.3 | 1.8 | 3.1 | 2.1 | 1.6 | 2.8 | 2.2 | 1.7 | 2.8 | 2.1 | 1.7 | 2.7 | **2.2** | **1.7** | **2.9** |
| Niacin mg | 45.7 | 38.2 | 60.0 | 49.3 | 39.9 | 58.6 | 45.1 | 34.9 | 57.5 | 44.7 | 37.6 | 52.8 | 42.8 | 34.4 | 53.8 | **45.7** | **36.9** | **57.6** |
| Vitamin C mg | 112.9 | 71.3 | 165.3 | 89.7 | 52.2 | 142.8 | 103.7 | 62.5 | 153.1 | 125.8 | 72.9 | 180.1 | 110.3 | 78.8 | 151.0 | **107.0** | **65.0** | **159.0** |
| Vitamin D µg | 2.7 | 1.8 | 3.5 | 2.8 | 2.0 | 3.8 | 2.6 | 1.6 | 3.8 | 2.4 | 1.7 | 3.6 | 2.3 | 1.7 | 3.5 | **2.6** | **1.8** | **3.6** |
| Folate µg[b] | 393.6 | 282.3 | 505.5 | 404.5 | 286.8 | 559.1 | 378.8 | 295.6 | 542.4 | 414.0 | 313.7 | 567.2 | 448.3 | 344.6 | 579.4 | **401.1** | **297.8** | **552.2** |
| Retinol µg | 276.1 | 178.6 | 392.9 | 303.2 | 218.1 | 419.3 | 283.5 | 188.9 | 425.5 | 252.5 | 164.4 | 384.1 | 281.5 | 192.3 | 395.2 | **278.8** | **187.3** | **402.2** |
| Beta-carotene µg | 2457.2 | 1480.3 | 4005.1 | 2633.0 | 1545.0 | 3972.9 | 2820.1 | 1501.0 | 4285.6 | 3207.7 | 1909.1 | 4980.1 | 2980.0 | 1881.7 | 4723.6 | **2801.8** | **1572.5** | **4359.8** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) n = 1,621
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 129 Median[a] (IQR) daily intake of minerals and caffeine among women

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Potassium mg | 3132.3 | 2581.9 | 3863.1 | 3177.3 | 2579.9 | 3860.2 | 3275.2 | 2626.1 | 3966.7 | 3493.9 | 2791.1 | 4150.7 | 3225.1 | 2734.1 | 3984.8 | **3224.7** | **2631.8** | **3966.7** |
| Magnesium mg | 354.3 | 284.2 | 416.7 | 370.8 | 294.2 | 468.6 | 359.4 | 287.0 | 447.5 | 374.5 | 301.0 | 462.0 | 339.9 | 273.7 | 419.5 | **361.9** | **288.3** | **440.7** |
| Calcium mg | 796.3 | 607.9 | 1029.3 | 843.0 | 645.7 | 1036.3 | 796.4 | 634.9 | 995.4 | 796.0 | 637.0 | 1001.3 | 802.2 | 601.3 | 947.1 | **803.2** | **625.7** | **1012.6** |
| Phosphorus mg | 1497.5 | 1247.2 | 1883.7 | 1548.6 | 1289.3 | 1843.1 | 1458.5 | 1158.7 | 1819.8 | 1485.4 | 1240.3 | 1777.6 | 1424.5 | 1140.8 | 1716.5 | **1497.5** | **1233.8** | **1820.6** |
| Iron mg | 11.8 | 9.2 | 14.7 | 11.7 | 9.3 | 14.1 | 11.0 | 8.7 | 13.9 | 12.0 | 9.0 | 14.6 | 11.2 | 8.7 | 14.4 | **11.5** | **9.1** | **14.4** |
| Zinc mg | 10.9 | 8.6 | 14.3 | 10.9 | 9.0 | 13.8 | 10.1 | 8.1 | 12.9 | 10.7 | 8.6 | 13.5 | 10.9 | 8.2 | 13.5 | **10.6** | **8.5** | **13.7** |
| Iodine µg | 131.4 | 110.4 | 165.0 | 135.1 | 105.2 | 173.7 | 134.6 | 98.5 | 165.1 | 128.3 | 98.6 | 166.3 | 126.1 | 101.1 | 159.5 | **131.4** | **103.6** | **167.3** |
| Sodium mg | 2733.5 | 2174.7 | 3501.2 | 2705.5 | 2116.3 | 3459.9 | 2316.5 | 1749.5 | 2989.0 | 2339.2 | 1806.5 | 3144.2 | 2219.5 | 1710.3 | 2878.8 | **2522.6** | **1928.0** | **3242.7** |
| Caffeine mg[b] | 162.7 | 69.7 | 224.3 | 183.1 | 97.4 | 290.7 | 230.5 | 122.0 | 318.7 | 255.0 | 163.5 | 347.2 | 212.7 | 148.4 | 325.6 | **194.8** | **111.1** | **293.9** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) n = 1,852
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 130 Median[a] (IQR) daily intake of energy, moisture and macronutrients among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Energy kj[b] | 10078.0 | 7772.1 | 12366.6 | 9582.9 | 7963.4 | 12162.8 | 9300.0 | 7291.9 | 11603.3 | 8824.6 | 7091.3 | 11002.7 | 8532.9 | 6883.8 | 10499.9 | **9364.4** | **7522.6** | **11802.3** |
| Energy kj[c] | 9865.9 | 7630.7 | 12164.1 | 9382.8 | 7821.2 | 11877.9 | 9116.3 | 7116.0 | 11400.7 | 8589.8 | 6908.8 | 10729.0 | 8321.1 | 6722.7 | 10274.8 | **9179.7** | **7338.0** | **11544.4** |
| Water g[d] | 3031.4 | 2477.1 | 3662.4 | 3167.4 | 2580.5 | 3862.4 | 3085.4 | 2567.3 | 3656.9 | 2957.9 | 2465.9 | 3580.7 | 2839.0 | 2379.9 | 3347.5 | **3038.9** | **2502.0** | **3651.3** |
| Protein g | 103.8 | 79.6 | 135.4 | 105.1 | 82.9 | 133.1 | 103.4 | 77.8 | 132.1 | 96.7 | 80.4 | 120.3 | 94.0 | 74.6 | 119.3 | **101.7** | **79.6** | **129.3** |
| Total fat g | 82.4 | 61.0 | 108.0 | 80.5 | 61.8 | 107.3 | 79.1 | 57.5 | 103.1 | 72.7 | 55.9 | 95.6 | 70.4 | 51.8 | 91.5 | **78.6** | **58.7** | **102.8** |
| Saturated fat g | 32.5 | 23.1 | 43.2 | 31.5 | 23.4 | 42.7 | 30.2 | 21.5 | 42.0 | 27.0 | 19.2 | 36.9 | 27.2 | 18.3 | 36.8 | **30.4** | **21.7** | **41.1** |
| Polyunsat. fat g | 11.7 | 8.4 | 15.7 | 11.4 | 8.3 | 16.6 | 11.2 | 7.8 | 15.6 | 10.7 | 8.3 | 15.1 | 10.4 | 7.4 | 13.8 | **11.3** | **8.1** | **15.5** |
| Mono-unsat. fat g | 31.5 | 22.4 | 40.3 | 30.9 | 23.0 | 40.5 | 29.4 | 21.1 | 39.8 | 27.8 | 20.3 | 36.6 | 25.3 | 19.2 | 33.7 | **29.4** | **21.3** | **39.2** |
| Long-chain n-3 fatty acid[e] | 164.1 | 85.5 | 314.9 | 171.0 | 93.6 | 347.7 | 176.6 | 94.8 | 377.9 | 189.2 | 103.7 | 398.2 | 186.6 | 99.7 | 383.2 | **174.5** | **93.1** | **355.7** |
| 18:2 n-6 linoleic acid | 9.9 | 7.1 | 13.3 | 9.5 | 6.5 | 14.1 | 9.3 | 6.5 | 13.3 | 9.1 | 6.6 | 12.8 | 8.6 | 6.2 | 11.4 | **9.3** | **6.6** | **13.2** |
| 18:3 n-3 alpha-linolenic acid | 1.4 | 1.0 | 1.8 | 1.3 | 1.0 | 1.9 | 1.3 | 1.0 | 1.8 | 1.3 | 1.0 | 1.8 | 1.3 | 0.9 | 1.7 | **1.3** | **1.0** | **1.8** |
| Cholesterol mg | 270.1 | 197.3 | 427.0 | 283.4 | 215.8 | 385.0 | 276.6 | 196.5 | 390.3 | 258.4 | 188.9 | 378.3 | 260.6 | 181.7 | 361.4 | **272.1** | **197.9** | **388.7** |
| Carbohydrate g | 271.7 | 213.8 | 325.1 | 253.5 | 204.1 | 325.0 | 235.6 | 189.2 | 301.1 | 222.7 | 183.1 | 285.2 | 222.8 | 176.1 | 270.7 | **244.7** | **194.8** | **307.7** |
| Sugars g | 117.2 | 85.1 | 148.4 | 107.6 | 80.9 | 145.9 | 108.9 | 80.0 | 140.1 | 105.9 | 77.7 | 135.3 | 100.8 | 77.6 | 127.4 | **109.4** | **81.5** | **143.1** |
| Starch g | 143.6 | 108.3 | 179.7 | 137.7 | 103.9 | 175.7 | 122.1 | 92.0 | 157.5 | 112.7 | 87.2 | 153.7 | 111.2 | 81.1 | 146.5 | **128.0** | **96.6** | **169.1** |

## Table 130 Median[a] (IQR) daily intake of energy, moisture and macronutrients among the total population (continued)

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Dietary fibre g | 23.7 | 18.9 | 30.7 | 24.6 | 18.4 | 31.8 | 25.1 | 19.5 | 31.7 | 26.6 | 20.8 | 33.3 | 25.5 | 20.2 | 32.9 | **24.7** | **19.2** | **31.9** |
| Alcohol g[f] | 9.8 | 3.0 | 27.2 | 11.6 | 4.0 | 26.8 | 10.8 | 4.2 | 23.8 | 12.4 | 4.2 | 26.8 | 13.1 | 4.9 | 25.7 | **11.5** | **4.1** | **25.9** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.

(b) Energy with dietary fibre: energy (kJ) = energy without dietary fibre (kJ) + dietary fibre (g)(a)8

(c) Energy without dietary fibre: energy (kJ) = protein (g)*17 + total sugars (g)*16 + total fat (g)*37 + starch (g)*17 + glycogen (g)*17 + dextrin (g)*17 + maltodextrin (g)*17 + sorbitol/mannitol (g)*16 + lactic/acetic acids (g)*15 + malic/quinic/citric acids (g)*10 + alcohol (g)*29.

(d) Includes all water or moisture from foods and beverages

(e) n = 3,504

(f) n = 2,395

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 131 Median[a] (IQR) daily intake of vitamins among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Thiamin mg | 1.7 | 1.2 | 2.4 | 1.8 | 1.2 | 2.5 | 1.6 | 1.2 | 2.3 | 1.6 | 1.2 | 2.1 | 1.6 | 1.2 | 2.4 | **1.7** | **1.2** | **2.3** |
| Riboflavin mg | 2.5 | 1.8 | 3.4 | 2.5 | 1.9 | 3.4 | 2.4 | 1.7 | 3.3 | 2.3 | 1.8 | 2.9 | 2.3 | 1.7 | 3.1 | **2.4** | **1.8** | **3.3** |
| Niacin mg | 54.3 | 42.1 | 71.0 | 55.9 | 44.1 | 70.9 | 53.0 | 40.0 | 69.2 | 51.7 | 41.2 | 62.1 | 48.5 | 39.4 | 62.7 | **53.1** | **41.6** | **67.8** |
| Vitamin C mg | 112.7 | 68.6 | 179.0 | 100.6 | 62.6 | 167.6 | 110.2 | 70.2 | 167.6 | 123.5 | 79.5 | 181.6 | 113.1 | 73.3 | 171.1 | **111.9** | **69.2** | **175.1** |
| Vitamin D µg | 2.8 | 2.0 | 4.1 | 3.1 | 2.3 | 4.4 | 2.9 | 2.0 | 4.3 | 2.8 | 1.9 | 4.2 | 2.7 | 1.9 | 4.3 | **2.9** | **2.0** | **4.3** |
| Folate µg[b] | 410.0 | 299.3 | 582.6 | 424.3 | 305.4 | 617.9 | 431.8 | 314.2 | 598.5 | 424.7 | 324.9 | 584.5 | 445.8 | 345.1 | 594.4 | **424.3** | **309.4** | **595.8** |
| Retinol ug[c] | 314.6 | 228.2 | 482.6 | 345.4 | 244.0 | 476.6 | 320.0 | 212.9 | 487.2 | 318.5 | 201.4 | 432.7 | 336.4 | 218.5 | 478.0 | **323.8** | **222.4** | **471.3** |
| Beta-carotene ug | 2316.8 | 1414.3 | 3943.9 | 2603.5 | 1340.1 | 4001.6 | 2646.4 | 1527.0 | 4142.0 | 2913.2 | 1721.0 | 4867.6 | 3023.0 | 1723.7 | 4678.1 | **2604.2** | **1471.3** | **4214.2** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) n = 3,108
(c) n = 3 505
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 132 Median[a] (IQR) daily intake of minerals among the total population

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Potassium mg | 3355.1 | 2729.4 | 4294.4 | 3526.2 | 2833.7 | 4328.0 | 3537.8 | 2813.4 | 4331.5 | 3683.1 | 2960.8 | 4365.5 | 3519.8 | 2872.8 | 4262.8 | **3500.3** | **2821.6** | **4323.4** |
| Magnesium mg | 386.3 | 304.5 | 484.6 | 411.2 | 326.9 | 505.6 | 403.6 | 316.0 | 512.0 | 399.1 | 323.2 | 504.3 | 376.4 | 300.3 | 466.8 | **393.8** | **312.7** | **495.7** |
| Calcium mg | 861.2 | 651.1 | 1092.7 | 886.2 | 694.9 | 1134.6 | 851.4 | 652.1 | 1106.5 | 811.8 | 634.0 | 1027.1 | 828.5 | 633.3 | 980.7 | **853.1** | **652.1** | **1087.5** |
| Phosphorus mg | 1694.0 | 1346.6 | 2083.1 | 1706.9 | 1404.3 | 2117.3 | 1677.4 | 1294.3 | 2064.5 | 1621.2 | 1340.0 | 1943.8 | 1552.3 | 1277.5 | 1895.4 | **1665.5** | **1338.3** | **2045.0** |
| Iron mg | 12.7 | 9.8 | 17.1 | 12.9 | 10.0 | 16.3 | 12.8 | 9.8 | 16.1 | 12.9 | 10.3 | 16.2 | 12.4 | 9.7 | 16.1 | **12.8** | **9.9** | **16.4** |
| Zinc mg | 12.6 | 9.7 | 16.5 | 12.4 | 10.0 | 15.9 | 12.1 | 9.1 | 15.8 | 12.0 | 9.4 | 15.4 | 11.6 | 8.9 | 14.6 | **12.2** | **9.5** | **15.9** |
| Iodine µg | 141.9 | 110.9 | 182.1 | 144.4 | 111.4 | 185.9 | 143.5 | 104.1 | 185.1 | 132.1 | 100.8 | 171.1 | 128.1 | 102.6 | 167.9 | **139.6** | **106.7** | **180.7** |
| Sodium mg | 3191.0 | 2391.8 | 4325.8 | 3044.8 | 2317.3 | 3901.0 | 2774.7 | 2094.0 | 3701.7 | 2800.8 | 2060.8 | 3555.2 | 2575.3 | 1912.4 | 3475.4 | **2927.4** | **2213.2** | **3899.4** |
| Caffeine mg[b]) | 138.3 | 49.6 | 224.3 | 199.1 | 118.8 | 308.9 | 236.3 | 139.2 | 352.7 | 250.2 | 160.4 | 360.3 | 221.4 | 156.8 | 331.7 | **195.1** | **105.7** | **305.4** |

(a) Medians were calculated using only those who recorded an intake greater than 0. Food items for which fewer than 10 people recorded an intake greater than 0 are not included due to the unreliability of the estimate.
(b) n = 3,474
IQR = inter-quartile range
Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 133 Daily number of vegetable[(a)] serves[(b)] consumption by age and sex

| | < 1 serve | | | 1 – < 3 serves | | | 3 – < 5 serves | | | 5+ serves | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | % | 95% CI | | % | 95% CI | | % | 95% CI | | % | 95% CI | |
| **Males** | | | | | | | | | | | | |
| 18–34 | 30.3 | 21.2 | 41.2 | 35.5 | 27.2 | 44.9 | 20.5 | 15.8 | 26.2 | 13.8 | 9.9 | 18.9 |
| 35–44 | 22.9 | 17.1 | 29.9 | 41.1 | 34.1 | 48.5 | 26.0 | 20.5 | 32.3 | 10.1 | 7.1 | 14.1 |
| 45–54 | 18.3 | 13.7 | 24.2 | 40.1 | 34.2 | 46.4 | 26.0 | 21.7 | 30.9 | 15.5 | 9.8 | 23.6 |
| 55–64 | 16.1 | 12.2 | 21.1 | 38.6 | 33.0 | 44.4 | 28.0 | 22.6 | 34.1 | 17.3 | 13.2 | 22.5 |
| 65–75 | 12.1 | 6.0 | 22.9 | 36.6 | 30.4 | 43.3 | 29.5 | 23.2 | 36.6 | 21.8 | 15.1 | 30.5 |
| Total | 22.6 | 18.7 | 26.9 | 38.2 | 34.5 | 42.0 | 24.7 | 22.2 | 27.4 | 14.6 | 12.2 | 17.3 |
| **Females** | | | | | | | | | | | | |
| 18–34 | 21.0 | 15.7 | 27.5 | 47.5 | 40.0 | 55.2 | 19.2 | 14.4 | 25.2 | 12.3 | 7.6 | 19.3 |
| 35–44 | 22.2 | 16.7 | 28.8 | 43.5 | 36.8 | 50.4 | 20.9 | 16.2 | 26.6 | 13.4 | 9.9 | 17.9 |
| 45–54 | 16.1 | 11.7 | 21.9 | 42.7 | 37.0 | 48.7 | 25.3 | 20.7 | 30.6 | 15.8 | 10.5 | 23.2 |
| 55–64 | 12.2 | 8.2 | 17.9 | 42.0 | 33.2 | 51.3 | 26.8 | 21.6 | 32.8 | 19.0 | 14.9 | 23.9 |
| 65–75 | 15.7 | 11.2 | 21.5 | 36.0 | 28.3 | 44.5 | 34.8 | 27.6 | 42.8 | 13.5 | 9.8 | 18.4 |
| Total | 18.4 | 16.1 | 21.0 | 43.9 | 40.8 | 46.9 | 23.4 | 21.2 | 25.8 | 14.3 | 11.9 | 17.1 |
| **Total population** | | | | | | | | | | | | |
| 18–34 | **25.7** | **20.5** | **31.8** | **41.4** | **36.2** | **46.7** | **19.9** | **16.2** | **24.2** | **13.0** | **9.9** | **17.0** |
| 35–44 | **22.5** | **19.0** | **26.4** | **42.3** | **37.9** | **46.9** | **23.4** | **19.9** | **27.2** | **11.8** | **9.1** | **15.1** |
| 45–54 | **17.2** | **13.8** | **21.3** | **41.5** | **36.9** | **46.2** | **25.7** | **22.0** | **29.7** | **15.6** | **11.5** | **20.9** |
| 55–64 | **14.1** | **11.5** | **17.2** | **40.3** | **35.7** | **45.1** | **27.4** | **23.7** | **31.5** | **18.2** | **15.2** | **21.5** |
| 65–75 | **14.0** | **10.3** | **18.6** | **36.3** | **31.1** | **41.8** | **32.2** | **26.8** | **38.2** | **17.5** | **13.1** | **23.0** |
| Total | **20.5** | **18.2** | **23.0** | **41.0** | **38.8** | **43.3** | **24.1** | **22.2** | **26.1** | **14.4** | **13.0** | **15.9** |

(a) Vegetables include legumes.

(b) One serve of vegetables is defined by 75 grams.

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 134 Daily number of fruit serves[(a)] consumption by age and sex

| | Less than 1 serve | | | 1 – < 2 serve | | | 2+ serves | | |
|---|---|---|---|---|---|---|---|---|---|
| | % | 95% CI | | % | 95% CI | | % | 95% CI | |
| **Males** | | | | | | | | | |
| 18–34 | 73.5 | 66.2 | 79.7 | 17.6 | 11.6 | 25.9 | 8.9 | 5.9 | 13.1 |
| 35–44 | 60.5 | 53.0 | 67.5 | 26.6 | 20.4 | 33.9 | 12.9 | 9.5 | 17.2 |
| 45–54 | 47.0 | 42.6 | 51.5 | 30.3 | 26.0 | 35.1 | 22.7 | 18.3 | 27.8 |
| 55–64 | 46.8 | 41.7 | 51.9 | 30.7 | 25.5 | 36.5 | 22.5 | 18.0 | 27.8 |
| 65–75 | 46.5 | 38.6 | 54.5 | 36.1 | 30.5 | 42.2 | 17.4 | 12.5 | 23.7 |
| Total | 58.4 | 55.0 | 61.7 | 26.4 | 23.3 | 29.7 | 15.2 | 13.3 | 17.4 |
| **Females** | | | | | | | | | |
| 18–34 | 61.8 | 53.6 | 69.4 | 27.3 | 19.9 | 36.3 | 10.9 | 6.0 | 18.8 |
| 35–44 | 65.2 | 59.9 | 70.1 | 24.4 | 19.9 | 29.5 | 10.5 | 7.0 | 15.4 |
| 45–54 | 53.6 | 46.6 | 60.5 | 33.8 | 28.4 | 39.8 | 12.5 | 9.0 | 17.2 |
| 55–64 | 42.8 | 36.8 | 49.0 | 36.7 | 31.7 | 42.1 | 20.5 | 17.0 | 24.5 |
| 65–75 | 41.6 | 35.0 | 48.6 | 39.6 | 32.8 | 46.9 | 18.8 | 14.8 | 23.5 |
| Total | 56.1 | 52.5 | 59.7 | 30.5 | 27.7 | 33.5 | 13.4 | 11.0 | 16.1 |
| **Total population** | | | | | | | | | |
| 18–34 | **67.8** | **62.0** | **73.1** | **22.3** | **16.7** | **29.1** | **9.8** | **6.7** | **14.3** |
| 35–44 | **62.9** | **58.0** | **67.5** | **25.5** | **21.6** | **29.8** | **11.6** | **9.3** | **14.5** |
| 45–54 | **50.4** | **45.8** | **55.0** | **32.1** | **28.8** | **35.6** | **17.5** | **14.2** | **21.5** |
| 55–64 | **44.7** | **41.3** | **48.2** | **33.8** | **30.5** | **37.2** | **21.5** | **18.8** | **24.5** |
| 65–75 | **43.9** | **39.8** | **48.1** | **38.0** | **34.2** | **41.9** | **18.1** | **15.0** | **21.8** |
| Total | **57.3** | **54.6** | **60.0** | **28.4** | **26.1** | **30.8** | **14.3** | **12.5** | **16.3** |

(a) One serve of fruit is defined as 150 grams.

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 135 Daily number of fruit and vegetable juice serves[(a)] consumption by age and sex

| | Less than 1 serve | | | 1 – < 2 serve | | | 2+ serves | | |
|---|---|---|---|---|---|---|---|---|---|
| | % | 95% CI | | % | 95% CI | | % | 95% CI | |
| **Males** | | | | | | | | | |
| 18–34 | 62.1 | 49.1 | 73.5 | 9.0 | 5.2 | 15.1 | 29.0 | 19.9 | 40.1 |
| 35–44 | 67.8 | 61.6 | 73.5 | 16.6 | 12.7 | 21.4 | 15.5 | 11.0 | 21.4 |
| 45–54 | 74.8 | 71.0 | 78.2 | 16.2 | 12.6 | 20.6 | 9.0 | 6.3 | 12.7 |
| 55–64 | 74.5 | 69.3 | 79.0 | 16.9 | 11.8 | 23.8 | 8.6 | 6.4 | 11.5 |
| 65–75 | 70.6 | 63.9 | 76.5 | 17.2 | 11.5 | 24.8 | 12.3 | 8.3 | 17.7 |
| Total | 68.6 | 64.3 | 72.5 | 14.2 | 12.2 | 16.5 | 17.2 | 14.2 | 20.8 |
| **Females** | | | | | | | | | |
| 18–34 | 67.7 | 58.5 | 75.7 | 17.4 | 11.6 | 25.4 | 14.9 | 9.6 | 22.3 |
| 35–44 | 83.3 | 78.2 | 87.4 | 10.3 | 7.2 | 14.4 | 6.4 | 4.0 | 10.2 |
| 45–54 | 81.8 | 75.8 | 86.7 | 11.9 | 8.5 | 16.4 | 6.3 | 3.8 | 10.1 |
| 55–64 | 79.8 | 75.4 | 83.7 | 13.3 | 8.9 | 19.5 | 6.8 | 4.2 | 10.8 |
| 65–75 | 76.7 | 66.4 | 84.6 | 16.0 | 9.1 | 26.5 | 7.3 | 4.6 | 11.6 |
| Total | 76.6 | 73.3 | 79.6 | 14.1 | 11.3 | 17.5 | 9.4 | 6.9 | 12.5 |
| **Total population** | | | | | | | | | |
| 18–34 | **64.8** | **55.3** | **73.2** | **13.1** | **9.6** | **17.5** | **22.1** | **15.3** | **30.9** |
| 35–44 | **75.8** | **71.8** | **79.3** | **13.4** | **11.0** | **16.2** | **10.8** | **8.1** | **14.4** |
| 45–54 | **78.4** | **74.5** | **81.8** | **14.0** | **11.4** | **17.0** | **7.6** | **5.8** | **10.0** |
| 55–64 | **77.2** | **73.9** | **80.3** | **15.1** | **12.0** | **18.8** | **7.7** | **6.2** | **9.4** |
| 65–75 | **73.8** | **66.7** | **79.8** | **16.5** | **10.8** | **24.5** | **9.7** | **7.4** | **12.6** |
| Total | **72.6** | **69.2** | **75.7** | **14.1** | **12.4** | **16.0** | **13.3** | **10.8** | **16.3** |

(a) One serve of fruit and vegetable juice is defined as 125 grams.

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

## Table 136 Mean (per cent) contribution of macronutrients to energy intake

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| Men | | | | | | | | | | | | | | | | | | |
| Carbohydrates | 43.4 | 42.1 | 44.6 | 43.1 | 42.0 | 44.3 | 41.8 | 40.6 | 42.9 | 41.2 | 40.1 | 42.3 | 41.8 | 40.8 | 42.9 | **42.6** | **41.9** | **43.2** |
| Sugar | 18.7 | 17.4 | 20.0 | 18.7 | 18.0 | 19.4 | 18.1 | 17.5 | 18.7 | 18.4 | 17.5 | 19.3 | 18.8 | 18.0 | 19.7 | **18.6** | **18.0** | **19.1** |
| Starch | 25.1 | 23.7 | 26.5 | 24.8 | 23.5 | 26.0 | 24.0 | 23.0 | 25.1 | 22.9 | 22.1 | 23.8 | 23.4 | 22.5 | 24.3 | **24.4** | **23.8** | **24.9** |
| Protein | 18.7 | 17.8 | 19.7 | 19.1 | 18.4 | 19.9 | 19.4 | 18.8 | 19.9 | 19.6 | 19.0 | 20.3 | 19.6 | 19.0 | 20.2 | **19.2** | **18.7** | **19.6** |
| Total fat | 31.9 | 30.8 | 33.1 | 31.4 | 30.5 | 32.3 | 32.3 | 31.4 | 33.2 | 31.7 | 30.9 | 32.5 | 31.5 | 30.5 | 32.4 | **31.8** | **31.2** | **32.4** |
| Alcohol | 4.1 | 3.0 | 5.1 | 4.4 | 3.7 | 5.1 | 4.6 | 4.0 | 5.3 | 5.6 | 4.5 | 6.6 | 5.2 | 4.2 | 6.2 | **4.6** | **4.1** | **5.0** |
| **Women** | | | | | | | | | | | | | | | | | | |
| Carbohydrates | 45.6 | 44.3 | 46.9 | 42.8 | 41.9 | 43.8 | 43.1 | 42.1 | 44.0 | 44.0 | 43.1 | 44.9 | 44.6 | 43.5 | 45.8 | **44.2** | **43.7** | **44.8** |
| Sugar | 21.9 | 20.8 | 22.9 | 19.3 | 18.6 | 20.1 | 20.8 | 20.2 | 21.3 | 21.2 | 20.4 | 22.0 | 21.4 | 20.6 | 22.3 | **21.0** | **20.6** | **21.4** |
| Starch | 24.7 | 23.6 | 25.9 | 24.4 | 23.6 | 25.2 | 23.2 | 22.2 | 24.1 | 23.5 | 22.9 | 24.2 | 24.0 | 22.5 | 25.6 | **24.1** | **23.7** | **24.5** |
| Protein | 19.2 | 18.4 | 20.0 | 19.6 | 18.8 | 20.4 | 19.8 | 19.2 | 20.4 | 20.1 | 19.4 | 20.8 | 20.2 | 19.6 | 20.8 | **19.7** | **19.3** | **20.0** |
| Total fat | 30.9 | 29.7 | 32.1 | 32.6 | 31.9 | 33.3 | 32.6 | 31.6 | 33.7 | 31.4 | 30.6 | 32.1 | 30.7 | 29.8 | 31.6 | **31.6** | **31.1** | **32.2** |
| Alcohol | 2.3 | 1.6 | 3.0 | 3.1 | 2.4 | 3.7 | 2.5 | 2.1 | 2.9 | 2.5 | 2.1 | 2.9 | 2.4 | 1.8 | 3.0 | **2.5** | **2.2** | **2.9** |

## Table 136 Mean (per cent) contribution of macronutrients to energy intake (continued)

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | | Mean | 95% CI | |
| **Total population** | | | | | | | | | | | | | | | | | | |
| Carbohydrates | 44.5 | 43.5 | 45.4 | 43.0 | 42.3 | 43.7 | 42.4 | 41.7 | 43.2 | 42.6 | 41.9 | 43.4 | 43.3 | 42.5 | 44.1 | **43.4** | **42.9** | **43.9** |
| Sugar | 20.2 | 19.5 | 21.0 | 19.0 | 18.6 | 19.5 | 19.4 | 18.9 | 19.9 | 19.9 | 19.3 | 20.5 | 20.2 | 19.5 | 20.9 | **19.8** | **19.4** | **20.1** |
| Starch | 24.9 | 24.2 | 25.7 | 24.6 | 23.8 | 25.4 | 23.6 | 22.9 | 24.3 | 23.2 | 22.7 | 23.7 | 23.8 | 22.7 | 24.8 | **24.3** | **23.9** | **24.6** |
| Protein | 19.0 | 18.4 | 19.5 | 19.4 | 18.9 | 19.9 | 19.6 | 19.2 | 20.0 | 19.9 | 19.5 | 20.3 | 19.9 | 19.5 | 20.4 | **19.4** | **19.2** | **19.6** |
| Total fat | 31.4 | 30.6 | 32.2 | 32.0 | 31.4 | 32.6 | 32.5 | 31.8 | 33.1 | 31.6 | 31.0 | 32.2 | 31.1 | 30.5 | 31.6 | **31.7** | **31.3** | **32.1** |
| Alcohol | 3.2 | 2.6 | 3.9 | 3.7 | 3.3 | 4.2 | 3.6 | 3.1 | 4.0 | 4.0 | 3.5 | 4.5 | 3.7 | 3.1 | 4.4 | **3.5** | **3.2** | **3.8** |

95% CI = 95 per cent confidence interval

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria and standardised to the 2006 Victorian population.

Calculations for contributions: carbohydrates * 16 / energy; sugar * 16 / energy; starch * 17 / energy; protein * 17 / energy; total fat * 37 / energy; alcohol * 29/ energy

## Table 137 Median (per cent) contribution of macronutrients to energy intake

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| **Men** | | | | | | | | | | | | | | | | | | |
| Carbohydrates | 43.2 | 38.8 | 48.4 | 43.6 | 38.6 | 47.5 | 41.9 | 37.0 | 47.0 | 42.2 | 35.2 | 46.3 | 41.0 | 36.9 | 46.4 | **42.5** | **37.8** | **47.3** |
| Sugar | 18.0 | 13.4 | 22.4 | 17.5 | 14.3 | 22.8 | 17.5 | 13.5 | 21.7 | 18.2 | 14.8 | 22.5 | 18.3 | 14.6 | 22.1 | **17.9** | **14.0** | **22.2** |
| Starch | 25.7 | 21.5 | 28.6 | 24.3 | 19.8 | 28.7 | 24.0 | 19.4 | 28.1 | 22.6 | 18.4 | 26.4 | 23.6 | 19.9 | 27.9 | **24.3** | **19.9** | **28.3** |
| Protein | 18.3 | 15.7 | 21.4 | 18.4 | 16.3 | 21.3 | 19.0 | 16.4 | 21.7 | 19.0 | 16.2 | 22.4 | 19.0 | 15.8 | 21.9 | **18.7** | **16.2** | **21.7** |
| Total fat | 32.4 | 28.1 | 35.9 | 31.3 | 27.3 | 35.8 | 31.8 | 28.2 | 36.7 | 31.5 | 28.3 | 35.1 | 32.0 | 27.1 | 35.1 | **31.8** | **27.9** | **35.8** |
| Alcohol | 3.8 | 1.6 | 8.0 | 4.3 | 1.5 | 8.3 | 4.1 | 1.7 | 8.3 | 5.8 | 2.1 | 9.9 | 6.1 | 2.2 | 11.2 | **4.6** | **1.8** | **8.6** |
| **Women** | | | | | | | | | | | | | | | | | | |
| Carbohydrates | 45.4 | 41.2 | 50.2 | 43.2 | 38.0 | 47.8 | 43.4 | 38.3 | 48.3 | 44.2 | 39.2 | 48.4 | 44.3 | 39.8 | 49.7 | **44.1** | **39.5** | **49.0** |
| Sugar | 21.1 | 17.3 | 25.9 | 18.8 | 15.1 | 23.2 | 20.2 | 16.5 | 24.4 | 20.7 | 16.6 | 25.3 | 21.8 | 17.3 | 24.8 | **20.6** | **16.4** | **24.8** |
| Starch | 24.1 | 20.2 | 28.4 | 23.8 | 20.5 | 29.0 | 22.9 | 18.9 | 26.7 | 23.7 | 19.0 | 27.6 | 23.1 | 18.9 | 27.7 | **23.7** | **19.7** | **28.1** |
| Protein | 18.8 | 15.8 | 22.1 | 19.2 | 16.4 | 21.8 | 19.4 | 16.5 | 22.8 | 19.5 | 17.0 | 23.4 | 19.5 | 17.0 | 22.4 | **19.2** | **16.4** | **22.4** |
| Total fat | 31.1 | 26.9 | 34.5 | 32.4 | 28.5 | 36.2 | 31.9 | 27.9 | 37.5 | 31.0 | 27.7 | 35.0 | 30.9 | 26.3 | 34.9 | **31.5** | **27.6** | **35.8** |
| Alcohol | 2.2 | 0.3 | 5.4 | 3.0 | 0.9 | 6.3 | 2.8 | 1.0 | 5.1 | 2.8 | 0.9 | 5.9 | 3.5 | 1.2 | 6.1 | **2.7** | **0.7** | **5.7** |
| **Total population** | | | | | | | | | | | | | | | | | | |
| Carbohydrates | 44.3 | 39.5 | 49.5 | 43.3 | 38.5 | 47.6 | 42.6 | 37.9 | 47.6 | 43.0 | 37.4 | 47.8 | 42.8 | 38.5 | 48.5 | **43.4** | **38.7** | **48.3** |
| Sugar | 19.6 | 15.2 | 24.5 | 18.3 | 14.7 | 23.0 | 18.8 | 15.2 | 23.4 | 19.8 | 15.3 | 23.9 | 20.1 | 16.2 | 23.9 | **19.3** | **15.2** | **23.7** |
| Starch | 24.7 | 20.5 | 28.4 | 24.2 | 20.2 | 29.0 | 23.5 | 19.1 | 27.6 | 23.0 | 18.7 | 27.2 | 23.4 | 19.6 | 27.8 | **23.9** | **19.7** | **28.2** |

## Table 137 Median (per cent) contribution of macronutrients to energy intake (continued)

| | 18–34 | | | 35–44 | | | 45–54 | | | 55–64 | | | 65–75 | | | Total | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | | Median | IQR | |
| Protein | 18.7 | 15.8 | 21.8 | 18.8 | 16.4 | 21.6 | 19.3 | 16.4 | 22.2 | 19.3 | 16.6 | 22.8 | 19.3 | 16.8 | 22.1 | **18.9** | **16.3** | **22.0** |
| Total fat | 31.6 | 27.9 | 35.4 | 31.9 | 28.0 | 36.0 | 31.9 | 27.9 | 37.1 | 31.2 | 28.0 | 35.1 | 31.2 | 27.0 | 35.1 | **31.7** | **27.9** | **35.8** |
| Alcohol | 2.9 | 0.9 | 7.0 | 3.6 | 1.2 | 7.3 | 3.4 | 1.3 | 6.8 | 4.0 | 1.6 | 7.8 | 4.6 | 1.7 | 8.1 | **3.5** | **1.2** | **7.2** |

IQR = inter-quartile range

Data are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

Calculations for contributions: carbohydrates * 16 / energy; sugar * 16 / energy; starch * 17 / energy; protein * 17 / energy; total fat * 37 / energy; alcohol * 29 / energy

## Table 138 Comparison of mean daily food intakes (grams) between the 1995 NNS and the VHM

| | 1995 NNS (1) | | VHM 2009–10 | |
|---|---|---|---|---|
| | Men | Women | Men | Women |
| Cereal and cereal products | 250.2 | 180.1 | 188.3 | 161.2 |
| Cereal-based products | 154.1 | 100.1 | 328.4 | 214.4 |
| Milk products and dishes | 321.9 | 257.7 | 269.1 | 258.5 |
| Fruit | 141.3 | 145.7 | 157.2 | 160.2 |
| Vegetables | 283.4 | 234.9 | 198.3 | 205.3 |
| Meat, poultry, game | 199.9 | 116.1 | 186.6 | 125.9 |
| Fish and seafood | 28.9 | 22.6 | 38.3 | 32.6 |
| Eggs and egg products | 16.3 | 11.2 | 14.7 | 13.0 |
| Snack foods | 3.8 | 3.2 | 6.9 | 4.2 |
| Sugar products | 23.3 | 15.1 | 17.5 | 13.1 |
| Confectionary | 9.1 | 8.5 | 13.9 | 14.0 |
| Seeds and nuts | 5.1 | 3.6 | 10.3 | 9.4 |
| Fats and oils | 14.8 | 9.7 | 6.7 | 5.3 |
| Non-alcoholic beverages | 2052.3 | 1916.7 | 1928.9 | 2017.8 |
| Water and mineral water | 854.9 | 849.0 | 1000.4 | 1111.7 |
| Alcoholic beverages | 410.1 | 102.2 | 428.3 | 137.5 |

Data for VHM are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 139 Comparison of median daily nutrient intakes between the 1995 NNS and the VHM

| | NNS 1995 (5) | | VHM 2009–10 | |
|---|---|---|---|---|
| | Men | Women | Men | Women |
| **Nutrient** | | | | |
| Energy kj | 10376.5 | 7083.4 | 10801.7 | 7942.0 |
| Water g | 3184.2 | 2661.6 | 3171.2 | 2922.6 |
| Protein g | 100.1 | 69.5 | 117.1 | 89.4 |
| Total fat g | 89.8 | 61.6 | 91.7 | 67.0 |
| Saturated fat g | 34.5 | 23.5 | 35.8 | 26.0 |
| Monounsaturated fat g | 32.6 | 21.9 | 34.5 | 24.9 |
| Polyunsaturated fat g | 12.6 | 8.9 | 12.9 | 9.7 |
| Cholesterol mg | 296.7 | 192.4 | 325.3 | 237.5 |
| Carbohydrate g | 281.1 | 197.4 | 282.7 | 216.6 |
| Sugars g | 118.8 | 87.2 | 117.7 | 100.9 |
| Starch g | 152.0 | 103.9 | 150.9 | 110.0 |
| Dietary fibre g | 23.8 | 18.9 | 26.9 | 22.8 |
| Alcohol g[(a)] | 18.5 | 7.3 | 17.9 | 7.3 |
| Retinol equivalents µg | 941.2 | 753.6 | 828.7 | 766.7 |
| Retinol µg | 444.8 | 309.7 | 372.7 | 278.8 |
| Beta-carotene µg | 1963.6 | 1923.1 | 2394.9 | 2801.8 |
| Thiamin mg | 1.7 | 1.2 | 1.9 | 1.4 |
| Riboflavin mg | 2.0 | 1.6 | 2.7 | 2.2 |
| Niacin equivalent mg | 47.1 | 32.3 | 61.3 | 45.7 |
| Folate µg | 285.3 | 216.7 | 450.7 | 401.1 |
| Vitamin C mg | 102.9 | 85.4 | 114.8 | 107.0 |
| Calcium mg | 827.3 | 663.1 | 894.3 | 803.2 |
| Phosphorous mg | 1658.7 | 1201.8 | 1858.4 | 1497.5 |
| Magnesium mg | 360.3 | 266.9 | 435.1 | 361.9 |
| Iron mg | 15.2 | 11.1 | 14.1 | 11.5 |
| Zinc mg | 12.8 | 8.7 | 13.9 | 10.6 |
| Potassium mg | 3515.9 | 2680.9 | 3808.3 | 3224.7 |

(a) Due to the different number of recalls used in the two surveys the mean daily intake is reported for alcohol to provide a more reliable comparison.

Data for VHM are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

## Table 140 Comparison of median contributions to energy between the 1995 NNS and the VHM

| | NNS 1995 (5) | | VHM 2009–10 | |
|---|---|---|---|---|
| | Men | Women | Men | Women |
| Carbohydrates | 45.2 | 46.9 | 42.5 | 44.1 |
| Sugar | 18.6 | 20.2 | 17.9 | 20.6 |
| Starch | 25.0 | 25.4 | 24.3 | 23.7 |
| Protein | 16.5 | 16.7 | 18.7 | 19.2 |
| Total fat | 32.6 | 32.6 | 31.8 | 31.5 |
| Alcohol | 9.1 | 8.1 | 4.6 | 2.7 |

Data for VHM are weighted to the age and sex distribution of the 2008 estimated residential population of Victoria.

# References

# References


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3. National Health and Medical Research Council 2005, *Nutrient reference values for Australia and New Zealand*, National Health and Medical Research Council, Canberra.
4. National Health and Medical Research Council 2005, Dietary guidelines for Australians, NHMRC, Canberra.
5. Australian Bureau of Statistics 1998, *National Nutrition Survey, Nutrient intakes and physical measurements, Australia*, Australian Bureau of Statistics, Canberra.
6. National Health and Medical Research Council 2009, *Australian guidelines to reduce health risks from drinking alcohol*, Commonwealth of Australia, Canberra.

# Appendices

# Appendices

## Appendix 1: Survey response

In total, 14,656 households were approached across Victoria. Of the 11,353 households where contact was achieved 6,503 (57.3 per cent) households wished to participate in the survey. Of the 6,503 households that agreed to participate, 4,922 people were identified as being eligible to participate in the survey. Of these, 3,653 eligible people attended the biomedical examination. Of the 3,653 participants who participated in survey activities at the test sites, 96 per cent went on to complete at least one dietary recall, 94 per cent completed at least two dietary recalls, and 92 per cent completed all three dietary recalls. A total of 10,307 recalls were completed. The overall response rate was 37.6 per cent.

## Appendix 2: Description of food groups

The table below provides a description of each of the food groups presented in Tables 1 to 123.

| Major food group | Sub-major food groups | Examples |
|---|---|---|
| Cereal and cereal products | Flours and other cereal grains and starches | Cornmeal, rice, couscous |
| | Regular breads and rolls | Bread, bread roll, bagel |
| | English-style muffins, flat breads, and savoury and sweet breads | Pita bread, cheese-topped roll, sweet bread, tortilla |
| | Pasta and pasta products | Ravioli, wholemeal pasta, noodles |
| | Breakfast cereals and bars | Muesli, breakfast bar, wheat flakes with added fruit and nuts |
| | Breakfast cereal, hot porridge type | Regular oats, oats with honey, cooked semolina |
| Cereal-based products and dishes | Sweet biscuits | Shortbread, chocolate biscuits, homemade chocolate chip biscuits |
| | Savoury biscuits | Water cracker, crisp bread |
| | Cakes, buns, muffins, scones, cake-type desserts | Cake, sweet bun, brioche, pudding, slice, savoury dumpling, sweet dumpling |
| | Pastries | Croissant, apple pie, Danish pastry, quiche, meat pie, spinach and cheese triangle |
| | Mixed dishes where cereal is the major ingredient | Pizza, commercial hamburger, burrito, spring roll, packet pasta and sauce, lasagne, fried rice |
| | Batter-based products | Pancake, waffle, apple fritter, doughnut |
| Fruit products and dishes | Pome fruit | Fresh pear, canned apple, stewed quince |
| | Berry fruit | Raw blackberry, stewed blueberry, frozen loganberry |
| | Citrus fruit | Orange, canned grapefruit, lemon peel, kumquat |
| | Stone fruit | Apricot, cherry, peach, plum |
| | Tropical fruit | Banana, pineapple, mango, pawpaw |
| | Other fruit | Date, fig, grape, melon, passionfruit |
| | Mixtures of two or more groups of fruit | Fruit salad, canned two fruits |
| | Dried fruit, preserved fruit | Sultana, banana chip, dried peach |
| | Mixed dishes where fruit is the major component | Glace fruit, toffee apple, fruit crumble |

| Major food group | Sub-major food groups | Examples |
|---|---|---|
| Vegetable products and dishes | Potatoes | Cooked potato, canned potato, hot potato chips, mashed potato, potato patty, potato salad |
| | Cabbage, cauliflower and similar brassica vegetables | Broccoli, cabbage, cauliflower, sauerkraut |
| | Carrot and similar root vegetables | Beetroot, carrot, parsnip, radish, sweet potato |
| | Leaf and stalk vegetables | Alfalfa, bean sprout, chives, lettuce, parsley, spinach |
| | Peas and beans | Green beans, peas, snow peas |
| | Tomato and tomato products | Raw tomato, sun-dried tomato, tomato paste |
| | Other fruiting vegetables | Pumpkin, zucchini, avocado, cucumber, eggplant, okra |
| | Other vegetables and vegetable combinations | Corn, mushrooms, seaweed, garlic, onion, shallot, mixed vegetables, Caesar salad, coleslaw |
| | Dishes where vegetable is the major component | Cauliflower in cheese sauce, vegetables in Thai sauce, ratatouille, stuffed zucchini |
| Legume and pulse products and dishes | Mature legumes and pulses | Kidney beans, chick peas, lentils |
| | Mature legumes and pulse products and dishes | Pappadum, baked beans, tofu, vegetarian sausages |
| Milk products and dishes | Dairy milk | Milk, goats' milk, evaporated milk, powdered milk |
| | Yoghurt | Yoghurt, yoghurt dip, buttermilk |
| | Cream | Cream, sour cream, sour cream-based dip |
| | Cheese | Cottage cheese, camembert cheese, cheese fondue |
| | Frozen milk products | Ice cream, thickshake, frozen yoghurt |
| | Custards | Custard |
| | Other dishes where milk or a milk product is the major component | Crème caramel, cheesecake |
| | Flavoured milks | Egg flip, milkshake, flavoured milk, smoothie |
| | Dairy milk substitutes | Soy beverages |
| | Other dairy substitutes | Soy cheese, tofu-based ice confection |

| Major food group | Sub-major food groups | Examples |
|---|---|---|
| Meat, poultry and game products and dishes | Muscle meat | Beef, corned beef, lamb, pork, bacon or ham, veal |
| | Game and other carcass meats | Kangaroo, rabbit, venison |
| | Poultry and feathered game | Chicken, turkey, duck, quail, emu |
| | Organ meats and offal products and dishes | Liver, kidney, tongue, brain, black pudding, pâté |
| | | |
| | Sausages, frankfurts and saveloys | Beef sausage, frankfurt |
| | Processed meat | Processed delicatessen meats, ham paste, canned corned beef |
| | Mixed dishes where beef, veal or lamb is the major component | Beef curry, veal casserole, hamburger patty, veal meatballs |
| | Mixed dishes where pork, bacon or ham is the major component | Pork stir-fry, pork sausage |
| | Mixed dishes where poultry or game is the major component | Chicken curry, rabbit stew, satay chicken |
| Fish and seafood products and dishes | Fin fish (excluding canned) | Fried flathead, poached bream, baked ling, smoked salmon |
| | Crustacea and molluscs (excluding canned) | Abalone, calamari, mussel, oyster, snail |
| | Other sea and freshwater foods | Roe, eel |
| | Packed (canned and bottled) fish and seafood | Canned anchovy, canned salmon |
| | Fish and seafood products | Battered and crumbed fish, salmon patty, fish stick |
| | Mixed dishes with fish or seafood as the major component | Tuna mornay, kedgeree, prawn toast, fish casserole, paella with seafood |
| Egg products and dishes | Eggs | Fried egg, poached egg, quail egg |
| | Dishes where egg is the major ingredient | Scrambled egg, omelette, soufflé |
| Snack foods | Potato snacks | Potato crisps, potato straws |
| | Corn snacks | Corn chips, popcorn |
| | Extruded snacks | Pork rind snack, prawn crackers, cheese flavour, extruded snacks |
| | Pretzels | Pretzels |
| | Other snacks | Oriental snack mix |

| Major food group | Sub-major food groups | Examples |
|---|---|---|
| Sugar products and dishes | Sugar, honey and syrups | Glace icing, white sugar, fairy floss, honey, golden syrup, chocolate topping |
| | Jam and lemon spreads, chocolate spreads | Jam, marmalade, lemon butter |
| | Dishes and products other than confectionery where sugar is the major component | Meringue, sorbet, icing with added fat |
| Confectionery | Chocolate and chocolate-based confectionery | Chocolate, chocolate bar, liqueur-filled chocolate, peanut brittle |
| | Cereal-, fruit-, nut- and seed-bars | Muesli bar, fruit leather, sesame seed bar |
| | Other confectionery | Coconut ice, fudge, liquorice, hundreds and thousands, boiled lollies, Turkish delight, chewing gum |
| Seed and nut products and dishes | Seed and seed products | Pumpkin seed, sesame seed, tahini |
| | Nuts and nut products | Cashew nuts, peanut butter, coconut cream |
| Fats and oils | Butters | Butter |
| | Dairy blends | Dairy blend |
| | Margarine and table spreads | Margarine |
| | Vegetable or nut oil | Vegetable oil, sesame oil, olive oil |
| | Other fats | Dripping, lard, copha, solid frying fat |
| | Unspecified fats | Unspecified spreads |
| Soup | Soup | Homemade broth, tomato soup mix, chicken and noodle instant dry mix, condensed minestrone soup |
| Savoury sauces and condiments | Gravies and savoury sauces | Fish stock, gravy, black bean sauce, tomato sauce, white sauce, simmer sauce, commercial pasta sauce |
| | Pickles, chutneys and relishes | Apple sauce, mustard, mint jelly, olives, pickles |
| | Salad dressings | Mayonnaise, salad dressing, vinegar |
| | Stuffings | Commercial stuffing, rice and nut stuffing |

| Major food group | Sub-major food groups | Examples |
|---|---|---|
| Non-alcoholic beverages | Tea | Black tea, white tea, herbal tea |
| | Coffee and coffee substitutes | Black coffee, white coffee, coffee substitutes |
| | Fruit and vegetable juices and drinks | Apple juice, pineapple fruit drink |
| | Cordials | Cordials |
| | Soft drinks, flavoured mineral waters | Lemonade, tonic water, fruit-flavoured mineral water |
| | Electrolyte, energy and fortified drinks | Sports drinks |
| | Mineral waters and water | Natural mineral water, bottled water, tap water |
| | Beverage flavourings | Dry beverage flavourings, cocoa, malted milk powder |
| Alcoholic beverages | Beers | Commercial beer, homemade beer, reduced/low-alcohol beer |
| | Wines | Wine, port, sherry, reduced-alcohol wine, sparkling grape juice |
| | Spirits | Brandy, rum, rice wine, gin |
| | Other alcoholic beverages | Liqueurs, cocktails, mixed drinks, cider, alcoholic lemonade |
| | Pre-mixed drinks | Pre-mixed drinks |
| Miscellaneous | Formula dietary foods | Liquid and powder meal replacements, oral supplements |
| | Yeast; yeast, vegetable and meat extracts | Compressed yeast, beef extract, yeast extract spread |
| | Intense sweetening agents | Intense sweetener tablet |
| | Herbs, spices, seasonings and stock cubes | Chilli powder, curry paste, mint, pepper, bacon chips |
| | Essences | Essences |
| | Chemical raising agents and cooking ingredients | Gelatine |
| | Infant foods | Infant formula, infant cereal, infant juice |

# Appendix 3: Weighting

A two-stage weighting process was used in the Victorian Health Monitor. In summary, person weight = selection or base weight (swt) x population benchmark weight (pbmark).

The selection or base weight reflects the probability of selection of the respondent. It takes into account: the probability of selection of the Census collector district (CD); the probability of selection of a household within the CD; and the probability of selection of the respondent within the household.

Once adjustments had been made for the probability of selection of each respondent, the data were then benchmarked to reflect the age and sex distribution within each of the eight Victorian Department of Health regions. This was done based on the 2008 Victorian estimated residential population figures as released by the Australian Bureau of Statistics.

## Selection weight

$W_{bhij}$ = the selection (base) weight for the $k^{th}$ person in the $j^{th}$ household in the $i^{th}$ CD, for a given stratum *h*

$= 1 / \prod_{hi} \times 1/\prod_{hij} \times 1/\prod_{hijk}$

Where: $\prod_{hi}$ = probability of selection of the CD

$\prod_{hij}$ = probability of selection of a household within the CD

$\prod_{hijk}$ = probability of selection of the respondent within the household

and:

$\prod_{hi} = m_h M_{hi} / N_h$

Where: $m_h$ = number of CDs selected from stratum *h*

$M_{hi}$ = number of people in $CD_i$

$N_h$ = number of people in stratum *h*

All households were attempted, but not all responded. Within a given CD the probability of responding is:

$\prod_{hij} = n_j / N_j$

Where: $n_j$ = number of responding households in CDs

$N_j$ = estimated total number of eligible households in CD

The probability of selection of a person within a household is:

$\prod_{hijk} = 1 / n_k$

Where: $n_k$ = number of eligible people in a household

## Population benchmark weight

Further to the selection weight, a population benchmark component was applied to ensure the adjusted sample distribution matched the 2008 estimated residential population distribution for the combined cross-cells of age group and sex by eight regions. The categories used for each of the variables were:

- age group: 18–24, 25–34, 35–44, 45–54, 55–64 and 65–75 years
- sex: male, female
- regions: eight Department of Health regions.

The population benchmark component was calculated by dividing the population of each cross-cell by the sum of the selection weight components for all respondents in the sample within that cross-cell.

For each cross-cell (i), the formula for this component was:

$$pbmark_i = \frac{N_i}{\sum_j^i SWT_{ij}}$$

Where:

| | |
|---|---|
| i | = the $i^{th}$ cross-cell |
| j | = the $j^{th}$ person in the cross-cell |
| *Ni* | = the population of the ith cross-cell |
| $\sum_j^i$ | = means the sum for each person (j) in cross-cell (i), of |
| $SWT_{ij}$ | = the selection weights for each respondent (1 thru j) in the $i^{th}$ cross-cell |

## Appendix 4: Distribution of diet recall survey population

The table below describes the age and sex distribution of the diet recall survey population

| | 18–34 | 35–44 | 45–54 | 55–64 | 65–75 | Total |
|---|---|---|---|---|---|---|
| Male | 270 | 298 | 420 | 398 | 255 | **1,641** |
| Female | 299 | 396 | 460 | 412 | 298 | **1,865** |
| Total | **569** | **694** | **880** | **810** | **553** | **3,506** |