

Table II. Consumption of energy and energy giving nutrients and recommended intake (14,15). Results are presented as mean intake, standard deviation (SD) and percentiles.

| | Recommended | Mean n=183 | SD | 5% | 25% | 50% | 75% | 95% |
|------------------------------|--------------------|---------------|-----|------|------|------|------|------|
| Energy kcal | | 2149 | 447 | 1414 | 1838 | 2143 | 2399 | 2967 |
| Protein E% | 10 to 20% | 16 | 2 | 12 | 14 | 16 | 17 | 20 |
| Fat E% | 25 to 40% | 35 | 5 | 28 | 31 | 34 | 38 | 43 |
| Saturated fat E% | <10% | 14 | 2 | 10 | 12 | 14 | 15 | 18 |
| Monounsaturated fat E% | 10 to 20% | 11 | 2 | 8 | 10 | 11 | 12 | 15 |
| Polyunsaturated fat E% | 5 to 10% | 6 | 2 | 3 | 4 | 6 | 7 | 9 |
| Essential fatty acids* E% | at least 5% | 12 | 4 | 6 | 9 | 12 | 15 | 20 |
| n-3 fatty acids (total)** E% | 1% | 2.7 | 1.5 | 1.1 | 1.7 | 2.3 | 3.1 | 5.5 |
| n-3 fatty acids (long)*** E% | NA | 0.2 | 0.3 | 0.0 | 0.1 | 0.1 | 0.3 | 0.9 |
| DHA (C22:6. n-3) mg | 200 mg/day | 293 | 370 | 28 | 63 | 123 | 378 | 1160 |
| Trans fatty acids E% | as low as possible | 0.7 | 0.2 | 0.4 | 0.5 | 0.7 | 0.8 | 1.1 |
| Carbohydrates E% | 45 to 60% | 48 | 5 | 39 | 44 | 48 | 52 | 55 |
| Added sugar E% | <10% | 12 | 5 | 5 | 9 | 11 | 15 | 21 |
| Dietary fibre g/MJ | 3 g/MJ | 2.1 | 0.6 | 1.3 | 1.7 | 2.1 | 2.5 | 3.3 |

*C18:2 n-6 and C18:3 n-3

** C18:3 n-3, C18:4 n-3, C20:3 n-3, C20:4 n-3, C20:5 n-3, C22:3 n-3, C22:5 n-3, C22:6 n-3

***C20:3 n-3, C20:4 n-3, C20:5 n-3, C22:3 n-3, C22:5 n-3, C22:6 n-3