

Table IV. Consumption (g/day) of selected food from different food groups. Results are presented as mean intake, standard deviation (SD) and percentiles.

Food groups	Subgroups	Mean	SD					
		n=183		5%	25%	50%	75%	95%
Milk and milk products, total		312	185	55	183	275	413	690
	<i>Milk (drinking)</i>	210	168	11	80	180	296	559
	<i>Cultured milk and skyr</i>	100	90	0	25	85	152	296
Cheese		44	25	15	26	40	55	92
Icecream		19	32	0	0	0	30	85
Cereals, bread, kakes, total		270	96	135	200	260	323	414
	<i>Whole grains (rice, corn and oats)</i>	22	28	0	0	10	36	73
	<i>Other cereal grains</i>	16	18	0	1	10	28	54
	<i>Breakfast cereals, oatmeal</i>	50	53	0	13	38	72	161
	<i>Bread (all types)</i>	103	43	46	70	101	129	178
	<i>Cookies, biscuit</i>	11	17	0	0	4	16	48
	<i>Cakes</i>	49	46	0	19	38	65	150
	<i>Pasta, noodles, couscous</i>	20	33	0	0	0	30	90
Vegetables and potatoes, total		146	76	48	90	132	182	291
	<i>Fresh root vegetables (excl. potatoes)</i>	25	24	3	8	16	32	69
	<i>Other vegetables</i>	67	54	5	30	56	89	184
	<i>Potatoes</i>	23	27	0	0	15	37	76
	<i>Legumes</i>	5	14	0	0	0	4	22

	<i>Mushrooms</i>	4	6	0	0	0	6	15
	<i>Processed vegetables</i>	9	13	0	0	2	14	34
	<i>French fries</i>	12	19	0	0	0	20	52
Fruits, berries and nuts, total		166	116	10	78	141	229	397
	<i>Fresh and frozen fruits</i>	134	107	0	55	110	194	336
	<i>Fresh and frozen berries</i>	19	36	0	0	0	26	83
	<i>Nuts, seeds</i>	5	12	0	0	0	4	25
	<i>Processed fruits</i>	1	3	0	0	0	0	7
	<i>Dried fruits and berries</i>	4	8	0	0	0	4	20
	<i>Jams</i>	2	4	0	0	0	3	10
Meat and meat products, total		55	36	3	26	49	77	119
	<i>Lam</i>	11	19	0	0	0	20	50
	<i>Beef</i>	16	20	0	0	12	24	60
	<i>Pork</i>	6	13	0	0	0	5	36
	<i>Processed meat (salted, smoked)</i>	19	19	0	4	13	30	59
	<i>Offal</i>	1	6	0	0	0	0	11
Fish and seafood, total		26	29	0	0	19	48	87
	<i>Fresh and frozen fish</i>	21	26	0	0	10	39	74
	<i>Other seafood (fresh and frozen)</i>	3	8	0	0	0	1	24
Poultry		32	32	0	0	27	49	94
Eggs		14	17	0	0	8	22	52
Fats and oils, total		14	11	3	6	11	17	31
	<i>Vegetable oils and fat</i>	2	3	0	0	1	2	7
	<i>Fish oils</i>	1	3	0	0	0	0	10
	<i>Butter and spread made from butter</i>	7	10	0	2	5	10	21
	<i>Spread made from vegetable oils</i>	3	5	0	1	2	4	8
	<i>Peanut and other nut butter</i>	1	2	0	0	0	0	5
Drinks, other than milk and water, total		1088	712	170	500	935	1568	2428
	<i>Water and carbonated water*</i>	653	654	0	38	488	1064	1842
	<i>Tee, coffee and cacao</i>	87	140	0	0	15	142	312

<i>Soft drinks</i>	210	224	0	25	134	324	693
<i>Pure vegetable and fruit drinks</i>	128	141	0	0	88	193	411
<i>Sport- and energy drinks</i>	4	21	0	0	0	0	30
Poppcorn	5	13	0	0	0	0	25
Chips made from potatoes, corn or other cereals	5	11	0	0	0	6	25
Sweets, candy	35	31	0	12	26	48	98

* Consumption of water might be under reported.