Table I. Consumption (g/day) of selected food from different food groups. Results are presented as mean and standard deviation (SD)for Clients of Laugarásinn and weighted mean for the Icelandic National Survey.

Food groups	Clients of Laugarásinn (n=48)		Icelandic National Survey (n=250)	
	Mean	SD	Weighted mean	P-value*
Milk and milk products	164	213	357	<0.001
Cereals, bread, cakes,	245	134	299	0.565
Vegetables and fruits, total	157	144	196	0.008
Vegetables	89.1	87	86.3	0.827
Fruits, berries, nuts and seeds	53	99	102.6	<0.001
Meat and meat proudcts	90	111	116.3	<0.001
Fish and seafood	24	65	34.5	<0.001
Vegetable oils and fat	1	3	1.9	<0.001
Fish oils	0.2	1.4	1.2	<0.001
Soft drinks	591	576	381	<0.001
Chips and popcorn	18	44	11.4	<0.001
Sweets, candy	27	57	18.6	<0.001