

Table II. Recommended daily intake, consumption of energy and energy giving nutrients. Results are presented as mean and standard deviation (SD) for Clients of Laugarásinn and weighted mean intake for participants in the Icelandic National Survey.

	Recommendation	Clients of Laugarásinn (n=48)		Icelandic national survey (n=250)	P-value
		Mean	SD	Weighted mean	
Energy kcal		2231	688	2527	0.004
Protein E%	10 to 20%	16	7	18	0.010
Fat E%	25 to 40%	35	13	34	0.172
Saturated fat E%	<10%	13	5	13	0.952
Monounsaturated fat E%	10 to 20%	12	5	11	0.055
Polyunsaturated fat E%	5 to 10%	6	3	6	0.716
Omega – 3 fatty acids E%	1%	0.04	0.3	1.2	<0.001
Carbohydrate E%	45 to 60%	46	18	45	0.673
Added sugar E%	<10%	15	13	12	<0.001
Dietary fibre g/MJ	3 g/MJ	2.3	2.9	1.7	0.975