# Patterns of food and nutrient intakes of Dutch adults according to intakes of total fat, saturated fatty acids, dietary fibre, and of fruit and vegetables

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Dietary intake characteristics were studied among 3833 adults of the second Dutch National Food Consumption Survey held in 1992. The subjects were classified into three groups based on their intake of total fat (% energy), saturated fatty acids (% energy), dietary fibre (g/MJ), and fruit and vegetables (g/d). All the classifications resulted in differences in energy intake. Except for dietary fibre, the mean energy intake was higher in the higher-intake tertiles. For the classification based on total fat, saturated fatty acids and dietary fibre the more prudent diets were accompanied with a lower energy-intake. As to the consumption of food groups, differences existed in both the proportion of consumers and in the mean consumption among users. It is concluded that the trends observed are probably more important than the actual figures.

### **Dietary intake: The Netherlands**

Nutritional standards for the Netherlands originate from two categories, namely the Recommended Dietary Allowances (RDA) with a long-standing tradition (Netherlands Food and Nutrition Council, 1992), and the Guidelines for a Healthy Diet, formulated in 1986 (Netherlands Food and Nutrition Council, 1986). In 1991 a reassessment of the goals related to fat consumption was carried out, and at this moment the Guidelines for a Healthy Diet are being updated. All the nutritional standards for the Netherlands are formulated by the Netherlands Food and Nutrition Council, an independent scientific advisory board for the Ministries of Health, Welfare and Sports and of Agriculture, Nature Management and Fisheries.

The Guidelines for a Healthy Diet can be summarized as follows: introduce variety into the diet; restrict the consumption of fat, notably saturated fat, and eat enough polyunsaturated fat; restrict the consumption of cholesterol; eat plenty of complex carbohydrates (starch) and fibre and avoid over-frequent and excessive consumption of sugar (both the monosaccharides and disaccharides); restrict alcohol consumption; and restrict the use of salt. In addition to observing these general rules, it is of course essential to achieve or maintain a normal body weight. These guidelines apply to the population as a whole; specific adjustments will be required for persons already on a diet.

In view of the population's current dietary habits, the Council recommends several changes in the nutritional composition of the diet. These changes apply to fat intake, vegetable/animal protein, cholesterol, (complex) carbohydrates, mono- and disaccharides, dietary fibre, alcohol and salt. For instance, the consumption of salt per individual should be such that it does not exceed the current daily average of 9 g.

The relatively high fat intake observed for the Dutch population (Löwik *et al.* 1994), especially the intake of saturated fatty acids (SFA), is given the strongest emphasis in several policy statements because the scientific evidence of its relationship to health is strongest and the likely impact of a change in fat on public health is greatest (Van Wechem *et al.* 1998). Fat intake should be reduced from an average of 40% to 30%-35% of daily energy intake. This reduction should be brought about by limiting the amount of saturated fat consumed. In 1991 it was stated that total fat intake should be reduced to 30-35% energy and that the intake of saturated fat should be reduced to 10% energy.

The data presented hereafter should be interpreted from the perspective of the above-mentioned standards.

### Methods

In 1987–8, the first Dutch National Food Consumption Survey (DNFCS) was conducted (Löwik *et al.* 1994); the second DNFCS was carried out in 1992 (Löwik *et al.* 1998), whereas the data collection of the third survey was completed in March 1998. The first results of the third DNFCS are expected at the end of 1998. All surveys are conducted within the framework of the Dutch Nutrition Surveillance System (Löwik *et al.* 1996). Data were obtained from a probability sample of non-institutionalized subjects. Information on food consumption was collected with 2 d dietary records. In the dietary record method, respondents recorded their actual consumption of foods and beverages at the time of consumption. The amounts of the food products consumed were assessed by estimation of the weight of the food. In each household the person principally responsible

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for domestic affairs (main housekeeper) was the most important and was visited on two occasions by a specially trained dietitian. During the first visit the household diary was explained: in this diary all the food supplied by the main housekeeper to the household members as well as information on cooking methods, recipes and ingredients were recorded. The number of persons (including visitors) attending the different meals and the amounts of foods used by them, as well as amounts of leftovers and food given to pets, was noted. Household members (except children under 13) recorded food eaten outdoors in separate diaries. During the second visit the interviewers checked the diaries. Common household measures and food regularly used (i.e., slices of bread, amount of fat spread on bread, amounts of sugar added to tea and/or coffee) were weighed. All the information was used for the conversion of household data into intake figures on an individual level. To convert the food consumption data into dietary intake figures the Netherlands Food Composition Table was used. For this, the 1986-1987 version of the food composition table was used in the first DNFCS, and the 1993 version was used in the second DNFCS.

For the purpose of this country report, 3833 subjects 18–60 years of age (women had to be non-pregnant) of the second DNFCS, held in 1992, were selected. These subjects were classified into three groups (tertiles), whereby the classification was based on the subject's intake relative to the intake levels of the other subjects. This was carried out for total fat (%energy), SFA (%energy), dietary fibre (g/MJ), and fruit and vegetables (g/d). After this classification the mean intake of energy and nutrients and the average consumption of food groups was calculated for the separate tertiles. As to food groups, the proportion of users and the mean consumption among users was calculated.

### **Results and discussion**

In Tables 1-5 the dietary intake figures for the various tertiles are presented. The results regarding the intake of dietary fibre should be interpreted with care, since the amount of dietary fibre refers mainly to insoluble fibre only. Mostly dietary fibre is defined as the combination of soluble and insoluble fibre.

In general, the characteristics of the diet were more in line with the guidelines for a healthy diet for the tertiles with a relatively low intake of total fat and of SFA and with a relatively high intake of dietary fibre and of fruit and vegetable consumption. As a matter of course, this is partly the result of the classification criteria in that the results are intentionally created in the direction of one of the goals of the guidelines.

All the classifications resulted in differences in energy intake. Except for dietary fibre, the mean energy intake was higher in the higher-intake tertiles. For the classification based on total fat, saturated fat and dietary fibre the 'better' diets were accompanied with a lower energy-intake. This may be (partly) the result of (selective) under-reporting, especially since it is known that under-reporting exists in the survey used for the calculations presented here. In that case, the 'better' diets are artificial in the sense that these diets are not realized in reality by the particular subjects. Therefore, the absolute level of the figures presented should be used with care. On the other hand, it should be realized that we used a large sample that was classified into tertiles, whereby large subgroups were created. Furthermore, mostly a clear trend or gradient was observed among the tertiles with the intermediate tertile having values between the lowest and the highest tertile. Therefore, it is most likely that the trend in the data is a valid observation, whereas the quantification of these trends may be biased by (selective) under-reporting. As to fruit and vegetables, an opposite trend regarding the intake of energy is observed. The mean energy intake was higher at a higher consumption level of fruit and vegetables. This is probably the result of the more general phenomenon that a higher consumption of a particular food group, in this case fruit and vegetables, is more likely to be realized by subjects with a higher energy requirement. For instance, the subjects with the highest fruit and vegetable consumption also had a higher mean consumption of meat and meat products and of cheese.

As to the consumption of food groups, differences existed both in the proportion of consumers and in the mean consumption among users. For the basic food groups, which are mostly used daily, the differences in the proportion of users were small if they existed at all. For these groups, with a proportion of users approaching 100%, a more detailed classification is needed in order to come up with useable information. An extra argument for doing this is that nutritional advice often is to realize the guidelines by a substitution within product categories: for instance, choosing leaner varieties. The results of the first and second DNFCS show that the lowering of fat intake was indeed partly the result of the more frequent usage of leaner varieties (Hulshof *et al.* 1996).

In cases where an energy-providing nutrient is used to classify subjects into tertiles, in this case fat, the %energy of the other macronutrients will increase when the energy obtained from fat decreases. The results show that fat is mainly 'substituted' by carbohydrates. Much smaller changes were observed for protein and for alcohol, probably partly as a consequence of the smaller amount of energy that is provided by these nutrients in general. Furthermore, for protein it is known that the %energy is relatively stable, even in a cross-cultural setting.

A lower total fat intake (%energy) is associated with a somewhat higher consumption of milk and milk products, whereas these products are among the major sources of fat. The reason for this apparent contradiction is that a lot of milk products have a %energy below the mean %energy observed for the population, whereby these products contribute to lowering the fat content of the diet as a whole. An opposite association was observed for SFA, in that a positive association was observed between the consumption of milk and milk products and the energy obtained from SFA.

In summary, the classification into tertiles regarding the intake of fat, SFA and to a lesser extent dietary fibre (due to methodological problems) and the consumption of fruit and vegetables provided relevant information. The trends observed are probably more important than the actual figures. Table 1. Mean daily intakes of energy and selected nutrients among the total sample of 18–60-year-old Dutch subjects in 1992 according to tertiles of the consumption of total fat, SFA, dietary fibre, and fruit and vegetables

	Tot	Total fat (%energy)	rgy)	0	SFA (%energy)	(y)	Diet	Dietary fibre (g/MJ)	(rw	Fruit 8	Fruit & vegetables (g/d)	(b/g) s
	Low	Tertiles Medium	High	Low	Tertiles Medium	High	Low	Tertiles Medium	High	Low	Tertiles Medium	High
(cn.	(cut-off < 34.7)		(cut-off > 40.3)	(cut-off < 12.9)		(cut-off $> 15.5$ )	(cut-off $< 1.4$ )		(cut-off $> 1.9$ )	(cut-off < 157)	(	(cut-off > 295)
Energy (MJ) %energy of:	9.1	9.7	10.2	9.4	8.6	9.8	10.5	10.0	8.5	9.5	9.7	9. 8
Protein	16.2	15.2	14.6	15.7	15.3	15.1	14.3	15.0	16.8	14.5	15.3	16.2
Total fat	30.1	37.5	44.9	31.5	37·9	43·1	38.3	38.4	35.7	38.5	37.8	36.2
SFA	11·6	14.5	17·0	10.9	14.2	17.9	14.8	14.6	13.5	14.5	14.6	13.9
MUFA	11.0	13.9	17.0	11.9	14.1	15.9	14.3	14-4	13.2	14.6	14.1	13.3
PUFA	5.4	6.9	8·5	6.6	7.2	7·0	6.9	7.1	6.7	7.1	6.9	6·8
Carbohydrates	48.4	44.0	38.4	47.5	43.9	39.4	42.4	43.4	45.0	42.6	43.5	44.7
Mono- and disaccharides	23.7	20.3	16.6	22·5	20.2	17.9	20.6	20.0	20·0	18.8	20.2	21·6
Alcohol	5.4	3.3 0	2.2	5.3	ω 1	2.5	5.0	с С	2.5	4.4	Э. С	3·0
Cholesterol (mg/MJ)	26	27	30	25	27	31	29	28	26	28	28	27
Dietary fibre (g)	16	17	16	17	17	15	12	7	21	14	16	19
Dietary fibre (g/MJ)	1.9	1.7	1.6	1.9	1.7	1.6	1. L	1.7	2.5	1:5	1.7	2.1
Vitamin A (mg)	0.68	0.75	0.82	0.69	0.75	0.81	0.76	0.77	0.73	0.65	0.75	0.84
Vitamin B <sub>6</sub> (µg/g protein)	20	19	19	21	19	18	18	20	21	19	19	21
Vitamin C (mg)	80	75	65	79	73	69	56	73	91	44	70	107
SFA = saturated fatty acids; MUFA = monounsaturated fatty acids; PUFA =	-A = monoun	saturated fatt	y acids; PUFA=ρ	polyunsaturated fatty acids.	atty acids.							

# Dutch patterns of food and nutrient intakes

				Fat	Fat intake (%energy)	ırgy)			
		Lowest tertile		Inte	Intermediate tertile	tile		Highest tertile	
	Consumers only	only	All subjects	Consumers only	only	All subjects	Consumers only	only	All subjects
	% consumers	mean	mean	% consumers	mean	mean	% consumers	mean	mean
Potatoes	11	135	104	83	146	121	87	163	142
Bread	66	145	143	66	150	149	66	141	140
Alcoholic beverages	54	593	319	48	383	185	41	325	134
Non-alcoholic beverages	100	1318	1318	100	1289	1289	100	1286	1285
Eggs	43	32	14	48	32	15	53	34	18
Fruit	52	170	133	73	145	107	68	133	06
Biscuits/pastries	74	55	40	83	61	50	62	61	48
Cereal products	64	91	58	66	75	50	53	57	30
Vegetables	94	156	147	93	154	144	91	140	128
Savoury sandwich spreads	16	15	2	20	16	ო	18	17	ო
Cheese	11	35	27	81	42	34	83	46	38
Milk (products)	95	373	355	96	363	348	94	341	319
Nuts, seeds and snacks	46	44	20	62	46	28	66	64	42
Pulses	8	107	8	7	97	7	7	102	7
Mixed dishes	24	158	38	25	150	38	22	144	31
Soup	41	209	85	40	200	29	37	187	68
Soy products	10	12	~	<b>б</b>	11	<b>~</b>	9	14	-
Sugar, sweets and preserves	87	52	46	92	48	44	86	39	34
Fats and oils	97	42	41	66	50	50	66	63	62
Fish	16	63	10	15	68	10	17	66	11
Meat (products)	96	115	111	97	123	119	97	132	128

Table 2. Daily consumption (g/d) of food groups (consumers only and all subjects) among 18–60-year-old Dutch subjects in 1992 according to the consumption of total fat

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				Saturateo	Saturated fat intake (%energy)	%energy)			
		Lowest tertile		Inte	Intermediate tertile	tile		Highest tertile	
	Consumers only	only	All subjects	Consumers only	only	All subjects	Consumers only	only	All subjects
	% consumers	mean	mean	% consumers	mean	mean	% consumers	mean	mean
Potatoes	17	138	106	84	150	126	86	156	134
Bread	66	151	149	66	149	148	66	136	135
Alcoholic beverages	54	589	320	46	398	182	43	313	135
Non-alcoholic beverages	100	1338	1338	100	1270	1270	100	1286	1265
Eggs	45	35	16	32	49	16	51	31	16
Fruit	76	169	129	74	142	105	20	138	96
Biscuits/pastries	74	56	41	81	61	50	81	59	48
Cereal products	64	06	58	63	76	48	57	57	33
Vegetables	92	156	144	92	148	136	94	147	139
Savoury sandwich spreads	23	16	4	19	16	с	12	16	2
Cheese	72	29	21	80	39	31	88	52	45
Milk (products)	94	347	326	95	359	342	96	371	354
Nuts, seeds and snacks	54	56	30	62	49	30	58	52	30
Pulses	80	104	8	9	66	9	7	102	7
Mixed dishes	27	170	46	25	133	33	19	148	28
Soup	41	206	84	40	210	84	36	180	65
Soy products	1	14	2	6	11	~	5	10	-
Sugar, sweets and preserves	87	50	44	91	49	44	87	41	35
Fats and oils	97	46	44	66	54	53	66	56	55
Fish	19	67	12	15	67	10	13	63	8
Meat (products)	95	115	109	98	125	122	97	130	126

# Dutch patterns of food and nutrient intakes

$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$					Dietary	Dietary fibre intake (g/MJ)	(LM/g)			
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% consumers       mean       mean $%$ consumers       mean $%$ consumers       mean       mean		Consumers	only	All subjects	Consumers (	only	All subjects	Consumers only	only	All subjects
as       74       132       97       88       154       135         olic beverages       57       590       139       136       100       147       135         olic beverages       57       590       139       136       100       147       146         olic beverages       57       590       335       100       127       127         folic beverages       61       113       69       57       140       127       127         fs/pastries       57       36       100       1274       1273       127		% consumers	mean	mean	% consumers	mean	mean	% consumers	mean	mean
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Olic beverages $57$ $590$ $335$ $48$ $390$ $187$ locholic beverages $57$ $590$ $335$ $48$ $390$ $187$ locholic beverages $57$ $36$ $100$ $1274$ $1273$ $1273$ fs(pastries $57$ $36$ $77$ $65$ $56$ $84$ $62$ $51$ fs(pastries $77$ $65$ $50$ $84$ $62$ $51$ $1273$ fs(pastries $59$ $87$ $52$ $64$ $76$ $44$ $1273$ l products $59$ $87$ $52$ $64$ $76$ $48$ ables $17$ $16$ $3$ $343$ $96$ $365$ $351$ ables $77$ $16$ $33$ $343$ $96$ $365$ $351$ ables $77$ $16$ $33$ $343$ $96$ $365$ $351$ ables $77$ $36$ $57$ $57$ $96$ $365$ $351$ seeds and snacks $62$ $57$ $36$ $365$ $351$ $33$ seeds and snacks $62$ $57$ $77$ $38$ $164$ $52$ $32$ a dishes $32$ $164$ $53$ $24$ $146$ $137$ seeds and preserves $90$ $57$ $57$ $32$ $34$ a dishes $77$ $38$ $164$ $53$ $24$ $145$ a dishes $77$ $39$ $96$ $52$ $34$ a dishes $90$ $57$ $57$ $52$ $32$ <td>Bread</td> <td>66</td> <td>139</td> <td>136</td> <td>100</td> <td>147</td> <td>146</td> <td>66</td> <td>151</td> <td>149</td>	Bread	66	139	136	100	147	146	66	151	149
Icoholic beverages1001238123810012741273fs/pastries523619513216fs/pastries57655676140106fs/pastries776550846251l products598752647648ables171631876146137ables77655084625133ables7716334394146137ables7716343436351351ables7716343436351351seeds and snacks625736615232seeds and snacks625736615232seeds and snacks625736774ables7139199774sweets and preserves9057579977ables7714156575736ables771312699774ables7799545353ables7799741565353sweets and preserves9057579977ables779974769977ables779974 <td>Alcoholic beverages</td> <td>57</td> <td>590</td> <td>335</td> <td>48</td> <td>390</td> <td>187</td> <td>38</td> <td>299</td> <td>114</td>	Alcoholic beverages	57	590	335	48	390	187	38	299	114
52     36     19     51     32     16       1st/pastries     61     113     69     76     140     106       1st/pastries     77     65     50     84     62     51       ables     89     115     102     94     146     137       ables     77     65     50     84     62     51       ables     77     16     3     94     146     137       avertads     17     16     3     34     80     41     33       avolucts)     96     359     343     96     365     351     35       seeds and snacks     62     57     36     61     52     32     4       seeds and snacks     62     57     36     365     351     33       seeds and snacks     62     57     36     365     37     33       seeds and snacks     62     57     36     365     37     34       seeds and snacks     62     53     37     38     146     77 </td <td>Non-alcoholic beverages</td> <td>100</td> <td>1238</td> <td>1238</td> <td>100</td> <td>1274</td> <td>1273</td> <td>100</td> <td>1383</td> <td>1383</td>	Non-alcoholic beverages	100	1238	1238	100	1274	1273	100	1383	1383
ts/pastries   61   113   69   76   140   106     ts/pastries   77   65   50   84   62   51     ables   59   87   52   64   76   140   106     ables   59   87   52   64   76   48   62   51     ables   77   65   50   84   62   51   37     ables   77   16   3   34   96   41   33     seeds and snacks   62   57   36   61   52   351     seeds and snacks   62   57   36   61   52   32     seeds and snacks   62   57   36   61   52   32     seeds and snacks   62   57   36   51   4     seeds and snacks   62   57   36   365   351     seeds and snacks   62   77   33   34   4     seeds and snacks   62   77   33   36   36     seeds and snacks   62   53   36   71   4     seeds and snacks   62   53   71   4   4 <td>Eggs</td> <td>52</td> <td>36</td> <td>19</td> <td>51</td> <td>32</td> <td>16</td> <td>41</td> <td>29</td> <td>12</td>	Eggs	52	36	19	51	32	16	41	29	12
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I products $59$ $87$ $52$ $64$ $76$ $48$ ables $89$ $115$ $102$ $94$ $146$ $137$ ables $17$ $16$ $3$ $115$ $102$ $94$ $146$ $137$ ables $79$ $14$ $34$ $96$ $359$ $341$ $96$ $351$ se $77$ $96$ $359$ $343$ $96$ $365$ $351$ socducts) $96$ $359$ $343$ $96$ $365$ $351$ seeds and snacks $62$ $57$ $36$ $61$ $52$ $32$ s $67$ $2$ $67$ $2$ $57$ $36$ $77$ s $32$ $164$ $53$ $24$ $145$ $34$ s $33$ $185$ $71$ $39$ $199$ $77$ s $71$ $38$ $71$ $39$ $96$ $57$ $32$ s $32$ $164$ $53$ $24$ $145$ $34$ s $71$ $39$ $199$ $77$ $71$ sweets and preserves $90$ $57$ $57$ $90$ $49$ $44$ $10$ oils $99$ $57$ $57$ $99$ $54$ $53$ $10$ oils $97$ $71$ $90$ $49$ $44$ $10$ $75$ $99$ $57$ $57$ $99$ $54$ $53$ $10$ oils $97$ $71$ $126$ $99$ $54$ $53$ $10$ $97$ $131$ $126$ $99$ $54$ $53$ <	<b>Biscuits/pastries</b>	17	65	50	84	62	51	75	49	37
ables     89     115     102     94     146     137       ables     17     16     3     18     16     3       arr     3rd wich spreads     17     16     3     3       arr     3rd wich spreads     17     16     3     3       arr     96     359     343     96     365     351       arroducts)     96     355     36     61     52     32       seeds and snacks     62     57     36     61     52     32       a dishes     32     164     53     24     145     4       seeds and snacks     62     57     22     57     32     24     4       a dishes     71     39     199     77     34     34       sweets and preserves     90     57     57     39     99     77       oducts     9     57     57     90     49     4       oducts     9     77     90     49     4     4       oducts     90     <	Cereal products	59	87	52	64	76	48	60	64	38
Iry sandwich spreads171633se79443434163se79443434365351seeds and snacks625736615232seeds and snacks625736615232seeds and snacks625736615232seeds and snacks625736615232seeds and snacks625736615232sdishes32164532414534s38185713919977oducts87189977nd oils905757995453of oils19751415639for oducts977112698124121	Vegetables	89	115	102	94	146	137	96	186	179
see     79     44     34     80     41     33       orducts)     96     359     343     96     355     351       seeds and snacks     62     57     36     61     52     32       seeds and snacks     62     57     36     61     52     32       seeds and snacks     62     57     36     61     52     32       seeds and snacks     62     53     24     145     34       dishes     33     185     71     39     199     77       oducts     8     7     1     8     9     77       roducts     8     7     1     8     9     77       sweets and preserves     90     57     57     99     54     53       for oducts     19     75     14     15     63     63	Savoury sandwich spreads	17	16	ო	18	16	ო	19	16	ო
oroducts)9635934396365351seeds and snacks $62$ $57$ $36$ $61$ $52$ $32$ s $67$ $2$ $67$ $2$ $67$ $5$ $91$ $4$ s $32$ $164$ $53$ $24$ $145$ $34$ dishes $32$ $164$ $53$ $24$ $145$ $34$ $7$ $38$ $185$ $71$ $39$ $199$ $77$ roducts $8$ $7$ $1$ $8$ $9$ $77$ noducts $8$ $7$ $1$ $8$ $9$ $77$ noducts $8$ $7$ $1$ $8$ $9$ $77$ noducts $90$ $52$ $47$ $90$ $49$ $44$ noducts $90$ $57$ $57$ $99$ $54$ $53$ noducts $97$ $75$ $14$ $156$ $63$ $9$	Cheese	79	44	34	80	41	33	81	38	31
seeds and snacks   62   57   36   61   52   32     s   2   67   2   5   91   4     dishes   32   164   53   24   145   34     dishes   32   164   53   24   145   34     oducts   38   185   71   39   199   77     roducts   8   7   1   8   9   1     s weets and preserves   90   52   47   90   54   53     ind oils   19   75   14   15   63   9     for ducts   97   131   126   98   124   121	Milk (products)	96	359	343	96	365	351	93	352	328
s 2 67 2 5 91 4 dishes 32 164 53 24 145 34 noducts 38 185 71 39 199 77 sweets and preserves 90 52 47 99 44 in doils 99 57 57 99 54 53 products) 97 131 126 98 124 121	Nuts, seeds and snacks	62	57	36	61	52	32	50	46	23
dishes   32   164   53   24   145   34     roducts   38   185   71   39   199   77     s volducts   8   7   1   8   9   1     , sweets and preserves   90   52   47   90   49   44     ind oils   99   57   57   99   54   53     (products)   97   75   14   15   63   9	Pulses	2	67	2	5	91	4	14	112	15
38       185       71       39       199       77         roducts       8       7       1       8       7         , sweets and preserves       90       52       47       90       49       44         i sweets and preserves       90       57       57       57       90       49       44         ind oils       99       75       14       15       63       9       7         for ducts)       97       131       126       98       124       121       124       124       124       124       124       124       124       124       124       124       124       124       124       126       124       126       124       126       124       126       127       126       126       1	Mixed dishes	32	164	53	24	145	34	15	133	20
8 7 1 8 9 1 90 52 47 90 49 44 99 57 57 99 54 53 19 75 14 15 63 9 97 131 126 98 124 121	Soup	38	185	71	39	199	11	40	213	85
90       52       47       90       49       44         99       57       57       99       54       53         19       75       14       15       63       9         97       131       126       98       124       121	Soy products	8	7	<b>~</b>	8	ი	-	8	21	2
99 57 57 99 54 53 19 75 14 15 63 9 97 131 126 98 124 121	Sugar, sweets and preserves	06	52	47	06	49	44	85	38	32
19 75 14 15 63 9 t (products) 97 131 126 98 124 121	Fats and oils	66	57	57	66	54	53	97	44	43
97 131 126 98 124 121	Fish	19	75	14	15	63	0	14	56	8
	Meat (products)	97	131	126	98	124	121	95	115	110

Table 4. Daily consumption (g/d) of food groups (consumers only and all subjects) among 18-60-year-old Dutch subjects in 1992 according to the consumption of dietary fibre

Table 5. Daily consumption (g/d) of food groups (consumers only and all subjects) among 18-60-year-old Dutch subjects in 1992 according to the consumption of fruit and vegetables

				Fruit and vegetable consumption (g/d)	jetable consu	Imption (g/d)			
	1	Lowest tertile		Inte	Intermediate tertile	tile		Highest tertile	
	Consumers only	only	All subjects	Consumers only	ylnc	All subjects	Consumers only	only	All subjects
	% consumers	mean	mean	% consumers	mean	mean	% consumers	mean	mean
Potatoes	75	135	101	86	147	126	87	161	140
Bread	66	143	141	66	142	141	66	151	150
Alcoholic beverages	50	543	274	47	425	202	45	356	161
Non-alcoholic beverages	100	1250	1249	100	1275	1275	100	1369	1369
Eggs	47	36	17	51	31	16	46	31	15
Fruit	42	53	22	81	108	88	97	227	221
Biscuits/pastries	74	57	42	83	58	48	80	61	49
Cereal products	56	78	43	63	74	47	65	74	48
Vegetables	83	77	64	97	144	139	98	219	215
Savoury sandwich spreads	18	17	ო	18	16	ო	19	15	ო
Cheese	75	40	30	81	40	32	84	42	36
Milk (products)	<u> </u>	322	298	96	371	357	96	383	367
Nuts, seeds and snacks	65	61	40	59	48	28	50	45	22
Pulses	7	101	7	80	101	80	9	103	7
Mixed dishes	g	168	56	22	139	31	16	132	21
Soup	36	204	75	40	192	77	40	202	82
Soy products	7	9	~	7	ი	~	10	18	2
Sugar, sweets and preserves	86	48	41	92	48	44	88	43	38
Fats and oils	66	51	51	98	53	52	98	51	50
Fish	14	67	ი	16	64	11	17	66	11
Meat (products)	96	110	106	98	127	125	96	133	127

# Dutch patterns of food and nutrient intakes

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