

NATIONAL HEALTH AND MEDICAL RESEARCH COUNCIL

**A NEW FOOD GUIDANCE SYSTEM
FOR AUSTRALIA –
*FOUNDATION AND TOTAL DIETS***

Revised Draft Report for Public Consultation

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Executive Summary

This report updates recommendations made in the Core Food Groups (CFG94)¹ document of National Health and Medical Research Council (NHMRC; rescinded February, 2000) and the Australian Guide to Healthy Eating² (AGTHE98) published in 1998 by the Commonwealth Department of Health and Family Services.

The goal of this update is to translate the NHMRC *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes*³ (NRVs) into food consumption patterns that:

- deliver the nutrient requirements for people of varying age/gender, activity levels and life-stages
- are culturally acceptable, socially equitable and environmentally sustainable
- reflect the current Australian food supply and food consumption patterns
- provide some flexibility in food choice and
- promote health and wellbeing.

The guiding principles for the revision were that the recommendations should:

- address total diet and overall health,
- be evolutionary (incremental changes), flexible and practical, and
- be based on current scientific evidence.

The report outlines the amounts of various food groups needed to meet the estimated requirements of individuals of different ages, genders and lifestyle, body size and activity. Consideration of issues such as chronic disease, environmental sustainability, social equity and food culture were addressed in the modelling process after consideration of existing scientific literature and through a series of Systematic Literature Reviews (SLRs) undertaken on behalf of the NHMRC as part of the Dietary Guidelines update.

The analyses were based on the NHMRC NRVs (2006)³, the most recent National Food Database⁴ (AUSNUT07) developed by Food Standards Australia New Zealand (FSANZ) and the most recently available national food intake data, the 2007 Australian National Children's Nutrition and Physical Activity Survey 2007⁵ (NCNPAS07) for children aged 2-16 years and the National Nutrition Survey 1995⁶ (NNS95) for those over 16 years of age.

The dietary patterns were developed in consideration of the inter-relationships between nutrients, foods, food groups and whole diets, with the aim of producing sets of food groups that combined to produce the *Foundation Diets* and *Total Diets*.

The revision was based on usual patterns of intake in the community determined from the most recent national dietary survey data in terms of choices within food groups with the relative quantities of food groups adjusted to attain the final patterns of intake. When developing the nutrient composition of the various food groups, foods eaten by Australians as reported in national surveys were included.

The *Total Diets* were developed in three stages. The first stage used composite food groups (Appendix 8) to design culturally relevant *Foundation Diets* for each age/gender group that attained nutrient requirements for most people (i.e. met the Recommended Dietary Intakes, RDI) within minimal energy limits taking into account chronic disease, environmental, social and cultural constraints. The nature of the composite food groups (which foods comprised each group and the serve sizes for each of the individual foods) was determined after preliminary modelling of a wide range of potential food groups. The grouping of foods took

into consideration botanical, culinary and nutrient composition of the individual foods with serve size for individual foods determined on the basis of energy density, and nutrient density of key nutrients for that food group. The combination of composite food groups was based on the types and proportions of foods consumed by different age/gender subgroups according to most recently available national dietary survey data. Within each group, nutrient compositions for modelling purposes were calculated using 'healthier' nutrient dense options i.e. lower fat and lower sodium options were selected for the modelling. Neither items that were relatively high in energy density and high in fat, salt or added sugar nor specially formulated foods, were included to develop nutrient compositions. The final composite food groups used for modelling were fruit, green and brassica vegetables, orange vegetables, legumes, starchy vegetables, other vegetables, nuts and seeds, wholegrain cereals, refined cereals, poultry/fish/seafood/eggs/legumes, red meats, and dairy foods (modelled as lower, medium and higher fat options). Some fats and oils in the form of polyunsaturated oils and margarines were also added in the modelling due to culinary considerations. 'Other foods' (i.e. energy dense foods and beverages with higher fat/sugar/alcohol and lower overall nutrient density) were not modelled in *Foundation Diets*.

The second stage was to cross-check the patterns obtained against outputs from 100 simulated 7-day diets for each age/gender group using individual foods. For example, instead of using a composite 'fruit' group in the model, individual fruits e.g. apples, bananas, oranges, were used in the model. Patterns were generally deemed acceptable if all 100 diets met the Estimated Average Requirements (EARs) for the nutrients included in the model.

The third stage involved the development of a range of flexible options to add to these *Foundation Diets* to meet the energy requirements of people of varying body size and activity. These latter diets were called 7-day *Total Diets*. As well as the final food groups used in development of the *Foundation Diets* and polyunsaturated oils and margarines, 'other foods' (i.e. foods and beverages with higher fat/sugar/alcohol and lower overall nutrient density) were also considered in modelling *Total Diets*. 'Other foods' included foods and drinks such as cakes, biscuits, confectionary, soft drinks, burgers and pizzas, cream and high saturated fat spreads, cordials and (for adults) alcoholic drinks (Appendix 7).

The resultant *Total Diet* dietary plans are more flexible in terms of food group choice than current recommendations. They were constructed using individual foods commonly eaten in Australia chosen in proportion to the food group patterns derived during composite food group modelling. Within group selection of foods was made randomly by the analytical program in proportion to their current consumption using proportionality modelling.

Some additional modelling was undertaken for other cuisines such as lacto-ovo-vegetarian and cuisines that use more pasta or rice, vegetables and legumes as staple items. The latter aimed to more closely resemble diets consumed in some Asian or Southern European countries from which many Australians have migrated; the dietary culture of these areas has also been incorporated to varying extents into the diets of many other Australians. Some additional food groups were included for these analyses including an egg/legume/nut group for the lacto-ovo diets and a rice only or pasta only group for other options. As the background database for these diets was limited, the results are discussed in a special appendix (Appendix 10).

The resulting *Total Diet* patterns were compared with the NHMRC Acceptable Macronutrient Distribution Ranges³ (AMDRs) for % total energy from fat, protein and carbohydrate and Suggested Dietary Targets (SDT)³ for chronic disease prevention (for those aged over 14 years) as well as the Upper Level (UL)³ to ensure that excessive quantities of nutrients were unlikely to be consumed. They were also assessed in relation to the latest

available national food intake data, to current dietary recommendations in Australia and comparable overseas countries, and to current food availability.

Apart from energy, the NHMRC recommended that ten nutrients with EARs and RDIs were to be included as drivers or inputs into the modelling but that others were to be included as outputs only. The nutrients included in the models were protein, thiamin, Vitamin A (as retinol equivalents), Vitamin C, folate (as dietary folate equivalents), calcium, iodine, iron, magnesium and zinc. All these nutrients have EARs and RDIs and were available on the AUSNUT07 database. Riboflavin, niacin and phosphorus were not included for modelling purposes as these nutrients are abundant in the Australian diet. They were, however, included as outputs. As the NRVs (2006)³ state that Adequate Intakes (AI) were set for nutrients for which there was not sufficient or consistent evidence to establish an EAR and RDI, the NHMRC advised that the AI values should be interpreted with some caution, and those nutrients with AI values should not be a driver for the *Foundation Diet* modelling. Some, as yet unpublished, but incomplete Australian data were available in NUTTAB09 for vitamin B6, vitamin B12 and selenium (nutrients not on AUSNUT07) so these were included for output only and relevant results should be interpreted with care.

The resulting *Foundation Diets* patterns are summarised below showing serves per week for the various age/gender groups. Serves per week were chosen rather than per day to convey the message that it is not necessary to consume the same pattern of food intake everyday but that average weekly intake should be consistent with the patterns shown below in Tables ES1 to ES4.

Table ES1. *Foundation Diets* for boys designed to attain RDI for the age group within energy needs of youngest and very sedentary (PAL 1.4) in the group

FOUNDATION DIETS BOYS (recommended serves per week)						
Composite food group	Serve size					
		2-3 yrs	4-8 yrs	9-11 yrs	12-13 yrs	14-18 yrs
Starchy vegetables	75g	2.5	3.5	5	7	7
Green & brassica vegetables	75g	3.5	7	7	7	7
Orange vegetables	75g	3.5	7	7	7	7
Legumes	75g	2	2	2	2	2
Nuts/seeds	30g	0	0	2	2	4
Other vegetables	75g	7	10.5	14	14	14
Fruit	150g	7	10.5	14	14	14
Wholegrain cereals/grains*	Equiv 40g bread	19	19	23	28	32
Refined cereals/grains	Equiv 40g bread	9	9	12	14	17
Meat and alts minus red	Equiv 65g red meats	3.5	5.5	7	7	7
Red meats (beef, lamb, veal, pork)	65g	3.5	5	7	7	7
Dairy foods (milks, yoghurts, cheeses)**	Equiv 250g milk	10.5	14	17	25	25
Additional category:						
Unsaturated fats and oils***	10g	3.5	5	7	10.5	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred. ** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Table ES2. *Foundation Diets* for girls designed to attain RDI for the age group within energy needs of youngest and very sedentary (PAL 1.4) in the group

FOUNDATION DIETS GIRLS (recommended serves per week)								
Composite food group	Serve size						Pregnancy	Lactation
		2-3 yrs	4-8 yrs	9-11 yrs	12-13 yrs	14-18 yrs	14-18yrs	14-18yrs
Starchy vegetables	75g	2.5	3.5	5	5	5	5	7
Green & brassica vegetables	75g	3.5	7	7	7	7	7	7
Orange vegetables	75g	3.5	7	7	7	7	7	7
Legumes	75g	2	2	2	2	2	2	3
Nuts/seeds	30g	0	0	2	2	2	2	4
Other vegetables	75g	7	10.5	14	14	14	14	14
Fruit	150g	7	10.5	14	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	19	19	19	24	35	41	42
Refined cereals/grains*	Equiv 40g bread	9	9	9	11	14	19	21
Meat and alts minus red	Equiv 65g red meats	3.5	5.5	7	7	7	12	7
Red meats (beef, lamb, veal, pork)	65g	3.5	5	7	7	7	12	7
Dairy foods**	Equiv 250g milk	10.5	11.5	21	24.5	24.5	24.5	28.5
Additional category:								
Unsaturated fats and oils***	10g	3.5	5	7	7	14	14	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred. ** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Table ES 3. *Foundation Diets* for men designed to attain RDI for the age group within energy needs of smallest (160cm) and very sedentary (PAL 1.4) in the group

FOUNDATION DIETS MEN (recommended serves per week)					
Composite food group	Serve size	19-30 yrs	31-50 yrs	51-70 yrs	70+ yrs
Starchy vegetables	75g	7	7	7	5
Green & brassica vegetables	75g	7	7	7	7
Orange vegetables	75g	7	7	7	7
Legumes	75g	7	7	2	2
Nuts/seeds	30g	7	7	4	4
Other vegetables	75g	14	14	14	14
Fruit	150g	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	28	28	28	21
Refined cereals/grains*	Equiv 40g bread	14	14	14	10
Meat and alts minus red	Equiv 65g red meats	7	7	7	7
Red meats (beef, lamb, veal, pork)	65g	7	7	7	7
Dairy foods**	Equiv 250g milk	17	17	17	24
Additional category:					
Unsaturated fats and oils***	10g	28	28	28	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat

*** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Table ES 4. *Foundation Diets* for women designed to attain RDI for the age group within energy needs of smallest (150cm) and most sedentary (PAL 1.4) in the group

FOUNDATION DIETS WOMEN (recommended serves per week)									
Composite food group	Serve size	19-30 yrs	31-50 yrs	51-70 yrs	70+ yrs	Preg. 19-30 yrs	Preg. 31-50 yrs	Lact. 19-30 yrs	Lact. 31-50 yrs
Starchy vegetables	75g	5	5	5	3	5	5	7	7
Green & brassica vegetables	75g	7	7	7	7	7	7	7	7
Orange vegetables	75g	7	7	7	7	7	7	7	7
Legumes	75g	2	2	3	3	2	2	3	3
Nuts/seeds	30g	2	2	3	3	2	2	4	4
Other vegetables	75g	14	14	14	14	14	14	14	14
Fruit	150g	14	14	14	14	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	28	28	20	15	41	41	42	42
Refined cereals/grains*	Equiv 40g bread	14	14	8	6	19	19	21	21
Meat and alts minus red	Equiv 65g red meats	7	7	7	7	12	12	7	7
Red meats (beef, lamb, veal, pork)	65g	7	7	3	3	12	12	7	7
Dairy foods**	Equiv 250g milk	17	17	28	28	17	17	17	17
Additional category:									
Unsaturated fats and oils***	10g	14	14	14	14	14	14	14	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat

*** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

The food group constraints set by the NHMRC to address issues of chronic disease, social equity and environmental sustainability, challenged the ability to attain some RDIs within the energy constraints of the *Foundation Diets*.

For the composite food modelling, RDIs for the 10 nutrients modelled were attained within the kilojoule and food group limits for most nutrients for most age/genders. The exceptions were for iron in women 19-50years, in pregnancy and in children from 2-8 years; iodine in lactation; and magnesium and zinc in men aged 50 years and above. Iron requirements in younger women and young children are highly skewed and it was generally possible to attain the level that would cover the needs of 90% of these groups (RDI covers 97.7%).

It was also possible in most instances to attain the majority of the RDIs for the output-only nutrients and, with the exception of Vitamin D, to attain intakes close to AI.

When cross-checking the resulting patterns from the composite food group modelling with outputs from 7-day *Foundation Diets* modelled with individual foods, only recommended intakes for iron in pregnant females and magnesium in older men did not reach the EAR for all 100 7-day *Foundation Diets*. In the former case none of the diets reached the EAR and only 3% did not meet the EAR for magnesium in the latter case.

When the dietary reference value targets were not met for composite food group *Foundation Diets* modelling or EAR for 7-day *Foundation Diets* modelling with individual foods, the results were discussed with the NHMRC and alternative patterns considered and remodelled but in a few instances, it was not possible to achieve either the RDI or EAR within energy constraints. RDIs are set for the needs of 97.7% of an age/gender group and EARs for the median needs of the group. The *Foundation Diets* were set at an energy level for the smallest (and least active) members of an age-gender group so it is possible that many of their actual nutrient needs would be at the lower end of the range for the age/gender group (i.e. below EAR).

Overall the analyses indicate that people with low energy needs should be encouraged to be more active, not only for general health reasons but also to allow greater flexibility in their food choices. If increased activity is not possible, they should choose the most nutrient dense options within a food group.

On the advice of the NHMRC, the *Foundation Diets* were modelled with the ratio of 2:1 for wholegrain: refined cereals. In order to reflect current food preferences the NHMRC also advised that some higher fat dairy food options (e.g. cheese) were to be included in the modelling. However sedentary individuals of small body size (about 5th percentile for height or below) may need to choose all wholegrain cereals and all low fat options if they are to achieve the recommended daily nutrient intakes within energy needs. However, as noted above, the individual nutrient needs of smaller members of the age/gender group may, in some instances, actually be lower than that for the group as a whole.

From *Foundation* to *Total Diets*

In progressing from *Foundation Diets* to *Total Diets* which account for total energy needs, some general principles were set to ensure that diets remained within acceptable limits for percentage of energy from fat and the various fat components, protein and carbohydrate (AMDRs), and the Upper Levels (ULs). They were also compared to Suggested Dietary Targets (SDTs) for chronic disease prevention but were not modelled to achieve these. The principles included allowing free addition of vegetables (including legumes), fruits, nuts and seeds, and cereal foods and encouraging a variety of choice of additional foods while limiting choices from the meat, dairy foods and unsaturated margarines and oils categories. 'Other foods' were also included in defined amounts in the *Total Diet* modelling in

proportion to energy requirements. However, it is important to note that ‘Other foods’ are discretionary items only, and *Total Diets* containing no ‘other foods’ were also modelled for all age and gender groups.

As the meat categories are major contributors to iron and zinc, many *Foundation Diets* reached the maximum advised levels for meat for many age and gender groups. Limitations were set by the NHMRC for *Total Diets* to no more than 455g red meat per week based on SLRs relevant to chronic disease and environmental sustainability. For most groups, this meant no further addition of meat over the amounts provided in the *Foundation Diets*.

Dairy foods were included in the *Foundation Diets* because of their important role in the provision of calcium and some other key nutrients. However, they also contributed substantially to the saturated fat content of the *Foundation Diets*. Thus total amounts were capped at the amount in the relevant *Foundation Diets*. Some additional serves of higher fat dairy foods could be included in the diets as part of the ‘other foods’ allowance, however issues with saturated fat content and environmental sustainability were limiting factors for dairy foods based on SLRs relevant to chronic disease and environmental sustainability. Allowances for additional unsaturated margarines and oils and for ‘other foods’ were limited in relation to energy intake, with increasing amounts added as energy needs increased.

Examples of some of the possible *Total Diets* for men aged 31-50 years, of average height undertaking light to medium activity follow are given in Table ES5. These diets provide about 11700kJ which was also the mean intake of men of this age in the NNS95. There are many other possible combinations of food groups that would provide the nutrient and energy requirements for this group so those shown in the table are illustrative only. However, as energy needs within a given group are limited, increases in one food group will affect the possibility of increasing others. The diets are based on the *Foundation Diets* patterns for this age/gender group with additional serves from various food groups to attain their particular energy requirements. Examples of *Total Diets* for all other age/gender groups and their nutrient composition are given in Appendices 14 and 15.

Although not modelled specifically for nutrients with an AI, outputs of the modelling indicated that the estimated means of LCn-3 fatty acids and vitamin D provided in the model were less than the AI. There are many methodological issues with estimating these intakes and requirements and this finding should be treated with caution.

Any *Foundation Diet* can be built upon to derive *Total Diets* for increasing energy needs (see Table ES6). The increased serves and inclusion of other foods at each step are shown in bold type. Many other combinations of food groups are possible so the example below is illustrative only. In this particular example, each diet builds on the previous diet with the addition of approximately 500kJ/day building blocks, although it is not necessary, of course, to use this stepwise approach to design *Total Diets*.

Table ES5. Sample *Total Diets* for men aged 31-50years of average height (175cm) with light to medium activity (PAL 1.7; about 11700kJ), expressed as serves per week

Composite food groups	Example 1	Example 2	Example 3	Example 4	Example 5	Example 6
Starchy vegetables	14	7	7	14	7	14
Green and brassica vegetables	7	14	7	14	7	7
Orange vegetables	7	14	7	7	7	14
Legumes	7	7	14	7	7	7
Nuts and seeds	7	14	14	7	7	7
Other vegetables	21	14	14	14	14	21
Total fruit	14	14	21	21	14	28
Wholegrain cereals	42	28	35	35	28	42
Refined cereals*	14	21	14	18	21	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red meats (beef, lamb, pork etc)	7	7	7	7	7	7
Dairy foods**	17	24	17	17	24	17
Additional categories						
Unsaturated fats and oils***	28	28	28	28	28	28
Other foods (600kJ equivalents)	17.5	7	10.5	14	14	7

*Can be wholegrain if preferred **Mostly low fat *** Including *Foundation Diets* amounts for polyunsaturated margarines and oils. Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Table ES6. An example of how a *Foundation Diet* could be built upon to derive *Total Diets* for varying daily energy needs

Food groups	<i>Foundation Diet</i> 7500kJ									
	Sample <i>Total Diets</i> – approximate energy content/day									
	Serves per week									
	7500 kJ	8000 kJ	8500kJ	9000kJ	9500kJ	10000 kJ	10500 kJ	11000 kJ	11500 kJ	12000 kJ
Starchy vegetables	5	5	5	5	12	12	12	12	12	12
Green and brassica	7	7	7	7	7	7	7	7	7	10
Orange vegetables	7	7	7	7	7	7	7	7	7	14
Legumes	2	2	2	2	2	2	12	12	12	12
Nuts/seeds	2	7	7	7	7	7	7	7	7	7
Other vegetables	14	14	14	14	14	14	14	14	14	18
Fruit	14	14	14	14	14	14	14	24	24	24
Wholegrain cereals	28	28	28	32	32	32	32	32	32	32
Refined cereals*	14	14	14	17	17	17	17	17	17	17
Poultry/fish/seafood/eggs/legumes	7	7	7	7	7	7	7	7	7	7
Red meats	7	7	7	7	7	7	7	7	7	7
Dairy foods**	17	17	17	17	17	17	17	17	17	17
Additional categories										
Unsaturated fats and oils***	14	14	14	14	21	21	21	21	21	28
Other foods	0	0	6	6	6	12	12	12	18	18

*Can be wholegrain if preferred **Mostly low fat *** Including *Foundation Diets* amounts for polyunsaturated margarines and oils. Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

It is anticipated that the preceding results will be incorporated in an updated national food guide and in the 2010 revisions of the *Dietary Guidelines for Children and Adolescents in Australia*⁷, the *Dietary Guidelines for Australian Adults*⁸ and the *Dietary Guidelines for Older Australians*⁹ as well as in the development of proposed dietary guidelines for pregnant and breastfeeding women.

As children generally eat food as part of a family unit, attempt was made to align the children's recommendations with those of the younger adults. In modelling the diets, the same serve sizes were used for children and adults but it is envisaged that in any future food guide, children's serve sizes may be reduced and number of serves/frequency of consumption proportionally increased to help encourage variety.

Variations from the previous Core Food Group approach

The previous Core Food Group (CFG94)¹ analysis aimed to identify amounts of the various food groups that would provide at least 70% RDI within 50% of the energy needs for adults as a whole and for children of various ages. In practice, for many of the nutrients, the RDI was exceeded. The CFG94 recommendations then had to be expanded when the Australian Guide to Healthy Eating (AGTHE98)² was developed to account for 100% energy needs for the various age/genders. It is unclear what reference value was used to establish the food groups recommended in the AGTHE98 as it is stated there was no attempt to achieve the RDI for iron and that the amounts of food suggested for pregnancy and lactation were based on RDIs. Although the targets to be achieved varied, in a general sense, the CFG94 recommendations align with the *Foundation Diets* and the AGTHE98 with the *Total Diets* described here. Changes in the NRVs including increases in some RDIs such as those for folate, iron in women and zinc in men, and calcium and magnesium for some groups, required a reanalysis of food patterns.

This revision expanded the food groups used for modelling to assist refinement of the models (Table 1 and Appendix 7). The additional groupings included:

- a subdivision of vegetables into starchy, green and brassica, orange, and 'others' as well as legumes;
- division of the 'milks/yoghurt/cheese' group into higher, medium and lower fat subgroups for modelling purposes (subsequently combined);
- division of the 'meats and alternatives' group into red meats (beef, veal, lamb, pork, venison and kangaroo), other meats and alternatives (poultry, fish, seafood, eggs, legumes); and nuts and seeds were separated.

Some of these subgroups may be combined in a future food guide.

For lacto-ovo vegetarian diets, a 5:1:1, 'legume:egg:nuts/seeds' mixed food group was also included for modelling based on a USDA recommendation¹⁰ for a fixed proportion of these foods that would provide an adequate amino acid balance.

In contrast to the method in this revision which was based on usual patterns of intake in the community determined from national dietary surveys, the original CFG94 derivation of food groups was more restrictive as it used national Apparent Consumption Data¹¹ as broad reference data on which to base composite food groups. Furthermore in the original CFG94 the dairy food group nutrient composition was based on milk only, the 'meat' food group was limited to meats, poultry, fish and eggs (no legumes or seafood), the fruit group included just 8 individual fruits and there were only nine individual vegetables of which over 50% by weight was potato. This meant the composition of food groups used in developing CFG94 did not reflect true consumption patterns.

In developing the *Foundation* and *Total Diets*, issues such as chronic disease, social equity and environmental sustainability were addressed from the start by placing some food group constraints on the models (Table 4). In a few cases, these constraints were varied as the modelling identified a need to include higher amounts of some food groups or sub-groups (such as wholegrain cereals) for some age/gender groups to attain an acceptable nutrient composition within energy needs; this was done in consultation with the NHMRC. This was a new development compared to the CFG94 analysis, where issues such as social, environmental or chronic disease were not addressed other than assessment of some models with lower fat, higher fibre options in line with the Dietary Guidelines at that time.

Comparison to past recommendations, current intake and food supply

The resulting *Foundation Diets* food patterns were compared with the equivalent low energy recommendations in the AGTHE98 and the US^{10, 12-15} and Canadian^{16, 17} Guides. The patterns were generally similar across the guides although different serve sizes and descriptors had been used, complicating direct comparison.

There were some differences between the recommendations and estimated current intakes. In adults, the recommendations were higher than mean consumption estimated from the NNS95 for vegetables, fruit, wholegrain cereals, the poultry/fish/seafood/eggs group and low fat dairy foods. They were lower for starchy vegetables, refined cereals, higher and medium fat dairy foods and red meats, for men only. The pattern of difference was similar in children's current consumption estimated from the Australian National Children's Nutrition and Physical Activity Survey 2007⁵. For both children and adults, decreased consumption of high saturated fat, sugar, alcohol foods and drinks that comprise the 'other foods' group would be needed to accommodate these recommendations alongside a change from higher fat to lower fat dairy foods options and from refined cereals to wholegrain cereals.

When compared to the current food supply (FAOSTAT¹⁸) the categories for which current 'availability' may appear inadequate were legumes, vegetables other than starchy vegetables and fruit. However, it should be remembered that more of these foods are produced in Australia than appear in the 'available' data as much is exported. The data also do not include any home grown produce as no recent data for this are available.

Summary and conclusion

This proposed new food guidance system for Australia has developed

- 1) ***Foundation Diets*** informed by current scientific evidence derived from the literature, the most current national intake data and the NHMRC NRVs (2006)³. The diets were modelled to provide as close to 100% of the RDIs of 10 key nutrients as was feasible and to provide the estimated energy requirements of the smallest and very sedentary category for each age and gender group. These ***Foundation Diets*** based on low energy requirements were then tested using 100 7-day simulations with the aim that all of the simulations would meet the EARs of the 10 key nutrients.
 - a. The most limiting nutrient of these low energy *Foundation Diets* was iron as the dietary models developed were unable to provide sufficient iron to fulfil the estimated requirements of pregnant females as a group. If pregnant females were to follow the *Foundation Diets*, additional sources of iron would be essential to meet their requirements
 - b. Magnesium for older men was also potentially limiting but to a much lesser extent than iron

- c. Food groups and sub-groups used in the modelling consisted of the following: starchy, green and brassica, orange and other vegetables; legumes; nuts and seeds; fruit; wholegrain and refined cereals/grains; red meat; poultry/fish/seafood/eggs/legumes; dairy foods and an additional category of unsaturated fats and oils. These groupings were established on the basis of nutrients provided, potential health benefits/risks and on culinary practices in Australia
 - d. Those groups or individuals with low energy requirements, should be encouraged to choose foods with high nutrient density and to increase energy expenditure if possible. The latter behavioural change will facilitate the introduction of a little more flexibility into the diet.
- 2) A flexible system of ***Total Diets*** to cover increasing energy requirements for larger and more active people within each age and gender group. This was created by adding further serves of some of the food groups used in the *Foundation Diets* (e.g. fruit and vegetables) but not other groups (e.g. red meat and dairy foods) and by providing an option to include 'other' foods higher in energy and generally with lower nutrient density.

It is envisaged that this new approach to food selection guidance will replace the now-rescinded CFG94¹ and in doing so, will provide sufficient amounts of 10 key nutrients within a flexible system for all but pregnant females who have very high iron requirements; will be culturally acceptable as it is based on the most recent consumption data; is scientifically relevant as it is fully informed by a thorough review of the scientific literature and thus will facilitate health and well-being once disseminated and adopted.

1 Introduction

Food and nutrition play an important role in promoting health for both children and adults. Different aspects of dietary intake have been shown to play a role in the prevention, incidence and/or prevalence of a range of chronic conditions including coronary heart disease, stroke, hypertension, some forms of cancer, obesity and non-insulin-dependent diabetes mellitus, osteoporosis, dental caries, gall bladder disease, diverticular disease, constipation and haemorrhoids. In many cases, these conditions are associated with excessive intake of energy-dense foods high in saturated fat, refined sugars or salt, and/or inadequate intake of foods such as vegetables, legumes, fruits and wholegrain cereals which provide protective phytonutrients, as well as dietary fibre, and a range of vitamins and minerals⁷⁻⁹.

In Australia, many of these adverse dietary practices are common but at the same time, the country is experiencing a re-emergence of concern about deficiency conditions related to inadequate intakes of nutrients such as iodine and folate. Vitamin D deficiency also appears to be increasing¹⁹ although the role of inadequate dietary intake versus lack of exposure to sunlight is not clear. Iron deficiency remains an area of concern, particularly in younger women and adolescent girls.

For many decades, the Australian Government has provided guidance to the population about food choice for optimal health and prevention of nutrient deficiencies. The overall purpose of this document is to provide the scientific basis to update this advice following publication of 2006 NHMRC *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes*³ (NRVs).

The NRVs (2006) identify a number of reference values that address nutrient needs for various age/gender groups (see Glossary at Appendix 17 for specific definitions). These nutrient recommendations must be translated into recommended amounts and types of foods which contribute to a healthy diet that both prevents nutrient deficiency and reduces risk of chronic disease, and at the same time is culturally acceptable, socially equitable and environmentally sustainable.

The goal of this document is therefore to translate the NRVs (2006) into food consumption patterns that:

1. deliver the nutrient requirements for people of varying age/gender, activity levels and life-stages
2. are culturally acceptable, socially equitable and environmentally sustainable
3. reflect the current Australian food supply and food consumption patterns
4. provide some flexibility in food choice and
5. promote health and wellbeing.

The guiding principles for the revision were that the recommendations should:

1. address total diet and overall health,
2. be evolutionary (incremental changes), flexible and practical, and
3. be based on current scientific evidence.

It is anticipated that these recommendations for food intake will replace those given in the now rescinded Core Food Groups (CFG94)¹ and those in the Australian Guide to Healthy Eating (AGTHE98)².

The NHMRC *Dietary Guidelines Working Committee (DGWC)* guided this work which was undertaken for the NHMRC under the auspices of the Dietitians Association of Australia by expert consultants (see Appendix 16 for Terms of Reference, personnel and process).

2 Background

In 1994 the NHMRC developed the CFG94¹ as an educational tool for those wishing to develop dietary guidance for individual or group use. The CFG94 reflected the 1991 RDIs²⁰, the 1992 Dietary Guidelines for Australians²¹, 1990 food composition data²², and the 1989-90 Apparent Consumption data.¹¹

The CFG94 aimed to identify amounts of 'core' foods (g or ml/day of cereals, fruits, vegetables, dairy foods (milk) and meat /meat alternatives) that would supply 70% RDI for selected nutrients within 50% of energy requirements for selected age, gender and life stage groups. The CFG94 formed the basis of the current national food selection guide (AGTHE98) but this guide extended the CFG94 concept to a 'whole of diet' approach. The CFG94 were rescinded in 1999.

Since 1994, new NRVs have been published³, there are new intake data^{5,6} and more food composition data are available⁴ all pointing to the need to update the food guidance system.

The NRVs (2006) cover a wider range of micronutrients than the 1991 recommendations, take into account evidence about nutrient requirements published since the last revision, incorporate different age groups and include different definitions of adequacy. As well as identifying amounts of nutrients required to prevent deficiency states (Estimated Average Requirements (EAR), and Recommended Dietary Intakes (RDI) or Adequate Intakes (AI)), the NRVs (2006) also provide advice for reduction of chronic disease risk in the form of Suggested Dietary Targets (SDTs) for dietary fibre, selected micronutrients and fatty acids, and Acceptable Macronutrient Distribution Ranges (AMDRs) for % energy from protein, fats and carbohydrates. Previous public health recommendations for macronutrients such as fat, sugars or carbohydrates set a single point estimate of need in relation to % energy contributed (e.g. 30% fat or less; 45% carbohydrate or more). In assessing the evidence base for the NRVs (2006) the point estimate was replaced by a set of recommended ranges (e.g. 20-35% energy from fat) that are consistent with good health but give greater flexibility in dietary advice.

In addition to the availability of updated nutrient intake recommendations, more up-to-date food composition data for Australian foods have been published by Food Standards Australia New Zealand (FSANZ)⁴.

The most recent food intake data available for the Australian population in general were collected in 1995⁶ for the National Nutrition Survey (NNS95). For children aged 2-16 years, intake data from the NCNPAS07⁵ of over 4,400 children across Australia were released in 2008 by the Department of Health and Ageing. The last Australian Bureau of Statistics' (ABS) Apparent Consumption data published for Australia were for the year 1998-9²² although there are some very limited published data for 2001-3 in the FAO Foodstat database

Details of the development of the CFG94 and AGTHE98 are given in Appendices 1 and 2. To maintain the principle of evolution and provide insights into later modelling, the CFG94 and AGTHE98 were assessed against the updated NRVs (2006) using EARs as the standard for CFG94 (these aimed at attaining 70% RDI) and RDIs for AGTHE98. A comparison with recommendations from recent reviews of food guides from overseas countries with similar food intake profiles and nutrient intake recommendations was also made (Appendix 3 and 4).

The data showed that, for some nutrients, the CFG94 and AGTHE98 recommendations were still valid but for others they were not. However, in keeping with the evolutionary principle, many of the definitions used in the original CFG94 and AGTHE98 were retained for this current modelling process including certain, but not all, aspects of food grouping, within group equivalents and serve sizes.

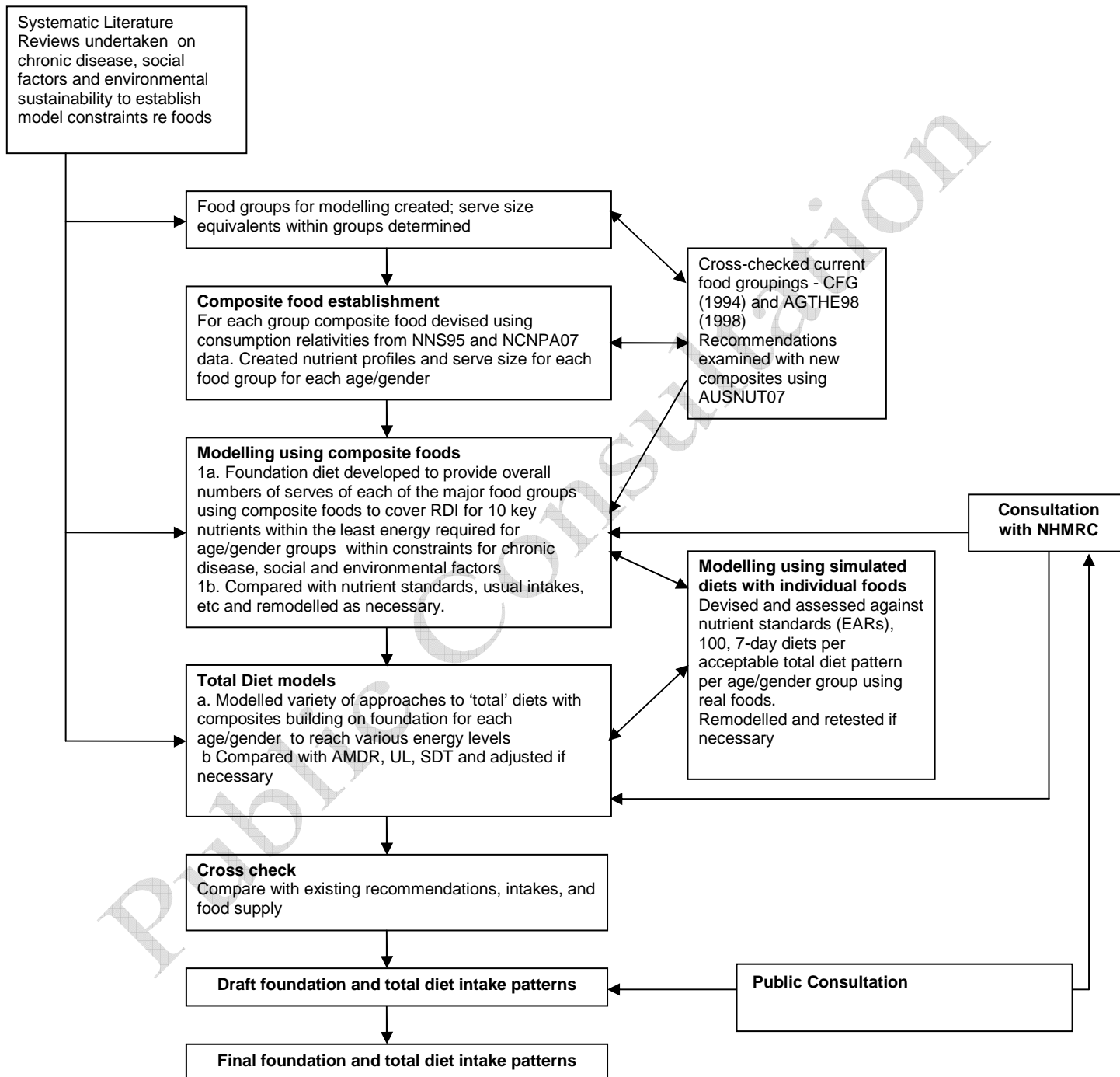
3 Methodology

3.1 Framework

One of the principles underlying this revision was maximising flexibility in food choices. Linear programming was used for the modelling of *Foundation Diets*, designed to increase flexibility of choice and allow for greater personal preference.

Figure 1 shows an outline of the process. The various steps will be described in more detail in later sections.

Figure 1: Outline of the methodology used to develop food intake patterns for the *Foundation* and *Total Diet* models using linear programming



3.2 Establishing food groups for diet models

For consistency similar groupings to those previously used in the AGTHE98, with some modifications, were used. Thus 'foundation' food groups of 'breads, cereals, rice, pasta, noodles', 'fruit', 'vegetables and legumes', 'milk, yoghurt and cheese' and 'meat, fish, poultry, eggs, nuts, legumes' were modelled and an allowance was applied for polyunsaturated margarine in amounts related to numbers of grain-based foods (i.e. cereal) serves. Other groupings were explored to see if they could refine the recommendations.

Some initial modelling was undertaken using a wide range of potential food group subcategories identified by the developers of the US MyPyramid guide¹², to see if there was any value in expanding the categories, at least at the initial stages either for potential inclusion as a separate food group or to guide qualitative messages.

As a result of this preliminary assessment and considering cultural, chronic disease and environmental factors, some of the major groups used in the AGTHE98 were divided into food sub-groups based on contributions of specific nutrients to assist refinement of the modelling process (Table 1 and Appendix 7). The final food groups and sub-groups used for modelling included fruit, green and brassica vegetables, orange vegetables, legumes, starchy vegetables, other vegetables, nuts and seeds, wholegrain cereals, refined cereals, poultry/fish/seafood/eggs/legumes, red meats (beef, lamb, veal, pork, venison, kangaroo), and dairy foods (modelled as lower, medium and higher fat options). Some fats and oils in the form of polyunsaturated oils and margarines were also added in modelling due to culinary considerations.

For lacto-ovo vegetarian diets, a 5:1:1, 'legume:egg:nuts/seeds' mixed food group was also included for modelling based on a USDA recommendation¹⁰ for a fixed proportion of these foods that would provide an adequate amino acid balance. In addition a separate rice 'group' and pasta 'group' were also included to help model 'Rice-based' and 'Pasta-style' diets.

The food groups and sub-groups used for modeling and for which composite foods were created are detailed in Table 1A: It should be noted that the food subgroups used in this modeling process may not necessarily constitute separate food groups in a final national food selection guide. The food sub-groups were included in the modelling to help refine future messages about healthier food choices (within food groups) that have a higher nutrient density. Such nutrient dense foods may need to be given greater emphasis in a final food selection guide for specific age and gender groups such as those with lower energy needs who would be advised to choose healthier foods with higher nutrient density in order to meet their recommended nutrient reference values within a low estimated energy requirement (EER).

Using the same set of food groups, age/gender specific composite food groups were established using the within food group profiles of intake for each age/gender group from the NNS95 or NCNPAS07 and the corresponding nutrient composition determined. For example, if within the wholegrain cereals food group young women consumed relatively more wholegrain bread than wholegrain breakfast cereals compared to older women, this would be reflected in proportion to usual consumption in the nutrient composition of the wholegrain cereals group for those two groups.

Further details of the proportions of foods in each food group for the various age/gender bands are given in Appendix 6; nutritional value and nutritional equivalents of foods within the various food groups in Appendix 7, and details as to which foods in the AUSNUT07 database were assigned to each group are given in Appendix 8.

Table 1B describes two additional foods included in the modelling. Fats and oils were included in the modelling of *Foundation Diets* to ensure that the models were practical and reflected current culinary practices. Unsaturated fats and oils were chosen rather than saturated fats based on the evidence of their health benefits outlined in the SLR (*insert reference to appropriate one when draft is final*). This approach is also consistent with the principles of adopting an evolutionary approach and is aligned with the current dietary guidelines to reduce intakes of saturated fats. Polyunsaturated margarine was used in the *Foundation Diet* modelling as a sentinel food for unsaturated fats and oils but equally monounsaturated or polyunsaturated oils, seeds or some nuts could also have been used in the modelling. A rich source of PUFA was used in the *Foundation Diet* model to help achieve a desirable P:M:S ratio. However it must be noted that nutrients such as fatty acids with only AIs were not used to drive the model for the reasons provided previously (page 5) the evidence for the need for a specific source of PUFA in the diet is less robust than for those nutrients with RDIs/EARs (which were used to drive the model), and substitution with sources of mono-unsaturated fatty acids could also be considered. To reflect these considerations outlined above, the term "unsaturated fats and oils" was used to describe the dietary patterns. More detail on the modelling for unsaturated fats and oils appears in Appendix 7.2.7.

An additional 'other food' category comprised those foods not included in any of the food groups described above. The foods in this category are generally higher in energy density, saturated fat and/or added sugars or alcohol with limited additional nutrient value. This category includes foods and drinks such as cakes, biscuits, confectionery, soft drinks, burgers and pizzas, cream and high saturated fat spreads, cordials and (for adults) alcoholic drinks. This category termed 'other foods' is similar to the 'extras' category of the AGTHE98 except that unsaturated fats and oils were excluded. These 'other foods' were not included in modelling of *Foundation Diets* but were later included for *Total Diet* modelling.

Table 1A: Food groups for which composites were derived for diet modelling and where components were subsequently weighted for levels of consumption of each age/gender group.

Composite food groups that were modelled	Comments
Wholegrain cereals	Included all wholegrain breads, cereals, rice, pasta, crumpets, English muffins, crispbreads. Fortified cereals were included as they are the dominant form in the food supply. Mandatory folic acid and iodine levels were added to the nutrient database for the appropriate foods.
Refined cereals	Included all refined breads, cereals, rice, pasta, crumpets, English muffins, crispbreads. Fortified cereals were included as they are the dominant form in the food supply. Mandatory folic acid and iodine levels were added to the nutrient database for the appropriate foods.
Fruits	Consideration at a preliminary stage was given to a citrus subgroup (i.e. high in vitamin C) but as Vitamin C was more than adequate in all diets this did not proceed. Fruit juices were not included in the modelling of the fruit group but their nutrient equivalent was assessed for subsequent food guide purposes (see Appendix 7).
Green and brassica vegetables	As the energy and nutrient content per serve is highly variable across the 'vegetable/legumes' category, for modelling purposes, the 'vegetables and legumes' group was subdivided into 5 categories. The green and brassica group is a valuable low kilojoule source of a wide range of nutrients notably dietary folate.
Orange vegetables	The distinguishing nutrient for this group is pre-vitamin A (note: some vegetables such as sweet potato can be counted as either 'orange' or 'starchy').
Starchy vegetables	These vegetables are higher in kilojoules per unit weight and lower in nutrient density than the other groups but are a valuable source of complex carbohydrate. They are a major staple of the Australian diet.
Other vegetables	This category includes many of the salad vegetables – tomatoes are the most commonly consumed component of this nutrient dense, low energy subgroup.
Legumes	Legumes are a valuable, cost efficient, source of protein and iron but are currently eaten in relatively small amounts in Australia.
Nuts and seeds	Nuts and seeds were previously positioned in the 'meats' groups as an alternative source of protein. These foods have a different protein to energy ratio compared with other components of the meats groups, so for modelling purposes they were made into a separate group. The variety of commonly available nuts and seeds supply some protein, and are a valuable source of essential fatty acids, vitamin E, magnesium and a range of minerals.
Red meats (beef, veal, lamb, pork, kangaroo)	For modelling purposes, the 'meats and alternatives' category was subdivided into 'red meat' and other components. The red meats category is a valuable source of protein, bioavailable iron and zinc and vitamin B12 as well as n-3 fatty acids. However, the SLRs indicated potential issues in terms of chronic disease risk for high consumers and environmental sustainability issues. Although, in Australia, the term 'red meat' often excludes pork, the epidemiological literature generally includes pork with beef, veal and lamb as 'red meat'. Kangaroo and venison also fall in this category.
Other meats and alternatives (poultry, fish, shellfish, eggs, legumes)	For modelling purposes, the second part of the meats group included poultry, fish, seafood, eggs and legumes. Again some concern has been expressed relating to high white meat consumption, for both chronic disease and environmental reasons and, for fish, in terms of environmental sustainability although it is a valuable source of LCn3 fats. As noted above, nuts and seeds were removed from this group for modelling on a nutrient density basis.
Higher fat dairy foods	The milks, yoghurt, cheese category was subdivided for modelling on a fat/serve basis to explore messages related to choices within the group. The higher fat group was mostly cheese (including soy-based) and was defined as being above 10g fat per 100g.
Medium fat dairy foods	The medium fat category was predominantly regular milks and regular fat yoghurts (including soy-based) with fat per serve ranging from 4-10g. Some reduced fat cheeses were included here. Evaporated and condensed milks and custards were placed in the high, medium or low fat group depending on their fat composition.
Lower fat dairy foods	The lower fat subgroup was mostly reduced fat or skim milks (including soy) and yoghurts with less than 4g fat per 100g.

Table 1B Additional foods included in the diet modelling but components were not subsequently weighted for current levels of consumption of each age/gender group

Additional categories	Comments
Unsaturated fats and oils	Includes polyunsaturated and monounsaturated oils and margarines but unsaturated fatty acids can also be sourced from seeds and nuts. Note: polyunsaturated margarine alone was used in the modelling as an example of these foods.
other foods	An 'other foods' composite was made up of foods and drinks of generally lower nutrient density but high in saturated fats and/or refined sugars or alcohol in proportion to current usage patterns. This category included saturated fats such as butter and cream but not unsaturated margarines and oils which were modelled separately. As this food group is diverse in its nutrient composition the equivalents were based on energy (600kJ). This group was included only in the <i>Total Diet</i> modeling.

3.3 Establishing composite food groups for modelling *Foundation Diets*

For efficiency, initial modelling to attain *Foundation Diets* was undertaken using composite foods representing the various food groups. This method was used in developing the CFG94s and is used in countries such as the United States and Canada in developing their food guidance models (see Appendix 4).

To derive the composite food groups for modelling *Foundation Diets*, three steps were undertaken:

1. estimation of the relative contribution by weight of individual foods to the food group for each age and gender group
2. determination of the nutrient composition per 100g for the composite food group taking into account % contribution by weight and standard serve size and
3. determination of a composite food group serve size.

The relative contributions of individual foods to the composite were determined using data from the NNS95⁶ dataset for persons over 16 years and for those aged 2-16 years from the NCNPAS07⁵. For children from 13-23 months, the food patterns of 2-3 year olds were used as there were no national data for this age group, but crossed checked against a recent publication reporting intakes in Australian children of this age³⁰. As a result of this method, the nutrient profiles of the composite food groups varied for each age and gender group.

As food guides generally recommend healthier food choices be made within groups, for modelling purposes, nutrient compositions were derived from nutrient-dense ('healthier') types of foods. Thus items on the food database which were prepared in a high fat, high salt or high sugar fashion were included for their relative contribution in terms of weights consumed but excluded when determining the nutrient composition. The foods available for nutrient profiling were those on the AUSNUT07 food database. Appendix 8 gives further details about inclusion of specific food items for weight and/or nutrient profiling.

Modelling with composite food groups for *Foundation Diets* did not include the 'other foods' category.

3.4 Fortified and processed foods

A limited number of fortified foods were included in the nutrient compositions developed for use in the composite food groups. This was done to reflect the nutrient composition of foods in the current marketplace, but both mandatory and voluntary fortification practices can change over time which may affect the relevance of the modelling results in the future.

For some foods, fortification is mandatory (i.e. mandated by law) for selected nutrients, for others manufacturers are permitted to add proscribed amounts of specified nutrients, but fortification is voluntary. For some foods, voluntary fortification is wide spread and therefore these foods were included in determining the nutrient composition.

Fortified products included in the modelling were:

1. breads and, where relevant, products made from bread flour for thiamin, folic acid and iodine (mandatory)
2. soy products: calcium and B12 (voluntary)
3. unsaturated margarines; vitamin D (mandatory)
4. breakfast cereals: range of vitamins and minerals and fibre (voluntary). These were included as fortified breakfast cereals comprise over 90% of those consumed (voluntary).

Due to recent mandating of fortification of wheat flour for breadmaking with folic acid and of bread with iodine, estimates of folate levels in affected foods needed to be calculated. More specifically, based on information from FSANZ, 200ug dietary folate equivalents was added to the value for a 100g serve on AUSNUT07 in the 'to be supplemented' group, i.e. all plain, fancy, sweet breads and rolls (not organic brands) bagels, focaccia, English muffins, and flat breads (with yeast). No additional dietary folate equivalents were added for foods in the 'may be supplemented' group, i.e. crumpets, scones, pancakes, pikelets, crepes, yeast doughnuts, pizza base or crumbed products.

For iodine, a value of 45ug iodine per 100g bread was used. Sweet breads, e.g. fruit breads and buns have less salt, and so no additional adjustment was made for these.

A number of processed foods were also included in the composite foods groups if they were not high in saturated fats, added sugars and salt compared with the rest of the relevant food group as detailed in Appendix 8.

3.5 Estimation of the relative contribution by weight of individual foods to the food group

The weights of foods used to develop the composite food groups (fruit, green and brassica vegetables, orange vegetables, legumes, starchy vegetables, other vegetables, nuts and seeds, wholegrain cereals, refined cereals, poultry/fish/seafood/eggs/legumes, red meats, and lower, medium and higher fat dairy foods options) were derived from the NCNPAS07 for children 2-16 years and from the NNS95 for people over 16 years. Parity between food descriptors in the NNS95 and NCNPAS07 was ensured by using the 'AUSNUT07- AUSNUT99 matching file' developed by FSANZ. This file matches the food descriptors from the AUSNUT99 food and nutrient files (used for the 1995 NNS) to the more recently developed AUSNUT07, used in the NCNPAS07. Those food descriptors that could not be matched using this file were manually matched, using the AUSNUT07 food descriptor (and where appropriate, the nutrient compositions).

For some mixed items it was necessary to adjust the weight on the database before estimating total weight/weight for that food. For mixed dishes, the weight of the predominant food item in a mixed dish (e.g. noodles in Pad Thai) was determined to be 70%. This was done after consideration of recipes from the AUSNUT07 recipe file. Weights of other processed foods derived from a primary food product were matched by either key nutrients to determine the weight equivalent conversion factor (i.e. toast and bread were matched by starch content) or using the AUSNUT07 recipe file to work out the weight equivalent

conversion factor (i.e. the amount of milk in a milkshake by weight). Details of the adjustments made are shown in Appendix 8 for the individual foods.

To keep the database manageable, there was some consolidation of items at this stage (e.g. all varieties of apples, fresh, canned or stewed were combined as 'apples', to determine total weight). All relevant foods, including less healthy versions higher in saturated fat, salt or added sugars, were included for weight estimates. The percentage contribution of each food to its food group are shown in Appendix 6.

3.6 Developing the nutrient composition and serve sizes of the composite groups

As with the weight estimates some initial combining of nutritionally similar items was undertaken using relative consumption of the component parts. A composite nutrient composition per 100g for the food group, to be included in the modelling for the *Foundation Diets* for each age/gender group, was derived by combining the nutrient composition of the individual foods in relation to their relative percentage contribution by weight to their food group for that age/gender group.

For groups such as fruits, the vegetable groups, nuts and seeds and red meats, where the various components of the food group had similar energy and nutrient compositions, a single serve size was used for each food and this then became the composite serve size for that group.

For food groups containing foods with highly variable energy and nutrient density such as the two cereal groups, 'poultry/fish/seafood/eggs/legumes' group and the dairy food groups, an equivalent serve size for each component was first determined and then a composite serve size for the group as a whole.

For the within group serve equivalents, a sentinel food and its serve size was identified (e.g. a bread serve of 40g or a reduced fat milk serve of 250g) and the other food serve sizes (e.g. for breakfast cereals, rice, pasta or for cheese and yoghurt) were determined based on equivalence for key nutrients. With increasing concern about obesity and the need to consider the concept of nutrient density, variations in energy per serve within food categories were also taken into consideration. After the serve size equivalents were determined within the group, the composite food serve size was determined based on the relative consumption of the various foods in the group and their individual serve sizes. As the ratios of foods within groups can vary across age-gender groups (e.g. ratio of bread eaten to rice in cereals groups), for food groups where individual food serve sizes vary across foods in the group (e.g. cereals groups, poultry/fish/eggs/legumes, dairy food groups), the composite food serve size will also vary across age/genders.

Further details about within food group equivalents, the basis on which they were derived and the processes involved are given in Appendix 7.

3.7 Combining proportional contributions, individual and group serve sizes and nutrient composition

Once the proportional contributions (e.g.% contribution of walnut to the nuts and seeds group based on consumption data) and individual food serve sizes were determined for a particular food group these were combined with the nutrient compositions for the individual foods to derive a food group nutrient composition specific for each age/gender group.

Table 2 below shows an example of the spreadsheet used to calculate the composite nutrient composition for nuts and seeds in adults.

The overall nutrient composition of the group was then calculated using the % contribution and nutrient/100g to give the figures for women or men of various ages shown below the food lists. For example the energy/100g of the composite nuts and seeds group for women 19-30yrs was 2468kJ /100g; the protein was 21.1g/100g and the fat 50.8g/100g.

This process was repeated for both genders and for all age groups for all food groups and subgroups until the composite foods for all groups and subgroups were compiled. These were then used in combination with the calculated overall food group serve size to model the *Foundation Diets*. The same process was used for the children for all the food groups using the estimated intakes from the NACNPAS07 to derive the % contributions to the total weight that individual food types made to the overall food group.

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Table 2: Example showing estimation of the contribution of various nuts and seeds to the composite nutrient composition (for next stage see Table 3)

Nuts and seeds	Percentage contribution from NNS95				Serve Size	Nutrient composition per 100g		
	19-30y	31-50y	51-70y	70+y	(g)	Energy (kJ)	Protein (g)	Fat (g)
Females								
Pumpkin seed	0.0	0.9	1.5	0.3	30	2381	24.5	45
Sunflower seed	3.9	1.7	4.0	1.5	30	2395	22.7	51
Sesame seed	1.4	1.7	1.2	1.1	30	2530	22.2	55.6
Mixed seeds	0.0	0.6	0.2	0.5	30	2342	20.8	48.9
Peanut	46.2	42.1	35.9	53.3	30	2397	24.7	47.1
Almond	7.4	15.3	14.4	4.8	30	2519	20	55.1
Brazil	0.0	0.2	0.7	0.0	30	2886	14.4	68.5
Cashew	22.6	8.2	18.7	1.5	30	2437	17	49.2
Hazelnut	0.2	0.4	0.0	0.0	30	2689	14.8	61.4
Chestnut	0.0	0.0	5.5	0.0	30	724	3.4	0.6
Macadamia	4.6	1.0	0.5	3.8	30	3068	7.6	76.2
Mixed nuts	8.3	19.3	14.3	20.0	30	2481	21.5	51
Pecan	0.2	1.2	0.2	1.0	30	2973	9.8	71.9
Pine	0.4	0.8	0.9	0.0	30	2925	13	70
Pistachio	2.9	3.5	0.3	0.0	30	2389	19.7	50.6
Walnut	1.8	3.2	1.7	12.3	30	2904	14.4	69.2
Total	100.0	100.0	100.0	100.0				
Composite Nuts & seeds females 19-30y						2467	21.01	50.78
Composite Nuts & seeds females 31-50y						2473	21.61	51.17
Composite Nuts & seeds females 51-70y						2364	20.35	47.81
Composite Nuts & seeds females 70+y						2514	21.58	52.52
Males								
Pumpkin seed	0.0	0.8	2.5	3.7	30	2381	24.5	45.9
Sunflower seed	0.0	0.7	0.0	1.3	30	2395	22.7	51
Sesame seed	0.8	1.8	0.7	0.6	30	2530	22.2	55.6
Mixed seed	0.0	0.1	1.0	0.0	30	2342	20.8	48.9
Peanut	47.2	61.7	53.4	54.4	30	2397	24.7	47.1
Almond	9.9	7.2	7.0	7.0	30	2519	20	55.1
Brazil nut	0.6	1.7	0.0	0.0	30	2886	14.4	68.5
Cashew	14.7	10.0	12.9	4.0	30	2437	17	49.2
Hazelnut	0.0	0.7	0.6	0.0	30	2689	14.8	61.4
Chestnut	3.0	0.0	2.8	0.0	30	724	3.4	0.6
Macadamia	1.7	0.1	0.3	2.8	30	3068	7.6	76.2
Mixed nuts	10.9	10.4	14.6	22.7	30	2481	21.5	51
Pecan	0.8	0.5	0.7	0.7	30	2973	9.8	71.9
Pine nuts	0.0	1.0	0.0	1.2	30	2925	13	70
Pistachio	10.4	2.2	2.4	0.2	30	2389	19.7	50.6
Walnut	0.0	1.1	1.2	1.3	30	2904	14.4	69.2
Total	100.0	100.0	100.0	100.0				
Composite Nuts & seeds males 19-30y						2392	21.09	48.46
Composite Nuts & seeds males 31-50y						2445	22.51	49.63
Composite Nuts & seeds males 51-70y						2388	21.80	47.90
Composite Nuts & seeds males 70+y						2462	22.41	50.24

* only data for selected nutrients presented

Table 3: Example showing the *Foundation Diets* composite foods for women 19-30 years highlighting the values for nuts and seeds for energy, protein and fat derived as in Table 2.

Composite Food Group	Serves per wk	Serve size	Energy (kJ/100g)	Protein (g/100g)	Fat (g/100g)
Starchy vegetables	5	75	352.25	2.93	0.31
Green & brassica vegetables	7	75	136.46	3.07	0.27
Orange vegetables	7	75	172.56	1.37	0.24
Legumes	2	75	453.77	8.68	2.65
Nuts/seeds	2	30	2467.74	21.01	50.78
Other vegetables	14	75	139.15	1.62	1.03
Fruit	14	150	233.10	0.76	0.15
Wholegrain cereals/grains	28	55	794.96	7.46	2.99
Refined cereals/grains	14	68	736.94	5.66	1.28
Poultry, fish, seafood, eggs, legumes	7	97	610.46	21.67	5.52
Red meats (beef, lamb, veal, pork)	7	65	864.93	30.90	9.13
Eggs, legumes, nuts/seeds (lacto-ovo)	0	210	775.13	11.33	10.98
Higher fat dairy foods	3	41	1473.35	22.47	28.76
Medium fat dairy foods	0	241	291.82	3.50	3.37
Low fat dairy foods	14	244	214.33	3.82	1.19
Polyunsaturated margarine	7	10	2682.00	0.60	72.10
Pasta (for Pasta-style diets)	0	120	593.00	5.00	0.45
Rice (for rice-based diets)	0	120	487.00	1.90	0.20

3.8 Limits set on foods

The NHMRC set some food group constraints on the modelling of the *Foundation Diets* in order to address issues of chronic disease, social equity and environmental sustainability. These limitations on the amount and type of food groups are outlined below in Table 4.

These food group limitations were used for all adults and for children from nine years of age but were reduced by half for children 4-8 years and by two thirds for children 2-3 years to reflect the lower relative energy intakes of these younger children compared to adults.

The rationale for constraining the modelling by limiting minimum and/or maximum daily serves of specific foods was based on evidence of health effects identified in the systematic literature review conducted to inform the review of the Australian Dietary Guidelines series (reference to NHMRC website when available), parameters of cultural acceptability, variety and considerations of environmental sustainability. For example, green vegetables are an excellent source of nutrients in the modelling, but were limited due to cultural acceptability and to ensure variety; red meat is a good source of limiting nutrients in the dietary modelling but was restricted due to evidence around increased risk of total mortality and ischaemic heart disease with high intakes. Further red meat production has a large environmental impact through combined methane, carbon dioxide and nitrous oxide emissions. Similarly, there is good evidence for the health benefit of fish, but there are environmental concerns around the sustainability of stocks of some fish species.

Table 4: Food group limitations set by NHMRC for modelling *Foundation Diets* for adults using composite food groups

Food group	Minimum daily serves*	Maximum daily serves*	Comments
Cereals overall	4	6	Model all wholegrain(wg) ; all white and 50-50 wg-white (subsequently 2/3 wg to 1/3 refined ratio agreed as a result of modelling)
White rice	unlimited	unlimited	120g cooked rice = 1 serve Cultural acceptability particularly for Asian cuisines
Wholegrain rice	unlimited	unlimited	See cereals overall
Refined pasta	unlimited	unlimited	120g cooked pasta = 1 serve Cultural acceptability particularly for some Mediterranean cuisines
Wholegrain pasta	unlimited	unlimited	See cereals overall
Wholegrain bread	unlimited	unlimited	40g bread equivalent = 1 serve
White bread	unlimited	unlimited	40g bread = 1 serve
Oats	unlimited	2	Serve =25g dry
Refined breakfast cereals	unlimited	2 serves	Suggest sliding scale based on energy content (serve 30g)
Legumes	unlimited	unlimited	Includes beans including baked beans, soybean, chickpeas, lentils, tofu
Green, brassica vegetables	1	2	Upper limit set on basis of cultural acceptability, variety Serve =75g
Orange vegetables	1	2	As above
Starchy vegetables	1	4	Not to dominate vegetable group
Other vegetables	1	2	Includes tomatoes
Nuts and seeds	unlimited	2	High kilojoules. Serve =30g Some varieties more beneficial re health and environment than others
Meats, fish, poultry overall	unlimited	150g	Global contraction and convergence framework – suggests contraction over decades among high consuming populations to mean of 90g meat/person/day for all people - allows room for low consuming populations to increase intake - based on principles of reducing green house gas emissions and reducing poor health from both over and undernutrition.
Lean red meats	unlimited	65g	See above. Good source of limiting nutrients Includes beef, lamb, veal, pork, venison, kangaroo. Pork included as epidemiological evidence usually includes pork as red meat Current red meat consumption is high in men. Pasture-fed varieties are more environmentally sustainable
Lean white meats	unlimited	65g	Includes chicken, turkey, duck, quail, crocodile
Fish and seafood	20g	40g	Aim at one serve fish a week. Combine all categories Some varieties more environmentally sustainable than others
Eggs	Unlimited	1 egg	
Fruit	2	4	Serve = 150g (edible portion) Exclude juice for modelling.
Total dairy foods	Unlimited	4	Serve =250g milk equiv Good source of limiting nutrients Some non-lower fat dairy foods to be included for cultural acceptability After initial modelling, dairy foods were modelled on a mix of higher fat and lower fat options for <i>Foundation diets</i> . Serve recommendations were combined but with the proviso that most choices be lower fat.
Higher fat *	0.5	0.5	Predominantly cheese. Good source of calcium and vitamin A and variety but limit re saturated fat content. Serve= 40g
Medium fat dairy foods	1	unlimited	Includes full fat milks, yoghurts, some reduced fat cheese. Dairy food consumption declining in children Serve= 250g milk equiv
Lower fat dairy foods	unlimited	unlimited	Dairy food consumption declining in children Serve= 250g milk equiv
Other category			
Margarines and oils	unlimited	0 or unlimited depending on modelling	Consider fatty acid profile

3.9 Modelling

The *Solver Platform for Excel*, a constrained optimisation program, was used to assist in the development of the *Foundation Diets* patterns. The program used in the development of these *Foundation Diets* was the same as that designed for use within the Solver software to identify least energy diets that conformed to specified nutrient standards when assessing the draft NHMRC NRVs before their public consultation phase²⁴. Further details about the linear programming approach can be found in Appendix 5.

The *Solver* program can be adjusted to limit the number of times a particular food or food group is chosen in order to make the diets realistic and to promote variety. Several serve sizes can also be tested and readjusted.

The linear programming approach can identify a number of different dietary patterns that will theoretically provide all nutrient requirements for the various age, gender, and life stage groups for the least amount of energy (kilojoules, kJ). As it is a theoretical approach, the dietary patterns may not always be realistic in practice and there may be other limitations (as outlined above) that need to be imposed on the amounts of foods derived from a purely theoretical approach. For example, if the model is unconstrained with respect to maximum quantities of green vegetables, the *Solver* program will select large quantities of this nutrient-rich group at levels which are not culturally acceptable.

The models were designed on a weekly basis rather than daily to facilitate testing of recommendations for foods that may be made on a weekly rather than daily basis e.g. cheese no more than three times per week.

To ensure consistency throughout the modeling process, where possible, the composite diets for children were based on the models developed for adults using the same serve sizes.

3.10 Nutrient database and nutrients that were modelled

The nutrient composition of the foods used throughout the modelling was primarily taken from AUSNUT07⁴ updated with amendments for foods now required by regulation to be fortified (i.e. bread with folic acid and iodine).

Selenium, vitamin B6 and vitamin B12 data was not available from AUSNUT07 but were based on unpublished data for key foods provided by FSANZ from NUTTAB09 (see Appendix 9).

The nutrients included in the modelling were determined by the NHMRC (See Table 5). Analyses for other nutrients were included as output information only.

Table 5: Nutrients included in modelling or as outputs only (Nutrient values taken from AUSNUT07 unless specifically noted)

Energy and nutrients included as drivers in modelling ^a	Nutrients and food components to be assessed as outputs from modelling, for information only	
Energy Protein Thiamin Vitamin A as retinol equivalents ^b Vitamin C ^b Folate as Dietary Folate equivalents ^b Calcium Iodine Iron Magnesium Zinc	Nutrients with an AI only Linoleic acid A-linolenic acid LC n3 fatty acids ^b Dietary fibre Vitamin D Vitamin E ^b Potassium ^b Sodium ^b Nutrients with EAR/RDI available in AUSNUT07 Riboflavin Niacin as Niacin Equivalents Phosphorus Nutrients with AMDR % energy as: protein, fat, carbohydrate, linoleic acid, α-linolenic acid	Nutrients with EAR/RDI available for key foods from NUTTAB09 Vitamin B6 Vitamin B12 Selenium ^b Other nutrients and food components reported as outputs Starches Sugars Cholesterol Alcohol Used to examine P:M:S output Saturated fat Polyunsaturated fat Monounsaturated fat

^a This group of nutrients was selected by NHMRC to drive the modelling (see next section); all have an EAR and RDI

^b Nutrients with a Suggested Dietary Target (SDT) for chronic disease prevention

Rationale for choice of nutrients to be modelled

The NHMRC advised that nutrients with AIs (i.e. not RDIs) should not be included as drivers of the modelling, but included in results as outputs for information only. The evidence regarding the dietary requirements for these nutrients is less robust than for those with RDIs and, as AIs are set on the current mean population intakes (ie the highest level for any gender group) their inclusion as inputs would introduce bias within the modelling which would produce results of excessive energy and nutrients. Consequently the nutrients modelled were those for which an EAR and RDI had been established. After the modelling had been completed the output data were checked against the AI's for nutrients and were found to generally provide adequate nutrition.

Selenium, vitamin B6 or vitamin B12 do have EAR and RDIs but are not included on AUSNUT07 as published data on the composition of Australian foods containing these nutrients are currently limited. FSANZ had some preliminary information for key foods on NUTTAB09 that was used as the basis for the analyses undertaken (Appendix 9). Due to these limitations, these data were not included as drivers in the modelling.

In addition, riboflavin, niacin and phosphorus which have EAR and RDIs, were not included as drivers as the NHMRC advised that the intakes of these nutrients were not limiting in the Australian diet.

3.11 Use of the RDIs and EARs as the target reference values

Consideration was given to the most appropriate NRV for designing the new age/gender specific recommendations for *Foundation* and *Total Diets*.

As one of the main purposes of the revision was to provide an evidence base to update the AGTHE98, the RDI was chosen as the appropriate target reference standard for composite food group modelling as recommended by the Dietary Reference Intakes (DRI) committee of the US: Canada in its publication *DRI: Applications in Dietary Assessment*²⁵. Use of RDI as the target NRV for planning diets for individuals ensures that the needs of most people are covered by the recommendations. It should be remembered that diets designed using composite foods planned to achieve RDI will result in many actual diets being below RDI because of variability in nutrient composition across individual foods within food groups, but many will of course be above RDI for some nutrients. Whilst the CFG94 targeted 70% RDI, the AGTHE98 which covers all energy needs appears to have targeted RDI. This is not explicitly stated by the authors but the documentation does state they did not attempt to achieve RDI for iron and that the RDIs for pregnant and lactating females were targeted.

In developing their most recent MyPyramid Food Guide^{10, 12-14} and the Canadian Food Guide^{16,17} the US and Canadian governments, respectively, also considered their main purpose to be for individuals to plan their dietary intake. The US and Canada Governments thus used RDIs (their term RDAs) as well as AIs as their target reference values in initial composite food group modelling. Canada cross checked the patterns derived with 24 hour diets designed with individual foods and accepted the dietary pattern if 90% of their diet simulations met the EAR.

Using a similar approach to that used by the US and Canada, the RDIs for the 10 nutrients and the EER for the shortest (adults) or youngest (children) and sedentary (Physical Activity Level (PAL) of 1.4³) category in each age and group were included as drivers in the model for the composite food group modelling. The dietary pattern derived in this way was then deemed to be acceptable if all 100 7 day simulations met the EAR for the 10 nutrients driving the model.

3.12 Age, gender and life stage groups assessed

The age, gender, life stage groups assessed in this revision were:

1. infants aged: 7-12 months
2. children aged: 13-23months, 2-3 yrs and 4-8 yrs
3. boys aged: 9-11 yrs, 12-13 yrs and 14-18 yrs
4. girls aged: 9-11yrs, 12-13 yrs and 14-18 yrs
5. men aged: 19-30 yrs, 31-50 yrs, 51-70 yrs and > 70 yrs
6. women aged: 19-30 yrs¹, 31-50 yrs, 51-70 yrs and > 70 yrs
7. pregnant females aged: 14-18 yrs, 19-30 yrs and 31-50 yrs
8. lactating females aged: 14-18 yrs, 19-30 yrs and 31-50 yrs.

For infants aged 0-6 months, exclusive breast feeding is recommended so dietary modelling for this group was not undertaken. For infants aged 7-12 months the NRVs (2006) set AIs based on the nutrient composition of 600 ml of breast milk and the nutrient composition of additional foods based on US survey data. An assessment for this age group was undertaken assuming similar levels of breast milk or formula consumption as used to set the NRVs (2006). The complementary food that was modelled was a mix of some composite food groups for vegetables and fruits and meats and alternatives based on patterns attained for

adults in the age group likely to be their primary career and individual foods commonly eaten by infants such as cheese, yoghurts, infant cereals and bread. For children aged 13-23 months no national dietary data were available so the composite foods derived for 2-3 year olds in the children's survey were used for modelling.

3.13 Additional analyses

Apart from the age/gender groups outlined above, some limited analyses were undertaken for lacto-ovo vegetarian diets and also for diets containing higher levels of rice (a characteristic of many Asian diets) or pasta (a characteristic of many Mediterranean diets).

Many people in Australia originate from the Asian or Mediterranean regions and their dietary culture has also been incorporated to varying extents into the diets of many other Australians. Whilst it is recognised that there is no one Asian or Mediterranean diet, it was thought that it would be useful to see if diets which were higher in pasta or rice and lower in other refined cereals and which also had increased legumes and vegetables, less meats and more poultry and fish, or more (for Mediterranean) or less (for rice-based diets) cheese, could meet nutrient recommendations within energy limits. In designing the changes made for the rice-based or pasta-style diets, FAOSTAT03 tables for Apparent Food Consumption for Asian and Mediterranean countries¹⁸ were consulted, as were data from the NNS95 for migrants from East Asia⁶.

The data for the lacto-ovo vegetarian, rice-based and pasta-style diets have to be interpreted with care as the nutrient composition of the composite food groups used in the analyses were based on those derived for the general population (i.e. it was assumed that the proportional representation of each food e.g. apples, to its food group fruit, would be similar to that in the general population). It is highly possible that these groups of people may prefer a different mix of foods such as green vegetables or dairy foods (less milk, more yoghurt etc) but there are limited Australian data to support these speculations. Nevertheless, it was hoped that these initial analyses would highlight any major potential problem areas that could be addressed in future guides.

For lacto-ovo vegetarians an additional food group comprising legumes, nuts and seeds in a ratio of 5:1:1 was included based on work undertaken by the USDA¹⁰ to ensure an appropriate amino acid balance.

3.14 Cross-checking the *Foundation Diets*: 100 7 day simulations

During the first stage, modelling was undertaken solely with composites of food groups or subgroups. In this second stage, as foods within food groups can still vary widely in their nutrient composition, to further assess the results of the *Foundation Diet* modelling using values for composite food groups, each pattern was tested by constructing 100 7-day diets using actual, individual foods (e.g. carrots or pumpkins instead of a composite orange vegetable group). A specialised Monte Carlo algorithm written by Assoc Professor Peter Baghurst for use with the Statistical Program S Plus²⁶, was used for this purpose (Appendix 5). The food pattern and the 10 EARs were entered into the program and the program then selected individual foods from each food group to enter into the diet in proportion to how often individual foods were currently consumed by that age/gender group (based on the NNS95 or NSNPAS07 survey data). After composing 100 7-day diets for each food pattern, the program calculated the nutrient composition of each of the 7-day diets and then calculated how many diets were at or above the EAR for each nutrient. It also provided a mean intake from the total of all 100 7-day diets for each nutrient and a maximum and

minimum for each nutrient from any of the 7-day diets as well as the mean % energy from fat, carbohydrate, protein and alcohol.

Patterns were only generally accepted in the present analysis if there were no 7-day *Foundation Diets* with nutrients below the EARs for the nutrients that were driving the model. If a high percentage of 7-day diets did not meet the EARs, the food patterns were modified in an iterative manner to see if there were alternative choices that could be made which would mean that all simulated diets met the key EARs. For example, if iron was limiting, more wholegrain cereals and less refined cereals were included in the pattern or if zinc was limiting, more serves of nuts and seeds were added. Some exceptions were made in discussion with NHMRC as noted in Section 5 of the Results section.

The lists of individual foods used at this stage of modelling are given at Appendix 9.

An analysis of the contribution of the various food groups and other food groupings to the nutrient content of the final 7-day *Foundation Diets* was also undertaken (see Appendix 13).

3.15 From *Foundation Diets* to *Total Diets*

Once the *Foundation Diets* for the different age/gender groups were established and cross-tested through the 7-day *Foundation Diets* simulations, a variety of sample *Total Diets* were constructed for the varying energy needs within age/gender groups. These were achieved by adding to the *Foundation Diets*, further serves of the various food groups used in composite modelling including the polyunsaturated margarine (as a representative food of the unsaturated fats and oil foods) and foods from the 'other foods' category using guiding principles outlined in Figure 2. However, limits for some groups were needed to ensure that the final balance of protein, the various fats and carbohydrates was acceptable in comparison to the AMDR.

Some limitations were placed on the additional amounts from some groups:

1. red and white meats were limited to 65g each per day (total 130g) both for *Foundation* and for the *Total Diets* (as outlined in Table 4)
2. as calcium requirements had already resulted in fairly high recommendations for dairy foods in the *Foundation Diets*, overall dairy food intake was generally limited to the amounts in the *Foundation Diets*. With increasing energy levels there was some potential to choose more of the higher fat options but as dairy foods were a major contributor to saturated fats, and in consideration of issues of environmental sustainability as outlined above, increasing higher fat dairy foods was not always optimal. In modelling, when dairy food intake rose above that in *Foundation Diets* there was also a need to increase intakes of polyunsaturated fatty acids to counterbalance the additional saturated fat, leading to an overall increase in fat intake. However, it would be possible, to choose additional dairy food serves instead of 'other foods' if energy levels permit.
3. allowances for 'other foods' and unsaturated fats and oils above those in the *Foundation Diets*, were limited in proportion to energy intake.

The *Total Diets* were initially developed using the composite food groups and then were reality tested by simulating 100 7-day diets. The range of foods used in the simulations of 7-day diets is shown in Appendix 9.

Samples of 7-day *Total Diets* for all groups with average energy needs (mid body size for adults or the mid-age group for children and a PAL of 1.7, representing light to moderate

activity) within each age/gender and for the highest needs (tallest for adults or oldest age group for children both with a PAL of 2.0, heavy occupational or high leisure activity) were determined.

Public Consultation

Figure 2. Options and guiding principles used in modelling additional foods to progress from *Foundation* to *Total Diets*

1. Additional serves of milks, yoghurts and cheese groups over those in the relevant *Foundation Diets* can be included instead of some of the ‘other foods’ allowances. (One serve of dairy foods would equate to one ‘other food’ serve). Those with higher energy needs can also choose to include more of the high fat dairy food options but should limit these to no more than an average of one a day. Additional dairy foods may be limited due to environmental considerations.
2. For most groups, no additional serves of the red meat or poultry, fish, seafood, or eggs are recommended over those in the relevant *Foundation* groups. For adults, where the *Foundation Diets* recommends less than 1 serve a day of each meat category, additional amounts can be added to a total of no more than one serve of each of the two groups. For children these limits have to be scaled back to a half the adults limits for children 4-8 years and to a third of adult limits for children 1-3 years, if the same serve sizes are used.

Food group	Vegetables					Fruit	Whole-grain cereals	Refined cereals	Nuts and seeds	Additional categories	
	Starchy	Green & brassica	Orange	Legumes	Other					Unsaturated fats and oils	‘other foods’
Serve size	75g	75g	75g	75g	75g	150g	Equiv 40g bread	Equiv 40g bread	30g	10g margarines 7g oils	600kJ equiv
Rounded kJ/serve	250	100	150	350	100	350	450	550	750	250	600

	Choose freely from these categories in addition to the relevant <i>Foundation Diets</i> to meet your energy needs. Variety is to be encouraged	
Up to 7000kJ	total limit (including <i>Foundation</i> amount for polyunsaturated margarine or oils) of 30g margarine or 20g oils per day (210g or 140g/week)	
7100 - 8500kJ	total limit (including <i>Foundation</i> amount for polyunsaturated margarines or oils) of 40g margarine or 30g oils per day (280g or 210g/week)	
8500 - 1000kJ	total limit (including <i>Foundation</i> amount for polyunsaturated margarines or oils) of 50g margarine or 35g oils per day (350g or 245g/week)	
10000 kJ plus	total limit (including <i>Foundation</i> amount for polyunsaturated margarines and oils) of 60g margarine or 45g oils per day (420g or 315g/week)	
Up to 7000kJ	From none to no more than 1/2 serve/day other foods (3.5/week)	(300kJ/day)
7100-10000kJ	From none to no more than 2 serves/day other foods (14/week)	(1200kJ/day)
10100-12500kJ	From none to no more than 2.5 serves/day other foods (17.5/week)	(1500kJ/day)
12500 kJ plus	From none to no more than 3 serves/day other foods (21/week)	(1800kJ/day)

3.16 Limitations of the approach

Use of composite foods based on current consumption

The approach adopted in this modelling of using composite foods based on current consumption has advantages in terms of realism, practicality and likelihood of adoption. However there are a number of limitations.

Firstly current intake patterns may not be ideal when compared to dietary recommendations. However, current intakes were only used to determine the proportional contribution of individual foods or sub-groups within the composite food group and in many instances these different choices are likely to have had a relatively small effect on nutrient composition of the dietary patterns (e.g. choice of carrot, pumpkin or sweet potato within the orange vegetable group). Much greater differences in nutrient intakes are likely to result from changing the number of serves across food groups (e.g. changing the number of serves vegetables, cereals or meats).

Secondly, basing modelling on current usage may lead to higher than necessary recommendations for a given food group if the foods from that group currently consumed are dominated by individual foods with lower nutrient density. For example, in the CFG94 analysis, potatoes, which have relatively low nutrient density compared to other vegetables, constituted 53% of the vegetable category. If a lower contribution from potatoes had been modelled (e.g. 25%), this would have had marked effects on recommendations for serves of 'vegetables' needed. The same could be true in relation to use of wholegrain versus refined cereals. The inclusion of sub-groups (such as darker green, orange or starchy vegetables and wholegrain and refined cereals) in the modelling helps to resolve some of these issues.

Foods used in modelling

The 7-day modelling included a limited number of representative foods for each of the food groups and also from the additional categories of foods. Not all foods were therefore represented in this model. This is a common type of constraint for most modelling methodologies.

Limited data on current intakes

One further limitation in relation to the use of 'current' data for adults is the age of the national dietary intake dataset. However, whilst some changes in consumption have undoubtedly occurred since the NNS95⁵, a comparison of trends from the 1983 to 1995 National Nutrition Survey²⁷ indicate that the general profile of the Australian diet is unlikely to be so different as to completely negate the value of this approach.

There were little data available about intakes for Australian children 13-23 months so the food preferences of 2-3 year olds were used but crossed checked against a recent publication reporting intakes in Australian children of this age²⁸.

Sodium

The modelling did not take into account any discretionary use of salt and is an estimate of sodium only obtained from foods and some beverages.

4 Results

4.1 General issues and overview

Foundation Diets

With the food group limitations preset to account for chronic disease, social equity and environmental sustainability issues for the composite food group modelling, the energy level needed to attain the RDIs in the *Foundation Diets* was generally equal to or just above the energy requirements of the smallest, least active (PAL 1.4) category of the age/gender group. In some instances, the RDI was not attained for all nutrients at this energy level (e.g. for iron in young and pregnant women or in very young children).

For the composite food modelling, the RDIs for the 10 key nutrients modelled were met within the kilojoule and food group limits for most nutrients for most age/genders. The exceptions were for iron in women 19-50years, in pregnancy and in children from 2-8 years; iodine in lactation; and magnesium and zinc in men aged 50 years and above.

For the 7 day *Foundation Diet* modelling, with the aim to have all diet simulations reach the EAR of the 10 key nutrients used to drive the model, iron was the limiting nutrient for pregnancy.

For other nutrients with an AI, it is difficult to identify a robust indicator of acceptability, as some AIs are based on median population intakes (e.g. fatty acids, dietary fibre, potassium), and some on limited experimental or physiological data (e.g. Vitamins D and E or sodium). For discussion purposes the mean level of these nutrients in the 7- day diets compared to AI was used as the benchmark. The only nutrient that was consistently low compared to the AI was vitamin D. However the AI assumes little exposure to sunlight and so those children who have moderate exposure to sunlight are likely to have lower requirements for vitamin D. Nevertheless, there is emerging evidence of vitamin D deficiency in Australia²³ in the general population, and this issue may need to be further addressed. Sodium levels were above the top bound of the AI range for most *Foundation Diets*. It should be noted also that the analysis did not include any allowance for discretionary salt use, and these diets are for limited energy needs. Individuals with higher energy intakes are likely to have higher sodium intakes due to the greater amount of food consumed.

While vitamin B6 and selenium appeared low to borderline in some diet models, the caution is required in interpreting the impact of this as the food composition data for these nutrients were incomplete and do not accurately estimate content.

The patterns of intake required to meet the iron, zinc and calcium requirements meant that the saturated to polyunsaturated ratio of the resultant diets was high unless sources of polyunsaturated fatty acids such as polyunsaturated margarines, polyunsaturated oils or seeds were added to the *Foundation Diet*. Nuts and legumes can also provide polyunsaturated fat, but at a higher energy level per gram, and this was not always feasible within the energy limits of the *Foundation Diets*.

The patterns of intake which formed the basis of the analyses for infants, toddlers, children, men and women are shown in the individual results sections below. Details of the nutrient composition of diets obtained from the original composite food group

analysis and from the 7 day simulated diets using individual foods including the percentages attaining the various RDI or EARs can be found in Appendices 11 and 12.

Total Diets

Although the diets were not modelled to reach or exceed AMDRs, SDTs, or ULs, the estimated amounts of nutrients provided by the simulated model *Total Diets* were compared to the relevant NRV. AMRs tended to be met for Total Diets but the SDTs for some nutrients were not achieved. The UL of sodium was exceeded in the higher energy *Total Diets*.

General

As the modelling was an iterative process, when the outputs of the modeling did not appear to be able to reach the target nutrient reference value within food group and kilojoule limits the acceptability or otherwise of those models were discussed with the NHMRC and either the model was revisited or the model was deemed to be acceptable.

In the results below, the findings related to those nutrients used as inputs in the modelling process are discussed first, followed by discussion of the outcome for other nutrients.

4.2 Foundation diets

4.2.1 Infants 7-12 months

For infants 7-12 months, except for zinc and iron, all NRV recommendations are set as AIs. For infants the analysis was limited to development of a diet which attained required nutrients at the mid energy level for this group. As most infant recommendations are AIs and as the analysis was done with a mix of individual foods commonly eaten by infants (e.g. infant cereal, cheese, yoghurt) and some composites, there is a single analysis for this group which was assessed against the AIs and the RDI for zinc and iron. The food pattern of the diets is shown in Table 6 together with the nutrient composition. Using breast milk as the milk source, it was possible to get levels approximating the AI for all nutrients at the mid level energy need except for carbohydrate, vitamin D and vitamin E. No data were available for selenium, B6 and B12 in breast milk so the data for these nutrients are for the complementary foods only, i.e. are incomplete for the total diet.

Table 6: Food patterns for infants 7-12 months

Infants 7-12 months	Weekly Serves	Serve weight (g)
Starchy vegetables	2	20
Green & brassica vegetables	3	20
Orange vegetables	3	20
Legumes	1	20
Other vegetables	3	20
Fruit	3	20
Bread 50:50 wg:refined	10	40
Infant cereal, dry, mixed grain, fortified	7	20
All Meat and alts minus red	2	30
Red meats (beef, lamb, veal, pork)	4	30
Breast milk or formula	7	600
Cheese	1	10
Yoghurt	2	20
Polyunsaturated margarine	7	5

Table 7: Nutrient composition of diet based on the Foundation Diet food pattern of infants aged 7-12 months

Nutrient	Breast milk and food	AI	Infant formula and food
	Daily intake		Daily intake
Energy, excluding dietary fibre (kJ)	3058.60		2968.60
Energy, including dietary fibre (kJ)	3098.03	2500-3500	3008.03
Protein (g)	23.12	14	29.12
Fat, total (g)	35.16	30	27.96
Carbohydrate, total (g)	83.03	95	84.83
Dietary Fibre (g)	5.13		5.12
Saturated fatty acids, total (g)	13.80		12.00
Monounsaturated fatty acids, total (g)	12.56		10.16
Polyunsaturated fatty acids, total (g)	5.09		
Linoleic acid (g)	4.67	4.6	
Alpha linolenic acid (g)	0.49	0.5	
LC n-3 fatty acids, total (mg)	30.15		
Vitamin A expressed as retinol equivalents (ug)	525.47	430	609.47
Thiamin (mg)	1.29	0.3	1.81
Riboflavin (mg)	0.36	0.4	1.05
Niacin equivalents, total (mg)	17.69	4	17.87
Folate, dietary folate equivalents (ug)	188.72	80	218.72
Vitamin C (mg)	39.10	30	63.10
Vitamin D (ug)	1.02	5	7.02
Vitamin E (mg)	1.72	5	5.68
Calcium (mg)	454.93	70	802.93
Iron (mg) *	14.79	11	20.61
Iodine (ug)	106.39	110	100.39
Magnesium (mg)	72.39	75	102.39
Phosphorus (mg)	386.78	275	632.78
Potassium (mg)	670.35	700	1000.35
Sodium (mg)	431.32	170	509.32
Zinc (mg) *	3.10	3	6.58
Selenium (ug)**	12.05**	15	20.45
Vit B6 (mg)**	0.22**	0.3	0.55
Vit B12 (ug)**	0.44**	0.5	1.64

*RDIs ** data for breast milk analysis is for food component only and incomplete nutrient composition data

The program was rerun using 600mls infant formula commonly used in Australia instead of breast milk. The nutrient composition of the diet using infant formula was similar for many nutrients but the formula was higher in riboflavin, dietary folate equivalents, vitamins C, D and E, calcium, iron, magnesium, phosphorus, potassium and zinc than the nutrient composition for the diet using breast milk (Table 7).

4.2.2 Toddlers 13 to 23 months

The *Foundation Diets* for toddlers are shown in Table 8; the composite food analysis of the diet is in Appendix 11 and the 7- day modelling in Appendix 12. In modelling the composite diets, all nutrients except iron reached the RDI but in order to achieve this for girls their kJ level was exceeded by 9%. For boys, the nutrient EAR/RDIs are similar to girls but the estimated energy requirements are set somewhat higher.

7-day diet analysis

In the 7-day diet modelling with individual foods, for the nutrients that were included in the modelling, all diets reached the 10 key EARs.

All diets also reached the EARs for all the other nutrients with an EAR that were not driving the model - riboflavin, niacin, phosphorus, selenium, vitamin B6 and vitamin B12. For other nutrients with AIs only, the mean estimates from all diets were equal to or higher than the AI for fibre, potassium and sodium and nearly all exceeded the AI for LCn3 fatty acids. Average levels of Vitamin D and E in the diets were well below AI (about 25% AI for vitamin D and about 70% AI for vitamin E). As noted previously, sunlight is additional source of vitamin D and those with moderate sun exposure may have lower requirements for vitamin D. For both linoleic acid and α -linolenic, 80% of the boys' and girls' diets reached AI. In interpreting these findings it should be remembered that the fatty acid AIs for this age (1-3 year olds) were based on intakes for 2-3 year olds as intake data for the younger children were not available, so the AIs may overestimate the needs at this age.

Table 8: *Foundation Diets* for toddlers 13-23months; designed to attain RDI for this age within energy needs of those aged 13 months and very sedentary (PAL 1.4) child in that age group

FOUNDATION DIETS TODDLERS (recommended serves per week)		
Composite food group	Serve size	Toddlers
		13-23 months
Starchy vegetables	75g	2.5
Green & brassica vegetables	75g	3.5
Orange vegetables	75g	3.5
Legumes	75g	1
Nuts/seeds	30g	0
Other vegetables	75g	7
Fruit	150g	3.5
Wholegrain cereals/grains	Equiv 40g bread	16
Refined cereals/grains*	Equiv 40g bread	8.5
Meat and alts minus red	Equiv 65g red meats	3.5
Red meats (beef, lamb, veal, pork)	65g	3.5
Dairy foods (milks, yoghurts, cheeses)**	Equiv 250g milk	8
Additional category:		
Unsaturated fats and oils***	10g	3.5

* Can choose wholegrain instead if preferred ** should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

4.2.3 Children 2-18 years

The *Foundation Diets* for boys are shown in Table 9 and for girls in Table 10; the composite food analyses of the diets are in Appendix 11 and the 7- day modelling in Appendix 12.

In general, composite food modelling attained the RDIs for most of the age/gender groups except for iron for children up to 8 years, girls 14-18 years and in pregnant girls; for calcium in girls 12-13 years and for iodine in lactating girls.

7-day diet analysis

For nutrients included in modelling

In both boys and girls between 2 and 18 years, and in teenage girls who are lactating, all 100 7-day *Foundation Diets* met all the EARs for all nutrients. For teenage girls who are pregnant, all 100 7- day *Foundation Diets* reached the EAR for all nutrients except iron where no diets reached the EAR. (See discussion of iron in women section 4.2.5).

Other nutrients

For all ages and both genders and for teenage girls who are pregnant and/or lactating , all 100 7- day *Foundation Diets* met the EARs for vitamin B6, B12, selenium, riboflavin niacin and phosphorus.

Table 9: Foundation Diets for boys aged 2-18 years; designed to attain RDI for each age group within energy needs of the youngest and very sedentary (PAL = 1.4) child in that group

FOUNDATION DIETS BOYS (recommended serves per week)						
Composite food group	Serve size	2-3	4-8	9-11	12-13	14-18
		yrs	yrs	yrs	yrs	yrs
Starchy vegetables	75g	2.5	3.5	5	7	7
Green & brassica vegetables	75g	3.5	7	7	7	7
Orange vegetables	75g	3.5	7	7	7	7
Legumes	75g	2	2	2	2	2
Nuts/seeds	30g	0	0	2	2	4
Other vegetables	75g	7	10.5	14	14	14
Fruit	150g	7	10.5	14	14	14
Wholegrain cereals/grains*	Equiv 40g bread	19	19	23	28	32
Refined cereals/grains	Equiv 40g bread	9	9	12	14	17
Meat and alts minus red	Equiv 65g red meats	3.5	5.5	7	7	7
Red meats (beef, lamb, veal, pork)	65g	3.5	5	7	7	7
Dairy foods (milks, yoghurts, cheeses)**	Equiv 250g milk	10.5	14	17	25	25
Additional category:						
Unsaturated fats and oils***	10g	3.5	5	7	10.5	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred. ** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Table 10: Foundation Diets for girls aged 2-18 years and for pregnant and lactating girls designed to attain the RDI for each age group within the energy needs of the youngest and very sedentary (PAL = 1.4) child in that group

FOUNDATION DIETS GIRLS (recommended serves per week)								
Composite food group	Serve size	O					Pregnancy	Lactation
		2-3	4-8	9-11	12-13	14-18	14-18yrs	14-18yrs
Starchy vegetables	75g	2.5	3.5	5	5	5	5	7
Green & brassica vegetables	75g	3.5	7	7	7	7	7	7
Orange vegetables	75g	3.5	7	7	7	7	7	7
Legumes	75g	2	2	2	2	2	2	3
Nuts/seeds	30g	0	0	2	2	2	2	4
Other vegetables	75g	7	10.5	14	14	14	14	14
Fruit	150g	7	10.5	14	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	19	19	19	24	35	41	42
Refined cereals/grains*	Equiv 40g bread	9	9	9	11	14	19	21
Meat and alts minus red	Equiv 65g red meats	3.5	5.5	7	7	7	12	7
Red meats (beef, lamb, veal, pork)	65g	3.5	5	7	7	7	12	7
Dairy foods**	Equiv 250g milk	10.5	11.5	21	24.5	24.5	24.5	28.5
Additional category:								
Unsaturated fats and oils***	10g	3.5	5	7	7	14	14	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred. ** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

For nutrients with an AI, 50% or more of the diets (including adolescent pregnancy and lactation) had mean intakes above AI for fibre, LCn3 fatty acids, linoleic acid, α -linolenic acid, potassium, sodium, and vitamin E. For vitamin D the means of the diets were well below the AI for girls and boys of all ages and in pregnancy and lactation.

4.2.4 Men

The *Foundation Diets* for men are shown in Table 11. For the two younger age groups, the higher energy requirements made it easier to construct diets with the composite food groups that attained the RDIs for all the modelled nutrients within the energy needs of the smallest, very sedentary group. For this reason, some additional nuts and seeds, legumes and polyunsaturated margarine were added over base needs to improve the fatty acid profile of the diet. The *7-day Foundation Diets* were still well within the AMDR for fat at 32-33% with about one third coming from each of the poly, mono and saturated fatty acids. For men age 51 -70 yrs and 70+ years the RDIs for the 10 modelled nutrients could be met within energy constraints by composite food group modelling except for magnesium.

7- day diet analysis

For nutrients included in modelling

All 100 *7-day Foundation Diets* for men aged 19-50 years reached EAR for all nutrients. In the 51-70 year olds, all diets reached the EARs except for zinc (99% met EAR) and for men, aged 70+ years, all diets met the EARs except for magnesium (97% met).

Other nutrients

For riboflavin, niacin and phosphorus, all diets reached the EARs for all ages. For selenium, vitamins B6 and B12, where the database is incomplete, all diets reached EAR for vitamin B12 and selenium. For vitamin B6, all diets reached EAR for the younger two groups with 90-94% of diets reaching EAR for the older two groups; however it should be remembered that the database is incomplete for these nutrients and so total intakes have been underestimated

For dietary fibre, linoleic acid, α -linolenic acid, LCn3, vitamin E, potassium and sodium, the mean level in the diets was above the AI. Vitamin D was somewhat lower than AI in the younger groups (4 and 4.5 μ g compared to AI of 5 μ g) but was particularly low in the two older age groups (4.8 and 4.2 μ g) compared to the much higher AIs for these age groups of 10 and 15 μ g/day.

Table 11: *Foundation Diets* for men age 19+years; designed to attain RDI for each age group within energy needs of the smallest (160cm) and very sedentary (PAL = 1.4) mean in that group

FOUNDATION DIETS MEN (recommended serves per week)					
Composite food group	Serve size	19-30 yrs	31-50 yrs	51-70 yrs	70+ yrs
Starchy vegetables	75g	7	7	7	5
Green & brassica vegetables	75g	7	7	7	7
Orange vegetables	75g	7	7	7	7
Legumes	75g	7	7	2	2
Nuts/seeds	30g	7	7	4	4
Other vegetables	75g	14	14	14	14
Fruit	150g	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	28	28	28	21
Refined cereals/grains*	Equiv 40g bread	14	14	14	10
Meat and alts minus red	Equiv 65g red meats	7	7	7	7
Red meats (beef, lamb, veal, pork)	65g	7	7	7	7
Dairy foods**	Equiv 250g milk	17	17	17	24
Additional category:					
Unsaturated fats and oils***	10g	28	28	28	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.
 ** Should be predominantly low fat
 *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Table 12: *Foundation Diets* for women age 19+years and in pregnancy and lactation; designed to attain RDI for each age group within energy needs of the smallest (150cm) and very sedentary (PAL = 1.4) women in that group

FOUNDATION DIETS WOMEN (recommended serves per week)									
Composite food group	Serve size	19-30 yrs	31-50 yrs	51-70 yrs	70+ yrs	Preg. 19-30 yrs	Preg. 31-50 yrs	Lact. 19-30 yrs	Lact. 31-50 yrs
Starchy vegetables	75g	5	5	5	3	5	5	7	7
Green & brassica vegetables	75g	7	7	7	7	7	7	7	7
Orange vegetables	75g	7	7	7	7	7	7	7	7
Legumes	75g	2	2	3	3	2	2	3	3
Nuts/seeds	30g	2	2	3	3	2	2	4	4
Other vegetables	75g	14	14	14	14	14	14	14	14
Fruit	150g	14	14	14	14	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	28	28	20	15	41	41	42	42
Refined cereals/grains*	Equiv 40g bread	14	14	8	6	19	19	21	21
Meat and alts minus red	Equiv 65g red meats	7	7	7	7	12	12	7	7
Red meats (beef, lamb, veal, pork)	65g	7	7	3	3	12	12	7	7
Dairy foods**	Equiv 250g milk	17	17	28	28	17	17	17	17
Additional category:									
Unsaturated fats and oils***	10g	14	14	14	14	14	14	14	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.
 ** Should be predominantly low fat
 *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

4.2.5 Women

Foundation diets for women are shown in Table 12.

In composite food group modelling, it was possible to achieve RDI for all the modelled nutrients at all ages except for iron in the youngest two age bands and in pregnancy, and for iodine in lactation. It was not possible to model a diet within the 7100-7300kJ *Foundation Diet* limit which achieved the RDI of 18mg for iron given the pre-set food group limitations. Iron requirements are however very skewed as shown (Table 13) and the iron requirements for 90% of women of this age were met by the final model.

The Australian RDIs for iron for women were set using US distribution data assuming 17% oral contraceptive use, however recent data from Australia suggests that usage in Australia might be more like 25%.²⁸ As shown in Table 13, if the 25% figure is applied to the estimations, then a level of 10.09 mg/day would meet the needs of 80% of women, 12.01 mg would meet the needs of 90% of women and a level of 14.09 mg would meet the needs of 95% of women. The RDI is set to cover the needs of 97.7% of women. The average level of iron attained in the 7-day modelling with individual foods for the two younger women's groups was 12.1-12.3 mg (i.e. meeting needs of 90% women).

Table 13: Estimated percentiles of the distribution of iron requirements for menstruating females (based on US data ²⁵)

Percentile	Menstruating woman	Oral contraceptive (oc) user	Mixed population at 17% oc use*	Mixed population at 25% oc users**
2.5	4.42	3.63	4.18	4.22
5	4.88	4	4.65	4.66
10	5.45	4.45	5.19	5.20
20	6.22	5.06	5.94	5.93
30	6.87	5.52	6.55	6.53
40	7.46	5.94	7.13	7.08
50 (EAR)	8.07	6.35	7.73	7.64
60	8.76	6.79	8.39	8.27
70	9.63	7.27	9.21	9.04
80	10.82	7.91	10.36	10.09
90	13.05	8.91	12.49	12.01
95	15.49	9.9	14.85	14.09
97.5 (RDI)	18.23	10.94	17.51	16.41

*US figures used to set EAR/RDIs in NRVs

** Recent Australian figure for use of contraceptives (28)

7-day diet modelling

For nutrients included in modelling

For women who were not pregnant or lactating, all diets reached EAR for all modelled nutrients for all ages.

Other nutrients

For nutrients not included as inputs in the modelling, all met the EAR for all nutrients except for vitamin B6 in women 70+ years (97% met). However, the database is incomplete for vitamin B6 and so the modelling would have underestimated its intake.

For nutrients with an AI, the average levels of the diets all approximated the relevant AI except for vitamin D which averaged about 3.3-4.7µg across the age groups compared to AIs of 5µg for the youngest two groups, 10µg for those aged 51-70 years and 15µg for those over 70 years. As raised previously, the implications of these results needs to be assessed in context of exposure to sunlight in Australia.

4.2.6 Pregnancy and lactation

Foundation diets for pregnant and lactating women are also shown in Table 12.

In composite food group modelling it was possible to attain all RDIs within energy constraints except for iron in pregnancy and iodine in lactation.

7-day diet modelling

For nutrients included in modelling

For pregnancy, the EAR for all nutrients except iron was reached by all 100 7-day diets. It was not possible to construct simulated diets within the lowest kilojoule limits that reached the EAR of 22mg for iron even allowing for increased meat consumption indicating that pregnant inactive, smaller women will need to rely on iron supplementation. All diets also reached the RDI for all nutrients with the exception of iron, as discussed above, and iodine (1-3% below RDI).

For lactation, all diets reached all EARs for the modelled nutrients.

Other nutrients

For nutrients not included as inputs in the modelling, all diets for pregnancy and lactation met all EARs.

For nutrients with an AI, mean vitamin D levels were below AI and vitamin E in lactation was a little lower than AI (9.9 vs. 11mg). The mean level of α -linolenic acid was somewhat lower than AI in both age groups (0.9 and 1.0 vs. an AI of 1.2mg) but the means for all other nutrients approximated or exceeded the relevant AI.

4.3 Total Diets

Total Diets are not prescribed in terms of a set number of serves of food groups to be consumed by a given age/gender/activity group but are based on building upon *Foundation Diets* in a flexible manner (see Figure 2), hence the tables and discussion below are for illustrative purposes only.

Table 14 shows examples of some of the possible *Total Diets* for men aged 31-50 years, of average height undertaking light to medium activity (PAL 1.7). There are many other possible combinations of food groups that would provide the nutrient and energy needs for this group. As energy needs for a given group are limited, increases in one food group will affect the potential for increasing others. The diets are based on the *Foundation Diets* patterns for this age/gender group with additional serves from various food groups to attain their particular energy requirements.

Examples of *Total Diets* for all other age/gender groups and their nutrient composition are given in Appendices 14 and 15.

Table 14: Sample *Total Diets* for men aged 31-50 years of average height (175 cm) undertaking light to medium activity (PAL 1.7, about 11,700kJ), expressed as serves per week

Composite food groups	Example 1	Example 2	Example 3	Example 4	Example 5	Example 6
Starchy vegetables	14	7	7	14	7	14
Green and brassica vegetables	7	14	7	14	7	7
Orange vegetables	7	14	7	7	7	14
Legumes	7	7	14	7	7	7
Nuts and seeds	7	14	14	7	7	7
Other vegetables	21	14	14	14	14	21
Total fruit	14	14	21	21	14	28
Wholegrain cereals	42	28	35	35	28	42
Refined cereals*	14	21	14	18	21	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red meats (beef, lamb, pork etc)	7	7	7	7	7	7
Dairy foods**	17	24	17	17	24	17
Additional categories						
Unsaturated fats and oils***	28	28	28	28	28	28
Other foods (600kJ equivalents)	17.5	7	10.5	14	14	7

*Can be wholegrain if preferred **Mostly low fat *** Including *Foundation Diets* amounts for polyunsaturated margarines and oils

Note: A serve of cereals is approximately 500kJ; nuts and seeds about 750kJ; both fruits and legumes are about 350kJ each per serve; starchy vegetables and unsaturated fats and oils, 250kJ; orange vegetables about 150kJ per serve and both green/brassica and other vegetables about 100kJ. Other foods are approximately 600kJ/serve (see Table A.7.1 for further details).

Again, to illustrate the general principles only, Table 15 below shows an example of how a *Foundation Diet* could be built on to attain *Total Diets* of varying energy levels. As it is recommended that meat and dairy food categories generally do not increase over *Foundation Diet* recommendations, increases in energy intake in the example below come from the fruit, vegetables, cereals, nuts and seeds categories and within limitations, the unsaturated fats and oils and 'other foods' groups. The table shows the new groups that were added at each step, for this example, in bold type.

Many other combinations of food groups are possible to attain the energy needs for the *Total Diet* of the individual so the example above is illustrative only. In this particular example, each diet builds on the previous diet with the addition of approximately 500kJ/day, although it is not necessary, of course, to use this stepwise approach to design *Total Diets*.

As the kilojoule content of individual foods within groups can vary, the food group patterns given here are for general guidance only. An electronic food guidance system which can take into account individual food preferences could obviously give a more accurate estimate of the energy content of a proposed diet by using the kilojoule content of individual foods rather than the food group mean.

Table 15:. An example of how a *Foundation Diet* could be built upon to derive *Total Diets* for varying daily energy needs, expressed as serves per week

Food groups	Foundation Diet of 7500kJ	Sample <i>Total Diets</i> – approximate energy content/day								
		Serves per week								
	7500 kJ	8000 kJ	8500 kJ	9000 kJ	9500 kJ	10000 kJ	10500 kJ	11000 kJ	11500 kJ	12000 kJ
Starchy vegetables	5	5	5	5	12	12	12	12	12	12
Green/brassica	7	7	7	7	7	7	7	7	7	10
Orange vegetables	7	7	7	7	7	7	7	7	7	14
Legumes	2	2	2	2	2	2	12	12	12	12
Nuts/seeds	2	7	7	7	7	7	7	7	7	7
Other vegetables	14	14	14	14	14	14	14	14	14	18
Fruit	14	14	14	14	14	14	14	24	24	24
Wholegrain cereals	28	28	28	32	32	32	32	32	32	32
Refined cereals	14	14	14	17	17	17	17	17	17	17
Poultry/fish/seafood/eggs/legumes	7	7	7	7	7	7	7	7	7	7
Red meats	7	7	7	7	7	7	7	7	7	7
Dairy foods	17	17	17	17	17	17	17	17	17	17
Additional categories:										
Unsaturated margarines/oils	14	14	14	14	21	21	21	21	21	28
Other foods	0	0	6	6	6	12	12	12	18	18

4.4 Comparison with other Nutrient Reference Values

4.4.1 Upper levels

There is an upper level of intake (UL) from food (as opposed to supplements in conjunction with food) for the following nutrients; retinol, LCn3 fatty acids, niacin as nicotinic acid (for fortified foods), vitamin B6 as pyridoxine, dietary folate equivalents (DFEs) (from fortified foods or supplements), vitamin D, vitamin E (as α -tocopherol equivalents), calcium, iodine, phosphorus, sodium and selenium.

7-day Total Diets

For children, sodium was the only nutrient that exceeded the UL for some age groups.

For those of average age with light to moderate activity, *7-day Total Diets* were either borderline or less than the UL for all age groups. For children with the highest energy needs in their group, only children aged 9-11 could meet their needs without exceeding the UL for sodium with the *7-day Total Diets*.

For men, the only UL exceeded by the sample *7-day Total Diets* was for sodium with some *7-day Total Diets* for ages 19-70 years exceeding the sodium UL (at about 2600-2700mg/day) in those with highest energy needs.

For non-pregnant, non-lactating females, no nutrients exceeded the UL. *Seven-day Total Diets* for pregnant and lactating women did not exceed UL for nutrients other than sodium, and this was only for women with higher energy needs. Again this is likely due to increased breads and cereals.

It should be remembered, however, that the analyses included sodium in foods and drinks only and did not include use of discretionary salt or other condiments.

4.4.2 Suggested Dietary Targets

The SDTs are not precise estimates of the needs for chronic disease prevention as it is difficult to set a point estimate from the epidemiological literature. They are generally set at the 90th percentile of current population intakes on the basis that these levels of intake are unlikely to cause harm and intakes within the top quintile of population intake often have benefits in epidemiology studies. Given this the failure to reach SDT should not be over interpreted especially for the lower energy *Total Diets*.

7-day Total Diets

For men, none of the sample diets were below the SDT for sodium. No *7-day Total Diets* met the SDT for LCn3 fatty acids. All diets met the folate SDT. *7-day Total Diets* for men with higher energy needs met the vitamin C and vitamin E SDTs more so than the *7-day Total Diets* for men of average height with low to moderate activity, regardless of age. Diets for men aged 19-69 years met the potassium, dietary fibre, vitamin A and beta-carotene SDTs. However, some *7-day Total Diets* for men 70+ years of average height and low to moderate activity, did not meet the fibre, vitamin A or beta-carotene SDTs.

For women 19-30 years of average height and light to moderate activity and women of all ages with higher energy needs, *7-day Total Diets* provided less sodium than the UL but more than the SDT. For women of average height and light to moderate

activity, 7-day *Total Diets* provided borderline vitamin E to reach the SDT and just fell short for vitamin C for average needs. However, the SDT for these nutrients was met by 7-day *Total Diets* for women with higher energy needs. Folate, vitamin A, beta-carotene, potassium and dietary fibre SDTs were met (or borderline) for all 7-day *Total Diets* for women.

For 14-18 year old boys and girls trends in 7-day *Total Diets* in meeting SDTs were similar to young men and young women respectively.

4.4.3 Acceptable Macronutrient Distribution Range

The *Total Diets* were usually within the limits for the percentage of energy from fat, carbohydrate and protein set by the AMDRs, but protein was sometimes higher in the lower energy *Total Diets* which is not surprising given the energy constraints.

4.5 Comparison of *Foundation* and sample *Total Diet* intake patterns with existing recommendations, current dietary intake and food availability.

To identify any potential issues in their implementation, the *Foundation Diets* and a sample of *Total Diet* recommendations were compared with:

1. AGTHE98 and other national initiatives such as the 'Go for 2 and 5' fruit and vegetable promotion campaign as well as relevant overseas food guides
2. dietary intakes from the NCNPAS07 and the NNS95 and
3. the Australian food availability.

4.5.1 Comparison of *Foundation* and sample *Total Diets* to recommendations from the AGTHE98 and overseas guides for equivalent groups

The *Foundation Diets* and some sample *Total Diets* for men and women were compared to Line A (increasing cereals with increasing energy) and Line B (increases in all food groups) in the AGTHE, US MyPyramid and Canadian recommendations. The *Foundation Diets* are also the *Total* diets for the smallest and least active members of each age/gender group. Unsaturated fats and oils allowances also vary across Line A and B as they are linked to cereal recommendations.

There are some limitations in comparing these guides as serve size amounts and descriptors vary across guides. Recommendations may be expressed in household measures (e.g. cups) or in gram or ounce equivalents and the age/gender/activity categories do not always match perfectly. For example, the Canadian guide assumes an average body size for a given age/gender and activity and the US guide has three activity levels only. The AGTHE98 gives ranges for intake for a particular age/gender and the age brackets differ somewhat to those of the other comparable food guides.

For *Foundation Diets* comparisons, the lowest level of activity was used from the US guide and the lower end of the recommended ranges of intake from AGTHE98. For the *Total Diets* for people of average height and activity, the middle energy band for the US was used for comparison and the middle of the AGTHE98 range.

Foundation Diets and Total Diets for smaller, inactive people

Tables 16-19 show a comparison of the *Foundation Diets* for men and women to the equivalent recommendations from the AGTHE98, US MyPyramid and Canadian guides. These *Foundation Diets* are also the *Total Diets* for sedentary men or women who are the smallest (150 cm women; 160cm men) for their age/gender group. For some of the *Total Diets* some additional dairy food serves were added as part of the 'other foods' category.

In general, the recommended patterns are similar to those for the equivalent lower end of the energy range for the AGTHE98 and the US and Canadian recommendations. Meat serves are similar to those for the current US and Canadian guides but generally higher than the AGTHE98. Serves for dairy foods, cereals (for AGTHE Line B), vegetables and fruit are similar to AGTHE98, US and Canadian recommendations. The AGTHE98 had two different figures published for the fats and oils allowance; the documentation states that 2 teaspoons per 60% of cereal serves was modelled but elsewhere documents 1 teaspoon per 60% of the cereal serves so the range has been shown. For women, the recommended levels for unsaturated fats and oils were within the range suggested by AGTHE98, at the lower end of the US recommendations but less than Canada's. For men, they were at the upper or middle end of the Line A (higher cereals) AGTHE98 range, higher than the US but lower than Canada's recommendations. The US also had an allowance for 'other foods' or 'extras' (discretionary kJ allowance) at this level which was not included in the *Foundation*, AGTHE98 or Canadian recommendations at this energy intake level.

Tables 20a and b show a similar comparison for a sample of *Total Diets* for men and women aged 31-50years of average height with light to moderate activity (PAL 1.7). The *Total Diets* shown are just some of the possible food group combinations but again they generally aligned well with the AGTHE98, US and Canadian recommendations for men and women of similar age and activity.

Table 16: Foundation Diets for women – weekly serves* or amounts; comparison to AGTHE98

(Note: these *Foundation Diet* patterns are also the *Total Diet* patterns for smallest, sedentary women of that age)

Food Groups	Foundation Diet			AGTHE98			
	150cm Very sedentary PAL 1.4 19-50 years (7100-7300kJ)	150cm Very sedentary PAL 1.4 51-70 years (6900kJ)	150cm Very sedentary PAL 1.4 70+years (6500kJ)	Line A Lower end of range 19-60 years	Line B Lower end of range 19-60 years	Line A Lower end of range 60+years	Line B Lower end of range 60 years
Cereals/Grains (40g bread equiv)	41	28	24.5	42	42	42	31.5
Total Vegetables (75g equivs)	35	35	35	35	28	35	28
Darker Green	7	7	7				
Orange	7	7	7				
Starchy	5	5	3				
Legumes	2	3	3				
Other	14	14	14				
Fruit (150g equiv)	14	14	14	14	14	14	14
Total V and F	49	49	49	49	42	49	42
Dairy foods (250g milk equiv)	17.5	28	28	14	14	14	14
Red Meats**	455g (7 serves at 65g)	195g (3 serves at 65g)	195g (3 serves at 65g)	230-350g (3.5 serves at 65-100g)	230-350g (3.5 serves at 65- 100g)	230-350g (3.5 serves at 65- 100g)	230-350g (3.5 serves at 65- 100g)
Poultry, fish, seafood, eggs, legumes	700g (7 serves at average of 100g)	700g (7 serves at average of 100g)	700g (7 serves at average of 100g)	350g (3.5 serves at at average of 100g)	350g (3.5 serves at average of 100g)	350g (3.5 serves at average 100g)	350g (3.5 serves at average of 100g)
Total meats and alts	1155g	895g	895g	580-700g	580-700g	580-700g	580-700g
Nuts and seeds***	14	21	0	In meats and alts	In meats and alts	In meats and alts	In meats and alts
Additional categories:							
Unsaturated fats and oils****	140g Poly margarine (100g poly oil)	140g Poly margarine (100g poly oil)	140g Poly margarine (100g poly oil)	90-180g Poly margarine/oil	90-180g Poly margarine/oil	90-180g Poly margarine/oil	70-140g Polyunsaturated margarine/oil
Other foods (600kJ equiv)	0	0	0	0	0	0	0

*Serves for AGTHE converted to *Foundation/Total Diet* amounts

** AGTHE recommends red meats 3-4 times a week, the remainder has been allocated to non-red meats and alternatives

*** nuts and seeds included as part of meats/alts in AGTHE

**** AGTHE says either 1 or 2 tsp polyunsaturated margarine or oil /60% cereal serves in different places

Table 17 Foundation Diets - Women – weekly serves* or amounts; comparison to US and Canadian recommendations

(These *Foundation Diet* patterns for different age groups are also the *Total Diet* patterns for smallest, sedentary women of that age)

Food Groups	Foundation Diet			USA MyPyramid		Canadian Guide**	
	150cm Very sedentary PAL 1.4 19-50 years (7100-7300kJ)	150cm Very sedentary PAL 1.4 51-70 years (6900kJ)	150cm Very sedentary PAL 1.4 70+years (6500kJ)	150cm Low exercise 19-50 years	150cm Low exercise 51+years	Average ht/ activity 19-50 years	Average ht/activity 51+years
Cereals/Grains (40g bread equiv)	42	28	24.5	32	26	40	37
Total Vegetables (75g equivs)	35	35	35	35	28	V&F 52.5	V&F 49
Darker Green	7	7	7	6	4		
Orange	7	7	7	4	3		
Starchy	5	5	3	12	5		
Legumes	2	3	3	12	5		
Other	14	14	14	13	11		
Fruit (150g equiv)	14	14	14	10.5	10.5	52.5	49
Total V and F	49	49	49	45.5	38.5		
Dairy foods (250g milk equiv)	17.5	28	28	21	21	14	14
Red Meats	455g (7 serves at 65g)	195g (3 serves at 65g)	195g (3 serves at 65g)	980g	980g	1050g	1050g
Poultry, fish, seafood, eggs, legumes	700g (7 serves at average of 100g)	700g (7 serves at average of 100g)	700g (7 serves at average of 100g)				
Total meats and alts	1155g	895g	895g	980g	980g	1050g	1050g
Nuts and seeds (30g)	14	21	-	Included with oils; also in meat/alts	Included with oils; also in meat/alts	Included in meats and alts	Included in meats and alts
Additional categories							
Unsaturated fats and oils	140g Poly margarine (100g poly oil)	140g Poly margarine (100g poly oil)	140g Poly margarine (100g poly oil)	140-175g oil from unsat oil, (equiv 210-245g margarine, seeds)	140-175g oil from unsat oils, (equiv 210-245g margarine, seeds)	210-315mls unsaturated oils and fats	210-315mls unsaturated oils and fats
Other foods (600kJ equiv)	0	0	0	up to 7	up to 7	0	0

* Serves for US and Canada converted to *Foundation/Total Diet* equivalents

** Canadian guide is for average height/activity only; only discriminates by age

Table 18: Foundation Diets - Men 19yrs+ – weekly serves* or amounts - comparison to AGTHE98

(These *Foundation Diet* patterns for different age groups are also the *Total Diet* for smallest, sedentary men of that age)

Food Groups	<i>Foundation Diet</i>			AGTHE98			
	150cm Very sedentary PAL 1.4 19-50 years (7100-7300kJ)	150cm Very sedentary PAL 1.4 51-70 years (6900kJ)	150cm Very sedentary PAL 1.4 70+years (6500kJ)	Line A Lower end of range 19-60 years	Line B Lower end of range 19-60 years	Line A Lower end of range 60+years	Line B Lower end of range 60 years
Cereals/Grains (40g bread equiv)	42	42	31.5	63	42	52.5	42
Total Vegetables (75g equiv)	42	37	35	35	35	42	28
<i>Darker Green</i>	7	7	7	<i>Not specified – variety encouraged</i>			
<i>Orange</i>	7	7	7				
<i>Starchy</i>	7	7	5				
<i>Legumes</i>	7	2	2				
<i>Other</i>	14	14	14				
Fruit (150g equiv)	14	14	14	14	14	21	14
Total V and F	59	51	49	49	49	63	42
Milks (250g equiv)	17.5	17.5	24.5	14	14	14	14
Red Meats**	455g (7 serves at 65g)	455g (7 serves at 65g)	455g (7 serves at 65g)	230-350g (3.5 serves at 65- 100g)	230-350g (3.5 serves at 65- 100g)	230-350g (3.5 serves at 65- 100g)	230-350g (3.5 serves at 65- 100g)
Poultry, fish, seafood, eggs, legumes	700g (7 serves at ave of 100g)	700g (7 serves at ave of 100g)	700g (7 serves at ave of 100g)	350g (3.5 serves at ave of 100g)	350g (3.5 serves at ave of 100g)	700g (7 serves at ave of 100g)	350g (3.5 serves at ave of 100g)
Total meats and alts	1155g	1155g	1155g	580-700g	580-700g	580-700g	580-700g
Additional categories							
Unsaturated Margarines/oils***	280g Poly margarine (200g poly oil)	280g Poly margarine (200g poly oil)	140g Poly margarine (100g poly oil)	140-280g Poly margarine or oils	95-190g Poly margarine or oils	120-240g Poly margarines or oils	95-190g Poly margarine or oils
Nuts/seeds (30g equiv)	7	4	2	In meats and alts	In meats and alts	In meats and alts	In meats and alts

*Serves converted to *Foundation Diet* equivalent

**AGTHE recommends red meats 3-4 times a week; the remaining serves have been allocated to non-red category

Table 19: Foundation Diets -Men 19yrs+ at lower end of energy need range – weekly serves* or amounts - comparison to US and Canadian guides**

(These *Foundation Diet* patterns for groups of different ages are also the *Total Diet* for smallest, sedentary men of that age)

Food Groups	Foundation Diet			USA MyPyramid		Canadian Guide**	
	150cm Very sedentary PAL 1.4 19-50 years (7100-7300kJ)	150cm Very sedentary PAL 1.4 51-70 years (6900kJ)	150cm Very sedentary PAL 1.4 70+years (6500kJ)	150cm Low exercise 19-50 years	150cm Low exercise 51+years	Average ht/ activity 19-50 years	Average ht/activity 51+years
Cereals/Grains (40g bread equiv)	42	42	31.5	31	29	49	43
Total Vegetables (75g equivs)	42	37	35	42	35	V&F 63	V&F 49
Darker Green	7	7	7	6	6		
Orange	7	7	7	4	4		
Starchy	7	7	5	12	6		
Legumes	7	2	2	6	6		
Other	14	14	14	14	13		
Fruit (150g equiv)	14	14	14	14	10.5	63	49
Total V and F	56	51	49	56	45.5		
Milks/alts (250g equiv)	17.5	17.5	24.5	21	21	14	21
Red Meats	455g (7 serves at 65g)	455g (7 serves at 65g)	455g (7 serves at 65g)	1176g	980g	1575g	1575g
Poultry, fish, seafood, eggs, legumes	700g (7 serves at average of 100g)	700g (7 serves at average of 100g)	700g (7 serves at average of 100g)				
Total meats and alts	1155g	1155g	1155g	1176g	980g	1575g	1575g
Nuts/seed (30g equiv)	7	4	2	Included with oils & meat/alts	Included with oils & meat/alts	Included in meats/ alts	Included in meats/alts
Additional categories							
Unsaturated margarines and oils	280g Polyunsaturated margarine (200g poly oil)	280g Polyunsaturated margarine (200g poly oil)	140g Polyunsaturated margarine (100g poly oil)	210g unsaturated oils (equiv 300g margarine)	175mls unsaturated oils (equiv 250g margarine)	210-315mls unsaturated oils and fats	210-315mls unsaturated oils and fats
Other foods (600kJ equiv)	0	0	0	no more than 14	no more than 9.5	0	0

* Serves for US and Canada converted to *Foundation/Total Diet* equivalents

** Canadian guide is for average height/activity only; only discriminates by age

Table 20: Comparison of some other sample *Total Diets* for men and women of average height undertaking light to moderate activity with US, Canadian and AGTHE recommendations for people of similar age/height

a. Men 30-51 years; average height 175 cms; PAL 1.7 aged 31-50 years about 11700kJ - serves or amounts per week

Food Groups	Australian <i>Total Diets</i>						US MyPyramid	Canadian Guide	AGTHE98 19-60 years	
	Example 1	Example 2	Example 3	Example 4	Example 5	Example 6			Line A	Line B
Cereals (40g bread equiv)	56	59	49	53	49	56	49	56	94.5	63
Fruit (150g equiv)	14	14	21	21	14	28	18	V&F 56	14	25
Total Vegetables (75g equiv)	56	56	49	56	42	63	49		35	49
Green vegetables	7	14	7	14	7	7	6	Not specified Variety encouraged	Not specified Variety encouraged	
Orange	7	14	7	7	7	14	5			
Legumes	7	7	14	7	7	7	7			
Starchy vegetables	14	7	7	14	7	14	14			
Other vegetables	21	14	14	14	14	21	17			
Total vegetables and fruit	70	70	70	77	56	91	67	56	49	74
Dairy foods (240g equiv)	14	24	17	17	24	17	21	14	14	21
Red Meats	455g	455g	455g	455g	455g	455g	1402g	1568g	230-350g	230-350g
Poultry, fish, seafood, eggs, legumes	700g	700g	700g	700g	700g	700g			230-350g	560-850g
Totals meats and alts	1155g	1155g	1155g	1155g	1155g	1155g	1402g	1568g	460-700g	790-1200g
Nuts and seeds (30g equivalent)	7	14	14	7	7	7	In meats and alts and oils	In meats and alts	In meats and alts	In meats and alts
Additional categories										
Unsaturated Margarines/oils	280g	280g	280g	280g	280g	280g	400g as unsat oils (equiv 570g as margarine)	300-450g unsat fats/oils	210-420g as polyunsat marg	140-280g as polyunsat marg
Other foods (600kJ equiv)	17	7	10.5	14	14	7	10.5	0	10.5	10.5

b. Women aged 31-50; average height 165cms; PAL 1.7 and about 9800kJ – serves or amounts per week

Food Groups	Total Diets						US MyPyramid	Canadian guide	AGTHE 19-60 years	
	Example 1	Example 2	Example 3	Example 4	Example 5	Example 6			Line A	Line B
	Serves or amounts per week									
Cereals (40g bread equiv)	45	42	42	45	59	45	39	42	68	35
Vegetables (75g equiv)	35	49	35	42	35	56	42	V&F 49	35	39
Green vegetables	7	7	7	7	7	14	6		Not specified Variety encouraged	
Orange	7	7	7	7	7	7	4			
Legumes	2	2	2	2	2	9	6			
Starchy vegetables	5	5	5	12	5	5	12			
Other vegetables	14	28	14	14	14	21	14			
Fruit (150g equiv)	14	21	21	14	14	17	14		14	18
Total Vegetables and fruit	49	70	56	56	49	73	66	49	49	57
Dairy foods (240g milk equiv)	21	21	21	21	20	21	21	14	14	18
Red meats	455g	455g	455g	455g	455g	455g	1372g	1575g	230-350g	230-350g
Poultry, fish, seafood, eggs, legumes	700g	700g	700g	700g	700g	700g			230-350g	360-550g
Total meats	1155g	1155g	1155g	1155g	1155g	1155g	1372g	1575g	460-700g	590-900g
Nuts and seeds** (30g equiv)	4	4	4	3	4	4	In meats and alts and oils	In meats and alts	In meats and alts	In meats and alts
Additional categories:										
Unsaturated margarines/oils***	280g	280g	280g	280g	140g	280g	300g	300-450g	150-300g	120-240g
Other foods (600kJ equiv)	7	3.5	7	7	3.5	0	7	0	9	9

* for meats reference serve size was 82.5g for meats (average of 65g for red meats and 100g for fish, poultry, eggs, legumes)

** US includes nuts and seeds in unsaturated oils and in meat alternative; Canada and AGTHE includes in meat alternatives

*** US includes unsaturated oils as well as oils from nuts and seeds, avocado, margarines etc in this category - serves given as equivalent to margarines; Canada recommends 30-45mls a day for all groups; In AGTHE was linked to cereal consumption ***** no discretionary energy or extras mentioned

4.5.2 Comparison of *Foundation Diets* with current intakes

Tables 21-25 show a comparison of the *Foundation Diets* recommendations for girls (F) and boys (M) aged 2-18 years with intakes from NCNPAS07 for ages 2-16 years and NNS95 for ages 17-18 years. To meet the *Foundation Diets* an approximate doubling of overall vegetables consumption would be required. For vegetables a one third decrease of current intake would be required for starchy vegetables and an increase of 150-350% in green and brassica, 160-370% in orange vegetables and 150-200% in other vegetables, depending on age. Legumes would need to increase nearly 200-300%. Recommended intakes of fruit increased proportionally with age, from approximately the same intake for 2-3 year olds up to 223% increased intake for 17-18 year olds.

Recommended intake of cereals also varies with age and gender, with an increase of at least 19% for 9-13 year olds, up to 60% more for 17-18 year olds. A decrease in refined cereals intake of 12-32% is required in all groups except the 2-3 year olds, who consume the recommended amount.

For the meat categories, the *Foundation Diets* would require 32-84% more of the 'poultry, fish and seafood and eggs' category and more red meats for children aged 2-16 (27-70% more) and approximately the same amount for children aged 17-18 years. Within the dairy food categories, there is a need for greater dairy food intake particularly in children over 9 years of age and for a change from higher and medium fat choices to low fat choices. For children over 8 years of age nuts and seeds intake would have to triple, although their overall intake would still be modest.

Table 26 shows a comparison of the *Foundation Diet* recommendations for adult females (F) and males (M) aged 19 years and over with intakes from the NNS1995. These *Foundation Diets* would also be the *Total Diets* for smaller, sedentary people from the relevant group. To meet the *Foundation Diets* a 100% higher consumption of fruit and 30% higher overall consumption of vegetables and cereals would be required. Within cereals, an increase of 160% in wholegrain and decrease of 30% in refined cereals would be needed. For vegetables, a decrease of 40% would be required for starchy vegetables and increases of 30% in green and brassica, 140% in orange and 90% in other vegetables. Legumes would need to increase nearly fivefold.

Within the meat categories, the *Foundation Diets* would require 40% more 'poultry, fish and seafood and eggs' but 20% less red meats mainly for men. For the dairy food categories, *Foundation Diets* would need more consumption overall and a change from high/medium dairy foods to low fat choices. Intake of nuts and seeds would have to increase substantially but from a very low average intake base of only 4g /day.

A comparison for polyunsaturated margarines and oils was not possible as the available national survey data for margarines or oils did not account for the amounts used in cooking. For example, in NNS95 about 8% of polyunsaturated fats are listed as coming from potatoes and a further 8% from bread.

For both adults and children alike, increases in these basic foods would have to come at the expense of foods which constitute the 'other foods' category (e.g. cakes, biscuits, soft and alcoholic drinks, pastries, burgers, confectionary, jams, snack foods, deli meats etc) which were not included in *Foundation Diet* modelling.

Implications for *Total Diets*

The comparisons given here are for the *Foundation Diets* or for *Total Diets* for those who are smaller and inactive. As *Total Diets* for other groups can vary markedly in food group composition, it is difficult to make a direct comparison. In general, however, the recommendations for meats and dairy foods for most groups do not differ markedly from the *Foundation Diets*, so comparisons would still largely be valid. The groups which would increase most when transitioning from *Foundation* to *Total Diets* would be cereal, fruits and vegetables all of which require increased intake over current consumption levels even for *Foundation Diets*. Thus, the increases indicated for *Foundation Diets* for these food groups are conservative estimates of the changes required for the population as a whole.

Table 21: Intakes from the NCNPAS07⁵ (g/day) for 2-3 year olds compared to *Foundation Diets*

	<i>Foundation</i>			NCNPAS07			Ratio	Compared with NND95
	F	M	Ave	F	M	Ave	F/NNS	
Total vegetables	199	199	199	106	104	105	1.90	90% more
Starchy vegetables	27	27	27	40	42	41	0.66	33% less
Green & brassica vegetables	38	38	38	16	14	15	2.53	153% more
Orange vegetables	38	38	38	14	15	14.5	2.62	162% more
Other vegetables	75	75	75	30	29	29.5	2.54	154% more
Legumes	21	21	21	6	4	5	4.20	320% more
Nuts/seeds	0	0	0	2	2	2	0.00	-
Fruit	150	150	150	160	173	167	0.90	10% less
All Cereals	265	346	305.5	166	171	169	1.81	81% more
Wholegrain cereals/grains	157	138	147.5	55	59	57	2.59	159% more
Refined cereals/grains	108	108	108	111	112	112	0.97	3% less
Meat and alts minus red*	45	51	48	31	33	32	1.50	50% more
Red meats (beef, lamb, veal, pork)	33	33	33	26	23	25	1.35	35% more
High/Medium fat dairy foods**	44	44	44	396	419	401	0.11	89% less
Low fat dairy foods	324	320	322	89	82	86	3.77	277% more
Total dairy foods	368	364	366	485	501	487	0.75	25% more

*excludes legumes ** as milk equivalents

Table 22. Intakes from the NCNPAS07 (g/day) for 4-8 year olds compared to *Foundation Diets*

	<i>Foundation</i>			NCNPAS07			Ratio	Compared with NND95
	F	M	Ave	F	M	Ave	F/NNS	
Total vegetables	322	283.5	302.75	126	122	124	2.44	144% more
Starchy vegetables	38	37.5	37.75	59	54	57	0.67	33% less
Green & brasslike vegetables	75	75	75	16	17	17	4.55	355% more
Orange vegetables	75	75	75	17	15	16	4.69	369% more
Other vegetables	113	75	94	30	30	30	3.13	213% more
Legumes	21	21	21	4	6	5	4.20	320% more
Nuts/seeds	0	0	0	2	2	2	0.00	2% less
Fruit	225	225	225	167	166	167	1.35	35% more
All Cereals	252	235	243.5	186	207	197	1.24	24% more
Wholegrain cereals/grains	149	133	141	52	55	54	2.64	164% more
Refined cereals/grains	103	102	102.5	134	152	143	0.72	28% less
Meat and alts minus red*	79	79	79	39	47	43	1.84	84% more
Red meats (beef, lamb, veal, pork)	46	46	46	23	31	27	1.70	70% more
High/Medium fat dairy foods	50	81	69	281	314	301	0.23	77% less
Low fat dairy foods	362	413	388	78	86	82	4.73	373% more
Total dairy foods	412	494	457	359	400	383	1.11	19% more

*excludes legumes

Table 23. Intakes from the NCNPAS07 (g/day) for 9-13 year olds compared to *Foundation Diets*

	<i>Foundation</i>			NCNPAS07			Ratio	Compared with NND95
	F	M	Ave	F	M	Ave	F/NNS	
Total vegetables	375	380	380	169	182	176	2.15	54% more
Starchy vegetables	54	60	60	76	91	84	.71	22-35% less
Green & brassica vegetables	75	75	75	29	26	28	2.73	173% more
Orange vegetables	75	75	75	19	17	18	4.17	317% more
Other vegetables	150	150	150	42	42	42	3.57	257% more
Legumes	21	21	21	3	6	5	4.67	367% more
Nuts/seeds	9	9	9	3	2	3	3.60	260% more
Fruit	300	300	300	152	149	151	1.99	99% more
All Cereals	251	347	300	215	262	239	1.25	26% more
Wholegrain cereals/grains	144	193	169	48	62	55	3.07	207% more
Refined cereals/grains	107	154	131	167	200	184	0.71	29% less
Meat and alts minus red*	88	96	92	55	61	58	1.59	59% more
Red meats (beef, lamb, veal, pork)	65	65	65	37	45	41	1.59	59% more
High/Medium fat dairy foods**	68	263	219	246	336	292	0.79	25% less
Low fat dairy foods	362	610	486	91	126	109	4.45	345% more
Total dairy foods	470	873	705	337	462	401	1.76	76% more

*excludes legumes ** as milk equivalents

Table 24 Intakes from the NCNPAS07 (g/day) for 14-16 year olds compared to *Foundation Diets*

	<i>Foundation</i>			NCNPAS07			Ratio	Compared with NND95
	F	M	Ave	F	M	Ave	F/NNS	
Total vegetables	375	396	385.5	200	230	215	1.79	79% more
Starchy vegetables	54	75	64.5	90	112	101	0.64	36% less
Green & brassica vegetables	75	75	75	30	32	31	2.42	142% more
Orange vegetables	75	75	75	23	19	21	3.57	257% more
Other vegetables	150	150	150	51	59	55	2.73	173% more
Legumes	21	21	21	6	8	7	3.00	200% more
Nuts/seeds	9	17	13	3	4	4	3.71	271% more
Fruit	300	300	300	129	121	125	2.40	140% more
All Cereals	413	378	395.5	221	310	266	1.49	49% more
Wholegrain cereals/grains	245	229	237	54	64	59	4.02	302% more
Refined cereals/grains	168	149	158.5	167	246	207	0.77	23% less
Meat and alts minus red*	97	94	95.5	59	86	73	1.32	32% more
Red meats (beef, lamb, veal, pork)	65	65	65	36	66	51	1.27	27% more
Medium fat dairy foods	138	212	175	245	370	308	0.57	43% less
Low fat dairy foods	723	735	729	92	126	109	6.69	569% more
Total dairy foods	861	947	904	337	496	417	2.16	116% more

*excludes legumes

Table 25. Intakes from the NNS95 for 17-18 year olds (g/day) compared to *Foundation Diets*

	<i>Foundation</i>			NCNPAS07			Ratio	Compared with NND95
	F	M	Ave	F	M	Ave	F/NNS	
Total vegetables	375	396	385.5	217	337	277	1.39	39% more
Starchy vegetables	54	75	64.5	102	205	154	0.42	58% less
Green & brassica vegetables	75	75	75	34	49	42	1.81	81% more
Orange vegetables	75	75	75	22	24	23	3.26	226% more
Other vegetables	150	150	150	54	53	54	2.80	180% more
Legumes	21	21	21	5	6	6	3.82	282% more
Nuts/seeds	9	17	13	6	2	4	3.25	225% more
Fruit	300	300	300	100	86	93	3.23	223% more
All Cereals	413	428	420.5	217	307	262	1.60	60% more
Wholegrain cereals/grains	245	229	237	44	61	53	4.51	351% more
Refined cereals/grains	168	199	183.5	173	246	210	0.88	12% less
Meat and alts minus red*	97	94	95.5	53	83	68	1.40	40% more
Red meats (beef, lamb, veal, pork)	65	65	65	56	83	70	0.94	6% less
High/Medium fat dairy foods**	138	213	175	231	426	332	0.53	47% less
Low fat dairy foods	723	735	729	78	124	101	7.22	622% more
Total dairy foods	861	948	904	309	550	433	2.09	109% more

*excludes legumes ** as milk equivalents

Table 26: Intakes from NNS95 ⁶ (g/day) for adults compared to *Foundation Diets*

	<i>Foundation</i>			NCNPAS07			Ratio	Compared with NND95
	F	M	Ave	F	M	Ave	F/NNS	
Total vegetables	351	373	362	245	298	272	1.3	30% more
Starchy vegetables	51	73	62	87	125	106	0.6	40% less
Green & brassica vegetables	75	75	75	54	60	57	1.3	30% more
Orange vegetables	75	75	75	30	32	31	2.4	140% more
Other vegetables	150	150	150	74	80	77	1.9	90% more
Legumes	26	55	40	6	9	7	5.7	470% more
Nuts/seeds	10	25	35	3	4	4	10.0	900% more
Fruit	300	300	300	143	141	142	2.1	110% more
All Cereals	331	375	353	242	300	271	1.3	30% more
Wholegrain cereals/grains	208	226	217	72	93	83	2.6	160% more
Refined cereals/grains	123	149	136	170	207	188	0.7	30% less
Meat and alts minus red*	97	101	99	58	82	70	1.4	40% more
Red meats (beef, lamb, veal, pork)	50	65	58	54	99	77	0.8	20% less (men)
High/medium fat dairy foods**	108	108	108	202	261	233	0.5	54% less
Low fat dairy foods	641	516	578	107	99	103	5.6	460% more
Total dairy foods	749	624	684	309	360	336	2.0	103% more

* excludes legumes **as milk equivalents

4.5.3 Comparison of *Foundation Diets* to the Australian food supply

In the CFG94, the authors reported that the amounts of foods required for the Core Food Groups (foods supplying 70% RDI in 50% energy) could be supplied in the case of cereal foods, vegetables, meats, poultry fish and eggs and for milk but not for fruit for which a 24% increase in production would be needed. An additional 4% would be covered by home production based on a 1992 ABS census of home production. The estimated amounts of cereals required was about 56% of available supply, vegetables were 96%, meats, poultry, fish and eggs 44% and milk was 72%.

Table 27 shows equivalent data comparing the latest food availability figures from FAOSTAT ¹⁸ for the years 2001-2003 compared with requirements for the *Foundation Diets* which are also the *Total Diets* for the smallest and least active member of an age/gender group. The availability data were adjusted for comparison as cereals are recorded as dry grain weight, vegetables and fruits as unpeeled or cored, and meats, poultry, fish as uncooked etc. As with the 1994 analysis, the only food group for which current 'availability' would not cover needs for the *Foundation Diets* were the fruits where availability (including home grown) would be only 87% of need. It should be remembered that availability data are not equivalent to production figures as they take into account amongst other things, food that is exported in one form or another. These figures may also be an underestimate of supply as the ABS has not repeated their Home Production ²⁹ survey since 1992, just before the CFG94 analysis.

Table 27: Comparison of available foods and amounts needed for *Foundation Diets* (per 1000 tonnes per year for the Australian population*)

Foodstuff	FAOSTAT	Home prod. 1992**	Total	As eaten***	Amounts needed from <i>Foundation</i> eating patterns					Avail. minus needed
	2001-2003				Men	Women	Boys	Girls	Total	
Cereals (as grain)	1709		1709	3418	941	875	311	265	2392	1026
Fruits	2043	110	2153	1722	745	781	228	217	1971	-249
Total vegetables	2928	153	3081	2773	1062	980	304	281	2627	146
Starchy roots	1056	#	1056	844	181	132	48	38	399	445
All other Veg.	1851	#	1851	1666	745	781	237	225	1988	-323
Legumes	21	#	21	20	136	67	19	18	260	-240
Nuts (shelled)	143		143	143	62	27	6	4	99	44
Red meat	1628		1628	1140	228	180	73	69	550	590
Poultry fish seafood eggs	1261	51	1312	918	248	260	77	73	658	260
Milk****	4908		4908	4908	1574	1990	500	637	4701	207
Additional category										
Polyunsaturated vegetable oils	319		319	319	66	18	7	5	96	223

* ABS census data for the year of 2003 was used for population estimates

** 1992 ABS Home production of foodstuffs survey²⁹ - latest data

*** Adjustments made for reporting on raw basis or inedible portions

**** *Assessed on basis of all serves as milk; no comparative cheese data on FAOSTAT

The CFG94 analysis did not look at the supply of subgroups of vegetables but FAOSTAT does give some breakdown that shows that although overall vegetable availability covers needs, much of this is due to ‘over’ supply of starchy roots with ‘under’ supply of legumes and all other vegetables. Red meat supply was over twice that needed for *Foundation Diets* and poultry, fish, seafood and eggs as well as nuts were about 50% higher than needed. Milk supply was just above the level required.

Whilst this comparison is with amounts required for *Foundation Diets*, as the food group profiles for *Total Diets* can vary considerably, it is difficult to make a direct comparison. However, as the amounts for meat and dairy food consumption do not generally increase from *Foundation* to *Total Diets*, the findings would generally hold for these food groups. The cereal, fruit and vegetable groups are those that may increase with increasing energy needs. Increased availability of both fruits and vegetables with the exception of starchy vegetables would be required. Cereal availability appears to be sufficient to cover an increase of 50% in cereal group consumption over *Foundation* group amounts.

Care needs to be taken in the interpretation of the data because of the lack of current knowledge about home consumption, the overall age of the FAOSTAT data, the gross estimations that are made in estimating wastage and the resulting FAOSTAT summary data of food availability.

5 Discussion

A series of *Foundation Diets* informed by current scientific evidence derived from the literature, the most current national intake data, culinary practices and the NHMRC's 2006 Nutrient Reference Values³ were developed as the proposed basis for a new national food guidance system for Australia. The *Foundation Diets* outline the numbers of serves of food groups and sub-groups (expressed as the number of serves per week) needed to provide sufficient amounts of 10 key nutrients within the estimated energy requirements of the smallest and very sedentary category for each age and gender group. These *Foundation Diets* based on low energy requirements were then tested using 100 7-day simulations with the aim that all of the simulations would meet the EARs of the 10 key nutrients. The most limiting nutrient of the 10 nutrients modelled in the low energy *Foundation Diets* was iron as the dietary models developed were unable to provide sufficient iron to fulfil the estimated requirements of pregnant females as a group. Magnesium for older men was also limiting but to a much lesser extent than iron.

A flexible system of *Total Diets* to cover increasing energy requirements for larger and more active people within each age and gender group was also developed by adding further serves of some of the food groups used in the *Foundation Diets* (e.g. fruit and vegetables) but not other groups (e.g. red meat and dairy foods) and by providing an option to include 'other' foods higher in energy and generally with lower nutrient density. The *Total Diets* generally conformed to the AMDRs for protein, carbohydrate and total fat in the diets devised for those aged 14 years and over. For other nutrients not included as drivers in the model, sodium, long chain fatty acids and vitamin D were potentially problematic and will be discussed further.

When the project to update the CFG94 began, the intention was to model diets which attained the RDIs for the lowest energy possible such that total energy needs could then be attained in a variety of ways according to personal preference. Some limitations on the final dietary patterns were envisaged to ensure that they were still acceptable in terms of the balance of protein, carbohydrate and fats and that they did not exceed the NRV Upper Levels for nutrients. It was originally envisaged that issues such as chronic disease, environmental sustainability and social issues would be taken into account during the modelling process. After consideration, it was agreed that these latter issues would be addressed at the beginning of the modelling by setting food group limits based on a series of systematic evidence-based reviews which were being undertaken for the dietary guidelines review. Taking the guidance from the NHMRC's review of the evidence, the subsequent dietary pattern for the lowest energy level at which all or nearly all RDIs could be attained was very close to the energy needs of the smallest and least active members of each age/gender group. This energy level thus became the revised target for modelling of *Foundation Diets*.

In adults, the energy level for *Foundation Diets* equated to the needs of a person with a sedentary lifestyle and body size of 150cm for women or 160cm for men. For children, energy needs are set by age rather than body size so requirements for the youngest child in the age band with a PAL of 1.4 became the level used for the *Foundation Diet*.

In interpreting the *Foundation Diets* findings, it needs to be born in mind that people of smaller body size may have requirements for some nutrients that are less than that

of the median person in their age/gender group. The median need for a particular age/gender group is expressed as the EARs and the RDI is set at the level that is more than the needs of 97.7% of the group. With obesity being a major issue in Australia, recommendations for dietary patterns (both *Foundation* and *Total*) need to be seen as a general guide only. Individual energy requirements vary even within age/gender/activity groups so energy intake needs to be matched to energy output at the individual level to prevent weight gain over time.

For a few nutrients, in some groups, it was not possible to attain RDI, and in a few models, EAR within energy limits. The RDI for iron could not be fully met in some young children, in younger women and in pregnant females although EAR was met by all diets except for pregnant females. The magnesium EARs were not always met in diets for older men. In these areas, supplementary sources of these nutrients may need to be considered. The modelling included an estimate of the amount of folate that would be provided by the now mandatory fortification of bread flour. In this context it should be remembered that the dietary folate EAR/RDI recommendations, expressed as dietary folate equivalents in the NRVs, against which the diets were assessed do not include the additional amount of folic acid proposed to reduce the risk of neural tube defects. Recommendations for supplementation before and during pregnancy are thus not negated by the findings of adequacy outlined here.

Although fat was not included as a driver in the model, the overall fat content of the *Foundation Diets* was low, but inclusion of sufficient amounts of the dairy foods and meat food groups to attain calcium, iron and zinc requirements, affected the P:M:S ratio which was assisted with addition of polyunsaturated oils/margarines for culinary reasons. For *Total Diets*, additional amounts of unsaturated margarines and oils were included depending on the overall energy content of the diet. In the modelling undertaken, polyunsaturated margarine was used as an example food for this category but equally other unsaturated fats could have been substituted. To some extent, this mirrors the 'allowance' for unsaturated fats and oils in the current AGTHE98 although in the case of the AGTHE98, the increase in the allowance was linked to cereal consumption levels. In the AGTHE98, unsaturated fats and oils above the allowance were placed in the 'extras' category alongside foods which are concentrated saturated fat sources such as cream and butter. In contrast the *Foundation* and *Total Diet* approach has treated unsaturated fats and oils as a separate category for the purposes of modelling.

The only nutrient that was consistently low compared to the AI was vitamin D. However the AI assumes little exposure to sunlight and so those children who have moderate exposure to sunlight are likely to have lower requirements for vitamin D. Nevertheless, there is emerging evidence of vitamin D deficiency in Australia²³ in the general population, and this issue may need to be further addressed.

The *Total Diets* generally conformed to the AMDRs and did not exceed ULs except, in some higher energy diets, for sodium. With increasing intakes of fruits, vegetables and cereals in the *Total Diets*, the SDTs for vitamins C and E were often met. However, as intakes of the two meat categories were limited for both *Foundation* and *Total Diets*, the SDT for LCn3 fats was never met. As the modelling included a variety of fish both high and low in fat, the ways to overcome this may need to be addressed in future food guides by specific reference to inclusion of rich sources of LCn3 including increased consumption of specific fish high in LCn3 and/or fortified foods.

In conclusion, the approach recommended here is based on the concept of *Foundation Diets* which attain RDIs within set energy limits to replace the concept of the Core Food Groups. *Total Diets* which are an extension of *Foundation Diets* but provide in a structured way for additional energy needs, also provide a more flexible approach to food choice than the AGTHE98 recommendations. The *Foundation* and sample *Total Diets* generally aligned well with recommendations from the US and Canada and for the most part with the AGTHE98 Line B recommendations although there were some disparities as some nutrient recommendations have changed since the AGTHE98 was developed. Recommended intakes for *Foundation Diets* were higher than currently consumed for most vegetable categories, legumes, nuts and seeds, fruits and wholegrain cereals, poultry/fish/seafood/eggs/legumes and lower fat dairy foods but lower for starchy vegetables, refined cereals, higher fat dairy foods, red meats in men and foods in the 'other foods' category. Comparison of recommended versus current intake for red meats varied with age and gender. It was not possible to assess the unsaturated margarines and oils as the survey data for these foods do not include amounts used in cooking.

Food availability data indicates that there is sufficient food available to address the recommendations although for fruit, unless overall production is increased, additional supplies into the food consumption sector from other usages such as export may be required.

It is envisaged that this new approach to food selection guidance will replace the now-rescinded CFG94¹ and in doing so, will provide sufficient amounts of 10 key nutrients within a flexible system for all but pregnant females who have very high iron requirements; will be culturally acceptable as it is based on the most recent consumption data; is scientifically relevant as it is fully informed by a thorough review of the scientific literature; and thus will facilitate health and well-being once disseminated and adopted.

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7 Appendices

Public Consultation

Appendix 1: The Core Food Groups (1994)

For the Core Food Groups 1994 (CFG94) analysis¹, the developers used a weighted composite 'food' to represent each of the food groups for modelling purposes. There was no specific definition given for 'core' foods in this document but the groups were listed as: cereals, fruit, vegetables, meats and meat alternatives, and milk.

For the meats, fruit and vegetable categories the composite food was based on relative proportions of foods available for consumption as published in the Apparent Consumption data (1989-90)¹³. These types of data are a gross estimate of population intakes. For the "meat" category, only meats, poultry, fish and eggs were included in the composite food for modelling. Vegetarian alternatives such as legumes and nuts, as depicted in the subsequent Australian Guide to Healthy Eating 1998 (AGTHE98)², were not modelled at this stage but an undefined 'equivalent' for a portion of beans was given in footnotes to CFG94 tables.

The authors stated that suitable Apparent Consumption data were not available for the cereal or milk groups as the descriptors were not appropriate, so proportions and types of these food groups for the group composite food were selected by the developers. For cereals they selected 6 parts bread to three parts breakfast cereal and one part rice/pasta. The milk food group was modelled solely on milk but cheese and yoghurt 'equivalents' were given in footnote to tables in the CFG94 document. Again the basis of the equivalent was not defined.

Three models were trialed with one having all the cereals as wholegrain and all the milk, skimmed and included only lean meat and skinless poultry (Model A); a second with all non-wholegrain cereals, all full fat milk and 'as purchased' meats and poultry (Model C); and a third, in between, with 50:50 wholegrain cereals and reduced fat milk, 75% trimmed meat and 50% skinless poultry (Model B). A Model B approach was later used for the AGTHE98 modelling.

The CFG94 developers then assessed the quantity of these composite foods from each group needed to provide recommended nutrient intakes.

Initial modelling was done with the 100% RDI for nutrients as the target for

1. Children aged 4- 7; 8-11 and 12-18 years
2. Adults, pregnant & lactating women. An elderly sub-group was not considered.

The following nutrients were considered

1. Energy
2. Macronutrients (protein, fat, CHO, sugar, starch, cholesterol, fibre)
3. Vitamins (Vitamin A, retinol, β -carotene equivalents, thiamin, riboflavin, niacin equivalents, vitamin C, folate, vitamin B12)
4. Minerals (Ca, Mg, Fe, Zn, Na, K)

The energy level used for each age/gender group was at the top of the then recommended energy range (i.e. about 9.6kJ for younger women).

The resulting diets achieved the RDI, or more, for most nutrients within 45-78% energy requirements (depending on age/gender) for Models A and B and 57-99% energy requirements for Model C. The higher % energy need was within the pregnant/lactation group, women in general and older men. The nutrients that were borderline were, firstly, zinc followed by vitamin A, magnesium and calcium.

As the analysis using 100% RDI left little flexibility in choice for some groups, the developers decided to remodel and target 70% of the age/gender specific RDI within 50% of the upper end of energy requirements to develop the Core Food Group recommendations. They argued that the RDI applied to group needs with individual's needs expected to be less (70% chosen on the basis that it approximated average requirement).

The diets modelled achieved 70% RDI for all nutrients within 50% energy for Model B but for Model A and C, zinc, calcium, magnesium and vitamin A were below 70% for some lifestage groups so some additions were made to the model before the CFG94s were finalized.

The inclusion of a 'fats' group had been considered as part of the CFG94 analysis as a 'fat' group (butter and table margarine) had been included in the earlier Five Food Group food guide. In 1994 'fats' were not designated as a Core Food Group as the developers stated that its main contribution was to vitamin A and overall fatty acid profile (P:M:S ratio, linoleic acid and % energy as saturated, polyunsaturated and monounsaturated fats). They felt that these requirements were covered sufficiently by other food groups in their modelling. They did not model adequacy of fat-soluble vitamins other than vitamin A nor alpha-linolenic acid, total LCn-3 or n3/n6 ratios.

Table A1.1. Quantities of Core food Groups that provided 70% RDI in 50% energy requirements developed in 1994

Age	Cereals *	Fruit	Vegetables (cooked wt)	Meat and meat alternatives (cooked wt)	Milk
	g	g	g	G	ml
4-7yrs	120	150	150	35	400
8-11yrs	150	150	225	65	450
12-18yrs	180	300	300	85	550
19+ yrs	210	300	300	85	450
Pregnant	240	600	375	125	450
Lactating	330	600	525	190	450

* expressed as weight of bread

The developers noted that, if adopted, the amounts recommended for cereals, fruits and vegetables appeared to be more than currently available requiring increased production of these categories. For example, the fruit recommendation would require 136kg per capita/yr. Production at that time was only 110.5kg per capita/yr although they noted that home grown production would have contributed.

Appendix 2: Modelling of the Australian Guide to Healthy Eating 1998

A2.1 Food group considerations

The Australian Guide to Healthy Eating 1998 (AGTHE98)² modelling was based on the Core Food Groups 1994 (CFG94)¹ analyses but expanded to a whole of diet approach to account for total energy needs.

For this expanded analysis, the foods shown in Table A2.1 were chosen for modelling selected food groups.

Table A2.1. Types of foods included in modelling during development of the AGTHE98

Milk, yoghurt, cheese	For adults, reduced fat milk only (no cheese or yoghurt) For children and adolescents, 50:50 reduced fat milk and full cream cheese
Lean meat, fish, poultry, eggs, legumes	75% fat-trimmed meat and 50% skinless chicken and 50% lean + skin on chicken (no eggs, legumes, nut or fish were included in the model)
Bread, cereals, rice, pasta, noodles, rice	50% wholegrain, 50% white bread plus white rice, pasta, noodles
Fats	An allowance of one or two teaspoons of polyunsaturated margarine per serve to 60% of the bread, cereals, rice, pasta, and noodle serves (CFG (1994) document says one tsp on page 21 but 2 tsp on page 22). This would equate to 15 or 30g/day for 6 serves cereal or 23 - 45g/day for 9 serves)
'Extra' foods	Not modelled for adults; for children, one extra food based on additional 0.5 serves of oil, 0.25 serves ice cream, 0.25 serves cake (to account for higher fat recommendations in children)
Fruits	Types not specified
Vegetables & legumes	Types not specified

A2.2 Age (and energy ranges) modelled for AGTHE98

Diets were modelled for:

Children	4-7 yrs	(6.4 - 8.3MJ)
Children	8-11yrs	(7.7 - 9.8MJ)
Adolescents	12-18yrs	(8.1 - 13.5MJ)
Women	19-60 yrs	(7.2 - 11.3MJ)
Women	60 ⁺ yrs	(6.5 - 9.3MJ)
Pregnant women		(8.1 - 10.9MJ)
Breastfeeding women		(9.2 - 12.3MJ)
Men	19-60 yrs	(9.0 - 13.7MJ)
Men	60 ⁺ yrs	(7.4 - 11MJ)

A2.3 Sample serve sizes developed for the AGTHE98.

Vegetables

75g cooked vegetable,
1 cup salad vegetable
1 small potato

Fruit

150g (medium piece) fruit, 2 small pieces
150g (1 cup) diced fresh or canned
125 ml (1/2 cup) fruit juice
1 1/2 T sultanas

Bread, cereals, rice, pasta, noodles

60 g (2 slices) bread
180g (1 cup) cooked rice, pasta, or couscous
40 g (1 1/3 cup) ready to eat cereal

Milk and Alternatives

250 mL (1 cup) milk or fortified soy beverage
200g (3/4 cup) yogurt
40 g cheese
250ml (1 cup) custard

Meat, fish, poultry, eggs, nuts, legumes

65 – 100g cooked lean meat or chicken
80g (1/2 cup) cooked beans
80 – 120g cooked fish
2 eggs
1/3 cup peanuts
1/4 cup seeds

‘Extras’

25g (1/2 small chocolate bar
30g potato crisps
60g hot potato chips
400ml beer
35g plain sweet biscuits
75g (1 1/2) scoops icecream

A2.4 Eating patterns

Two patterns of eating were developed for each age/gender/lifestyle group. The first had increasing levels of the 'cereal' group and 'extras' serves to account for the higher energy needs of some people within that particular population group; the second eating pattern had additional energy derived across all food groups and extras.

These were modelled by:

- making an energy allowance for 'extra' foods according to overall energy needs;
- adding an allowance of one or two (different amounts given in text) teaspoons polyunsaturated margarine/serve for 60% serves of breads, cereal, rice, pasta and noodles;
- deriving an energy requirement range for each age/gender group
- apportioning the difference between this and the energy supplied by minimum daily serves as given in the CFG94 document and
- converting the remaining energy needs into five food groups in the two different ways.

It should be noted that although the CFG94 were actually modelled on only a limited range of choices for the meat and alternative (no legumes/nuts) or milk (no yoghurt/cheese) groups, the AGTHE98 included these foods in their recommendations. These latter additional foods were included in footnotes to CFG94 tables as 'equivalents' to foods used in modelling on an unspecified basis.

Additional qualitative messages in the AGTHE98 included:

- Drink plenty of water
- Eat more wholegrain/wholemeal
- Include variety e.g. dark green vs. orange vs. cruciferous vs. starchy vs. salad vegetables and legumes and similar for fruit categories
- Try frozen and canned fruits, vegetables and fish as an alternative to fresh re convenience, storage
- Try raw vegetables
- Use dried fruits or juice instead of fruit in limited amounts
- Eat skin of fruit
- Do not count soft cheeses as milk serve
- Use of reduced fat milks, cheeses preferable
- Restrict full fat cheese to 3-4 times a week
- Choose lean meats and trim fat/remove skin from meats/poultry
- Avoid fat, sugar, salt -based cooking/food preparation methods
- Include red meat 3-4 times a week or high iron-replacement foods needed

Table A2.2. Final food serve recommendations developed for the AGTHE98.
Two patterns of eating are included.

Age	Bread, cereals, rice, pasta, noodles (includes a polyunsaturated fat allowance)	Vegetables/ legumes	Fruit	Milk, yoghurt, cheese	Meat, fish, poultry, eggs, nuts, legumes	Extras
4-7yrs	5-7	2	1	2	1/2	1-2
	3-4	4	2	3	½-1	1-2
8-11yrs	6-9	3	1	2	1	1-2
	4-6	4-5	1-2	3	1-1½	
12-18yrs	5-11	4	3	3	1	1-3
	4-7	5-9	3-4	3-5	1-2	1-3
19-60yrs Men	6-12	5	2	2	1	0-3
	5-7	6-8	3-4	2-4	1½ -2	0-3
Women	4-9	5	2	2	1	0-2½
	4-6	4-7	2-3	2-3	1-1½	0-2½
Pregnant	4-6	5-6	4	2	1½	0-2½
	No alternative given					
Breastfeeding	5-7	7	5	2	2	0-2½
	No alternative given					
60+yrs Men	4-9	5	2	2	1	0-3
	4-6	4-7	2-3	2-3	1-1½	0-2½
Women	4-7	5	2	2	1	0-2
	3-5	4-6	2-3	2-3	1-1½	0-2

Appendix 3: Reanalysis of the Core Food Groups 1994 and the Australian Guide to Healthy Eating 1998

A3.1 Core Food Groups 1994

The Core Food Groups 1994 (CFG94) were developed to attain 70% 1991 RDIs in 50% of the top of the range of energy needs for that age/gender group. They were modelled on composite foods representing food groups. A reanalysis of the CFG94 recommendations using the Nutrient Reference Values (NRVs) 2006 and the AUSNUT07 nutrient database, showed that, for some groups intake would not reach Estimate Average Requirement (EAR) for thiamin, calcium, iron, magnesium, phosphorus, zinc or selenium.

A3.2 Australian Guide to Healthy Eating 1998

The Australian Guide to Healthy Eating 1998 (AGTHE98) Line A recommendations (increasing cereal) including the allowance for polyunsaturated margarine, were analysed with the NRVs (2006) and the AUSNUT07 nutrient database. These recommendations were based on modelling with the composite food groups derived for the development of *Foundation Diets* to represent food groups. As the AGTHE98 recommendations are for total diet, they were assessed against both RDIs and EARs as they may be used either for individual or group purposes. Recommendations for food groups are given as a range in AGTHE98 to cover the varying energy requirements within an age-gender group. Analyses were done for both the lower and higher end of the range of recommended cereal consumption.

For children, AGTHE98 recommendations generally met EARs and most RDIs with the exception of some nutrients for the lower end of the cereal range. Mean values lower than RDI were found for calcium in some 8-18yr olds; iron in 4-7 yr olds and 12-18yr olds, zinc for 12-18yr olds and selenium for 12-18yr olds.

For women, the AGTHE98 analysis was low compared to RDI for all ages for both the lower and upper range of cereal intake for calcium for all ages and, iron and selenium for younger women. Iron in pregnant females was below EAR at both ends of the cereals range. Iodine was below RDI for both pregnancy and lactation at the lower end of the cereal range but only for pregnancy at the higher end. Selenium was low at the bottom end of the cereals range for women of all ages and vitamin B6 did not reach the RDI in pregnancy.

For men, at the lower end of the cereal consumption range, the diets were below RDI for magnesium, zinc and selenium for 19-60yr olds. For 60 years plus diets were below RDI for calcium at both ends of the cereals range, and below EAR at the lower end. This age group were also below EAR for magnesium, zinc and selenium, and below RDI for vitamin B6.

For all children and younger men the sodium level of the upper cereal range was above the age-relevant Upper Level.

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Table A 3.1. Reanalysis of the Core Food Groups

Core Food group analysis	4 - 7 y	8 - 11 y	12-18 y	19+ y	Pregnant	Lactating	EAR Child 4-8 y	Ave EAR B/G 9-13 y	Ave EAR B/G 14-18 y	Ave EAR M/F 19-70 y	Preg EAR 19-50 y	Lact EAR 19-50 y
Meant to provide 70% RDI (equiv EAR)							y	y	y	y	y	y
Nutrient												
Energy, excluding dietary fibre (kJ)	694.0	835.7	1141.8	1069.8	1424.7	1639.3						
Energy, including dietary fibre (kJ)	2721.2	3452.0	4566.6	4567.2	5960.4	7458.1						
Protein (g)	36.4	49.7	63.4	61.4	77.6	103.3	16.0	27.5	42.0	45	49	54
Fat, total (g)	10.7	14.5	18.4	17.8	22.2	29.6						
Carbohydrate, total (g)	96.2	116.2	157.2	160.0	212.2	255.2						
Sugars, total (g)	49.4	55.3	80.7	75.2	110.5	116.8						
Starch (g)	46.1	60.3	75.3	83.7	99.7	136.4						
Dietary Fibre (g)	12.9	16.8	24.0	25.0	35.6	44.3						
Alcohol (g)	0.0	0.0	0.0	0.0	0.0	0.0						
Saturated fatty acids, total (g)	4.8	6.2	7.8	7.1	8.5	10.8						
Monounsaturated fatty acids, total (g)	3.3	4.7	6.0	5.9	7.5	10.3						
Polyunsaturated fatty acids, total (g)	1.4	2.0	2.6	2.8	3.6	5.0						
Linoleic acid (g)	1.3	1.8	2.2	2.4	3.0	4.1						
Alpha linolenic acid (g)	0.2	0.2	0.3	0.3	0.4	0.5						
LC n-3 fatty acids, total (mg)	51.5	94.7	124.3	124.1	181.4	275.3						
Vitamin A expressed as retinol equivalents (ug)	366.7	501.1	681.2	661.6	862.5	1114.5	275.0	432.0	557.0	560	550	800
Preformed Vitamin A (retinol) (ug)	92.7	110.8	137.6	119.0	131.3	150.3						
Provitamin A as beta-carotene equivalents (ug)	1654.1	2351.8	3277.1	3269.3	4407.6	5804.5						
Thiamin (mg)	0.5	0.6	0.8	0.9	1.2	1.6	0.5	0.7	1.0	0.95	1.2	1.2
Riboflavin (mg)	1.2	1.5	1.9	1.7	1.9	2.3	0.5	0.8	1.0	1	1.2	1.3
Niacin equivalents, total (mg)	19.0	25.5	32.6	31.9	39.9	52.8	6.0	9.0	11.5	11.5	14	13
Folate total (ug)	212.1	255.1	347.1	332.2	441.1	513.1						
Folate dietary folate equivalents (ug)	284.8	346.0	456.3	459.5	586.6	713.2	160.0	250.0	330.0	320	520	450
Vitamin C (mg)	55.4	71.8	110.8	110.8	172.5	205.2	25.0	28.0	28.0	30	40	60
Vitamin D (ug)	0.9	1.2	1.5	1.3	1.6	2.0						

Core Food group analysis contd.	4 – 7 y	8 - 11 y	12–18 y	19+ y	Pregnant	Lactating	EAR Child 4-8 y	Ave EAR B/G 9-13 y	Ave EAR B/G 14-18 y	Ave EAR M/F 19-70 y	Preg EAR 19-50 y	Lact EAR 19-50 y
Meant to provide 70% RDI (equiv EAR)												
Vitamin E (mg)	1.7	2.3	3.3	3.4	5.1	6.4						
Calcium (mg)	559.4	650.4	811.1	717.4	787.6	877.0	520	800-1050	1050	840-1100	840	840
Iron (mg)	3.6	5.1	6.7	7.1	9.5	12.8	4	6	8	7	22	6.5
Iodine (ug)	112.2	132.3	162.9	148.0	161.0	187.0	65	75	95	100	160	190
Magnesium (mg)	145.7	185.5	246.1	244.7	317.3	397.0	110	200	320	300	300	265
Phosphorus (mg)	728.5	927.9	1177.0	1114.3	1337.4	1685.2	405	1055	1055	580	580	580
Potassium (mg)	1804.6	2327.5	3181.9	3064.4	4111.5	5055.9						
Sodium (mg)	441.2	556.1	687.9	699.7	813.0	1059.2						
Zinc (mg)	4.7	6.6	8.5	8.3	10.8	14.6	3	5	8.5	9.3	9	10
Selenium (ug)*	20.2	29.9	38.2	38.7	50.4	71.5	25	40	55	55	55	65
Vit B6 (mg)*	0.6	0.9	1.2	1.2	1.6	2.0	0.5	0.8	1.1	1.2	1.6	1.7
Vit B12 (ug)*	3.5	4.3	5.3	4.6	5.2	6.2	1	1.5	2	2	2.2	2.4

Using reduced fat dairy foods; half lean red meats, half lean poultry/fish/eggs/legumes; vegetable categories in CFG94 proportions;
half wholegrain and half refined cereals; fruit in proportion to current consumption

* Incomplete dataset available for selenium, vitamin B6 and vitamin B12. Results are therefore invalid and are provided for information only.

Nutrients below EAR

Note: CFG94 and EAR age bands do not match for children. EAR age bands somewhat higher thus may be overestimate of needs for CFG94 age bands (~600kJ)

Table A3.2. AGTHE98 analysis without extras; two thirds wholegrain cereals with margarine allowance at AGTHE98 serve size; vegetables evenly spread across subcategories; reduced fat dairy foods with cheese 3 x a week; meats half red, half poultry/fish/seafood/legumes; nuts 15g/week; extras not added

Children AGTHE98	4-7yrs lower cereals	4 -7 yrs upper cereals	8-11yrs lower cereals	8 -11yrs upper cereals	12-18yrs lower cereals	12-18yrs upper cereals
Energy, excluding dietary fibre (kJ)	5963.0	7535.0	7214.4	9576.1	7690.3	12461.6
Energy, including dietary fibre (kJ)	6157.2	7779.4	7453.6	9890.8	7977.2	12900.8
Protein (g)	65.6	77.8	84.9	103.2	92.2	129.3
Fat, total (g)	36.5	45.3	44.5	57.8	43.1	70.6
Carbohydrate, total (g)	207.8	269.3	244.8	337.1	269.5	454.4
Sugars, total (g)	62.6	69.6	68.3	78.8	114.7	135.7
Starch (g)	144.6	199.2	175.9	257.8	153.2	317.1
Dietary Fibre (g)	25.2	31.6	31.4	41.0	37.4	56.8
Alcohol (g)	0.0	0.0	0.0	0.0	0.0	0.0
Saturated fatty acids, total (g)	12.5	14.6	14.8	18.0	15.7	22.2
Monounsaturated fatty acids, total (g)	11.2	13.9	14.0	18.0	13.1	21.7
Polyunsaturated fatty acids, total (g)	9.9	13.2	12.1	17.1	10.6	20.9
Linoleic acid (g)	9.1	12.2	11.0	15.7	9.5	19.2
Alpha linolenic acid (g)	0.7	1.0	0.9	1.2	0.9	1.6
LC n-3 fatty acids, total (mg)	74.5	74.5	142.1	142.1	142.6	142.6
Vitamin A expressed as retinol equivalents (ug)	722.9	788.3	1014.8	1114.0	1251.6	1448.8
Preformed Vitamin A (retinol) (uGu)	269.7	328.3	310.7	399.7	330.5	507.3
Provitamin A as beta-carotene equivalents (ug)	2727.1	2766.5	4231.6	4291.4	5545.3	5664.5
Thiamine (mg)	1.4	1.9	1.8	2.5	1.7	3.1
Riboflavin (mg)	1.9	2.2	2.1	2.6	2.7	3.6
Niacin equivalents, total (mg)	35.3	43.3	45.2	57.1	47.8	72.0
Folate, total (ug)	353.0	419.3	413.3	512.8	534.6	736.9

Folate, dietary folate equivalents (ug)	662.9	853.2	785.2	1070.7	844.5	1418.7
Vitamin C (mg)	55.2	55.7	72.5	73.2	131.6	133.0
Vitamin D (ug)	2.3	2.6	2.7	3.3	2.9	4.0
Vitamin E (mg)	6.1	7.7	7.5	10.0	7.9	13.1
Children AGTHE98	4-7yrs lower cereals	4 -7 yrs upper cereals	8-11yrs lower cereals	8 -11yrs upper cereals	12-18yrs lower cereals	12-18yrs upper cereals
Calcium (mg)	881.2	1002.0	969.1	1150.3	1225.2	1589.4
Iron (mg)	9.3	11.9	11.9	16.0	12.0	20.1
Iodine (ug)	187.9	227.2	213.8	272.9	246.6	364.7
Magnesium (mg)	294.3	366.0	358.0	465.6	398.3	617.7
Phosphorus (mg)	1278.7	1522.6	1548.7	1914.5	1747.0	2487.8
Potassium (mg)	2282.1	2568.4	2847.1	3276.5	3876.8	4747.8
Sodium (mg)	1321.4	1704.8	1571.3	2146.8	1503.5	2654.1
Zinc (mg)	8.7	10.3	11.5	14.0	12.3	17.3
Cholesterol (mg)	91.0	93.4	142.0	145.8	155.7	163.2
Selenium (ug)*	46.1	56.6	62.3	78.0	60.0	92.7
Vit B6 (mg)*	1.0	1.2	1.3	1.5	1.6	2.1
Vit B12 (ug)*	4.0	4.1	4.7	4.9	6.3	6.7

Nutrients below average RDI

Nutrients below RDI; for one subgroup or top RDI range

* Incomplete dataset available for selenium, vitamin B6 and vitamin B12. Results are therefore invalid and are provided for information only.

Women AGTHE98	Women 19-60y lower cereals	Women 19-60y upper cereals	Women 60+y lower cereals	Women 60+y upper cereals	Pregnant lower cereal/veg	Pregnant upper cereal/veg	Lactating lower cereals	Lactating upper cereals
Nutrients								
Energy, excluding dietary fibre (kJ)	6221.7	10159.3	6221.7	8583.5	7190.0	8881.4	8882.6	10454.5
Energy, including dietary fibre (kJ)	6472.1	10535.4	6472.1	8909.4	7497.4	9254.5	9277.8	10900.1
Protein (g)	77.5	108.1	77.5	95.9	91.2	104.9	113.2	125.4
Fat, total (g)	37.2	59.4	37.2	50.5	41.0	50.5	49.9	58.7
Carbohydrate, total (g)	209.6	363.5	209.6	301.9	245.3	310.9	304.1	365.6
Sugars, total (g)	81.6	99.0	81.6	92.0	114.2	123.2	138.2	145.2
Starch (g)	126.9	263.4	126.9	208.8	129.1	185.6	163.3	217.9
Dietary Fibre (g)	33.2	49.2	33.2	42.8	40.2	48.8	52.0	58.4
Alcohol (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Saturated fatty acids, total (g)	13.0	18.3	13.0	16.2	14.2	16.5	16.7	18.8
Monounsaturated fatty acids, total (g)	11.8	18.5	11.8	15.8	13.2	16.2	16.3	18.9
Polyunsaturated fatty acids, total (g)	9.3	17.7	9.3	14.3	9.8	13.4	12.3	15.6
Linoleic acid (g)	8.4	16.2	8.4	13.0	8.7	12.0	10.8	13.9
Alpha linolenic acid (g)	0.7	1.3	0.7	1.1	0.8	1.1	1.0	1.2
LC n-3 fatty acids, total (mg)	142.2	142.3	142.2	142.2	209.7	209.8	277.4	277.4
Vitamin A expressed as retinol equivalents (ug)	1283.6	1449.3	1283.6	1382.7	1370.2	1589.9	1853.8	1919.1
Preformed Vitamin A (retinol) (ug)	252.0	400.7	252.0	341.0	265.4	325.1	308.4	367.0
Provitamin A as beta-carotene equivalents (ug)	6199.4	6299.3	6199.4	6259.2	6646.5	7604.5	9291.8	9331.2
Thiamin (mg)	1.4	2.7	1.4	2.2	1.6	2.1	2.0	2.5
Riboflavin (mg)	2.0	2.7	2.0	2.4	2.2	2.5	2.6	2.9
Niacin equivalents, total (mg)	40.1	59.9	40.1	52.0	46.2	55.1	57.7	65.7
Folate, total (ug)	425.8	591.7	425.8	525.3	510.2	594.3	626.6	692.9
Folate, dietary folate equivalents (ug)	673.7	1149.5	673.7	959.2	758.1	966.2	936.5	1126.8
Vitamin C (mg)	125.0	126.2	125.0	125.7	170.4	187.2	226.6	227.1
Vitamin D (ug)	2.3	3.3	2.3	2.9	2.6	3.0	3.1	3.4
Vitamin E (mg)	7.1	11.3	7.1	9.6	8.5	10.6	10.9	12.5
Calcium (mg)	899.1	1201.1	899.1	1080.3	942.0	1077.5	1060.9	1181.7
Iron (mg)	10.7	17.4	10.7	14.7	12.3	15.4	15.8	18.5
Iodine (ug)	176.7	275.1	176.7	235.7	184.5	224.4	212.1	251.5
Magnesium (mg)	333.1	512.5	333.1	440.7	382.2	466.2	476.1	547.8
Phosphorus (mg)	1409.4	2019.0	1409.4	1775.2	1565.1	1843.6	1894.2	2138.1

Women AGTHE98 cont	Women 19-60y lower cereals	Women 19-60y upper cereals	Women 60+y lower cereals	Women 60+y upper cereals	Pregnant lower cereal/veg	Pregnant upper cereal/veg	Lactating lower cereals	Lactating upper cereals
Potassium (mg)	3308.5	4024.2	3308.5	3737.9	4025.8	4539.8	5104.1	5390.4
Sodium (mg)	1222.6	2181.9	1222.6	1798.1	1275.1	1673.7	1545.2	1928.6
Zinc (mg)	10.7	14.8	10.7	13.1	12.8	14.7	16.1	17.7
Cholesterol (mg)	139.6	145.8	139.6	143.3	189.4	191.9	240.5	243.0
Selenium (ug)*	54.3	80.5	54.3	70.0	65.0	76.4	82.4	92.8
Vit B6 (mg)*	1.5	1.9	1.5	1.7	1.8	2.1	2.3	2.4
Vit B12 (ug)*	4.5	4.9	4.5	4.7	5.2	5.3	5.9	6.0



Below average RDI

Below RDI; for one subgroup or top RDI range

Below both RDI and EAR

* Incomplete dataset available for selenium, vitamin B6 and vitamin B12. Results are therefore invalid and are provided for information only.

Men AGTHE98	Men 19-60y lower cereal	Men 19-60y upper cereal	Men 60+ lower cereal	Men 60+ upper cereal
Energy, excluding dietary fibre (kJ)	7767.4	12487.1	6191.7	10129.2
Energy, including dietary fibre (kJ)	8064.9	12935.5	6438.8	10502.1
Protein (g)	88.9	125.6	76.7	107.3
Fat, total (g)	45.9	72.3	37.1	59.2
Carbohydrate, total (g)	270.6	455.3	209.0	362.9
Sugars, total (g)	88.7	109.7	81.8	99.2
Starch (g)	180.7	344.5	126.1	262.6
Dietary Fibre (g)	39.2	58.3	32.8	48.8
Alcohol (g)	0.0	0.0	0.0	0.0
Saturated fatty acids, total (g)	15.1	21.5	12.9	18.3
Monounsaturated fatty acids, total (g)	14.5	22.5	11.8	18.5
Polyunsaturated fatty acids, total (g)	12.5	22.5	9.1	17.5
Linoleic acid (g)	11.4	20.7	8.2	16.0
Alpha linolenic acid (g)	0.9	1.6	0.7	1.3
LC n-3 fatty acids, total (mg)	142.2	142.3	142.2	142.3
Vitamin A expressed as retinol equivalents (ug)	1358.5	1555.6	1292.0	1457.6
Preformed Vitamin A (retinol) (ug)	311.7	488.5	252.0	400.7
Provitamin A expressed as beta-carotene equivalents (ug)	6289.7	6408.6	6249.6	6349.5
Thiamin (mg)	1.9	3.4	1.4	2.6
Riboflavin (mg)	2.3	3.2	2.0	2.7
Niacin equivalents, total (mg)	47.9	71.7	39.9	59.8
Folate, total (ug)	487.0	686.1	420.7	586.5
Folate dietary folate equivalents (ug)	858.9	1429.8	668.6	1144.4
Vitamin C (mg)	127.7	129.1	127.2	128.4
Vitamin D (ug)	2.7	3.8	2.3	3.3
Vitamin E (mg)	8.8	13.8	7.1	11.3

Men AGTHE98 cont	Men 19-60y lower cereal	Men 19-60y upper cereal	Men 60+ lower cereal	Men 60+ upper cereal
Magnesium (mg)	400.5	615.7	328.7	508.1
Phosphorus (mg)	1642.5	2374.0	1398.7	2008.2
Potassium (mg)	3588.1	4446.9	3301.9	4017.5
Sodium (mg)	1605.8	2756.3	1222.0	2181.3
Zinc (mg)	12.2	17.2	10.6	14.7
Cholesterol (mg)	142.1	149.5	139.6	145.8
Selenium (ug)*	64.4	95.9	53.9	80.1
Vit B6 (mg) *	1.7	2.1	1.5	1.9
Vit B12 (ug)*	4.7	5.1	4.5	4.9
	Nutrients below average RDI			
	Nutrients below RDI; for one subgroup or top RDI range			
	Nutrients below both RDI and EAR			

* Incomplete dataset available for selenium, vitamin B6 and vitamin B12. Results are therefore invalid and are provided for information only.

Appendix 4: Overseas food guides; modelling approaches and recommendations

A4.1 US approach to modelling their national food guide¹ (My Pyramid)

Between 2003 and 2006, the US updated their food guidance system to bring it in line with their new Dietary Reference Intakes (DRIs) that were being published at that time. This revision resulted in the release of the electronically-based, MyPyramid food guide¹

The process is outlined below:

The early modelling was undertaken before the completion of the US: Canadian DRIs so they had to establish relevant energy levels.

Step 1. Set Energy Levels

Energy levels were based on estimated energy requirements (EER) formulae using standard reference body sizes and a sedentary physical activity level (PAL 1.4) to meet a wide range of energy (calorie) needs of various age/gender groups. They determined that food patterns were needed at energy levels ranging from 1000 to 3200 calories (about 4000-13000kJ). Sedentary in this guide means a lifestyle that includes only the physical activity of independent living.

To meet differing needs, 12 energy levels in 200-calorie increments within this range were selected for the development of food intake patterns and they assigned one target energy level for each age/gender group that matched closest to the EER for that age and gender group.

e.g. for Men 35-40yrs

Age	EER*	Chosen energy level for group
35yr	2397	2200
40yr	2350	
45yr	2302	
50yr	2254	

* using standard reference body size and sedentary activity level

Step 2. Set Nutrient Goals

Based on Dietary Reference Intake (DRI) standards if available. Used RDI and AIs for modelling within AMDR.

Step 3. Establish Food Groupings

Based on nutrient content, use in meals, and familiarity – major food groups used were cereals, fruits, vegetables, meats and alternatives, milks and alternatives, unsaturated fats and oils. Sub-major food groups were retained for grains (whole and

refined) and vegetables (dark-green vegetables, orange vegetables, dry beans and peas, starchy vegetables, and other vegetables).

An allowance for oils and soft margarines was included in the food intake patterns because these foods were identified as the primary sources of essential fatty acids and vitamin E for Americans.

Step 4. Calculate Nutrient Composition of each of the food groups

The nutrient compositions were derived from a survey-based, consumption-weighted average nutrient content for foods in each major and sub-major food group.

Step 5. Determine Food Intake Patterns that will meet the nutrient goals

This was an iterative modelling process to identify food group amounts that met nutrient goals within the 12 energy bands ranging from 1000-3200 kcals. The developers first assessed the base need (energy needed to attain RDI); then set a discretionary allowance for each group and then made up the difference with additional servings from food groups.

Table A4.1. US food serve recommendations for 12 different energy bands

Energy Level of Pattern	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200	kcals
	4182	5016	5852	6508	7524	8360	9196	10032	10868	11704	12540	13376	kJ
Daily Amount of Food (vegetable subgroup amounts are per week)													
Fruits cup/d	1	1	1½	1½	1½	2	2	2	2	2½	2½	2½	
Vegetables cup/d	1	1½	1½	2	2½	2½	3	3	3½	3½	4	4	
Dark-green vegetables c/wk	1	1½	1½	2	3	3	3	3	3	3	3	3	
Orange vegetables c/wk	½	1	1	1½	2	2	2	2	2½	2½	2½	2½	
Dry beans and peas c/wk	½	1		2½	3				3½				
Starchy vegetables c/wk	1½	2½	2½	2½	3	3	6	6	7	7	9	9	
Other vegetables c/wk	4	4½	4½	5½	6½	6½	7	7	8½	8½	10	10	
Grains oz equiv	3	4	5	5	6	6	7	8	9	10	10	10	
Whole grains oz equiv	1½	2	2½	3	3	3	3½	4	4½	5	5	5	
Refined grains	1½	2	2½	2	3	3	3½	4	4½	5	5	5	
Meat and Beans oz equiv	2	3	4	5	5	5½	6	6½	6½	7	7	7	
Milk cup/day	2	2	2	3	3	3	3	3	3	3	3	3	
Oils g/day	15	17	17	22	24	27	29	31	34	36	44	51	
Discretionary calorie allowance	165	171	171	132	195	267	290	362	410	426	512	648	

A4.2 The Canadian approach to modelling the Rainbow Food Guide²

The work to inform the revision of the Canadian Food Guide included modelling of food intake patterns. Modelling tested combinations of types and amounts of food until a pattern was found that met the nutrient requirements of most Canadians and contributed to a reduced risk of chronic disease.

A specially adapted version of the 1997 Canadian Nutrient File (CNF) reflecting the mandatory addition of folic acid to flour and enriched pasta was used as the source of nutrient values for the nutrient content of foods.

A two step process was used.

Step One. Creation of 'composite' foods

Composite foods were created for major food groups or sub-major food groups to be used for modelling, taking data from Statistics Canada's 2001 Food Expenditure Survey (FoodEx). The amounts of these groups were manipulated until a satisfactory pattern was found that met the US; Canadian RDAs (equivalent to our RDI) within the AMDRs. Composites were used to simplify the process of testing different amounts of food groups relative to nutrient standards.

Step Two. Testing with 'real' foods

Using the pattern from Step One, 500 simulated diets were created for each age and gender group using individual foods. For example, if the food intake pattern created in Step One recommended three servings of fruit, four simulated diets may include the following combinations: 1 apple, 1 banana, 1 pear; 1 plum, 1 orange, 1 banana; 3 apples; 1 apple, 2 bananas.

In designing simulated diets, for Step Two the modellers drew on food choices documented in the four most recent provincial food and nutrition surveys (British Columbia, Manitoba, and Ontario surveys for adult data; and the Quebec youth survey for children's data) as no national dataset was available.

The simulated diets were evaluated to see if nutrient requirements were met. When evaluation of simulated diets yielded less than satisfactory results, modelling returned to step one to find a better pattern to test. More than fifty patterns were assessed before a satisfactory pattern was achieved.

Nutrient distributions of simulated diets were assessed relative to the relevant EAR using recommended methodologies.

- For vitamins and minerals with an EAR (folate, magnesium, niacin, phosphorus, riboflavin, thiamin, vitamin A, vitamin B₆, vitamin B₁₂, vitamin C, zinc, and iron), the aim was to have 10% or less of all simulated diets with a nutrient content below the EAR.
- For nutrients with an AI, (calcium, linoleic acid, alpha-linolenic acid, potassium, sodium, fibre, and vitamin D) the median nutrient content of simulated diets was compared to the AI.
- The majority (at least 80%) of simulated diets should have carbohydrate, fat, and protein content within the AMDRs.
- Saturated fat and dietary cholesterol content of simulated diets should be as low as possible. Benchmarks of 10% or less of calories from saturated fat and 300mg or less of cholesterol were used.
- Median energy content of simulated diets should be at or below the median sedentary Estimated Energy Requirements (EERs). These EERs were calculated for each age and sex based on median height, weight derived from the median of normal BMI, and using a sedentary level of activity. A

sedentary level of activity was considered most appropriate so that there was no overestimation of requirements.

In addition to the modelling, a summary of reported associations between foods and chronic diseases was done based on findings from two large reports: The 2003 *WHO/FAO Joint Report on Diet, Nutrition and the Prevention of Chronic Diseases*³ and the 2005 *US Dietary Guidelines Advisory Committee Report*⁴ From this work, the association between specific foods with chronic diseases was examined.

Foods that were assessed included: whole grains, vegetables and fruit, red and processed meats, legumes, nuts, eggs, vegetable oils, fish, energy-dense foods, sweetened beverages, milk products, and salt-preserved foods. These foods were assessed in relation to the risk of some chronic diseases such as overweight/obesity, diabetes, cardiovascular disease, cancer and osteoporosis. This work provided additional information for the development of guidance on specific foods.

Table A4.2. Canadian Guide - Final Number of Food Group Servings for males and females

		2- 3yrs	4- 8yrs	9- 13yrs	14- 18yrs	19- 30yrs	31- 50yrs	51- 70yrs	71+yrs
Vegetables and fruit	M	4	5	6	8	10	8	7	7
	F	4	5	6	7	8	7	7	7
Grain products	M	3	4	6	7	8	8	7	7
	F	3	4	6	6	7	6	6	6
Milk and alternatives	M	2	2	3-4	3-4	2	2	3	3
	F	2	2	3-4	3-4	2	2	3	3
Meat and alternatives	M	1	1	2	3	3	3	3	3
	F	1	1	1	2	2	2	2	2
Unsaturated fat (g)	M	30	30	30	45	45	45	45	45
	F	30	30	30	30	30	30	30	30

Serve sizes used were:

Vegetables and Fruit

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

Grain Products

- 1 slice (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 mL (½ cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 mL (¾ cup) hot cereal

Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese

Meat and Alternatives

- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (¾ cup) cooked beans

2 eggs
30 mL (2 Tbsp) peanut butter

In addition, the following statements were developed to provide guidance on the types of foods to choose. These statements reflect the types of foods used in modelling to achieve acceptable results and were judged to be consistent with findings from the review of reported associations between foods and chronic diseases.

- Eat at least one dark green and one orange vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Have vegetables and fruit more often than juice.
- Make at least half of your grain products whole grain each day.
- Choose grain products that are lower in fat, sugar or salt.
- Select lower fat milk alternatives
- Have meat alternatives such as beans, lentils and tofu often.
- Eat at least two Food Guide Servings of fish each week.
- Select lean meat and alternatives prepared with little or no added fat or salt.
- Include a small amount - 30 to 45 ml (2 to 3 Tbsp) of unsaturated fat each day.

Simulated diets that followed these food intake patterns (including the statements) yielded satisfactory results across all nutrients and macronutrients examined. In particular, for nutrients with an EAR, the prevalence of inadequate nutrient content in simulated diets based on the final food intake patterns was less than ten percent.

The median nutrient content of these simulated diets approximately meets the US: Canadian AI for calcium, alpha-linolenic acid and vitamin D (except for those older than 50 years). Nutrients for which less than perfect results were accepted after discussion with experts and advisors included: linoleic acid, potassium, fibre (particularly for children), vitamin D for those older than 50 years, and sodium.

For sodium, median content of simulated diets was at or above the Tolerable Upper Level for most groups e.g. for adults 19-30yrs the TUL is 2300mg but the median for the diets were 2962mg, 3019mg, 3054mg and 3046mg for the four adult male groups and 2697mg, 2334mg, 2458mg and 2607mg for the four women's group. The picture was similar for children and adolescents.

The assessment of simulated diets relative to macronutrients and energy content yielded satisfactory results.

A4.3 New Zealand⁵

The Ministry of Health in New Zealand has a series of recommendations for food group intakes in children, adults, older adults and for pregnancy and breastfeeding. The amounts and serve sizes recommended are shown in the table below

	Preschool (at least)	Schoolchild up to 12yrs (at least)	Teenager (at least)	Adult (at least)	Pregnant	Breast feeding	Older adults
Vegetables	2	3	3	3	4	4	3
Fruit	2	2	2	2	2	2	2
Breads/cereals	4	5-6	6	6	6	7	6
Lean meats/alts	1	1	1-2		2	2	1
Milk and milk products	2-3	2-3	3	2	3	3	2

Serve sizes used were:

Vegetables: 1 medium potato; half cup cooked vegetable
 Fruit: 1 apple, banana, orange, ½ cup fruit salad, 1 cup fruit juice
 Breads & cereals: 1 medium slice bread, 1 cup pasta, 2 plain sweet biscuits, 1 muffin
 Lean meats, chicken, seafood, eggs, dried beans, peas, lentils; 2 slices cooked meat; 1 egg;
 1 medium steak; ¾ cup dried, cooked beans; 2 drumsticks
 Milk and milk products: 1 glass milk; 2 slices cheese, 1 pot yoghurt

These recommendations were not based on a specific modelling exercise.

A4.4 United Kingdom⁶

The Eatwell Plate guide from the United Kingdom gives one set of recommendations for all ages and genders under the general recommendations to try to eat plenty of fruit and vegetables, plenty of bread, rice, potatoes, pasta and other starchy foods (wholegrain where possible); some milk and dairy foods and some meats, fish, eggs, beans and other non-dairy sources of protein. The guide shows the proportions that should be eaten from the five food groups displayed.

The process used by the UK was based on an agreed core structure of five food groups which was arrived at by “scientific consensus” but tested at a later stage against nutrient recommendations.

The five groups were:

- Breads, other cereals and potatoes (key nutrients, carbohydrates, non-starch polysaccharides (NSP), vitamin B complex, calcium and iron)
- Fruit and vegetables (key nutrients range of vitamins and minerals, NSP and carbohydrates)
- Meat fish and alternatives (key nutrients, protein, iron, B vitamins, zinc, magnesium and, for pulses, NSP)

Milk and dairy foods (key nutrients, calcium, protein, vitamin B12, vitamins A, D, E)
 Fatty and sugary foods (key nutrients, essential fatty acids, fat-soluble vitamins, fat, sugar)

Specific serve information where given is shown below:

Food group	Comment	Serve or portion
Milk and milk products	No comments on amounts; just safety and choosing lower fat options	
Fruit and vegetables	Five a day is a good target	Serve = 80g fruit or vegetables
Starchy foods	Should make up a third of your food	
Fish and shellfish	2 'portions' a week; one of oily fish	Portion not specified
Pulses	Count as vegetables but no more than one serve a day	Serve 3 heaped tablespoons
Meat	No comments on amounts; mainly choosing lean and safety aspects	

Current patterns of intake as well as chronic disease, cultural and social equity issues and flexibility were considered alongside the attainment of the UK Dietary Reference Values.⁷

To be consistent with existing recommendations, the relative proportions between food groups proposed in the 1994 Committee on Medical Aspects of the Food Supply (COMA) report "Nutritional Aspects of Cardiovascular Disease" were initially adopted.⁸ The COMA review group had earlier carried out a computer modelling exercise using the data from the UK National Food Survey on average diets. Out of the many possible permutations, the group identified some general principles of the sorts of dietary changes which would achieve their nutrient and food group recommendations and which would be appropriate for most of the population. Details of the modelling process are not given.

The report's general recommendations were that the average consumption of vegetables, fruit, bread and potatoes at that time in the UK should be increased by 50 per cent; that on average, people should eat one portion of oily fish a week; that people continue to substitute low and reduced fat spreads and dairy foods for the full fat varieties; and that people replace fats rich in saturated fatty acids with fats and oils low in saturates and rich in monounsaturates.

These recommendations were incorporated in the National Food Guide, the Balance of Good Health in which the two food groups, fruit and vegetables, and bread, other cereals and potatoes each provide about one third of the diet. Milk and dairy foods, meat, fish and alternatives and fatty and sugary foods make up the remainder but in unequal proportions.

A4.5 References

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Appendix 5: Linear programming as a tool to derive diets which provide nutrient requirements within minimal dietary energy

What is linear programming?

Simply defined, linear programming is the optimisation of an outcome based on some set of constraints using a linear mathematical model.

More specifically, linear programming, sometimes known as linear optimisation, involves maximising or minimising a linear function over a convex polyhedron specified by linear and non-negativity constraints. Linear programming theory falls within convex optimisation theory and is also considered to be an important part of operations research.

Linear programming is heavily used in microeconomics and business management, either to maximise the income or minimise the costs of a production scheme. Some examples are food blending, inventory management, portfolio and finance management, resource allocation for human and machine resources, planning advertisement campaigns, etc.

Linear programming had its origins in food and nutrition, notably the need, expressed by Nobel Prize winner George Stigler in 1945¹, to identify a mathematical method for designing least-cost, adequate diets. Soon after, in 1947, Danzig formally solved the problem; using the simplex method he had just developed².

Quote from Danzig: "One of the first applications of the simplex algorithm was to the determination of an adequate diet that was of least cost. In the fall of 1947, Jack Alderman of the Mathematical Tables Project of the National Bureau of Standards undertook, as a test of the newly proposed simplex method, the first large-scale computation in this field. It was a system with nine equations in seventy-seven unknowns. Using hand-operated desk calculators, approximately 120 man-days were required to obtain a solution." "The particular problem solved was one which had been studied earlier by George Stigler (who later became a Nobel Laureate) who proposed a solution based on the substitution of certain foods by others which gave more nutrition per dollar. He then examined a "handful" of the possible 510 ways to combine the selected foods. He did not claim the solution to be the cheapest but gave his reasons for believing that the cost per annum could not be reduced by more than a few dollars. Indeed, it turned out that Stigler's solution (expressed in 1945 dollars) was only 24 cents higher than the true minimum per year \$39.69."

This led to the theory of linear programming³. Since then, possibly because of the complex mathematics and time required to undertake the analyses, it has rarely been used in nutrition. With the advent of programs such as SOLVER interest in this approach has been rekindled.

This technique was used to assess the feasibility of the draft NRVs in 2004⁴ and it has also been used in recent years to devise supplementary feeding regimes for infants and toddlers⁵ and to assess the viability of nutrient profiling as a tool in dietary planning⁶.

How can linear programming be used to define diets which provide nutrient requirements within minimal energy expenditure?

If dietary energy is ignored, it is relatively easy to design diets that will conform to a given set of nutrient requirements (both minimal and maximal). Achieving this for a reasonable or minimal energy cost is more complex. Linear programming provides a tool to do this.

Algebraically, if food or food group i ($i = 1 \dots m$) is consumed in fixed amounts s_i grams (called the serving size or portion size), the total daily intake of nutrient j is given by the summation (over i):- $\sum n_i \cdot s_i \cdot c_{ij} / 100$,

where n_i = the number of portions of food/food group i consumed

and c_{ij} is the amount of nutrient j in 100g of food/food group i .

If 100 gm of food/food group i contributes e_i kilojoules of energy to the daily diet, the nutritionist's problem is to choose a set of servings $\{ n_i \geq 0, i = 1 \dots m \}$ from a list of m possible foods/food groups such that the total daily energy intake

$$E = \sum_{i=1}^m n_i \cdot s_i \cdot e_i / 100 \quad (1)$$

is minimised, and such that the Nutrient Reference Values (NRV) for each of the 'nutrients' $j = 1 \dots v$ are all satisfied simultaneously, i.e.,

$$\sum_{i=1}^m n_i \cdot s_i \cdot c_{ij} / 100 \geq \text{NRV}_j, \quad j = 1 \dots v \quad (2)$$

To include consideration of issues such as palatability, cultural norms, chronic disease or environmental sustainability, the program may be additionally constrained to choose no more or no less than some fixed number, v , of any food or group of foods, i.e.

$$\sum_{k \in V} n_k \leq v \quad (3)$$

where V is the set of (say) all vegetable foods.

Since the energy intake to be minimised (1), and the constraints (2) and (3) are all linear in n_i , the problem of identifying a selection of foods (a 'diet') such that all the

daily NRVs are satisfied, is known in Operations Research as a Linear Programming Problem. The total energy intake (1), which is to be minimised subject to the constraints (2) and (3) is often referred to as the Objective Function. Software with limited capacity to solve such problems is distributed as an “Add-In” called ‘Solver’ with standard releases of the Microsoft Office product Excel. A more advanced Excel version of Solver is available from Frontline Systems (Nevada).

In the implementation of the method to minimise energy intake subject to constraints as described above, many solutions yielded number of serves of particular foods which were not whole numbers or integers – and some discretionary rounding was necessary. When choosing a diet for a whole week, these adjustments typically resulted in only small changes in the total energy consumed – and it was felt that the more computing-intensive methods of ‘integer-programming’ which would have circumvented the need to make such adjustments were not warranted.

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Appendix 6: Proportions of foods constituting food groups for composite food group modelling

The following tables show the proportions that each food contributed to the food group for each age/gender. When combined with their nutrient composition these proportions were used for composite food group modelling. The nutrient composition for some of these items (e.g. refined bread) had previously been derived using the relative proportions of different breads such as plain refined bread, rolls, bagel, damper, foccacia, naan, French stick, Italian-style breads, sour dough, cornbread or fruitbread. The proportions were derived from NNS95 for adults and 17-18yr olds and from NCNPAS07 for other children as described in the main document.

	Men				Women			
	19-30y %	31-50y %	51-70y %	70+y %	19-30y %	31-50y %	51-70y %	70+y %
Wholegrain cereals								
Breads wholegrain	40.1	45.1	48.7	52.2	43.6	52.8	49.0	49.0
Breakfast cereal wg	34.0	22.9	16.0	10.6	25.0	18.0	14.5	15.0
Muesli	4.2	7.8	6.2	3.4	6.7	7.0	5.5	4.5
Crumpet/muff wg	0.4	0.6	0.8	0.3	0.5	0.5	0.2	0.0
Pasta wholegrain	1.4	0.2	0.0	0.4	0.7	0.7	0.2	0.0
Rice brown	9.2	5.0	1.4	0.5	1.7	4.0	1.7	0.0
Crispbreads	0.5	0.5	0.3	0.1	0.9	0.8	0.6	0.3
Porridge	10.3	17.5	26.4	32.6	20.5	16	28	31
Oats	0.0	0.4	0.2	0.1	0.4	0.2	0.25	0.2
Refined cereals								
Breads refined	43.7	42.0	44.7	49.2	61.8	38.3	47.9	54.0
Breakfast cereals refined	1.6	2.0	2.2	9.4	0.8	1.4	2.0	2.7
Muffin refined	1.1	0.5	0.3	0.5	0.6	0.8	0.4	0.0
Crumpet refined	0.4	0.7	1.2	1.4	0.4	0.8	1.5	1.2
Pasta refined	25.2	23.6	24.5	12.9	15.3	23.8	13.0	12.5
Rice white	22.8	26.1	19.2	21.7	15.9	28.5	27.4	19.2
Noodles	1.1	1.4	0.7	1.1	3.4	1.8	1.9	2.4
Instant noodles	2.6	1.5	3.7	0.0	1.4	2.8	1.5	0.4
Other refined grains	0.2	0.4	1.0	0.9	0.0	1.0	1.2	2.0
Crispbread	1.4	1.8	2.5	3.0	0.4	0.9	3.1	5.6
Poultry, fish, seafood, eggs, legumes								
Poultry	61.0	44.4	39.5	43.5	57.6	45.9	43.6	42.4
Fish	13.4	21.3	28.0	22.8	17.4	22.1	29.5	28.4
Seafood	5.1	5.3	5.9	8.0	5.5	6.5	6.6	7.4
Egg	13.3	17.8	16.0	16.0	9.9	15.4	13.2	17.2
Legumes	7.2	11.3	10.6	9.6	9.7	10.2	7.1	4.7
Red meats								
Beef	69.8	71.7	65.6	65.3	71.9	66.5	62.1	59.8
Veal	0.6	2.2	2.6	1.4	2.5	2.5	3.1	3.9
Lamb	17.4	14.7	19.6	21.1	15.7	18.6	22.6	24.4
Kangaroo	0.3	0.4	0.2	0.2	0.0	0.3	0.0	0.1
Pork	11.9	11.1	12.1	12.0	9.9	12.2	12.2	11.9
Higher fat Dairy foods								
Milk, sheep	0.0	1.8	1.2	0.0	0.3	4.3	3.0	0.0
Cheeses regular	100.0	98.2	98.8	100.0	99.7	95.7	97.0	100.0
Medium fat Dairy foods								
Milk regular	93.7	90.7	86.7	84.6	89.2	85.7	81.4	78.9
Evaporated milk regular	0.0	0.1	0.2	0.3	0.1	0.0	0.1	0.6
Condensed milk regular	0.0	0.1	0.2	0.1	0.1	0.1	0.1	0.1

	Men				Women			
	19-30y	31-50y	51-70y	70+y	19-30y	31-50y	51-70y	70+y
Yoghurt regular	3.1	2.9	1.3	1.9	3.6	6.6	6.0	5.0
Custard regular	0.9	2.4	6.2	10.7	3.4	2.1	6.0	9.0
Soy milk regular	1.4	2.4	3.1	1.4	1.3	3.1	3.8	1.7
Cheese reduced fat	0.9	1.5	2.4	1.0	2.3	2.4	2.6	4.7
Lower fat Dairy foods								
Milk reduced fat/skim	94.3	91.4	87.4	93.3	91.1	86.0	86.4	88.4
Evaporated milk reduced fat	0.0	0.1	0.1	0.0	0.0	0.1	0.3	0.2
Condensed milk reduced fat	0.4	0.0	0.0	0.2	0.0	0.0	0.0	0.0
Yoghurt reduced fat	4.8	6.4	10.2	4.7	8.1	11.3	11.1	8.0
Custard reduced fat	0.0	0.0	0.3	0.6	0.0	0.0	0.1	0.8
Cheese very low fat	0.5	0.7	0.7	0.5	0.5	0.8	0.9	1.4
Soy milk reduced fat	0.0	1.5	1.3	0.7	0.3	1.7	1.3	1.1
Green and brassica								
Broccoflower	0.1	0.2	0.0	0.0	0.1	0.1	0.2	0.0
Broccoli	19.1	18.8	14.4	17.4	15.6	18.7	16.7	13.9
Brussels	0.9	1.5	2.1	2.2	2.3	1.2	1.8	4.0
Cabbage	10.4	8.9	10.9	15.4	6.9	7.6	12.6	10.9
Cauliflower	7.0	8.6	12.7	13.2	20.6	10.7	12.8	14.0
Kale	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0
Asparagus	0.3	1.9	1.8	1.5	1.9	2.0	1.6	1.5
Chives	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0
Lettuce	18.8	17.1	12.5	9.6	18.6	17.5	12.7	13.0
Silverbeet	0.7	1.1	2.7	2.1	0.3	1.2	2.7	6.2
Spinach/Rocket	1.4	2.2	2.6	0.8	2.8	3.2	2.3	2.4
Green bean	10.8	10.8	13.8	17.2	10.0	11.6	13.0	15.9
Green peas	22.9	19.2	19.3	16.7	15.6	16.2	15.5	13.5
Salad cabbage	6.2	7.3	5.1	3.4	3.0	7.9	5.9	4.4
Basil	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Endive	0.0	0.3	0.6	0.1	0.1	0.1	0.5	0.0
Parsley/cress	0.2	0.1	0.3	0.3	0.1	0.3	0.1	0.2
Snowpea	1.3	1.7	1.1	0.3	2.2	1.6	1.7	0.2
Orange vegetables								
Orange sweet potato	1.8	3.0	3.8	5.4	1.3	3.5	4.3	5.3
Carrot	64.2	60.2	53.5	41.8	63.5	55.0	51.2	39.2
Pumpkin	34.0	36.8	42.7	52.8	35.1	41.5	44.5	55.5
Starchy vegetables								
Potato	94.5	94.2	95.3	96.0	92.8	92.9	94.2	95.2
Sweet potato	0.3	1.2	1.3	2.0	0.3	1.2	1.9	3.0
Sweet Corn	5.2	4.6	3.4	2.0	6.9	5.9	3.9	1.8
Cassava	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0

	Men				Women			
	19-30y	31-50y	51-70y	70+y	19-30y	31-50y	51-70y	70+y
Other vegetables								
Beetroot	2.7	3.5	3.0	4.9	2.6	3.1	3.4	3.3
Parsnip	0.5	0.7	2.0	1.6	0.3	0.6	1.8	1.9
Radish	0.0	0.1	0.2	0.1	0.0	0.0	0.3	0.2
Swede	0.1	0.4	1.1	1.1	0.4	0.7	0.8	1.9
Turnip	0.2	0.3	0.8	1.0	0.1	0.3	0.8	0.8
Alfalfa	0.3	0.4	0.3	0.2	0.4	0.6	0.3	0.1
Broad	0.3	0.6	0.9	1.8	0.2	0.1	1.3	1.4
Bean sprout	0.0	1.7	0.8	0.2	1.2	1.1	0.5	0.2
Celery	2.8	2.4	3.7	4.3	2.0	3.2	3.6	4.3
Fennel	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0
Snowpea sprout	0.0	0.2	0.1	0.0	0.1	0.3	0.1	0.0
Tomato	43.1	45.9	45.1	48.3	40.7	44.9	44.8	47.8
Squash	0.5	1.4	0.3	0.4	1.4	1.0	0.3	0.0
Zucchini/marrow	4.1	3.8	4.0	2.5	6.0	5.1	4.1	3.0
Avocado	3.5	2.9	2.0	0.9	4.1	4.8	2.8	3.1
Capsicum	6.5	5.6	4.6	4.9	5.8	5.2	3.5	2.7
Choko	0.2	0.2	0.8	1.5	0.5	0.5	0.7	2.3
Cucumber	4.0	5.1	6.0	5.7	7.0	7.4	8.7	6.8
Eggplant	0.7	0.8	0.6	2.2	0.4	1.2	1.5	0.1
Butter bean	0.1	0.1	0.3	0.2	0.0	0.3	0.2	0.0
Artichoke	0.1	0.1	0.0	0.0	0.1	0.2	0.2	0.0
Mushroom	5.5	5.0	5.1	2.2	6.8	4.4	4.3	2.6
Garlic	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1
Leek	0.0	0.2	0.1	0.3	0.3	0.2	0.2	0.3
Onion	11.9	8.7	10.1	11.2	7.6	7.0	6.8	7.9
Spring onion	0.6	0.4	0.1	0.5	0.3	0.4	0.6	0.1
Shallot	0.2	0.2	0.1	0.1	0.3	0.3	0.3	2.7
Mixed vegetables	11.8	9.3	7.8	4.4	11.2	7.2	7.9	6.4
Legumes								
Bean	64.6	48.0	62.4	90.9	47.9	60.0	72.7	78.1
Chickpea	9.9	10.9	22.1	1.1	23.1	5.2	3.4	7
Split pea	0.5	0.6	4.2	3.9	0.3	2.7	4.4	5.2
Lentil	24.2	29.0	8.3	4.1	16.4	17.4	17.2	9.7
Tofu	0.8	11.4	2.9	0.0	12.3	14.7	2.3	0
Fruit								
Apple	24.3	27.9	22.2	23.5	27.7	26.8	22.0	21.0
Pear/Quince	7.4	10.2	8.1	9.4	5.2	5.1	8.3	8.9
Berries	1.3	1.2	1.3	1.4	1.9	2.1	1.7	1.4
Orange mand	15.3	13.1	13.2	12.3	12.8	11.1	12.5	12.0
Other citrus	0.0	0.6	1.1	1.5	0.5	1.0	1.7	2.4
Stone fruit	5.9	10.4	14.0	17.0	9.7	12.2	14.7	13.9
Cheery	0.0	0.2	0.2	0.2	0.4	0.2	0.0	0.0
Banana	21.3	17.5	15.3	17.1	19.1	17.4	15.6	20.3
Pineapple	0.7	1.5	1.6	2.3	2.5	1.3	1.5	1.8
Guava	0.0	0.0	0.1	0.3	0.0	0.0	0.2	0.0
Mango	2.8	1.5	2.1	1.3	0.7	1.9	1.6	1.1
Pawpaw	0.3	0.3	0.5	1.0	0.5	0.5	1.2	1.0
Rambutan	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Date	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0

	Men				Women			
	19-30y	31-50y	51-70y	70+y	19-30y	31-50y	51-70y	70+y
Feijoa	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
Fig	0.0	0.2	0.4	0.0	0.0	0.1	0.3	0.0
Grape	5.1	5.3	6.0	3.2	4.4	5.7	5.2	4.5
Melon	4.4	2.6	3.2	4.6	2.3	3.8	4.7	3.6
Kiwi	0.9	0.9	0.6	0.4	1.2	1.2	1.4	1.0
Lychee	0.1	0.1	0.0	0.0	0.0	0.0	0.2	0.0
Passionfruit	0.2	0.2	0.1	0.1	0.0	0.1	0.2	0.1
Persimmon	0.0	0.1	0.4	0.0	0.4	0.0	0.0	0.0
Rhubarb	0.1	0.2	1.4	0.3	0.1	0.3	0.4	1.1
Watermelon	5.3	2.2	3.6	1.6	6.6	6.1	3.6	2.3
Mixed	0.6	0.4	0.2	0.4	0.3	0.1	0.2	0.2
Fruit salad	4.2	3.6	4.2	2.1	3.5	2.9	2.9	3.3
Nuts and seeds								
Pumpkin seed	0.0	0.8	2.5	3.7	0.0	0.9	1.5	0.3
Sunflower seed	0.0	0.7	0.0	1.3	3.9	1.7	4.0	1.5
Sesame seed	0.8	1.8	0.7	0.6	1.4	1.7	1.2	1.1
Mixed seed	0.0	0.1	1.0	0.0	0.0	0.6	0.2	0.5
Peanut	47.2	61.7	53.4	54.4	46.2	42.1	35.9	53.3
Almond	9.9	7.2	7.0	7.0	7.4	15.3	14.4	4.8
Brazil nut	0.6	1.7	0.0	0.0	0.0	0.2	0.7	0.0
Cashew	14.7	10.0	12.9	4.0	22.6	8.2	18.7	1.5
Hazelnut	0.0	0.7	0.6	0.0	0.2	0.4	0.0	0.0
Chestnut	3.0	0.0	2.8	0.0	0.0	0.0	5.5	0.0
Macadamia	1.7	0.1	0.3	2.8	4.6	1.0	0.5	3.8
Mixed nuts	10.9	10.4	14.6	22.7	8.3	19.3	14.3	20.0
Pecan	0.8	0.5	0.7	0.7	0.2	1.2	0.2	1.0
Pine nuts	0.0	1.0	0.0	1.2	0.4	0.8	0.9	0.0
Pistachio	10.4	2.2	2.4	0.2	2.9	3.5	0.3	0.0
Walnut	0.0	1.1	1.2	1.3	1.8	3.2	1.7	12.3

	2-3y	4-8 y	Boys		
	%	%	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Wholegrain cereals					
Wholemeal crispbread	1.5	1.5	1.2	1.3	1.0
Wholegrain bread	47.3	49.3	35.6	38.8	36.8
Rice, brown	1.0	2.4	2.4	6.7	2.8
Pasta wholemeal	1.5	4.4	2.6	1.5	0.0
Wholegrain breakfast cereal	25.9	29.9	32.1	40.3	43.5
Porridge, rolled oats	15.8	8.6	17.1	9.0	15.5
Oats dried	7.0	4.0	9.0	2.4	0.3
Refined cereals					
Refined muffins, crispbreads, crumpets	7.2	6.0	5.1	4.0	2.5
Refined bread	32.0	37.4	32.6	36.2	37.3
Rice, white	14.8	13.4	18.9	18.5	17.0
Refined noodles	5.9	6.3	9.8	5.7	5.2
Refined pasta	34.2	29.2	24.7	27.9	31.3
Refined breakfast cereals all	5.1	6.7	7.4	6.7	6.4
Other refined cereals	0.8	0.9	1.4	1.0	0.2
Poultry, fish, seafood, eggs, legumes					
Poultry	48.8	52.2	62.0	69.1	65.4
Fish	21.2	16.8	15.5	10.7	11.4
Seafood	2.8	4.2	2.3	2.0	4.4
Egg	15.5	16.0	11.1	9.8	12.4
Legumes	11.7	10.8	9.1	8.4	6.4
Red meats					
Beef	74.4	79.8	72.9	76.1	87.9
Lamb	16.8	14.1	15.5	15.1	4.7
Veal	0.9	0.1	1.7	0.0	0.8
Venison	0.0	0.0	0.0	0.0	0.0
Kangaroo	0.0	0.0	0.2	0.0	2.0
Pork	7.9	5.9	9.7	8.9	4.6
Higher fat Dairy foods					
Milk, sheep	0.0	0.0	0.0	0.0	0.0
Yoghurt, full fat, Greek style	3.8	3.2	22.2	6.4	20.5
Custard, egg, vanilla, baked	1.2	0.0	5.0	0.0	0.0
Cheese, most regular cheeses	95.0	96.8	72.8	93.6	79.5
Medium fat Dairy foods					
Milk, regular fat	84.4	85.5	92.1	92.1	97.1
Milk, goat	0.4	0.0	0.0	0.0	0.0
Yoghurt, regular or extra creamy	8.8	8.4	3.6	3.8	1.1
Custard, regular fat	3.0	3.7	1.6	0.6	1.3
Milk, evaporated, regular	0.0	0.0	0.0	0.0	0.0
Milk, condensed, regular	0.0	0.0	0.0	0.0	0.0
Cheese, reduced fat	0.9	1.3	1.2	1.7	0.5
Soy milk regular	2.5	1.0	1.6	1.8	0.0
Soy yoghurt regular	0.1	0.1	0.0	0.0	0.0
Buttermilk, cultured, 2% fat	0.0	0.0	0.0	0.0	0.0
Lower fat Dairy foods					
Milk, cow, fluid, reduced fat (~1%)	60.1	70.5	78.2	74.6	54.8
Milk, cow, fluid, skim (~0.15% fat)	5.1	11.8	9.2	13.5	39.3
Yoghurt, reduced/ low fat	23.1	12.4	9.3	8.8	3.9
Cheese, very low fat	0.8	0.8	0.2	0.6	0.4

	Boys				
	2-3y	4-8 y	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Custard, reduced fat	0.3	0.2	1.1	0.1	0.0
Milk, canned, evaporated, skim (<0.5% Fat)	0.0	0.4	0.0	0.1	0.0
Milk, canned, condensed, skim (~0.2% fat)	0.0	0.1	0.0	0.0	0.0
Soy milk reduced, low fat	8.8	3.8	1.9	2.3	1.6
Soy yoghurt, reduced fat	1.8	0.0	0.1	0.0	0.0
Nuts and seeds					
Almond nut	4.7	0.3	4.2	11.4	0.0
Brazil nut	0.0	1.2	0.3	0.0	0.0
Cashew nut	16.9	28.4	6.0	7.0	0.0
Chestnut	0.0	0.0	0.0	0.0	0.0
Hazelnut	0.0	0.0	0.0	0.0	0.0
Macadamia nut	1.0	0.0	0.0	1.8	0.0
Pecan nut	2.3	0.3	0.0	0.0	0.0
Pine nut	1.5	0.0	0.1	0.5	0.0
Pistachio nut	1.4	5.4	1.1	4.5	0.0
Walnut	1.8	1.6	0.0	2.8	0.0
Peanut	67.2	62.7	85.1	70.5	100.0
Nuts, mixed	0.0	0.0	0.0	0.0	0.0
Linseed or flaxseed	0.0	0.0	0.0	0.0	0.0
Mixed seeds	0.0	0.0	0.0	1.6	0.0
Poppy seeds	0.0	0.0	0.0	0.0	0.0
Pumpkin seeds	1.3	0.0	0.0	0.0	0.0
Sesame seeds	0.1	0.0	2.3	0.0	0.0
Sunflower seeds	1.7	0.0	1.0	0.0	0.0
Fruit					
Apple	32.0	38.8	37.3	40.4	32.4
Pear	4.7	4.3	4.4	4.7	4.8
Berries	3.7	3.6	1.8	1.9	0.4
Oranges/mandarins	11.8	13.9	13.7	16.9	26.3
Other citrus	0.1	0.0	0.0	0.4	0.0
Stone fruit	1.9	2.2	3.0	2.2	4.3
Grape	5.0	4.9	6.1	2.5	4.6
Melon	2.9	2.1	3.0	1.7	3.0
Cherry	0.0	0.5	0.0	0.0	0.0
Banana	20.7	18.1	15.1	18.3	11.7
Pineapple	0.5	1.5	2.7	2.3	2.1
Mango	0.4	0.0	0.6	0.6	0.0
Pawpaw (papaya)	0.0	0.0	0.1	0.0	0.0
Kiwifruit, hayward	0.3	0.3	0.7	0.4	0.0
Kiwifruit, other	0.2	0.0	0.2	0.1	2.7
Lychee	0.0	0.1	0.0	0.0	0.0
Rambutan	0.0	0.0	0.0	0.0	0.0
Feijoa	0.0	0.0	0.0	0.0	0.0
Fig	0.0	0.0	0.0	0.0	0.0
Passionfruit	0.5	0.0	0.3	0.2	0.1
Persimmon	0.2	0.2	0.0	0.0	0.0
Pomegranate	0.0	0.0	0.0	0.0	0.0
Watermelon	10.2	7.2	6.4	4.4	1.9
Guava	0.0	0.0	0.1	0.0	0.0
Rhubarb	0.1	0.0	0.1	0.0	1.2
Fruit salad	3.2	1.6	3.5	2.5	4.4

	Boys				
	2-3y	4-8 y	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Mixed fruit	1.6	0.7	0.6	0.2	0.0
Legumes					
Beans	70.1	69.3	56.4	55.2	93.6
Chickpea	2.2	4.0	3.9	2.9	0.5
Lentil	16.3	20.4	25.2	16.6	0.0
Split Pea	3.7	0.0	10.1	3.7	0.0
Tofu	7.8	6.3	4.6	21.6	5.9
Green and brassica					
Spinach, water	0.0	0.0	0.0	0.0	0.0
Spinach	2.1	1.8	5.4	4.9	0.0
Chicory	0.0	0.0	0.0	0.0	0.0
Asparagus	0.5	0.0	0.5	0.3	0.2
Silverbeet	0.0	0.9	0.0	0.3	0.0
Chives, raw	0.0	0.0	0.0	0.0	0.0
Lettuce, cos, raw	0.0	0.0	0.0	0.0	0.0
Lettuce, mignonette	0.0	0.0	0.0	0.0	0.0
Green pea	25.8	19.3	19.8	19.6	22.7
Green beans	12.7	12.0	13.6	14.7	16.2
Cabbage, bok choy	1.4	0.4	3.1	2.9	0.0
Cabbage, savoy	0.0	0.0	0.0	0.0	0.0
White cabbage	2.8	2.1	4.8	9.3	7.4
Cauliflower	15.5	13.6	12.4	9.6	16.0
Kale	0.0	0.0	0.0	0.0	0.0
Ave broccoli	31.0	30.9	22.8	16.1	18.7
Ave broccoflower	0.0	0.7	0.0	0.0	0.0
Brussels sprout	0.3	0.2	0.6	0.2	0.0
Red cabbage	0.0	2.1	0.3	0.8	0.0
Lettuce, iceberg	0.0	0.0	0.0	0.0	0.0
Seaweed	0.0	0.0	0.0	0.2	0.0
Snowpea	1.6	2.0	1.3	1.3	0.5
Basil	0.2	0.1	0.1	0.4	0.0
Parsley/cress	0.2	0.2	0.2	0.5	0.0
Lettuce, raw, not further specified	2.9	13.6	15.0	18.9	18.2
Orange vegetables					
Carrot	65.2	72.1	59.7	61.8	58.1
Orange Sweet potato	13.8	7.6	10.5	18.5	2.6
Pumpkin	21.0	20.3	29.8	19.7	39.3
Other vegetables					
Beetroot	2.5	1.5	2.2	1.7	1.0
Celeriac	0.0	0.0	0.0	0.0	0.0
Parship	0.3	0.2	0.5	0.2	0.0
Radish	0.0	0.0	0.0	0.0	0.0
Swede	1.1	0.6	0.4	0.0	2.3
Turnip	0.2	0.1	0.3	0.4	2.1
Bamboo shoot	0.0	0.0	0.0	0.0	0.0
Celery	2.7	3.3	3.6	3.3	3.0
Sprout	0.0	0.6	0.0	0.9	0.6
Sprout, snowpea	0.0	0.1	0.0	0.0	0.0
Bean, broad	0.0	0.1	0.0	0.0	0.1
Bean, butter	0.0	0.0	0.0	0.5	0.0
Tomato	46.5	48.5	48.7	52.9	54.4

	Boys				
	2-3y	4-8 y	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Squash	0.6	0.2	0.3	0.1	0.6
Zucchini	7.4	5.4	4.3	1.9	6.2
Avocado	6.9	5.8	6.2	5.7	3.6
Capsicum green	0.7	0.8	3.2	1.5	0.2
Capsicum red	5.3	3.6	4.8	2.3	1.1
Chilli	0.0	0.0	0.1	0.6	0.0
Choko	0.1	0.2	0.0	0.0	0.0
Cucumber	9.4	15.1	8.9	6.2	3.0
Cucumber, lebanese	0.0	0.0	0.0	0.0	0.0
Eggplant	0.9	0.3	1.1	0.3	0.0
Melon, bitter	0.0	0.0	0.0	0.0	0.0
Okra	0.0	0.5	0.0	0.5	0.0
Artichoke	0.0	0.0	0.0	0.0	0.0
Garlic	0.5	0.3	0.4	0.4	0.0
Leek	0.6	0.2	0.4	0.9	0.0
Onion	8.4	6.9	10.3	15.2	16.5
Spring onion	0.1	0.2	0.3	0.6	0.0
Shallot	0.2	0.0	0.2	0.3	0.6
Mushroom	5.4	5.5	3.7	3.2	4.5
Ginger	0.0	0.0	0.2	0.2	0.0
Fennel	0.0	0.0	0.0	0.0	0.3
Starchy vegetables					
Potato	82.1	90.7	91.3	91.3	98.9
Cassava	0.0	0.0	0.0	0.2	0.0
Orange Sweet potato	5.0	2.1	2.1	3.4	0.3
Sweet potato	0.0	0.0	0.0	0.0	0.0
Taro	0.0	0.0	0.0	0.1	0.0
Sweetcorn	12.9	7.2	6.6	5.0	0.8

	Girls				
	2-3 y	4-8 y	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Wholegrain cereals					
Wholemeal crispbread	1.4	1.8	1.7	1.5	0.7
Wholegrain bread	46.9	47.9	47.7	48.8	65.5
Rice, brown	4.6	2.6	8.8	4.2	0.0
Pasta wholemeal	2.6	3.9	1.6	2.2	4.5
Wholegrain breakfast cereal	21.4	24.5	23.8	24.8	19.6
Porridge, rolled oats	18.9	16.1	10.1	10.3	9.7
Oats dried	4.1	3.2	6.3	8.2	0.1
Refined cereals					
Refined muffins, crispbreads, crumpets	7.6	6.9	5.9	5.8	3.7
Refined bread	29.1	36.2	34.7	32.8	38.0
Rice, white	15.1	14.3	15.7	19.2	19.7
Refined noodles	5.3	8.2	10.5	9.3	5.9
Refined pasta	33.4	27.3	27.5	27.8	27.6
Refined breakfast cereals all	6.1	6.0	4.5	3.4	4.3
Other refined cereals	3.4	1.1	1.1	1.7	0.7
Poultry, fish, seafood, eggs, legumes					
Poultry	47.4	51.5	64.0	59.2	58.3
Fish	21.1	20.5	16.4	15.5	19.3
Seafood	1.6	2.4	2.4	2.1	4.1
Egg	15.5	16.1	11.8	14.4	9.9
Legumes	14.4	9.5	5.4	8.7	8.4
Red meats					
Beef	80.8	69.8	75.3	68.5	70.6
Lamb	11.0	22.9	16.0	15.7	16.0
Veal	0.8	0.9	0.1	0.3	3.5
Venison	0.0	0.0	0.0	0.0	0.0
Kangaroo	0.0	0.0	0.4	0.0	0.0
Pork	7.4	6.3	8.3	15.4	9.9
Higher fat dairy foods					
Milk, sheep	0.0	0.0	0.0	0.0	0.0
Yoghurt, full fat, Greek style	5.1	9.7	6.3	3.3	12.1
Custard, egg, vanilla, baked	0.1	0.0	2.0	0.0	2.4
Cheese, most regular cheeses	94.8	90.3	91.7	96.7	85.6
Medium fat dairy foods					
Milk, regular fat	85.3	83.2	89.7	87.3	92.5
Milk, goat	0.5	1.1	0.4	0.0	0.0
Yoghurt, regular or extra creamy	8.2	8.3	4.8	6.2	5.0
Custard, regular fat	2.5	4.3	2.6	1.8	1.5
Milk, evaporated, regular	0.0	0.0	0.0	0.0	0.0
Milk, condensed, regular	0.0	0.0	0.0	0.0	0.0
Cheese, reduced fat	1.1	1.4	1.7	3.4	1.0
Soy milk regular	2.3	1.5	0.8	1.1	0.0
Soy yoghurt regular	0.0	0.2	0.0	0.0	0.0
Buttermilk, cultured, 2% fat	0.0	0.0	0.0	0.1	0.0
Lower fat dairy foods					
Milk, cow, fluid, reduced fat (~1%)	58.7	63.4	71.1	60.9	59.3
Milk, cow, fluid, skim (~0.15% fat)	13.8	11.2	14.5	18.5	28.0
Yoghurt, reduced/ low fat	17.9	16.9	11.4	16.4	11.4
Cheese, very low fat	0.7	0.2	0.6	0.2	1.3

	Girls				
	2-3 y	4-8 y	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Custard, reduced fat	0.2	0.0	0.5	0.0	0.0
Milk, canned, evaporated skim	0	0	0	.21	0
Milk canned condensed skim	0	0	0	0	0
Soymilk beverages reduced low fat	8.17	7.84	1.74	3.74	0
Soy yoghurt, reduced fat	0.5	0.4	0.1	0.0	0.0
Nuts and seeds					
Almond nut	13.4	9.4	2.6	18.2	3.8
Brazil nut	0.0	0.0	0.0	0.0	0.0
Cashew nut	17.3	25.8	18.8	11.8	1.5
Chestnut	2.4	0.0	0.0	0.0	49.0
Hazelnut	0.0	0.0	0.0	0.4	0.0
Macadamia nut	0.4	0.8	0.0	0.0	0.0
Pecan nut	0.0	0.0	0.9	1.1	0.0
Pine nut	1.1	0.0	2.3	0.0	6.7
Pistachio nut	7.6	4.1	7.3	2.1	0.0
Walnut	0.0	0.0	2.0	0.0	0.0
Peanut	54.6	57.5	59.8	59.1	39.0
Nuts, mixed	0.0	0.0	0.0	0.0	0.0
Linseed or flaxseed	0.0	0.0	0.4	2.7	0.0
Mixed seeds	1.5	1.2	0.0	2.0	0.0
Poppy seeds	0.3	0.0	0.2	0.0	0.0
Pumpkin seeds	0.4	0.0	0.3	0.0	0.0
Sesame seeds	0.2	1.2	4.5	0.1	0.0
Sunflower seeds	0.8	0.0	1.0	2.4	0.0
Fruit					
Apple	32.9	35.6	42.0	37.7	29.4
Pear	4.9	2.9	4.8	4.4	4.2
Berries	5.2	2.2	2.3	1.6	0.4
Oranges/mandarins	11.2	14.0	14.6	20.9	8.9
Other citrus	0.0	0.3	0.0	0.3	0.0
Stone fruit	1.4	3.5	4.0	3.2	16.0
Grape	6.5	7.4	4.6	6.4	1.7
Melon	1.7	3.0	1.7	1.0	2.3
Cherry	0.0	0.0	0.0	0.2	0.0
Banana	23.5	18.9	13.9	13.3	8.5
Pineapple	1.9	1.3	2.8	2.4	0.5
Mango	0.3	0.2	0.0	0.0	0.0
Pawpaw (papaya)	0.1	0.0	0.0	0.0	0.0
Kiwifruit, hayward	1.1	0.9	0.9	1.0	2.7
Kiwifruit, other	0.0	0.0	0.1	0.2	0.0
Lychee	0.0	0.0	0.0	0.0	0.0
Rambutan	0.0	0.0	0.1	0.0	0.0
Feijoa	0.0	0.0	0.0	0.0	0.0
Fig	0.1	0.0	0.0	0.0	0.0
Passionfruit	0.1	0.0	0.1	0.1	0.0
Persimmon	0.1	0.0	0.0	0.1	0.0
Pomegranate	0.0	0.0	0.1	0.0	0.0
Watermelon	5.3	7.6	6.1	5.4	21.2
Guava	0.0	0.1	0.0	0.0	0.0
Rhubarb	0.0	0.1	0.0	0.0	0.0

	Girls				
	2-3 y	4-8 y	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Fruit salad	1.8	1.5	1.6	1.6	4.2
Mixed fruit	1.8	0.4	0.2	0.2	0.0
Legumes					
Beans	54.8	59.0	47.9	56.3	54.6
Chickpea	10.3	14.0	16.0	12.2	40.6
Lentil	27.0	23.5	13.2	19.5	4.8
Split Pea	3.6	0	9	3.2	0
Tofu	4.3	3.6	13.9	8.9	0
Green and brassica					
Spinach, water	0.0	0.0	0.0	0.0	0.0
Spinach	6.3	3.7	3.7	5.8	1.7
Chicory	0.0	0.0	0.0	0.0	0.0
Asparagus	0.4	1.2	0.2	0.3	0.0
Silverbeet	0.4	0.0	0.3	0.3	3.0
Chives, raw	0.0	0.0	0.0	0.1	0.0
Lettuce, cos, raw	0.0	0.0	0.0	0.0	0.0
Lettuce, mignonette	0.0	0.0	0.0	0.0	0.0
Green pea	21.0	21.2	15.1	16.0	16.6
Green beans	12.6	13.6	14.0	15.4	11.7
Cabbage, bok choy	0.2	2.2	1.1	2.6	0.0
Cabbage, savoy	0.0	0.0	0.0	0.0	0.0
White cabbage	3.1	3.5	2.1	6.6	8.0
Cauliflower	21.8	13.7	11.5	11.4	12.0
Kale	0.2	0.0	0.0	0.0	0.0
Ave broccoli	26.3	27.7	18.2	20.1	28.5
Ave broccoflower	0.0	0.3	0.3	0.0	0.4
Brussels sprout	0.0	0.1	0.5	0.9	0.0
Red cabbage	0.0	0.1	0.0	0.0	0.7
Lettuce, iceberg	0.0	0.0	0.0	0.0	0.0
Seaweed	0.0	0.0	0.0	0.0	0.0
Snowpea	1.1	2.2	0.7	1.3	1.8
Basil	0.2	0.4	0.0	0.1	0.0
Parsley/cress	0.2	0.1	0.1	0.2	0.0
Lettuce, raw, not further specified	6.3	10.0	16.1	18.8	15.4
Orange vegetables					
Carrot	48.9	69.9	57.1	54.2	55.5
Orange Sweet potato	17.3	6.4	8.3	7.7	11.2
Pumpkin	33.7	23.7	34.6	38.1	33.3
Other vegetables					
Beetroot	1.8	2.5	3.4	0.6	1.3
Celeriac	0.0	0.1	0.0	0.5	0.0
Parsnip	0.1	0.2	0.3	0.1	0.0
Radish	0.0	0.0	0.0	0.0	0.0
Swede	0.0	0.8	0.0	0.6	0.0
Turnip	0.1	0.2	0.0	0.1	0.0
Bamboo shoot	0.1	0.0	0.1	0.1	0.0
Celery	4.4	2.1	2.3	3.0	2.6
Sprout	0.7	0.0	1.5	0.9	1.9
Sprout, snowpea	0.0	0.0	0.0	0.0	0.6
Bean, broad	0.0	0.0	0.0	0.0	0.0
Bean, butter	0.2	0.6	0.0	0.6	0.0

	Girls				
	2-3 y	4-8 y	9-13 y	14-16 y	17-18 y
	%	%	%	%	%
Tomato	46.1	48.5	50.5	45.2	51.8
Squash	0.0	0.3	0.1	0.6	1.0
Zucchini	4.6	4.0	5.2	2.9	6.0
Avocado	10.3	5.5	4.2	8.3	9.7
Capsicum green	1.4	0.2	1.4	1.6	0.3
Capsicum red	2.4	5.3	4.6	3.5	0.2
Chilli	0.0	0.0	0.2	0.1	0.0
Choko	0.0	0.0	0.3	0.0	0.0
Cucumber	12.2	18.3	12.1	10.2	6.5
Cucumber Lebanese	0	0	0	0	0
Eggplant	0.1	0.2	0.7	1.6	3.1
Melon, bitter	0.0	0.0	0.3	0.0	0.0
Okra	0.0	0.0	0.0	0.0	0.0
Artichoke	0.0	0.0	0.0	0.7	0.1
Garlic	0.3	0.3	0.3	0.8	0.0
Leek	2.2	0.2	0.4	0.3	0.0
Onion	7.5	7.2	8.2	10.8	9.9
Spring onion	0.1	0.0	0.5	1.5	0.2
Shallot	0.1	0.2	0.1	0.2	0.0
Mushroom	5.6	3.2	3.2	5.2	4.8
Ginger	0.0	0.0	0.1	0.2	0.0
Fennel	0.0	0.0	0.0	0.0	0.0
Starchy vegetables					
Potato	80.8	88.8	91.1	93.3	90.2
Cassava	0.0	0.0	0.0	0.0	0.0
Orange Sweet potato	6.5	1.9	2.1	2.0	2.5
Sweet potato	0.0	0.0	0.0	0.0	0.0
Taro	0.0	0.0	0.0	0.0	0.0
Sweet corn	12.7	9.3	6.8	4.6	7.3

Appendix 7: Food groups and equivalents within groups

The food groupings, serve sizes and equivalents used in the AGTHE98 were used as the basis for the revision but some changes were made to make the system more flexible and highlight issues that may need to be addressed in a future guide for specific subgroups.

Variation from the AGTHE98 approach included subdividing several groups such as vegetables, meats and alternatives and dairy foods, relocation of nuts and seeds and changing serve sizes of cereals and meats as discussed in the body of the report.

A7.1 Key or 'distinguishing' nutrients for food groups

The nutrients listed below were considered key or distinguishing nutrients for each of the major food groups based on their nutrient density. The figures in brackets are the % contribution from these food groups to the nutrient from the NNS95 survey (note data not available for all nutrients or food groups).

Some nutrients such as protein are not listed as they are available from several food groups and there is no evidence of deficiency or borderline intakes in the Australian population.

Cereals: fibre (44%), iron (40% but low bioavailability), thiamin (40%), folate (26% before fortification), magnesium (32%), niacin (18%)

Fruit: vitamin C (19% + 26% for juice), folate (45%), fibre (12%), vitamin B6 (not assessed in NNS95)

Vegetables including legumes: vitamin C (40%), vitamin A (particularly *orange*, 37%), folate (particularly *dark green/brassica*; 28%), fibre (26%), potassium (25%), carbohydrate (*starchy veg*).

Red meats: zinc (39% high bioavailability), iron (22% high bioavailability), vitamin B12 (not assessed in NNS), LCn3 (not assessed in NNS)

Poultry, eggs, fish, legumes: zinc (39% high bioavailability), iron (22% poultry, fish, eggs higher bioavailability), vitamin B12 (except legumes), LCn3 (not assessed in NNS)

Milks, yoghurts, cheese: calcium (52%), vitamin B12 (not assessed in NNS95), riboflavin (30%), potassium (15%), vitamin A (13%), zinc (13%)

Unsaturated fats: linoleic acid, alpha-linolenic acids, vitamin D, vitamin A, vitamin E (none assessed in NNS95)

Nuts and seeds: magnesium, potassium, linoleic acid (not specified as group in NNS), some for vitamin E.

A7.2 Equivalents across foods within food groups based on nutrient and energy composition

A7.2.1 Vegetables

The vegetables group contains foods with a wide variety of nutrient composition ranging from higher energy-dense forms such as potatoes or corn or the legumes through to low energy-dense forms such as green leafy vegetables or tomatoes or cucumbers. In the CFG94 analysis that formed the basis of the AGTHE98, potatoes were the dominant component of the composite vegetable category contributing more than 50% to the composite. Although guides such as AGTHE98 recommend variety, the dominance of potatoes in the modelling necessarily leads to higher requirements for the group as a whole. Some health authorities from overseas countries (such as the WCRF) also specifically exclude starchy vegetables from their 'vegetable' recommendations.

To help overcome the variability in high energy per unit weight and nutrient composition within the vegetable group, food modelling was undertaken using subgroups which were devised based on nutrient composition. The groups were the starchy vegetables, the green and brassica vegetables (generally high in folate), the high pro-vitamin A orange vegetables, the legumes with higher protein, iron and zinc and the 'other' vegetables which still provide a range of nutrients but are not specifically high in any one.

For continuity with the AGTHE98 and national health promotion programs, and to encourage variety, the serve size of 75g (half a cup for most vegetables, one cup for leafy vegetables), used by the AGTHE98 was retained for composite food modelling of *Foundation Diets*.

The AGTHE98 stated that the energy range within the vegetable category as a whole was from 75-250kJ. When the vegetables group was divided into subgroups for this revision, the energy content of the resulting composite for dark green vegetables and 'other' vegetables was about 100-110 kJ per serve each; for orange vegetables, 130-140 kJ/serve; for starchy vegetables, 250-270 kJ/serve and for legumes, 330-350kJ/serve (see Table A7.1).

A7.2.2 Fruit

The main distinguishing nutritional features of fruits are dietary fibre, folate and vitamin C. For continuity, the AGTHE98 overall serve size of 150g was retained. The AGTHE98 stated that the fruit category serve size supplied about 300kJ. The composite serve of fruit derived from data from population surveys had about 340-360kJ/serve. For modelling purposes, only fresh fruit was used; dried fruits and fruit juice were not included. A comparison of the energy, dietary fibre, folate and Vitamin C composition of whole fruits, dried fruits and juices is shown in Table A7.2.

Table A.7.1. Average energy content of one serve of the various composite food group

	Serve Size (g)	Ave. kJ per serve	Rounded energy/serve kJ
Eggs, legumes, nuts/seeds (lacto diet only)	210	1627	1600
Nuts/seeds	30	730	750
Medium fat dairy foods	250g equivalent	703	700
Pasta (for Med diets)	120	711	700
Meat and alts minus red	65g red meat equivalent	604	600
Higher fat dairy foods	250g equivalent	613	600
Rice refined (for Asia diets)	120	584	600
Refined cereals/grains	40g bread equivalent	526	550
Red meats (beef, lamb, veal, pork)	65	562	550
Low fat dairy foods	250g equivalent	524	550
Wholegrain cereals/grains	40g bread equivalent	442	450
Legumes	75	334	350
Fruit	150	355	350
Starchy vegetables	75	263	250
Orange vegetables	75	135	150
Green & brassica vegetables	75	105	100
Other vegetables	75	100	100
Additional categories			
Other foods	- (variable weights)	600	
Unsaturated fats and oils	10, 7	268	250 600

Table A7.2. Fruit equivalents	Energy kJ/ serve	Fibre g/ serve	DFE ug/ serve	Vit C mg / serve
Fresh				
Apple	325.5	3.3	75	7.5
Pear/quince	346.5	4.2	0	4.5
Berry	280.5	6	45	39
Orange	273	3.6	42	73.5
Other citrus	211.5	7.05	18	99
Stone	267	3.3	4.5	15
Grape	454.5	4.5	0	7.5
Melon	354	1.65	28.5	46.5
Cherry	375	2.25	7.5	28.5
Banana	526.5	3.45	46.5	15
Pineapple	267	2.7	7.5	25.5
Mango	345	2.25	96	39
Pawpaw	213	3.45	57	90
Kiwi	328.5	5.7	39	106.5
Kiwifruit, unpeeled, raw	282	2.4	0	139.5
Lychee	444	1.95	21	73.5
Rambutan	468	4.2	12	105
Feijoa	270	5.4	73.5	45
Fig	292.5	4.95	9	4.5
Passionfruit	456	20.85	12	27
Persimmon	447	3.9	12	21
Pomegranate	493.5	9.6	9	21
Watermelon	190.5	0.9	0	12
Guava	216	8.1	73.5	364.5
Rhubarb stalk stewed	151.5	3.6	6	9
Salad	352.5	2.025	5.55	6.675
Mixed fruit	361.5	3.15	1.5	4.5
Average 150g fresh serve	333	4.605	25.95	52.95
Dried (for comparison only)				
Currant, dried	350.1	1.8	0	0
Sultana, dried	393.3	1.32	0.9	0
Blueberry, dried	292.5	2.4	3.3	3.6
Cranberry, dried, sweetened	341.1	1.71	0	0
Berries, mixed (strawberry, raspberry, blueberry, blackberry), dried	361.5	7.59	36.9	12.6
Apricot, dried	277.5	2.52	0	0.3
Apricot, dried, stewed	98.7	0.9	0	0
Date, dried	363.6	2.91	3	1.5
Prune (dried plum)	252.3	2.34	1.2	0.6
Apple, dried	373.2	5.01	0	2.7

A7.2 cont	Energy kJ/ serve	Fibre g/ serve	DFE ug/ serve	Vit C mg / serve
Fig, dried	324.6	4.29	3	0
Mango, dried	345.3	2.22	48	7.8
Pawpaw (papaya) dried, sweetened	345	2.49	20.4	12.9
Pineapple, dried, sugar sweetened	384	2.01	2.7	3.6
Mixed fruit, dried	350.1	1.68	0.9	0
Dried fruit mix (raisin or sultana), milk chocolate-coated	506.1	0.9	1.5	0
Average dried 30 g serve	353.4	2.61	7.41	2.79
Juice (for comparison only)				
Juice, apple, home squeezed	288	0.2	64	4
Juice, 94% apple & 6% blackcurrant	324	0	8	104
Juice, 80% apple, 15% mango & 5% banana	342	0.8	64	18
Juice, 94% apple, 5% passionfruit & 1% banana	308	1.6	60	40
Juice, 75% apple, 15% pineapple, 7% guava & 3% coconut, added vitamin C	296	1	56	34
Juice, from concentrate, non-citrus (apple, pear, berries), diluted weaker than 1:3	250	0	10	4
Juice, berry, home squeezed	166	0.4	148	80
Juice, blackcurrant	290	0	8	342
Juice, crushed cranberry & raspberry, with apple, banana & orange	484	5.2	72	32
Juice, goji	288	0.2	64	18
Juice, grape	442	0	4	48
Juice, grapefruit	240	0	10	122
Juice, lemon	186	0.2	26	114
Juice, lemon, home squeezed, added water & sugar	420	0.2	14	62
Juice, lime	182	0.4	16	90
Juice, mangosteen	288	0.2	64	18
Juice, crushed mango & passionfruit, with apple, banana & orange	476	6.4	96	36
Juice, tropical (pineapple, orange, apple, pear & passionfruit juices)	342	0.8	32	28
Juice, tropical (pineapple, orange, apple, pear & passionfruit juices), sweetened	394	0.6	32	30
Juice, orange, sweetened	296	0.2	80	52
Juice, orange, home squeezed	278	0.4	44	70
Juice, 73% orange & 27% apple, pineapple & grape juices	280	0	14	84

	Energy kJ/ serve	Fibre g/ serve	DFE ug/ serve	Vit C mg / serve
Juice, 95% orange & 5% mango juices	304	0.6	40	132
Juice, 95% orange & 5% mango juices, sweetened	332	0.6	40	132
Juice, 92% orange & 5% passionfruit juices, sweetened	344	1.8	70	114
Juice, orange, apple & berry, home squeezed	248	0.4	82	50
Juice, orange, apple & berry, home squeezed, added water	148	0.2	50	30
Juice, pear	422	0	4	10
Juice, pineapple, home squeezed, added water	220	0	10	14
Juice, crushed pineapple, orange & mango	380	3.8	64	62
Juice, prune	440	5.6	0	8
Juice, crushed strawberry & banana, with apple & orange	430	4	104	38
Average juice 200 g serve	316	1.118	45.3	63.12

Comparison /serve	Energy/ serve	Fibre/ serve	DFE/ serve	Vit C/ serve
Average 150g fresh serve	333	4.6	26	53
Average 200 g juice serve	316	1.1	45	63
Average 30 g dried serve	353	2.6	7.5	3

The role of fruit juice and dried fruit

Table A7.2 shows the nutrient content per serve for an energy equivalent serve of dried fruits and juice compared to fresh fruit. The US undertook an extended analysis of the value of fruit juice compared to whole fruit when developing *My Pyramid* and concluded it had a place in this category. They stated that although it did not provide as much fibre, it was a good source of the key nutrient vitamin C and, for orange juice, folate and was also widely consumed in the community. The data from AUSNUT07, for an energy equivalent serve of 200g (non-fortified) fruit juice, confirms that there is a higher average content of both vitamin C and folate compared to the average for fresh fruit but that fibre is lower although the range for both forms is wide. They US recommended a 200ml serve as equivalent to a piece of fruit but because of the lower fibre level they still recommended that most serves should be whole fruit. This limitation regarding substitution of fruit with fruit juice has also been recommended in past Australian and other current international dietary guidance.

In contrast, dried fruit was still quite a good source of fibre but was low in vitamin C and folate and there may be some issues re the sticky, sugary nature of this form of fruit contributing to dental caries.

A7.2.3 Cereals

As a food category largely composed of processed foods, the cereal category is quite disparate in its nutrient composition and energy density. It ranges from the highly nutrient dense, wholegrain breads and cereals through to less nutrient dense rice, pasta or noodles. Serve sizes in the group are traditionally highly variable as they are based on nutrient equivalents. Table A7.3 shows the weights of the various cereal foods that would be equated to a bread serve of 40g using various key nutrients as the basis of equivalent. The data in the 'iron' column most closely mirror those of the AGTHE98 suggesting this was primarily used (it is not explicitly explained how equivalent was determined in CFG94 or AGTHE98 documents). Conveniently, according to the AGTHE98, this set of equivalents also leads to near equivalent in energy (600kJ/serve). From the data in Table A7.3 this seems to hold true for most foods in the category but not very well for rice, noodles and pastas. Breakfast cereals in this table are an anomaly regarding iron probably due to fortification practices.

There has been some concern expressed amongst users of the AGTHE98 about the use of 2 slices of bread (60g) as the basic serve size unit for this group, especially as increasing cereal serves was one of the main mechanisms promoted for increasing energy needs. The CFG94 had used a 30g serve in its recommendations. In recent years, the weight of bread slices has also increased somewhat such that bread slices can be as much as 42g and many are 37-38g. For these reasons, composite food modelling for this revision was done with a 40g serve for breads, using the same relative equivalents as AGTHE98 for items such as rice and pasta.

For the composite wholegrain cereal group developed for this revision, the energy content was about 450kJ/serve and for refined cereals, about 550kJ.

Equivalents across the group were established on the basis of the key nutrients iron, zinc and fibre as well as protein, starch and energy with reference to the relative serve equivalents used in the AGTHE98. Rice, pasta and noodles although differing somewhat in nutrient composition were classed together as in the AGTHE98.

Food name	Serve used	Rounded	Serve size on mean EPSFIZ*	Energy equiv	Protein equiv	Starch equiv	Fibre equiv	Iron equiv	Zinc equiv
Breads									
Wholemeal bread/roll	40	40	40	40	40	40	40	40	40
Mixed grain/brown bread/roll	40	40	41	39	46	36	47	34	43
Bread, from rye flour, dark	40	40	41	37	54	36	34	35	49
Light rye bread	40	45	44	36	49	32	46	50	49
Bread, flat (pita or Lebanese style), wholemeal	40	40	39	42	51	31	37	30	40
Bread, from spelt flour	40	40	41	43	40	44	39	44	38
Chapatti	40	45	47	61	55	36	32	41	54
White bread/roll	40	40	40	40	40	40	40	40	40
Pita or Lebanese refined	40	40	40	42	46	36	41	33	41
Bagel	40	45	44	45	40	39	40	56	41
Damper	40	65	66	44	58	43	59	108	85
Foccacia or Turkish refined	40	50	50	38	43	42	48	64	65
Naan, Indian	40	60	58	46	48	56	43	112	41
French stick/baguette	40	35	35	42	30	35	38	33	30
Italian style e.g. ciabatta, pane di casa	40	40	38	40	34	39	43	37	33
Sour dough	40	35	36	36	33	38	40	35	32
Cornbread	40	60	60	41	56	55	78	71	58
Fruit bread	40	50	50	95	47	51	46	27	33
Rice, pasta, noodles (refined more common)									
Rice, brown, boiled without added salt	120	110	108	74	152	44	160	166	54
Pasta wholemeal	120	65	66	25	110	61	47	69	84
Rice, white, boiled without added salt (use)	120	160	159	111	202	68	310	200	63

Table A 7.3. Cereal equivalents			Serve size on mean EPSFIZ*	Energy equiv	Protein equiv	Starch equiv	Fibre equiv	Iron equiv	Zinc equiv	
Food name	Serve used	Rounded								
Refined Pasta	120		85	84	76	77	63	62	127	96
Noodle	120		110	112	68	148	88	113	133	120
Instant noodle	120		85	85	78	98	70	35	90	137
Wholegrain breakfast cereal unfortified	30		30	28	26	51	29	29	13	20
Wholegrain breakfast cereal fortified	30		25	24	23	46	29	19	11	17
Unfortified refined breakfast cereals	30		55	53	30	53	24	74	88	51
Fortified refined breakfast cereals	30		25	26	30	35	28	46	6	10
Muesli unfortified	30		30	28	24	41	45	22	17	19
Muesli fortified	30		35	37	74	39	37	22	22	27
Crispbread wheat wholemeal	35		35	33	47	35	23	28	31	33
Crispbreads wheat, rye refined	35		30	31	55	36	27	21	26	20
Toasted crumpet, wholemeal	60		60	57	39	79	37	62	46	81
Toasted crumpet, refined	60		60	59	41	78	44	48	56	85
Muffin, English-style refined	35		35	35	28	56	43	34	24	24
Other cereals (semolina, barley, cornmeal, quinoa etc))	75		75	73	121	87	73	57	48	50
Porridge, rolled oats	120		115	113	29	77	270	113	140	47
Oats dried	25		25	23	30	35	30	13	16	15

*EPSFIZ - E= energy, P= protein, S= starch, F= fibre, I= iron, Z= zinc

A7.2.5 Milks, yoghurts and cheese

The dominance of this food group as a source of calcium in the diet means that, although the group provides other nutrients, equivalent based on calcium is the only sensible option. See Table 7.4. The serve sizes used for the AGTHE98 which use calcium as the basis, were retained.

In order to refine the modelling process, three categories of this food group were initially established based on fat content per serve. The kilojoule content per serve for the composite low fat milks category (mainly reduced fat milks, soy milks and yoghurts) was about 530kJ. This compared to about 700 kJ/serve for mid fat dairy foods as it was deemed sensible to keep the same serve size for full fat and reduced fat milks. The higher fat category which was primarily cheese had an energy level of about 600kJ mid way between the low fat and full fat milks.

A7.2.6 Meats and alternatives

The 'meats and alternatives' food group was the most diverse food group in the AGTHE98 both nutritionally and biologically. Traditionally it has been seen as the 'protein' group although it is arguably more important for iron, zinc, vitamin B12 and LCn3 fats. Fish are particularly rich in LCn3 but, in Australia, grass-fed beef also provides substantial amounts in the diet. Iron and zinc are also found, albeit at lower levels, in the milks category, and in cereals and legumes although the latter sources are less bioavailable. The foods in the dairy food group have some vitamin B12, but plant-based alternatives to the meats, fish and eggs have no vitamin B12 or LCn3 fats.

For modelling purposes in this revision, red meats (beef, lamb, pork, veal, venison, kangaroo) was formed into one group and poultry, fish, seafood, eggs, legumes into another to reflect the evidence base available in the epidemiological literature about chronic disease outcomes and in recognition of the particularly high bioavailable iron and zinc content of the red meats.

Fish

Fish was modelled as one group that included fish both high and low in n-3 fatty acids. The NHMRC literature reviews provided sufficient evidence to suggest a limit on consumption to the equivalent of one serve per week due to environmental concerns. Consequently, in the modelling fish was retained in the meat and alternatives group in sufficient quantities to provide an average of one serve per week.

Legumes, nuts and seeds

In the AGTHE98, legumes and nuts and seeds were part of the meats and alternatives group (legumes also appearing with vegetables). Whilst the nutrient composition of legumes appears to fit reasonably well in this group, nuts and seeds were more energy dense compared to other items in the meats and alternatives group, and have different culinary applications. Neither legumes nor nuts and seeds were actually used in the modelling for either the CFG94 or the AGTHE98 but appeared as alternatives in the guide. Given their very different nutritional composition, modelling with nuts and seeds as a separate group was undertaken in the development of both the *Foundation* and *Total Diets*.

The composite red meat group had about 550kJ per serve and the poultry, fish, seafood, eggs and legumes, 600kJ/serve.

Sentinel food reduced fat milk at 250g serve				
Table A7. 4	Serve used	Serve on energy	Serve on protein	Serve on calcium
Milk regular	250	221	272	268
Milk skim	250	440	257	224
Goats milk	250	302	298	239
Sheep's milk	250	139	154	136
Soymilk regular	250	242	385	257
Soymilk reduced fat	250	314	264	208
Buttermilk	250	258	220	184
Yoghurt regular fat	200	142	197	165
Yoghurt reduced fat	200	176	175	167
High fat yoghurt	200	109	190	198
Soy yoghurt, low, regular fat	200	176	280	213
Soy yoghurt	200	170	274	303
Cheese regular	40	42	41	40
Cheese reduced fat	40	55	48	58
Cheese low fat	40	103	54	59
Custard regular	200	154	257	219
Custard reduced fat	200	165	231	212
Custard, egg, vanilla, baked	200	58	175	324
Evaporated milk	120	106	122	103
Condensed milk	60	46	111	98

Table A7.5 shows the equivalents for key nutrients across the group. The serve equivalent was done using beef as the sentinel food on the basis of protein and energy equivalent with consideration given to iron and zinc as well as the relative serve sizes used in the AGTHE98.

Meats and alternatives equivalent

Table A.7.5	Energy (kJ) per 100g	Energy equiv	Protein (g) per 100g	Prot equiv	LC n 3 (mg) 100g	LCn3 equiv	Iron (mg) per 100g	Iron equiv	Zinc (mg) per 100g	Zinc equiv
Red meat aver/100g	784	65	27.3	65	95.5	65	2.35	65	5.09	65
Poultry	707	79.3	28.0	71.4	19.0	336.8	0.8	213.3	1.6	216.6
High omega3 fish	960	58.4	25.4	78.7	1897.0	3.4	0.9	188.2	0.6	560.3
Mid medium omega3 fish	620	90.5	23.2	86.2	674.0	9.5	0.8	205.1	1.0	353.0
Low omega3 fish	467	120.1	23.8	84.0	156.0	41.0	0.6	271.2	0.5	657.4
Seafood Low omega3	360	155.8	19.5	102.6	147.0	43.5	0.9	175.8	3.2	109.6
Seafood Mid omega3	434	129.3	19.2	104.2	599.0	10.7	4.5	36.0	21.0	16.8
Egg	593	94.6	12.7	157.5	91.0	70.3	1.7	94.1	1.2	304.3
Legumes	450	124.7	8.9	225.7	0.0		1.9	82.5	1.1	324.2

	Energy equiv (E)	Prot equiv (P)	Iron equiv	Zinc equiv	Ave all 4		Final serves on E/P*
Red meat average	65	65	65	65	65	"Red meat"	65
Poultry	79	71	213	217	145	Poultry	80
High omega3 fish	58	79	188	560	221	Hi O fish	100
Mid omega3 fish	90	86	205	353	184	Mid O fish	100
Low omega3 fish	120	84	271	657	283	Fish Lo O	100
Seafood Low omega3	156	103	176	110	136	Seafood Lo O	100
Seafood Mid omega 3	129	104	36	17	72	Seafood Mid O	100
Egg	95	157	94	304	163	Egg	120
Legumes	125	226	82	324	189	Legumes	170

*E= energy, P= protein

A7.2.7 Unsaturated fats and oils

The approach to fats, oils and margarines in Australian food guidance systems has varied over time. A 'fat' group, comprised solely of butter, was included in the 'protective' or 'foundation' foods in Commonwealth Government information booklets of the 1940s (ARCS, 1948). It was included primarily as a source of vitamin A and a daily intake of 30g was recommended. In 1954, this was expanded to become a 'fats' group in a meal planning guide accompanying the NHMRC Recommended Dietary Allowances. An intake of 15-30g was recommended with extra intake from cooking fat as required. In the early 1970s the Five Food Groups developed by the Commonwealth Department of Health included a butter/table margarine group with a suggested intake of one tablespoon.

When the CFG94 was developed, inclusion of a 'fats' group was considered but excluded on the basis that 'its low nutrient contribution could not be sustained in terms of core foods'. When the CFG94 was used as the basis to develop the AGTHE98, the authors of the AGTHE98 stated that all modelling included the addition of 2 teaspoons (10g) of polyunsaturated margarine for 60% of all cereal serves (e.g. from about 40-80g/day men and 25-45g/day for women for line A). The reasons were not given. Elsewhere in the documentation, it was stated that "one teaspoon of margarine or oil was allowed for 60% of all bread, cereal, rice, pasta, noodles sample serves" and that this was additional to the margarine and oil which could be eaten as part of the extra food allowance. Unsaturated margarines and oils, alongside other fats such as butter and cream, also formed part of the 'extras' group.

The role of fats, margarines and oils in dietary guidance continues to be a controversial area. In the development of the *Foundation* and *Total Diets*, initial modelling was undertaken with and without added margarines and oils. When modelled without additional fats and oils, monounsaturated and saturated fats were at a similar level. To improve the PMS ratio, linoleic and alpha-linolenic fatty acid profile and for culinary purposes, small amounts of polyunsaturated margarine or oils were later included in the models. However, unlike composite food groups, the quantities of polyunsaturated margarine/oils added to the 7-day modeling were not weighted in proportion to the most recent consumption data for each age/gender group. When using individual foods to test the *7-day Total Diets*, polyunsaturated margarine was selected to represent the additional category of unsaturated fats and oils.

It should also be noted that some seeds and nuts can be used as an alternative source of unsaturated fatty acids. Legumes are also a good source of polyunsaturated fatty acids but come at a higher energy expense. To keep the balance between saturated and unsaturated fats, when moving from *Foundation* to *Total Diets*, inclusion of increasing but limited additional amounts of unsaturated oils, have been recommended in proportion to overall energy intake (see Figure 2, page 35).

Appendix 8: Details of foods used to develop weight estimates and nutrient composition for the composite food groups

Table A8.1. Inclusion criteria used to determine which foods were included in composite food groups for total weight only and which for both total weight and nutrient composition.

Inclusion criteria for foods used to develop the composite nutrient compositions	
Included for nutrient composition and weight	Included for weight only
Wholemeal muffins, crispbreads and crumpets	Wholemeal muffins, crispbreads and crumpets
<ul style="list-style-type: none"> described as wholemeal or grain based products, or contains $\geq 10\text{g}/100\text{g}$ dietary fibre 	<ul style="list-style-type: none"> products contain $>1000\text{mg}/100\text{g}$ sodium
Wholemeal and grain breads	Wholemeal and grain breads
<ul style="list-style-type: none"> described as wholemeal or grain based products, or contains $\geq 5\text{g}/100\text{g}$ dietary fibre 	<ul style="list-style-type: none"> toasted products (118% weight included for weight) fortified products (other than iodine and folate) filled or topped bread and rolls (50% and 90% weight included for weight respectively) filled wraps (30% weight included for weight respectively) gluten free products products with added (fruit, nuts, oats, etc.) or removed items products not further specified
Brown rice	Brown rice
<ul style="list-style-type: none"> described as brown rice cooked products no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (300% weight included for weight) products with a comparable fibre content to brown rice (wild rice)
Wholemeal pasta	Wholemeal pasta
<ul style="list-style-type: none"> described as wholemeal based or contains equivalent dietary fibre/100g as wholemeal product cooked products no added fat no added salt 	<ul style="list-style-type: none"> none
Wholegrain breakfast cereals	Wholegrain breakfast cereals
<ul style="list-style-type: none"> described as “whole grain” (i.e. whole wheat), or contains $\geq 5\text{g}$ dietary fibre and $<30\text{g}$ sugar ($<35\text{g}$ if contains fruit) per 100g 	<ul style="list-style-type: none"> products contain $\geq 30\text{g}$ sugar (or $\geq 35\text{g}$ if contains fruit) per 100g

Inclusion criteria for foods used to develop the composite nutrient compositions	
Included for nutrient composition and weight	Included for weight only
Porridge	Porridge
<ul style="list-style-type: none"> prepared with reduced fat milk 	<ul style="list-style-type: none"> sweetened products contains added salt prepared with water prepared with non reduced fat milk or milk/water combination products not further specified
Dried Oats	Dried Oats
<ul style="list-style-type: none"> products contain the whole oat grain 	<ul style="list-style-type: none"> sweetened products products that only contain the bran component
Refined muffins, crispbreads and crumpets	Refined crispbreads and crumpets
<ul style="list-style-type: none"> described as white wheat flour based, or contains <10g/100g dietary fibre and <15g/100g total fat 	<ul style="list-style-type: none"> salted products flavoured products non-wheat based products products with added items (fruit, vegetables, etc.) contains ≥ 15g/100g total fat
Refined Breads	Refined Breads
<ul style="list-style-type: none"> described as white flour based 	<ul style="list-style-type: none"> toasted products (118% weight included for weight) fortified products (other than iodine and folate) filled or topped bread and rolls (50% and 90% weight included for weight respectively) filled wraps (30% weight included for weight respectively) gluten free products products contain chocolate products not further specified
Refined rice	Refined rice
<ul style="list-style-type: none"> cooked products no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (300% weight included for weight) contains added fat contains added salt part of a mixed dish
Refined pasta	Refined pasta
<ul style="list-style-type: none"> cooked products no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (300% weight included for weight) contains added fat contains added salt part of a mixed dish
Noodles	Noodles

Inclusion criteria for foods used to develop the composite nutrient compositions	
Included for nutrient composition and weight	Included for weight only
<ul style="list-style-type: none"> cooked products no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (400% weight included for weight) contains added fat contains added salt part of a mixed dish
Other Cereals	Other Cereals
<ul style="list-style-type: none"> cooked products contains $\geq 10\text{g}/100\text{g}$ total fat 	<ul style="list-style-type: none"> uncooked products (600% weight included for weight) contains $\geq 10\text{g}/100\text{g}$ total fat
Refined Breakfast Cereals	Refined Breakfast Cereals
<ul style="list-style-type: none"> contains $< 5\text{g}$ dietary fibre and $< 30\text{g}$ sugar ($< 35\text{g}$ if contains fruit) per 100g 	<ul style="list-style-type: none"> contains $\geq 30\text{g}$ sugar (or $\geq 35\text{g}$ if contains fruit) per 100g
Seafood	Seafood
<ul style="list-style-type: none"> cooked products unprocessed products no added fat no added salt 	<ul style="list-style-type: none"> uncooked products canned products contains added fat part of a mixed dish
Fish	Fish
<ul style="list-style-type: none"> cooked products products canned in water no added fat no added salt 	<ul style="list-style-type: none"> uncooked products products canned in oil or brine contains added fat part of a mixed dish
Poultry	Poultry
<ul style="list-style-type: none"> cooked lean and semi-trimmed no added fat 	<ul style="list-style-type: none"> uncooked products fully trimmed or totally untrimmed contains added fat part of a mixed dish sausages (50% weight included for weight)
Red Meat	Red Meat
<ul style="list-style-type: none"> cooked lean and semi-trimmed no added fat 	<ul style="list-style-type: none"> uncooked products fully trimmed or totally untrimmed contains added fat part of a mixed dish sausages (50% weight included for weight)
Egg	Egg
<ul style="list-style-type: none"> cooked no added fat 	<ul style="list-style-type: none"> uncooked products contains added fat part of a mixed dish
Legumes	Legumes
<ul style="list-style-type: none"> cooked (excluding tofu) no added fat 	<ul style="list-style-type: none"> uncooked products products canned in brine

Inclusion criteria for foods used to develop the composite nutrient compositions	
Included for nutrient composition and weight	Included for weight only
	<ul style="list-style-type: none"> contains added fat part of a mixed dish baked beans (50% weight included for weight) dried beans (700% weight included for weight)
Low fat dairy foods	Low fat dairy foods
<ul style="list-style-type: none"> contains <4g total fat/ serve* soy beverages fortified with calcium 	<ul style="list-style-type: none"> fortified dairy products fortified soy products (other than calcium) oat and rice based dairy alternatives unfortified soy beverages part of a mixed dish products not further specified tea and coffee made with low/reduced fat milk (70% weight for milk weight for latte and cappuccino, 8% weight for milk weight for other coffee/tea) skim and whey milk powders (900% weight for milk weight) skim/reduced fat milk based smoothies (25% weight for yoghurt weight) skim/low fat milk and beverage base (90% weight for milk weight)
Medium fat dairy foods	Medium fat dairy foods
<ul style="list-style-type: none"> contains 4-10g total fat/ serve* soy beverages fortified with calcium 	<ul style="list-style-type: none"> fortified dairy foods fortified soy products (other than calcium) oat and rice based dairy food alternatives unfortified soy beverages part of a mixed dish products not further specified tea and coffee made with full fat milk (70% weight for milk weight for latte and cappuccino, 8% weight for milk weight for other coffee/tea) café style iced coffee/chocolate (60% weight for milk weight) full fat milk and beverage base (90% weight for milk weight) full fat milk powders (900% weight for milk weight) skim/reduced fat milk based smoothies (25% weight for yoghurt weight)

Inclusion criteria for foods used to develop the composite nutrient compositions	
Included for nutrient composition and weight	Included for weight only
	<ul style="list-style-type: none"> ice confection drinks (85% weight for milk weight) rice pudding (70% weight for milk weight)
High fat dairy foods	High fat dairy foods
<ul style="list-style-type: none"> contains >10g total fat/ serve* soy beverages fortified with calcium 	<ul style="list-style-type: none"> none
Nuts and Seeds	Nuts and Seeds
<ul style="list-style-type: none"> uncooked products (where possible) no added fat no added salt 	<ul style="list-style-type: none"> contains added fat contains added salt sweetened products roasted products products that form a paste/pulp butter/jam mix (50% weight for peanut weight)
Fruit	Fruit
<ul style="list-style-type: none"> uncooked products or poached in water unsweetened products no added fat <i>canned for fruit salad and mixed fruit only</i> 	<ul style="list-style-type: none"> products canned in juice or syrup, <i>except fruit salad and mixed fruit</i> (undrained fruit 60% weight for weight) sugar or intensely sweetened products contains added fat pureed or baked products products not further specified
Green and Brassica Vegetables	Green and Brassica Vegetables
<ul style="list-style-type: none"> cruciferous or green vegetables commonly consumed forms no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (that are not commonly consumed uncooked) products canned in brine products not further specified
Orange Vegetables	Orange Vegetables
<ul style="list-style-type: none"> commonly consumed forms no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (that are not commonly consumed uncooked) products canned in brine contains added fat products not further specified
Starchy Vegetables	Starchy Vegetables
<ul style="list-style-type: none"> commonly consumed forms no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (that are not commonly consumed uncooked) products canned in brine products reconstituted from dry powder contains added fat part of a mixed dish products not further specified fried chips or fries (150% weight

Inclusion criteria for foods used to develop the composite nutrient compositions	
Included for nutrient composition and weight	Included for weight only
	included for weight)
Other Vegetables	Other Vegetables
<ul style="list-style-type: none"> commonly consumed forms products canned in water no added fat no added salt 	<ul style="list-style-type: none"> uncooked products (that are not commonly consumed uncooked) products canned in juice products in paste form contains added fat part of a mixed dish products not further specified
Additional category	Additional category
Unsaturated fats and oils	Unsaturated fats and oils
<ul style="list-style-type: none"> reduced salt products full fat products 	<ul style="list-style-type: none"> high sodium products supplemented (other than vitamin D) products high saturated fat content reduced fat products products not further specified

**1 Dairy foods serve= 250mls milk, 60g condensed milk, 40g cheese, 200g yoghurt or 120g evaporated milk*

Table A8.2. Details of individual items included or excluded for nutrient profiling or total weight estimates

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
Unsaturated Fats and Oils	
<i>Reduced salt varieties</i>	<i>Products are high in salt, supplemented (other than vitamin D), high in saturated fats, were reduced fat and/or nfs</i>
<p>Polyunsaturated margarines Margarine spread, polyunsaturated (75% fat), reduced salt Margarine spread, polyunsaturated (70% fat), reduced salt Margarine spread, polyunsaturated (70% fat), sodium = 380 mg/100 g</p> <p>Monounsaturated margarines Margarine spread, monounsaturated (70% fat), reduced salt Margarine spread, monounsaturated (70% fat), sodium = 380 mg/100g Margarine spread, monounsaturated (65% fat), sodium = 380 mg/100g Margarine spread, monounsaturated (60% fat), 300 mg sodium/100 g, dairy food free</p> <p>Olive oil spreads Margarine spread, olive oil blend (75% fat), 380 mg sodium/100 g Margarine spread, olive oil blend (70% fat), 380 mg sodium/100 g Margarine spread, olive oil blend (70% fat), no added salt</p> <p>Polyunsaturated oils Oil, blended, polyunsaturated vegetable oils Oil, grapeseed Oil, linseed or flaxseed Oil, maize Oil, sesame Oil, sunflower Oil, soybean Oil, peanut</p> <p>Monounsaturated oils Oil, canola Oil, olive, pure Oil, macadamia</p>	<p>Polyunsaturated margarines Edible oil spread, polyunsaturated, reduced fat (50% fat) & salt (380mg/100g) Margarine spread, polyunsaturated (70% fat) Margarine spread, polyunsaturated (70% fat), sodium = 600 mg/100 g Margarine spread, polyunsaturated (65% fat), 780 mg sodium /100 g Margarine spread, polyunsaturated, reduced fat (60% fat) Margarine spread, polyunsaturated, not further specified Margarine spread, polyunsaturated (70% fat), sodium = 360 mg/100 g, added vitamin E Margarine spread, polyunsaturated, reduced fat (50% fat), & salt (380mg/100g), added vitamin E Margarine spread, polyunsaturated, reduced fat (60% fat), unsalted Margarine spread, polyunsaturated, reduced fat (31% fat) & salt (380 mg/100g), added vitamin E Margarine spread, polyunsaturated, reduced fat (25% fat) & salt (380 mg/100g) Margarine spread, polyunsaturated (70% fat), added phytosterols Edible oil spread, polyunsaturated, reduced fat (48% fat), added phytosterols Edible oil spread, polyunsaturated, reduced fat (40% fat), no added salt or milk Margarine spread, polyunsaturated, reduced fat (30% fat) & salt (380 mg/100g), added phytosterols</p> <p>Monounsaturated margarines Margarine spread, monounsaturated (70% fat) Margarine spread, monounsaturated (65% fat), 750 mg sodium/100 g Margarine spread, monounsaturated (60% fat), 700 mg sodium/100 g Margarine spread, monounsaturated, reduced fat (~55% fat) Margarine spread, monounsaturated, 65 - 75% fat, not further specified Margarine spread, monounsaturated, 50 - 60% fat, not further specified Margarine spread, monounsaturated, not further specified Margarine spread, monounsaturated (60% fat), 230 mg sodium/100 g, added vitamin E Margarine spread, monounsaturated (~70% fat), sodium = 380 mg/100g, added phytosterols Margarine spread, monounsaturated, reduced fat (~55% fat) & salt, added phytosterols & vitamin E Margarine spread, monounsaturated, reduced fat (~40% fat), reduced salt, added phytosterols Margarine spread, monounsaturated, reduced fat (~55% fat) & salt Margarine spread, monounsaturated, reduced fat (~55% fat), unsalted Margarine spread, monounsaturated, extra light style (31% fat), reduced salt (380 mg na) Margarine spread, monounsaturated, extra light style (31% fat), unsalted</p> <p>Olive oil spreads</p>

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
	Margarine spread, olive oil blend (40% fat), 380 mg sodium/100 g Margarine spread, olive oil blend (55% fat), 380 mg sodium/100 g Margarine spread, rice bran oil based Polyunsaturated oil Oil, polyunsaturated, not further specified Monounsaturated oil Oil, monounsaturated, not further specified Oil, cod liver
Wholegrain Breads and Cereals	
Wholemeal muffins, crispbreads and crumpets	Wholemeal muffins, crispbreads and crumpets- high salt- cut off?
<i>Described as wholemeal or grain based OR relatively high in fibre ($\geq 10\text{g}/100\text{g}$)</i>	<i>Product is relatively high in sodium ($>1000\text{mg}/100\text{g}$)</i>
Wholemeal crispbreads Biscuit, savoury crispbread, wholemeal wheat flour Biscuit, savoury crispbread, wholemeal wheat, puffed Biscuit, savoury crispbread, white & wholemeal wheat flour with grains & seeds Biscuit, savoury, wholemeal wheat flour with sesame Biscuit, savoury, wholemeal wheat flour with soy & linseed Biscuit, savoury crispbread, rye Biscuit, savoury crispbread, rye with oats & dried fruit Wholemeal crumpets (no non-toasted available in AUSNUT07) Crumpet, from wholemeal flour, toasted Wholemeal muffins (none)	Wholemeal crispbreads Biscuit, savoury, wholemeal wheat flour Wholemeal crumpets (none) Wholemeal muffins (none)
Wholemeal and grain breads	Wholemeal and grain breads- toasted, fortified or fillings, nfs, addition of other items (fruit, nuts, oats, etc), GF
<i>Described as wholemeal or grain based OR relatively high in fibre ($\geq 5\text{g}/100\text{g}$)</i>	<i>Products are either toasted, fortified (other than iodine and folate), filled or topped, gluten free, have other items added or removed (fruit, nuts, oats, etc) and/or nfs</i>
Mixed grain and brown bread/rolls Bread, mixed grain Bread, mixed grain, homemade from bread mix Bread roll, mixed grain Bread, brown, from white & wholemeal flour	Mixed grain and brown bread/rolls Bread, mixed grain, added folate Bread, mixed grain, added iron Bread, mixed grain, seeds & oats, added folate Bread roll, mixed grain, added folate

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
Wholemeal bread/rolls Bread, from wholemeal flour Bread, from wholemeal flour, homemade from bread mix Bread roll, from wholemeal flour Bread, flat (pita or lebanese style), wholemeal Bread, from spelt flour Chapatti Bread, from rye flour, dark Light rye bread	Bread, from white or wholemeal flour, soy & linseed, added folate Bread, mixed grain, toasted Bread, mixed grain, toasted, not further specified Bread roll, mixed grain, toasted Bread, mixed grain, added folate, toasted Bread, mixed grain, added iron, toasted Bread, from white or wholemeal flour, soy & linseed, toasted Bread, mixed grain, seeds & oats, added folate, toasted Bread, from white or wholemeal flour, soy & linseed, added folate, toasted Bread, brown, from white & wholemeal flour, toasted Bread, mixed grain, fresh, not further specified Bread, mixed grain, not further specified Bread roll, mixed grain, not further specified Bread, from white or wholemeal flour, soy & linseed Bread, gluten free, mixed grain Sandwich, multigrain bread, tablespread, lettuce, tomato, beetroot & carrot Wholemeal bread/rolls Bread, from wholemeal flour, added folate Bread, from wholemeal flour, added folate, toasted Bread, from wholemeal flour, added iron Bread, from wholemeal flour, added iron, toasted Bread, from wholemeal flour, added omega-3 polyunsaturates Bread, from wholemeal flour, added omega-3 polyunsaturates, toasted Bread, from wholemeal flour, seeds, added folate Bread, from wholemeal flour, seeds, added folate, toasted Bread roll, from wholemeal flour, added folate Bread, from wholemeal flour, added fibre Bread, from wholemeal flour, toasted Bread, from wholemeal flour, grain & seeds, toasted Bread, from wholemeal flour, seeds, toasted Bread, from wholemeal flour, seeds & oats, toasted Bread, from wholemeal flour, dried fruit & seeds, toasted Bread, from wholemeal flour, fresh, not further specified Bread, from wholemeal flour, toasted, not further specified Bread, from wholemeal flour, not further specified Bread roll, from wholemeal flour, not further specified Bread, from wholemeal flour, grain & seeds Bread, from wholemeal flour, seeds <hr/> Bread, from wholemeal flour, seeds & oats Bread, from wholemeal flour, dried fruit & seeds

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	<p>Bread, from wholemeal flour, dried fruit, nuts & seeds, added folate</p> <p>Sandwich, wholemeal bread, tablespread & cheese</p> <p>Sandwich, wholemeal bread, tablespread & cheese, toasted</p> <p>Sandwich, wholemeal bread, tablespread, cheese & tomato, toasted</p> <p>Sandwich, wholemeal bread, tablespread, cheese, lettuce & tomato</p> <p>Sandwich, wholemeal bread, tablespread & chicken roll</p> <p>Sandwich, wholemeal bread, tablespread, chicken roll & lettuce</p> <p>Sandwich, wholemeal bread, tablespread, chicken roll & tomato</p> <p>Sandwich, wholemeal bread, tablespread, egg & lettuce</p> <p>Sandwich, wholemeal bread, tablespread & ham</p> <p>Sandwich, wholemeal bread, tablespread, ham & cheese</p> <p>Sandwich, wholemeal bread, tablespread, ham & cheese, toasted</p> <p>Sandwich, wholemeal bread, tablespread, ham, cheese & lettuce</p> <p>Sandwich, wholemeal bread, tablespread, ham, cheese & tomato</p> <p>Sandwich, wholemeal bread, tablespread, ham, cheese, tomato & lettuce</p> <p>Sandwich, wholemeal bread, tablespread & peanut butter</p> <p>Sandwich, wholemeal bread, tablespread & vegemite</p> <p>Sandwich, wholemeal, not further specified</p> <p>Bread, from rye flour, dark</p> <p>Bread, from rye flour, dark, toasted</p> <p>Bread, from rye flour, toasted, not further specified</p> <p>Bread, from rye flour, dark, added folate</p> <p>Bread, from rye flour, fresh, not further specified</p> <p>Sandwich, rye bread, tablespread & peanut butter</p> <p>Sandwich, rye bread, tablespread & vegemite</p> <p>Light rye bread</p> <p>Bread, from rye flour, light, added folate</p> <p>Bread, from rye flour, light, added vitamins B1, B2, B3, E & folate, Fe & Zn</p> <p>Bread, from rye flour, light, added folate, toasted</p> <p>Bread, from rye flour, light, added vitamins B1, B2, B3, E & folate, Fe & Zn, toasted</p>
Brown rice	Brown rice
<i>Cooked form with no added fat or salt</i>	<i>Products are uncooked or have comparable fibre content</i>
Rice, brown, boiled without added salt	<p>Rice, wild, boiled without added salt</p> <p>Rice, brown, raw</p>
Wholemeal pasta	Wholemeal pasta

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
Pasta, wholemeal wheat flour based, boiled from dry, without added salt Pasta or noodles, buckwheat flour, boiled without added salt Pasta, non-wheat cereal based, boiled without added salt	None
Wholegrain breakfast cereals	Wholegrain breakfast cereals
<i>Described as "whole grain" (i.e. whole wheat) OR contain $\geq 5g$ fibre and $< 30g$ sugar ($< 35g$ if contains fruit) per 100g</i>	<i>Products contain $\geq 30g$ sugar (or $\geq 35g$ if contains fruit) per 100g</i>
Unfortified wholegrain cereal Breakfast cereal, mixed cereal (oat, corn, rice, barley), extruded, unfortified Breakfast cereal, whole wheat, puffed, honey, unfortified Breakfast cereal, oat bran, unfortified Breakfast cereal, oats, fruit juice, dried apples & blueberries, unfortified Breakfast cereal, oats, fruit juice, dried apples & cinnamon, unfortified Breakfast cereal, whole wheat, biscuit, organic, unfortified Breakfast cereal, mixed grain (wheat, corn, oat, rice), flakes, tropical fruit, unfortified Unfortified muesli Muesli, commercial, untoasted or natural style, unfortified Muesli, commercial, toasted, unfortified Muesli, homemade, untoasted, added nuts, seeds & dried fruit Muesli, homemade, toasted, added nuts, seeds & dried fruit Muesli, homemade, untoasted, no added nuts & dried fruit Fortified wholegrain breakfast cereal Breakfast cereal, whole wheat, biscuit, small, fruit, added vitamins B1, B2, B3 & folate, Ca & Fe Breakfast cereal, whole wheat, biscuit, small, fruit paste, added vitamins B1, B2, B3 & C & Fe Breakfast cereal, wheat bran & oats, flakes, dried fruit, added vitamins B1, B2, B3 & folate & Fe Breakfast cereal, wheat bran, flakes, honey & almond, added vitamins B1, B2, B3 & folate, Fe & Zn Breakfast cereal, flakes of corn, nuts, added vitamins B1, B2, B3, C & folate & Fe & Zn Breakfast cereal, wheat bran, flakes, sultanas, almonds, apple, added vitamins B1, B2, B3 & folate, Ca & Fe Breakfast cereal, mixed grain (wheat, corn, rice), flakes, fruit, added vitamins B1, B2, B3 & folate & Fe Breakfast cereal, mixed grain (wheat, corn, oat), clusters, fruit, added vitamins B1, B2 & folate & Fe Breakfast cereal, wheat bran, flakes, sultanas, added vitamins B1, B2, B3 & folate, Fe & Zn	Unfortified wholegrain cereal Breakfast cereal, puffed or popped rice, cocoa coating, unfortified Fortified wholegrain breakfast cereal Breakfast cereal, whole wheat, puffed, honey, added vitamins B1, B2, B3, E & folate Breakfast cereal, mixed grain (wheat, oat, corn & rice), dried fruit & nuts, added vitamins & minerals Breakfast cereal, wheat, extruded, chocolate coating, added vitamins B1, B2, B3, C & folate, Ca, Fe & Zn Breakfast cereal, flakes of corn, honey, nuts, added vitamins B1, B2, B3, E & folate Breakfast cereal, puffed rice, cocoa coating (cocoa rocks), added vitamins B1, B2, B3, C & folate, Ca, Fe & Zn

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Breakfast cereal, mixed grain (wheat, corn, rice), flakes, sultanas, apricot, & apple, added vitamins B1, B2, B3 & folate, Ca & Fe

Breakfast cereal, mixed grain (wheat, corn, rice, oat), flakes, fruit & nuts, added vitamins B1, B2 & B3 & Fe

Breakfast cereal, wheat bran, pellets, added vitamins B1, B2, B3, E & folate & Ca

Breakfast cereal, whole wheat, biscuit, small, honey, added vitamins B1, B2, B3 & folate, Fe & Zn

Breakfast cereal, mixed grain (wheat, corn, rice) flakes, added vitamins B1, B2, B3 & folate & Fe

Breakfast cereal, mixed grain (wheat, corn, oat, rice), flakes, fruit, added vitamins B1, B2, B3 & folate, Ca & Fe

Breakfast cereal, mixed grain (wheat, corn, oat, rice), flakes, tropical fruit, added vitamins B1, B2, B3 & folate & Fe

Breakfast cereal, mixed grain (wheat, corn, oat), clusters, fruit or nut, added vitamins B1, B2 & folate & Fe

Breakfast cereal, mixed grain (wheat, corn, rice), flakes, apple & berries, added vitamins B1, B2, B3 & folate & Fe

Breakfast cereal, mixed grain (wheat, oat, corn, rice) extruded, added vitamins B1, B2, B3, C, E & folate, Ca, Fe & Zn

Breakfast cereal, whole wheat, flakes, fruit, added vitamins B1, B2 & B3, Ca & Fe

Breakfast cereal, whole wheat, flakes, nuts, added vitamins B1, B2 & B3, Ca & Fe

Breakfast cereal, mixed grain (wheat, corn, oat), clusters, nuts, added vitamins B1, B2 & folate & Fe

Breakfast cereal, mixed grain (wheat, corn, rice, oat), flakes, fruit & nuts, added vitamins B1, B2, B3, C & folate & Fe

Breakfast cereal, whole wheat, biscuit, small, fruit or fruit paste, added vitamins B1, B2, B3 & folate

Breakfast cereal, wheat bran, flakes, sweetened, added vitamins B1, B2, B3 & folate, Fe & Zn

Breakfast cereal, wheat bran, pellets, added vitamins B1, B2, B3 & folate, Ca & Fe

Breakfast cereal, wheat bran, pellets, added vitamins B1, B2 & B3

Breakfast cereal, wheat bran, pellets, added vitamins B1, B2 & folate, Fe, Mg & Zn

Breakfast cereal, wheat bran, pellets, linseed, added vitamins E & folate, Ca & Zn

Breakfast cereal, oat flakes, rice & wheat, added vitamins B1, B2, B3 & D & Fe

Breakfast cereal, wheat, flakes, sweetened, psyllium, added vitamins B1, B2, B3, C & folate, Fe & Zn

Breakfast cereal, mixed grain (wheat, rice, oats), biscuit, added vitamins B1, B2, B3 & Fe

Breakfast cereal, whole wheat, biscuit, bran, added B1, B2, B3 & folate & Fe

Breakfast cereal, whole wheat, flakes, added vitamins B1 & B3

Breakfast cereal, whole wheat, biscuit, childrens product, added vitamins B1, B2 & B3, Ca, Fe & Zn

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Breakfast cereal, whole wheat, biscuit, added vitamins B1, B2 & B3
 Breakfast cereal, whole wheat, biscuit, added vitamins B1,B2, B3 & folate, Fe & Zn
 Breakfast cereal, whole wheat, biscuit, organic, added vitamins B1, B2 & B3
 Breakfast cereal, whole wheat, biscuit, small, added vitamins B1, B2, B3 & folate
 Breakfast cereal, whole wheat, puffed, added vitamins B1, B2, B3 & Fe
 Breakfast cereal, wheat bran, flakes, sultanas, added vitamins B1, B2, B3 & folate & Fe

Fortified muesli

Muesli, commercial, rye, toasted, added vitamins E & folate
 Muesli, commercial, toasted, dried fruit, nuts & seeds, added vitamins E & folate
Muesli, homemade or commercial, bircher

Included for weight only

Porridge

Prepared with reduced fat milk

Porridge, rolled oats, prepared with reduced fat milk

Porridge

Products are sweetened, salted, have milk, water or milk/water other than reduced fat added and/or are nfs

Porridge, rolled oats, prepared with full fat milk & water
 Porridge, rolled oats, prepared with reduced fat milk & water
 Porridge, rolled oats, prepared with skim milk
 Porridge, rolled oats, prepared with skim milk & water
 Porridge, rolled oats, prepared with water, added salt
 Porridge, rolled oats, prepared with unspecified milk
 Porridge, rolled oats, prepared with unspecified milk & water
 Porridge, rolled oats, not further specified
 Porridge, rolled oats, prepared with full fat milk
 Porridge, sugar sweetened oats, dried fruit, prepared with full fat milk
 Porridge, sugar sweetened oats, dried fruit, prepared with full fat milk & water
 Porridge, sugar sweetened oats, dried fruit, prepared with reduced fat milk
 Porridge, sugar sweetened oats, dried fruit, prepared with skim milk
 Porridge, sugar sweetened oats, dried fruit, prepared with water
 Porridge, sugar sweetened oats, dried fruit, not further specified
 Rice porridge (congee), cooked
 Porridge, flavoured & sugar sweetened oats, prepared with full fat milk
 Porridge, flavoured & sugar sweetened oats, prepared with full fat milk & water
 Porridge, flavoured & sugar sweetened oats, prepared with reduced fat milk
 Porridge, flavoured & sugar sweetened oats, prepared with skim milk
 Porridge, flavoured & sugar sweetened oats, prepared with water
 Porridge, flavoured & sugar sweetened oats, prepared with unspecified milk & water
 Oats, rolled, boiled without added salt

Dried Oats

Dried Oats

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
<i>Contains the whole oat grain</i>	<i>Products are sweetened or only the bran component</i>
Oats, rolled, raw Oats, puffed	Oats, rolled, mixed with sugar & flavours Oats, rolled, mixed with sugar, flavours & dried fruit Oats, bran, unprocessed

Refined Breads and Cereals

Refined muffins, crispbreads and crumpets	Refined crispbreads and crumpets
<i>Described as white wheat flour based OR relatively low in fibre(<10g/100g) and relatively low in fat (<15g/100g)</i>	<i>Product is salted, flavoured, non-wheat based, have items added (fruit, vegetables, etc) and/or are relatively high in fat (≥15g/100g)</i>

Refined crispbreads

Biscuit, savoury, white wheat flour, low fat
Biscuit, savoury, white wheat flour with added grains, low fat
Biscuit, savoury, lavosh, unflavoured
Biscuit, savoury, water cracker style
Biscuit, savoury, white wheat flour, salted (includes Salada brand)
Biscuit, savoury, white wheat flour, flaky style (includes SAO brand)
Biscuit, savoury, melba toast
Biscuit, savoury crispbread, white wheat flour, puffed & toasted

Refined crumpets

Crumpet, from white flour, toasted

Refined muffins

Muffin, English-style, from white flour, plain

Refined wheat/rye crispbreads

Biscuit, savoury cake, corn with grains or seeds, salted
Biscuit, savoury cake, rice & corn, salted
Biscuit, savoury cake, with corn & seeds, salted
Biscuit, savoury cake, rice, salted
Biscuit, savoury cake, rice with other grains, salted
Biscuit, savoury cake, rice with corn & sesame, unsalted
Biscuit, savoury cake, rice, unflavoured
Biscuit, savoury cracker, rice
Biscuit, savoury cracker, rice with seaweed
Biscuit, savoury cracker, rice with sesame seeds
Biscuit, savoury cracker or cake, rice & corn, flavoured
Biscuit, savoury, white wheat flour, plain snack style (includes Jatz brand)
Biscuit, savoury, cheese-flavoured
Biscuit, savoury cracker, puffed, flavoured
Biscuit, savoury, pita or bagel crisps, flavoured
Biscuit, savoury, pita or bagel crisps, flavoured, no added fat
Biscuit, savoury, pastry twist, cheese flavoured
Biscuit, savoury, white wheat flour, flavoured

Refined crumpets (none)

Refined muffins

Muffin, savoury, with cheese & ham, homemade
Muffin, savoury, with cheese, zucchini & tomato, homemade
Muffin, savoury, with cheese, ham, zucchini & tomato, homemade
Muffin, English-style, dried fruit, toasted
Muffin, English-style, from white flour, toasted

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	Pancake, with vegetables (potato), homemade Pancake, rice & legume based, (idli or thosai), fried with ghee
Refined Breads <i>Described as white flour based</i>	Refined Breads- topped, filled, fortified, GF, otasted <i>Products are either toasted, fortified (other than iodine and folate), filled or topped, gluten free, have added chocolate and/or nfs</i>
Refined Breads Bread, from white flour Bread, from white flour, homemade from bread mix Bread, from white flour, homemade from basic ingredients Bread roll, from white flour	Refined Breads Bread or bread roll, from white flour, topped with cheddar cheese Bread or bread roll, from white flour, topped with cheese & bacon Bread or bread roll, from white flour, topped with cheddar cheese & vegemite Bread or bread roll, from white flour, topped with herb & garlic Bread or bread roll, from white flour, topped with meat & vegetables Bread or bread roll, from white flour, topped with vegetables only Bread or bread roll, from white flour, mixed with ham & pickles Bread or bread roll, from white flour, topped with cheddar cheese, added folate Bread or bread roll, from white flour, topped with cheese & bacon, added folate Bread or bread roll, from white flour, topped with cheddar cheese & vegemite, added folate Bread or bread roll, from white flour, topped with meat & vegetables, added folate Bread or bread roll, from white flour, mixed with cheese & pesto, added folate Bread or bread roll, from white flour, mixed with cheese & tomato, added folate Bread or bread roll, from white flour, mixed with potato, pumpkin & sunflower seeds, added folate Bread or bread roll, from white flour, mixed with cheese & sundried tomato, added folate Bread roll, from wholemeal flour, potato, pumpkin & sunflower seeds, added folate Sandwich, white bread, with cheese Sandwich, white bread, with cheese & tomato, toasted Sandwich, white bread, tablesread & berry jam Sandwich, white bread, tablesread & cheese, toasted Sandwich, white bread, tablesread & chicken roll Sandwich, white bread, tablesread & chicken roll, toasted Sandwich, white bread, tablesread, chicken roll & cheese, toasted Sandwich, white bread, tablesread, chicken roll, cheese & lettuce Sandwich, white bread, tablesread, chicken roll, cheese & tomato Sandwich, white bread, tablesread, chicken roll & lettuce Sandwich, white bread, tablesread & egg Sandwich, white bread, tablesread, egg & bacon, toasted Sandwich, white bread, tablesread, egg & lettuce Sandwich, white bread, tablesread, fried egg & bacon Sandwich, white bread, tablesread & ham Sandwich, white bread, tablesread, ham & cheese Sandwich, white bread, tablesread, ham & cheese, toasted Sandwich, white bread, tablesread, ham, cheese & tomato
Flat (pita or lebanese) bread Bread, flat (pita or lebanese), white, reduced salt Bread, flat (pita or lebanese), white	
Bagel, from white flour	
Bread, damper, with added salt	
Bread, foccacia or turkish style bread, plain	
Bread, naan, Indian restaurant style	
Bread, pizza base, commercial	
Bread, from white flour, crusty, e.g. french stick/baguette	
Bread, from white flour, italian style e.g. ciabatta, pane di casa	
Bread, from white flour, sour dough	
Bread, corn, homemade	
Refined fruit bread Bread, from white flour, dried fruit	

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	Sandwich, white bread, tablesread, ham & chicken Sandwich, white bread, tablesread, ham & lettuce Sandwich, white bread, tablesread, ham, lettuce, tomato & cheese Sandwich, white bread, tablesread, ham & tomato Sandwich, white bread, tablesread, lettuce, tomato & cheese Sandwich, white bread, tablesread, lettuce, tomato, beetroot & carrot Sandwich, white bread, tablesread & peanut butter Sandwich, white bread, tablesread & tomato Sandwich, white bread, tablesread & vegemite Sandwich, white bread, not further specified Sandwich roll, white roll, bacon, egg, cheese & bbq sauce, fast food style Sandwich roll, white roll, beef steak with cheese & salad (lettuce, tomato, carrot, onion, capsicum), fast food <hr/> Sandwich roll, white roll, caesar filling (crumbed chicken, bacon, lettuce, parmesan, cream dressing), fast food style Sandwich roll, white roll, crumbed chicken fillet with cheese & salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, ham with salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, marinated chicken breast with salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, meatball with cheese & salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, pepperoni, salami & ham with cheese & salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, reduced fat chicken roll with salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, salad (lettuce, tomato, carrot, cucumber, onion, capsicum, olive), fast food Sandwich roll, white roll, seafood, cheese & salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, tuna with cheese & salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, turkey, ham & bacon with cheese & salad (lettuce, tomato, carrot, onion, capsicum), fast food, toasted Sandwich roll, white roll, turkey with salad (lettuce, tomato, carrot, onion, capsicum), fast food Sandwich roll, white roll, fast food style, not further specified Bread, garlic, made with butter Bread, garlic & cheese, made with butter Bread, herb, made with butter Bread, from white flour, added fibre Bread, from white flour, added fibre, toasted Bread, from white flour, added fibre & calcium Bread, from white flour, added fibre & calcium, toasted Bread, from white flour, added fibre & folate Bread, from white flour, added fibre & folate, toasted Bread, from white flour, added fibre & iron Bread, from white flour, added fibre & iron, toasted Bread, from white flour, added fibre & omega-3 polyunsaturates Bread, from white flour, added fibre & omega-3 polyunsaturates, toasted Bread, from white flour, added fibre, folate, Fe, Zn, Vit E, B1, B3 & B6 Bread, from white flour, added fibre, folate, Fe, Zn, Vit E, B1, B3 & B6, toasted Bread roll, from white flour, added fibre & folate

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Bread, from white flour, added calcium
 Bread, from white flour, added calcium, toasted
 Bread, from white flour, added folate
 Bread, from white flour, added folate, toasted
 Bread, from white flour, added iron
 Bread, from white flour, added iron, toasted
 Bread, from white flour, added omega-3 polyunsaturates
 Bread, from white flour, added omega-3 polyunsaturates, toasted
 Bread, from white flour, seeds, added folate
 Bread roll, from white flour, added folate
 French toast, plain
 Bread, herb, made with butter, toasted
 Bread, from white flour, toasted
 Bread, from white flour, toasted, not further specified
 Bread roll, from white flour, toasted
 Bread, gluten free, commercial, toasted

Flat (pita or lebanese) bread
 Doner kebab, beef in flat white bread with lettuce, tomato, onion & sauce
 Doner kebab, chicken in flat white bread with lettuce, tomato, onion & sauce
 Doner kebab, lamb in flat white bread with lettuce, tomato, onion & sauce
 Doner kebab, vegetarian, in flat white bread with lettuce, tomato, onion & sauce
 Wrap, flat white bread with crumbed fried chicken, salad & mayonnaise, fast food style
 Wrap, flat white bread with sausage, bacon, egg & cheese, fast food style

Bread, foccacia or turkish style bread, plain
 Bread, foccacia or turkish style bread, savoury, with cheese
 Bread, foccacia or turkish style bread, savoury, with cheese, toasted

Bread, from white flour, crusty, e.g. french stick/baguette
 Bread, from white flour, crusty, e.g. french stick/baguette, added folate

Bread, from white flour, italian style e.g. ciabatta, pane di casa
 Bread, from white flour, italian style e.g. ciabatta, pane di casa, added folate

Refined fruit bread
 Bread, from white flour, dried fruit & chocolate
 Bread, from white flour, dried fruit & chocolate, toasted
 Bread, from white flour, dutch style fruit loaf, extra dried fruit
 Bread, from white flour, dutch style fruit loaf, extra dried fruit, toasted
 Bread, gluten free, fruit or raisin

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
	Bread, gluten free, fruit or raisin, toasted Bread, from white flour, dried fruit, added folate Bread, from white flour, dried fruit, added folate, toasted Bread, from white flour, dates, added folate
Refined rice	Refined rice
<i>Cooked form with no added fat or salt</i>	<i>Products are uncooked, have added fat, added salt or are part of a mixed dish</i>
Rice, white, boiled without added salt	Rice, white, raw Rice, white, boiled with added salt Rice, purchased as parboiled (Gold Rice), boiled with added salt Rice, flavoured, prepared from dry mix Rice, fried, with egg, vegetables & sauce (egg foo young), Chinese restaurant style Rice, fried, with meat, seafood, egg & vegetables, Chinese restaurant style Rice, fried, with mixed vegetables, unspecified oil Rice, fried, with mixed vegetables & chicken, unspecified oil Rice, paella style, with chicken, prawns & mixed vegetables Rice paper rolls, Asian style, with prawn Risotto, bacon, with parmesan cheese Risotto, chicken, with parmesan cheese Risotto, chicken & pumpkin, with parmesan cheese Risotto, mushroom & pumpkin, with parmesan cheese Risotto, seafood Salad, rice, with vegetables, with dressing, homemade Salad, rice, with vegetables, without dressing, homemade Sushi, California roll, restaurant style Sushi, chicken Sushi, meat (beef, pork, lamb) Sushi, vegetarian
Refined pasta	Refined pasta
<i>Cooked form with no added fat or salt</i>	<i>Products are uncooked, have added fat, added salt or are part of a mixed dish</i>
Pasta, white wheat flour based, boiled from dry, without added salt Pasta, white wheat flour with egg, boiled from dry, without added salt	Pasta, white wheat flour-based, dry (regular pasta) Pasta, white wheat flour with egg, dry Pasta, white wheat flour with egg, boiled from dry, with added salt Pasta, white wheat flour & other coloured ingredients, boiled from dry, without added salt Pasta, white wheat flour based, boiled from dry, with added salt Cannelloni, beef, frozen, baked Cannelloni, spinach & ricotta Lasagne, beef, frozen, baked

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Lasagne, chicken, homemade
 Lasagne, vegetarian, homemade
 Macaroni cheese, homemade from basic ingredients
 Macaroni cheese, with bacon
 Macaroni cheese, with chicken
 Pasta bolognese, Italian restaurant style
 Pasta in cream based sauce, dry mix
 Pasta, beef or vegetable filled, boiled, with tomato-based sauce
 Pasta, vegetable filled, boiled, with tomato-based sauce
 Pasta, salad, with vegetables
 Pasta, salad, with vegetables & bacon
 Pasta, salad, with vegetables & cheese
 Pasta, salad, with vegetables, cheese & bacon
 Pasta, salad, with vegetables & mayonnaise
 Ravioli, beef, with tomato based sauce, frozen, boiled
 Spaghetti in cheese sauce, canned
 Spaghetti in cheese & tomato sauce, canned
 Spaghetti in meat sauce, canned
 Spaghetti in tomato sauce, salt reduced, canned
 Pasta bake, beef in cream sauce, cheese-topped
 Pasta bake, beef mince, with tomato sauce
 Pasta bake, beef mince, with tomato sauce, cheese-topped
 Pasta bake, beef mince & vegetables, with tomato sauce, cheese-topped
 Pasta bake, beef mince & vegetables, with tomato sauce, cheese & breadcrumb topped
 Pasta bake, cheese sauce, cheese-topped
 Pasta bake, chicken & vegetables, with tomato sauce, cheese-topped
 Pasta bake, fish, with cream sauce, cheese-topped
 Pasta bake, fish, with tomato sauce, cheese-topped
 Pasta bake, fish & vegetables, cream sauce, cheese-topped
 Pasta bake, mixed vegetables, with tomato sauce, cheese-topped
 Pasta bake, with tomato sauce, cheese-topped
 Pasta in cream-based sauce, reconstituted from dry mix with milk & butter
 Pasta in cream-based sauce, reconstituted from dry mix with milk & spread
 Pasta in cream-based sauce, reconstituted from dry mix with water & butter
 Pasta in cream-based sauce, reconstituted from dry mix with water
 Pasta in cream-based sauce, reconstituted from dry mix with water & milk
 Pasta in cream-based sauce, reconstituted from dry mix with water, milk & butter
 Pasta in cream-based sauce, reconstituted from dry mix with water, milk & margarine
 Pasta in cream-based sauce, reconstituted from dry mix with water & table spread
 Pasta, white wheat flour & spinach, boiled without added salt
 Pasta, white wheat flour & soy protein, reduced carbohydrate, dry

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
	Pasta, white wheat flour & soy protein, reduced carbohydrate, boiled from dry, without added salt Pasta, white wheat flour & soy flour, boiled from dry, without added salt Pasta, cheese & vegetable filled, without sauce, fast food style Pasta, meat filled, boiled, without sauce Pasta, vegetable filled, boiled, without sauce
Noodles <i>Cooked, with no added fat or salt</i>	Noodles <i>Products are uncooked, have added fat, added salt or are part of a mixed dish</i>
Noodles Noodle, bean starch or cellophane, boiled Noodle, rice, boiled without added salt Noodle, wheat, Asian style Noodle, wheat, Asian style, boiled without added salt	Noodles Noodles, rice, with prawns & vegetables (pad Thai), Thai restaurant style Noodle, bean starch or cellophane, fried in unspecified oil Noodle, rice, fried in unspecified oil Noodle, wheat, Asian style, fried in unspecified oil Noodle, boiled, not further specified
Instant noodles Noodle, wheat, instant, low fat, boiled with flavour sachet, drained Noodle, wheat, instant, boiled with flavour sachet, drained	Instant noodles Noodle, wheat, instant, boiled without flavour sachet, undrained Noodle, wheat, instant, boiled with flavour sachet, undrained Noodle, wheat, instant, boiled with flavour sachet, drained and then fried in unspecified oil Noodle, wheat, instant, low fat, boiled with flavour sachet, undrained Noodle, wheat, instant, uncooked, without flavour sachet Noodle, wheat, instant, uncooked, with flavour sachet
Other Cereals <i>Cooked and relatively low in fat ($\geq 10\text{g}/100\text{g}$)</i>	Other Cereals <i>Products are uncooked or are relatively high in fat ($\geq 10\text{g}/100\text{g}$)</i>
Semolina, prepared with water Semolina, prepared with unspecified milk Barley, pearl, boiled without added salt or fat Cornmeal (polenta), cooked in unsalted water without fat Quinoa, cooked in water Quinoa, prepared with unspecified milk Tapioca, pearl or seed style, boiled Couscous, boiled without added salt Tortilla, from wheat flour Tortilla, from corn flour	Barley, pearl, raw Barley, wholegrain, raw Buckwheat groats, raw Cornmeal (polenta), raw Millet, raw Millet, puffed Quinoa, wholegrain or flour Tapioca, pearl or seed style, raw Wheat bran, unprocessed Wheat germ Semolina, raw Couscous, raw Taco shell, from corn flour, plain

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
Refined Breakfast Cereals	Refined Breakfast Cereals
<i>Contain <5g fibre and <30g sugar (<35g if contains fruit) per 100g</i>	<i>Products contain ≥30g sugar (or ≥35g if contains fruit) per 100g</i>
Unfortified refined cereal Breakfast cereal, flakes of corn, honey, unfortified Breakfast cereal, flakes of corn, unfortified Breakfast cereal, puffed corn, unfortified Breakfast cereal, flakes of rice, unfortified Breakfast cereal, puffed or popped rice, unfortified	Unfortified refined cereal (none) Fortified cereal Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins B1, B2, B3 & folate & Fe Breakfast cereal, mixed grain (wheat & oat), extruded, honey, added vitamins B1, B2, B3 & folate, Fe & Zn Breakfast cereal, mixed grain (wheat, corn & oat), extruded, fruit flavoured, sweetened, added vitamins B1, B2, B3, C & folate, Fe & Zn Breakfast cereal, mixed grain, extruded, fruit flavoured, sweetened, added vitamins B1, B2, B3 & folate & Fe Breakfast cereal, frosted flakes of corn, added vitamins B1, B2, B3, C, E & folate, Fe & Zn Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins B1, B2, B3, C & folate, Ca, Fe & Zn Breakfast cereal, wheat, extruded, chocolate malt coating, added vitamins B1, B2, B3, C & folate, Ca, Fe & Zn
Fortified cereal Breakfast cereal, mixed grain (wheat, oat, corn), extruded, added vitamins B1, B2, B3, C & folate, Ca & Fe Breakfast cereal, mixed grain (wheat, corn, bran), flakes, sultanas & apple, added vitamins B1, B2, B3, & folate, Ca & Fe Breakfast cereal, flakes of rice & wheat, sweetened, berries, added vitamins B1, B2, B3 & folate, Ca, Fe & Zn Breakfast cereal, mixed grain (wheat, corn, rice), flakes, sultanas, almonds & date, added vitamins B1, B2, B3 & folate, Ca & Fe Breakfast cereal, crispy corn pillows, honey, added vitamins B1, B2, B3 & folate Breakfast cereal, crispy corn pillows, cocoa coating, added vitamins B1, B2, B3 & folate Breakfast cereal, flakes of rice & wheat, sweetened, peach & apricot, added vitamins B1, B2, B3 & folate, Ca, Fe & Zn Breakfast cereal, flakes of rice & wheat, sweetened, added vitamins B1, B2, B3 & folate, Ca, Fe & Zn Breakfast cereal, puffed or popped rice, added vitamins B1, B2, B3 & Fe Breakfast cereal, flakes of corn, added vitamins B1, B2, B3 & folate & Fe Breakfast cereal, puffed or popped rice, honey, added vitamins B1, B2, B3, C & folate, Fe & Zn Breakfast cereal, puffed or popped rice, added vitamins B1, B2, B3 & folate & Fe Breakfast cereal, flakes of corn, strawberry, added vitamins B1, B2, B3, C & folate, Fe & Zn Breakfast cereal, puffed or popped rice, added vitamins B1, B2, B3, C & folate, Fe & Zn Breakfast cereal, flakes of corn, choc-malt, added vitamins B1, B2, B3, C & folate, Fe & Zn Breakfast cereal, flakes of corn, added vitamins B1, B2, B3, C & folate, Fe & Zn	

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
Meats and Alternatives	
Seafood	Seafood
<i>Cooked, unprocessed, no added fat or salt</i>	<i>Products are uncooked, canned, have added fat or are part of a mixed dish</i>
Crab, various types, fresh only, boiled or steamed	Crab Crabmeat, canned in brine, drained Crabmeat, canned in brine, undrained
Lobster, purchased steamed or boiled	
Prawn Prawn, king (large size), flesh only, purchased cooked Prawn, king (large size), baked or grilled Prawn, school, flesh only, purchased cooked	Prawn Prawn, king (large size), raw (green) Prawn, king (large size), fried, unspecified oil Prawn, king (large size), cooked, not further specified Prawn, curry, tandoori style Prawn, garlic, king, home prepared Prawn, stir fry, soy based sauce, asparagus Prawn toast, Chinese restaurant style Prawn, king (large size), crumbed, baked Prawn, king (large size), battered, deep fried, canola oil, home prepared Prawn, crumbed, fried, Chinese restaurant style
Clam, boiled in unsalted water	
Mussel, green, steamed or boiled	
Oyster Oyster, raw Oyster, baked or grilled	
Scallop, boiled, unsalted water	Scallop Scallop, raw Scallop, fried Scallop, crumbed, fried
Calamari Squid or calamari, baked/grilled Squid or calamari, poached	Calamari Squid or calamari, raw Squid or calamari, fried, peanut oil Squid or calamari, crumbed, fried, restaurants & take away outlets Squid or calamari, crumbed, frozen, baked
	Included for total seafood category only not individual types Seafood, mixed, poached, with creamy dressing & lettuce Seafood extender or sticks, battered, deep fried, unspecified oil Seafood or fish stick or extender (surimi), frozen, raw

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
Fish <i>Cooked, canned in water, no added fat or salt</i>	Fish <i>Products are uncooked, canned in oil or brine, have added fat or are part of a mixed dish</i>
Fish with high omega-3 content ($\geq 1400\text{mg LCN3}/100\text{g}$) Salmon, Atlantic, fillet, steamed or poached Salmon, Atlantic, fillet, grilled Trout, rainbow, aquacultured, baked or grilled Trout, rainbow, aquacultured, steamed or poached Silver perch, aquacultured, baked or grilled Silver perch, aquacultured, steamed or poached	Fish with high omega-3 content ($\geq 1400\text{mg LCN3}/100\text{g}$) Salmon, Australian, canned in brine, drained Salmon, Australian, canned in brine Salmon, Atlantic, fillet, fried, unspecified butter Salmon, Atlantic, fillet, fried, olive oil Salmon, Atlantic, fillet, fried, sunflower oil Salmon, red, canned in brine, drained Salmon, Atlantic, fillet, raw Salmon, canned, drained, not further specified Salmon, red, canned in brine Salmon, pink, canned in brine, drained Salmon, canned, undrained, not further specified Trout, rainbow, aquacultured, raw Salmon, pink, canned in brine Salmon, Atlantic, crumbed, baked or grilled Trout, rainbow, crumbed, fried in olive oil Fish cake, contains salmon, crumbed, frozen, baked Trout, rainbow, battered, deep fried, unspecified oil Silver perch, aquacultured, crumbed, fried, olive oil Silver perch, aquacultured, crumbed, fried, polyunsaturated blended oil
Fish with medium omega-3 content (400-1399mg LCN3/100g) Gemfish, flesh, steamed Sardine, canned in tomato sauce, undrained Bream, flesh, baked in foil Bream, flesh, steamed Anchovy, canned in oil, drained Mullet, yelloweye, baked or grilled Milkfish, aquacultured, steamed or poached Mullet, yelloweye, steamed Morwong, flesh only, steamed Tuna, canned in water, drained Snapper, flesh, steamed Tuna, flavoured, canned in water, drained	Fish with medium omega-3 content (400-1399mg LCN3/100g) Silver perch, aquacultured, raw Silver perch, aquacultured, fried, olive oil Silver perch, aquacultured, fried, unspecified oil Gemfish, raw Bream, flesh, fried, canola oil Fish, finfish, baked or grilled, not further specified Fish, finfish, fried, canola oil, not further specified Fish, finfish, fried, olive oil, not further specified Fish, finfish, fried, polyunsaturated blended oil, not further specified Fish, finfish, fried, sunflower oil, not further specified Fish, finfish, fried, unspecified butter, not further specified Fish, finfish, fried, unspecified oil, not further specified
Fish with low omega-3 content ($< 400\text{mg LCN3}/100\text{g}$) Blue grenadier (hoki), steamed or poached Barramundi, aquacultured fillets, baked or grilled Blue grenadier (hoki), baked Flathead, flesh only, baked or grilled Trevally, dory, ling, cod, flounder or sole, baked or grilled Barramundi, aquacultured fillets, steamed or poached Flathead, flesh only, steamed Trevally, dory, ling, cod, flounder or sole, steamed or poached Whiting, king george, flesh only, steamed Tilapia, steamed or poached Bassa (basa), baked or grilled	

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Bassa (basa), steamed or poached
 Shark (flake), skinless fillet, steamed
 Shark (flake), skinless fillet, baked or grilled
 Orange roughy, baked or grilled
 Cod, smoked, steamed or poached

Included for weight only

Bream, flesh, raw
 Fish, finfish, poached, not further specified
 Bream, flesh, battered, deep fried, tallow based frying fat
 Fish, curry, tandoori style
 Bream, flesh, crumbed, fried, olive oil
 Fish, battered, deep fried, purchased ready to eat, not further specified
 Fish, finfish, crumbed, baked or grilled, not further specified
 Mullet, yelloweye, battered, deep fried
 Fish, finfish, crumbed, fried, unspecified butter, not further specified
 Fish, finfish, crumbed, fried, canola oil, not further specified
 Fish, finfish, crumbed, fried, olive oil, not further specified
 Fish, finfish, crumbed, fried, polyunsaturated blended oil, not further specified
 Fish, finfish, crumbed, fried, sunflower oil, not further specified
 Fish, finfish, crumbed, fried, unspecified frying fat or oil, not further specified
 Mullet, yelloweye, crumbed, fried, unspecified butter

Flathead, flesh only, battered, deep fried in solid frying fat

Fish, finfish, battered, fried, canola oil, not further specified
 Fish, finfish, battered, fried, olive oil, not further specified
 Fish, finfish, battered, fried, polyunsaturated blended oil, not further specified
 Fish, curry, creamy sauce, home prepared
 Fish, curry, prepared with curry powder
 Fish cake, crumbed, frozen, baked
 Fish, pasta bake, tuna mornay with cheese & breadcrumbs
 Snapper, battered, deep fried, tallow based frying fat
 Fish, stew or casserole, simmer sauce, with onion

Fish with low omega-3 content (<400mg LCN3/100g)

Snapper, flesh, fried, butter
 Snapper, flesh, fried, canola oil
 Snapper, flesh, fried, olive oil
 Mulloway, fried, unspecified butter
 Morwong, raw
 Marinara mix, with fish & shellfish, fresh, poached or steamed
 Fish, finfish, raw, not further specified
 Tuna, canned in brine, drained
 Milkfish, aquacultured, raw
 Mullet, yelloweye, raw
 Marinara mix, with fish & shellfish, fresh, raw
 Salmon, smoked, sliced
 Tuna, canned in vegetable oil
 Tuna, canned, not further specified

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Tuna, yellowfin steaks, grilled or barbecued with olive oil
 Snapper, flesh, raw
 Tuna, flavoured, canned in oil, drained
 Blue grenadier (hoki), fried, canola oil
 Blue grenadier (hoki), fried, olive oil
 Tuna, yellowfin, fresh, raw
 Flathead, flesh only, fried, butter
 Flathead, flesh only, fried, canola oil
 Flathead, flesh only, fried, olive oil
 Flathead, flesh only, fried, polyunsaturated blended oil
 Blue grenadier (hoki), raw
 Barramundi, aquacultured fillets, fried, olive oil
 Barramundi, aquacultured fillets, fried, polyunsaturated blended oil
 Barramundi, aquacultured fillets, fried, sunflower oil
 Trevally, dory, ling, cod, flounder or sole, fried, corn oil
 Trevally, dory, ling, cod, flounder or sole, fried, olive oil
 Trevally, dory, ling, cod, flounder or sole, fried, unspecified oil
 Barramundi, aquacultured fillets, raw
 Tuna, canned, with mayonnaise
 Fish cake, deep fried, from take away food shop
 Flathead, flesh only, raw
 Trevally, dory, ling, cod, flounder or sole, raw
 Whiting, king george, flesh only, floured, fried, peanut oil
 Tuna, canned in brine
 Mulloway, flesh only, raw
 Tuna, canned in vegetable oil, drained
 Whiting, king george, flesh only, fried, unspecified butter
 Whiting, king george, flesh only, fried, canola oil
 Whiting, king george, flesh only, fried, corn oil
 Whiting, king george, flesh only, fried, olive oil
 Whiting, king george, flesh only, fried, polyunsaturated blended oil
 Whiting, king george, flesh only, fried, sunflower oil
 Whiting, king george, flesh only, raw
 Tilapia, raw
 Bassa (basa), fried, olive oil
 Bassa (basa), raw
 Shark (flake), skinless fillet, fried, olive oil
 Shark (flake), skinless fillet, fried, polyunsaturated blended oil
 Shark (flake), skinless fillet, raw
 Orange roughy, flesh, raw
 Fish, fillet, frozen, glazed & flavoured, baked

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Fish, battered, frozen, baked, not further specified
 Fish, patty or burger, tuna, potato & other vegetables, grilled, baked or fried
 Snapper, flesh, crumbed, baked or grilled
 Fish, stew or casserole, simmer sauce, with vegetables including beans
 Fish cake, with vegetables, crumbed, frozen, baked, not further specified
 Snapper, crumbed, fried, polyunsaturated blended oil
 Snapper, crumbed, fried, polyunsaturated margarine spread
 Fish, fillet, frozen, reduced energy sauce, microwaved
 Blue grenadier (hoki), crumbed/floured, baked or roasted
 Trevally, dory, ling, cod, flounder or sole, crumbed, baked or grilled
 Fish cake, purchased frozen, shallow fried, peanut oil
 Fish finger, crumbed, frozen, baked or roasted
 Fish, crumbed, frozen, baked, not further specified
 Blue grenadier (hoki), battered, fried, blended polyunsaturated oil
 Flathead, crumbed/floured, fried, unspecified butter
 Fish, crumbed, reduced fat, frozen, baked, not further specified
 Fish finger, crumbed, frozen, fried, unspecified butter
 Fish finger, crumbed, frozen, grilled
 Shark (flake), skinless fillet, battered, deep fried, solid fat
 Fish ball, Asian style, raw
 Flathead, crumbed/floured, fried, canola oil
 Flathead, crumbed/floured, fried, olive oil
 Fish finger, crumbed, frozen, fried, blended polyunsaturated oil
 Fish finger, crumbed, frozen, fried, canola oil
 Fish finger, crumbed, frozen, fried, olive oil
 Fish finger, crumbed, frozen, fried, unspecified oil
 Trevally, dory, ling, cod, flounder or sole, crumbed, fried, canola oil
 Trevally, dory, ling, cod, flounder or sole, crumbed, fried, olive oil
 Trevally, dory, ling, cod, flounder or sole, crumbed, fried, polyunsaturated blended oil
 Trevally, dory, ling, cod, flounder or sole, crumbed, fried, unspecified oil
 Fish, crumbed, frozen, fried, olive oil, not further specified
 Fish, crumbed, frozen, fried, polyunsaturated blended oil, not further specified
 Fish finger, crumbed, frozen, raw
 Trevally, dory, ling, cod, flounder or sole, battered, deep fried, unspecified fat or oil
 Fish, cocktail size, battered, deep fried, purchased ready to eat, not further specified
 Whiting, king george, flesh only, crumbed/floured, fried, unspecified butter
 Whiting, king george, flesh only, crumbed/floured, fried, olive oil
 Whiting, king george, flesh only, crumbed/floured, fried, polyunsaturated blended oil
 Whiting, king george, flesh only, crumbed/floured, fried, unspecified oil
 Seafood or fish stick (surimi), frozen, fried, peanut oil
 Bassa (basa), crumbed, baked or grilled

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	Bassa (basa), crumbed/floured, fried, olive oil Shark (flake), skinless fillet, crumbed/floured, fried, canola oil Orange roughly, crumbed, baked or grilled Orange roughly, battered, deep fried, unspecified fat or oil
Poultry	Poultry
<i>Cooked, lean and semi-trimmed, prepared without added fat</i>	<i>Products are uncooked, fully trimmed or totally untrimmed, have added fat or are part of a mixed dish</i>
Chicken Chicken, breast, lean, baked Chicken, breast, lean, casseroled Chicken, breast, lean, grilled or BBQ Chicken, breast, lean, stir-fried Chicken, drumstick, lean, baked Chicken, drumstick, lean, casseroled Chicken, kebab, grilled or BBQ Chicken, mince, boiled or simmered Chicken, mince, dry fried Chicken, thigh, lean, baked Chicken, thigh, lean, casseroled Chicken, thigh, lean, stir-fried Chicken, wing, lean, baked Chicken, wing, lean, casseroled Chicken, wing, lean, grilled or bbq Chicken, whole, lean, baked or roasted Chicken, whole, lean, grilled or BBQ Chicken, whole, lean, stewed or braised Chicken, maryland, lean, baked Chicken, maryland, lean, stewed or braised Duck, lean, stewed or casseroled Turkey Turkey, breast, lean, baked Turkey, breast, lean, stewed or braised Turkey, hindquarter, lean, baked Quail, flesh & skin, baked	Chicken Chicken, wing, lean, marinated, baked or roasted Chicken, wing, lean, marinated, grilled or BBQ Chicken, wing, lean, marinated, stewed Chicken, wing, lean, skin & fat, marinated, baked or roasted Chicken, wing, lean, skin & fat, marinated, fried, canola oil Chicken, wing, lean, skin & fat, marinated, fried, corn oil Chicken, wing, lean, skin & fat, marinated, fried, olive oil Chicken, wing, lean, skin & fat, marinated, fried, polyunsaturated blended oil Chicken, liver, fried, butter Chicken, breast, lean, raw Chicken, breast, lean, fried, canola oil Chicken, breast, lean, fried, olive oil Chicken, breast, lean, fried, polyunsaturated blended oil Chicken, breast, lean, fried, polyunsaturated margarine Chicken, breast, lean, fried, sunflower oil Chicken, breast, lean, fried, unspecified butter Chicken, breast, lean, fried, unspecified oil Chicken, breast, lean, smoked Chicken, breast, lean, skin & fat, raw Chicken, breast, lean, skin & fat, baked Chicken, breast, lean, skin & fat, casseroled Chicken, breast, lean, skin & fat, fried, canola oil Chicken, breast, lean, skin & fat, fried, olive oil Chicken, breast, lean, skin & fat, fried, unspecified oil Chicken, breast, lean, skin & fat, grilled or BBQ Chicken, breast, lean, skin & fat, stir-fried Chicken, breast, lean, skin & fat, smoked Chicken, drumstick, lean, raw Chicken, drumstick, lean, fried, canola oil Chicken, drumstick, lean, fried, olive oil Chicken, drumstick, lean, fried, unspecified polyunsaturated margarine

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Chicken, drumstick, lean, fried, unspecified oil
 Chicken, drumstick, lean, skin & fat, raw
 Chicken, drumstick, lean, skin & fat, baked
 Chicken, drumstick, lean, skin & fat, casserole
 Chicken, drumstick, lean, skin & fat, fried, canola oil
 Chicken, drumstick, lean, skin & fat, fried, corn oil
 Chicken, drumstick, lean, skin & fat, fried, olive oil
 Chicken, kebab, raw
 Chicken, maryland, lean, raw
 Chicken, maryland, lean, fried, olive oil
 Chicken, maryland, lean, fried, polyunsaturated blended oil
 Chicken, maryland, lean, skin & fat, baked
 Chicken, maryland, lean, skin & fat, fried, canola oil
 Chicken, maryland, lean, skin & fat, fried, polyunsaturated blended oil
 Chicken, maryland, lean, skin & fat, stewed or braised

Chicken, mince, raw
 Chicken, mince, fried, canola oil
 Chicken, mince, fried, olive oil
 Chicken, mince, fried, peanut oil
 Chicken, mince, fried, polyunsaturated blended oil
 Chicken, mince, fried, unspecified butter
 Chicken, mince, fried, unspecified oil
 Chicken, mince, cooked, not further specified
 Chicken, thigh, lean, raw
 Chicken, thigh, lean, fried, canola oil
 Chicken, thigh, lean, fried, olive oil
 Chicken, thigh, lean, fried, polyunsaturated blended oil
 Chicken, thigh, lean, fried, sunflower oil
 Chicken, thigh, lean, fried, unspecified butter
 Chicken, thigh, lean, fried, unspecified oil
 Chicken, thigh, lean, skin & fat, raw
 Chicken, thigh, lean, skin & fat, baked
 Chicken, thigh, lean, skin & fat, casserole
 Chicken, thigh, lean, skin & fat, fried, olive oil
 Chicken, thigh fillets (flesh & some fat), raw
 Chicken, wing, lean, raw
 Chicken, wing, lean, fried, olive oil
 Chicken, wing, lean, fried, unspecified butter
 Chicken, wing, lean, skin & fat, raw
 Chicken, wing, lean, skin & fat, baked
 Chicken, wing, lean, skin & fat, casserole

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Chicken, wing, lean, skin & fat, fried, canola oil
 Chicken, wing, lean, skin & fat, fried, corn oil
 Chicken, wing, lean, skin & fat, fried, olive oil
 Chicken, wing, lean, skin & fat, fried, unspecified oil
 Chicken, wing, lean, skin & fat, marinated, fried, unspecified butter
 Chicken, raw, not further specified
 Chicken, baked or roasted, not further specified
 Chicken, fried, unspecified oil, not further specified
 Chicken, grilled or BBQ, not further specified
 Chicken, stewed or braised, not further specified
 Chicken, cooked, not further specified
 Chicken, whole, lean, raw
 Chicken, whole, lean, fried, canola oil
 Chicken, whole, lean, fried, olive oil
 Chicken, whole, lean, skin & fat, raw
 Chicken, whole, lean, skin & fat, fried, olive oil
 Chicken, whole, lean, skin & fat, fried, unspecified oil
 Chicken, whole, lean, skin & fat, stewed or braised
 Chicken, whole, lean, skin & fat, grilled or bbq
 Chicken, skin only, raw
 Chicken, skin only, baked
 Chicken, skin only, casserole
 Chicken, fat only, raw
 Chicken, fat only, baked
 Chicken, fat only, casserole
 Chicken patty or meatball, plain, fried, unspecified oil
 Sausage, chicken, raw
 Sausage, chicken, baked or microwaved
 Sausage, chicken, boiled or casserole
 Sausage, chicken, fried without oil
 Sausage, chicken, grilled or BBQ
 Chicken, kebab, marinated, fried, unspecified oil
 Chicken, kebab, marinated, grilled or BBQ
 Chicken, kebab, marinated, satay sauce, grilled or BBQ
 Chicken, kebab, marinated, yoghurt based sauce, grilled or BBQ
 Chicken, curry, butter, Indian restaurant style
 Chicken, curry, green, Thai restaurant style
 Chicken, curry, korma, home prepared with purchased sauce
 Chicken, curry, prepared with coconut milk, commercial paste & other ingredients
 Chicken, curry, prepared with curry powder, onions & stock
 Chicken, curry, prepared with indian style simmer sauce & extra chilli

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Chicken, curry, prepared with tomatoes, commercial paste & other ingredients
 Chicken, curry, rogan josh, prepared from commercial sauce
 Chicken, curry, tandoori, Indian restaurant style
 Chicken, curry, tikka, Indian restaurant style
 Chicken, salad (lettuce, tomato, cabbage, carrot), with dressing, fast food style
 Chicken, stew or casserole, black bean sauce
 Chicken, stew or casserole, gravy
 Chicken, stew or casserole, gravy, capsicum, onion & potato
 Chicken, stew or casserole, plum sauce, vegetables
 Chicken, stew or casserole, simmer sauce, vegetables including beans
 Chicken, stew or casserole, simmer sauce, onion
 Chicken, stew or casserole, tomato sauce, vegetables including potato
 Chicken, stir fry, black bean sauce
 Chicken, stir fry, capsicum, carrot & onion
 Chicken, stir fry, chop suey (chicken & vegetables), Chinese restaurant style
 Chicken, stir fry, with almonds, Chinese restaurant style
 Chicken, stir fry, plum & oyster sauce
 Chicken, stir fry, plum & oyster sauce, mixed vegetables
 Chicken, stir fry, satay sauce
 Chicken, stir fry, soy based sauce, mixed vegetables
 Chicken, stir fry, sweet & sour sauce, capsicum, carrot & onion
 Chicken patty or meatball, plain, crumbed, fried, unspecified oil
 Chicken patty or meatball, with onion & bread crumbs, fried, unspecified oil
 Chicken patty or meatball, with onion & bread crumbs, crumbed, fried, unspecified oil
 Chicken patty or meatball, with vegetables, crumbed, fried, unspecified oil
 Chicken, stew or casserole, simmer sauce, pasta & vegetables
 Chicken, stir fry, chow mein (chicken & noodles), Chinese restaurant style
 Chicken, stir fry, hokkien noodle, capsicum, carrot & onion
 Chicken, stir fry, plum & oyster sauce, hokkien noodles & mixed vegetables
 Chicken, stir fry, satay sauce, hokkien noodle, capsicum, carrot & onion
 Chicken, stir fry, soy based sauce, hokkien noodle & mixed vegetables
 Chicken, stir fry, sweet & sour sauce, hokkien noodle & mixed vegetables
 Chicken, breast, lean, crumbed, baked without oil
 Chicken, breast, lean, crumbed, fried, canola oil
 Chicken, breast, lean, crumbed, fried, olive oil
 Chicken, breast, lean, crumbed, fried, polyunsaturated blended oil
 Chicken, breast, lean, crumbed, fried, sunflower oil
 Chicken, breast, lean, crumbed, fried, unspecified butter
 Chicken, breast, lean, crumbed, fried, unspecified oil
 Chicken, breast, lean, crumbed, fried, unspecified polyunsaturated table spread
 Chicken, breast, lean, skin & fat, crumbed, baked without oil

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Chicken, breast, lean, skin & fat, crumbed, fried, canola oil
 Chicken, breast, lean, skin & fat, crumbed, fried, corn oil
 Chicken, breast, lean, skin & fat, crumbed, fried, olive oil
 Chicken, breast, lean, skin & fat, crumbed, fried, unspecified oil
 Chicken, breast, lean, crumbed, filled with butter & herbs, baked with oil
 Chicken, breast, lean, crumbed, topped with cheese & ham, baked with oil
 Chicken, drumstick, lean, crumbed, baked with oil
 Chicken, drumstick, lean, crumbed, fried, canola oil
 Chicken, drumstick, lean, crumbed, fried, corn oil
 Chicken, drumstick, lean, crumbed, fried, olive oil
 Chicken, drumstick, lean, crumbed, fried, unspecified oil
 Chicken, drumstick, lean, skin & fat, crumbed, baked with oil
 Chicken, drumstick, lean, skin & fat, crumbed, fried, canola oil
 Chicken, drumstick, lean, skin & fat, crumbed, fried, olive oil
 Chicken, drumstick, lean, skin & fat, crumbed, fried, polyunsaturated blended oil
 Chicken, drumstick, lean, skin & fat, crumbed, fried, sunflower oil
 Chicken, drumstick, lean, skin & fat, crumbed, fried, unspecified oil
 Chicken, maryland, lean, crumbed, fried, polyunsaturated blended oil
 Chicken, maryland, lean, skin & fat, crumbed, baked with oil
 Chicken, maryland, lean, skin & fat, crumbed, fried, canola oil
 Chicken, maryland, lean, skin & fat, crumbed, fried, unspecified oil
 Chicken, nugget, frozen, baked without oil
 Chicken, nugget, frozen, fried, canola oil
 Chicken, nugget, McDonalds, fried, canola oil
 Chicken, nugget, McDonalds, fried, canola oil, with tomato sauce
 Chicken, nugget, frozen, fried, ghee
 Chicken, nugget, frozen, fried, olive oil
 Chicken, nugget, frozen, fried, polyunsaturated blended oil
 Chicken, nugget, frozen, fried, polyunsaturated tablespread
 Chicken, nugget, frozen, fried, sunflower oil
 Chicken, nugget, frozen, fried, unspecified oil
 Chicken, nugget, frozen, cooked, not further specified
 Chicken, nugget, lite, frozen, baked without oil
 Chicken, strip/portion, fried, canola oil, fast food
 Chicken patty or meatball, crumbed, frozen, baked without oil
 Chicken, thigh, lean, crumbed, baked with oil
 Chicken, thigh, lean, crumbed, fried, canola oil
 Chicken, thigh, lean, crumbed, fried, olive oil
 Chicken, thigh, lean, crumbed, fried, polyunsaturated blended oil
 Chicken, thigh, lean, crumbed, fried, unspecified oil
 Chicken, thigh, lean, crumbed, stir-fried

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	<p>Chicken, thigh, lean, skin & fat, crumbed, baked with oil</p> <p>Chicken, thigh, lean, skin & fat, crumbed, fried, olive oil</p> <p>Chicken, wing, lean, crumbed, baked without oil</p> <p>Chicken, wing, lean, crumbed, fried, unspecified oil</p> <p>Chicken, wing, lean, skin & fat, crumbed, baked with oil</p> <p>Chicken, wing, lean, skin & fat, crumbed, fried, canola oil</p> <p>Chicken, wing, lean, skin & fat, crumbed, fried, polyunsaturated blended oil</p> <p>Chicken, wing, lean, skin & fat, crumbed, fried, unspecified butter</p> <p>Chicken, wing, lean, skin & fat, crumbed, fried, unspecified oil</p> <p>Chicken, wrapped in puff pastry, baked</p> <p>Chicken, various pieces, coated, deep-fried, Kentucky Fried Chicken</p> <p>Chicken, battered, with lemon or honey sauce, Chinese restaurant style</p> <p>Burger patty or rissole, chicken, commercial, grilled or fried without oil or fat</p> <p>Chicken patty or meatball, with onion, fried, unspecified oil</p> <p>Chicken, baked with tomato, eggplant & cheese, parmigiana style</p> <p>Duck</p> <p>Duck, lean, raw</p> <p>Duck, lean, skin & fat, baked or roasted</p> <p>Duck, battered, with sweet & sour sauce, Chinese restaurant style</p> <p>Turkey</p> <p>Turkey, breast, lean, raw</p> <p>Turkey, breast, lean, fried, unspecified oil</p> <p>Turkey, breast, lean, smoked</p> <p>Turkey, breast, lean, skin & fat, baked</p> <p>Turkey, hindquarter, lean, skin & fat, baked</p> <p>Turkey, wing, flesh, skin & fat, casseroled</p> <p>Turkey, breast, lean, crumbed, fried, unspecified oil</p>
Red Meat	Red Meat
<i>Cooked, lean and semi-trimmed, prepared without added fat</i>	<i>Products are uncooked, fully trimmed or totally untrimmed, have added fat or are part of a mixed dish</i>
<p>Beef</p> <p>Beef, blade steak, lean, grilled</p> <p>Beef, blade steak, semi-trimmed, baked or roasted</p> <p>Beef, blade steak, semi-trimmed, grilled</p> <p>Beef, blade steak, semi-trimmed, stewed or braised</p> <p>Beef, chuck steak, trimmed, casseroled</p> <p>Beef, fillet, lean, grilled</p> <p>Beef, fillet, lean, stewed or braised</p>	<p>Beef</p> <p>Beef, blade steak, semi-trimmed, fried, polyunsaturated blended oil</p> <p>Beef, blade steak, semi-trimmed, fried, unspecified monounsaturated margarine</p> <p>Beef, blade steak, semi-trimmed, fried, unspecified oil</p> <p>Beef, blade steak, untrimmed, raw</p> <p>Beef, blade steak, untrimmed, baked or roasted</p> <p>Beef, blade steak, untrimmed, fried, canola oil</p> <p>Beef, blade steak, untrimmed, grilled</p>

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Beef, fillet, semi-trimmed, grilled
 Beef, fillet, semi-trimmed, stewed or braised
 Beef, fillet, scotch, lean, grilled
 Beef, fillet, scotch, lean, stewed or braised
 Beef, fillet, scotch, semi-trimmed, grilled
 Beef, fillet, scotch, semi-trimmed, stewed or braised
 Beef, kebab, grilled or BBQ
 Beef, mince, hamburger, boiled or simmered
 Beef, mince, hamburger, dry fried
 Beef, mince, premium, boiled or simmered
 Beef, mince, premium, dry fried
 Beef, mince, low fat, boiled or simmered
 Beef, mince, low fat, dry fried
 Beef, round steak, lean, grilled
 Beef, round steak, lean, stewed or braised
 Beef, round steak, semi-trimmed, grilled

Beef, round steak, semi-trimmed, stewed or braised
 Beef, rump steak, lean, baked or roasted
 Beef, rump steak, lean, grilled
 Beef, rump steak, lean, stewed or braised
 Beef, rump steak, semi-trimmed, grilled
 Beef, rump steak, semi-trimmed, stewed or braised
 Beef, sirloin steak, lean, grilled
 Beef, sirloin steak, semi-trimmed, grilled
 Beef, sirloin steak, semi-trimmed, stewed or braised
 Beef, t-bone steak, lean, grilled
 Beef, t-bone steak, lean, stewed or braised
 Beef, t-bone steak, semi-trimmed, grilled
 Beef, topside roast, lean, baked or roasted
 Beef, topside roast, semi-trimmed, baked or roasted
 Beef, topside steak, lean, grilled or BBQ
 Beef, topside steak, lean, stewed or braised
 Beef, topside steak, semi-trimmed, stewed or braised
 Beef, topside steak, semi-trimmed, grilled or BBQ

Lamb

Lamb, chump chop, lean, grilled
 Lamb, chump chop, lean, stewed or casserole
 Lamb, chump chop, semi-trimmed, grilled
 Lamb, easy carve shoulder, lean, baked or roasted
 Lamb, easy carve shoulder, semi-trimmed, baked or roasted

Included for weight only

Beef, blade steak, untrimmed, stewed/braised
 Beef, chuck steak, lean, raw
 Beef, chuck steak, separable lean, raw
 Beef, chuck steak, trimmed, fried, canola oil
 Beef, chuck steak, trimmed, fried, olive oil
 Beef, chuck steak, untrimmed, raw
 Beef, chuck steak, untrimmed, casserole
 Beef, chuck steak, untrimmed, grilled or bbq
 Beef, fillet, lean, raw
 Beef, fillet, lean, fried, olive oil
 Beef, fillet, lean, fried, polyunsaturated margarine
 Beef, fillet, lean, fried, polyunsaturated blended oil
 Beef, fillet, lean, fried, sunflower oil
 Beef, fillet, semi-trimmed, fried, sunflower oil
 Beef, fillet, semi-trimmed, fried, unspecified oil
 Beef, fillet, untrimmed, raw
 Beef, fillet, untrimmed, fried, canola oil
 Beef, fillet, untrimmed, fried, unspecified butter
 Beef, fillet, untrimmed, grilled
 Beef, fillet, scotch, lean, raw
 Beef, fillet, scotch, lean, fried, olive oil
 Beef, fillet, scotch, lean, fried, sunflower oil
 Beef, fillet, scotch, lean, fried, unspecified butter
 Beef, fillet, scotch, semi-trimmed, raw
 Beef, fillet, scotch, semi-trimmed, fried, canola oil
 Beef, fillet, scotch, semi-trimmed, fried, olive oil
 Beef, fillet, scotch, semi-trimmed, fried, polyunsaturated blended oil
 Beef, fillet, scotch, semi-trimmed, fried, sunflower oil
 Beef, fillet, scotch, untrimmed, raw
 Beef, fillet, scotch, untrimmed, fried, canola oil
 Beef, fillet, scotch, untrimmed, fried, unspecified butter
 Beef, fillet, scotch, untrimmed, fried, unspecified oil
 Beef, fillet, scotch, untrimmed, grilled
 Beef, mince, hamburger, raw
 Beef, mince, hamburger, fried, canola oil
 Beef, mince, hamburger, fried, olive oil
 Beef, mince, hamburger, fried, polyunsaturated blended oil
 Beef, mince, hamburger, fried, sunflower oil
 Beef, mince, hamburger, fried, unspecified oil
 Beef, mince, regular, raw
 Beef, mince, regular, baked or microwaved

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Lamb, forequarter chop, lean, grilled
 Lamb, forequarter chop, lean, stewed or casserole
 Lamb, forequarter chop, semi-trimmed, grilled
 Lamb, forequarter chop, semi-trimmed, stewed
 Lamb, frenched cutlet/rack, lean, stewed or casserole
 Lamb, frenched cutlet/rack, lean, grilled
 Lamb, frenched cutlet/rack, semi-trimmed, grilled
 Lamb, frenched cutlet/rack, semi-trimmed, stewed or casserole
 Lamb, leg roast, lean, baked or roasted
 Lamb, leg roast, semi-trimmed, baked or roasted
 Lamb, loin chop, lean, grilled
 Lamb, loin chop, lean, stewed or casserole
 Lamb, loin chop, semi-trimmed, grilled
 Lamb, mince, dry fried
 Lamb, trim lamb, mini roast, lean, baked or roasted
 Lamb, trim lamb, mini roast, semi-trimmed, baked or roasted
 Lamb, trim lamb, steaks, lean, grilled

Lamb, trim lamb, steaks, lean, stewed or casserole
 Lamb, trim lamb, steaks, semi-trimmed, baked or roasted
 Lamb, trim lamb, stir-fry strips, lean, stewed or casserole
 Lamb, trim lamb, stir-fry strips, lean, stir fry

Veal

Veal, leg steak, lean, grilled
 Veal, loin chop, lean, grilled

Venison, grilled or BBQ

Kangaroo

Kangaroo, rump, baked
 Kangaroo, loin fillet, grilled

Pork

Pork, butterfly steak, lean, grilled
 Pork, forequarter chop, lean, grilled or BBQ
 Pork, forequarter shoulder roast, lean, BBQ
 Pork, forequarter shoulder, roast, trimmed, BBQ
 Pork, leg, diced, lean, boiled or simmered
 Pork, leg, diced, trimmed, boiled or simmered
 Pork, leg, diced, trimmed, grilled
 Pork, leg, diced, trimmed, stewed or casserole

Included for weight only

Beef, mince, regular, boiled or simmered
 Beef, mince, regular, dry fried
 Beef, mince, regular, fried, canola oil
 Beef, mince, regular, fried, olive oil
 Beef, mince, regular, fried, polyunsaturated blended oil
 Beef, mince, regular, fried, sunflower oil
 Beef, mince, regular, fried, unspecified monounsaturated margarine
 Beef, mince, regular, fried, unspecified polyunsaturated margarine
 Beef, mince, regular, fried, unspecified oil
 Beef, mince, premium, raw
 Beef, mince, premium, fried, canola oil
 Beef, mince, premium, fried, olive oil
 Beef, mince, premium, fried, polyunsaturated blended oil
 Beef, mince, premium, fried, soybean oil
 Beef, mince, premium, fried, sunflower oil
 Beef, mince, premium, fried, unspecified oil
 Beef, mince, low fat, raw

Beef, mince, low fat, fried, canola oil
 Beef, mince, low fat, fried, olive oil
 Beef, mince, low fat, fried, polyunsaturated blended oil
 Beef, mince, low fat, fried, sunflower oil
 Beef, mince, low fat, fried, unspecified polyunsaturated margarine
 Beef, mince, low fat, fried, unspecified oil
 Beef, mince, raw, not further specified
 Beef, mince, baked or microwaved, not further specified
 Beef, mince, boiled or simmered, not further specified
 Beef, mince, dry fried, not further specified
 Beef, mince, fried, canola oil, not further specified
 Beef, mince, fried, olive oil, not further specified
 Beef, mince, fried, polyunsaturated blended oil, not further specified
 Beef, mince, fried, unspecified oil, not further specified
 Beef, mince, grilled, not further specified
 Beef, mince, cooked, not further specified
 Beef, round steak, lean, raw
 Beef, round steak, lean, fried, olive oil
 Beef, round steak, semi-trimmed, raw
 Beef, round steak, semi-trimmed, fried, canola oil
 Beef, round steak, semi-trimmed, fried, olive oil
 Beef, rump steak, lean, raw
 Beef, rump steak, lean, fried, canola oil
 Beef, rump steak, lean, fried, olive oil

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Pork, leg roast, lean, baked or roasted
Pork, leg roast, trimmed, roasted
Pork, leg schnitzel, lean, dry fried
Pork, leg schnitzel, trimmed, dry fried
Pork, leg steak, lean, grilled
Pork, leg steak, lean, stewed or casserole
Pork, leg strips, lean, stir-fried
Pork, leg strips, trimmed, stir fried
Pork, loin chop, lean, grilled
Pork, loin chop, trimmed of fat, grilled
Pork, medallion steak, lean, grilled
Pork, mince, stir-fried without oil

Included for weight only

Beef, rump steak, lean, fried, polyunsaturated blended oil
Beef, rump steak, lean, fried, unspecified oil
Beef, rump steak, semi-trimmed, raw
Beef, rump steak, semi-trimmed, fried, canola oil
Beef, rump steak, semi-trimmed, fried, olive oil
Beef, rump steak, semi-trimmed, fried, polyunsaturated blended oil
Beef, rump steak, semi-trimmed, fried, sunflower oil
Beef, rump steak, semi-trimmed, fried, unspecified butter
Beef, rump steak, semi-trimmed, fried, unspecified oil
Beef, rump steak, untrimmed, raw
Beef, rump steak, untrimmed, fried, olive oil
Beef, rump steak, untrimmed, fried, polyunsaturated blended oil
Beef, rump steak, untrimmed, fried, unspecified butter
Beef, rump steak, untrimmed, fried, unspecified oil
Beef, rump steak, untrimmed, grilled
Beef, rump steak, untrimmed, stewed or braised
Beef, silverside, corned, lean & fat, boiled
Beef, silverside roast, untrimmed, baked or roasted
Beef, sirloin steak, semi-trimmed, raw
Beef, sirloin steak, semi-trimmed, fried, canola oil
Beef, sirloin steak, semi-trimmed, fried, olive oil
Beef, sirloin steak, semi-trimmed, fried, unspecified butter
Beef, sirloin steak, semi-trimmed, fried, unspecified oil
Beef, sirloin steak, untrimmed, raw
Beef, sirloin steak, untrimmed, fried, olive oil
Beef, sirloin steak, untrimmed, fried, unspecified oil
Beef, sirloin steak, untrimmed, grilled
Beef, stir-fry strips, lean, raw
Beef, stir-fry strips, lean, fried, olive oil
Beef, stir-fry strips, lean, fried, unspecified oil
Beef, stir-fry strips, lean, stewed or braised
Beef, stir-fry strips, lean, stir fried
Beef, stir-fry strips, untrimmed, raw
Beef, stir-fry strips, untrimmed, stir fried
Beef, t-bone steak, lean, raw
Beef, t-bone steak, semi-trimmed, raw
Beef, t-bone steak, semi-trimmed, fried, canola oil
Beef, t-bone steak, semi-trimmed, fried, olive oil
Beef, t-bone steak, semi-trimmed, fried, polyunsaturated blended oil
Beef, t-bone steak, semi-trimmed, fried, unspecified butter
Beef, t-bone steak, semi-trimmed, fried, unspecified oil

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Beef, t-bone steak, untrimmed, raw
 Beef, t-bone steak, untrimmed, fried, canola oil
 Beef, t-bone steak, untrimmed, fried, olive oil
 Beef, t-bone steak, untrimmed, fried, unspecified oil
 Beef, t-bone steak, untrimmed, fried, unspecified butter
 Beef, t-bone steak, untrimmed, grilled
 Beef, topside roast, lean, raw
 Beef, topside roast, untrimmed, baked or roasted
 Beef, topside steak, lean, raw
 Beef, topside steak, lean, fried, olive oil
 Beef, topside steak, lean, fried, unspecified butter
 Beef, topside steak, lean, fried, unspecified oil
 Beef, topside steak, semi-trimmed, raw
 Beef, topside steak, semi-trimmed, fried, olive oil
 Beef, topside steak, semi-trimmed, fried, polyunsaturated blended oil
 Beef, topside steak, semi-trimmed, fried, unspecified oil

Beef, topside steak, untrimmed, raw
 Beef, topside steak, untrimmed, fried, canola oil
 Beef, topside steak, untrimmed, grilled or BBQ
 Beef, raw, not further specified
 Beef, baked, not further specified
 Beef, fried, canola oil, not further specified
 Beef, fried, olive oil, not further specified
 Beef, fried, polyunsaturated blended oil, not further specified
 Beef, fried, unspecified butter, not further specified
 Beef, fried, unspecified oil, not further specified
 Beef, grilled or BBQ, not further specified
 Beef, stewed, not further specified
 Beef, cooked, not further specified
 Beef, blade steak, semi-trimmed, crumbed, fried, olive oil
 Beef, blade steak, semi-trimmed, crumbed, fried, unspecified oil
 Beef, kebab, marinated, satay sauce, grilled or BBQ
 Beef, kebab, marinated, soy sauce, grilled or BBQ
 Beef, bolognese pasta sauce, mince, tomato & olive oil, homemade
 Beef, curry, coconut cream, Vietnamese restaurant style
 Beef, curry, korma, home prepared with purchased sauce
 Beef, curry, prepared with curry powder, onions & stock
 Beef, curry, tandoori, home prepared
 Beef, curry, vindaloo, Indian restaurant style
 Beef, stew with kidney beans, chilli con carne

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Beef, stew or casserole, gravy
 Beef, stew or casserole, gravy, capsicum, onion & potato
 Beef, stew or casserole, red wine & pepper sauce, onion, garlic & potato
 Beef, stew or casserole, simmer sauce & vegetables including beans
 Beef, stew or casserole, tomato sauce & vegetables including potato
 Beef, stroganoff (steak, mushroom & sour cream casserole)
 Beef, stir fry, black bean sauce, bok choy & onion
 Beef, stir fry, mixed vegetables
 Beef, stir fry, plum & oyster sauces, mixed vegetables
 Beef, stir fry, satay sauce, capsicum, carrot & onion
 Beef, stir fry, soy based sauce, mixed vegetables
 Beef, stir fry, sweet & sour sauce, mixed vegetables
 Meatballs, beef, lean, served with home prepared gravy
 Meatballs, beef, lean, served with reduced fat cream-based sauce
 Meatballs, beef, lean, served with tomato-based prepared sauce
 Beef, stew or casserole, gravy & pasta

 Beef, stew or casserole, tomato sauce & pasta
 Beef, stir fry, black bean sauce & hokkien noodles
 Beef, stir fry, black bean sauce, noodles, bok choy & onion
 Beef, stir fry, chow mein (beef & noodles), Chinese restaurant style
 Beef, stir fry, hokkien noodles & mixed vegetables
 Beef, stir fry, plum & oyster sauces, hokkien noodles & mixed vegetables
 Beef, stir fry, satay sauce, hokkien noodles, capsicum, carrot & onion
 Beef, stir fry, soy based sauce, hokkien noodle & mixed vegetables
 Beef, stir fry, sweet & sour sauce, hokkien noodle & mixed vegetables
 Beef, blade steak, semi-trimmed, crumbed, fried, canola oil
 Beef, blade steak, semi-trimmed, crumbed, fried, polyunsaturated blended oil
 Meatloaf, beef, with breadcrumbs & vegetables
 Sausage, beef, raw
 Sausage, beef, baked or microwaved without oil
 Sausage, beef, boiled or casserole
 Sausage, beef, fried without oil
 Sausage, beef, grilled
 Sausage, beef, cooked, not further specified
 Sausage, raw, not further specified
 Sausage, baked or microwaved, not further specified
 Sausage, boiled or casserole, not further specified
 Sausage, fried without oil, not further specified
 Sausage, grilled or BBQ, not further specified
 Sausage, cooked, not further specified

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Hamburger patty, frozen, fried, polyunsaturated or peanut oil
Hamburger patty, frozen, grilled
Burger patty or rissole, beef & vegetables, commercial, grilled or fried without oil or fat
Sausage, curry, prepared with curry powder
Sausage, stew or casserole, gravy, capsicum, onion & potato
Sausage, stew or casserole, gravy & onion
Meatloaf, sausage, meat, with breadcrumbs & vegetables

Lamb

Lamb, chump chop, lean, raw
Lamb, chump chop, lean, fried, canola oil
Lamb, chump chop, semi-trimmed, raw
Lamb, chump chop, semi-trimmed, fried, canola oil
Lamb, chump chop, semi-trimmed, fried, corn oil
Lamb, chump chop, semi-trimmed, fried, olive oil
Lamb, chump chop, semi-trimmed, fried, polyunsaturated blended oil

Lamb, chump chop, semi-trimmed, fried, unspecified oil
Lamb, chump chop, untrimmed, raw
Lamb, chump chop, untrimmed, grilled
Lamb, chump chop, untrimmed, stewed or casseroled
Lamb, forequarter chop, lean, raw
Lamb, forequarter chop, semi-trimmed, raw
Lamb, forequarter chop, semi-trimmed, fried, canola oil
Lamb, forequarter chop, semi-trimmed, fried, olive oil
Lamb, forequarter chop, semi-trimmed, fried, unspecified oil
Lamb, forequarter chop, untrimmed, raw
Lamb, forequarter chop, untrimmed, fried, canola oil
Lamb, forequarter chop, untrimmed, fried, olive oil
Lamb, forequarter chop, untrimmed, fried, unspecified oil
Lamb, forequarter chop, untrimmed, grilled
Lamb, forequarter chop, untrimmed, stewed or casseroled
Lamb, frenched cutlet/rack, lean, raw
Lamb, frenched cutlet/rack, lean, fried, olive oil
Lamb, frenched cutlet/rack, lean, fried, unspecified oil
Lamb, frenched cutlet/rack, semi-trimmed, raw
Lamb, frenched cutlet/rack, semi-trimmed, fried, olive oil
Lamb, frenched cutlet/rack, semi-trimmed, fried, unspecified oil
Lamb, frenched cutlet/rack, untrimmed, raw
Lamb, frenched cutlet/rack, untrimmed, fried, canola oil
Lamb, frenched cutlet/rack, untrimmed, fried, olive oil

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Lamb, frenched cutlet/rack, untrimmed, grilled
 Lamb, frenched cutlet/rack, untrimmed, stewed or casserole
 Lamb, kebab, grilled or BBQ
 Lamb, leg roast, semi-trimmed, raw
 Lamb, leg roast, untrimmed, baked or roasted
 Lamb, loin chop, lean, raw
 Lamb, loin chop, lean, fried, olive oil
 Lamb, loin chop, semi-trimmed, raw
 Lamb, loin chop, semi-trimmed, fried, canola oil
 Lamb, loin chop, semi-trimmed, fried, olive oil
 Lamb, loin chop, semi-trimmed, fried, sunflower oil
 Lamb, loin chop, semi-trimmed, fried, unspecified butter
 Lamb, loin chop, semi-trimmed, fried, unspecified oil
 Lamb, loin chop, untrimmed, raw
 Lamb, loin chop, untrimmed, fried, canola oil
 Lamb, loin chop, untrimmed, fried, olive oil

Lamb, loin chop, untrimmed, fried, unspecified butter
 Lamb, loin chop, untrimmed, grilled
 Lamb, loin chop, untrimmed, stewed or casserole
 Lamb, mince, raw
 Lamb, trim lamb, mini roast, untrimmed, baked or roasted
 Lamb, trim lamb, steaks, lean, raw
 Lamb, trim lamb, steaks, lean, fried, olive oil
 Lamb, trim lamb, steaks, lean, fried, sunflower oil
 Lamb, trim lamb, steaks, semi-trimmed, raw
 Lamb, trim lamb, steaks, semi-trimmed, fried, canola oil
 Lamb, trim lamb, steaks, semi-trimmed, fried, polyunsaturated blended oil
 Lamb, trim lamb, steaks, semi-trimmed, fried, unspecified oil
 Lamb, trim lamb, steaks, untrimmed, raw
 Lamb, trim lamb, steaks, untrimmed, baked or roasted
 Lamb, trim lamb, steaks, untrimmed, fried, polyunsaturated blended oil
 Lamb, trim lamb, steaks, untrimmed, fried, unspecified oil
 Lamb, trim lamb, stir-fry strips, lean, raw
 Lamb, trim lamb, stir-fry strips, untrimmed, stir fried
 Lamb, raw, not further specified
 Lamb, baked, not further specified
 Lamb, fried, canola oil, not further specified
 Lamb, fried, olive oil, not further specified
 Lamb, fried, polyunsaturated blended oil, not further specified
 Lamb, fried, unspecified oil, not further specified

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Lamb, grilled or BBQ, not further specified
 Lamb, stewed or casserole, not further specified
 Lamb, cooked, not further specified
 Burger patty or rissole, lamb, commercial, grilled or fried without oil or fat
 Meatballs, lamb, grilled or dry fried, not further specified
 Lamb, kebab, marinated, satay sauce, grilled or BBQ
 Lamb, curry, korma, Indian restaurant style
 Lamb, curry, prepared with curry powder, onions & stock
 Lamb, curry, prepared with indian style simmer sauce & extra chilli
 Lamb, curry, rogan josh, prepared from commercial sauce
 Lamb, curry, tikka marsala, prepared from commercial paste & other ingredients
 Lamb, mince & eggplant, with white sauce (moussaka), Greek restaurant style
 Lamb, sausage (kafta or kofta), with herbs, Lebanese restaurant style
 Lamb, stew or casserole, gravy, beans & other vegetables
 Lamb, stew or casserole, gravy & onion
 Lamb, stew or casserole, tomato sauce, vegetables including potato

Lamb, stir fry, black bean sauce, bok choy & onion
 Lamb, stir fry, satay sauce, bok choy & onion
 Lamb, stir fry, plum & oyster sauces, mixed vegetables
 Meatballs, lamb, served with tomato-based prepared sauce

Veal

Veal, leg steak, lean, raw
 Veal, leg steak, lean, fried, canola oil
 Veal, leg steak, lean, fried, olive oil
 Veal, leg steak, lean, fried, polyunsaturated blended oil
 Veal, leg steak, lean, fried, unspecified butter
 Veal, leg steak, lean, fried, unspecified oil
 Veal, leg steak, untrimmed, raw
 Veal, leg steak, untrimmed, stewed or casserole
 Veal, loin chop, lean, raw
 Veal, loin chop, lean, fried, unspecified oil
 Veal, loin chop, untrimmed, raw
 Veal, loin chop, untrimmed, stewed or casserole
 Veal, stir-fry strips, untrimmed, stir-fried
 Veal, raw, not further specified
 Veal, cooked, not further specified
 Veal, leg steak, crumbed, fried, canola oil
 Veal, leg steak, crumbed, fried, unspecified oil
 Veal, leg steak, crumbed, grilled

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Veal, leg steak, crumbed, fried, olive oil

Kangaroo

Kangaroo, rump, raw

Kangaroo, loin fillet, raw

Kangaroo, raw, not further specified

Kangaroo, stewed or casseroled, not further specified

Pork

Pork, liver, fried, unspecified oil

Pork, butterfly steak, lean, raw

Pork, butterfly steak, lean, fried, olive oil

Pork, fillets, lean, raw

Pork, fillets, lean, fried, canola oil

Pork, fillets, lean, fried, olive oil

Pork, fillets, trimmed, raw

Pork, fillets, trimmed, fried, canola oil

Pork, fillets, trimmed, fried, olive oil

Pork, forequarter chop, lean, raw

Pork, forequarter chop, lean, fried, canola oil

Pork, forequarter chop, lean, fried, olive oil

Pork, forequarter chop, lean, fried, polyunsaturated blended oil

Pork, forequarter chop, lean, fried, unspecified oil

Pork, forequarter chop, untrimmed, raw

Pork, forequarter chop, untrimmed, fried, canola oil

Pork, forequarter chop, untrimmed, grilled or BBQ

Pork, forequarter shoulder roast, untrimmed, BBQ

Pork, forequarter, seperable fat only, raw

Pork, forequarter, seperable fat only, cooked

Pork, leg, diced, lean, raw

Pork, leg, diced, trimmed, raw

Pork, leg roast, lean, raw

Pork, leg roast, untrimmed, baked or roasted

Pork, leg steak, lean, raw

Pork, leg steak, trimmed, raw

Pork, leg strips, trimmed, fried, canola oil

Pork, leg strips, trimmed, fried, olive oil

Pork, leg strips, trimmed, fried, polyunsaturated blended oil

Pork, leg strips, trimmed, fried, unspecified oil

Pork, leg, seperable fat only, raw

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Pork, leg, separable fat only, cooked
 Pork, loin chop, lean, raw
 Pork, loin chop, lean, fried, canola oil
 Pork, loin chop, lean, fried, olive oil
 Pork, loin chop, lean, fried, polyunsaturated blended oil
 Pork, loin chop, lean, fried, unspecified butter
 Pork, loin chop, lean, fried, unspecified oil
 Pork, loin chop, untrimmed, raw
 Pork, loin chop, untrimmed, fried, canola oil
 Pork, loin chop, untrimmed, fried, olive oil
 Pork, loin chop, untrimmed, fried, unspecified butter
 Pork, loin chop, untrimmed, fried, unspecified oil
 Pork, loin chop, untrimmed, grilled
 Pork, loin, separable fat only, raw
 Pork, loin, separable fat only, cooked
 Pork, medallion steak, lean, raw
 Pork, medallion steak, lean, fried, canola oil
 Pork, medallion steak, lean, fried, olive oil
 Pork, mince, raw
 Pork, spare ribs, lean & fat, grilled or BBQ
 Pork, spare ribs, lean & fat, stewed or casserole
 Pork, raw, not further specified
 Pork, baked, not further specified
 Pork, fried, olive oil, not further specified
 Pork, fried, polyunsaturated blended oil, not further specified
 Pork, fried, unspecified oil, not further specified
 Pork, grilled or BBQ, not further specified
 Pork, stewed or casserole, not further specified
 Pork, cooked, not further specified
 Pork, pickled, not further specified
 Pork, kebab, marinated, satay sauce, grilled or BBQ
 Pork, stew or casserole, sweet & sour sauce, mixed vegetables
 Pork, stir fry, plum & oyster sauce, mixed vegetables
 Pork, stir fry, sweet & sour sauce
 Pork, stir fry, sweet & sour sauce, Chinese restaurant style
 Pork, stir fry, plum & oyster sauce, hokkien noodles
 Pork, stir fry, plum & oyster sauce, hokkien noodles & mixed vegetables
 Pork, stir fry, soy sauce & hokkien noodles
 Pork, stir fry, soy sauce, hokkien noodle & vegetables
 Pork, stir fry, sweet & sour sauce, hokkien noodle & mixed vegetables

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
	Pork, leg steak, trimmed, crumbed, fried, canola oil Pork, leg steak, trimmed, crumbed, fried, olive oil Pork, leg steak, trimmed, crumbed, fried, polyunsaturated blended oil Pork, leg steak, trimmed, crumbed, fried, sunflower oil Pork, leg steak, trimmed, crumbed, fried, unspecified oil Pork, leg steak, trimmed, crumbed, grilled Patty or meatball, pork, plain, fried, unspecified oil Sausage, pork, raw Sausage, pork, baked or microwaved Sausage, pork, boiled or casseroled Sausage, pork, fried, without oil Sausage, pork, grilled Sausage, pork, cooked, not further specified
Egg	Egg
<i>Cooked, prepared without added fat</i>	<i>Products are uncooked, have added fat or are part of a mixed dish</i>
Egg Egg, chicken, whole, hard-boiled Egg, chicken, whole, poached Egg, chicken, whole, baked without added fat or oil	Egg Egg, chicken, whole, raw Egg, chicken, whole, fried In peanut oil Egg, chicken, whole, cooked, not further specified Egg, chicken, white (albumen) only, raw Egg, chicken, white (albumen) only, hard boiled Egg, chicken, yolk, raw Egg, chicken, yolk, hard boiled Egg, chicken, scrambled, cooked without fat Egg, chicken, scrambled, cooked with fat Egg, chicken, scrambled, added bacon, cooked with fat Egg, chicken, scrambled, added bacon & cheese, cooked with fat Egg, chicken, scrambled, added cheese, cooked with fat Omelette, chicken egg, cooked with fat Omelette, chicken egg, added bacon, cooked with fat Omelette, chicken egg, added bacon & cheese, cooked with fat Omelette, chicken egg, added cheese, cooked with fat Omelette, chicken egg, added tomato, cooked with fat Omelette, with prawn & vegetables, Chinese restaurant style
Legumes	Legumes
<i>Cooked (excluding tofu), prepared without added fat</i>	<i>Products are uncooked, canned in brine, have added fat or are part of a mixed dish</i>

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Beans

Bean, black, boiled, drained
 Bean, lima, dried, boiled, drained
 Bean, soya, dried, soaked, boiled, drained

Chickpea, dried, boiled, drained

Lentil, dried, soaked, boiled, drained

Pea, split, dried, soaked, boiled, drained

Tofu

Tofu (soy bean curd), firm, as purchased
 Tofu (soy bean curd), firm, baked without oil
 Tofu (soy bean curd), firm, stir-fried, without oil
 Tofu (soy bean curd), silken or soft, as purchased
 Tofu (soy bean curd), silken or soft, stir-fried, without oil

Included for weight only

Beans

Bean, cannellini, canned in brine, drained
 Bean, mixed, canned in brine, drained
 Bean, red kidney, canned in brine, drained
 Salad, bean, commercial
 Baked beans, with sausages, canned In tomato sauce
 Dip, bean & tomato, nacho style
 Sausage, vegetarian style, uncooked
 Sausage, vegetarian style, fried, unspecified oil
 Sausage, vegetarian style, boiled or casserole
 Bean, soya, dried
 Lecithin, soy, granules
 Textured vegetable protein

Baked beans, canned in ham sauce
 Baked beans, canned in tomato sauce
 Baked beans, canned in tomato & cheese sauce
 Beans, refried, canned
 Miso, soyabean paste

Chickpeas

Chickpea, canned in brine, drained
 Chickpea, canned in brine, drained, boiled, drained
 Dip, hommus (hoummous/hummous), Lebanese style
 Falafel, chickpea patty, fried

Lentils

Curry, legume (dhal), Indian restaurant style
 Curry, lentil, prepared with curry paste or powder
 Curry, lentil, prepared with curry paste & coconut cream
 Curry, lentil, prepared with tomato & curry paste or powder
 Lentil, dried
 Pappadam, raw
 Pappadam, microwaved without oil or salt
 Pappadam, fried

Split peas

Pea, split, dried

Tofu

Stir-fry, tofu, with mixed vegetables & rice noodles, soy-based sauce

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	Tofu (soy bean curd), firm, deep-fried, unspecified oil
	Tofu (soy bean curd), firm, deep-fried, unspecified oil, with satay sauce
	Tofu (soy bean curd), burger pattie, as purchased
	Tofu (soy bean curd), burger pattie, baked

Dairy foods

one serve =	- 250mls milk	- 60g condensed milk	- 40g cheese	- 200g yoghurt	- 120g evaporated milk
Low fat dairy foods			Low fat dairy foods		
<i>Contains <4g total fat/ serve, soy beverages fortified with calcium</i>			<i>Products contain <4g total fat/ serve, are fortified (incl. soy beverages fortified with more than calcium), dairy food alternatives (oat and rice based), unfortified soy beverages, part of a mixed dish and/or nfs</i>		

Milk, cow, fluid, reduced fat (~1%)

Milk, cow, fluid, skim (~0.15% fat)

Yoghurt, reduced, low or no fat

Yoghurt, natural, reduced fat (~2%)

Yoghurt, natural, low fat (<0.5%)

Yoghurt, reduced fat (~2%), apricot/mango/peach/passionfruit pieces or flavoured

Yoghurt, reduced fat (~2%), banana pieces or flavoured

Yoghurt, reduced fat (~2%), berry pieces or flavoured

Yoghurt, reduced fat (~2%), berry pulp or juice

Yoghurt, reduced fat (~2%), tropical fruit pieces or flavoured

Yoghurt, reduced fat (~2%), tropical fruit pulp or juice

Yoghurt, reduced fat (~2%), vanilla flavoured

Yoghurt, reduced fat (~1%), apricot/mango/peach/passionfruit pieces or flavoured

Yoghurt, reduced fat (~1%), banana pieces and flavoured

Yoghurt, reduced fat (~1%), berry pieces or flavoured

Milk, cow, reduced fat

Milk, cow, fluid, reduced fat (~1.5%), increased calcium, added vitamins A & D

Milk, cow, fluid, reduced fat (~1.5%), increased calcium, added vitamins D & folate

Milk, cow, fluid, reduced fat (~1.5%), increased protein (~4%)

Milk, cow, fluid, reduced fat (~1.5%), added omega 3

Milk, cow, fluid, reduced fat (~1.5%), added vitamins B6 & folate & omega 3

Milk, cow, fluid, reduced fat (~1.5%), added vitamin D, & Ca, Mg & Zn

Milk, cow, fluid, reduced fat (~1%), added fibre

Milk, cow, fluid, reduced fat (~1%), added vitamins C & D & Fe

Milk, cow, fluid, reduced fat (~1%), added milk solids

Milk, cow, fluid reduced fat (1-2%), not further specified

Milk, cow, fluid, reduced fat (~1.5%), added phytosterols

Thickshake, chocolate flavour, reduced fat cow milk, fast food style

Coffee, from instant coffee powder, with reduced fat milk

Coffee, from ground coffee beans, cappuccino, latte or flat white style, with reduced fat milk

Beverage, chocolate flavour, with reduced fat milk, not further specified

Beverage, caramel, honeycomb or strawberry flavour, from unfortified base (Nesquik brand), with reduced fat milk

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Yoghurt, reduced fat (~1%), other flavoured
 Yoghurt, reduced fat (~1%), tropical fruit pieces or flavoured
 Yoghurt, reduced fat (~1%), vanilla flavoured
 Yoghurt, low fat or no fat (<0.5%), apricot/mango/peach/passionfruit pieces or flavoured
 Yoghurt, low fat or no fat (<0.5%), banana pieces or flavoured
 Yoghurt, low fat or no fat (<0.5%), berry pieces or flavoured
 Yoghurt, low fat or no fat (<0.5%), tropical fruit pieces or flavoured
 Yoghurt, low fat or no fat (<0.5%), vanilla flavoured
 Yoghurt, low fat or no fat (<0.5%), intense sweetened, fruit pieces or flavoured
 Yoghurt, low fat or no fat (<0.5%), intense sweetened, vanilla flavoured

Custard, reduced fat

Custard, Dairy foods, chocolate, reduced fat, commercial
 Custard, Dairy foods, vanilla, reduced fat, commercial

Cheese

Cheese, ricotta
 Cheese, ricotta, reduced fat (5%)
 Cheese, cottage, creamed, unflavoured
 Cheese, cheddar, processed, reduced fat (<10% fat)
 Cheese, cheddar, processed, reduced fat (< 10% fat), added vitamin D

Milk, canned, evaporated, skim (<0.5% Fat)

Milk, canned, sweetened, condensed, skim (~0.2% fat)

Fortified soy beverage, reduced fat

Soy beverage, reduced fat (~1.5%), unflavoured, added calcium
 Soy beverage, reduced fat (~1.5%), unflavoured, added calcium
 Soy beverage, reduced fat (~1%), unflavoured, added calcium
 Soy beverage, low fat or no fat (<0.5%), unflavoured, added calcium
 Soy beverage, reduced fat (~1.5%), chocolate flavour, added calcium
 Soy Beverage, reduced fat (~1.5%), vanilla flavour, added calcium

Soy yoghurt

Soy yoghurt, low fat (<1%), berry pieces or flavoured
 Soy yoghurt, low fat (<1%), mango/apricot/peach or passionfruit flavoured
 Soy yoghurt, low fat (<1%), vanilla flavoured

Included for weight only

Milk, cow, skim

Milk, cow, fluid, skim (~0.15% fat), added milk solids
 Milk, cow, fluid, skim (~0.15% fat), not further specified
 Milk, fluid, prepared, skim cows milk powder, standard dilution
 Milk, powder, cow, skim
 Milk, powder, cow, whey
 Milkshake, home made, strawberry flavour, skim cow milk, no ice cream
 Milkshake, cafe style, chocolate flavour, skim cow milk
 Milkshake, home made, chocolate flavour, skim cow milk
 Coffee, from instant coffee powder, with skim milk
 Coffee, from ground coffee beans, cappuccino, latte or flat white style, with skim milk
 Beverage, from coffee, drinking chocolate & skim milk, mocha or mochaccino style
 Coffee, from instant coffee powder, with skim milk, decaffeinated
 Beverage, drinking chocolate, from chocolate powder, with skim milk
 Beverage, caramel, honeycomb or strawberry flavour, from unfortified base (Nesquik brand), with skim milk & water

Yoghurt, reduced, low or no fat

Yoghurt, reduced fat (~1%), not further specified
 Yoghurt, reduced fat (~2%), not further specified
 Yoghurt, low fat or no fat (<0.5%), not further specified
 Yoghurt, low fat or no fat (<0.5%), intense sweetened, not further specified
 Yoghurt, reduced fat (~2%), fruit pulp or juice, not further specified
 Smoothie, mixed berries (strawberry, raspberry, blueberry), yoghurt & reduced fat (~1%) milk, fast food style
 Smoothie, mixed berries (strawberry, raspberry, blueberry), yoghurt, reduced fat (~1%) milk & ice cream

Fortified soy beverage, reduced fat

Soy beverage, reduced fat (~1%), unflavoured, unfortified
 Soy beverage, reduced fat (~1.5%), unflavoured, added fibre & calcium
 Soy beverage, reduced fat (~1.5%), unflavoured, added fibre, vitamin B2 & Ca
 Soy beverage, reduced fat (~1.5%), unflavoured, added protein, vitamins A, B1, B2, & Ca, P & K

 Soy beverage, reduced fat (~1%), unflavoured, added vitamins A, B1, B2, & Ca, K, & P
 Soy beverage, reduced fat, unflavoured, not further specified
 Soy Beverage, low fat or no free (<0.5%), unflavoured, added vitamins B1,B2, B12, A, & Ca, P, & K
 Milk, rice, fluid, calcium enriched
 Milk, rice, fluid, calcium & protein enriched
 Milk, rice, fluid, not further specified
 Milk, oat, fluid
 Soy beverage, reduced fat (~1.5%), unflavoured, added calcium & iron

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	<p>Soy beverage, reduced fat (~1.5%), unflavoured, added folate, calcium, & iron</p> <p>Soy beverage, reduced fat (~1.5%), unflavoured, added vitamins A & B & calcium</p> <p>Soy beverage, low fat or no fat (<0.5%), unflavoured, added vitamins A & B & calcium</p> <p>Coffee, from ground coffee beans, cappuccino, latte or flat white style, with soy milk</p> <p>Soy yoghurt</p> <p>Soy yoghurt, low fat (<1%), not further specified</p>
Medium fat dairy foods	Medium fat dairy foods
<i>Contains 4-10g total fat/ serve, soy beverages fortified with calcium</i>	<i>Products contain 4-10g total fat/ serve, are fortified (incl. soy beverages fortified with more than calcium), dairy food alternatives (oat and rice based), unfortified soy beverages, part of a mixed dish and/or nfs</i>
Milk, cow, fluid, regular fat (~3.5%)	Milk, cow, regular fat
	<p>Milk, cow, fluid, flavoured, strawberry, regular fat</p> <p>Milk, cow, fluid, flavoured, flavours other than chocolate, coffee or strawberry, regular fat</p> <p>Milkshake, cafe style, strawberry flavour, regular fat cow milk</p> <p>Milkshake, cafe style, strawberry flavour, regular fat cow milk, no ice cream</p> <p>Milkshake, home made, strawberry flavour, regular fat cow milk,</p> <p>Milkshake, home made, strawberry flavour, unspecified cow milk</p> <p>Milkshake, home made, banana flavour, unspecified cow milk</p> <p>Milkshake, home made, caramel flavour, regular fat cow milk, no ice cream</p> <p>Milkshake, cafe style, vanilla flavour, regular fat cow milk</p> <p>Milkshake, cafe style, vanilla flavour, regular fat cow milk, no ice cream</p> <p>Milk, cow, fluid, flavoured, chocolate, regular fat</p> <p>Milk, cow, fluid, flavoured, coffee, regular fat</p> <p>Milkshake, cafe style, chocolate flavour, regular fat cow milk</p> <p>Milkshake, cafe style, chocolate flavour, with chocolate pieces, regular fat cow milk</p> <p>Milkshake, cafe style, chocolate flavour, regular fat cow milk, no ice cream</p> <p>Milkshake, home made, chocolate flavour, regular fat cow milk</p> <p>Ice confection drink, chocolate milk, added ice & chocolate flakes</p> <p>Milk, cow, fluid, flavoured, strawberry, reduced fat</p> <p>Milk, cow, fluid, flavoured, flavours other than chocolate, coffee or strawberry, reduced fat</p> <p>Milk, cow, fluid, flavoured, chocolate, reduced fat</p> <p>Milk, cow, fluid, flavoured, chocolate, reduced fat, calcium increased</p> <p>Milk, cow, fluid, flavoured, coffee, reduced fat</p> <p>Milk, cow, fluid, flavoured, not further specified</p> <p>Coffee, from espresso coffee, regular fat milk, ice & sugar, iced coffee style</p> <p>Coffee, from espresso coffee, regular fat milk, ice, cream & caramel syrup, iced caramel style</p>
Milk, goat, fluid	
Buttermilk, cultured, 2% fat	
Yoghurt, regular fat	
Yoghurt, natural, regular fat (~4%)	
Yoghurt, goat, regular fat	
Yoghurt, regular fat (~3%), apricot/mango/peach/passionfruit pieces or flavoured	
Yoghurt, regular fat (~3%), apricot/peach/mango/passionfruit pulp or juice	
Yoghurt, regular fat (~3%), apricot/peach/mango/passionfruit pulp or juice, added honey	
Yoghurt, regular fat (~3%), banana pieces or flavoured	
Yoghurt, regular fat (~3%), banana pulp or juice	
Yoghurt, regular fat (~3%), berry pieces or flavoured	
Yoghurt, regular fat (~3%), berry pulp or juice	
Yoghurt, regular fat (~3%), tropical fruit pieces or flavoured	
Yoghurt, regular fat (~3%), tropical fruit pulp or juice	
Yoghurt, regular fat (~3%), vanilla flavoured	
Yoghurt, regular fat, with fruit (strawberry, blueberry) & oats	
Yoghurt, regular fat, with fruit (strawberry, blueberry) & oats, fast food style	
Yoghurt, extra creamy (~4.5% fat), apricot/mango/peach/passionfruit pieces or flavoured	
Yoghurt, extra creamy (~4.5% Fat), banana pieces or flavour	
Yoghurt, extra creamy (~4.5% fat), berry pieces or flavoured	
Yoghurt, extra creamy (~4.5% fat), vanilla flavoured	
Yoghurt, extra creamy (~4.5% fat), apricot/mango/peach/passionfruit pieces or flavoured, added vitamin D	
Yoghurt, extra creamy (~4.5% fat), banana pieces or flavoured, added vitamin D	
	<p>Beverage, chocolate flavour, from cocoa powder, with full fat milk & sugar</p> <p>Beverage, chocolate flavour, from cocoa powder, with full fat milk, cream & sugar</p>

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Yoghurt, extra creamy (~4.5% fat), berry pieces or flavouring, added vitamin D
Yoghurt, extra creamy (~4.5% fat), vanilla flavoured, added vitamin D

Custard, regular fat

Custard, dairy foods, chocolate, regular fat, commercial
Custard, dairy foods, vanilla, regular fat, commercial

Milk, canned, evaporated, regular

Milk, canned, sweetened, condensed, regular

Soy beverage, regular fat

Soy beverage, regular fat (~3%), unflavoured, added calcium

Cheese

Cheese, blended, for pizza use
Cheese, feta (fetta), sheep & cows milk

Cheese, goat

Cheese, haloumy

Cheese, mozzarella

Cheese, cheddar, reduced fat (~ 25%)

Cheese, cheddar, reduced fat (~ 15%)

Cheese, feta (fetta), cows milk, reduced fat

Cheese, cream, light (~15% fat)

Cheese, cream, light (~15% fat), added vitamins A & D and calcium

Dip, cream cheese based, flavoured (e.g. gherkin, herb/garlic, onion/bacon)

Cheese, processed, Babybel style

Cheese spread, cheddar cheese-based

Cheese, camembert

Soy yoghurt, regular fat

Soy yoghurt, regular fat (~3%), mango/apricot/peach or passionfruit flavoured

Soy yoghurt, regular fat (~3%), berry pieces or flavoured

Soy yoghurt, regular fat (~3%), vanilla flavoured

Included for weight only

Beverage, chocolate flavour, from straw, reduced fat (~1%) cows milk

Beverage, drinking chocolate, from chocolate powder, with full fat milk

Beverage, chocolate flavour, from unfortified base (Nesquik brand), with full fat milk

Beverage, chocolate flavour, with full fat milk, not further specified

Beverage, chocolate flavour, with full fat milk & water, not further specified

Beverage, banana or similar flavour, from base (Nesquik brand), with full fat milk

Beverage, banana or similar flavour, from base (Nesquik brand), with full fat milk & water

Beverage, chocolate flavour, from base (Aktavite brand), with full fat milk

Beverage, chocolate flavour, from base (Milo brand), with full fat milk

Beverage, malt flavour, from fortified malted milk powder base, with full fat milk & water

Beverage, drinking chocolate, with full fat milk, ice, cream & chocolate flakes, iced chocolate style

Pudding, rice

Pudding, rice, caramel flavoured

Pudding, rice, vanilla flavoured

Pudding, rice, with apple & cinnamon

Pudding, rice, with berries

Pudding, rice, with mango

Pudding, vanilla flavour, prepared from instant, full fat milk

Milk, cow, fluid, regular fat (~3.5%), increased protein

Milk, cow, fluid, regular fat (~3.5%), added vitamin D, Fe & Zn

Milk, fluid, prepared, full fat cows milk powder, standard dilution

Milk, cow, fluid, regular fat (~3.5%), not further specified

Milk, powder, cow, regular

Coffee, from instant coffee powder, with full fat milk

Coffee, from ground coffee beans, cappuccino, latte or flat white style, with regular fat milk

Beverage, from coffee, drinking chocolate & regular fat milk, mocha or mochaccino style

Coffee, from instant coffee powder, with full fat milk, decaffeinated

Coffee, from espresso coffee, regular fat milk, ice, cream & caramel syrup, iced caramel

Beverage, from coffee, drinking chocolate, regular fat milk, caramel syrup & cream, caramel mocha style

Ice confection drink, non-chocolate flavoured milk, added fruit juice & ice

Milk, goat

Milk, powder, goat

Yoghurt, regular fat

Yoghurt, regular fat (~3%), not further specified

Yoghurt, regular fat (~3%), fruit pulp or juice, not further specified

Yoghurt, extra creamy (~4.5% fat), added vitamin D, not further specified

Smoothie, chocolate, banana & yoghurt

Smoothie, mango, banana & yoghurt

Smoothie, mango, banana, coconut, tropical juice & yoghurt

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	<p>Smoothie, mango, banana, muesli & yoghurt, added herbal extracts</p> <p>Smoothie, mango, passionfruit, tropical juice, yoghurt & sorbet</p> <p>Smoothie, mango, banana, tropical juice, yoghurt & sorbet, added herbal extracts</p> <p>Smoothie, mixed berries (strawberry, raspberry, blueberry), apple juice, yoghurt</p> <p>Smoothie, strawberry, banana, apple juice & yoghurt</p> <p>Soy beverage, regular fat</p> <p>Soy beverage, regular fat (~3%), unflavoured, unfortified</p> <p>Soy beverage, regular fat (~3%), unflavoured, added calcium & iron</p> <p>Soy beverage, regular fat (~3%), unflavoured, added vitamin B & calcium</p> <p>Soy beverage, regular fat (~3%), unflavoured, not further specified</p> <p>Soy beverage, unflavoured, not further specified</p> <p>Soy beverage, not further specified</p> <p>Soy beverage, regular fat (~3%), chocolate flavour, added vitamins B1, B12 & A & Ca, P, K, Mg</p> <p>Soy beverage, regular fat (~3%), strawberry flavour, added vitamins B1, B12 & A & Ca, P, K, Mg</p> <p>Soy beverage, regular fat (~3%), vanilla flavour, added vitamins B1, B12 & A & Ca, P, K, Mg</p> <p>Soy beverage, flavoured, not further specified</p> <p>Ice confection, non-dairy (soy), regular fat, chocolate, added vitamins & minerals</p> <p>Ice confection, non-dairy (soy), regular fat, vanilla or strawberry flavoured, added vitamins & minerals</p> <p>Ice confection, non-dairy (soy), regular fat, vanilla & fruit swirl, added vitamins & minerals</p> <p>Soy yoghurt, regular fat</p> <p>Soy yoghurt, regular fat (~3%), not further specified</p>
High fat dairy foods (>10g total fat/ serve)	High fat dairy foods (>10g total fat/ serve)
<i>Contains >10g total fat/ serve, soy beverages fortified with calcium</i>	
Milk, sheep, fluid	None
Yoghurt, Greek style	
Yoghurt, Greek style (~10%), natural	
Yoghurt, Greek style (~8.5%), natural	
Yoghurt, Greek style (~6% fat), plain or flavoured	
Yoghurt, Greek style (~6% fat), added apricot/peach/mango/passionfruit	
Yoghurt, Greek style (~6% fat), added mixed berries	
Custard, egg, vanilla, baked	
Cheese	
Cheese, blue vein	

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Cheese, cheddar (mild, tasty & vintage styles)
 Cheese, colby style
 Cheese, edam
 Cheese, edam, smoked
 Cheese, gouda
 Cheese, havarti style
 Cheese, parmesan, finely grated
 Cheese, parmesan, shaved
 Cheese, pecorino style
 Cheese, provolone style
 Cheese, romano style
 Cheese, Swiss
 Cheese, cream
 Cheese spread, cream cheese-based
 Cheese, cheddar, processed
 Cheese, cheddar, processed, reduced sodium
 Cheese, processed, Babybel style
 Cheese, processed, Cheesy Pop style
 Cheese, processed, fridge stick
 Cheese, cheddar, processed, added Vitamin D
 Cheese, brie
 Soy -based, cheese
 Cheese, cream, reduced fat (~25% fat)

Included for weight only

Nuts and Seeds

Raw (where possible), no added fat or salt

Almond

Nut, almond, without skin, blanched
 Nut, almond, with skin

Nut, brazil, raw or blanched

Nut, cashew, raw

Nut, chestnut, roasted (no raw profile)

Nut, hazelnut, raw

Nut, macadamia

Added fat, added salt, sweetened, roasted and/or as a paste/pulp or butter/jam mix

Almond

Nut, almond, with skin, roasted, with oil, salted
 Nut, almond, with skin, dry roasted
 Nut, almond, with skin, roasted, with oil

Cashew

Nut, cashew, roasted, salted
 Nut, cashew, roasted, with oil

Macadamia

Nut, macadamia, roasted, with oil, salted
 Nut, macadamia, roasted, with oil

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Nut, pecan, unsalted

Nut, pine, raw

Nut, pistachio, unsalted

Nut, walnut, raw

Nut, peanut, with skin, raw

Nuts, mixed (peanut, cashew, hazelnut, brazil nut)

Seed, linseed or flaxseed

Mixed seeds

Seed, mixed (linseed, sunflower seed & almond mixture), LSA

Seed, poppy

Seed, pumpkin, hulled & dried

Seed, sesame, white

Seed, sunflower

Included for weight only

Nuts, mixed (peanut, cashew, hazelnut, brazil nut), with dried fruit

Nut, pistachio, roasted, with oil, salted

Peanuts

Peanut butter & jam mixture

Peanut butter, smooth & crunchy, sweetened, salted

Peanut butter, smooth & crunchy, sweetened, salted, light

Nut, peanut, with skin, roasted, with oil, salted

Nut, peanut, without skin, roasted, with oil, salted

Nut, peanut, without skin, roasted, with oil, unsalted

Nut, peanut, roasted, unsalted, coated in toffee

Peanut butter, smooth & crunchy, sweetened, unsalted

Seed, sesame

Tahini, sesame seed pulp

Fruit

Raw or poached in water (canned for fruit salad and mixed fruit only), no added fat, unsweetened

Apple

Apple, granny smith, unpeeled, raw

Apple, green skin, peeled, raw

Apple, green skin, unpeeled, raw

Apple, red skin, peeled, raw

Apple, red skin, unpeeled, raw

Pear

Pear, brown skin, unpeeled, raw

Pear, peeled, poached in water, drained, not further specified

Pear, nashi, peeled, raw

Pear, nashi, unpeeled, raw

Fruit

Products canned in juice or syrup (except fruit salad and mixed fruit), sweetened (sugar or intense sweetener), added fat, pureed, baked and/or nfs

Apple

Apple, green skin, raw, not further specified

Apple, red skin, raw, not further specified

Apple, peeled, raw, not further specified

Apple, peeled, baked, not further specified

Apple, peeled, stewed, not further specified

Apple, peeled, stewed, sugar sweetened, not further specified

Apple, peeled, stewed, intense sweetened, not further specified

Apple, unpeeled, raw, not further specified

Apple, fried in butter, not further specified

Apple, canned in syrup, pie style

Fruit, puree, apple & vanilla

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Berries

Blackberry, raw
 Blueberry, fresh, raw
 Blueberry, fresh, stewed
 Boysenberry, fresh, raw
 Mulberry, fresh, raw
 Raspberry, fresh, raw
 Raspberry, frozen
 Raspberry, frozen, stewed
 Strawberry, fresh, raw
 Strawberry, fresh, stewed
 Berries, mixed (strawberry, raspberry, blueberry, blackberry), fresh, raw
 Berries, mixed (strawberry, raspberry, blueberry, blackberry), canned, drained

Oranges and mandarins

Orange, navel (all varieties), peeled, raw
 Orange, navel (all varieties), unpeeled (pith & peel), raw
 Orange, navel (washington), peeled, raw
 Orange, valencia, peeled, raw
 Mandarin (imperial), peeled, raw
 Mandarin (tangor), ellendale, peeled, raw
 Mandarin (tangelo), peeled, raw

Other citrus

Lemon, peeled, raw
 Lemon peel, raw
 Lime, peeled, raw
 Grapefruit, peeled, raw

Stone fruit

Peach, fresh, unpeeled, raw
 Apricot, fresh, raw
 Nectarine, unpeeled, raw
 Plum, unpeeled, raw, not further specified

Grape

Grape, red globe, raw
 Grape, thompson seedless or sultana, raw

Melon

Melon, honey dew, white skin, peeled, raw

Included for weight only

Apple, peeled, baked, with dried fruit, sugar sweetened, not further specified
 Apple, unpeeled, baked, with dried fruit, not further specified
 Apple, toffee coated, not further specified

Pear

Pear, peeled, raw, not further specified
 Pear, unpeeled, raw, not further specified
 Pear, canned in pear juice
 Pear, canned in pear juice, drained
 Pear, canned in light syrup
 Pear, canned in light syrup, drained
 Pear, canned in syrup
 Pear, canned in syrup, drained
 Pear, canned in pear juice, juice only
 Pear, canned in light syrup, syrup only
 Pear, canned in sugar syrup, syrup only
 Pear, canned in intense sweetened liquid
 Pear, canned in intense sweetened liquid, drained
 Pear, canned in intense sweetened liquid, liquid only

Berries

Blueberry, canned in syrup, drained
 Raspberry, canned in syrup
 Raspberry, canned in syrup, drained
 Raspberry, canned in syrup, syrup only
 Strawberry, canned in syrup
 Strawberry, canned in syrup, drained
 Strawberry, canned in syrup, syrup only

Oranges and mandarins

Mandarin, peeled, raw, not further specified
 Mandarin, canned in syrup, drained

Stone fruit

Peach, fresh, unpeeled, poached in water, sugar sweetened, drained
 Peach, canned in pear juice
 Peach, canned in pear juice, drained
 Peach, canned in light syrup
 Peach, canned in light syrup, drained
 Peach, canned in syrup
 Peach, canned in syrup, drained
 Peach, canned in pear juice, juice only

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Melon, rockmelon (cantaloupe), peeled, raw

Cherry, fresh, raw

Banana, cavendish, peeled, raw

Pineapple (cayenne), fresh, peeled, raw

Mango, peeled, raw

Pawpaw (papaya), peeled, raw

Kiwifruit, hayward, peeled, raw

Kiwifruit, unpeeled, raw

Lychee, peeled, raw

Rambutan, raw

Feijoa, flesh, raw

Fig, unpeeled, raw

Passionfruit, raw

Persimmon, peeled, raw

Pomegranate, peeled, raw

Melon, watermelon, peeled, raw

Guava, hawaiian, raw

Rhubarb, stalk, stewed (used instead of raw)

Mixed fruit

Mixed fruit, peach & pear, canned in light syrup

Mixed fruit, peach & pear, canned in light syrup, drained

Mixed fruit, puree, peach & mango

Included for weight only

Peach, canned in light syrup, syrup only

Peach, canned in syrup, syrup only

Peach, canned in intense sweetened liquid

Peach, canned in intense sweetened liquid, drained

Peach, canned in intense sweetened liquid, liquid only

Peach, fresh, unpeeled, poached in water, drained

Apricot, fresh, stewed

Apricot, fresh, stewed, sugar sweetened

Apricot, canned in pear juice

Apricot, canned in pear juice, drained

Apricot, canned in light syrup

Apricot, canned in light syrup, drained

Apricot, canned in syrup

Apricot, canned in syrup, drained

Apricot, canned in pear juice, juice only

Apricot, canned in light syrup, syrup only

Apricot, canned in syrup, syrup only

Plum, dark, canned in syrup

Plum, dark, canned in syrup, drained

Plum, dark, canned in syrup, syrup only

Plum, unpeeled, stewed, not further specified

Grape

Grape, raw, not further specified

Cherries

Cherry, black, canned in syrup, drained

Banana

Banana, cavendish, peeled, baked

Banana, cavendish, peeled, fried with fat

Banana, cavendish, peeled, coated with batter, fried with fat

Pineapple

Pineapple, canned in pineapple juice

Pineapple, canned in pineapple juice, drained

Pineapple, canned in pineapple juice, drained, fried, unspecified fat

Pineapple, canned in heavy syrup

Pineapple, canned in heavy syrup, drained

Pineapple, canned in water, drained

Pineapple, canned in pineapple juice, drained, coated with batter, fried, unspecified fat

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
Fruit Salad Fruit salad, canned in pear juice Fruit salad, canned in pear juice, drained Fruit salad, canned in heavy syrup Fruit salad, canned in heavy syrup, drained Fruit salad, canned in syrup Fruit salad, canned in syrup, drained Fruit salad, canned in pear juice, juice only Fruit salad, canned in syrup, syrup only Fruit salad, canned in heavy syrup, syrup only Fruit salad, fresh, commercial, with melon Fruit salad, mixture of fresh fruit (apple, banana & strawberries) & canned fruit	Mango Mango, pulp, canned Lychee Lychee, canned in pear juice, drained Passionfruit Passionfruit, pulp, canned Guava Guava, pulp, canned Rhubarb Rhubarb, stalk, raw Rhubarb, stalk, stewed, sugar sweetened Mixed fruit Fruit, puree, apple & blackberry Fruit, puree, apple & kiwi Fruit, puree, apple & pear Fruit, puree, apple & raspberry Fruit, puree, apple & strawberry

Vegetables	
Green and Brassica Vegetables	Green and Brassica Vegetables
<i>Cruciferous or green, commonly consumed forms, no added fat and/or no added salt</i>	<i>Raw (and not commonly eaten raw), canned in brine and/or nfs</i>
Broccoli Broccoli, fresh, raw Broccoli, fresh, baked without oil Broccoli, fresh, boiled, drained Broccoli, fresh, stir-fried without oil Broccoli flower Broccoli flower, raw Broccoli flower, boiled, drained Brussels sprout, fresh, boiled, drained	Broccoli Broccoli, fresh, cooked, not further specified Brussels sprout Brussels sprout, fresh, raw Bok Choy Cabbage, bok choy, raw White cabbage Sauerkraut, canned in brine, drained

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Cabbage, bok choy, stir-fried without oil

Cabbage, savoy, raw

White Cabbage

Cabbage, white, raw

Cabbage, white, boiled, drained

Cabbage, white, stir-fried without oil

Cauliflower

Cauliflower, raw

Cauliflower, boiled, drained

Cauliflower, stir-fried without oil

Kale

Kale, raw

Kale, boiled, drained

Chicory

Chicory, raw

Chicory, boiled, drained

Chives, raw

Lettuce, cos, raw

Lettuce, mignonette, raw

Lettuce, iceberg, raw

Lettuce, raw, not further specified

Silverbeet

Silverbeet, raw

Silverbeet, boiled, drained

Silverbeet, stir-fried without oil

Spinach

Spinach, English, raw

Spinach, English, boiled, drained

Spinach, English, stir-fried without oil

Included for weight only

Cauliflower

Cauliflower, cooked, not further specified

Green Pea

Pea, green, canned in brine, boiled, drained

Asparagus

Asparagus, canned in brine, drained

Asparagus, raw

Seaweed

Seaweed, nori, dried

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Included for weight only

Spinach, frozen, boiled, drained

Water Spinach

Spinach, water (ung choy), raw

Spinach, water (ung choy), stir-fried without oil

Green Peas

Pea, green, fresh, raw

Pea, green, fresh, boiled, drained

Pea, green, fresh, stir-fried without oil

Pea, green, frozen, boiled, drained

Green Beans

Bean, green, fresh, raw

Bean, green, fresh, boiled, drained

Bean, green, frozen, boiled, drained

Red Cabbage

Cabbage, red, raw

Cabbage, red, boiled, drained

Cabbage, red, stir-fried without oil

Asparagus, boiled, drained

Snowpea

Snowpea, raw

Snowpea, stir-fried without oil

Basil, green, fresh, raw

Parsley

Parsley, curly, raw

Parsley, boiled, not further specified

Seaweed

Seaweed, nori, poached

Legumes

Legumes

See meats and alternatives

See meats and alternatives

Foods used to develop the composite nutrient compositions	
Included for nutrient profile and weight	Included for weight only
Orange Vegetables	Orange Vegetables
<i>Commonly consumed forms, no added fat, no added salt</i>	<i>Raw (and not commonly eaten raw), canned in brine, added fat and/or nfs</i>
Carrot Carrot, mature, peeled, raw Carrot, mature, peeled, baked without oil Carrot, mature, peeled, boiled, drained Carrot, mature, peeled, stir-fried without oil	Carrot Carrot, baby, canned in brine, boiled, drained Carrot, mature, peeled, cooked, not further specified
Sweet Potato Sweet potato, orange flesh, peeled, baked without oil Sweet potato, orange flesh, peeled, boiled, drained	Sweet potato Sweet potato, orange flesh, peeled, raw Sweet potato, orange flesh, peeled, stir-fried without oil Sweet potato, orange flesh, chips, fried, unspecified oil Sweet potato, orange flesh, peeled, cooked, not further specified
Pumpkin Pumpkin, butternut, peeled, boiled, drained Pumpkin, queensland blue, peeled, boiled, drained	Pumpkin Pumpkin, butternut, peeled, raw Pumpkin, queensland blue, peeled, raw Pumpkin, peeled, raw, not further specified Pumpkin, peeled, cooked, not further specified
Starchy Vegetables	Starchy Vegetables
<i>Commonly consumed forms, no added fat or salt</i>	<i>Raw (and not commonly eaten raw), canned in brine, from dry powder, added fat, part of a mixed dish and/or nfs</i>
Potato Potato, sebago, unpeeled, baked without oil Potato, sebago, unpeeled, baked in foil, without oil Potato, pale skin, peeled, boiled, drained, not further specified Potato, peeled, baked without oil, not further specified Potato, peeled, boiled, drained, not further specified Potato, unpeeled, boiled, drained, not further specified Potato, boiled, drained, not further specified Potato, baked without oil, not further specified Potato, fries, homemade - fresh or frozen, baked without oil Potato, wedges, homemade - fresh or frozen, peeled, baked without oil Potato, wedges, homemade - fresh or frozen, unpeeled, baked without oil Potato, wedges, homemade - fresh or frozen, baked without oil, not further specified Potato, hash brown, fresh or frozen, baked without oil	Potato Potato, new or immature, peeled, raw Potato, pale skin, peeled, raw, not further specified Potato, red skin, peeled, raw, not further specified Potato, peeled, raw, not further specified Potato, cooked, not further specified Salad, potato, commercial Potato, chips, deep fried, salted, from take-away outlet Potato, chips, deep fried, unsalted, from take-away outlet Potato, chips, deep fried, salted, KFC style Potato, chips, homemade - fresh or frozen, baked without oil Potato, chips, homemade - fresh or frozen, fried, canola oil Potato, chips, homemade - fresh or frozen, fried, monounsaturated oil Potato, chips, homemade - fresh or frozen, fried, olive oil

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Potato, hash brown, fresh or frozen, grilled or toasted
 Potato, other varieties (e.g. gems, smiles, nuggets), fresh or frozen, baked without oil
 Potato, peeled, boiled, mashed, unspecified milk, not further specified

Cassava

Cassava, yellow flesh, peeled, boiled, drained
 Cassava, baked without oil, not further specified

Sweet potato

Sweet potato, orange flesh, peeled, baked without oil
 Sweet potato, orange flesh, peeled, boiled, drained

Sweet potato, white flesh, peeled, boiled, drained

Taro

Taro, peeled, baked without oil
 Taro, peeled, boiled, drained

Sweetcorn

Sweetcorn, fresh on cob, boiled, drained
 Sweetcorn, fresh on cob, stir-fried without oil
 Sweetcorn, frozen, boiled, drained
 Sweetcorn, creamed, canned, heated

Included for weight only

Potato, chips, homemade - fresh or frozen, fried, polyunsaturated blended oil
 Potato, chips, homemade - fresh or frozen, fried, sunflower oil
 Potato, chips, homemade - fresh or frozen, fried, unspecified oil
 Potato, chips, low fat varieties, frozen, baked without oil
 Potato, fries, deep-fried, salted, from take-away outlet
 Potato, fries, deep-fried, unsalted, from take-away outlet
 Potato, fries, deep-fried, salted, McDonalds style
 Potato, fries, deep-fried, salted, McDonalds style, with tomato sauce
 Potato, fries, homemade - fresh or frozen, fried, canola oil
 Potato, fries, homemade - fresh or frozen, fried, corn oil
 Potato, fries, homemade - fresh or frozen, fried, olive oil
 Potato, fries, homemade - fresh or frozen, fried, polyunsaturated blended oil
 Potato, fries, homemade - fresh or frozen, fried, sunflower oil
 Potato, fries, homemade - fresh or frozen, fried, unspecified oil
 Potato, wedges, homemade - fresh or frozen, peeled, fried, unspecified oil
 Potato, wedges, homemade - fresh or frozen, unpeeled, fried, unspecified oil
 Potato, wedges, homemade - fresh or frozen, fried, unspecified oil, not further specified
 Potato, wedges, low fat varieties, frozen, baked without oil
 Potato, hash brown, fresh or frozen, fried, unspecified oil
 Potato, hash brown, fresh or frozen, cooked, not further specified
 Potato, gems or royals, par-fried in animal fat, frozen, baked without oil
 Potato, other varieties (e.g. gems, smiles, nuggets), fresh or frozen, fried, unspecified oil
 Potato, hash brown, deep-fried, McDonalds
 Potato, pale skin, peeled, mashed with milk & butter, not further specified
 Potato, peeled, boiled, mashed, unspecified butter, not further specified
 Potato, peeled, boiled, mashed, unspecified milk & butter, not further specified
 Potato, peeled, boiled, mashed, unspecified milk & table spread, not further specified
 Potato, peeled, boiled, mashed, unspecified table spread, not further specified
 Potato, peeled, boiled, mashed, not further specified
 Potato, mashed, dry powder
 Potato, mashed, reconstituted from dry powder with milk & water
 Potato, mashed, reconstituted from dry powder with milk & butter
 Potato, mashed, with gravy, fast food style
 Potato, scalloped/bake, with cheese
 Potato, scalloped/bake, with cream
 Potato, scalloped/bake, with cream & cheese
 Potato, scalloped/bake, with cream & milk
 Potato, scalloped/bake, with milk & cheese
 Potato, scalloped/bake, not further specified
 Potato, unpeeled, baked, with added cheese, not further specified
 Potato, scallop, battered, deep-fried, take-away outlet
 Potato, mashed & crumbed, deep-fried in oil, fast food style

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight	Included for weight only
	Potato, scalloped/bake, with cheese sauce from dry mix Potato, scalloped/bake, with milk Gnocchi, potato, boiled 28g starch Sweet potato, orange flesh Sweet potato, orange flesh, peeled, raw Sweet potato, orange flesh, peeled, cooked, not further specified Sweet potato, orange flesh, chips, fried, unspecified oil Sweet potato, orange flesh, peeled, stir-fried without oil Sweet potato, white flesh Sweet potato, white flesh, peeled, raw Taro Taro, peeled, raw Taro, peeled, stir-fried without oil Sweetcorn Sweetcorn, fresh on cob, raw Sweetcorn, frozen, raw Sweetcorn, baby, canned in brine, drained, stir-fried without oil Sweetcorn, baby, canned in brine, heated, drained Sweetcorn, canned in brine, drained Sweetcorn, canned in brine, drained, stir-fried without oil Corn fritter, homemade
Other Vegetables	Other Vegetables
<i>Commonly consumed forms, canned in water, no added fat or salt</i>	<i>Raw (and not commonly eaten raw), canned in juice, paste form, added fat, part of a mixed dish and/or nfs</i>
Beetroot Beetroot, fresh, peeled, baked without oil Beetroot, fresh, peeled, boiled, drained Beetroot, canned, drained Celeriac Celeriac, peeled, raw Celeriac, peeled, boiled, drained Celeriac, peeled, stir-fried without oil Parsnip	Beetroot Beetroot, fresh, peeled, raw Parsnip Parsnip, peeled, raw Swede Swede, peeled, raw Turnip Turnip, white, peeled, raw

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Parsnip, peeled, baked without oil

Parsnip, peeled, boiled, drained

Radish, white skinned, peeled, raw

Swede

Swede, peeled, baked without oil

Swede, peeled, boiled, drained

Turnip

Turnip, white, peeled, baked without oil

Turnip, white, peeled, boiled, drained

Turnip, white, peeled, boiled, drained, mashed, unspecified milk

Bamboo Shoot

Bamboo shoot, canned in water, heated, drained

Bamboo shoot, canned in water, drained, stir-fried without oil

Celery

Celery, raw

Celery, stir-fried without oil

Sprout

Sprout, alfalfa, raw

Sprout, bean, raw

Sprout, bean, stir-fried without oil

Sprout, snowpea, raw

Bean, broad, fresh, boiled, drained

Bean, butter, fresh, boiled, drained

Tomato

Tomato, cherry, raw

Tomato, common, raw

Squash

Squash, button, boiled, drained

Squash, stir-fried without oil, not further specified

Zucchini

Included for weight only

Celery

Celery, stir-fried with soy sauce

Bean, broad

Bean, broad, fresh, raw

Bean, butter

Bean, butter, fresh, raw

Tomato

Tomato, common, boiled with salt, drained

Tomato, common, stir-fried without oil

Tomato, sun-dried, in canola oil

Tomato, semi-dried without oil

Tomato, whole, canned in tomato juice

Tomato, whole, canned in tomato juice, drained

Tomato, whole, canned in tomato juice, boiled

Tomato, whole, canned in tomato juice, boiled, drained

Tomato, crushed, canned in tomato juice, with herbs

Tomato, canned in tomato juice, not further specified

Tomato paste, with added salt

Tomato paste, without added salt

Tomato puree, with added salt

Tomato puree, without added salt

Tomato, stuffed, Greek restaurant style

Squash

Squash, button, raw

Squash, scallopini, raw

Zucchini

Zucchini, green skin, stir-fried, with cream-based sauce

Zucchini, green skin, stir-fried, with tomato-based sauce

Zucchini, cooked, not further specified

Avocado

Dip, guacamole (avocado), homemade

Capsicum, red

Capsicum, red, not further specified

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Zucchini, green skin, raw
Zucchini, green skin, baked without oil
Zucchini, green skin, boiled, drained
Zucchini, green skin, stir-fried without oil

Avocado

Avocado, hass, raw
Avocado, raw, not further specified

Capsicum, green

Capsicum, green, raw
Capsicum, green, boiled or steamed
Capsicum, green, stir-fried without oil

Capsicum, red

Capsicum, red, raw
Capsicum, red, boiled or steamed
Capsicum, red, stir-fried without oil

Chilli

Chilli (chili), green, raw
Chilli (chili), red, raw
Chilli (chili), red, stir-fried without oil

Choko, peeled, boiled, drained

Cucumber, common

Cucumber, common, peeled, raw
Cucumber, common, unpeeled, raw

Cucumber, lebanese, unpeeled, raw

Eggplant

Eggplant, baked without oil
Eggplant, boiled, drained
Eggplant, grilled
Eggplant, stir-fried without oil

Melon, bitter, boiled or steamed

Okra, boiled, drained

Included for weight only

Choko

Choko, peeled, raw

Cucumber

Dip, cucumber & yoghurt, Indian restaurant style

Eggplant

Eggplant, raw
Dip, eggplant

Melon, bitter

Melon, bitter, raw

Artichoke

Artichoke, globe, raw

Mushroom

Mushroom, common, stir-fried, butter
Mushroom, stir-fried, canola oil
Mushroom, stir-fried, olive oil
Mushroom, stir-fried, polyunsaturated blended oil
Mushroom, stir-fried, sunflower oil
Mushroom, stir-fried, unspecified oil
Mushroom, golden, asian, canned in brine, drained
Mushroom, straw, asian, canned in brine, drained
Mushroom, dried
Mushroom, stuffed with breadcrumbs, cheese & bacon

Leek

Leek, raw

Onion

Onion, dried
Onion, mature, peeled, raw, not further specified
Onion, mature, peeled, baked, not further specified
Onion, mature, peeled, boiled or steamed, not further specified
Onion, mature, peeled, stir-fried without oil, not further specified
Onion, bhaji, deep-fried
Onion ring, battered, fried in solid vegetable oil

Shallot

Foods used to develop the composite nutrient compositions

Included for nutrient profile and weight

Artichoke, globe, boiled

Mushroom

Mushroom, common, raw
Mushroom, common, boiled or steamed
Mushroom, common, stir-fried without oil

Garlic

Garlic, peeled, raw
Garlic, peeled, stir-fried without oil

Leek, stir-fried without oil

Onion

Onion, mature, brown skinned, peeled, raw
Onion, mature, white skinned, peeled, raw
Onion, mature, white skinned, peeled, stir-fried without oil

Spring Onion

Onion, spring, raw
Onion, spring, baked or roasted
Onion, spring, boiled or steamed
Onion, spring, stir-fried without oil

Shallot

Shallot, peeled, boiled
Shallot, peeled, stir-fried without oil

Ginger, peeled, raw

Fennel, bulb, boiled, drained

Included for weight only

Shallot, peeled, raw
Shallot, peeled, cooked, not further specified

Fennel

Fennel, bulb, raw

Appendix 9: List of foods used for modelling 7 day diets and data used for selenium, vitamin B6 and vitamin B12 content

The AUSNUT07 database was incomplete for the nutrients selenium, vitamin B6 and vitamin B12. FSANZ provided the data in the following table for use in the analysis of 7-day simulated diets.

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Dairy foods			
Milk, cow, fluid, reduced fat (~1%)	0.97	0.04	0.60
Milk, cow, fluid, skim (~0.15% fat)	0.97	0.04	0.60
Soy beverage, reduced fat (~1%), unflavoured, added calcium	0.70	0.00	0.90
Yoghurt, natural, reduced fat (~2%)	1.40	0.06	0.86
Yoghurt, reduced fat (~2%), apricot/mango/peach/passionfruit pieces or flavoured	1.40	0.06	0.86
Yoghurt, reduced fat (~2%), tropical fruit pieces or flavoured	1.40	0.06	0.86
Yoghurt, reduced fat (~1%), apricot/mango/peach/passionfruit pieces or flavoured	1.40	0.06	0.86
Yoghurt, reduced fat (~1%), vanilla flavoured	1.40	0.06	0.86
Custard, dairy foods, vanilla, reduced fat, commercial	1.10	0.04	0.65
Cheese, ricotta	4.90	0.12	1.30
Cheese, cottage, creamed, unflavoured	4.90	0.12	1.30
Milk, canned, evaporated, skim (<0.5% Fat)	6.10	0.08	1.20
Milk, canned, sweetened, condensed, skim (~0.2% fat)	8.00	0.11	1.62
Milk, cow, fluid, regular fat (~3.5%)	1.30	0.09	0.60
Yoghurt, natural, regular fat (~4%)	1.65	0.12	0.83
Yoghurt, regular fat (~3%), apricot/mango/peach/passionfruit pieces or flavoured	1.65	0.12	0.83
Yoghurt, regular fat (~3%), apricot/peach/mango/passionfruit pulp or juice	1.65	0.12	0.83
Yoghurt, regular fat (~3%), banana pieces or flavoured	1.65	0.12	0.83
Yoghurt, regular fat (~3%), berry pieces or flavoured	1.65	0.12	0.83
Yoghurt, extra creamy (~4.5% fat), vanilla flavoured	1.65	0.12	0.83
Custard, dairy foods, vanilla, regular fat, commercial	1.30	0.09	0.60
Custard, dairy foods, vanilla, added fruit, not further specified	1.30	0.09	0.60
Milk, canned, evaporated, regular	7.60	0.20	1.34
Milk, canned, sweetened, condensed, regular	8.00	0.22	1.46
Cheese, feta (fetta), sheep & cows milk	4.90	0.12	1.30
Cheese, mozzarella	4.90	0.12	1.30
Cheese, cheddar, reduced fat (~ 25%)	4.90	0.12	1.30
Cheese, cheddar, reduced fat (~ 15%)	4.90	0.12	1.30

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Cheese, camembert	4.90	0.12	1.30
Soy beverage, regular fat (~3%), unflavoured, added calcium	0.70	0.04	0.30
Soy yoghurt, regular fat (~3%), mango/apricot/peach or passionfruit flavoured	1.65	0.00	0.83
Sheeps milk	1.30	0.09	0.60
Cheese, blue vein	16.90	0.04	1.90
Cheese, cheddar (mild, tasty & vintage styles)	16.90	0.04	1.90
Cheese, colby style	16.90	0.04	1.90
Cheese, edam	16.90	0.04	1.90
Cheese, edam, smoked	16.90	0.04	1.90
Cheese, gouda	16.90	0.04	1.90
Cheese, havarti style	16.90	0.04	1.90
Cheese, parmesan, finely grated	16.90	0.04	1.90
Cheese, parmesan, shaved	16.90	0.04	1.90
Cheese, pecorino style	16.90	0.04	1.90
Cheese, provolone style	16.90	0.04	1.90
Cheese, romano style	16.90	0.04	1.90
Cheese, Swiss	16.90	0.04	1.90
Cheese, cream	16.90	0.04	1.90
Cheese spread, cream cheese-based	16.90	0.04	1.90
Cheese, cheddar, processed	16.90	0.04	1.90
Cheese, cheddar, processed, reduced sodium	16.90	0.04	1.90
Cheese, processed, Babybel style	16.90	0.04	1.90
Cheese, brie	16.90	0.04	1.90
Poultry, fish, seafood, eggs, legumes			
Chicken, breast, lean, baked	29.40	0.29	0.47
Chicken, breast, lean, stir-fried	29.40	0.29	0.47
Chicken, drumstick, lean, baked	29.40	0.29	0.47
Chicken, kebab, grilled or BBQ	29.40	0.29	0.47
Chicken, thigh, lean, casseroled	29.40	0.29	0.47
Chicken, thigh, lean, stir-fried	29.40	0.29	0.47
Chicken, wing, lean, baked	29.40	0.29	0.47
Chicken, wing, lean, casseroled	29.40	0.29	0.47
Chicken, whole, lean, grilled or BBQ	29.40	0.29	0.47
Duck, lean, stewed or casseroled	36.00	0.05	1.10
Turkey, breast, lean, baked	18.70	0.06	1.27
Quail, flesh & skin, baked	23.00	0.58	1.80
Egg, chicken, whole, hard-boiled	26.60	0.02	2.20
Egg, chicken, whole, poached	26.60	0.02	2.20
Crab, various types, fresh only	31.00	0.09	2.50
Lobster	25.00	0.22	0.30
Prawn	46.80	0.29	0.70

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Clam	46.80	0.29	0.70
Mussel, green	67.20	0.08	20.00
Oyster	69.40	0.09	15.20
Scallop	25.00	0.10	2.10
Calamari	46.80	0.29	0.70
Blue grenadier (hoki)	69.00	0.05	0.83
Flathead	127.00	0.31	2.73
Trevally, dory, ling, cod, flounder or sole	45.60	0.14	0.83
Barramundi, aquacultured fillets	38.20	0.14	0.83
Whiting, king george	45.60	0.14	0.83
Tilapia	39.60	0.14	0.83
Bassa (basa)	23.50	0.14	0.83
Shark (flake), skinless fillet	31.00	0.15	0.50
Orange roughy	45.60	0.14	0.83
Cod, smoked	45.60	0.14	0.83
Gemfish	82.70	0.16	1.70
Bream	58.00	0.49	2.20
Anchovy	60.00	0.30	2.54
Mullet, yelloweye	116.40	0.23	4.60
Milkfish, aquacultured	36.80	0.30	2.54
Morwong	50.20	0.28	2.40
Tuna, canned in water, drained	60.00	0.30	2.54
Snapper	40.50	0.26	2.20
Salmon, Atlantic	27.00	0.55	2.00
Trout, rainbow, aquacultured	28.20	0.55	2.00
Silver perch, aquacultured	27.00	0.55	2.00
Bean, black	5.00	0.17	0.00
Bean, lima	5.00	0.17	0.00
Bean, soya	5.00	0.17	0.00
Chickpea	5.00	0.17	0.00
Lentil	5.00	0.17	0.00
Split Pea	5.00	0.17	0.00
Tofu	5.00	0.17	0.00
Red meats			
Beef, fillet, lean	10.80	0.14	1.77
Beef, fillet, semi-trimmed	10.80	0.14	1.77
Beef, fillet, scotch, semi-trimmed	10.80	0.14	1.77
Beef, mince, premium	10.80	0.14	1.77
Beef, mince, low fat	10.80	0.14	1.77
Beef, round steak, semi-trimmed	10.80	0.14	1.77
Beef, rump steak, lean	10.80	0.14	1.77
Beef, sirloin steak, semi-trimmed	10.80	0.14	1.77

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Beef, topside steak, semi-trimmed	10.80	0.14	1.77
Lamb, chump chop, lean	19.40	0.11	2.23
Lamb, easy carve shoulder, semi-trimmed	19.40	0.11	2.23
Lamb, forequarter chop, semi-trimmed	19.40	0.11	2.23
Lamb, frenched cutlet/rack, lean	19.40	0.11	2.23
Lamb, leg roast, lean	19.40	0.11	2.23
Lamb, loin chop, semi-trimmed	19.40	0.11	2.23
Lamb, trim lamb, steaks, lean	19.40	0.11	2.23
Veal, leg steak, lean, grilled	15.80	0.99	3.00
Veal, loin chop, lean, grilled	15.80	0.99	3.00
Kangaroo, loin fillet, grilled	25.00	0.68	2.45
Pork, butterfly steak, lean	30.60	0.40	0.49
Pork, forequarter chop, lean	30.60	0.40	0.49
Pork, leg roast, lean	30.60	0.40	0.49
Pork, leg schnitzel, trimmed	30.60	0.40	0.49
Pork, leg steak, lean	30.60	0.40	0.49
Pork, loin chop, lean	30.60	0.40	0.49
Pork, medallion steak, lean	30.60	0.40	0.49
Pork, mince	30.60	0.40	0.49
Refined cereals			
Rice, white	1.30	0.01	0.00
Noodles	6.00	0.05	0.40
Instant noodles	6.10	0.05	0.40
Pasta, white	3.30	0.03	0.40
Other grains refined	0.15	0.01	0.00
Breakfast cereal unfortified	2.50	0.07	0.00
Breakfast cereal fortified	2.50	0.07	0.00
English Muffin refined	0.00	0.09	0.00
Crispbread refined	11.10	0.08	0.00
Crumpet refined	0.00	0.06	0.00
White bread	10.50	0.06	0.00
French stick, vienna	10.00	0.08	0.00
Italian bread	10.00	0.08	0.00
Sour dough bread	10.00	0.08	0.00
Refined Bagel	12.00	0.04	0.00
Damper	7.60	0.09	0.10
Lavash	10.00	0.13	0.00
Naan	10.00	0.08	0.00
Flat white bread	10.00	0.08	0.00
Chappati	10.00	0.13	0.00
Focaccia	10.00	0.08	0.00
Refined Fruit bread	10.00	0.08	0.00

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Cornbread	10.00	0.08	0.00
Wholegrain cereals			
Crispbreads wholegrain	10.80	0.18	0.00
Crumpet wholegrain	0.00	0.11	0.00
Rice brown	0.00	0.17	0.00
Pasta wholegrain	0.00	0.12	0.00
Breakfast cereal unfortified	13.60	0.43	0.00
Breakfast cereal fortified	13.60	0.43	0.00
Muesli	10.50	0.19	0.00
Porridge	0.00	0.01	0.00
Oats	14.00	0.07	0.00
Mixed grain bread	13.00	0.16	0.10
Wholegrain bread	11.70	0.12	0.15
Wholegrain bagel	10.00	0.08	0.00
Dark rye bread	11.00	0.07	0.00
Light rye bread	10.00	0.08	0.00
Flat wholemeal bread	10.20	0.19	0.00
Wholegrain fruit bread	10.00	0.08	0.00
Mixed grain fruit bread	10.00	0.08	0.00
Legumes (included also as meat aly)			
Bean, black	5.00	0.17	0.00
Bean, lima	5.00	0.17	0.00
Bean, soya	5.00	0.17	0.00
Chickpea	6.00	0.14	0.00
Lentils	6.00	0.15	0.00
Split pea	2.00	0.02	0.00
Tofu	5.00	0.09	0.00
Other vegetables			
Beetroot	0.55	0.07	0.00
Parsnip	0.00	0.07	0.00
Radish	0.00	0.00	0.00
Swede	0.00	0.00	0.00
Turnip	0.00	0.00	0.00
Celery	1.80	0.03	0.00
Alf Sprout	0.30	0.08	0.00
Bean, broad	0.30	0.08	0.00
Bean, butter	0.30	0.08	0.00
Tomato	0.40	0.03	0.00
Squash	0.00	0.00	0.00
Zucchini	0.00	0.04	0.00
Avocado	0.00	0.11	0.00

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Capsicum green	0.40	0.00	0.00
Capsicum red	0.55	0.32	0.00
Choko	0.00	0.10	0.00
Cucumber	0.00	2.53	0.00
Eggplant	0.00	0.00	0.00
Artichoke	0.00	0.00	0.00
Leek	0.00	0.08	0.00
Spring onion	0.00	0.00	0.00
Shallot	0.00	0.16	0.00
Mushroom	29.10	0.04	0.00
Mixed vegetables	1.30	0.13	0.00
Onion	0.00	0.06	0.00
Orange vegetables			
Carrot	0.00	0.18	0.00
Sweet potato	0.00	0.00	0.00
Pumpkin	0.42	0.08	0.00
Green and brassica vegetables			
Broccoflower	0.20	0.23	0.00
Broccoli	0.00	0.10	0.00
Spinach	0.00	0.18	0.00
Chicory/endive	0.19	0.23	0.00
Asparagus	0.00	0.14	0.00
Silverbeet	0.00	0.88	0.00
Chives	0.10	0.10	0.00
Lettuce, cos, raw	0.60	0.06	0.00
Lettuce, iceberg	0.50	0.05	0.00
Green pea	1.00	0.13	0.00
Green bean	0.00	0.11	0.00
Cabbage, bok choy	0.00	0.74	0.00
Cabbage, savoy, raw	0.19	0.23	0.00
Cabbage salad/coleslaw	0.10	0.50	0.00
Cauliflower	0.00	0.04	0.00
Kale	0.20	0.23	0.00
Brussel	0.20	0.23	0.00
Snowpea	0.20	0.09	0.00
Parsley/cress	0.10	0.10	0.00
Starchy vegetables			
Potato	1.90	0.11	0.00
Cassava	0.00	0.00	0.00
Orange Sweet potato	0.00	0.00	0.00
Sweet potato, white flesh	0.00	0.00	0.00

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Sweet Corn	1.30	0.19	0.00
Nuts and seeds			
Pumpkin seed	13.5	0.58	0
Sunflower seed	5	0.9	0
Sesame seed	22	0.25	0
Mixed seed	13.5	0.58	0
Peanuts	12	0.65	0
Almonds	2.6	0.14	0
Brazil nut	920	0.27	0
Cashew nut	33	0.35	0
Hazelnut	1	0.56	0
Chestnut	40	0.32	0
Macadamia	10	0.28	0
Mixed nuts	241	0.46	0
Pecan nuts	2	0.28	0
Pine nuts	1	1.5	0
Pistaccio nuts	1	1.5	0
Walnut	2	0.43	0
Fruit			
Apple	0.00	0.05	0.00
Pear/quince	0.50	0.03	0.00
Berry	1.40	0.04	0.00
Orange	0.00	0.04	0.00
Other citrus	0.40	0.00	0.00
Stone fruit	0.00	0.02	0.00
Grape	0.00	0.00	0.00
Melon	0.00	0.03	0.00
Cherry	0.30	0.04	0.00
Banana	0.20	0.20	0.00
Pineapple	0.00	0.00	0.00
Mango	0.00	0.00	0.00
Pawpaw	0.30	0.04	0.00
Kiwi	1.30	0.02	0.00
Lychee	0.28	0.04	0.00
Rambutan	0.28	0.04	0.00
Feijoa	0.28	0.04	0.00
Fig	0.28	0.04	0.00
Passionfruit	0.28	0.04	0.00
Persimmon	0.28	0.04	0.00
Watermelon	0.10	0.04	0.00
Guava	0.28	0.04	0.00

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Rhubarb	0.28	0.04	0.00
Salad	0.10	0.02	0.00
Mixed fruit	0.10	0.02	0.00
Unsaturated fats and oils¹			
Poly margarines	0.50	0.00	0.00
Oil, blended, polyunsaturated vegetable oils	0.00	0.00	0.00
Oil, grapeseed	0.00	0.00	0.00
Oil, linseed or flaxseed	0.00	0.00	0.00
Oil, maize	0.00	0.00	0.00
Oil, sesame	0.00	0.00	0.00
Oil, sunflower	0.00	0.00	0.00
Oil, soybean	0.00	0.00	0.00
Extras			
Sweet biscuits	9.16	0.05	0.10
Cake/bun	5.58	0.07	0.80
Muffins savoury/cake	6.00	0.08	0.20
Puddings	3.00	0.07	0.10
Slice	2.00	0.04	0.00
Scone	7.80	0.05	0.00
Sweet pie/pastry	1.80	0.04	0.01
Quiche/savoury pastries	7.61	0.04	0.00
Pastie	8.00	0.03	0.00
Meat pies	6.50	0.04	0.20
Sausage roll	6.50	0.04	0.20
Pizza	11.40	0.08	0.40
Burgers	17.89	0.09	0.14
Burrito/enchilada/nachos	17.89	0.09	0.14
Dim sim, spring roll, chiko roll	4.05	0.08	0.00
Pancake, pikelet, crepe, waffle	5.82	0.04	0.29
Doughnut	5.90	0.03	0.00
Rice cake/cracker	0.00	0.00	0.00
Coconut milk/cream	0.00	0.00	0.00
Bacon	13.50	0.08	1.40
Ham	18.20	0.08	0.60
Deli meats	13.16	0.08	1.46
Cream	0.00	0.10	0.60
Ice cream	1.00	0.04	0.10
Butter	2.00	0.00	0.00
Monounsaturated oils	0.0	0.0	0.0
Olive oil spread	0.30	0.00	0.00

Foods	Content per 100g		
	Selenium (µg)	Vitamin B6 (mg)	Vitamin B12 (ug)
Monounsaturated margarines	0.30	0.00	0.00
Dairy blend	0.00	0.00	0.10
Fruit drink	0.50	0.02	0.00
Cordial	0.00	0.00	0.00
Confectionary	0.41	0.03	0.02
Soft drink	0.00	0.00	0.00
Choc and choc covered bars	1.77	0.06	0.12
Crisps and extruded snacks	1.00	0.07	0.00
Jelly	0.00	0.00	0.00
Ice confection	0.00	0.00	0.00
Breakfast muesli bars	2.00	0.88	0.00
Sauces	3.15	0.10	0.15
Sugars, jams, honey etc	0.00	0.00	0.00
Beer	0.00	0.03	0.00
Red wine	0.00	0.09	0.00
White wine	0.00	0.07	0.00
Alcoholic Punch/Cocktails	0.00	0.00	0.00
Spirits	0.00	0.00	0.00
Sherry/Port	0.00	0.06	0.00
Liqueur	0.40	0.00	0.00
Mixed alcoholic drink	0.13	0.02	0.00

¹ Note: Modelled with polyunsaturated margarine as an example food from this group but could have been replaced with other oil or nuts and seeds

Appendix 10: Rice-based, pasta-style and lacto-ovo vegetarian diets

As dietary patterns and preferences in the Australian community can vary widely, an attempt was made to assess three different types of diets, one rice-based, one pasta-style and one lacto-ovo vegetarian diet.

As the background information about these cuisines within the Australian context was more limited than that for the general community, the analyses should be used for illustrative purposes only to highlight potential areas where special care might be required to attain nutrient needs.

This appendix discusses the overall results of these analyses. Additional background information on the diets can be found in Appendices 11-12 for the composite food group analyses and the *7 day Foundation Diets* analysis.

A10.1 Rice-based and pasta-style diets

General comments

As some groups of people in Australia such as those from Asia or Southern Europe, base their diets around rice or pasta as the staple, some further analyses were undertaken to see if diets containing higher levels of rice or pasta could conform to the NRVs within energy constraints.

For rice-based diets, additional serves from rice were included along with more legumes and less potato, cheese, meats and other refined cereals. The pasta-style diets included more pasta but also included more legumes, nuts and seeds and green vegetables, less red meat, more white meats and fish, slightly more cheese and less of the other refined cereals and potato.

In designing these diets, data from FAOSTAT2003 for countries such as China or India or Italy and Greece and data from the 1995NNS for “East Asian” born Australians, were taken into consideration. However, it is recognised that a variety of rice-based and pasta-style diets occur across different cultures and this analysis is illustrative only.

A 10.1.1 Rice-based and pasta-style diets for children

The patterns for the *Foundation Diets* higher in rice or pasta for children are shown below in Tables 10.1 and 10.2. In the composite food group analysis of the nutrients modelled, the only nutrient for which RDI could not be met was iron in the 14-18 year old girls.

7-day diet analysis

Nutrients included in the modelling

In children of all ages and genders, all the rice-based and pasta-style 7-day *Foundation Diets* reached the EARs for all nutrients.

Other nutrients

All diets met the EAR for selenium, vitamin B6, Vitamin B12, riboflavin, niacin and phosphorus.

Table 10.1. Pasta-style *Foundation Diets* for boys and girls modelled to attain RDI for age group at energy level of youngest, sedentary (PAL 1.4) members of the age group

'PASTA-STYLE'				
FOUNDATION DIETS BOYS				
Composite food group	Serve size	Boys 9-11 yrs	Boys 12-13 yrs	Boys 14-18 yrs
Starchy vegetables	75g	0	0	7
Green & brassica vegetables	75g	14	14	7
Orange vegetables	75g	7	7	7
Legumes	75g	14	14	14
Nuts/seeds	30g	3	3	7
Other vegetables	75g	14	14	14
Fruit	150g	14	14	21
Wholegrain cereals/grains	Equiv 40g bread	21	21	28
Refined cereals/grains*	Equiv 40g bread	0	0	0
Meat and alts minus red	Equiv 65g red meats	9	9	9
Red meats (beef, lamb, veal, pork)	65g	5	5	5
Dairy foods**	Equiv 250g milk	17	24	24
Pasta	120g	7	14	14

Additional Category:

Unsaturated fats and oils***	10g	7	7	7
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* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

'PASTA-STYLE'				
FOUNDATION DIETS GIRLS				
Composite food group	Serve size	Girls 9-11 yrs	Girls 12-13 yrs	Girls 14-18 yrs
Starchy vegetables	75g		3	3
Green & brassica vegetables	75g		14	14
Orange vegetables	75g		7	7
Legumes	75g		7	14
Nuts/seeds	30g		2	3
Other vegetables	75g		14	14
Fruit	150g		14	14
Wholegrain cereals/grains	Equiv 40g bread		19	21
Refined cereals/grains*	Equiv 40g bread		2	2
Red meats (beef, lamb, veal, pork)	65g		7	5
Dairy foods**	Equiv 250g milk		20	29
Pasta	120g		7	10

Additional Category:

Unsaturated fats and oils***	10g	7	7	7
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* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Table 10.2. Rice-based *Foundation Diets* for boys and girls modelled to attain RDI for age group at energy level of youngest, sedentary (PAL 1.4) members of the age group

'RICE-BASED'				
FOUNDATION DIETS BOYS				
Composite food group	Serve size	Boys 9-11 yrs	Boys 12-13 yrs	Boys 14-18 yrs
Starchy vegetables	75g	0	0	3
Green & brassica vegetables	75g	10	10	10
Orange vegetables	75g	7	7	7
Legumes	75g	14	14	14
Nuts/seeds	30g	2	2	7
Other vegetables	75g	11	11	11
Fruit	150g	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	11	18	21
Refined cereals/grains*	Equiv 40g bread	0	0	0
Meat and alts minus red	Equiv 65g red meats	7	10	10
Red meats (beef, lamb, veal, pork)	65g	3.5	5	5
Dairy foods**	Equiv 250g milk	21	24.5	24.5
Rice	120g	17	21	21
Additional Category:				
Unsaturated margarines and oils***	10g	7	7	14

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

'RICE-BASED'				
FOUNDATION DIETS GIRLS				
Composite food group	Serve size	Girls 9-11 yrs	Girls 12-13 yrs	Girls 14-18 yrs
Starchy vegetables	75g	0	0	0
Green & brassica vegetables	75g	10	10	10
Orange vegetables	75g	7	7	7
Legumes	75g	14	14	14
Nuts/seeds	30g	2	2	3
Other vegetables	75g	11	11	11
Fruit	150g	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	11	17	18
Refined cereals/grains*	Equiv 40g bread	0	0	0
Meat and alts minus red	Equiv 65g red meats	7	8	10
Red meats (beef, lamb, veal, pork)	65g	3	5	5
Dairy foods**	Equiv 250g milk	21	24.5	24.5
Rice	120g	14.5	17	17
Additional Category:				
Unsaturated fats and oils***	10g	7	7	7

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.
 ** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

A 10.1.2 Pasta-style and rice –based diets for adults

The patterns of the diets analysed for men and women of various ages are shown in the Tables 10.3 and 10.4 below. Details of the diets are given in Appendices 11 and 12.

Pasta-style diets

The analyses showed it was possible to devise Pasta-style diets which conformed to most nutrient recommendations within energy constraints.

In the composite food group analyses, the only modeled nutrients not reaching RDI were iron in younger women and zinc and magnesium in men over 51 years.

7-day diet analyses

Nutrients included in the model

In men, all 100 7-day *Foundation Diets* met EAR for all nutrients with the exception of zinc for men 70+ yrs where 52% of diets were below EAR. For women all 100 7-

day Diets reached EAR except for thiamin in women 70+ years where 1% of diets were below EAR.

Other nutrients

For men, all diets reached EAR for all nutrients except for selenium in men over 70 years where 12% were below the EAR and for vitamin B6, where 1% of diets for men 51-70 years and 33% of diets for men over 70 years, were below EAR.

In women, for nutrients not modeled but with an EAR (niacin, riboflavin, phosphorus, vitamin b6 and 12 and selenium), all diets reached EAR except for selenium in 51-70 year old women and vitamin B6 In interpreting these results it should be remembered that the nutrient database used for selenium and B6 is incomplete.

Table 10.3. Pasta-style *Foundation Diets* for men and women that attain RDI for the group within energy needs of the smallest (160cm men; 150cm women) and least active (PAL 1.4) members of their group

'PASTA-STYLE'					
FOUNDATION DIETS WOMEN					
Composite food group	Serve size	Women 19-30 yrs	Women 31-50 yrs	Women 51-70 yrs	Women 70+ yrs
Starchy vegetables	75g	0	0	0	0
Green & brassica vegetables	75g	14	14	14	10
Orange vegetables	75g	7	7	7	7
Legumes	75g	14	7	7	7
Nuts/seeds	30g	3	3	3	3
Other vegetables	75g	14	14	14	7
Fruit	150g	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	21	21	21	18
Refined cereals/grains*	Equiv 40g bread	0	0	0	0
Meat and alts minus red	Equiv 65g red meats	12	12	7	4
Red meats (beef, lamb, veal, pork)	65g	5	5	3	3
Dairy**	Equiv 250g milk	17	17	24	24
Pasta	120g	10	10	10	10
Additional Category:					
Unsaturated fats and oils***	10g	7	7	7	7

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.
 ** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Rice-based diets

For the composite food modelling, the RDIs for the nutrients included in the model were attained within the kilojoule and food group limits for most nutrients for most age/genders. The exceptions were for iron in women 19-50 years and zinc for men 51 years and over.

For nutrients not included in the modelling, niacin, riboflavin, phosphorus and B12 all reached RDI in composite food group modelling for all groups.

7 day diet analysis

Nutrients included in modelling

For the *7 day diet* analysis with individual foods, for the nutrients included in the modelling, all diets reached all EARs except for zinc in men over 70 years (62% below). In women, all 100 *7-day* diets reached the EAR for all nutrients.

Other nutrients

For men, for nutrients not included as inputs in the modelling, all diets reached the EAR for all nutrients except that between 7 and 18% of the diets did not reach EAR for selenium, the percentage increasing with age. In older men, 30% of diets also failed to reach the EAR for vitamin B6.

For women, all diets reached EAR for all nutrients except for selenium where about 20% were below EAR in women over 50 years and for vitamin B6 where 14-18% of women over 51 years were below EAR. However, it should be remembered that the database for these nutrients may be incomplete.

Table 10.4. Rice-based *Foundation Diets* for men and women which attain the RDI for their age group within the energy needs of the smallest (160cm men; 150cm women) and least active (PAL 1.4) members of their group.

RICE –BASED DIET					
FOUNDATION DIETS MEN					
Composite food group	Serve size	Men 19-30 yrs	Men 31-50 yrs	Men 51-70 yrs	Men 70+ yrs
Starchy vegetables	75g	3	3	3	3
Green & brassica vegetables	75g	7	7	7	7
Orange vegetables	75g	7	7	7	7
Legumes	75g	14	14	14	7
Nuts/seeds	30g	7	7	7	7
Other vegetables	75g	21	21	21	7
Fruit	150g	14	14	14	7
Wholegrain cereals/grains	Equiv 40g bread	28	28	28	25
Refined cereals/grains*	Equiv 40g bread	0	0	0	0
Meat and alts minus red	Equiv 65g red meats	4	4	4	4
Red meats (beef, lamb, veal, pork)	65g	3	3	3	3
Dairy foods**	Equiv 250g milk	17	17	17	24
Rice	120g	24	24	21	14

Additional Category

Unsaturated fats and oils***	10g	14	14	7	7
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* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

'RICE-BASED DIET'					
FOUNDATION DIETS WOMEN					
Composite food group	Serve size	Women 19-30 yrs	Women 31-50 yrs	Women 51-70 yrs	Women 70+ yrs
Starchy vegetables	75g	0	0	0	0
Green & brassica vegetables	75g	10	10	10	7
Orange vegetables	75g	7	7	7	7
Legumes	75g	14	14	7	7
Nuts/seeds	30g	3	3	3	3
Other vegetables	75g	11	11	7	7
Fruit	150g	14	14	7	7
Wholegrain cereals/grains	Equiv 40g bread	17	17	24	24
Refined cereals/grains	Equiv 40g bread	0	0	0	0
Meat and alts minus red	Equiv 65g red meats	10	10	4	4
Red meats (beef, lamb, veal, pork)	65g	5	5	3	3
Dairy foods**	Equiv 250g milk	17	17	28	28
Rice	120g	14	14	14	10

Additional Category

Unsaturated fats and oils***	10g	7	7	7	7
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* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

A10.2 Lacto-ovo vegetarian diets

As some people in Australia choose to follow diets which exclude consumption of meats, poultry or fish, a series of lacto-ovo vegetarian *Foundation Diets* were devised for the various age-gender groups by addition of a new food group devised by the USDA when developing their food guide. This contained a mix of legumes, eggs, nuts and seeds to replace the meat component of omnivore diets. The mix was devised in such a manner as to ensure amino acid balance in a ratio of approximately 5 (legumes): 1 (eggs): 1 (nuts and seeds). As no national data were available about choices within food categories for lacto-ovo vegetarians, the same within food group proportions (e.g. for vegetables, fruits, cereals etc) were used as for the equivalent omnivore group. The increased vegetarian iron and zinc RDIs and EARs set to account for bioavailability, were used to assess compliance. The limitations of this analysis are recognised and the results are seen to be indicative only of areas which may need specific attention in the design of lacto-ovo vegetarian diets.

Lacto-ovo vegetarian Children

In the composite modelling for lacto-ovo vegetarian children, the main limiting nutrient was iron. The vegetarian RDI could not be met for children up to 8 years or for those aged 14-18 years but all diets for children from 9-13 years met the higher vegetarian RDI for iron. For zinc all diets for all age/gender groups met the higher RDI for zinc except boys 14-18 years.

7 -day diet analysis

Nutrients included in modelling

For lacto-ovo vegetarian children from 2-18 years, all diets reached the EAR for all nutrients except for 14-18 year old boys for whom none of the *7-day Foundation Diets* reached the EAR for zinc. This does not mean that it is not possible to construct diets that would attain zinc requirements for 14-18 year old lacto-ovo vegetarian boys, simply that this may be an area of diet that may need attention in children of this age with energy needs at the lower end of the range.

Other nutrients

All diets for all ages and genders reached the EAR for selenium, vitamin B6, vitamin B12, niacin, riboflavin and phosphorus. For nutrients with an AI, with no fish or meats in the diet all diets were low for LCn3 but average levels of linoleic and alpha-linolenic acid and vitamin E levels in the diets generally approximated or exceeded the AI. As with omnivore diets, vitamin D was generally below AI. All diets reached or exceeded the AI for potassium and sodium.

Table 10.5 Lacto-ovo vegetarian *Foundation Diets* for boys and girls that reached RDI for the group within the energy needs of the youngest and least active (PAL 1.4) member of that group

LACTO-OVO VEGETARIAN						
FOUNDATION DIETS BOYS						
Composite food group	Serve size	Boys 2-3 yrs	Boys 4-8 yrs	Boys 9-11 yrs	Boys 12-13 yrs	Boys 14-18 yrs
Starchy vegetables	75g	1.5	2	3	7	7
Green & brassica vegetables	75g	3.5	7	7	7	7
Orange vegetables	75g	3.5	7	7	7	7
Legumes	75g	3.5	5	7	2	7
Nuts/seeds	30g	0	1	2	2	7
Other vegetables	75g	3.5	7	7	14	14
Fruit	150g	7	7	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	28	28	19	23	49
Refined cereals/grains*	Equiv 40g bread	0	0	9	12	0
Eggs, nuts/seeds, legumes mix	210g	5	7	10	10	10
Dairy foods**	Equiv 250g milk	10.5	11	16	24	17
Unsaturated fats and oils**	10g	3.5	5	7	7	7

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

LACTO-OVO VEGETARIAN						
FOUNDATION DIETS GIRLS						
Composite food group	Serve size	Girls 2-3 yrs	Girls 4-8 yrs	Girls 9-11 yrs	Girls 12-13 yrs	Girls 14-18 yrs
Starchy vegetables	75g	1	2	3	3	3
Green & brassica vegetables	75g	3.5	7	7	7	7
Orange vegetables	75g	3.5	7	7	7	7
Legumes	75g	3.5	4.5	7	7	7
Nuts/seeds	30g	0	1	2	2	7
Other vegetables	75g	3.5	7	7	7	7
Fruit	150g	7	7	7	7	7
Wholegrain cereals/grains	Equiv 40g bread	21	21	28	28	42
Refined cereals/grains*	Equiv 40g bread	0	0	0	0	0
Eggs, nuts/seeds, legumes mix	210g	7	7	10	10	10
Dairy foods**	Equiv 250g milk	8	11	16	22	23
Unsaturated fats and oils**	10g	3.5	3.5	3.5	3.5	3.5

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred. ** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine

(10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Adults

In the composite food group analysis it was possible to attain all RDIs within the kilojoule limits except for iron in women and zinc in men and the two older women's groups.

7-day diet analysis

Nutrients included in modelling

As with omnivore diets for the men, zinc was the limiting nutrient with no 7-day *lacto-ovo Foundation Diets* reaching the vegetarian EAR for zinc. Other than this, all diets met the EAR for all of the modelled nutrients within the energy limits

For the lacto-ovo vegetarian women's groups, all EARs were met

Other nutrients

For nutrients not included in the model, all men's diets met the EAR for niacin, riboflavin, vitamin B12 and phosphorus. The selenium EAR was not met for 4-8% of diets in the younger two men's groups, 34% in the 51-70 yr olds' diets and 44% in the 70+yrs group. In the oldest age group, 27% of diets also did not meet the vitamin B6 EAR.

Table 10.6 Lacto-ovo vegetarian *Foundation Diets* for men and women that reached RDI for the group within the energy needs of the smallest (160cm men; 150cm women) and least active (PAL 1.4) member of that group

LACTO-OVO VEGETARIAN					
FOUNDATION DIETS MEN					
Composite food group	Serve size	Men 19-30 yrs	Men 31-50 yrs	Men 51-70 yrs	Men 70+ yrs
Starchy vegetables	75g	7	7	4	4
Green & brassica vegetables	75g	7	7	4	4
Orange vegetables	75g	7	7	4	4
Legumes	75g	7	7	4	4
Nuts/seeds	30g	7	7	7	7
Other vegetables	75g	14	14	7	7
Fruit	150g	14	14	14	14
Wholegrain cereals/grains	Equiv 40g bread	42	42	42	35
Refined cereals/grains*	Equiv 40g bread	0	0	0	0
Meat alternatives (eggs, nuts/seeds, legumes)	210g	10	10	7	7
Dairy foods**	Equiv 250g milk	14	14	14	17
Unsaturated margarines and oils***	10g	7	7	7	7

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

LACTO-OVO VEGETARIAN					
FOUNDATION DIETS WOMEN					
Composite food group	Serve size	Women 19-30 yrs	Women 31-50 yrs	Women 51-70 yrs	Women 70+ yrs
Starchy vegetables	75g	3	3	3	3
Green & brassica vegetables	75g	7	7	7	7
Orange vegetables	75g	7	7	7	7
Legumes	75g	7	7	7	7
Nuts/seeds	30g	2	2	3	3
Other vegetables	75g	7	7	7	7
Fruit	150g	7	7	7	7
Wholegrain cereals/grains	Equiv 40g bread	42	42	35	28
Refined cereals/grains*	Equiv 40g bread	0	0	0	0
Meat alternatives (eggs, nuts/seeds, legumes)	210g	10	10	7	7
Dairy foods**	Equiv 250g milk	11	11	21	21
Unsaturated margarine and oils***	10g	0	0	0	0

* Refined cereals were included as a group for cultural reasons; wholegrain can replace these if preferred.

** Should be predominantly low fat *** Modelled with serves of polyunsaturated margarine (10g/serve) but could be replaced with oil (7g/serve) or 10g seeds

Appendix 11: *Foundation Diets* from composite food group analysis

These diets match the summary serve per week patterns shown in the body of the report, however nutrient values given are per day. The 10 nutrients and energy which drive the modelling are listed at the top of the table. Shaded cells indicate data is below RDI. Nutrients and food components in the lower part of the table are assessed as outputs from modelling, for information only. Vitamin B12, Vitamin B6 and selenium values should be interpreted cautiously as the data set is incomplete for these nutrients.

Table A 11.1 Womens <i>Foundation Diets</i>	Women 19-30y	Women 31-50y	Women 51-70y	Women 70+y	Pregnant 19-30y	Lactating 19-30yrs	Pregnant 31-50y	Lactating 31-50y
Energy, excluding dietary fibre (kJ)	7125.33	7302.42	6981.25	6380.51	9069.84	8772.09	9310.18	9018.78
Energy, including dietary fibre (kJ)	7383.98	7561.16	7214.27	6586.64	9378.45	9095.18	9619.30	9342.62
Protein (g)	101.19	101.33	100.07	94.09	140.93	116.61	140.91	117.00
Thiamin (mg)	1.58	1.56	1.24	1.02	2.13	2.17	2.10	2.12
Vitamin A expressed as retinol equivalents (ug)	1435.64	1408.69	1458.53	1366.56	1472.77	1448.75	1451.56	1421.59
Vitamin C (mg)	125.28	125.61	129.79	122.37	126.12	129.93	126.34	130.19
Folate, dietary folate equivalents (ug)	757.50	726.93	708.71	641.08	953.67	985.27	916.52	940.96
Calcium (mg)	1073.50	1066.55	1470.26	1397.74	1218.39	1220.14	1203.90	1202.91
Iodine (ug)	210.22	210.84	274.70	260.32	257.93	251.07	261.26	250.51
Iron (mg)	12.17	12.11	9.65	8.55	16.68	15.62	16.58	15.42
Magnesium (mg)	375.13	379.19	383.15	346.97	473.17	473.37	478.11	478.80
Zinc (mg)	13.77	13.87	12.67	11.91	19.31	15.91	19.47	16.02
Fat, total (g)	52.39	52.89	53.49	52.57	64.14	61.26	64.85	61.66
Carbohydrate, total (g)	206.34	215.44	196.80	169.49	255.75	268.92	268.23	282.03
Sugars, total (g)	91.08	89.29	111.92	108.24	98.63	100.01	95.77	96.99
Starch (g)	114.13	124.96	83.29	59.64	155.96	167.78	171.22	183.84
Dietary Fibre (g)	34.02	33.77	30.01	25.99	40.35	42.76	40.15	42.50
Saturated fatty acids, total (g)	17.81	17.74	19.44	19.11	21.60	19.56	21.56	19.36

Monounsaturated fatty acids, total (g)	17.61	17.68	17.28	17.24	22.20	21.36	22.29	21.32
Polyunsaturated fatty acids, total (g)	12.84	13.19	12.61	12.10	15.02	15.52	15.44	16.04
Linoleic acid (g)	11.64	11.88	11.51	10.99	13.35	14.17	13.61	14.56
Alpha linolenic acid (g)	0.90	0.93	0.87	0.81	1.08	1.04	1.13	1.09
Long chain omega 3 fatty acids, total (mg)	214.47	263.90	276.73	329.42	361.33	214.63	446.19	264.03
Preformed Vitamin A (retinol) (ug)	350.07	355.30	432.73	433.45	384.47	360.14	395.69	363.39
Provitamin A expressed as beta-carotene equivalents (ug)	6522.32	6332.22	6173.74	5617.15	6537.59	6539.17	6346.21	6359.90
Riboflavin (mg)	2.49	2.40	3.06	2.90	3.01	2.87	2.89	2.74
Niacin equivalents, total (mg)	51.48	50.39	49.47	45.76	71.16	61.48	69.56	60.30
Folate, total (ug)	496.29	479.01	537.30	512.93	581.87	593.45	560.37	569.08
Vitamin D (ug)	3.27	3.41	4.27	4.49	3.94	3.36	4.22	3.48
Vitamin E (mg)	9.11	9.66	9.18	8.70	10.76	10.64	11.47	11.41
Phosphorus (mg)	1715.15	1722.36	1917.27	1776.64	2203.63	2025.89	2212.43	2034.15
Potassium (mg)	3676.33	3681.23	4096.89	3845.61	4319.85	4173.94	4310.39	4168.22
Sodium (mg)	1404.85	1395.37	1330.00	1178.46	1824.27	1783.24	1824.08	1761.88
Cholesterol (mg)	216.56	235.85	224.55	239.91	337.93	219.65	371.50	238.36
Selenium	75.23	77.95	72.96	64.80	110.63	89.58	114.85	94.24
Vit B6	1.74	1.74	1.79	1.67	2.12	1.99	2.11	1.98
Vit B12	5.94	6.39	8.28	8.11	7.52	6.03	8.15	6.52

Table A11.2. Men's Foundation Diets

	<i>Foundation Diets</i>			
	19-30 y	30-50 y	51-70 y	70+ y
Energy, excluding dietary fibre (kJ)	8633.83	8591.10	8020.18	7074.74
Energy, including dietary fibre (kJ)	8943.91	8894.29	8286.49	7304.92
Protein (g)	109.89	110.85	104.94	106.42
Thiamin (mg)	1.90	1.81	1.61	1.27
Vitamin A expressed as retinol equivalents (ug)	1643.61	1614.95	1575.83	1339.47
Vitamin C (mg)	131.62	127.98	129.15	131.69
Folate dietary folate equivalents (ug)	815.81	808.83	741.41	693.55
Calcium (mg)	1053.24	1106.96	1120.85	1314.99
Iodine (ug)	197.49	210.00	219.07	256.02
Iron (mg)	14.47	14.12	12.30	10.28
Magnesium (mg)	452.51	449.10	392.32	373.99
Zinc (mg)	15.30	15.29	14.12	14.22
Fat, total (g)	77.33	78.78	70.87	57.03
Carbohydrate, total (g)	232.27	225.50	214.82	188.18
Sugars, total (g)	92.05	91.85	91.93	102.25
Starch (g)	139.07	132.14	121.38	84.19
Dietary Fibre (g)	40.37	39.42	34.42	29.20
Saturated fatty acids, total (g)	22.39	22.96	21.94	19.93
Monounsaturated fatty acids, total (g)	27.17	27.06	23.46	19.21
Polyunsaturated fatty acids, total (g)	22.31	23.23	20.34	13.48
Linoleic acid (g)	20.74	21.54	18.66	12.28
Alpha linolenic acid (g)	1.28	1.31	1.26	0.88
LC n-3 fatty acids, total (mg)	190.41	273.83	290.98	298.90
Preformed Vitamin A (retinol) (ug)	501.78	516.33	521.18	414.16
Provitamin A as beta-carotene equivalents (ug)	6863.11	6603.06	6340.22	5566.04
Riboflavin (mg)	2.58	2.53	2.48	2.79
Niacin equivalents, total (mg)	55.90	55.17	51.81	51.89
Folate, total (ug)	579.73	570.10	494.69	519.53
Vitamin D (ug)	4.04	4.42	4.61	4.15
Vitamin E (mg)	14.33	14.72	12.79	9.62
Phosphorus (mg)	1879.28	1899.27	1801.82	1871.34
Potassium (mg)	4047.50	4053.43	3907.85	3996.47
Sodium (mg)	1410.63	1451.95	1501.88	1265.24
Cholesterol (mg)	229.02	244.73	240.26	255.58
Selenium (ug)	87.48	90.58	81.44	76.70
Vit B6 (mg)	2.09	1.99	1.81	1.76
Vit B12 (ug)	5.78	6.06	6.23	7.51

TableA11.3. Women Lactoovo vegetarian diets	19-30y	30-50 y	51-70 y	70+ y
Energy, excluding dietary fibre (kJ)	6764.90	6843.41	6526.83	6095.49
Energy, including dietary fibre (kJ)	7144.60	7223.37	6842.13	6391.62
Protein (g)	88.16	89.17	89.82	85.36
Thiamin (mg)	2.12	2.13	1.69	1.50
Vitamin A expressed as retinol equivalents (ug)	1172.12	1133.45	1166.17	1080.14
Vitamin C (mg)	83.25	83.00	83.45	83.60
Folate dietary folate equivalents (ug)	924.38	939.22	847.79	785.84
Calcium (mg)	1040.97	1024.91	1365.03	1295.24
Iodine (ug)	173.39	178.04	233.19	218.08
Iron (mg)	17.10	16.85	13.35	12.38
Magnesium (mg)	542.41	547.11	492.06	462.05
Zinc (mg)	12.32	12.27	11.81	11.13
Fat, total (g)	57.76	57.77	53.56	51.98
Carbohydrate, total (g)	186.25	189.73	179.87	162.31
Sugars, total (g)	70.77	68.23	86.70	83.14
Starch (g)	114.76	120.75	92.24	78.22
Dietary Fibre (g)	48.49	48.37	39.85	37.29
Saturated fatty acids, total (g)	14.18	13.94	16.15	15.55
Monounsaturated fatty acids, total (g)	21.94	21.89	19.47	19.16
Polyunsaturated fatty acids, total (g)	17.15	17.47	13.92	13.39
Linoleic acid (g)	16.12	16.41	13.11	12.63
Alpha linolenic acid (g)	0.98	1.04	0.88	0.83
LC n-3 fatty acids, total (mg)	49.54	49.43	39.81	39.36
Preformed Vitamin A (retinol) (ug)	201.98	194.75	258.51	251.52
Provitamin A expressed as beta-carotene equivalents (ug)	5821.36	5635.19	5454.29	4980.53
Riboflavin (mg)	2.36	2.20	2.74	2.58
Niacin equivalents, total (mg)	43.79	44.18	43.36	40.54
Folate, total (ug)	682.39	663.62	641.10	622.80
Vitamin D (ug)	1.50	1.42	2.16	2.12
Vitamin E (mg)	11.03	11.27	9.21	8.67
Phosphorus (mg)	1792.96	1785.93	1900.81	1787.20
Potassium (mg)	3520.65	3519.43	3664.16	3598.70
Sodium (mg)	1187.55	1227.88	1199.92	1071.27
Cholesterol (mg)	227.89	225.88	196.88	194.48
Selenium	57.99	60.50	54.06	47.70
Vit B6	1.65	1.66	1.57	1.50
Vit B12	3.39	3.50	5.50	5.30

Table A11.4. Men Lactoovo Foundation Diets

Nutrient	19-30 y	31-50 y	51- 70y	70+ y
Energy, excluding dietary fibre (kJ)	8501.90	8381.77	7647.81	7033.54
Energy, including dietary fibre (kJ)	8957.58	8824.46	8043.29	7354.39
Protein (g)	98.79	100.31	91.72	86.42
Thiamin (mg)	2.57	2.44	2.14	1.75
Vitamin A expressed as retinol equivalents (ug)	1417.81	1379.63	1324.33	872.05
Vitamin C (mg)	131.89	127.93	128.93	96.84
Folate dietary folate equivalents (ug)	1058.53	1042.89	958.73	855.25
Calcium (mg)	1125.12	1178.22	1195.85	1220.17
Iodine (ug)	177.15	190.32	198.47	215.33
Iron (mg)	19.59	18.70	16.12	12.86
Magnesium (mg)	644.36	632.16	558.96	496.79
Zinc (mg)	14.46	14.16	12.67	11.36
Fat, total (g)	77.46	78.57	68.30	66.88
Carbohydrate, total (g)	235.54	224.41	211.90	184.15
Sugars, total (g)	94.00	94.10	94.27	91.67
Starch (g)	140.33	128.77	116.08	90.79
Dietary Fibre (g)	58.41	56.72	50.50	40.34
Saturated fatty acids, total (g)	18.63	19.02	17.59	17.83
Monounsaturated fatty acids, total (g)	30.04	30.03	25.70	25.24
Polyunsaturated fatty acids, total (g)	23.08	23.91	20.18	19.24
Linoleic acid (g)	21.89	22.69	19.09	18.29
Alpha linolenic acid (g)	1.19	1.21	1.10	1.02
LC n-3 fatty acids, total (mg)	53.00	52.17	39.28	38.90
Preformed Vitamin A (retinol) (ug)	297.73	303.13	291.34	313.09
Provitamin A expressed as beta-carotene equivalents (ug)	6727.88	6465.30	6204.71	3360.62
Riboflavin (mg)	2.69	2.61	2.49	2.42
Niacin equivalents, total (mg)	50.82	50.87	46.81	43.31
Folate, total (ug)	814.63	791.54	703.59	639.53
Vitamin D (ug)	2.17	2.20	2.21	2.42
Vitamin E (mg)	15.54	15.74	13.38	12.05
Phosphorus (mg)	2055.36	2060.93	1915.14	1804.25
Potassium (mg)	4435.00	4433.76	4246.00	3677.65
Sodium (mg)	1295.88	1317.82	1341.85	1176.22
Cholesterol (mg)	233.72	235.34	182.41	188.82
Selenium (ug)	73.30	74.77	65.37	62.50
Vit B6 (mg)	2.33	2.18	1.98	1.59
Vit B12 (ug)	3.90	3.94	3.74	4.24

Table A11.5. Foundation Diets ‘rice-based’ men

	19-30y	31-50 y	51-70 y	70+ y
Energy, excluding dietary fibre (kJ)	8662.71	8598.03	7911.76	7003.53
Energy, including dietary fibre (kJ)	9002.22	8927.69	8221.98	7224.39
Protein (g)	95.76	96.97	94.23	93.48
Thiamin (mg)	1.81	1.72	1.59	1.29
Vitamin A expressed as retinol equivalents (ug)	1500.77	1457.58	1328.70	1125.61
Vitamin C (mg)	138.86	134.96	135.21	86.89
Folate, dietary folate equivalents (ug)	811.60	795.54	769.54	708.53
Calcium (mg)	1058.04	1121.58	1140.46	1323.25
Iodine (ug)	213.46	223.62	228.61	275.06
Iron (mg)	14.60	14.25	12.94	9.81
Magnesium (mg)	498.28	493.56	465.13	409.32
Zinc (mg)	14.22	14.16	13.48	12.51
Fat, total (g)	54.66	56.08	47.16	47.82
Carbohydrate, total (g)	297.54	289.33	270.88	216.92
Sugars, total (g)	99.64	99.16	100.18	92.34
Starch (g)	196.71	188.62	169.08	123.62
Dietary Fibre (g)	43.28	42.09	39.43	27.93
Saturated fatty acids, total (g)	14.66	15.13	13.28	14.94
Monounsaturated fatty acids, total (g)	19.93	19.89	17.24	17.25
Polyunsaturated fatty acids, total (g)	16.08	17.05	13.05	12.18
Linoleic acid (g)	15.00	15.88	12.05	11.38
Alpha linolenic acid (g)	0.92	0.95	0.77	0.69
LC n-3 fatty acids, total (mg)	95.46	143.25	153.06	157.44
Preformed Vitamin A (retinol) (ug)	308.74	318.65	247.46	299.48
Provitamin A expressed as beta-carotene equivalents (ug)	7164.68	6845.03	6499.55	4970.41
Riboflavin (mg)	2.63	2.57	2.54	2.82
Niacin equivalents, total (mg)	50.83	50.36	48.80	48.13
Folate, total (ug)	649.01	627.98	599.45	554.47
Vitamin D (ug)	2.45	2.69	2.38	2.86
Vitamin E (mg)	11.64	11.90	10.05	8.00
Phosphorus (mg)	1832.69	1851.39	1808.44	1835.61
Potassium (mg)	4145.96	4117.79	4096.08	3651.34
Sodium (mg)	997.58	1043.86	1052.81	979.87
Cholesterol (mg)	135.87	145.49	144.02	160.41
Selenium (ug)	71.73	74.41	70.56	67.41
Vit B6 (mg)	2.17	2.07	2.00	1.52
Vit B12 (ug)	4.84	5.06	5.24	6.57

Table A11.6 Foundation Diets Women ‘Rice-based’

Nutrient	19-30 y	31-50y	51-70y	70+y
Energy, excluding dietary fibre (kJ)	6881.94	6938.56	6787.89	6399.61
Energy, including dietary fibre (kJ)	7153.28	7213.34	6999.76	6596.47
Protein (g)	105.82	106.46	93.93	91.40
Thiamin (mg)	1.24	1.28	1.18	1.10
Vitamin A expressed as retinol equivalents (ug)	1328.10	1313.63	1254.92	1147.01
Vitamin C (mg)	121.28	120.92	92.30	77.30
Folate, dietary folate equivalents (ug)	653.72	662.82	684.20	673.71
Calcium (mg)	1048.95	1061.05	1456.59	1441.89
Iodine (ug)	203.93	209.85	289.76	288.62
Iron (mg)	12.53	12.70	9.60	9.02
Magnesium (mg)	410.28	419.63	391.86	372.20
Zinc (mg)	14.35	14.51	12.44	11.89
Fat, total (g)	43.30	44.21	40.10	40.77
Carbohydrate, total (g)	206.99	207.57	220.66	199.09
Sugars, total (g)	90.59	89.95	101.31	100.23
Starch (g)	115.17	116.31	118.40	97.91
Dietary Fibre (g)	34.10	34.48	26.62	24.70
Saturated fatty acids, total (g)	13.39	13.43	14.43	14.73
Monounsaturated fatty acids, total (g)	15.14	15.20	13.17	13.58
Polyunsaturated fatty acids, total (g)	11.14	11.76	9.32	9.21
Linoleic acid (g)	9.94	10.41	8.54	8.42
Alpha linolenic acid (g)	0.80	0.88	0.66	0.66
LC n-3 fatty acids, total (mg)	248.57	320.11	166.09	196.35
Preformed Vitamin A (retinol) (ug)	257.19	268.13	316.42	323.00
Provitamin A expressed as beta-carotene equivalents (ug)	6436.37	6286.91	5647.72	4960.66
Riboflavin (mg)	2.45	2.41	3.11	3.07
Niacin equivalents, total (mg)	50.81	49.99	46.83	45.73
Folate, total (ug)	555.79	551.30	542.49	533.96
Vitamin D (ug)	2.60	2.86	3.04	3.23
Vitamin E (mg)	8.57	8.88	6.55	6.27
Phosphorus (mg)	1755.39	1768.97	1878.95	1822.58
Potassium (mg)	3738.33	3796.49	3651.13	3534.11
Sodium (mg)	926.47	918.86	1029.79	1014.40
Cholesterol (mg)	239.68	268.20	162.53	173.00
Selenium	79.69	84.40	58.25	53.69
Vit B6	1.83	1.82	1.53	1.45
Vit B12	6.22	6.71	8.04	7.85

Table A11.7. Women ‘Pasta-style’ Foundation Diets

Nutrient	19-30 y	31-50 y	51-70 y	70+ y
Energy, excluding dietary fibre (kJ)	6938.53	7005.79	6637.09	6311.97
Energy, including dietary fibre (kJ)	7253.07	7295.57	6915.38	6553.69
Protein (g)	117.40	113.67	94.53	89.73
Thiamin (mg)	1.41	1.38	1.22	1.05
Vitamin A expressed as retinol equivalents (ug)	1430.38	1425.60	1385.68	1198.51
Vitamin C (mg)	145.98	145.21	149.98	114.14
Folate, dietary folate equivalents (ug)	698.79	659.31	663.53	603.91
Calcium (mg)	1109.05	1078.38	1333.24	1267.76
Iodine (ug)	187.39	196.94	228.87	222.84
Iron (mg)	14.00	12.88	10.48	9.26
Magnesium (mg)	425.58	400.11	382.81	348.61
Zinc (mg)	15.10	14.60	11.94	11.13
Fat, total (g)	50.08	49.38	43.05	42.16
Carbohydrate, total (g)	183.88	193.00	204.56	192.21
Sugars, total (g)	87.74	86.42	103.18	98.65
Starch (g)	94.86	105.28	99.79	91.99
Dietary Fibre (g)	39.50	36.34	34.85	30.18
Saturated fatty acids, total (g)	16.72	16.61	16.08	15.75
Monounsaturated fatty acids, total (g)	17.03	16.82	13.74	13.63
Polyunsaturated fatty acids, total (g)	12.09	11.61	9.72	9.30
Linoleic acid (g)	10.76	10.24	8.87	8.44
Alpha linolenic acid (g)	0.91	0.83	0.73	0.71
LC n-3 fatty acids, total (mg)	296.77	382.21	173.77	203.91
Preformed Vitamin A (retinol) (ug)	290.32	304.15	310.62	311.06
Provitamin A expressed as beta-carotene equivalents (ug)	6847.98	6739.49	6465.39	5340.48
Riboflavin (mg)	2.52	2.45	2.77	2.60
Niacin equivalents, total (mg)	53.99	51.97	43.68	40.86
Folate, total (ug)	577.83	521.55	539.56	499.12
Vitamin D (ug)	3.13	3.43	3.13	3.26
Vitamin E (mg)	9.61	9.64	7.86	6.98
Phosphorus (mg)	1902.30	1851.70	1813.72	1697.06
Potassium (mg)	3908.22	3759.16	3805.50	3454.36
Sodium (mg)	1159.21	1139.51	1074.37	988.28
Cholesterol (mg)	280.53	314.69	161.44	170.18
Selenium	92.00	95.91	61.54	55.22
Vit B6	2.03	1.93	1.80	1.50
Vit B12	8.05	7.34	7.37	7.21

Table A11.8 Men ‘Pasta-style’ *Foundation Diets*

	19-30 y	31-50 y	51-70 y	70+ y
Energy, excluding dietary fibre (kJ)	8573.51	8521.68	7896.28	7134.08
Energy, including dietary fibre (kJ)	8947.11	8885.28	8249.31	7377.73
Protein (g)	106.33	107.70	104.78	100.88
Thiamin (mg)	1.84	1.75	1.62	1.30
Vitamin A expressed as retinol equivalents (ug)	1585.78	1548.08	1383.49	1178.72
Vitamin C (mg)	147.19	143.53	135.36	86.95
Folate, dietary folate equivalents (ug)	788.36	773.04	764.92	681.79
Calcium (mg)	1215.30	1284.04	1237.80	1404.39
Iodine (ug)	180.67	192.12	197.97	248.85
Iron (mg)	14.90	14.54	13.66	10.05
Magnesium (mg)	482.31	478.06	457.52	395.21
Zinc (mg)	14.12	14.07	13.42	12.50
Fat, total (g)	65.45	67.06	55.56	55.27
Carbohydrate, total (g)	257.87	249.87	240.89	200.68
Sugars, total (g)	93.53	93.32	93.71	85.81
Starch (g)	163.14	155.01	145.55	113.93
Dietary Fibre (g)	48.34	47.02	44.72	30.74
Saturated fatty acids, total (g)	21.52	22.12	18.22	19.61
Monounsaturated fatty acids, total (g)	22.37	22.38	19.04	18.96
Polyunsaturated fatty acids, total (g)	16.77	17.73	14.02	12.71
Linoleic acid (g)	15.60	16.48	12.92	11.83
Alpha linolenic acid (g)	1.06	1.10	0.93	0.79
LC n-3 fatty acids, total (mg)	113.98	161.51	166.03	170.50
Preformed Vitamin A (retinol) (ug)	384.66	395.79	296.94	347.72
Provitamin A expressed as beta-carotene equivalents (ug)	7217.27	6923.37	6529.49	4997.60
Riboflavin (mg)	2.60	2.55	2.47	2.73
Niacin equivalents, total (mg)	49.90	49.54	47.98	47.01
Folate, total (ug)	625.77	605.48	594.84	527.73
Vitamin D (ug)	3.47	3.70	3.05	3.53
Vitamin E (mg)	12.29	12.54	10.90	8.49
Phosphorus (mg)	2000.39	2023.63	1946.58	1934.24
Potassium (mg)	4216.84	4192.99	4025.62	3504.25
Sodium (mg)	1338.11	1380.85	1297.91	1207.76
Cholesterol (mg)	162.24	172.13	161.26	177.41
Selenium	80.81	83.47	79.26	74.29
Vit B6	2.21	2.11	2.04	1.52
Vit B12	5.88	6.10	6.03	7.19

Table A11.9. Foundation Diets for toddlers age 13-23 months

Nutrient	Boys	Girls
Moisture (water) (g)	602.46	617.18
Energy, excluding dietary fibre (kJ)	3482.84	3484.34
Energy, including dietary fibre (kJ)	3610.87	3606.70
Protein (g)	50.98	50.47
Thiamin (mg)	0.85	0.81
Vitamin A as retinol equivalents (ug)	668.58	621.09
Vitamin C (mg)	56.54	54.15
Folate, dietary folate equivalents (ug)	350.25	344.04
Calcium (mg)	527.50	530.91
Iodine (ug)	94.77	96.29
Iron (mg)	6.50	6.26
Magnesium (mg)	185.68	185.68
Zinc (mg)	6.50	6.46
Fat, total (g)	20.51	20.47
Carbohydrate, total (g)	110.43	111.17
Sugars, total (g)	38.42	37.74
Starch (g)	71.48	72.92
Dietary Fibre (g)	17.47	16.76
Saturated fatty acids, total (g)	7.10	7.10
Monounsaturated fatty acids, total (g)	6.84	7.00
Polyunsaturated fatty acids, total (g)	4.70	4.54
Linoleic acid (g)	4.11	3.98
Alpha linolenic acid (g)	0.39	0.36
Long chain omega 3 fatty acids, total (mg)	113.02	112.21
Preformed Vitamin A (retinol) (ug)	124.80	122.86
Provitamin A as beta-carotene eq (ug)	3266.28	2993.59
Riboflavin (mg)	1.22	1.22
Niacin equivalents, total (mg)	24.51	24.51
Folate, total (ug)	214.97	211.05
Vitamin D (ug)	1.28	1.30
Vitamin E (mg)	3.57	3.51
Phosphorus (mg)	865.35	866.54
Potassium (mg)	1728.80	1729.20
Sodium (mg)	716.11	700.74
Cholesterol (mg)	116.38	114.02
Selenium	37.81	35.90
Vitamin B6	0.84	0.88
Vitamin B12	3.07	3.02

Table A11.10. Foundation Diets

Nutrients	Boys				
	2-3 y	4-8 y	9-11 y	12-13 y	14-18 y
Energy, excluding dietary fibre (kJ)	4100.84	4982.93	6621.47	7915.37	8873.78
Energy, including dietary fibre (kJ)	4258.08	5187.52	6867.40	8185.19	9169.00
Protein (g)	57.91	75.05	96.96	112.23	118.47
Thiamin (mg)	0.99	1.19	1.50	1.72	2.09
Vitamin A as retinol equivalents (ug)	701.26	1248.16	1310.48	1424.22	1508.03
Vitamin C (mg)	67.12	106.61	131.86	136.65	141.78
Folate, dietary folate equivalents (ug)	429.24	542.12	651.86	774.51	865.49
Calcium (mg)	663.40	821.19	1014.22	1367.25	1423.05
Iodine (ug)	117.20	143.17	172.82	234.51	209.06
Iron (mg)	7.52	9.32	11.66	12.95	14.61
Magnesium (mg)	225.20	278.04	354.18	416.16	460.77
Zinc (mg)	7.37	9.85	12.49	14.28	13.68
Fat, total (g)	22.57	29.65	44.44	54.08	67.96
Carbohydrate, total (g)	135.89	155.65	198.45	238.91	258.29
Sugars, total (g)	54.12	69.34	90.54	109.99	107.86
Starch (g)	80.97	85.40	106.85	127.80	149.34
Dietary Fibre (g)	21.10	26.78	32.30	35.84	38.12
Saturated fatty acids, total (g)	7.89	10.83	15.68	19.82	21.96
Monounsaturated fatty acids, total (g)	7.35	9.66	15.42	18.07	22.85
Polyunsaturated fatty acids, total (g)	5.19	6.34	9.51	11.66	18.04
Linoleic acid (g)	4.55	5.51	8.43	10.46	16.57
Alpha linolenic acid (g)	0.46	0.56	0.73	0.89	1.16
LC n-3 fatty acids(mg)	113.32	153.05	197.38	201.35	191.14
Preformed Vitamin A (retinol) (ug)	140.94	195.24	262.66	362.47	371.82
Provitamin A as beta-carotene eq (ug)	3367.67	6325.59	6299.76	6387.35	6349.88
Riboflavin (mg)	1.50	1.91	2.47	3.17	3.27
Niacin equivalents, total (mg)	27.78	36.32	47.73	55.29	59.20
Folate, total (ug)	273.60	371.96	475.53	562.62	598.42
Vitamin D (ug)	1.41	1.94	2.71	3.54	4.00
Vitamin E (mg)	4.00	5.42	7.75	8.76	12.11
Phosphorus (mg)	1021.88	1281.37	1642.70	2014.70	2116.17
Potassium (mg)	2097.61	2817.09	3562.62	4190.75	4299.84
Sodium (mg)	821.27	1007.15	1175.32	1455.92	1635.07
Cholesterol (mg)	121.78	182.69	227.18	248.99	239.02
Selenium	41.13	54.18	67.56	74.73	78.04
Vitamin B6	0.98	1.55	1.78	1.97	1.84
Vitamin B12	3.67	4.76	5.80	7.54	8.01

Table A11.11. Foundation Diets

Nutrient	Girls						
	2-3yr	4-8yr	9-11yr	12-13yr	14-18yr	Pregnant 14-18yr	Lactating 14-18yr
Energy, excluding dietary fibre (kJ)	4103.6	4836.3	6364.45	7102.23	8189.76	9768.96	9738.4
Energy, including dietary fibre (kJ)	4254.97	5036.71	6583.18	7339.52	8471.81	10082.85	10069.2
Protein (g)	57.4	72.25	97.65	106.26	114.95	150.47	131.5
Thiamin (mg)	0.95	1.15	1.31	1.5	1.92	2.29	2.3
Vitamin A expressed as retinol equivalents (ug)	649.59	1218.21	1275.53	1304.18	1378.19	1411.58	1409.7
Vitamin C (mg)	64.86	107.95	127.76	128.18	132.01	132.57	137.0
Folate, dietary folate equivalents (ug)	422.66	506.94	604.53	688.66	815.14	926.84	980.1
Calcium (mg)	667.17	751.35	1108.91	1280.88	1394.58	1471.37	1629.3
Iodine (ug)	119.2	133.46	188.55	220.94	212.44	233.49	252.9
Iron (mg)	7.23	9.12	10.14	11.15	13.39	16.70	15.7
Magnesium (mg)	225.35	270.28	341.57	380.76	428.73	495.65	511.3
Zinc	7.32	9.19	12.48	13.55	12.78	17.07	14.4
Fat, total (g)	22.4	28.09	43.56	46.93	56.51	66.89	64.1
Carbohydrate, total (g)	137.02	153.23	184.5	212.31	246.08	280.97	304.5
Sugars, total (g)	53.41	67.54	91.97	100.82	103.24	106.10	116.1
Starch (g)	82.81	84.76	91.44	110.37	141.65	173.66	187.2
Dietary Fibre (g)	20.38	26.56	28.93	31.25	36.71	40.72	43.3
Saturated fatty acids, total (g)	7.87	9.61	15.78	17.35	19.23	22.54	21.1

Table A11.11. Foundation Diets

Nutrient	Girls						
	2-3yr	Nutrient	2-3yr	Nutrient	2-3yr	Nutrient	2-3yr
Monounsaturated fatty acids, total (g)	7.48	9.37	14.98	15.94	18.97	23.20	22.0
Polyunsaturated fatty acids, total (g)	4.98	6.39	9.11	9.64	13.74	15.50	15.9
Linoleic acid (g)	4.37	5.53	8.11	8.59	12.36	13.68	14.4
Alpha linolenic acid (g)	0.43	0.55	0.7	0.76	1.05	1.21	1.2
Long chain n3 fatty acids, total (mg)	112.44	168.88	210.32	211.98	210.01	351.48	210.4
Preformed Vitamin A (retinol) (ug)	138.43	176.15	272.89	299.26	300.57	332.05	311.2
Provitamin A expressed as beta-carotene eq (ug)	3073.91	6261.47	6028.52	6043.73	6042.18	6053.38	6085.6
Riboflavin (mg)	1.49	1.77	2.44	2.77	2.99	3.34	3.5
Niacin equivalents, total (mg)	27.8	34.9	46.49	50.87	55.79	72.27	64.6
Folate, total (ug)	269.45	345.47	447.49	492	514.32	563.06	600.7
Vitamin D (ug)	1.43	1.77	2.76	3.02	3.43	4.03	3.6
Vitamin E (mg)	3.96	5.53	7.71	8.05	10.10	11.56	11.5
Phosphorus (mg)	1024.13	1218.94	1677.78	1878.65	2039.96	2427.17	2383.2
Potassium (mg)	2100.1	2769.35	3555.19	3818.76	4111.26	4600.72	4692.4
Sodium (mg)	805.62	951.95	1189.43	1379.4	1723.47	2042.12	2040.8
Cholesterol (mg)	119.33	176.67	235.25	244.58	243.05	372.83	251.8
Selenium	39.12	52.19	67.01	72.13	81.99	115.98	93.4
Vitamin B6	1.02	1.61	1.87	1.98	1.73	2.05	2.0

Vitamin B12	3.61	4.43	6.64	7.43	7.92	9.82	9.2
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Public Consultation

TableA 11.12. Foundation Diets Lacto-ovo vegetarian diets

Nutrients	Boys				
	2-3 y	4-8 y	9-11 y	12-13 y	14-18 y
Moisture (water) (g)	738.74	900.99	1255.97	1516.40	1593.06
Energy, excluding dietary fibre (kJ)	4363.22	5134.21	6729.47	7814.84	9042.03
Energy, including dietary fibre (kJ)	4590.85	5429.23	7086.11	8211.40	9455.38
Protein (g)	55.00	65.86	85.46	100.47	115.64
Thiamin (mg)	1.33	1.63	1.88	2.16	2.71
Vitamin A as retinol equivalents (ug)	691.17	1201.72	1282.19	1337.05	1515.65
Vitamin C (mg)	56.13	84.59	108.55	117.37	141.24
Folate, dietary folate equivalents (ug)	579.69	705.13	859.58	997.60	1149.42
Calcium (mg)	766.89	810.89	1084.26	1381.43	1499.43
Iodine (ug)	124.47	131.75	169.63	223.73	236.29
Iron (mg)	9.95	12.51	14.67	16.63	19.38
Magnesium (mg)	322.76	396.38	487.08	563.47	630.37
Zinc (mg)	7.40	9.10	11.30	13.16	13.56
Fat, total (g)	32.54	42.09	58.83	63.17	84.29
Carbohydrate, total (g)	132.72	146.43	185.05	224.98	235.78
Sugars, total (g)	57.86	60.86	91.97	109.29	112.29
Starch (g)	74.02	84.89	91.83	114.36	122.36
Dietary Fibre (g)	29.35	37.65	45.55	51.67	52.87
Saturated fatty acids, total (g)	8.50	10.28	15.21	17.15	21.44
Monounsaturated fatty acids, total (g)	11.43	15.58	21.61	22.72	32.13
Polyunsaturated fatty acids, total (g)	9.87	12.73	17.34	18.17	23.22
Linoleic acid (g)	9.21	11.92	16.40	17.20	21.77
Alpha linolenic acid (g)	0.67	0.80	0.91	1.01	1.13
Long chain omega 3 fatty acids, total (mg)	23.62	30.76	46.86	47.40	139.28
Preformed Vitamin A (retinol) (ug)	158.63	186.47	284.31	325.56	401.86
Provitamin A as beta-carotene eq (ug)	3199.99	6096.53	5998.76	6083.52	6235.71
Riboflavin (mg)	1.62	1.82	2.44	3.07	3.69
Niacin equivalents, total (mg)	26.85	32.78	41.89	49.85	58.95
Folate, total (ug)	411.05	523.24	711.58	812.60	903.67
Vitamin D (ug)	1.14	1.29	2.06	2.43	2.96
Vitamin E (mg)	6.09	7.80	11.99	12.40	17.99
Phosphorus (mg)	1142.13	1331.57	1709.25	2071.55	2331.53
Potassium (mg)	2311.23	2875.47	3738.52	4495.90	4786.12
Sodium (mg)	797.60	864.77	915.73	1123.79	1375.20
Cholesterol (mg)	113.18	145.81	216.34	229.84	629.29
Selenium	36.14	49.87	55.28	62.60	91.36
Vitamin B6	1.07	1.62	1.84	2.08	2.17
Vitamin B12	2.86	3.08	4.36	5.69	7.90

Table A11.13. Foundation Diets Lacto-ovo vegetarian diets

Nutrients	Girls				
	2-3 y	4-8 y	9-11 y	12-13 y	14-18 y
Moisture (water) (g)	696.71	810.13	1130.53	1342.31	1388.14
Energy, excluding dietary fibre (kJ)	4160.54	4612.41	6435.03	6849.94	8155.11
Energy, including dietary fibre (kJ)	4383.28	4883.50	6767.57	7183.30	8505.01
Protein (g)	53.42	59.14	85.43	93.46	109.18
Thiamin (mg)	1.16	1.40	1.80	1.83	2.29
Vitamin A as retinol equivalents (ug)	633.46	1155.46	1160.39	1187.39	1361.97
Vitamin C (mg)	53.69	82.54	83.54	83.93	89.58
Folate, dietary folate equivalents (ug)	522.57	607.78	793.97	843.48	1007.41
Calcium (mg)	644.63	694.71	1104.86	1340.40	1467.73
Iodine (ug)	102.06	108.69	168.74	214.87	243.57
Iron (mg)	9.69	11.44	14.70	14.73	16.99
Magnesium (mg)	312.78	358.59	494.22	521.20	550.62
Zinc (mg)	7.19	8.26	11.57	12.33	12.26
Fat, total (g)	34.96	38.78	56.95	57.68	73.14
Carbohydrate, total (g)	116.84	129.42	171.32	186.59	213.59
Sugars, total (g)	49.16	54.02	70.50	85.55	90.77
Starch (g)	66.91	74.70	99.91	100.07	121.97
Dietary Fibre (g)	28.51	34.46	42.63	42.70	44.68
Saturated fatty acids, total (g)	8.47	9.07	14.19	14.70	19.20
Monounsaturated fatty acids, total (g)	13.44	15.18	21.16	21.31	28.12
Polyunsaturated fatty acids, total (g)	10.33	11.35	17.26	17.22	19.03
Linoleic acid (g)	9.67	10.62	16.26	16.27	17.54
Alpha linolenic acid (g)	0.62	0.67	1.00	1.00	1.13
Long chain omega 3 fatty acids, total (mg)	30.76	30.72	45.94	43.39	140.09
Preformed Vitamin A (retinol) (ug)	154.21	155.58	231.29	257.14	370.18
Provitamin A as beta-carotene eq (ug)	2880.28	6003.19	5581.67	5592.66	5523.87
Riboflavin (mg)	1.38	1.53	2.16	2.64	3.33
Niacin equivalents, total (mg)	24.77	28.19	39.29	43.19	52.14
Folate, total (ug)	396.14	460.91	624.58	674.10	720.00
Vitamin D (ug)	1.05	1.07	1.69	1.87	2.71
Vitamin E (mg)	7.43	8.28	10.75	10.78	16.53
Phosphorus (mg)	1058.61	1177.55	1731.60	1941.04	2186.53
Potassium (mg)	2194.43	2592.65	3387.61	3768.34	4020.89
Sodium (mg)	666.24	776.02	1054.31	1106.90	1579.37
Cholesterol (mg)	140.79	140.87	211.57	220.04	632.04
Selenium	36.67	40.96	56.46	57.97	95.96
Vitamin B6	1.11	1.54	1.82	1.91	1.79
Vitamin B12	2.44	2.45	4.33	5.74	8.04

Table A11.14. Foundation Diets ‘Rice-based’ diets

Nutrient	Boys		
	9-11 y	12-13 y	14-18 y
Energy, excluding dietary fibre (kJ)	6572.96	7958.95	9000.32
Energy, including dietary fibre (kJ)	6823.53	8236.46	9317.62
Protein (g)	94.33	117.58	126.64
Thiamin (mg)	1.13	1.41	1.84
Vitamin A expressed as retinol equivalents (ug)	1289.36	1333.29	1382.05
Vitamin C (mg)	125.46	126.08	138.43
Folate, dietary folate equivalents (ug)	604.19	714.12	802.56
Calcium (mg)	1114.36	1317.83	1405.30
Iodine (ug)	199.87	244.86	230.41
Iron (mg)	10.64	12.89	14.75
Magnesium (mg)	381.90	452.79	536.07
Zinc (mg)	11.92	14.71	14.19
Fat, total (g)	36.57	43.20	61.67
Carbohydrate, total (g)	215.35	259.58	271.56
Sugars, total (g)	95.80	107.02	107.35
Starch (g)	118.33	151.28	163.05
Dietary Fibre (g)	31.42	34.81	40.32
Saturated fatty acids, total (g)	11.86	14.33	16.94
Monounsaturated fatty acids, total (g)	12.16	14.56	22.01
Polyunsaturated fatty acids, total (g)	9.37	10.46	17.96
Linoleic acid (g)	8.43	9.31	16.51
Alpha linolenic acid (g)	0.70	0.79	1.10
LC n-3 fatty acids, total (mg)	154.83	220.93	210.69
Preformed Vitamin A (retinol) (ug)	251.36	292.82	254.80
Provitamin A expressed as beta-carotene eq (ug)	6245.97	6262.36	6218.88
Riboflavin (mg)	2.49	3.02	3.16
Niacin equivalents, total (mg)	44.18	55.94	61.80
Folate, total (ug)	546.09	619.00	679.72
Vitamin D (ug)	2.32	2.83	3.06
Vitamin E (mg)	7.35	8.16	12.15
Phosphorus (mg)	1674.22	2044.52	2232.29
Potassium (mg)	3667.88	4174.41	4558.29
Sodium (mg)	751.08	970.07	1061.75
Cholesterol (mg)	192.71	264.51	262.77
Selenium	59.60	78.81	82.38
Vitamin B6	1.74	1.99	2.03
Vitamin B12	6.03	7.41	7.26

TableA 11.15. Foundation Diets ‘Rice-based’ diets

Nutrients	Girls		
	9-11 yr	12-13 yr	14-18yr
Energy, excluding dietary fibre (kJ)	6348.7	7437.9	7656.3
Energy, including dietary fibre (kJ)	6590.9	7699.7	7932.8
Protein (g)	91.9	109.4	116.6
Thiamin (mg)	1.1	1.3	1.4
Vitamin A expressed as retinol equivalents (ug)	1232.6	1263.1	1259.3
Vitamin C (mg)	121.6	122.1	129.0
Folate, dietary folate equivalents (ug)	585.2	674.7	692.2
Calcium (mg)	1130.6	1311.0	1343.1
Iodine (ug)	195.2	234.1	222.6
Iron (mg)	10.2	11.9	12.7
Magnesium (mg)	383.6	441.0	446.0
Zinc (mg)	11.6	14.1	12.4
Fat, total (g)	36.4	41.6	44.1
Carbohydrate, total (g)	205.0	240.5	240.2
Sugars, total (g)	93.7	103.6	102.8
Starch (g)	110.1	135.6	136.2
Dietary Fibre (g)	30.4	32.9	34.8
Saturated fatty acids, total (g)	11.6	13.6	13.7
Monounsaturated fatty acids, total (g)	12.0	13.8	15.2
Polyunsaturated fatty acids, total (g)	9.7	10.5	11.2
Linoleic acid (g)	8.8	9.4	10.0
Alpha linolenic acid (g)	0.7	0.8	0.9
LC n-3 fatty acids, total (mg)	164.5	202.4	240.1
Preformed Vitamin A (retinol) (ug)	241.8	270.2	189.5
Provitamin A expressed as beta-carotene eq (ug)	5958.9	5973.8	5925.0
Riboflavin (mg)	2.4	2.8	2.9
Niacin equivalents, total (mg)	42.5	51.1	53.7
Folate, total (ug)	518.7	571.9	569.0
Vitamin D (ug)	2.2	2.6	2.6
Vitamin E (mg)	7.7	8.4	9.4
Phosphorus (mg)	1667.8	1965.8	2023.5
Potassium (mg)	3522.9	3932.3	4157.5
Sodium (mg)	831.4	1017.2	1151.4
Cholesterol (mg)	193.5	234.4	269.1
Selenium	59.2	70.6	83.6
Vitamin B6	1.8	2.0	1.8
Vitamin B12	6.0	7.3	7.4

Table A11.16. Foundation Diets ‘Pasta-style’ diets

Nutrients	Boys		
	9-11 yr	12-13 yr	14-18 yr
Moisture (water) (g)	1413.16	1705.31	1738.12
Energy, excluding dietary fibre (kJ)	6739.06	7943.85	9096.01
Energy, including dietary fibre (kJ)	7051.60	8277.37	9478.02
Protein (g)	108.20	123.48	133.80
Thiamin (mg)	1.50	1.57	2.08
Vitamin A as retinol equivalents (ug)	1366.02	1411.75	1454.44
Vitamin C (mg)	151.06	151.36	162.65
Folate, dietary folate equivalents (ug)	684.76	740.79	866.49
Calcium (mg)	1060.76	1341.41	1454.99
Iodine (ug)	162.67	214.89	202.67
Iron (mg)	13.54	14.15	16.62
Magnesium (mg)	412.91	454.42	542.65
Zinc (mg)	13.11	14.43	14.46
Fat, total (g)	47.19	50.39	67.14
Carbohydrate, total (g)	187.89	236.92	257.65
Sugars, total (g)	89.83	105.28	106.05
Starch (g)	96.86	130.38	150.45
Dietary Fibre (g)	39.23	41.81	48.39
Saturated fatty acids, total (g)	15.81	17.67	19.98
Monounsaturated fatty acids, total (g)	15.87	16.59	23.10
Polyunsaturated fatty acids, total (g)	11.39	11.67	18.76
Linoleic acid (g)	10.22	10.51	17.29
Alpha linolenic acid (g)	0.83	0.87	1.20
Long chain omega 3 fatty acids, total (mg)	213.55	213.88	202.74
Preformed Vitamin A (retinol) (ug)	270.33	313.42	288.14
Provitamin A as beta-carotene eq (ug)	6586.25	6606.33	6529.83
Riboflavin (mg)	2.49	3.03	3.24
Niacin equivalents, total (mg)	49.45	55.37	62.16
Folate, total (ug)	573.80	629.83	702.71
Vitamin D (ug)	2.78	3.16	3.42
Vitamin E (mg)	8.98	9.24	12.84
Phosphorus (mg)	1802.20	2130.56	2337.61
Potassium (mg)	3814.96	4245.61	4638.65
Sodium (mg)	989.26	1094.14	1271.06
Cholesterol (mg)	245.99	260.24	253.76
Selenium	75.91	82.20	85.76
Vitamin B6	2.02	2.15	2.12
Vitamin B12	5.90	7.89	9.44

Table A11.17. Foundation Diets ‘Pasta-style’ diets

Nutrients	Girls		
	9-11 y	12-13 y	14-18 y
Moisture (water) (g)	1331.83	1558.37	1642.03
Energy, excluding dietary fibre (kJ)	6288.79	6985.85	7831.63
Energy, including dietary fibre (kJ)	6550.34	7256.84	8147.43
Protein (g)	99.64	110.63	128.68
Thiamin (mg)	1.34	1.46	1.64
Vitamin A as retinol equivalents (ug)	1294.43	1338.60	1357.50
Vitamin C (mg)	145.74	146.26	154.69
Folate, dietary folate equivalents (ug)	600.12	680.58	731.25
Calcium (mg)	1006.30	1297.98	1406.80
Iodine (ug)	158.06	210.82	199.75
Iron (mg)	11.66	12.20	14.16
Magnesium (mg)	362.73	404.96	448.05
Zinc (mg)	12.89	14.11	13.75
Fat, total (g)	43.04	46.17	53.10
Carbohydrate, total (g)	178.89	202.60	218.28
Sugars, total (g)	83.71	100.24	99.48
Starch (g)	94.04	101.17	117.52
Dietary Fibre (g)	32.88	34.03	39.70
Saturated fatty acids, total (g)	15.04	16.82	18.61
Monounsaturated fatty acids, total (g)	14.47	15.28	17.93
Polyunsaturated fatty acids, total (g)	9.86	10.11	11.89
Linoleic acid (g)	8.80	9.07	10.53
Alpha linolenic acid (g)	0.72	0.76	0.94
Long chain omega 3 fatty acids (mg)	209.70	210.12	269.23
Preformed Vitamin A (retinol) (ug)	249.95	291.35	242.61
Provitamin A as beta-carotene eq (ug)	6276.36	6296.92	6265.24
Riboflavin (mg)	2.23	2.79	2.97
Niacin equivalents, total (mg)	45.14	50.41	56.65
Folate, total (ug)	473.12	535.43	567.06
Vitamin D (ug)	2.56	2.93	3.28
Vitamin E (mg)	8.20	8.42	10.11
Phosphorus (mg)	1659.30	1938.52	2160.77
Potassium (mg)	3395.84	3832.79	4238.83
Sodium (mg)	1048.39	1203.92	1414.02
Cholesterol (mg)	227.06	241.33	298.62
Selenium	67.62	71.60	91.14
Vitamin B6	1.93	2.06	1.90
Vitamin B12	6.01	7.55	9.37

Appendix 12:7 day simulated *Foundation Diets* for men, women, boys and girls lacto-ovo vegetarian, 'rice-based' and 'pasta-based' diets based on composite food group analysis patterns

- The following pages show the nutrient and food serves profile of the 7-day diets. The 7-day *Foundation Diets* were based on the food patterns developed using the composite food group modelling but using individual foods.
- Each of the following pages represents the analysis of 700 one day diets, analysed as 100 7-day diets. The outputs show the mean intake and the maximum and minimum nutrient compositions for the 100 7-day diets based on the pattern of food group intake shown at the top of the page. The serves are expressed on a weekly basis but the analysis is expressed per day. Individual foods from each food group are used to "populate" the food patterns in proportion to how often they are currently eaten using data from NNS95 and NCNPAS07 data.
- The last two columns show the percentage of diets that reached either the EAR or the RDI or AI. Diets were considered acceptable if there were none below EAR. AIs are shown for information only. AIs are generally set at the highest median intake in the population for any age group within a gender (usually the younger age band). Thus it would be expected that somewhat more than half the population would have intakes below AI. At lower energy intakes it is likely that most people will be below AI.
- The % energy as fat, carbohydrate, protein and alcohol shown at the bottom of the page were estimated by adding energy derived from the average fat (37kJ/g), protein (17kJ/g), carbohydrate (16kJ/g) and alcohol (29kJ/g). The kilojoules from dietary fibre were derived from the figure for Energy including fibre minus energy excluding fibre and added to the carbohydrate energy contribution. The energy from each component was then expressed as a percentage of the calculated energy. Energy calculated from the average protein, carbohydrate, fats and alcohol of a number of diets do not exactly equal those obtained when using the average energy obtained from the food database for diets but are within 2-3% of the total.

Foundation Diets Men 19 to 30 years (height 160cm; PAL 1.4)

AllFoodGroups Nservings							
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	14					
[10,]	Poultryfishheggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	8661.6	8270.5	9149.5	NA	NA	NA	NA
Energy (kJ)	8972.4	8591.7	9452.3	NA	NA	NA	NA
Protein (g)	111.7	104.9	119.0	100	100	100	100
Fat (g)	77.1	71.0	86.8	NA	NA	NA	NA
Carbohydrate (g)	232.9	218.2	252.3	NA	NA	NA	NA
Sugars (g)	91.4	79.1	104.5	NA	NA	NA	NA
Starch (g)	140.3	119.5	158.2	NA	NA	NA	NA
Fibre (g)	40.6	35.6	52.9	NA	100	100	100
Saturated fat (g)	22.3	19.8	24.9	NA	NA	NA	NA
Monounsaturated fat (g)	27.2	23.6	31.5	NA	NA	NA	NA
Polyunsaturated fat (g)	22.3	20.3	24.6	NA	NA	NA	NA
Linoleic acid (g)	20.7	18.9	22.6	NA	100	100	100
Alpha linolenic acid (g)	1.3	1.1	1.5	NA	31	31	31
LC n3 fatty acids (mg)	182.8	62.0	534.3	NA	47	47	47
Vitamin A equivs (mcg)	1586.8	1324.5	1850.4	100	100	100	100
Retinol (mcg)	495.6	442.7	594.3	NA	NA	NA	NA
Provitamin A (mcg)	6523.3	4675.9	7979.7	NA	NA	NA	NA
Thiamin (mg)	1.9	1.6	2.2	100	100	100	100
Riboflavin (mg)	2.5	2.2	3.0	100	100	100	100
Niacin (mg)	56.0	50.5	61.9	100	100	100	100
Folate (mcg total)	566.2	473.3	652.8	NA	NA	NA	NA
Folate equivs (mcg)	803.3	691.3	945.5	100	100	100	100
Vitamin C (mg)	129.6	88.5	168.6	100	100	100	100
Vitamin D (mcg)	4.0	3.2	6.0	NA	7	7	7
Vitamin E (mg)	14.1	11.4	17.7	NA	100	100	100
Calcium (mg)	1073.7	976.5	1196.2	100	95	95	95
Iron (mg)	14.4	12.6	16.5	100	100	100	100
Iodine (mcg)	194.6	167.1	256.0	100	100	100	100
Magnesium (mg)	456.8	418.6	501.6	100	100	100	100
Phosphorus (mg)	1899.0	1782.7	2041.1	100	100	100	100
Potassium (mg)	4061.9	3727.9	4428.4	NA	97	97	97
Sodium (mg)	1390.3	1162.8	2056.6	NA	100	100	100
Zinc (mg)	15.4	13.6	26.0	100	96	96	96
Cholesterol (mg)	237.7	139.4	434.8	NA	NA	NA	NA
Selenium (mcg)	88.6	67.7	124.9	100	99	99	99
Vitamin B6 (mg)	2.0	1.6	2.9	100	100	100	100
Vitamin B12 (mcg)	6.0	4.8	10.1	100	100	100	100
Percent energy from fat 32.4							
Percent energy from protein 21.6							
Percent energy from carbohydrate 45.9							

Foundation Diets Men 31 to 50 years (height 160cm; PAL 1.4)

	AllFoodGroups	Nservings
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	7
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	28
[9,]	RefinedCereals	14
[10,]	Poultryfishheggsleg	7
[11,]	RedMeats	7
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	28
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8600.9	8305.8	8917.3	NA	NA	NA		
Energy (kJ)	8905.0	8605.1	9242.9	NA	NA	NA		
Protein (g)	112.1	104.8	119.8	100	100	100		
Fat (g)	78.7	73.1	86.5	NA	NA	NA		
Carbohydrate (g)	225.2	204.7	238.6	NA	NA	NA		
Sugars (g)	91.3	82.9	100.8	NA	NA	NA		
Starch (g)	132.5	114.3	147.2	NA	NA	NA		
Fibre (g)	39.5	31.5	50.7	NA	100	100		
Saturated fat (g)	22.9	20.7	26.7	NA	NA	NA		
Monounsaturated fat (g)	27.0	24.0	30.7	NA	NA	NA		
Polyunsaturated fat (g)	23.3	21.6	27.4	NA	NA	NA		
Linoleic acid (g)	21.7	20.0	25.3	NA	100	100		
Alpha linolenic acid (g)	1.3	1.1	1.9	NA	43	43		
LC n3 fatty acids (mg)	282.4	65.7	724.5	NA	73	73		
Vitamin A equivs (mcg)	1565.1	1204.8	2041.5	100	100	100		
Retinol (mcg)	510.5	446.5	619.8	NA	NA	NA		
Provitamin A (mcg)	6295.8	4320.8	8846.8	NA	NA	NA		
Thiamin (mg)	1.8	1.5	2.1	100	100	100		
Riboflavin (mg)	2.5	2.2	3.0	100	100	100		
Niacin (mg)	55.1	50.6	60.6	100	100	100		
Folate (mcg total)	560.2	485.7	643.3	NA	NA	NA		
Folate equivs (mcg)	798.8	698.8	908.5	100	100	100		
Vitamin C (mg)	126.7	90.9	176.5	100	100	100		
Vitamin D (mcg)	4.5	3.3	6.6	NA	21	21		
Vitamin E (mg)	14.8	12.2	17.5	NA	100	100		
Calcium (mg)	1125.0	1020.0	1255.9	100	100	100		
Iron (mg)	14.1	12.1	16.1	100	100	100		
Iodine (mcg)	206.1	166.0	250.9	100	100	100		
Magnesium (mg)	449.0	409.6	496.8	100	95	95		
Phosphorus (mg)	1906.5	1727.0	2052.4	100	100	100		
Potassium (mg)	4046.7	3758.4	4318.9	NA	96	96		
Sodium (mg)	1445.9	1239.7	2378.2	NA	100	100		
Zinc (mg)	15.2	13.4	25.5	100	91	91		
Cholesterol (mg)	251.8	147.6	443.6	NA	NA	NA		
Selenium (mcg)	91.2	64.2	153.1	100	96	96		
Vitamin B6 (mg)	1.9	1.5	2.7	100	100	100		
Vitamin B12 (mcg)	6.2	4.8	9.0	100	100	100		

Percent energy from fat 33.4
Percent energy from protein 21.8
Percent energy from carbohydrate 44.8

Foundation Diets Men 51 to 70 years (height 160cm; PAL 1.4)

AllFoodGroups		Nservings								
[1,]	StarchyVeg	7								
[2,]	GreenBrassicas	7								
[3,]	OrangeVeg	7								
[4,]	Legumes	2								
[5,]	NutsSeeds	4								
[6,]	OtherVeg	14								
[7,]	TotalFruit	14								
[8,]	WholegrainCereals	28								
[9,]	RefinedCereals	14								
[10,]	Poultryfishheggsleg	7								
[11,]	RedMeats	7								
[12,]	EggsLegumesNutsSeeds	0								
[13,]	HiFatDairy	3								
[14,]	MidFatDairy	0								
[15,]	LoFatDairy	14								
[16,]	PolyMarg	28								
[17,]	Pasta	0								
[18,]	Rice	0								
[19,]	Extras	0								
			Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)			8049.4	7687.1	8558.9		NA			NA
Energy (kJ)			8315.5	7949.5	8834.5		NA			NA
Protein (g)			107.1	100.1	120.2		100			100
Fat (g)			71.0	64.6	79.3		NA			NA
Carbohydrate (g)			214.2	199.8	226.8		NA			NA
Sugars (g)			91.7	82.4	100.8		NA			NA
Starch (g)			121.1	110.6	134.3		NA			NA
Fibre (g)			34.7	29.8	45.2		NA			98
Saturated fat (g)			22.0	19.4	25.2		NA			NA
Monounsaturated fat (g)			23.5	20.8	27.0		NA			NA
Polyunsaturated fat (g)			20.4	18.2	23.1		NA			NA
Linoleic acid (g)			18.7	16.8	21.0		NA			100
Alpha linolenic acid (g)			1.2	1.1	1.9		NA			22
LC n3 fatty acids (mg)			334.9	74.4	784.7		NA			81
Vitamin A equivs (mcg)			1557.7	1230.4	1866.7		100			100
Retinol (mcg)			512.1	458.8	598.1		NA			NA
Provitamin A (mcg)			6226.4	4455.8	8095.0		NA			NA
Thiamin (mg)			1.6	1.3	1.8		100			100
Riboflavin (mg)			2.4	2.2	2.7		100			100
Niacin (mg)			52.1	47.8	57.3		100			100
Folate (mcg total)			478.6	402.4	576.4		NA			NA
Folate equivs (mcg)			720.5	609.8	816.7		100			100
Vitamin C (mg)			127.2	80.0	177.9		100			100
Vitamin D (mcg)			4.8	3.4	7.8		NA			0
Vitamin E (mg)			12.7	9.2	16.1		NA			99
Calcium (mg)			1130.9	1038.0	1283.8		100			100
Iron (mg)			12.2	10.4	14.3		100			100
Iodine (mcg)			216.9	184.4	270.3		100			100
Magnesium (mg)			395.5	364.7	441.4		100			6
Phosphorus (mg)			1826.3	1703.7	2078.5		100			100
Potassium (mg)			3929.1	3591.4	4228.4		NA			83
Sodium (mg)			1461.6	1225.0	2187.9		NA			100
Zinc (mg)			14.6	11.9	24.7		99			30
Cholesterol (mg)			240.9	139.8	402.4		NA			NA
Selenium (mcg)			85.3	64.4	129.8		100			88
Vitamin B6 (mg)			1.7	1.3	2.6		94			48
Vitamin B12 (mcg)			6.4	5.1	10.8		100			100
Percent energy from fat			32.3							
Percent energy from protein			22.4							
Percent energy from carbohydrate			45.4							

Foundation Diets Men 70+ yrs height 160cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	4					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	21					
[9,]	RefinedCereals	10					
[10,]	Poultryfisheggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7136.4	6864.2	7503.0	NA	NA	NA	NA
Energy (kJ)	7363.1	7074.3	7733.0	NA	NA	NA	NA
Protein (g)	107.7	102.2	113.2	100	100	100	100
Fat (g)	56.7	50.4	62.2	NA	NA	NA	NA
Carbohydrate (g)	191.2	177.5	212.1	NA	NA	NA	NA
Sugars (g)	101.2	91.8	112.3	NA	NA	NA	NA
Starch (g)	88.2	79.2	96.5	NA	NA	NA	NA
Fibre (g)	29.1	24.9	38.9	NA	29	29	29
Saturated fat (g)	19.8	17.8	22.0	NA	NA	NA	NA
Monounsaturated fat (g)	19.2	16.5	22.3	NA	NA	NA	NA
Polyunsaturated fat (g)	13.4	12.1	17.5	NA	NA	NA	NA
Linoleic acid (g)	12.3	11.0	15.6	NA	17	17	17
Alpha linolenic acid (g)	0.9	0.7	1.4	NA	2	2	2
LC n3 fatty acids (mg)	320.4	91.6	929.4	NA	73	73	73
Vitamin A equivs (mcg)	1304.3	985.0	1646.9	100	100	100	100
Retinol (mcg)	405.1	350.7	489.2	NA	NA	NA	NA
Provitamin A (mcg)	5369.8	3700.8	7592.1	NA	NA	NA	NA
Thiamin (mg)	1.4	1.1	1.8	100	96	96	96
Riboflavin (mg)	2.8	2.5	3.0	100	100	100	100
Niacin (mg)	51.2	46.6	57.3	100	100	100	100
Folate (mcg total)	507.8	448.4	590.3	NA	NA	NA	NA
Folate equivs (mcg)	708.7	609.7	786.2	100	100	100	100
Vitamin C (mg)	127.9	94.4	183.8	100	100	100	100
Vitamin D (mcg)	4.2	2.9	6.8	NA	0	0	0
Vitamin E (mg)	9.5	7.1	12.7	NA	29	29	29
Calcium (mg)	1335.2	1205.6	1450.3	100	76	76	76
Iron (mg)	10.6	9.2	12.5	100	100	100	100
Iodine (mcg)	256.9	222.7	308.4	100	100	100	100
Magnesium (mg)	374.6	342.8	411.1	97	0	0	0
Phosphorus (mg)	1881.5	1701.6	2018.5	100	100	100	100
Potassium (mg)	4021.2	3810.1	4339.6	NA	100	100	100
Sodium (mg)	1328.0	1137.9	1546.0	NA	100	100	100
Zinc (mg)	14.1	12.2	24.9	100	15	15	15
Cholesterol (mg)	265.6	174.4	427.6	NA	NA	NA	NA
Selenium (mcg)	79.6	60.9	114.2	100	82	82	82
Vitamin B6 (mg)	1.7	1.2	2.5	90	46	46	46
Vitamin B12 (mcg)	7.5	6.5	12.0	100	100	100	100
Percent energy from fat 29.1							
Percent energy from protein 25.4							
Percent energy from carbohydrate 45.5							

Foundation Diets Women 19-30 years height 150cm; sedentary PAL 1.4

AllFoodGroups		Nservings					
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	14					
[10,]	AllOtherMeatEggsLeg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
			Daily intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)			7148.6	6811.2	7482.2	NA	NA
Energy (kJ)			7408.5	7081.1	7748.6	NA	NA
Protein (g)			102.5	96.4	111.7	100	100
Fat (g)			52.4	46.6	60.3	NA	NA
Carbohydrate (g)			206.6	192.9	222.5	NA	NA
Sugars (g)			90.3	81.5	98.2	NA	NA
Starch (g)			115.2	102.0	131.8	NA	NA
Fibre (g)			34.2	28.7	45.0	NA	100
Saturated fat (g)			17.7	15.4	20.3	NA	NA
Monounsaturated fat (g)			17.7	14.7	21.8	NA	NA
Polyunsaturated fat (g)			12.8	11.3	15.1	NA	NA
Linoleic acid (g)			11.7	10.3	13.8	NA	100
Alpha linolenic acid (g)			0.9	0.8	1.2	NA	86
LC n3 fatty acids (mg)			223.4	67.0	775.2	NA	88
Vitamin A equivs (mcg)			1431.0	1041.7	1802.4	100	100
Retinol (mcg)			342.3	283.8	393.8	NA	NA
Provitamin A (mcg)			6486.9	4262.1	8595.3	NA	NA
Thiamin (mg)			1.6	1.3	2.0	100	100
Riboflavin (mg)			2.5	2.1	2.8	100	100
Niacin (mg)			51.5	46.8	56.0	100	100
Folate (mcg total)			480.3	415.3	562.6	NA	NA
Folate equivs (mcg)			745.8	629.5	843.9	100	100
Vitamin C (mg)			123.4	74.6	164.9	100	100
Vitamin D (mcg)			3.3	2.3	5.4	NA	4
Vitamin E (mg)			9.0	6.9	12.0	NA	99
Calcium (mg)			1085.5	919.9	1198.5	100	95
Iron (mg)			12.3	10.9	14.6	100	0
Iodine (mcg)			207.7	174.9	238.4	100	100
Magnesium (mg)			376.3	345.2	414.7	100	100
Phosphorus (mg)			1721.7	1561.8	1888.3	100	100
Potassium (mg)			3704.8	3415.3	4018.9	NA	100
Sodium (mg)			1464.5	1156.8	2257.2	NA	100
Zinc (mg)			13.9	11.6	24.5	100	100
Cholesterol (mg)			218.6	145.8	349.6	NA	NA
Selenium (mcg)			78.0	60.2	109.6	100	100
Vitamin B6 (mg)			1.7	1.3	2.9	100	98
Vitamin B12 (mcg)			6.1	4.9	9.9	100	100
Percent energy from fat			26.7				
Percent energy from protein			24.1				
Percent energy from carbohydrate			49.2				

Foundation Diets Women 31-50 years height 150cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	14					
[10,]	AllOtherMeatEggsLeg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		7297.3	6879.1	7927.5	NA		NA
Energy (kJ)		7554.8	7122.7	8163.5	NA		NA
Protein (g)		102.1	94.7	112.1	100		100
Fat (g)		53.0	46.6	63.8	NA		NA
Carbohydrate (g)		214.3	193.6	237.0	NA		NA
Sugars (g)		88.8	77.3	100.4	NA		NA
Starch (g)		124.3	108.1	149.2	NA		NA
Fibre (g)		33.7	28.1	43.2	NA		100
Saturated fat (g)		17.8	15.6	21.1	NA		NA
Monounsaturated fat (g)		17.8	14.7	24.1	NA		NA
Polyunsaturated fat (g)		13.2	11.5	16.2	NA		NA
Linoleic acid (g)		11.9	10.5	14.7	NA		100
Alpha linolenic acid (g)		0.9	0.7	1.4	NA		92
LC n3 fatty acids (mg)		268.3	76.9	841.5	NA		97
Vitamin A equivs (mcg)		1404.3	1005.7	1850.6	100		100
Retinol (mcg)		352.3	301.1	454.6	NA		NA
Provitamin A (mcg)		6263.4	3974.3	8773.5	NA		NA
Thiamin (mg)		1.5	1.3	1.9	100		100
Riboflavin (mg)		2.3	1.9	2.7	100		100
Niacin (mg)		49.7	44.9	54.8	100		100
Folate (mcg total)		465.5	391.9	554.1	NA		NA
Folate equivs (mcg)		706.3	598.7	813.2	100		100
Vitamin C (mg)		119.5	87.6	172.9	100		100
Vitamin D (mcg)		3.5	2.5	5.4	NA		6
Vitamin E (mg)		9.7	6.7	11.7	NA		99
Calcium (mg)		1072.2	950.1	1185.0	100		91
Iron (mg)		12.1	10.3	14.3	100		0
Iodine (mcg)		207.1	168.2	255.0	100		100
Magnesium (mg)		374.5	342.0	435.9	100		100
Phosphorus (mg)		1724.0	1605.8	1921.7	100		100
Potassium (mg)		3657.3	3419.3	4039.5	NA		100
Sodium (mg)		1378.1	1127.4	2193.6	NA		100
Zinc (mg)		13.9	11.7	24.4	100		100
Cholesterol (mg)		241.9	153.2	398.1	NA		NA
Selenium (mcg)		79.8	61.9	107.3	100		100
Vitamin B6 (mg)		1.7	1.3	2.4	100		98
Vitamin B12 (mcg)		6.2	5.1	9.3	100		100
Percent energy from fat		26.6					
Percent energy from protein		23.5					
Percent energy from carbohydrate		49.9					

Foundation Diets Women 51 -70 years height 150cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	3					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	21					
[9,]	RefinedCereals	8					
[10,]	AllOtherMeatEggsLeg	7					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	25					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		6989.8	6674.8	7437.7		NA	NA
Energy (kJ)		7223.7	6903.8	7715.7		NA	NA
Protein (g)		100.7	94.9	109.5		100	100
Fat (g)		53.5	46.8	61.6		NA	NA
Carbohydrate (g)		196.7	183.2	214.0		NA	NA
Sugars (g)		111.4	101.0	123.0		NA	NA
Starch (g)		83.8	73.5	96.0		NA	NA
Fibre (g)		30.4	25.6	42.5		NA	100
Saturated fat (g)		19.2	16.7	22.1		NA	NA
Monounsaturated fat (g)		17.5	13.9	21.3		NA	NA
Polyunsaturated fat (g)		12.6	10.8	16.7		NA	NA
Linoleic acid (g)		11.5	9.7	15.3		NA	100
Alpha linolenic acid (g)		0.8	0.7	1.1		NA	65
LC n3 fatty acids (mg)		305.3	29.9	1098.8		NA	86
Vitamin A equivs (mcg)		1450.4	1071.3	1789.9		100	100
Retinol (mcg)		420.6	365.2	546.0		NA	NA
Provitamin A (mcg)		6099.7	3895.2	8158.4		NA	NA
Thiamin (mg)		1.3	1.0	1.6		100	96
Riboflavin (mg)		3.0	2.7	3.4		100	100
Niacin (mg)		48.0	43.9	56.1		100	100
Folate (mcg total)		518.3	443.9	612.1		NA	NA
Folate equivs (mcg)		688.8	592.4	777.2		100	100
Vitamin C (mg)		125.7	95.8	188.2		100	100
Vitamin D (mcg)		4.3	2.9	8.2		NA	0
Vitamin E (mg)		9.3	6.3	12.8		NA	98
Calcium (mg)		1471.4	1356.3	1634.6		100	100
Iron (mg)		9.8	8.0	12.4		100	99
Iodine (mcg)		265.6	233.6	307.3		100	100
Magnesium (mg)		384.3	345.5	431.3		100	100
Phosphorus (mg)		1913.7	1780.8	2104.2		100	100
Potassium (mg)		4111.8	3794.1	4465.1		NA	100
Sodium (mg)		1337.1	1102.2	2258.5		NA	100
Zinc (mg)		12.1	10.6	22.7		100	100
Cholesterol (mg)		235.2	145.6	441.9		NA	NA
Selenium (mcg)		74.1	54.7	131.4		100	94
Vitamin B6 (mg)		1.8	1.4	2.6		100	88
Vitamin B12 (mcg)		7.8	6.7	11.8		100	100
Percent energy from fat		28.0					
Percent energy from protein		24.2					
Percent energy from carbohydrate		47.8					

Foundation Diets Women 70+ years height 150cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	3					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	17					
[9,]	RefinedCereals	8					
[10,]	AllOtherMeatEggsLeg	7					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	25					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		6675.6	6315.7	7112.2		NA	NA
Energy (kJ)		6889.0	6519.3	7317.3		NA	NA
Protein (g)		98.1	90.9	105.6		100	100
Fat (g)		54.1	47.5	62.2		NA	NA
Carbohydrate (g)		179.8	166.8	208.9		NA	NA
Sugars (g)		108.5	101.7	124.9		NA	NA
Starch (g)		69.6	58.7	78.5		NA	NA
Fibre (g)		27.0	23.6	32.6		NA	90
Saturated fat (g)		19.4	17.3	22.4		NA	NA
Monounsaturated fat (g)		17.4	13.7	20.4		NA	NA
Polyunsaturated fat (g)		13.0	10.7	16.3		NA	NA
Linoleic acid (g)		11.7	9.9	14.5		NA	100
Alpha linolenic acid (g)		0.9	0.7	1.4		NA	63
LC n3 fatty acids (mg)		382.2	56.4	1181.4		NA	94
Vitamin A equivs (mcg)		1333.6	957.6	1835.7		100	100
Retinol (mcg)		426.3	368.7	537.4		NA	NA
Provitamin A (mcg)		5393.3	3296.6	8199.9		NA	NA
Thiamin (mg)		1.1	0.9	1.4		100	67
Riboflavin (mg)		2.9	2.7	3.2		100	100
Niacin (mg)		46.6	42.2	54.9		100	100
Folate (mcg total)		516.3	403.8	591.2		NA	NA
Folate equivs (mcg)		673.4	537.9	777.9		100	100
Vitamin C (mg)		122.7	84.1	188.7		100	100
Vitamin D (mcg)		4.7	3.2	7.9		NA	0
Vitamin E (mg)		8.9	6.4	11.6		NA	97
Calcium (mg)		1441.7	1307.1	1590.6		100	100
Iron (mg)		9.1	7.7	12.1		100	96
Iodine (mcg)		266.6	218.4	315.4		100	100
Magnesium (mg)		359.0	320.4	403.9		100	100
Phosphorus (mg)		1835.4	1706.2	1968.1		100	100
Potassium (mg)		3936.8	3495.5	4401.0		NA	100
Sodium (mg)		1254.8	1088.7	2004.0		NA	100
Zinc (mg)		12.2	10.4	22.5		100	100
Cholesterol (mg)		253.1	164.5	426.7		NA	NA
Selenium (mcg)		72.8	54.4	101.9		100	93
Vitamin B6 (mg)		1.7	1.2	2.7		97	74
Vitamin B12 (mcg)		8.1	6.8	12.8		100	100
Percent energy from fat		29.6					
Percent energy from protein		24.7					
Percent energy from carbohydrate		45.7					

Foundation Diets Pregnancy 19-30 years; height 150cm, sedentary PAL 1.4

AllFoodGroups Nservings									
[1,]	StarchyVeg	5							
[2,]	GreenBrassicas	7							
[3,]	OrangeVeg	7							
[4,]	Legumes	2							
[5,]	NutsSeeds	2							
[6,]	OtherVeg	14							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	41							
[9,]	RefinedCereals	19							
[10,]	AllOtherMeatEggsLeg	12							
[11,]	RedMeats	12							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	14							
[16,]	PolyMarg	14							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	0							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		9084.0	8505.7	9494.2	NA	NA			
Energy (kJ)		9389.1	8799.1	9795.6	NA	NA			
Protein (g)		143.1	135.4	151.5	100	100			
Fat (g)		64.3	55.3	73.8	NA	NA			
Carbohydrate (g)		254.3	237.7	269.1	NA	NA			
Sugars (g)		98.0	91.5	106.9	NA	NA			
Starch (g)		155.2	141.6	168.1	NA	NA			
Fibre (g)		39.9	35.0	59.6	NA	100			
Saturated fat (g)		21.7	18.7	24.8	NA	NA			
Monounsaturated fat (g)		22.3	18.9	27.7	NA	NA			
Polyunsaturated fat (g)		15.0	13.4	17.2	NA	NA			
Linoleic acid (g)		13.3	11.8	15.2	NA	100			
Alpha linolenic acid (g)		1.1	0.9	1.3	NA	70			
LC n3 fatty acids (mg)		404.2	115.7	943.1	NA	100			
Vitamin A equivs (mcg)		1457.0	1160.3	1789.8	100	100			
Retinol (mcg)		379.0	310.1	474.6	NA	NA			
Provitamin A (mcg)		6424.5	4726.9	8363.3	NA	NA			
Thiamin (mg)		2.2	1.8	2.6	100	100			
Riboflavin (mg)		3.0	2.3	3.4	100	100			
Niacin (mg)		71.4	60.6	78.5	100	100			
Folate (mcg total)		561.7	466.5	640.9	NA	NA			
Folate equivs (mcg)		947.6	784.1	1067.3	100	100			
Vitamin C (mg)		124.8	81.1	176.2	100	100			
Vitamin D (mcg)		4.1	2.8	6.2	NA	14			
Vitamin E (mg)		10.5	8.2	14.0	NA	100			
Calcium (mg)		1227.2	1090.5	1372.5	100	100			
Iron (mg)		16.6	14.2	20.4	0	0			
Iodine (mcg)		255.2	213.9	297.7	100	99			
Magnesium (mg)		469.9	432.3	510.9	100	100			
Phosphorus (mg)		2209.7	2091.5	2388.0	100	100			
Potassium (mg)		4324.2	3994.3	4655.6	NA	100			
Sodium (mg)		1837.2	1510.4	2715.3	NA	100			
Zinc (mg)		19.2	16.6	30.5	100	100			
Cholesterol (mg)		354.3	247.6	520.8	NA	NA			
Selenium (mcg)		114.5	92.3	153.9	100	100			
Vitamin B6 (mg)		2.1	1.6	3.4	99	72			
Vitamin B12 (mcg)		7.7	6.3	12.8	100	100			
Percent energy from fat 25.9									
Percent energy from protein 26.5									
Percent energy from carbohydrate 47.6									

Foundation Diets Pregnancy 31-50 years; height 150cm, sedentary PAL 1.4

AllFoodGroups	Nservings								
[1,]	StarchyVeg	5							
[2,]	GreenBrassicas	7							
[3,]	OrangeVeg	7							
[4,]	Legumes	2							
[5,]	NutsSeeds	2							
[6,]	OtherVeg	14							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	41							
[9,]	RefinedCereals	19							
[10,]	AllOtherMeatEggsLeg	12							
[11,]	RedMeats	12							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	14							
[16,]	PolyMarg	14							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	0							
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI	
Energy excl fibre (kJ)	9327.6	8969.6	9756.0		NA			NA	
Energy (kJ)	9634.2	9276.7	10080.5		NA			NA	
Protein (g)	142.2	133.9	153.6		100			100	
Fat (g)	65.3	54.9	75.1		NA			NA	
Carbohydrate (g)	267.2	246.2	285.6		NA			NA	
Sugars (g)	94.9	84.9	105.7		NA			NA	
Starch (g)	171.1	154.3	191.2		NA			NA	
Fibre (g)	40.0	34.5	53.3		NA			100	
Saturated fat (g)	21.7	18.5	25.5		NA			NA	
Monounsaturated fat (g)	22.5	17.7	27.2		NA			NA	
Polyunsaturated fat (g)	15.6	13.8	17.8		NA			NA	
Linoleic acid (g)	13.7	12.0	15.6		NA			100	
Alpha linolenic acid (g)	1.1	0.9	1.6		NA			82	
LC n3 fatty acids (mg)	486.7	162.1	1280.2		NA			100	
Vitamin A equivs (mcg)	1427.7	1082.3	1779.8		100			100	
Retinol (mcg)	388.9	315.1	471.7		NA			NA	
Provitamin A (mcg)	6183.5	3987.8	7992.8		NA			NA	
Thiamin (mg)	2.1	1.8	2.4		100			100	
Riboflavin (mg)	2.8	2.4	3.2		100			100	
Niacin (mg)	68.6	62.1	73.9		100			100	
Folate (mcg total)	545.3	449.6	634.8		NA			NA	
Folate equivs (mcg)	895.8	769.7	1020.6		100			100	
Vitamin C (mg)	124.8	86.9	159.3		100			100	
Vitamin D (mcg)	4.4	2.8	7.8		NA			23	
Vitamin E (mg)	11.4	8.9	14.2		NA			100	
Calcium (mg)	1215.7	1066.0	1358.0		100			100	
Iron (mg)	16.7	14.1	19.5		0			0	
Iodine (mcg)	257.9	213.7	314.3		100			97	
Magnesium (mg)	477.4	438.5	521.1		100			100	
Phosphorus (mg)	2223.6	2082.2	2456.5		100			100	
Potassium (mg)	4324.8	3944.4	4621.0		NA			100	
Sodium (mg)	1884.3	1487.9	4098.6		NA			100	
Zinc (mg)	20.4	16.6	39.8		100			100	
Cholesterol (mg)	384.1	230.2	566.8		NA			NA	
Selenium (mcg)	117.2	97.0	152.9		100			100	
Vitamin B6 (mg)	2.2	1.7	3.1		100			77	
Vitamin B12 (mcg)	8.4	6.7	12.8		100			100	
Percent energy from fat	25.7								
Percent energy from protein	25.7								
Percent energy from carbohydrate	48.7								

Foundation Diets Lactation 19 to 30 years (150cm PAL 1.4)

AllFoodGroups	Nservings					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	3					
[5,] NutsSeeds	4					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	42					
[9,] RefinedCereals	21					
[10,] Poultryfishheggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	0					
[15,] LoFatDairy	14					
[16,] PolyMarg	14					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	0					
	Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)	8784.9	8341.9	9255.4	NA	NA	
Energy (kJ)	9109.3	8635.3	9577.7	NA	NA	
Protein (g)	117.7	110.6	125.9	100	100	
Fat (g)	60.9	54.9	71.6	NA	NA	
Carbohydrate (g)	269.6	250.3	286.4	NA	NA	
Sugars (g)	98.7	88.7	110.1	NA	NA	
Starch (g)	169.8	153.5	188.8	NA	NA	
Fibre (g)	43.0	37.1	53.6	NA	100	
Saturated fat (g)	19.4	16.9	23.0	NA	NA	
Monounsaturated fat (g)	21.2	18.0	26.3	NA	NA	
Polyunsaturated fat (g)	15.5	13.8	18.3	NA	NA	
Linoleic acid (g)	14.2	12.6	16.7	NA	100	
Alpha linolenic acid (g)	1.0	0.9	1.4	NA	6	
LC n3 fatty acids (mg)	223.1	79.6	686.7	NA	70	
Vitamin A equivs (mcg)	1431.8	1096.2	1779.2	100	99	
Retinol (mcg)	349.6	305.1	441.0	NA	NA	
Provitamin A (mcg)	6455.5	4535.0	8362.7	NA	NA	
Thiamin (mg)	2.2	1.8	2.4	100	100	
Riboflavin (mg)	2.8	2.5	3.3	100	100	
Niacin (mg)	61.1	55.8	65.3	100	100	
Folate (mcg total)	578.2	499.8	672.1	NA	NA	
Folate equivs (mcg)	970.0	837.7	1118.0	100	100	
Vitamin C (mg)	130.8	79.0	188.9	100	99	
Vitamin D (mcg)	3.4	2.6	5.8	NA	2	
Vitamin E (mg)	10.6	7.9	13.9	NA	33	
Calcium (mg)	1229.6	1112.2	1368.0	100	100	
Iron (mg)	15.7	13.5	18.0	100	100	
Iodine (mcg)	249.7	208.3	298.9	100	13	
Magnesium (mg)	474.4	436.3	521.8	100	100	
Phosphorus (mg)	2032.7	1904.8	2198.2	100	100	
Potassium (mg)	4171.9	3804.4	4598.7	NA	100	
Sodium (mg)	1815.5	1456.2	3225.5	NA	100	
Zinc (mg)	16.5	13.9	26.4	100	100	
Cholesterol (mg)	220.3	147.7	372.7	NA	NA	
Selenium (mcg)	91.5	68.7	114.6	100	97	
Vitamin B6 (mg)	2.0	1.5	2.9	92	47	
Vitamin B12 (mcg)	6.2	4.9	9.2	100	100	
Percent energy from fat 25.3						
Percent energy from protein 22.5						
Percent energy from carbohydrate 52.2						

Foundation Diets Lactation 31-50 years; height 150cm, sedentary PAL 1.4

AllFoodGroups		Nservings								
[1,]	StarchyVeg	7								
[2,]	GreenBrassicas	7								
[3,]	OrangeVeg	7								
[4,]	Legumes	2								
[5,]	NutsSeeds	4								
[6,]	OtherVeg	14								
[7,]	TotalFruit	14								
[8,]	WholegrainCereals	41								
[9,]	RefinedCereals	19								
[10,]	Poultryfishheggsleg	7								
[11,]	RedMeats	7								
[12,]	EggsLegumesNutsSeeds	0								
[13,]	HiFatDairy	3								
[14,]	MidFatDairy	0								
[15,]	LoFatDairy	14								
[16,]	PolyMarg	7								
[17,]	Pasta	0								
[18,]	Rice	0								
[19,]	Extras	0								
			Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)			8466.6	8102.1	8917.2		NA			NA
Energy (kJ)			8779.6	8405.7	9251.6		NA			NA
Protein (g)			114.9	108.6	124.9		100			100
Fat (g)			53.4	46.8	63.6		NA			NA
Carbohydrate (g)			269.9	250.5	288.1		NA			NA
Sugars (g)			95.5	86.7	107.8		NA			NA
Starch (g)			173.2	159.6	188.6		NA			NA
Fibre (g)			41.2	36.5	50.8		NA			100
Saturated fat (g)			17.4	14.9	19.4		NA			NA
Monounsaturated fat (g)			19.0	15.8	24.9		NA			NA
Polyunsaturated fat (g)			12.6	10.6	14.8		NA			NA
Linoleic acid (g)			11.4	9.7	13.5		NA			25
Alpha linolenic acid (g)			0.9	0.7	1.2		NA			1
LC n3 fatty acids (mg)			241.9	70.1	765.6		NA			71
Vitamin A equivs (mcg)			1336.2	985.3	1700.6		100			94
Retinol (mcg)			277.9	219.6	374.5		NA			NA
Provitamin A (mcg)			6298.2	4452.1	8297.8		NA			NA
Thiamin (mg)			2.0	1.7	2.4		100			100
Riboflavin (mg)			2.6	2.3	2.9		100			100
Niacin (mg)			57.9	53.1	62.4		100			100
Folate (mcg total)			535.5	437.9	631.4		NA			NA
Folate equivs (mcg)			882.3	766.3	1000.3		100			100
Vitamin C (mg)			126.1	93.7	183.2		100			100
Vitamin D (mcg)			2.9	1.9	6.6		NA			3
Vitamin E (mg)			9.9	6.9	12.4		NA			17
Calcium (mg)			1186.2	1080.6	1365.9		100			100
Iron (mg)			14.7	12.6	17.3		100			100
Iodine (mcg)			242.2	206.2	296.6		100			6
Magnesium (mg)			461.2	424.1	500.1		100			100
Phosphorus (mg)			1985.3	1802.8	2142.2		100			100
Potassium (mg)			4105.3	3803.8	4359.8		NA			100
Sodium (mg)			1674.0	1472.5	2467.0		NA			100
Zinc (mg)			16.0	13.8	26.4		100			100
Cholesterol (mg)			240.1	149.6	417.5		NA			NA
Selenium (mcg)			93.8	66.2	125.0		100			98
Vitamin B6 (mg)			1.9	1.4	2.8		89			32
Vitamin B12 (mcg)			6.4	5.2	9.1		100			100
Percent energy from fat			23.1							
Percent energy from protein			22.8							
Percent energy from carbohydrate			54.1							

Foundation Diets 'Rice-based' Men 19 to 30 years (height 160cm; PAL 1.4)

AllFoodGroups	Nservings						
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	21					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	17					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	24					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	8580.7	8327.2	8976.7	NA	NA		
Energy (kJ)	8908.8	8639.4	9310.6	NA	NA		
Protein (g)	97.8	93.2	103.8	100	100		
Fat (g)	57.0	51.3	66.0	NA	NA		
Carbohydrate (g)	285.4	273.9	298.0	NA	NA		
Sugars (g)	98.5	90.3	106.1	NA	NA		
Starch (g)	185.7	177.6	198.5	NA	NA		
Fibre (g)	42.2	37.0	48.5	NA	100		
Saturated fat (g)	15.2	13.4	17.9	NA	NA		
Monounsaturated fat (g)	20.9	18.0	26.9	NA	NA		
Polyunsaturated fat (g)	17.0	14.3	21.2	NA	NA		
Linoleic acid (g)	15.8	13.2	19.6	NA	100		
Alpha linolenic acid (g)	1.0	0.7	1.5	NA	4		
LC n3 fatty acids (mg)	106.9	14.4	508.8	NA	18		
Vitamin A equivs (mcg)	1416.8	1080.5	1713.4	100	100		
Retinol (mcg)	305.6	264.1	359.4	NA	NA		
Provitamin A (mcg)	6646.5	4721.7	8457.6	NA	NA		
Thiamin (mg)	1.7	1.4	2.0	100	100		
Riboflavin (mg)	2.6	2.2	2.9	100	100		
Niacin (mg)	50.6	46.6	55.2	100	100		
Folate (mcg total)	610.7	531.1	703.2	NA	NA		
Folate equivs (mcg)	778.3	669.3	907.9	100	100		
Vitamin C (mg)	134.8	97.1	174.4	100	100		
Vitamin D (mcg)	2.5	2.0	4.7	NA	0		
Vitamin E (mg)	11.4	8.4	14.4	NA	89		
Calcium (mg)	1148.0	1050.1	1267.3	100	100		
Iron (mg)	14.2	12.5	16.4	100	100		
Iodine (mcg)	218.6	184.2	246.0	100	100		
Magnesium (mg)	493.6	448.0	532.0	100	100		
Phosphorus (mg)	1863.1	1719.8	1982.7	100	100		
Potassium (mg)	4145.1	3779.9	4471.6	NA	99		
Sodium (mg)	1103.7	872.1	1931.5	NA	96		
Zinc (mg)	13.9	12.7	24.2	100	32		
Cholesterol (mg)	135.8	88.9	242.6	NA	NA		
Selenium (mcg)	71.7	55.2	104.9	84	50		
Vitamin B6 (mg)	2.1	1.5	3.4	100	100		
Vitamin B12 (mcg)	5.0	4.1	7.4	100	100		
Percent energy from fat	24.3						
Percent energy from protein	19.2						
Percent energy from carbohydrate	56.5						

Foundation Diets 'Rice-based' Men 31 to 50 years (height 160cm; PAL 1.4)

AllFoodGroups Nservings							
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	21					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	17					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	24					
[19,]	Extras	0					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		8619.1	8308.8	9001.1	NA		NA
Energy (kJ)		8949.2	8642.3	9332.1	NA		NA
Protein (g)		98.0	92.3	104.8	100		100
Fat (g)		57.4	52.0	67.5	NA		NA
Carbohydrate (g)		286.5	271.5	298.6	NA		NA
Sugars (g)		97.3	86.6	109.8	NA		NA
Starch (g)		187.9	177.8	201.3	NA		NA
Fibre (g)		42.3	36.8	48.5	NA		100
Saturated fat (g)		14.9	13.1	17.8	NA		NA
Monounsaturated fat (g)		20.7	17.3	25.8	NA		NA
Polyunsaturated fat (g)		17.8	15.3	22.4	NA		NA
Linoleic acid (g)		16.5	14.3	20.6	NA		100
Alpha linolenic acid (g)		1.1	0.8	1.8	NA		9
LC n3 fatty acids (mg)		133.0	20.5	735.2	NA		21
Vitamin A equivs (mcg)		1387.7	1072.1	1763.3	100		100
Retinol (mcg)		303.9	263.8	379.6	NA		NA
Provitamin A (mcg)		6467.6	4662.0	8789.2	NA		NA
Thiamin (mg)		1.7	1.4	2.0	100		100
Riboflavin (mg)		2.5	2.2	2.9	100		100
Niacin (mg)		49.3	44.5	53.8	100		100
Folate (mcg total)		601.6	519.1	692.0	NA		NA
Folate equivs (mcg)		776.7	687.2	860.2	100		100
Vitamin C (mg)		130.7	98.2	182.8	100		100
Vitamin D (mcg)		2.5	1.9	4.6	NA		0
Vitamin E (mg)		12.3	8.4	16.6	NA		97
Calcium (mg)		1143.4	1008.9	1245.4	100		100
Iron (mg)		14.1	12.0	16.0	100		100
Iodine (mcg)		219.7	191.3	252.9	100		100
Magnesium (mg)		501.2	458.8	549.4	100		100
Phosphorus (mg)		1853.6	1752.1	1982.5	100		100
Potassium (mg)		4159.9	3820.3	4434.8	NA		100
Sodium (mg)		1060.4	865.5	2012.4	NA		92
Zinc (mg)		13.9	12.7	24.4	100		26
Cholesterol (mg)		146.1	81.9	286.9	NA		NA
Selenium (mcg)		75.3	46.9	125.5	93		64
Vitamin B6 (mg)		2.1	1.5	3.4	100		100
Vitamin B12 (mcg)		5.0	4.3	7.9	100		100
Percent energy from fat		24.4					
Percent energy from protein		19.1					
Percent energy from carbohydrate		56.5					

Foundation Diets 'Rice-based' Men 51-70 yrs height 160cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	11					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	21					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheseggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	17					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	21					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7869.6	7461.5	8301.1	NA	NA		
Energy (kJ)	8178.5	7757.3	8625.4	NA	NA		
Protein (g)	95.7	89.2	103.8	100	100		
Fat (g)	46.7	37.7	55.7	NA	NA		
Carbohydrate (g)	268.0	257.0	282.3	NA	NA		
Sugars (g)	98.8	89.9	109.0	NA	NA		
Starch (g)	167.6	159.6	177.2	NA	NA		
Fibre (g)	39.6	35.8	47.4	NA	100		
Saturated fat (g)	12.9	11.0	14.9	NA	NA		
Monounsaturated fat (g)	17.1	13.3	21.4	NA	NA		
Polyunsaturated fat (g)	13.1	9.7	16.6	NA	NA		
Linoleic acid (g)	12.1	8.9	15.0	NA	23		
Alpha linolenic acid (g)	0.8	0.5	1.4	NA	1		
LC n3 fatty acids (mg)	188.1	23.5	713.8	NA	39		
Vitamin A equivs (mcg)	1286.4	899.1	1739.0	100	99		
Retinol (mcg)	233.2	193.6	306.8	NA	NA		
Provitamin A (mcg)	6284.4	3978.5	8948.5	NA	NA		
Thiamin (mg)	1.6	1.4	1.9	100	100		
Riboflavin (mg)	2.5	2.3	2.9	100	100		
Niacin (mg)	48.3	43.3	53.1	100	100		
Folate (mcg total)	568.2	481.2	652.0	NA	NA		
Folate equivs (mcg)	736.9	644.6	839.9	100	100		
Vitamin C (mg)	136.4	98.6	196.5	100	100		
Vitamin D (mcg)	2.4	1.7	4.1	NA	0		
Vitamin E (mg)	10.1	7.4	13.6	NA	47		
Calcium (mg)	1149.5	1026.6	1280.9	100	100		
Iron (mg)	12.9	11.2	14.7	100	100		
Iodine (mcg)	225.9	203.0	256.4	100	100		
Magnesium (mg)	474.6	435.1	519.9	100	100		
Phosphorus (mg)	1834.1	1715.4	1990.9	100	100		
Potassium (mg)	4152.2	3880.0	4579.3	NA	100		
Sodium (mg)	1022.4	831.7	1835.3	NA	88		
Zinc (mg)	13.4	11.9	24.5	99	9		
Cholesterol (mg)	136.8	88.5	243.0	NA	NA		
Selenium (mcg)	75.4	49.4	119.3	87	63		
Vitamin B6 (mg)	2.1	1.4	3.5	100	83		
Vitamin B12 (mcg)	5.2	4.3	7.5	100	100		
Percent energy from fat 21.7							
Percent energy from protein 20.5							
Percent energy from carbohydrate 57.8							

Foundation Diets 'Rice-based' Men 70+ yrs height 160cm; sedentary PAL 1.4

AllFoodGroups	Nservings						
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	25					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	24					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	14					
[19,]	Extras	0					
		Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)		7007.0	6755.1	7325.0	NA		NA
Energy (kJ)		7224.2	6959.4	7552.9	NA		NA
Protein (g)		93.5	87.0	99.6	100		100
Fat (g)		48.5	43.4	54.4	NA		NA
Carbohydrate (g)		215.8	202.8	229.2	NA		NA
Sugars (g)		92.3	82.1	100.5	NA		NA
Starch (g)		122.7	115.4	131.9	NA		NA
Fibre (g)		27.4	24.2	32.1	NA		6
Saturated fat (g)		14.5	12.8	16.4	NA		NA
Monounsaturated fat (g)		17.1	13.7	21.7	NA		NA
Polyunsaturated fat (g)		13.3	10.2	17.7	NA		NA
Linoleic acid (g)		12.2	9.6	16.1	NA		21
Alpha linolenic acid (g)		0.9	0.5	1.6	NA		8
LC n3 fatty acids (mg)		192.3	22.0	919.4	NA		40
Vitamin A equivs (mcg)		1091.7	795.0	1455.2	100		87
Retinol (mcg)		284.4	233.5	352.2	NA		NA
Provitamin A (mcg)		4814.4	3120.7	6895.8	NA		NA
Thiamin (mg)		1.3	1.1	1.6	100		87
Riboflavin (mg)		2.8	2.5	3.1	100		100
Niacin (mg)		47.3	42.7	51.3	100		100
Folate (mcg total)		527.8	478.0	614.3	NA		NA
Folate equivs (mcg)		678.6	599.5	769.2	100		100
Vitamin C (mg)		83.1	54.2	116.3	100		100
Vitamin D (mcg)		2.9	2.0	5.8	NA		0
Vitamin E (mg)		7.8	6.1	9.9	NA		0
Calcium (mg)		1320.7	1207.2	1411.8	100		66
Iron (mg)		9.9	8.6	11.5	100		100
Iodine (mcg)		263.6	233.5	313.2	100		100
Magnesium (mg)		403.8	375.4	431.2	100		8
Phosphorus (mg)		1818.3	1736.3	1981.5	100		100
Potassium (mg)		3642.7	3306.6	3842.3	NA		7
Sodium (mg)		992.8	877.1	1801.9	NA		85
Zinc (mg)		12.4	10.9	22.6	38		6
Cholesterol (mg)		168.4	106.2	309.3	NA		NA
Selenium (mcg)		69.0	48.0	97.2	82		40
Vitamin B6 (mg)		1.5	1.2	2.1	70		21
Vitamin B12 (mcg)		6.6	5.7	9.0	100		100

Percent energy from fat 25.4
Percent energy from protein 22.5
Percent energy from carbohydrate 52.0

Foundation Diets 'Rice-based' Women 19-30 yrs height 150cm; sedentary PAL
1.4

AllFoodGroups Nservings									
[1,]	StarchyVeg	0							
[2,]	GreenBrassicas	10							
[3,]	OrangeVeg	7							
[4,]	Legumes	14							
[5,]	NutsSeeds	3							
[6,]	OtherVeg	11							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	17							
[9,]	RefinedCereals	0							
[10,]	Poultryfishheggsleg	10							
[11,]	RedMeats	5							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	0							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	17							
[16,]	PolyMarg	7							
[17,]	Pasta	0							
[18,]	Rice	14							
[19,]	Extras	0							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		6885.0	6565.2	7274.6		NA			NA
Energy (kJ)		7156.5	6816.4	7534.5		NA			NA
Protein (g)		106.9	98.3	115.3		100			100
Fat (g)		43.5	36.7	53.0		NA			NA
Carbohydrate (g)		205.8	194.2	220.6		NA			NA
Sugars (g)		90.0	83.0	98.2		NA			NA
Starch (g)		114.7	106.9	130.1		NA			NA
Fibre (g)		34.1	29.9	40.1		NA			100
Saturated fat (g)		13.3	10.6	16.2		NA			NA
Monounsaturated fat (g)		15.2	12.2	20.1		NA			NA
Polyunsaturated fat (g)		11.3	9.1	14.3		NA			NA
Linoleic acid (g)		10.0	7.9	12.9		NA			99
Alpha linolenic acid (g)		0.8	0.6	1.2		NA			48
LC n3 fatty acids (mg)		254.7	66.8	712.9		NA			94
Vitamin A equivs (mcg)		1326.2	941.0	1584.7		100			100
Retinol (mcg)		253.1	207.2	371.9		NA			NA
Provitamin A (mcg)		6423.7	4140.5	7856.3		NA			NA
Thiamin (mg)		1.3	1.0	1.5		100			97
Riboflavin (mg)		2.5	2.1	2.8		100			100
Niacin (mg)		50.3	45.2	56.3		100			100
Folate (mcg total)		536.5	456.1	614.9		NA			NA
Folate equivs (mcg)		633.2	549.6	713.9		100			100
Vitamin C (mg)		117.7	72.7	183.8		100			100
Vitamin D (mcg)		2.7	1.8	5.6		NA			3
Vitamin E (mg)		8.5	6.8	12.1		NA			94
Calcium (mg)		1059.2	965.5	1167.5		100			87
Iron (mg)		12.5	10.7	14.8		100			0
Iodine (mcg)		202.2	168.8	245.2		100			100
Magnesium (mg)		410.3	356.8	473.0		100			100
Phosphorus (mg)		1770.5	1649.6	1888.6		100			100
Potassium (mg)		3755.2	3484.2	4045.2		NA			100
Sodium (mg)		967.4	682.0	2399.3		NA			39
Zinc (mg)		14.9	12.3	33.8		100			100
Cholesterol (mg)		258.3	156.9	482.8		NA			NA
Selenium (mcg)		82.1	64.5	116.9		100			100
Vitamin B6 (mg)		1.8	1.4	2.5		100			100
Vitamin B12 (mcg)		6.3	5.0	10.5		100			100

Percent energy from fat 23
Percent energy from protein 26
Percent energy from carbohydrate 51

Foundation Diets 'Rice-based' Women 30-51 yrs height 150cm; sedentary PAL
1.4

AllFoodGroups		Nservings								
[1,]	StarchyVeg	0								
[2,]	GreenBrassicas	10								
[3,]	OrangeVeg	7								
[4,]	Legumes	14								
[5,]	NutsSeeds	3								
[6,]	OtherVeg	11								
[7,]	TotalFruit	14								
[8,]	WholegrainCereals	17								
[9,]	RefinedCereals	0								
[10,]	Poultryfishheggsleg	10								
[11,]	RedMeats	5								
[12,]	EggsLegumesNutsSeeds	0								
[13,]	HiFatDairy	0								
[14,]	MidFatDairy	0								
[15,]	LoFatDairy	17								
[16,]	PolyMarg	7								
[17,]	Pasta	0								
[18,]	Rice	14								
[19,]	Extras	0								
			Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)			6916.9	6627.5	7292.9		NA		NA	
Energy (kJ)			7192.4	6894.3	7588.8		NA		NA	
Protein (g)			107.6	99.3	116.4		100		100	
Fat (g)			43.8	37.4	53.5		NA		NA	
Carbohydrate (g)			206.2	194.5	221.9		NA		NA	
Sugars (g)			89.0	81.0	100.8		NA		NA	
Starch (g)			116.0	105.4	126.7		NA		NA	
Fibre (g)			34.6	30.7	40.7		NA		100	
Saturated fat (g)			13.1	10.7	16.2		NA		NA	
Monounsaturated fat (g)			14.9	12.3	19.7		NA		NA	
Polyunsaturated fat (g)			12.0	9.4	15.3		NA		NA	
Linoleic acid (g)			10.6	8.4	13.5		NA		100	
Alpha linolenic acid (g)			0.9	0.6	1.3		NA		71	
LC n3 fatty acids (mg)			312.1	75.2	900.0		NA		97	
Vitamin A equivs (mcg)			1276.7	929.6	1674.3		100		100	
Retinol (mcg)			262.3	196.8	363.3		NA		NA	
Provitamin A (mcg)			6054.1	3925.2	8310.0		NA		NA	
Thiamin (mg)			1.3	1.0	1.6		100		99	
Riboflavin (mg)			2.4	2.1	2.8		100		100	
Niacin (mg)			48.9	44.1	55.6		100		100	
Folate (mcg total)			537.1	455.4	632.9		NA		NA	
Folate equivs (mcg)			646.4	558.9	743.7		100		100	
Vitamin C (mg)			119.9	82.1	173.7		100		100	
Vitamin D (mcg)			2.8	1.7	4.8		NA		0	
Vitamin E (mg)			8.9	6.2	11.6		NA		96	
Calcium (mg)			1075.1	958.3	1203.7		100		95	
Iron (mg)			12.7	10.7	14.5		100		0	
Iodine (mcg)			205.5	162.8	268.3		100		100	
Magnesium (mg)			419.6	379.0	465.1		100		100	
Phosphorus (mg)			1779.8	1657.9	1916.8		100		100	
Potassium (mg)			3815.3	3554.4	4104.3		NA		100	
Sodium (mg)			1001.3	774.7	1774.9		NA		34	
Zinc (mg)			14.4	12.2	24.7		100		100	
Cholesterol (mg)			277.1	158.0	464.4		NA		NA	
Selenium (mcg)			85.5	65.3	119.8		100		100	
Vitamin B6 (mg)			1.8	1.4	2.9		100		100	
Vitamin B12 (mcg)			6.4	5.1	11.4		100		100	
Percent energy from fat 23.1										
Percent energy from protein 26.1										
Percent energy from carbohydrate 50.9										

Foundation Diets 'Rice-based' Women 51-70 yrs height 150cm; sedentary PAL
1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	10					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	24					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	28					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	14					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6771.2	6436.1	7056.2	NA	NA		
Energy (kJ)	6981.0	6640.3	7266.0	NA	NA		
Protein (g)	94.7	87.7	99.8	100	100		
Fat (g)	40.0	33.3	47.0	NA	NA		
Carbohydrate (g)	219.0	209.5	231.8	NA	NA		
Sugars (g)	100.2	90.0	110.8	NA	NA		
Starch (g)	117.9	110.4	129.2	NA	NA		
Fibre (g)	26.4	23.2	31.0	NA	86		
Saturated fat (g)	14.2	12.2	16.5	NA	NA		
Monounsaturated fat (g)	13.1	10.8	16.8	NA	NA		
Polyunsaturated fat (g)	9.5	7.6	12.6	NA	NA		
Linoleic acid (g)	8.7	7.0	11.6	NA	77		
Alpha linolenic acid (g)	0.7	0.5	1.1	NA	13		
LC n3 fatty acids (mg)	180.7	26.7	1108.2	NA	63		
Vitamin A equivs (mcg)	1215.2	911.5	1604.2	100	100		
Retinol (mcg)	302.5	254.1	382.9	NA	NA		
Provitamin A (mcg)	5416.7	3593.2	7641.6	NA	NA		
Thiamin (mg)	1.2	1.0	1.4	100	91		
Riboflavin (mg)	3.1	2.8	3.3	100	100		
Niacin (mg)	45.4	41.5	49.6	100	100		
Folate (mcg total)	515.5	410.5	597.2	NA	NA		
Folate equivs (mcg)	657.8	569.4	755.4	100	100		
Vitamin C (mg)	92.0	60.6	161.6	100	100		
Vitamin D (mcg)	3.0	2.1	5.9	NA	0		
Vitamin E (mg)	6.6	4.5	9.2	NA	32		
Calcium (mg)	1477.3	1367.1	1619.2	100	100		
Iron (mg)	9.6	8.2	11.2	100	100		
Iodine (mcg)	283.0	259.6	313.6	100	100		
Magnesium (mg)	391.8	355.9	433.7	100	100		
Phosphorus (mg)	1890.9	1780.9	2016.5	100	100		
Potassium (mg)	3675.4	3347.1	3901.4	NA	100		
Sodium (mg)	1054.4	897.5	1858.7	NA	99		
Zinc (mg)	12.2	10.9	22.7	100	100		
Cholesterol (mg)	172.7	99.1	314.5	NA	NA		
Selenium (mcg)	58.2	41.3	81.6	81	38		
Vitamin B6 (mg)	1.6	1.1	2.2	86	58		
Vitamin B12 (mcg)	7.5	6.8	10.2	100	100		
Percent energy from fat 21.8							
Percent energy from protein 23.7							
Percent energy from carbohydrate 54.6							

Foundation Diets 'Rice-based' Women 70+ yrs height 150cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	24					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	28					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	10					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6399.3	6120.7	6749.1	NA	NA		
Energy (kJ)	6595.7	6310.1	6953.3	NA	NA		
Protein (g)	92.0	85.3	101.3	100	100		
Fat (g)	40.9	34.5	48.8	NA	NA		
Carbohydrate (g)	198.3	186.4	212.4	NA	NA		
Sugars (g)	99.3	88.5	110.1	NA	NA		
Starch (g)	98.2	90.1	106.9	NA	NA		
Fibre (g)	24.7	21.2	27.8	NA	41		
Saturated fat (g)	14.4	12.4	16.8	NA	NA		
Monounsaturated fat (g)	13.2	10.4	18.5	NA	NA		
Polyunsaturated fat (g)	10.0	8.1	13.4	NA	NA		
Linoleic acid (g)	9.1	7.5	11.8	NA	88		
Alpha linolenic acid (g)	0.8	0.5	1.3	NA	35		
LC n3 fatty acids (mg)	186.1	21.0	742.7	NA	60		
Vitamin A equivs (mcg)	1105.3	858.3	1437.4	100	100		
Retinol (mcg)	311.0	252.2	423.7	NA	NA		
Provitamin A (mcg)	4731.1	3269.0	6642.2	NA	NA		
Thiamin (mg)	1.2	0.9	1.5	100	71		
Riboflavin (mg)	3.0	2.7	3.3	100	100		
Niacin (mg)	45.3	40.6	49.7	100	100		
Folate (mcg total)	519.8	454.3	609.4	NA	NA		
Folate equivs (mcg)	663.5	591.8	734.4	100	100		
Vitamin C (mg)	76.0	48.4	118.5	100	100		
Vitamin D (mcg)	3.1	2.2	5.2	NA	0		
Vitamin E (mg)	6.4	4.8	9.1	NA	22		
Calcium (mg)	1450.7	1353.4	1560.3	100	100		
Iron (mg)	9.1	7.5	11.5	100	97		
Iodine (mcg)	282.7	244.4	317.1	100	100		
Magnesium (mg)	370.7	346.7	411.4	100	100		
Phosphorus (mg)	1825.1	1718.9	2014.9	100	100		
Potassium (mg)	3545.3	3282.6	4056.1	NA	100		
Sodium (mg)	1032.1	868.0	1854.4	NA	94		
Zinc (mg)	11.9	10.5	22.2	100	100		
Cholesterol (mg)	183.6	106.3	380.0	NA	NA		
Selenium (mcg)	57.9	43.1	87.0	80	37		
Vitamin B6 (mg)	1.5	1.2	2.2	82	42		
Vitamin B12 (mcg)	7.5	6.6	10.3	100	100		
Percent energy from fat 23.5							
Percent energy from protein 24.3							
Percent energy from carbohydrate 52.3							

Foundation Diets 'Pasta-style' Men 19-30 yrs height 160cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	21					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	7					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	14					
[17,]	Pasta	14					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	8542.4	8240.1	8895.2	NA	NA	NA	
Energy (kJ)	8917.1	8599.0	9295.0	NA	NA	NA	
Protein (g)	107.4	99.9	112.6	100	100	100	
Fat (g)	65.0	59.5	73.2	NA	NA	NA	
Carbohydrate (g)	256.1	236.2	272.5	NA	NA	NA	
Sugars (g)	92.8	80.7	102.0	NA	NA	NA	
Starch (g)	162.1	146.4	179.0	NA	NA	NA	
Fibre (g)	48.5	42.3	63.0	NA	100	100	
Saturated fat (g)	21.4	19.3	23.8	NA	NA	NA	
Monounsaturated fat (g)	22.3	18.8	27.6	NA	NA	NA	
Polyunsaturated fat (g)	16.6	14.7	18.9	NA	NA	NA	
Linoleic acid (g)	15.4	13.4	17.7	NA	100	100	
Alpha linolenic acid (g)	1.0	0.8	1.3	NA	1	1	
LC n3 fatty acids (mg)	114.4	36.7	436.6	NA	20	20	
Vitamin A equivs (mcg)	1547.0	1164.5	1917.1	100	100	100	
Retinol (mcg)	375.7	336.3	457.5	NA	NA	NA	
Provitamin A (mcg)	6964.4	4836.4	9266.6	NA	NA	NA	
Thiamin (mg)	1.9	1.6	2.1	100	100	100	
Riboflavin (mg)	2.6	2.2	2.9	100	100	100	
Niacin (mg)	49.6	44.3	55.3	100	100	100	
Folate (mcg total)	606.4	532.6	695.2	NA	NA	NA	
Folate equivs (mcg)	775.5	658.5	872.3	100	100	100	
Vitamin C (mg)	142.9	93.1	184.5	100	100	100	
Vitamin D (mcg)	3.5	2.8	5.0	NA	1	1	
Vitamin E (mg)	12.1	9.2	14.7	NA	97	97	
Calcium (mg)	1226.2	1075.5	1358.2	100	100	100	
Iron (mg)	14.9	13.1	17.4	100	100	100	
Iodine (mcg)	177.1	154.6	211.0	100	100	100	
Magnesium (mg)	483.4	443.5	526.1	100	100	100	
Phosphorus (mg)	1999.2	1858.4	2121.8	100	100	100	
Potassium (mg)	4234.9	3931.1	4449.9	NA	100	100	
Sodium (mg)	1312.4	1086.0	2154.4	NA	100	100	
Zinc (mg)	14.0	12.7	24.9	100	29	29	
Cholesterol (mg)	163.8	111.4	299.7	NA	NA	NA	
Selenium (mcg)	84.5	60.8	136.1	100	90	90	
Vitamin B6 (mg)	2.2	1.7	3.0	100	100	100	
Vitamin B12 (mcg)	6.0	5.4	9.1	100	100	100	
Percent energy from fat 27.6							
Percent energy from protein 21.0							
Percent energy from carbohydrate 51.4							

Foundation Diets 'Pasta-style' Men 30-51 yrs height 160cm; sedentary PAL 1.4

	AllFoodGroups	Nservings
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	14
[5,]	NutsSeeds	7
[6,]	OtherVeg	21
[7,]	TotalFruit	14
[8,]	WholegrainCereals	28
[9,]	RefinedCereals	0
[10,]	Poultryfishheggsleg	4
[11,]	RedMeats	3
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	7
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	14
[17,]	Pasta	14
[18,]	Rice	0
[19,]	Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8514.4	8234.0	8906.4	NA		NA		
Energy (kJ)	8879.1	8579.2	9277.1	NA		NA		
Protein (g)	108.6	102.9	117.7	100		100		
Fat (g)	67.1	61.7	78.1	NA		NA		
Carbohydrate (g)	248.7	231.9	264.1	NA		NA		
Sugars (g)	92.3	79.8	101.9	NA		NA		
Starch (g)	154.9	142.0	170.8	NA		NA		
Fibre (g)	47.3	41.5	54.5	NA		100		
Saturated fat (g)	22.2	20.3	24.8	NA		NA		
Monounsaturated fat (g)	22.5	20.0	27.6	NA		NA		
Polyunsaturated fat (g)	17.6	15.6	21.0	NA		NA		
Linoleic acid (g)	16.4	14.4	20.0	NA		100		
Alpha linolenic acid (g)	1.1	0.9	1.4	NA		7		
LC n3 fatty acids (mg)	165.8	45.7	682.4	NA		31		
Vitamin A equivs (mcg)	1513.6	1180.4	1902.4	100		100		
Retinol (mcg)	386.4	338.2	484.6	NA		NA		
Provitamin A (mcg)	6694.8	4664.0	9144.4	NA		NA		
Thiamin (mg)	1.8	1.5	2.1	100		100		
Riboflavin (mg)	2.5	2.3	2.9	100		100		
Niacin (mg)	48.9	43.4	53.1	100		100		
Folate (mcg total)	588.1	486.3	682.0	NA		NA		
Folate equivs (mcg)	756.1	636.4	860.0	100		100		
Vitamin C (mg)	143.4	107.9	186.1	100		100		
Vitamin D (mcg)	3.7	2.7	5.9	NA		5		
Vitamin E (mg)	12.4	9.6	15.6	NA		99		
Calcium (mg)	1292.5	1167.9	1438.3	100		100		
Iron (mg)	14.5	13.1	16.6	100		100		
Iodine (mcg)	189.3	166.2	230.8	100		100		
Magnesium (mg)	479.8	442.9	522.7	100		100		
Phosphorus (mg)	2015.8	1904.3	2147.2	100		100		
Potassium (mg)	4201.0	3913.1	4732.9	NA		100		
Sodium (mg)	1363.0	1055.5	2065.2	NA		100		
Zinc (mg)	14.1	12.5	25.1	100		32		
Cholesterol (mg)	178.1	110.1	336.2	NA		NA		
Selenium (mcg)	89.3	64.4	181.4	100		91		
Vitamin B6 (mg)	2.1	1.5	2.9	100		100		
Vitamin B12 (mcg)	6.2	5.4	9.4	100		100		

Percent energy from fat 28.6

Percent energy from protein 21.3

Percent energy from carbohydrate 50.1

Foundation Diets ‘Pasta-style’ Men 51-70 yrs height 160cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	21					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheseggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	5					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	7					
[17,]	Pasta	14					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7873.9	7532.5	8271.2	NA	NA		
Energy (kJ)	8226.1	7881.4	8627.5	NA	NA		
Protein (g)	105.9	99.1	113.2	100	100		
Fat (g)	55.0	49.8	62.7	NA	NA		
Carbohydrate (g)	239.7	226.1	252.1	NA	NA		
Sugars (g)	92.9	81.0	103.3	NA	NA		
Starch (g)	145.4	134.7	157.6	NA	NA		
Fibre (g)	44.6	39.8	49.1	NA	100		
Saturated fat (g)	18.2	16.5	20.3	NA	NA		
Monounsaturated fat (g)	18.9	16.1	23.3	NA	NA		
Polyunsaturated fat (g)	13.8	11.4	17.5	NA	NA		
Linoleic acid (g)	12.7	10.3	15.8	NA	32		
Alpha linolenic acid (g)	0.9	0.7	1.4	NA	2		
LC n3 fatty acids (mg)	134.4	30.8	655.7	NA	22		
Vitamin A equivs (mcg)	1350.1	965.3	1686.8	100	100		
Retinol (mcg)	287.8	244.8	360.1	NA	NA		
Provitamin A (mcg)	6302.0	4100.6	8302.6	NA	NA		
Thiamin (mg)	1.6	1.4	1.9	100	100		
Riboflavin (mg)	2.4	2.2	2.7	100	100		
Niacin (mg)	47.6	43.0	52.9	100	100		
Folate (mcg total)	584.1	508.5	685.2	NA	NA		
Folate equivs (mcg)	749.3	616.6	855.0	100	100		
Vitamin C (mg)	141.9	95.9	222.4	100	100		
Vitamin D (mcg)	3.0	2.2	5.5	NA	0		
Vitamin E (mg)	10.8	8.5	13.8	NA	79		
Calcium (mg)	1248.6	1084.1	1398.6	100	100		
Iron (mg)	13.5	12.1	15.7	100	100		
Iodine (mcg)	193.7	157.6	229.5	100	100		
Magnesium (mg)	457.3	417.5	503.6	100	97		
Phosphorus (mg)	1942.5	1808.8	2100.0	100	100		
Potassium (mg)	4033.5	3737.0	4343.6	NA	96		
Sodium (mg)	1259.9	1034.9	2042.4	NA	100		
Zinc (mg)	13.2	11.6	23.5	97	3		
Cholesterol (mg)	163.2	90.8	300.1	NA	NA		
Selenium (mcg)	82.1	61.8	115.4	100	88		
Vitamin B6 (mg)	2.0	1.4	3.0	99	76		
Vitamin B12 (mcg)	5.9	5.1	8.8	100	100		
Percent energy from fat 25.4							
Percent energy from protein 22.4							
Percent energy from carbohydrate 52.2							

Foundation Diets 'Pasta-style' Men 70+ yrs height 160cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	25					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	5					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	7					
[17,]	Pasta	11					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		7124.9	6910.6	7399.9	NA		NA
Energy (kJ)		7367.5	7145.8	7663.7	NA		NA
Protein (g)		102.0	96.9	109.4	100		100
Fat (g)		54.7	50.0	59.5	NA		NA
Carbohydrate (g)		200.3	191.0	214.4	NA		NA
Sugars (g)		84.7	78.3	91.7	NA		NA
Starch (g)		114.7	106.7	127.5	NA		NA
Fibre (g)		30.7	26.9	38.7	NA		58
Saturated fat (g)		19.5	17.8	21.4	NA		NA
Monounsaturated fat (g)		18.7	16.4	21.9	NA		NA
Polyunsaturated fat (g)		12.5	11.0	14.8	NA		NA
Linoleic acid (g)		11.6	10.1	13.9	NA		3
Alpha linolenic acid (g)		0.8	0.6	1.1	NA		0
LC n3 fatty acids (mg)		186.0	32.7	566.8	NA		37
Vitamin A equivalents (mcg)		1187.7	844.4	1540.3	100		98
Retinol (mcg)		334.3	275.3	413.8	NA		NA
Provitamin A (mcg)		5059.3	2923.3	7063.2	NA		NA
Thiamin (mg)		1.4	1.0	1.6	100		97
Riboflavin (mg)		2.7	2.5	3.0	100		100
Niacin (mg)		45.5	40.6	49.2	100		100
Folate (mcg total)		511.6	416.2	589.1	NA		NA
Folate equivalents (mcg)		667.7	570.2	769.5	100		100
Vitamin C (mg)		83.2	57.1	135.2	100		100
Vitamin D (mcg)		3.5	2.7	5.5	NA		0
Vitamin E (mg)		8.6	6.7	11.4	NA		10
Calcium (mg)		1428.7	1298.5	1573.9	100		99
Iron (mg)		10.1	8.7	11.5	100		100
Iodine (mcg)		244.9	222.5	273.7	100		100
Magnesium (mg)		393.2	366.5	443.5	100		2
Phosphorus (mg)		1943.5	1818.5	2084.2	100		100
Potassium (mg)		3512.8	3262.9	3703.9	NA		0
Sodium (mg)		1215.6	1005.5	1879.7	NA		100
Zinc (mg)		12.7	11.2	23.0	48		7
Cholesterol (mg)		180.3	114.5	332.9	NA		NA
Selenium (mcg)		76.8	52.3	110.0	88		70
Vitamin B6 (mg)		1.5	1.2	2.2	67		20
Vitamin B12 (mcg)		7.2	6.4	9.9	100		100
Percent energy from fat		28.1					
Percent energy from protein		24.1					
Percent energy from carbohydrate		47.8					

Foundation Diets 'Pasta-style' Women 19-30 yrs height 150cm; sedentary PAL
1.4

AllFoodGroups Nservings									
[1,]	StarchyVeg	0							
[2,]	GreenBrassicas	14							
[3,]	OrangeVeg	7							
[4,]	Legumes	14							
[5,]	NutsSeeds	3							
[6,]	OtherVeg	14							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	21							
[9,]	RefinedCereals	0							
[10,]	Poultryfishheggsleg	12							
[11,]	RedMeats	5							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	14							
[16,]	PolyMarg	7							
[17,]	Pasta	7							
[18,]	Rice	0							
[19,]	Extras	0							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		6958.2	6707.2	7339.6		NA		NA	
Energy (kJ)		7273.5	7007.9	7638.6		NA		NA	
Protein (g)		118.7	111.6	132.0		100		100	
Fat (g)		50.1	41.3	60.3		NA		NA	
Carbohydrate (g)		183.8	172.7	196.8		NA		NA	
Sugars (g)		87.0	77.1	97.8		NA		NA	
Starch (g)		95.5	85.9	109.4		NA		NA	
Fibre (g)		39.6	34.4	45.8		NA		100	
Saturated fat (g)		16.7	14.2	19.6		NA		NA	
Monounsaturated fat (g)		17.0	13.4	22.8		NA		NA	
Polyunsaturated fat (g)		12.1	9.4	15.2		NA		NA	
Linoleic acid (g)		10.7	8.3	13.4		NA		100	
Alpha linolenic acid (g)		0.9	0.7	1.3		NA		71	
LC n3 fatty acids (mg)		309.9	64.4	1000.1		NA		98	
Vitamin A equivs (mcg)		1412.8	1065.1	1954.4		100		100	
Retinol (mcg)		288.2	221.6	398.9		NA		NA	
Provitamin A (mcg)		6703.0	4713.1	9483.7		NA		NA	
Thiamin (mg)		1.5	1.2	1.8		100		100	
Riboflavin (mg)		2.5	2.3	2.9		100		100	
Niacin (mg)		53.5	46.9	60.6		100		100	
Folate (mcg total)		566.1	476.1	662.0		NA		NA	
Folate equivs (mcg)		693.0	586.9	811.7		100		100	
Vitamin C (mg)		144.7	97.9	196.5		100		100	
Vitamin D (mcg)		3.2	2.1	6.3		NA		4	
Vitamin E (mg)		9.3	6.8	12.4		NA		98	
Calcium (mg)		1114.6	972.8	1254.6		100		98	
Iron (mg)		14.3	12.5	16.5		100		0	
Iodine (mcg)		184.2	152.3	251.5		100		100	
Magnesium (mg)		425.5	383.0	476.0		100		100	
Phosphorus (mg)		1905.8	1770.2	2112.0		100		100	
Potassium (mg)		3926.9	3659.3	4234.5		NA		100	
Sodium (mg)		1176.3	887.4	1929.1		NA		99	
Zinc (mg)		15.4	12.5	36.0		100		100	
Cholesterol (mg)		295.8	174.3	503.0		NA		NA	
Selenium (mcg)		96.5	76.3	134.3		100		100	
Vitamin B6 (mg)		2.0	1.5	2.7		100		100	
Vitamin B12 (mcg)		6.9	5.0	11.3		100		100	
Percent energy from fat 26.0									
Percent energy from protein 28.3									
Percent energy from carbohydrate 45.7									

Foundation Diets 'Pasta-style' Women 31-50 yrs height 150cm; sedentary PAL
1.4

AllFoodGroups		Nservings								
[1,]	StarchyVeg	0								
[2,]	GreenBrassicas	14								
[3,]	OrangeVeg	7								
[4,]	Legumes	7								
[5,]	NutsSeeds	3								
[6,]	OtherVeg	14								
[7,]	TotalFruit	14								
[8,]	WholegrainCereals	21								
[9,]	RefinedCereals	0								
[10,]	Poultryfishheggsleg	12								
[11,]	RedMeats	5								
[12,]	EggsLegumesNutsSeeds	0								
[13,]	HiFatDairy	3								
[14,]	MidFatDairy	0								
[15,]	LoFatDairy	14								
[16,]	PolyMarg	7								
[17,]	Pasta	10								
[18,]	Rice	0								
[19,]	Extras	0								
			Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)			6997.3	6634.1	7501.7		NA			NA
Energy (kJ)			7285.0	6894.2	7839.1		NA			NA
Protein (g)			115.3	106.2	125.2		100			100
Fat (g)			49.3	42.7	57.9		NA			NA
Carbohydrate (g)			191.1	177.6	207.8		NA			NA
Sugars (g)			85.4	74.3	94.6		NA			NA
Starch (g)			104.5	93.7	119.5		NA			NA
Fibre (g)			36.1	31.4	41.9		NA			100
Saturated fat (g)			16.5	14.2	19.2		NA			NA
Monounsaturated fat (g)			16.8	13.5	20.1		NA			NA
Polyunsaturated fat (g)			11.8	9.6	15.1		NA			NA
Linoleic acid (g)			10.4	8.4	13.7		NA			100
Alpha linolenic acid (g)			0.8	0.6	1.3		NA			52
LC n3 fatty acids (mg)			349.6	84.0	896.8		NA			99
Vitamin A equivs (mcg)			1396.2	1069.6	1909.4		100			100
Retinol (mcg)			295.6	219.1	405.6		NA			NA
Provitamin A (mcg)			6548.1	4836.3	9396.9		NA			NA
Thiamin (mg)			1.4	1.2	1.7		100			100
Riboflavin (mg)			2.4	2.1	2.7		100			100
Niacin (mg)			51.3	45.9	56.7		100			100
Folate (mcg total)			501.5	405.3	639.6		NA			NA
Folate equivs (mcg)			631.1	541.4	760.7		100			100
Vitamin C (mg)			140.1	104.8	209.1		100			100
Vitamin D (mcg)			3.3	2.1	5.8		NA			6
Vitamin E (mg)			9.5	7.3	12.0		NA			100
Calcium (mg)			1082.0	951.6	1215.8		100			97
Iron (mg)			12.7	11.2	15.0		100			0
Iodine (mcg)			190.3	141.7	251.9		100			99
Magnesium (mg)			396.5	358.7	445.0		100			100
Phosphorus (mg)			1855.3	1726.0	2044.1		100			100
Potassium (mg)			3754.1	3370.9	4078.3		NA			100
Sodium (mg)			1139.5	946.7	2606.1		NA			100
Zinc (mg)			14.1	11.7	24.7		100			100
Cholesterol (mg)			315.3	195.9	584.9		NA			NA
Selenium (mcg)			99.2	78.8	169.2		100			100
Vitamin B6 (mg)			1.9	1.5	2.6		100			100
Vitamin B12 (mcg)			7.3	5.7	12.0		100			100
Percent energy from fat 25.6										
Percent energy from protein 27.5										
Percent energy from carbohydrate 46.9										

Foundation Diets 'Pasta-style' Women 51-70 yrs height 150cm; sedentary PAL
1.4

AllFoodGroups	Nservings						
[1,] StarchyVeg	0						
[2,] GreenBrassicas	14						
[3,] OrangeVeg	7						
[4,] Legumes	7						
[5,] NutsSeeds	3						
[6,] OtherVeg	14						
[7,] TotalFruit	14						
[8,] WholegrainCereals	21						
[9,] RefinedCereals	0						
[10,] Poultryfishheggsleg	4						
[11,] RedMeats	3						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	3						
[14,] MidFatDairy	0						
[15,] LoFatDairy	21						
[16,] PolyMarg	7						
[17,] Pasta	10						
[18,] Rice	0						
[19,] Extras	0						
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6608.8	6347.8	7019.9	NA		NA	
Energy (kJ)	6888.0	6611.8	7304.1	NA		NA	
Protein (g)	95.2	89.0	103.5	100		100	
Fat (g)	42.7	37.7	51.6	NA		NA	
Carbohydrate (g)	202.9	191.6	216.4	NA		NA	
Sugars (g)	101.6	87.2	112.3	NA		NA	
Starch (g)	99.8	90.8	110.2	NA		NA	
Fibre (g)	35.0	30.8	39.4	NA		100	
Saturated fat (g)	15.8	13.7	18.8	NA		NA	
Monounsaturated fat (g)	13.6	10.6	17.5	NA		NA	
Polyunsaturated fat (g)	9.9	7.8	12.8	NA		NA	
Linoleic acid (g)	9.0	7.2	11.6	NA		84	
Alpha linolenic acid (g)	0.7	0.5	1.1	NA		25	
LC n3 fatty acids (mg)	173.1	29.6	589.8	NA		66	
Vitamin A equivs (mcg)	1320.9	969.3	1579.2	100		100	
Retinol (mcg)	293.7	241.5	352.9	NA		NA	
Provitamin A (mcg)	6099.3	4070.0	7850.3	NA		NA	
Thiamin (mg)	1.3	1.1	1.5	100		99	
Riboflavin (mg)	2.7	2.5	3.0	100		100	
Niacin (mg)	42.8	38.4	47.2	100		100	
Folate (mcg total)	517.8	433.1	588.1	NA		NA	
Folate equivs (mcg)	640.1	549.6	714.3	100		100	
Vitamin C (mg)	151.8	109.6	227.1	100		100	
Vitamin D (mcg)	3.1	2.3	5.1	NA		0	
Vitamin E (mg)	7.9	5.5	10.2	NA		84	
Calcium (mg)	1336.6	1188.4	1529.6	100		79	
Iron (mg)	10.6	9.3	12.5	100		100	
Iodine (mcg)	221.5	193.3	278.5	100		100	
Magnesium (mg)	383.8	349.4	429.1	100		100	
Phosphorus (mg)	1814.4	1714.9	1975.4	100		100	
Potassium (mg)	3816.9	3503.9	4341.8	NA		100	
Sodium (mg)	1061.0	867.1	1820.9	NA		96	
Zinc (mg)	12.0	10.5	22.7	100		100	
Cholesterol (mg)	164.0	110.7	264.4	NA		NA	
Selenium (mcg)	64.6	46.3	120.7	93		61	
Vitamin B6 (mg)	1.8	1.3	2.5	99		85	
Vitamin B12 (mcg)	7.0	6.1	9.6	100		100	

Percent energy from fat 23.5

Percent energy from protein 24.1

Percent energy from carbohydrate 52.4

Foundation Diets ‘Pasta-style’ Women 70+ yrs height 150cm; sedentary PAL 1.4

AllFoodGroups Nservings							
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	10					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	7					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	18					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	4					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	7					
[17,]	Pasta	10					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)		6295.6	6017.5	6602.3	NA	NA	NA
Energy (kJ)		6536.1	6242.5	6846.5	NA	NA	NA
Protein (g)		90.6	85.9	98.5	100	100	100
Fat (g)		42.1	36.9	49.6	NA	NA	NA
Carbohydrate (g)		190.5	178.4	208.8	NA	NA	NA
Sugars (g)		97.4	87.7	108.6	NA	NA	NA
Starch (g)		91.7	83.9	98.1	NA	NA	NA
Fibre (g)		30.1	27.4	32.9	NA	100	100
Saturated fat (g)		15.6	13.3	18.3	NA	NA	NA
Monounsaturated fat (g)		13.3	10.5	16.8	NA	NA	NA
Polyunsaturated fat (g)		9.8	7.3	13.3	NA	NA	NA
Linoleic acid (g)		8.9	6.5	12.1	NA	82	82
Alpha linolenic acid (g)		0.8	0.5	1.3	NA	39	39
LC n3 fatty acids (mg)		201.3	28.2	652.0	NA	64	64
Vitamin A equivs (mcg)		1181.7	764.3	1563.0	100	100	100
Retinol (mcg)		303.0	241.9	378.8	NA	NA	NA
Provitamin A (mcg)		5232.2	2857.5	7674.7	NA	NA	NA
Thiamin (mg)		1.1	0.8	1.4	99	34	34
Riboflavin (mg)		2.6	2.3	2.9	100	100	100
Niacin (mg)		40.5	36.9	45.6	100	100	100
Folate (mcg total)		489.4	410.8	553.4	NA	NA	NA
Folate equivs (mcg)		593.8	494.7	682.7	100	100	100
Vitamin C (mg)		115.6	74.4	165.5	100	100	100
Vitamin D (mcg)		3.2	2.2	5.2	NA	0	0
Vitamin E (mg)		7.0	5.3	8.8	NA	45	45
Calcium (mg)		1286.3	1171.8	1446.9	100	44	44
Iron (mg)		9.2	7.9	11.1	100	99	99
Iodine (mcg)		218.0	192.0	281.2	100	100	100
Magnesium (mg)		346.1	310.6	377.8	100	96	96
Phosphorus (mg)		1700.3	1561.4	1815.6	100	100	100
Potassium (mg)		3463.1	3153.6	3875.8	NA	100	100
Sodium (mg)		983.6	820.0	1804.5	NA	78	78
Zinc (mg)		10.7	9.4	21.3	100	100	100
Cholesterol (mg)		184.1	118.0	317.3	NA	NA	NA
Selenium (mcg)		59.1	44.6	80.9	83	39	39
Vitamin B6 (mg)		1.5	1.0	2.1	82	42	42
Vitamin B12 (mcg)		6.9	6.2	11.8	100	100	100
Percent energy from fat		24.4					
Percent energy from protein		24.1					
Percent energy from carbohydrate		51.5					

Foundation Diets Lactation 31 to 50 years (150 cm; PAL 1.4)

	AllFoodGroups	Nservings
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	3
[5,]	NutsSeeds	4
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	21
[10,]	Poultryfishheggsleg	7
[11,]	RedMeats	7
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	14
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9006.5	8550.6	9530.0	NA		NA		
Energy (kJ)	9331.3	8866.4	9880.6	NA		NA		
Protein (g)	117.7	108.8	123.3	100		100		
Fat (g)	61.7	55.9	67.3	NA		NA		
Carbohydrate (g)	280.7	264.7	296.2	NA		NA		
Sugars (g)	95.8	83.0	109.3	NA		NA		
Starch (g)	183.7	168.5	206.0	NA		NA		
Fibre (g)	42.3	37.1	52.8	NA		100		
Saturated fat (g)	19.4	17.1	21.8	NA		NA		
Monounsaturated fat (g)	21.3	18.5	24.6	NA		NA		
Polyunsaturated fat (g)	16.0	13.8	18.4	NA		NA		
Linoleic acid (g)	14.6	12.7	16.5	NA		100		
Alpha linolenic acid (g)	1.1	0.9	1.6	NA		15		
LC n3 fatty acids (mg)	284.4	74.6	705.8	NA		79		
Vitamin A equivs (mcg)	1424.3	1111.2	1829.0	100		100		
Retinol (mcg)	359.0	298.6	456.9	NA		NA		
Provitamin A (mcg)	6338.9	4444.7	8900.1	NA		NA		
Thiamin (mg)	2.1	1.7	2.5	100		100		
Riboflavin (mg)	2.7	2.3	3.1	100		100		
Niacin (mg)	59.2	52.6	64.4	100		100		
Folate (mcg total)	553.2	455.1	661.0	NA		NA		
Folate equivs (mcg)	918.1	785.0	1051.2	100		100		
Vitamin C (mg)	128.9	85.4	172.4	100		100		
Vitamin D (mcg)	3.6	2.5	6.3	NA		5		
Vitamin E (mg)	11.5	9.3	14.7	NA		63		
Calcium (mg)	1208.7	1076.8	1387.8	100		100		
Iron (mg)	15.4	14.0	17.5	100		100		
Iodine (mcg)	246.0	214.2	302.8	100		7		
Magnesium (mg)	477.9	438.1	538.2	100		100		
Phosphorus (mg)	2035.4	1880.8	2177.8	100		100		
Potassium (mg)	4168.1	3859.4	4533.3	NA		100		
Sodium (mg)	1786.2	1459.1	2686.3	NA		100		
Zinc (mg)	16.2	14.1	26.3	100		100		
Cholesterol (mg)	249.5	144.0	467.4	NA		NA		
Selenium (mcg)	95.7	74.3	131.3	100		98		
Vitamin B6 (mg)	2.0	1.5	2.7	98		42		
Vitamin B12 (mcg)	6.6	5.2	11.3	100		100		

Percent energy from fat 25.1

Percent energy from protein 22.0

Percent energy from carbohydrate 52.9

Foundation Diets Lacto-ovo vegetarian men 19-30 yrs (height 160cm; sedentary (PAL 1.4)

AllFoodGroups	Nservings						
[1,] StarchyVeg	7						
[2,] GreenBrassicas	7						
[3,] OrangeVeg	7						
[4,] Legumes	7						
[5,] NutsSeeds	7						
[6,] OtherVeg	14						
[7,] TotalFruit	14						
[8,] WholegrainCereals	42						
[9,] RefinedCereals	0						
[10,] Poultryfisheggsleg	0						
[11,] RedMeats	0						
[12,] EggsLegumesNutsSeeds	10						
[13,] HiFatDairy	3						
[14,] MidFatDairy	0						
[15,] LoFatDairy	11						
[16,] PolyMarg	7						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	0						
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	8448.9	8016.5	8787.0	NA	NA		
Energy (kJ)	8906.2	8480.2	9249.8	NA	NA		
Protein (g)	99.2	93.5	103.7	100	100		
Fat (g)	76.4	71.3	83.2	NA	NA		
Carbohydrate (g)	234.5	220.4	255.8	NA	NA		
Sugars (g)	94.5	87.5	102.9	NA	NA		
Starch (g)	138.8	125.3	159.2	NA	NA		
Fibre (g)	59.2	53.4	70.6	NA	100		
Saturated fat (g)	18.2	16.2	20.1	NA	NA		
Monounsaturated fat (g)	29.6	26.8	33.5	NA	NA		
Polyunsaturated fat (g)	23.0	21.3	24.7	NA	NA		
Linoleic acid (g)	21.8	20.2	23.5	NA	100		
Alpha linolenic acid (g)	1.2	1.0	1.3	NA	4		
LC n3 fatty acids (mg)	53.7	47.3	57.0	NA	0		
Vitamin A equivs (mcg)	1360.5	1091.0	1607.2	100	100		
Retinol (mcg)	287.2	251.0	312.4	NA	NA		
Provitamin A (mcg)	6411.3	4671.3	7987.2	NA	NA		
Thiamin (mg)	2.6	2.4	2.8	100	100		
Riboflavin (mg)	2.7	2.4	3.0	100	100		
Niacin (mg)	50.7	46.4	54.3	100	100		
Folate (mcg total)	801.8	705.2	928.6	NA	NA		
Folate equivs (mcg)	1046.3	903.4	1189.6	100	100		
Vitamin C (mg)	131.6	92.2	177.3	100	100		
Vitamin D (mcg)	2.1	1.8	2.6	NA	0		
Vitamin E (mg)	15.6	13.6	17.9	NA	100		
Calcium (mg)	1130.3	1033.8	1241.2	100	100		
Iron (mg)	19.5	18.1	20.9	100	100		
Iodine (mcg)	173.4	153.0	192.9	100	100		
Magnesium (mg)	645.2	604.9	680.9	100	100		
Phosphorus (mg)	2051.8	1887.0	2147.0	100	100		
Potassium (mg)	4444.4	4183.0	4823.1	NA	100		
Sodium (mg)	1272.7	1036.1	1480.5	NA	100		
Zinc (mg)	14.4	13.5	15.2	0	0		
Cholesterol (mg)	233.1	226.4	239.4	NA	NA		
Selenium (mcg)	73.5	59.1	120.0	96	57		
Vitamin B6 (mg)	2.2	1.8	2.7	100	100		
Vitamin B12 (mcg)	3.9	3.7	4.0	100	100		
Percent energy from fat	32.4						
Percent energy from protein	19.3						
Percent energy from carbohydrate	48.3						

Foundation Diets Lacto-ovo vegetarian men 31-50 yrs (height 160cm; sedentary (PAL 1.4)

AllFoodGroups		Nservings								
[1,]	StarchyVeg	7								
[2,]	GreenBrassicas	7								
[3,]	OrangeVeg	7								
[4,]	Legumes	7								
[5,]	NutsSeeds	7								
[6,]	OtherVeg	14								
[7,]	TotalFruit	14								
[8,]	WholegrainCereals	42								
[9,]	RefinedCereals	0								
[10,]	Poultryfishheggsleg	0								
[11,]	RedMeats	0								
[12,]	EggsLegumesNutsSeeds	10								
[13,]	HiFatDairy	3								
[14,]	MidFatDairy	0								
[15,]	LoFatDairy	11								
[16,]	PolyMarg	7								
[17,]	Pasta	0								
[18,]	Rice	0								
[19,]	Extras	0								
			Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)			8391.4	8110.2	8840.2		NA			NA
Energy (kJ)			8836.2	8564.2	9282.8		NA			NA
Protein (g)			100.8	97.5	105.7		100			100
Fat (g)			78.5	74.2	88.6		NA			NA
Carbohydrate (g)			224.8	208.6	238.9		NA			NA
Sugars (g)			93.8	84.6	103.6		NA			NA
Starch (g)			129.3	115.9	146.6		NA			NA
Fibre (g)			56.8	52.4	66.6		NA			100
Saturated fat (g)			19.0	17.4	21.3		NA			NA
Monounsaturated fat (g)			29.9	27.8	36.1		NA			NA
Polyunsaturated fat (g)			24.0	22.2	27.3		NA			NA
Linoleic acid (g)			22.8	21.3	25.7		NA			100
Alpha linolenic acid (g)			1.2	1.0	1.6		NA			11
LC n3 fatty acids (mg)			53.4	48.7	58.0		NA			0
Vitamin A equivs (mcg)			1333.7	1014.1	1770.8		100			100
Retinol (mcg)			295.2	269.9	321.0		NA			NA
Provitamin A (mcg)			6198.1	4296.6	8808.9		NA			NA
Thiamin (mg)			2.4	2.2	2.7		100			100
Riboflavin (mg)			2.6	2.2	2.9		100			100
Niacin (mg)			50.8	47.4	53.8		100			100
Folate (mcg total)			785.1	706.3	922.4		NA			NA
Folate equivs (mcg)			1034.6	931.1	1134.0		100			100
Vitamin C (mg)			122.9	85.8	161.9		100			100
Vitamin D (mcg)			2.2	1.8	2.6		NA			0
Vitamin E (mg)			15.8	14.0	18.2		NA			100
Calcium (mg)			1179.8	1070.1	1313.1		100			100
Iron (mg)			18.7	17.2	20.1		100			100
Iodine (mcg)			186.7	164.8	212.2		100			100
Magnesium (mg)			632.9	594.8	664.8		100			100
Phosphorus (mg)			2055.9	1958.3	2170.5		100			100
Potassium (mg)			4431.1	4159.9	4640.1		NA			100
Sodium (mg)			1306.6	1096.6	1552.7		NA			100
Zinc (mg)			14.1	13.5	14.8		0			0
Cholesterol (mg)			235.6	228.7	243.9		NA			NA
Selenium (mcg)			76.4	57.5	126.5		92			48
Vitamin B6 (mg)			2.1	1.7	2.8		100			100
Vitamin B12 (mcg)			3.9	3.7	4.1		100			100
Percent energy from fat 33.5										
Percent energy from protein 19.8										
Percent energy from carbohydrate 46.7										

Foundation Diets Lacto-ovo vegetarian men 51-70 yrs (height 160cm; sedentary (PAL 1.4)

AllFoodGroups	Nservings						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	7					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	11					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)		7651.2	7366.0	7984.7	NA		NA
Energy (kJ)		8046.5	7765.2	8390.7	NA		NA
Protein (g)		92.0	87.3	95.7	100		100
Fat (g)		68.4	63.7	73.6	NA		NA
Carbohydrate (g)		211.7	200.3	230.5	NA		NA
Sugars (g)		93.8	82.9	104.9	NA		NA
Starch (g)		116.3	105.7	128.2	NA		NA
Fibre (g)		50.4	47.0	59.9	NA		100
Saturated fat (g)		17.7	16.3	19.1	NA		NA
Monounsaturated fat (g)		25.8	23.3	29.0	NA		NA
Polyunsaturated fat (g)		20.1	18.6	22.7	NA		NA
Linoleic acid (g)		19.0	17.6	21.2	NA		100
Alpha linolenic acid (g)		1.1	0.9	1.6	NA		10
LC n3 fatty acids (mg)		40.3	34.5	44.6	NA		0
Vitamin A equivs (mcg)		1279.1	851.6	1562.2	100		99
Retinol (mcg)		285.5	260.3	311.9	NA		NA
Provitamin A (mcg)		5920.4	3251.9	7582.7	NA		NA
Thiamin (mg)		2.1	1.9	2.4	100		100
Riboflavin (mg)		2.5	2.2	2.9	100		100
Niacin (mg)		46.9	42.8	50.1	100		100
Folate (mcg total)		703.1	635.6	778.9	NA		NA
Folate equivs (mcg)		951.2	820.4	1054.8	100		100
Vitamin C (mg)		129.9	91.6	189.3	100		100
Vitamin D (mcg)		2.2	1.9	2.7	NA		0
Vitamin E (mg)		13.5	10.8	16.0	NA		100
Calcium (mg)		1195.1	1084.7	1326.6	100		100
Iron (mg)		16.1	14.8	17.8	100		100
Iodine (mcg)		195.8	176.6	217.7	100		100
Magnesium (mg)		560.0	516.6	601.4	100		100
Phosphorus (mg)		1907.3	1761.7	2037.0	100		100
Potassium (mg)		4254.1	4006.8	4588.3	NA		100
Sodium (mg)		1311.9	1102.5	1595.4	NA		100
Zinc (mg)		12.7	11.9	13.3	0		0
Cholesterol (mg)		183.2	173.5	191.9	NA		NA
Selenium (mcg)		64.2	47.7	90.1	66		24
Vitamin B6 (mg)		1.9	1.5	2.9	100		66
Vitamin B12 (mcg)		3.6	3.3	3.7	100		100
Percent energy from fat		32.1					
Percent energy from protein		19.8					
Percent energy from carbohydrate		48.0					

Foundation Diets Lacto-ovo vegetarian men 70+ yrs (height 160cm; sedentary (PAL 1.4)

AllFoodGroups	Nservings						
[1,] StarchyVeg	4						
[2,] GreenBrassicas	4						
[3,] OrangeVeg	4						
[4,] Legumes	4						
[5,] NutsSeeds	7						
[6,] OtherVeg	7						
[7,] TotalFruit	14						
[8,] WholegrainCereals	35						
[9,] RefinedCereals	0						
[10,] Poultryfisheggsleg	0						
[11,] RedMeats	0						
[12,] EggsLegumesNutsSeeds	7						
[13,] HiFatDairy	3						
[14,] MidFatDairy	0						
[15,] LoFatDairy	14						
[16,] PolyMarg	7						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	0						
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7028.9	6815.5	7251.9	NA	NA		
Energy (kJ)	7348.3	7130.9	7569.7	NA	NA		
Protein (g)	86.3	82.5	91.0	100	100		
Fat (g)	66.8	63.0	70.0	NA	NA		
Carbohydrate (g)	184.0	170.8	198.8	NA	NA		
Sugars (g)	90.6	82.1	100.8	NA	NA		
Starch (g)	91.8	84.3	101.3	NA	NA		
Fibre (g)	40.2	37.0	45.6	NA	100		
Saturated fat (g)	17.7	16.4	19.0	NA	NA		
Monounsaturated fat (g)	25.4	23.7	29.5	NA	NA		
Polyunsaturated fat (g)	19.2	17.5	22.4	NA	NA		
Linoleic acid (g)	18.2	16.7	21.5	NA	100		
Alpha linolenic acid (g)	1.0	0.9	1.3	NA	0		
LC n3 fatty acids (mg)	39.8	32.5	43.5	NA	0		
Vitamin A equivs (mcg)	867.6	644.4	1176.6	100	37		
Retinol (mcg)	304.4	274.8	332.3	NA	NA		
Provitamin A (mcg)	3348.2	2052.5	5145.9	NA	NA		
Thiamin (mg)	1.8	1.6	2.0	100	100		
Riboflavin (mg)	2.4	2.2	2.7	100	100		
Niacin (mg)	41.3	39.0	45.4	100	100		
Folate (mcg total)	624.5	566.0	705.0	NA	NA		
Folate equivs (mcg)	842.1	757.7	919.4	100	100		
Vitamin C (mg)	97.2	59.7	160.9	100	100		
Vitamin D (mcg)	2.4	1.9	2.9	NA	0		
Vitamin E (mg)	12.3	10.5	14.5	NA	100		
Calcium (mg)	1237.4	1104.8	1364.5	100	11		
Iron (mg)	13.0	11.8	14.3	100	0		
Iodine (mcg)	212.1	192.9	231.8	100	100		
Magnesium (mg)	494.1	462.0	536.1	100	100		
Phosphorus (mg)	1805.1	1685.8	1922.4	100	100		
Potassium (mg)	3688.9	3413.3	3992.8	NA	14		
Sodium (mg)	1182.0	1028.9	1386.6	NA	100		
Zinc (mg)	11.3	10.6	11.9	0	0		
Cholesterol (mg)	189.2	180.9	197.5	NA	NA		
Selenium (mcg)	63.5	41.8	104.4	56	17		
Vitamin B6 (mg)	1.5	1.3	2.1	73	18		
Vitamin B12 (mcg)	4.2	3.9	4.3	100	100		
Percent energy from fat 34.3							
Percent energy from protein 20.4							
Percent energy from carbohydrate 45.3							

**Foundation Diets Lacto-ovo vegetarian women 19-30 yrs; height 150cm;
sedentary (PAL 1.4)**

AllFoodGroups		Nservings								
[1,]	StarchyVeg	3								
[2,]	GreenBrassicas	7								
[3,]	OrangeVeg	7								
[4,]	Legumes	7								
[5,]	NutsSeeds	2								
[6,]	OtherVeg	7								
[7,]	TotalFruit	7								
[8,]	WholegrainCereals	42								
[9,]	RefinedCereals	0								
[10,]	Poultryfishheggsleg	0								
[11,]	RedMeats	0								
[12,]	EggsLegumesNutsSeeds	10								
[13,]	HiFatDairy	2								
[14,]	MidFatDairy	0								
[15,]	LoFatDairy	9								
[16,]	PolyMarg	0								
[17,]	Pasta	0								
[18,]	Rice	0								
[19,]	Extras	0								
			Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)			6776.5	6505.0	7050.2	NA	NA			
Energy (kJ)			7157.8	6883.6	7437.7	NA	NA			
Protein (g)			88.7	84.1	93.4	100	100			
Fat (g)			57.6	53.5	63.7	NA	NA			
Carbohydrate (g)			186.9	176.2	197.6	NA	NA			
Sugars (g)			71.4	63.4	81.8	NA	NA			
Starch (g)			114.7	104.4	125.6	NA	NA			
Fibre (g)			49.0	44.5	57.7	NA	100			
Saturated fat (g)			14.2	12.5	15.9	NA	NA			
Monounsaturated fat (g)			21.9	20.2	24.9	NA	NA			
Polyunsaturated fat (g)			17.1	15.7	18.9	NA	NA			
Linoleic acid (g)			16.0	14.8	17.7	NA	100			
Alpha linolenic acid (g)			1.0	0.8	1.2	NA	100			
LC n3 fatty acids (mg)			50.1	43.7	54.4	NA	0			
Vitamin A equivs (mcg)			1164.4	714.3	1508.6	100	100			
Retinol (mcg)			198.3	166.2	233.5	NA	NA			
Provitamin A (mcg)			5763.8	3150.2	7892.2	NA	NA			
Thiamin (mg)			2.1	1.9	2.4	100	100			
Riboflavin (mg)			2.4	2.1	2.8	100	100			
Niacin (mg)			43.7	41.3	46.3	100	100			
Folate (mcg total)			676.8	611.0	761.9	NA	NA			
Folate equivs (mcg)			914.6	823.7	1029.4	100	100			
Vitamin C (mg)			81.3	44.9	112.8	100	99			
Vitamin D (mcg)			1.5	1.2	2.1	NA	0			
Vitamin E (mg)			11.0	9.6	13.4	NA	100			
Calcium (mg)			1053.6	916.8	1190.3	100	85			
Iron (mg)			17.2	15.6	18.5	100	0			
Iodine (mcg)			171.9	151.1	191.9	100	100			
Magnesium (mg)			546.5	521.0	578.3	100	100			
Phosphorus (mg)			1804.8	1688.7	1945.2	100	100			
Potassium (mg)			3559.2	3332.8	3852.1	NA	100			
Sodium (mg)			1161.1	965.9	1407.5	NA	100			
Zinc (mg)			12.4	11.8	13.0	100	92			
Cholesterol (mg)			228.7	220.7	240.2	NA	NA			
Selenium (mcg)			57.8	50.8	71.2	100	29			
Vitamin B6 (mg)			1.7	1.4	2.3	100	100			
Vitamin B12 (mcg)			3.3	3.2	3.4	100	100			
Percent energy from fat			30.4							
Percent energy from protein			21.5							
Percent energy from carbohydrate			48.1							

**Foundation Diets Lacto-ovo vegetarian women 31-50 yrs; height 150cm;
sedentary (PAL 1.4)**

AllFoodGroups	Nservings						
[1,] StarchyVeg	3						
[2,] GreenBrassicas	7						
[3,] OrangeVeg	7						
[4,] Legumes	7						
[5,] NutsSeeds	2						
[6,] OtherVeg	7						
[7,] TotalFruit	7						
[8,] WholegrainCereals	42						
[9,] RefinedCereals	0						
[10,] Poultryfishheggsleg	0						
[11,] RedMeats	0						
[12,] EggsLegumesNutsSeeds	10						
[13,] HiFatDairy	2						
[14,] MidFatDairy	0						
[15,] LoFatDairy	9						
[16,] PolyMarg	0						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	0						
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6797.7	6596.3	7187.1	NA	NA		
Energy (kJ)	7175.7	6974.1	7586.9	NA	NA		
Protein (g)	88.8	85.2	93.8	100	100		
Fat (g)	57.8	53.5	65.1	NA	NA		
Carbohydrate (g)	187.3	175.0	205.8	NA	NA		
Sugars (g)	67.2	59.2	76.5	NA	NA		
Starch (g)	119.3	106.7	133.8	NA	NA		
Fibre (g)	48.3	44.9	57.4	NA	100		
Saturated fat (g)	14.0	12.6	15.7	NA	NA		
Monounsaturated fat (g)	21.9	20.2	26.0	NA	NA		
Polyunsaturated fat (g)	17.6	16.2	20.8	NA	NA		
Linoleic acid (g)	16.5	15.2	19.3	NA	100		
Alpha linolenic acid (g)	1.0	0.9	1.4	NA	100		
LC n3 fatty acids (mg)	50.5	47.2	53.9	NA	0		
Vitamin A equivs (mcg)	1136.4	827.8	1421.9	100	100		
Retinol (mcg)	188.3	158.3	207.5	NA	NA		
Provitamin A (mcg)	5652.8	3777.2	7395.3	NA	NA		
Thiamin (mg)	2.1	1.9	2.4	100	100		
Riboflavin (mg)	2.2	1.8	2.6	100	100		
Niacin (mg)	43.2	40.2	45.7	100	100		
Folate (mcg total)	649.7	590.4	716.6	NA	NA		
Folate equivs (mcg)	913.7	786.7	1017.6	100	100		
Vitamin C (mg)	79.7	45.9	115.6	100	100		
Vitamin D (mcg)	1.4	1.1	1.9	NA	0		
Vitamin E (mg)	11.2	9.8	12.7	NA	100		
Calcium (mg)	1024.6	918.1	1195.9	100	67		
Iron (mg)	16.8	15.6	18.2	100	0		
Iodine (mcg)	172.6	149.9	189.5	100	99		
Magnesium (mg)	544.7	513.4	585.7	100	100		
Phosphorus (mg)	1776.1	1662.2	1975.7	100	100		
Potassium (mg)	3509.8	3269.6	3755.6	NA	100		
Sodium (mg)	1208.1	984.8	1409.5	NA	100		
Zinc (mg)	12.2	11.5	13.0	100	76		
Cholesterol (mg)	226.6	216.8	233.8	NA	NA		
Selenium (mcg)	61.4	50.3	105.9	100	42		
Vitamin B6 (mg)	1.7	1.4	2.4	100	100		
Vitamin B12 (mcg)	3.4	3.2	3.5	100	100		
Percent energy from fat	30.5						
Percent energy from protein	21.5						
Percent energy from carbohydrate	48.0						

**Foundation Diets Lacto-ovo vegetarian women 51-70 yrs; height 150cm;
sedentary (PAL 1.4)**

AllFoodGroups Nservings							
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	35					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	7					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	18					
[16,]	PolyMarg	0					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6513.1	6302.1	6745.3	NA	NA		
Energy (kJ)	6830.9	6613.0	7067.9	NA	NA		
Protein (g)	90.2	85.6	95.2	100	100		
Fat (g)	52.8	48.4	57.0	NA	NA		
Carbohydrate (g)	180.2	169.0	193.0	NA	NA		
Sugars (g)	85.8	78.5	96.7	NA	NA		
Starch (g)	93.5	83.5	104.9	NA	NA		
Fibre (g)	40.2	36.5	45.8	NA	100		
Saturated fat (g)	15.8	14.2	17.5	NA	NA		
Monounsaturated fat (g)	19.3	17.2	21.9	NA	NA		
Polyunsaturated fat (g)	13.8	12.3	15.9	NA	NA		
Linoleic acid (g)	13.0	11.6	15.1	NA	100		
Alpha linolenic acid (g)	0.9	0.7	1.1	NA	85		
LC n3 fatty acids (mg)	41.1	35.5	46.6	NA	0		
Vitamin A equivs (mcg)	1141.7	690.2	1532.0	100	99		
Retinol (mcg)	242.7	209.9	279.0	NA	NA		
Provitamin A (mcg)	5327.7	2652.6	7689.6	NA	NA		
Thiamin (mg)	1.7	1.5	2.0	100	100		
Riboflavin (mg)	2.7	2.5	3.0	100	100		
Niacin (mg)	42.6	38.3	45.8	100	100		
Folate (mcg total)	625.2	564.8	696.9	NA	NA		
Folate equivs (mcg)	833.9	736.1	928.1	100	100		
Vitamin C (mg)	84.5	56.6	149.6	100	100		
Vitamin D (mcg)	2.1	1.6	2.8	NA	0		
Vitamin E (mg)	9.2	7.6	11.4	NA	100		
Calcium (mg)	1366.7	1187.5	1518.7	100	90		
Iron (mg)	13.5	11.9	14.8	100	4		
Iodine (mcg)	226.4	204.7	252.8	100	100		
Magnesium (mg)	492.3	469.6	528.8	100	100		
Phosphorus (mg)	1897.8	1775.6	2014.4	100	100		
Potassium (mg)	3725.2	3479.4	4115.0	NA	100		
Sodium (mg)	1197.2	1071.8	1453.8	NA	100		
Zinc (mg)	11.8	11.2	12.5	100	17		
Cholesterol (mg)	197.1	186.9	213.1	NA	NA		
Selenium (mcg)	54.6	43.7	73.5	69	22		
Vitamin B6 (mg)	1.6	1.3	2.3	98	60		
Vitamin B12 (mcg)	5.1	4.9	5.3	100	100		
Percent energy from fat 29.2							
Percent energy from protein 22.9							
Percent energy from carbohydrate 47.9							

Foundation Diets Lacto-ovo vegetarian women 70+yrs; height 150cm; sedentary (PAL 1.4)

AllFoodGroups Nservings							
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	7					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	18					
[16,]	PolyMarg	0					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6088.7	5885.1	6286.7	NA	NA	NA	NA
Energy (kJ)	6385.5	6172.3	6589.7	NA	NA	NA	NA
Protein (g)	86.2	82.0	89.4	100	100	100	100
Fat (g)	51.8	48.5	58.4	NA	NA	NA	NA
Carbohydrate (g)	161.7	150.9	174.9	NA	NA	NA	NA
Sugars (g)	82.5	72.9	91.2	NA	NA	NA	NA
Starch (g)	78.3	69.4	86.7	NA	NA	NA	NA
Fibre (g)	37.3	35.1	42.2	NA	100	100	100
Saturated fat (g)	15.3	14.0	16.8	NA	NA	NA	NA
Monounsaturated fat (g)	18.7	16.5	21.4	NA	NA	NA	NA
Polyunsaturated fat (g)	14.0	11.8	17.6	NA	NA	NA	NA
Linoleic acid (g)	13.1	11.1	16.1	NA	100	100	100
Alpha linolenic acid (g)	0.9	0.7	1.6	NA	73	73	73
LC n3 fatty acids (mg)	40.3	33.0	43.9	NA	0	0	0
Vitamin A equivs (mcg)	1056.1	746.7	1419.0	100	100	100	100
Retinol (mcg)	239.6	213.1	262.0	NA	NA	NA	NA
Provitamin A (mcg)	4856.3	3079.9	6923.0	NA	NA	NA	NA
Thiamin (mg)	1.5	1.3	1.8	100	100	100	100
Riboflavin (mg)	2.6	2.2	2.9	100	100	100	100
Niacin (mg)	40.5	36.7	42.6	100	100	100	100
Folate (mcg total)	616.3	551.4	695.8	NA	NA	NA	NA
Folate equivs (mcg)	783.7	703.9	878.0	100	100	100	100
Vitamin C (mg)	81.8	49.1	123.7	100	100	100	100
Vitamin D (mcg)	2.1	1.8	2.6	NA	0	0	0
Vitamin E (mg)	8.7	7.5	10.5	NA	100	100	100
Calcium (mg)	1308.0	1176.6	1408.0	100	54	54	54
Iron (mg)	12.4	11.2	14.1	100	0	0	0
Iodine (mcg)	215.4	180.2	233.8	100	100	100	100
Magnesium (mg)	462.4	432.8	493.3	100	100	100	100
Phosphorus (mg)	1783.2	1648.5	1880.4	100	100	100	100
Potassium (mg)	3615.3	3350.7	3846.5	NA	100	100	100
Sodium (mg)	1065.7	925.4	1229.8	NA	100	100	100
Zinc (mg)	11.1	10.5	11.7	100	0	0	0
Cholesterol (mg)	194.5	185.2	202.1	NA	NA	NA	NA
Selenium (mcg)	51.3	41.1	73.2	50	15	15	15
Vitamin B6 (mg)	1.5	1.2	2.3	94	45	45	45
Vitamin B12 (mcg)	5.0	4.7	5.2	100	100	100	100
Percent energy from fat 30.6							
Percent energy from protein 23.4							
Percent energy from carbohydrate 46.0							

Foundation Diets Boys 13-23months: aged 13 months; about 3600kJ (single energy level in NRV;)

AllFoodGroups N.serves									
[1,]	StarchyVeg	2.5							
[2,]	GreenBrassicas	3.5							
[3,]	OrangeVeg	3.5							
[4,]	Legumes	1							
[5,]	NutsSeeds	0							
[6,]	OtherVeg	7							
[7,]	TotalFruit	3.5							
[8,]	WholegrainCereals	16							
[9,]	RefinedCereals	8.5							
[10,]	Poultryfishheggsleg	3.5							
[11,]	RedMeats	3.5							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	1							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	7							
[16,]	PolyMarg	3.5							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	0							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		3503.6	3325.3	3720.1		NA			NA
Energy (kJ)		3630.2	3452.7	3845.7		NA			NA
Protein (g)		51.1	48.7	54.0	100				100
Fat (g)		20.9	17.5	24.9		NA			NA
Carbohydrate (g)		110.7	103.3	120.5		NA			NA
Sugars (g)		38.7	33.9	45.4		NA			NA
Starch (g)		71.4	64.7	79.6		NA			NA
Fibre (g)		17.4	14.1	24.7		NA			100
Saturated fat (g)		7.4	6.2	8.7		NA			NA
Monounsaturated fat (g)		7.0	5.5	8.8		NA			NA
Polyunsaturated fat (g)		4.7	4.0	5.4		NA			NA
Linoleic acid (g)		4.1	3.5	4.8		NA			0
Alpha linolenic acid (g)		0.4	0.3	0.6		NA			1
LC n3 fatty acids (mg)		106.7	38.8	277.4		NA			97
Vitamin A equivs (mcg)		666.3	483.5	823.1	100				100
Retinol (mcg)		126.0	103.7	166.2		NA			NA
Provitamin A (mcg)		3201.0	2036.3	4090.7		NA			NA
Thiamin (mg)		0.8	0.7	1.0	100				100
Riboflavin (mg)		1.2	1.1	1.4	100				100
Niacin (mg)		24.7	22.3	27.7	100				100
Folate (mcg total)		213.2	178.4	255.6		NA			NA
Folate equivs (mcg)		346.7	280.9	415.5	100				100
Vitamin C (mg)		56.1	41.3	78.6	100				100
Vitamin D (mcg)		1.3	0.9	1.9		NA			0
Vitamin E (mg)		3.6	2.7	4.7		NA			0
Calcium (mg)		529.7	458.6	593.9	100				91
Iron (mg)		6.4	5.6	7.3	100				0
Iodine (mcg)		96.0	76.3	120.3	100				81
Magnesium (mg)		185.1	173.5	203.7	100				100
Phosphorus (mg)		868.0	818.4	931.5	100				100
Potassium (mg)		1732.6	1566.8	1871.8		NA			0
Sodium (mg)		703.7	573.2	849.8		NA			100
Zinc (mg)		6.7	6.0	12.3	100				100
Cholesterol (mg)		119.0	71.7	181.4		NA			NA
Selenium (mcg)		38.0	31.5	47.3	100				100
Vitamin B6 (mg)		0.8	0.6	1.2	100				100
Vitamin B12 (mcg)		3.1	2.6	4.2	100				100
Percent energy from fat		21.8							
Percent energy from protein		24.6							
Percent energy from carbohydrate		53.6							

Foundation Diets Boys 2-3: aged 2, 4400kJ (single energy level in NRVs)

AllFoodGroups	N.serves						
[1,]	StarchyVeg	2.5					
[2,]	GreenBrassicas	3.5					
[3,]	OrangeVeg	3.5					
[4,]	Legumes	2					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheseggsleg	3.5					
[11,]	RedMeats	3.5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	9.5					
[16,]	PolyMarg	3.5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	4100.3	3918.3	4315.6	NA	NA		
Energy (kJ)	4256.2	4076.8	4487.7	NA	NA		
Protein (g)	57.9	54.2	61.2	100	100		
Fat (g)	22.8	20.1	28.2	NA	NA		
Carbohydrate (g)	135.3	127.1	143.5	NA	NA		
Sugars (g)	53.5	46.3	62.0	NA	NA		
Starch (g)	80.9	72.8	87.1	NA	NA		
Fibre (g)	21.1	17.2	28.5	NA	100		
Saturated fat (g)	8.2	7.0	9.5	NA	NA		
Monounsaturated fat (g)	7.4	5.9	10.5	NA	NA		
Polyunsaturated fat (g)	5.1	4.4	6.4	NA	NA		
Linoleic acid (g)	4.5	3.9	5.6	NA	9		
Alpha linolenic acid (g)	0.5	0.3	0.6	NA	19		
LC n3 fatty acids (mg)	107.4	37.1	265.2	NA	99		
Vitamin A equivs (mcg)	719.3	443.3	864.8	100	100		
Retinol (mcg)	142.3	105.3	184.0	NA	NA		
Provitamin A (mcg)	3411.1	1819.6	4239.8	NA	NA		
Thiamin (mg)	1.0	0.8	1.2	100	100		
Riboflavin (mg)	1.5	1.3	1.7	100	100		
Niacin (mg)	27.7	25.3	30.0	100	100		
Folate (mcg total)	273.3	232.4	311.4	NA	NA		
Folate equivs (mcg)	428.5	373.7	482.9	100	100		
Vitamin C (mg)	67.5	47.2	91.8	100	100		
Vitamin D (mcg)	1.4	0.9	2.1	NA	0		
Vitamin E (mg)	4.0	3.2	5.0	NA	0		
Calcium (mg)	663.7	584.7	761.1	100	100		
Iron (mg)	7.4	6.7	8.2	100	0		
Iodine (mcg)	117.6	103.8	131.6	100	100		
Magnesium (mg)	223.1	204.2	240.2	100	100		
Phosphorus (mg)	1017.9	943.9	1117.6	100	100		
Potassium (mg)	2088.3	1959.7	2288.4	NA	92		
Sodium (mg)	822.5	704.3	976.9	NA	100		
Zinc (mg)	7.5	6.7	7.9	100	100		
Cholesterol (mg)	124.8	74.1	203.5	NA	NA		
Selenium (mcg)	41.1	34.3	50.1	100	100		
Vitamin B6 (mg)	1.0	0.7	1.5	100	100		
Vitamin B12 (mcg)	3.7	3.2	4.3	100	100		
Percent energy from fat	20.4						
Percent energy from protein	23.7						
Percent energy from carbohydrate	55.9						

Foundation Diets Boys 4-8 years; aged 4, average activity PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	3.5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	10.5					
[7,]	TotalFruit	10.5					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheseggsleg	5.5					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	2					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	12					
[16,]	PolyMarg	5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	4961.1	4724.8	5297.7	NA	NA		
Energy (kJ)	5163.2	4941.1	5502.3	NA	NA		
Protein (g)	74.9	71.4	77.8	100	100		
Fat (g)	29.7	25.8	34.9	NA	NA		
Carbohydrate (g)	154.4	145.0	167.5	NA	NA		
Sugars (g)	69.0	63.0	75.1	NA	NA		
Starch (g)	84.5	78.7	94.0	NA	NA		
Fibre (g)	26.7	22.2	31.8	NA	100		
Saturated fat (g)	11.1	9.6	12.6	NA	NA		
Monounsaturated fat (g)	9.6	7.8	12.4	NA	NA		
Polyunsaturated fat (g)	6.2	5.6	7.1	NA	NA		
Linoleic acid (g)	5.4	4.9	6.2	NA	0		
Alpha linolenic acid (g)	0.5	0.5	0.7	NA	0		
LC n3 fatty acids (mg)	149.1	49.9	360.5	NA	99		
Vitamin A equivs (mcg)	1259.2	1027.2	1476.5	100	100		
Retinol (mcg)	194.0	152.4	238.6	NA	NA		
Provitamin A (mcg)	6351.4	5016.9	7624.5	NA	NA		
Thiamin (mg)	1.2	1.1	1.4	100	100		
Riboflavin (mg)	1.9	1.7	2.1	100	100		
Niacin (mg)	36.5	32.6	39.6	100	100		
Folate (mcg total)	369.3	321.9	423.4	NA	NA		
Folate equivs (mcg)	541.8	484.5	614.5	100	100		
Vitamin C (mg)	107.9	78.9	137.8	100	100		
Vitamin D (mcg)	2.0	1.5	2.8	NA	0		
Vitamin E (mg)	5.4	4.4	6.4	NA	11		
Calcium (mg)	819.3	760.3	896.7	100	100		
Iron (mg)	9.3	8.3	10.5	100	7		
Iodine (mcg)	142.9	121.1	160.8	100	100		
Magnesium (mg)	276.0	256.6	301.6	100	100		
Phosphorus (mg)	1274.9	1210.1	1338.0	100	100		
Potassium (mg)	2807.1	2659.0	3018.2	NA	100		
Sodium (mg)	992.0	863.6	1142.0	NA	100		
Zinc (mg)	9.9	9.2	15.5	100	100		
Cholesterol (mg)	182.5	109.9	278.4	NA	NA		
Selenium (mcg)	53.9	41.9	63.2	100	100		
Vitamin B6 (mg)	1.6	1.1	2.3	100	100		
Vitamin B12 (mcg)	4.7	3.9	6.2	100	100		
Percent energy from fat 21.8							
Percent energy from protein 25.2							
Percent energy from carbohydrate 53.0							

Foundation Diets Boys 9-11 years; aged 9, average activity PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	23					
[9,]	RefinedCereals	12					
[10,]	Poultryfisheggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6600.2	6331.6	6900.8	NA	NA		
Energy (kJ)	6845.0	6582.4	7141.4	NA	NA		
Protein (g)	97.0	94.0	100.3	100	100		
Fat (g)	44.4	38.9	50.0	NA	NA		
Carbohydrate (g)	197.3	186.7	208.5	NA	NA		
Sugars (g)	90.1	82.2	98.8	NA	NA		
Starch (g)	106.2	98.0	115.2	NA	NA		
Fibre (g)	32.0	28.6	37.9	NA	100		
Saturated fat (g)	15.9	13.8	17.8	NA	NA		
Monounsaturated fat (g)	15.3	12.8	18.3	NA	NA		
Polyunsaturated fat (g)	9.4	8.8	10.3	NA	NA		
Linoleic acid (g)	8.3	7.8	9.3	NA	0		
Alpha linolenic acid (g)	0.7	0.6	0.8	NA	0		
LC n3 fatty acids (mg)	193.2	89.3	467.2	NA	100		
Vitamin A equivs (mcg)	1331.1	1151.0	1575.5	100	100		
Retinol (mcg)	261.3	223.4	338.3	NA	NA		
Provitamin A (mcg)	6386.5	5152.4	7632.8	NA	NA		
Thiamin (mg)	1.5	1.3	1.7	100	100		
Riboflavin (mg)	2.4	2.1	2.7	100	100		
Niacin (mg)	47.8	42.7	50.8	100	100		
Folate (mcg total)	471.9	422.0	529.5	NA	NA		
Folate equivs (mcg)	648.9	563.4	721.6	100	100		
Vitamin C (mg)	129.7	101.8	173.3	100	100		
Vitamin D (mcg)	2.7	2.1	3.8	NA	0		
Vitamin E (mg)	7.8	6.4	9.5	NA	2		
Calcium (mg)	1017.5	954.5	1094.5	100	71		
Iron (mg)	11.5	10.5	12.8	100	100		
Iodine (mcg)	172.9	154.2	191.5	100	100		
Magnesium (mg)	353.2	333.0	372.7	100	100		
Phosphorus (mg)	1644.5	1550.3	1721.6	100	100		
Potassium (mg)	3557.1	3394.2	3767.1	NA	100		
Sodium (mg)	1156.0	1022.7	1426.5	NA	100		
Zinc (mg)	12.6	11.8	13.7	100	100		
Cholesterol (mg)	229.6	157.5	367.9	NA	NA		
Selenium (mcg)	67.7	59.4	91.9	100	100		
Vitamin B6 (mg)	1.8	1.4	2.3	100	100		
Vitamin B12 (mcg)	5.8	5.1	6.8	100	100		
Percent energy from fat	24.5						
Percent energy from protein	24.6						
Percent energy from carbohydrate	50.8						

Foundation Diets Boys 12-13 years; aged 12, average activity PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	14					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	10.5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	7921.7	7632.5	8281.0	NA			NA
Energy (kJ)	8189.5	7879.3	8557.1	NA			NA
Protein (g)	112.7	108.0	115.4	100			100
Fat (g)	54.4	49.2	61.9	NA			NA
Carbohydrate (g)	238.2	224.8	251.5	NA			NA
Sugars (g)	110.5	100.6	119.4	NA			NA
Starch (g)	126.6	117.6	136.3	NA			NA
Fibre (g)	35.6	31.0	40.3	NA			100
Saturated fat (g)	20.2	17.9	23.1	NA			NA
Monounsaturated fat (g)	18.1	16.1	21.6	NA			NA
Polyunsaturated fat (g)	11.5	10.6	12.5	NA			NA
Linoleic acid (g)	10.4	9.5	11.1	NA			88
Alpha linolenic acid (g)	0.9	0.8	1.1	NA			4
LC n3 fatty acids (mg)	189.9	79.8	495.3	NA			100
Vitamin A equivs (mcg)	1436.6	1170.1	1663.7	100			100
Retinol (mcg)	359.6	317.6	428.7	NA			NA
Provitamin A (mcg)	6408.6	4889.4	7852.1	NA			NA
Thiamin (mg)	1.7	1.5	2.0	100			100
Riboflavin (mg)	3.2	2.8	3.4	100			100
Niacin (mg)	55.8	52.1	58.7	100			100
Folate (mcg total)	559.3	512.2	601.4	NA			NA
Folate equivs (mcg)	778.4	710.9	849.1	100			100
Vitamin C (mg)	134.5	100.6	170.8	100			100
Vitamin D (mcg)	3.6	3.1	4.7	NA			0
Vitamin E (mg)	8.8	7.5	10.7	NA			35
Calcium (mg)	1368.2	1277.4	1436.0	100			97
Iron (mg)	12.8	11.5	14.1	100			100
Iodine (mcg)	236.6	216.6	253.9	100			100
Magnesium (mg)	415.4	393.8	440.6	100			100
Phosphorus (mg)	2013.1	1946.0	2106.2	100			100
Potassium (mg)	4209.9	3994.2	4413.1	NA			100
Sodium (mg)	1436.1	1254.4	1672.2	NA			100
Zinc (mg)	14.4	13.7	15.3	100			100
Cholesterol (mg)	245.1	182.6	334.2	NA			NA
Selenium (mcg)	74.5	64.1	96.8	100			100
Vitamin B6 (mg)	2.0	1.5	2.5	100			100
Vitamin B12 (mcg)	7.5	6.9	8.2	100			100
Percent energy from fat	25.1						
Percent energy from protein	23.9						
Percent energy from carbohydrate	50.9						

Foundation Diets Boys 14-18 years (aged 14 y; PAL 1.4)

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	4					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	32					
[9,]	RefinedCereals	17					
[10,]	Poultryfishheggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	21					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	8751.2	8498.7	9055.7	NA	NA		
Energy (kJ)	9048.2	8790.6	9360.1	NA	NA		
Protein (g)	118.6	115.0	122.2	100	100		
Fat (g)	65.7	62.2	70.3	NA	NA		
Carbohydrate (g)	256.5	245.2	273.8	NA	NA		
Sugars (g)	106.3	98.1	115.9	NA	NA		
Starch (g)	149.1	136.8	161.5	NA	NA		
Fibre (g)	38.4	34.1	49.9	NA	100		
Saturated fat (g)	21.0	19.4	22.1	NA	NA		
Monounsaturated fat (g)	22.0	20.4	24.5	NA	NA		
Polyunsaturated fat (g)	17.8	16.6	19.2	NA	NA		
Linoleic acid (g)	16.4	15.2	17.6	NA	100		
Alpha linolenic acid (g)	1.1	1.0	1.4	NA	20		
LC n3 fatty acids (mg)	198.9	85.1	444.1	NA	76		
Vitamin A equivs (mcg)	1493.2	1284.2	1709.0	100	100		
Retinol (mcg)	416.1	374.0	475.0	NA	NA		
Provitamin A (mcg)	6414.0	5133.7	7737.8	NA	NA		
Thiamin (mg)	2.1	2.0	2.3	100	100		
Riboflavin (mg)	3.2	2.8	3.4	100	100		
Niacin (mg)	57.4	53.2	60.8	100	100		
Folate (mcg total)	564.0	498.1	627.1	NA	NA		
Folate equivs (mcg)	832.4	717.3	904.9	100	100		
Vitamin C (mg)	146.8	98.6	193.8	100	100		
Vitamin D (mcg)	3.8	3.0	5.0	NA	1		
Vitamin E (mg)	12.2	10.7	14.6	NA	100		
Calcium (mg)	1437.5	1352.8	1560.5	100	100		
Iron (mg)	14.6	12.8	16.0	100	100		
Iodine (mcg)	227.3	209.0	257.6	100	100		
Magnesium (mg)	459.7	422.4	491.6	100	100		
Phosphorus (mg)	2108.8	2023.5	2185.0	100	100		
Potassium (mg)	4255.5	4030.9	4468.8	NA	100		
Sodium (mg)	1653.7	1499.3	1841.4	NA	100		
Zinc (mg)	15.6	14.5	21.4	100	100		
Cholesterol (mg)	237.7	171.4	338.5	NA	NA		
Selenium (mcg)	77.6	70.5	86.9	100	100		
Vitamin B6 (mg)	1.8	1.6	2.2	100	100		
Vitamin B12 (mcg)	7.5	6.8	8.9	100	100		
Percent energy from fat 27.5							
Percent energy from protein 22.8							
Percent energy from carbohydrate 49.7							

Foundation Diets Girls 13-23 months; aged 13 months, about 3300kJ

Girls 13 - 23months:

AllFoodGroups	N.serves
[1,] StarchyVeg	2.5
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	1
[5,] NutsSeeds	0
[6,] OtherVeg	7
[7,] TotalFruit	3.5
[8,] WholegrainCereals	16
[9,] RefinedCereals	8.5
[10,] AllOtherMeatEggsLeg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	7
[16,] PolyMarg	3.5
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	3514.8	3291.5	3725.9			NA		NA
Energy (kJ)	3639.2	3400.5	3861.4			NA		NA
Protein (g)	51.1	48.3	53.6			100		100
Fat (g)	20.8	16.5	26.7			NA		NA
Carbohydrate (g)	111.4	102.0	120.3			NA		NA
Sugars (g)	37.9	33.0	43.2			NA		NA
Starch (g)	73.1	63.4	81.9			NA		NA
Fibre (g)	17.1	14.1	24.5			NA		100
Saturated fat (g)	7.3	5.9	8.8			NA		NA
Monounsaturated fat (g)	7.1	5.1	10.1			NA		NA
Polyunsaturated fat (g)	4.6	3.9	5.4			NA		NA
Linoleic acid (g)	4.0	3.4	4.8			NA		0
Alpha linolenic acid (g)	0.4	0.3	0.5			NA		1
LC n3 fatty acids (mg)	103.4	36.5	329.5			NA		97
Vitamin A equivs (mcg)	633.2	490.3	772.6			100		100
Retinol (mcg)	124.3	96.1	163.2			NA		NA
Provitamin A (mcg)	3019.5	2083.7	3818.6			NA		NA
Thiamin (mg)	0.8	0.7	1.0			100		100
Riboflavin (mg)	1.2	1.1	1.4			100		100
Niacin (mg)	24.8	22.0	27.3			100		100
Folate (mcg total)	213.0	177.1	260.6			NA		NA
Folate equivs (mcg)	348.2	283.7	399.8			100		100
Vitamin C (mg)	53.0	38.5	71.1			100		100
Vitamin D (mcg)	1.3	0.9	2.2			NA		0
Vitamin E (mg)	3.6	2.9	5.0			NA		0
Calcium (mg)	535.1	473.7	594.3			100		91
Iron (mg)	6.3	5.2	7.4			100		0
Iodine (mcg)	97.5	82.6	114.6			100		86
Magnesium (mg)	188.0	173.3	203.3			100		100
Phosphorus (mg)	873.4	823.6	915.7			100		100
Potassium (mg)	1749.9	1593.4	1864.5			NA		0
Sodium (mg)	708.4	563.0	821.9			NA		100
Zinc (mg)	6.7	6.0	7.4			100		100
Cholesterol (mg)	117.3	72.2	205.8			NA		NA
Selenium (mcg)	36.6	29.6	45.3			100		100
Vitamin B6 (mg)	0.9	0.6	1.2			100		100
Vitamin B12 (mcg)	3.0	2.5	3.5			100		100

Percent energy from fat 21.7

Percent energy from protein 24.5

Percent energy from carbohydrate 53.8

Foundation Diets Girls 2-3 years; aged 2 years, about 4200kJ

AllFoodGroups	N.serves						
[1,]	StarchyVeg	2.5					
[2,]	GreenBrassicas	3.5					
[3,]	OrangeVeg	3.5					
[4,]	Legumes	2					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfishseggssleg	3.5					
[11,]	RedMeats	3.5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	9.5					
[16,]	PolyMarg	3.5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	4150.7	3927.4	4471.9	NA		NA	
Energy (kJ)	4302.7	4069.3	4623.8	NA		NA	
Protein (g)	58.1	55.5	60.9	100		100	
Fat (g)	23.0	19.1	28.5	NA		NA	
Carbohydrate (g)	137.7	127.6	149.6	NA		NA	
Sugars (g)	53.9	47.2	61.6	NA		NA	
Starch (g)	83.1	72.8	96.7	NA		NA	
Fibre (g)	20.4	17.1	27.5	NA		100	
Saturated fat (g)	8.2	6.8	9.8	NA		NA	
Monounsaturated fat (g)	7.7	5.9	10.2	NA		NA	
Polyunsaturated fat (g)	5.0	4.2	6.1	NA		NA	
Linoleic acid (g)	4.4	3.8	5.3	NA		3	
Alpha linolenic acid (g)	0.4	0.3	0.6	NA		12	
LC n3 fatty acids (mg)	108.2	35.8	353.4	NA		97	
Vitamin A equivs (mcg)	660.3	478.6	864.2	100		100	
Retinol (mcg)	141.5	114.0	196.5	NA		NA	
Provitamin A (mcg)	3070.4	2004.5	4219.0	NA		NA	
Thiamin (mg)	1.0	0.8	1.1	100		100	
Riboflavin (mg)	1.5	1.3	1.7	100		100	
Niacin (mg)	28.1	25.4	30.9	100		100	
Folate (mcg total)	272.6	226.2	324.6	NA		NA	
Folate equivs (mcg)	425.8	356.7	491.1	100		100	
Vitamin C (mg)	64.6	39.3	85.7	100		100	
Vitamin D (mcg)	1.4	1.1	2.4	NA		0	
Vitamin E (mg)	4.1	3.3	5.2	NA		1	
Calcium (mg)	674.2	616.0	743.7	100		100	
Iron (mg)	7.3	6.6	8.6	100		0	
Iodine (mcg)	120.8	102.9	135.6	100		100	
Magnesium (mg)	226.8	211.8	250.5	100		100	
Phosphorus (mg)	1030.9	969.6	1097.2	100		100	
Potassium (mg)	2127.2	1996.0	2293.9	NA		99	
Sodium (mg)	809.3	649.7	939.8	NA		100	
Zinc (mg)	7.5	6.8	12.7	100		100	
Cholesterol (mg)	124.8	74.5	209.8	NA		NA	
Selenium (mcg)	39.6	31.5	48.0	100		100	
Vitamin B6 (mg)	1.1	0.7	1.6	100		100	
Vitamin B12 (mcg)	3.7	3.2	5.1	100		100	

Percent energy from fat 20.3

Percent energy from protein 23.5

Percent energy from carbohydrate 56.1

Foundation Diets Girls 4-8 years; aged 4 years, PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	3.5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	10.5					
[7,]	TotalFruit	10.5					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfishheggsleg	5.5					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	10.5					
[16,]	PolyMarg	5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	4833.3	4663.8	5094.1	NA	NA		
Energy (kJ)	5032.6	4850.6	5305.4	NA	NA		
Protein (g)	72.2	69.0	75.3	100	100		
Fat (g)	28.1	24.8	32.2	NA	NA		
Carbohydrate (g)	153.1	144.0	166.1	NA	NA		
Sugars (g)	67.1	60.9	75.2	NA	NA		
Starch (g)	85.1	74.8	94.0	NA	NA		
Fibre (g)	26.5	23.2	34.6	NA	100		
Saturated fat (g)	9.8	8.7	11.1	NA	NA		
Monounsaturated fat (g)	9.3	7.8	11.3	NA	NA		
Polyunsaturated fat (g)	6.3	5.6	7.2	NA	NA		
Linoleic acid (g)	5.5	4.8	6.1	NA	0		
Alpha linolenic acid (g)	0.6	0.4	0.7	NA	0		
LC n3 fatty acids (mg)	164.6	67.4	342.6	NA	100		
Vitamin A equivs (mcg)	1233.7	983.6	1423.1	100	100		
Retinol (mcg)	176.6	145.5	221.6	NA	NA		
Provitamin A (mcg)	6309.8	4977.2	7494.0	NA	NA		
Thiamin (mg)	1.2	1.0	1.3	100	100		
Riboflavin (mg)	1.7	1.6	2.1	100	100		
Niacin (mg)	35.0	32.0	37.5	100	100		
Folate (mcg total)	341.9	284.0	384.8	NA	NA		
Folate equivs (mcg)	505.2	439.0	593.9	100	100		
Vitamin C (mg)	109.0	83.7	146.8	100	100		
Vitamin D (mcg)	1.7	1.4	2.5	NA	0		
Vitamin E (mg)	5.6	4.6	6.6	NA	12		
Calcium (mg)	746.9	694.1	821.4	100	98		
Iron (mg)	9.1	8.0	10.2	100	3		
Iodine (mcg)	135.2	118.6	205.3	100	100		
Magnesium (mg)	269.4	251.1	293.7	100	100		
Phosphorus (mg)	1214.5	1145.0	1270.9	100	100		
Potassium (mg)	2770.0	2614.7	2943.1	NA	100		
Sodium (mg)	959.8	778.2	1158.0	NA	100		
Zinc (mg)	9.3	8.4	9.9	100	100		
Cholesterol (mg)	180.4	117.1	271.4	NA	NA		
Selenium (mcg)	52.7	46.0	61.3	100	100		
Vitamin B6 (mg)	1.6	1.0	2.2	100	100		
Vitamin B12 (mcg)	4.5	4.0	6.1	100	100		
Percent energy from fat	21.1						
Percent energy from protein	25.0						
Percent energy from carbohydrate	53.9						

Foundation Diets Girls 9-11 years; aged 9 years, PAL 1.4

AllFoodGroups	N.serves					
[1,]	StarchyVeg	5				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	2				
[5,]	NutsSeeds	2				
[6,]	OtherVeg	14				
[7,]	TotalFruit	14				
[8,]	WholegrainCereals	19				
[9,]	RefinedCereals	9				
[10,]	Poultryfishheggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	3				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	17.5				
[16,]	PolyMarg	7				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	0				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6357.4	6099.4	6643.3	NA	NA	
Energy (kJ)	6577.9	6305.5	6856.9	NA	NA	
Protein (g)	97.5	94.4	102.4	100	100	
Fat (g)	43.8	39.7	47.7	NA	NA	
Carbohydrate (g)	183.5	172.0	198.2	NA	NA	
Sugars (g)	90.7	84.4	100.5	NA	NA	
Starch (g)	91.7	82.9	106.0	NA	NA	
Fibre (g)	29.5	24.6	35.1	NA	100	
Saturated fat (g)	16.0	14.6	17.9	NA	NA	
Monounsaturated fat (g)	15.0	13.1	17.4	NA	NA	
Polyunsaturated fat (g)	9.1	8.0	10.3	NA	NA	
Linoleic acid (g)	8.1	7.1	9.1	NA	54	
Alpha linolenic acid (g)	0.7	0.6	0.9	NA	6	
LC n3 fatty acids (mg)	200.4	88.4	413.8	NA	100	
Vitamin A equivs (mcg)	1287.9	1136.6	1460.6	100	100	
Retinol (mcg)	272.6	232.5	329.5	NA	NA	
Provitamin A (mcg)	6035.2	5185.8	7023.3	NA	NA	
Thiamin (mg)	1.3	1.2	1.5	100	100	
Riboflavin (mg)	2.4	2.2	2.6	100	100	
Niacin (mg)	46.6	43.8	51.2	100	100	
Folate (mcg total)	448.4	370.6	501.4	NA	NA	
Folate equivs (mcg)	606.3	541.5	681.1	100	100	
Vitamin C (mg)	130.2	98.3	176.4	100	100	
Vitamin D (mcg)	2.8	2.2	3.8	NA	0	
Vitamin E (mg)	7.8	6.6	9.3	NA	33	
Calcium (mg)	1094.8	1016.6	1182.8	100	100	
Iron (mg)	10.3	9.4	12.3	100	100	
Iodine (mcg)	185.6	164.0	233.8	100	100	
Magnesium (mg)	341.8	316.7	375.2	100	100	
Phosphorus (mg)	1665.9	1601.5	1739.4	100	100	
Potassium (mg)	3547.4	3400.5	3719.4	NA	100	
Sodium (mg)	1170.4	1004.3	1325.6	NA	100	
Zinc (mg)	12.7	11.8	13.7	100	100	
Cholesterol (mg)	243.1	183.7	323.7	NA	NA	
Selenium (mcg)	67.3	58.8	79.4	100	100	
Vitamin B6 (mg)	1.9	1.3	2.6	100	100	
Vitamin B12 (mcg)	6.5	5.8	8.2	100	100	
Percent energy from fat	25.2					
Percent energy from protein	25.8					
Percent energy from carbohydrate	49.0					

Foundation Diets Girls 12-13 years; aged 12 years, PAL 1.4

AllFoodGroups N.serves							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	24					
[9,]	RefinedCereals	11					
[10,]	AllOtherMeatEggsLeg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3.5					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	22					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7191.5	6905.9	7464.2	NA		NA	
Energy (kJ)	7428.9	7146.6	7695.0	NA		NA	
Protein (g)	108.1	103.9	111.6	100		100	
Fat (g)	47.5	43.2	52.5	NA		NA	
Carbohydrate (g)	214.4	197.8	226.0	NA		NA	
Sugars (g)	102.9	95.3	111.7	NA		NA	
Starch (g)	110.5	95.8	123.2	NA		NA	
Fibre (g)	31.1	27.5	38.6	NA		100	
Saturated fat (g)	17.9	16.5	19.7	NA		NA	
Monounsaturated fat (g)	16.0	13.6	18.1	NA		NA	
Polyunsaturated fat (g)	9.6	8.4	10.7	NA		NA	
Linoleic acid (g)	8.5	7.5	9.7	NA		91	
Alpha linolenic acid (g)	0.8	0.6	1.2	NA		22	
LC n3 fatty acids (mg)	215.4	72.3	515.3	NA		100	
Vitamin A equivs (mcg)	1331.2	1084.8	1654.3	100		100	
Retinol (mcg)	305.1	253.1	373.7	NA		NA	
Provitamin A (mcg)	6081.0	4820.2	8042.7	NA		NA	
Thiamin (mg)	1.5	1.4	1.7	100		100	
Riboflavin (mg)	2.8	2.6	3.0	100		100	
Niacin (mg)	51.6	48.4	55.0	100		100	
Folate (mcg total)	500.3	441.6	573.9	NA		NA	
Folate equivs (mcg)	695.7	632.2	784.0	100		100	
Vitamin C (mg)	128.6	98.7	156.3	100		100	
Vitamin D (mcg)	3.2	2.5	4.3	NA		0	
Vitamin E (mg)	8.2	6.8	9.8	NA		59	
Calcium (mg)	1327.5	1243.9	1403.5	100		84	
Iron (mg)	11.3	10.2	12.4	100		100	
Iodine (mcg)	227.3	198.1	247.6	100		100	
Magnesium (mg)	386.7	361.9	407.9	100		100	
Phosphorus (mg)	1916.9	1854.9	2002.4	100		100	
Potassium (mg)	3882.9	3699.6	4074.2	NA		100	
Sodium (mg)	1377.6	1195.2	1612.4	NA		100	
Zinc (mg)	14.0	13.1	18.6	100		100	
Cholesterol (mg)	251.4	183.9	358.9	NA		NA	
Selenium (mcg)	73.1	64.3	86.8	100		100	
Vitamin B6 (mg)	2.0	1.5	2.6	100		100	
Vitamin B12 (mcg)	7.7	7.0	8.6	100		100	
Percent energy from fat		24.2					
Percent energy from protein		25.3					
Percent energy from carbohydrate		50.5					

Foundation Diets Girls 14-18 years; aged 14 years, PAL 1.4

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	2
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8076.9	7787.1	8497.5		NA			NA
Energy (kJ)	8360.4	8043.8	8807.7		NA			NA
Protein (g)	115.2	110.5	119.4		100			100
Fat (g)	54.5	49.3	60.4		NA			NA
Carbohydrate (g)	244.3	233.2	259.5		NA			NA
Sugars (g)	101.8	92.6	112.7		NA			NA
Starch (g)	141.4	130.3	152.0		NA			NA
Fibre (g)	36.9	33.4	41.5		NA			100
Saturated fat (g)	18.4	16.7	20.6		NA			NA
Monounsaturated fat (g)	18.1	15.2	21.1		NA			NA
Polyunsaturated fat (g)	13.5	12.0	14.9		NA			NA
Linoleic acid (g)	12.2	10.7	13.5		NA			100
Alpha linolenic acid (g)	1.0	0.9	1.6		NA			100
LC n3 fatty acids (mg)	209.7	93.8	463.6		NA			100
Vitamin A equivs (mcg)	1365.7	1162.4	1590.1		100			100
Retinol (mcg)	341.5	280.9	422.4		NA			NA
Provitamin A (mcg)	6063.0	4808.5	7462.9		NA			NA
Thiamin (mg)	2.0	1.8	2.2		100			100
Riboflavin (mg)	2.9	2.6	3.2		100			100
Niacin (mg)	54.1	50.1	56.7		100			100
Folate (mcg total)	479.7	411.8	545.8		NA			NA
Folate equivs (mcg)	787.4	703.0	879.7		100			100
Vitamin C (mg)	142.2	107.4	182.3		100			100
Vitamin D (mcg)	3.2	2.6	4.3		NA			0
Vitamin E (mg)	10.2	8.8	12.0		NA			100
Calcium (mg)	1410.3	1324.8	1521.2		100			100
Iron (mg)	13.5	12.4	14.8		100			0
Iodine (mcg)	235.3	217.2	260.7		100			100
Magnesium (mg)	429.6	402.4	461.6		100			100
Phosphorus (mg)	2031.1	1955.3	2118.4		100			100
Potassium (mg)	4063.9	3892.7	4320.4		NA			100
Sodium (mg)	1741.3	1515.1	1948.1		NA			100
Zinc (mg)	14.5	13.7	15.5		100			100
Cholesterol (mg)	248.7	177.6	391.5		NA			NA
Selenium (mcg)	81.5	71.4	92.3		100			100
Vitamin B6 (mg)	1.7	1.4	2.0		100			100
Vitamin B12 (mcg)	7.6	6.9	9.4		100			100

Percent energy from fat 24.7
Percent energy from protein 24.0
Percent energy from carbohydrate 51.3

Foundation Diets adolescent girls pregnancy (aged 14 yrs; sedentary PAL 1.4)

AllFoodGroups	N.serves						
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	41					
[9,]	RefinedCereals	19					
[10,]	AllOtherMeatEggsLeg	12					
[11,]	RedMeats	12					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3.5					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	14					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	9650.6	9361.1	9975.6	NA	NA		
Energy (kJ)	9965.1	9666.2	10286.8	NA	NA		
Protein (g)	151.0	146.2	155.9	100	100		
Fat (g)	64.7	58.3	70.9	NA	NA		
Carbohydrate (g)	279.2	264.2	293.0	NA	NA		
Sugars (g)	105.2	98.2	112.3	NA	NA		
Starch (g)	172.8	161.3	182.2	NA	NA		
Fibre (g)	40.6	36.7	49.1	NA	100		
Saturated fat (g)	21.8	19.4	24.5	NA	NA		
Monounsaturated fat (g)	22.1	19.1	25.0	NA	NA		
Polyunsaturated fat (g)	15.2	13.8	16.5	NA	NA		
Linoleic acid (g)	13.4	12.1	14.4	NA	100		
Alpha linolenic acid (g)	1.2	1.0	1.8	NA	100		
LC n3 fatty acids (mg)	364.9	162.5	699.7	NA	100		
Vitamin A equivs (mcg)	1424.7	1224.7	1639.8	100	100		
Retinol (mcg)	374.4	324.2	443.1	NA	NA		
Provitamin A (mcg)	6217.2	5003.1	7445.6	NA	NA		
Thiamin (mg)	2.4	2.1	2.7	100	100		
Riboflavin (mg)	3.3	3.1	3.5	100	100		
Niacin (mg)	71.1	67.6	76.2	100	100		
Folate (mcg total)	529.1	458.8	597.9	NA	NA		
Folate equivs (mcg)	901.3	780.5	999.5	100	100		
Vitamin C (mg)	142.5	104.5	181.0	100	100		
Vitamin D (mcg)	3.8	3.2	5.5	NA	2		
Vitamin E (mg)	11.6	10.0	13.3	NA	100		
Calcium (mg)	1493.4	1393.1	1586.3	100	100		
Iron (mg)	16.8	15.5	18.4	0	0		
Iodine (mcg)	264.7	238.1	292.4	100	100		
Magnesium (mg)	496.4	470.5	528.7	100	100		
Phosphorus (mg)	2420.5	2338.9	2477.8	100	100		
Potassium (mg)	4562.7	4351.6	4810.5	NA	100		
Sodium (mg)	2068.0	1789.3	2352.1	NA	100		
Zinc (mg)	18.9	17.6	23.8	100	100		
Cholesterol (mg)	378.7	278.5	526.2	NA	NA		
Selenium (mcg)	115.3	100.8	129.6	100	100		
Vitamin B6 (mg)	2.0	1.8	2.4	100	80		
Vitamin B12 (mcg)	9.3	8.3	11.9	100	100		
Percent energy from fat	24.6						
Percent energy from protein	26.3						
Percent energy from carbohydrate	49.1						

Foundation Diets adolescent girls lactation (aged 14 yrs;sedentary PAL 1.4)

AllFoodGroups	N.serves						
[1,] StarchyVeg	7						
[2,] GreenBrassicas	7						
[3,] OrangeVeg	7						
[4,] Legumes	3						
[5,] NutsSeeds	4						
[6,] OtherVeg	14						
[7,] TotalFruit	14						
[8,] WholegrainCereals	42						
[9,] RefinedCereals	21						
[10,] AllOtherMeatEggsLeg	7						
[11,] RedMeats	7						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	3.5						
[14,] MidFatDairy	0						
[15,] LoFatDairy	25						
[16,] PolyMarg	14						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	0						
		Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)		9619.3	9169.7	9998.1		NA	NA
Energy (kJ)		9955.0	9476.1	10334.9		NA	NA
Protein (g)		132.1	127.1	137.0		100	100
Fat (g)		61.8	55.4	68.5		NA	NA
Carbohydrate (g)		303.0	289.3	317.8		NA	NA
Sugars (g)		114.5	103.6	124.4		NA	NA
Starch (g)		187.3	174.3	199.1		NA	NA
Fibre (g)		43.9	38.7	48.3		NA	100
Saturated fat (g)		20.1	17.9	22.3		NA	NA
Monounsaturated fat (g)		20.9	17.5	24.3		NA	NA
Polyunsaturated fat (g)		15.7	14.1	17.2		NA	NA
Linoleic acid (g)		14.2	13.0	15.9		NA	100
Alpha linolenic acid (g)		1.2	0.9	1.7		NA	33
LC n3 fatty acids (mg)		208.8	83.7	483.0		NA	77
Vitamin A equivs (mcg)		1394.0	1136.3	1664.8		100	100
Retinol (mcg)		356.7	305.4	426.8		NA	NA
Provitamin A (mcg)		6135.2	4784.5	7666.2		NA	NA
Thiamin (mg)		2.4	2.2	2.6		100	100
Riboflavin (mg)		3.4	3.1	3.7		100	100
Niacin (mg)		62.9	58.3	66.8		100	100
Folate (mcg total)		564.3	491.3	635.5		NA	NA
Folate equivs (mcg)		942.2	842.5	1031.6		100	100
Vitamin C (mg)		147.6	116.0	214.0		100	100
Vitamin D (mcg)		3.4	2.7	4.5		NA	0
Vitamin E (mg)		11.6	9.5	14.4		NA	29
Calcium (mg)		1647.8	1589.6	1740.9		100	100
Iron (mg)		15.9	14.3	17.2		100	100
Iodine (mcg)		280.6	258.1	305.6		100	90
Magnesium (mg)		515.9	489.1	544.1		100	100
Phosphorus (mg)		2385.6	2321.3	2509.8		100	100
Potassium (mg)		4662.4	4507.2	4855.1		NA	100
Sodium (mg)		2034.9	1798.8	2263.7		NA	100
Zinc (mg)		16.5	15.6	21.5		100	100
Cholesterol (mg)		248.3	177.2	344.5		NA	NA
Selenium (mcg)		91.7	81.5	102.3		100	100
Vitamin B6 (mg)		1.9	1.7	2.4		99	32
Vitamin B12 (mcg)		8.7	8.0	10.0		100	100
Percent energy from fat		23.5					
Percent energy from protein		23.1					
Percent energy from carbohydrate		53.4					

Foundation Diets 'Rice-based' Boys 9 to 11: aged 9, PAL 1.4

AllFoodGroups	N.serves
[1,] StarchyVeg	0
[2,] GreenBrassicas	10
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	2
[6,] OtherVeg	11
[7,] TotalFruit	14
[8,] WholegrainCereals	11
[9,] RefinedCereals	0
[10,] Poultryfishheggsleg	7
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	0
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	17
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6548.5	6351.3	6727.4	NA		NA		
Energy (kJ)	6796.2	6594.4	6984.4	NA		NA		
Protein (g)	94.2	90.8	98.6	100		100		
Fat (g)	36.5	32.0	41.8	NA		NA		
Carbohydrate (g)	214.1	206.9	221.8	NA		NA		
Sugars (g)	95.5	88.6	101.0	NA		NA		
Starch (g)	117.4	112.7	123.3	NA		NA		
Fibre (g)	31.2	29.0	34.7	NA		100		
Saturated fat (g)	12.1	10.8	13.6	NA		NA		
Monounsaturated fat (g)	12.1	10.2	14.1	NA		NA		
Polyunsaturated fat (g)	9.3	7.8	11.0	NA		NA		
Linoleic acid (g)	8.3	7.1	9.7	NA		0		
Alpha linolenic acid (g)	0.7	0.6	0.9	NA		0		
LC n3 fatty acids (mg)	151.0	51.3	404.4	NA		91		
Vitamin A equivs (mcg)	1306.7	1092.9	1486.9	100		100		
Retinol (mcg)	252.0	216.3	311.5	NA		NA		
Provitamin A (mcg)	6299.2	4848.5	7245.3	NA		NA		
Thiamin (mg)	1.1	1.0	1.3	100		100		
Riboflavin (mg)	2.5	2.3	2.7	100		100		
Niacin (mg)	44.1	40.7	48.0	100		100		
Folate (mcg total)	539.8	483.0	600.4	NA		NA		
Folate equivs (mcg)	598.8	544.6	670.9	100		100		
Vitamin C (mg)	124.9	91.2	162.0	100		100		
Vitamin D (mcg)	2.3	1.9	3.5	NA		0		
Vitamin E (mg)	7.3	6.1	8.4	NA		0		
Calcium (mg)	1109.9	1054.4	1190.9	100		100		
Iron (mg)	10.6	9.7	11.6	100		100		
Iodine (mcg)	198.9	185.9	220.4	100		100		
Magnesium (mg)	374.6	350.2	402.8	100		100		
Phosphorus (mg)	1659.6	1612.6	1726.0	100		100		
Potassium (mg)	3655.1	3479.5	3804.4	NA		100		
Sodium (mg)	753.2	665.8	887.8	NA		15		
Zinc (mg)	11.9	11.2	12.6	100		100		
Cholesterol (mg)	196.9	137.4	298.5	NA		NA		
Selenium (mcg)	60.0	53.5	69.8	100		100		
Vitamin B6 (mg)	1.7	1.4	2.2	100		100		
Vitamin B12 (mcg)	6.0	5.4	6.8	100		100		

Percent energy from fat 20.4

Percent energy from protein 24.2

Percent energy from carbohydrate 55.4

Foundation Diets 'Rice-based' Boys 12 to 13: aged 12, PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	10					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	11					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	18					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheseggsleg	10					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	24.5					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	21					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7943.0	7734.3	8185.0	NA	NA		
Energy (kJ)	8217.4	7992.9	8463.6	NA	NA		
Protein (g)	117.4	112.6	120.8	100	100		
Fat (g)	43.6	39.5	48.4	NA	NA		
Carbohydrate (g)	258.0	250.0	273.7	NA	NA		
Sugars (g)	106.5	100.2	113.5	NA	NA		
Starch (g)	150.3	144.1	160.6	NA	NA		
Fibre (g)	34.5	30.2	38.0	NA	100		
Saturated fat (g)	14.7	13.3	16.1	NA	NA		
Monounsaturated fat (g)	14.7	12.9	17.6	NA	NA		
Polyunsaturated fat (g)	10.5	8.7	11.8	NA	NA		
Linoleic acid (g)	9.4	7.7	10.7	NA	15		
Alpha linolenic acid (g)	0.8	0.7	1.0	NA	0		
LC n3 fatty acids (mg)	204.8	68.3	432.9	NA	99		
Vitamin A equivs (mcg)	1341.7	1010.9	1544.6	100	100		
Retinol (mcg)	293.5	246.5	373.8	NA	NA		
Provitamin A (mcg)	6260.0	4426.5	7420.4	NA	NA		
Thiamin (mg)	1.4	1.2	1.6	100	100		
Riboflavin (mg)	3.0	2.8	3.2	100	100		
Niacin (mg)	55.8	52.1	59.0	100	100		
Folate (mcg total)	612.8	549.0	668.4	NA	NA		
Folate equivs (mcg)	707.5	639.9	786.3	100	100		
Vitamin C (mg)	126.9	84.7	162.8	100	100		
Vitamin D (mcg)	2.8	2.2	3.9	NA	0		
Vitamin E (mg)	8.1	6.7	9.7	NA	6		
Calcium (mg)	1315.7	1265.3	1384.0	100	71		
Iron (mg)	12.8	11.9	13.8	100	100		
Iodine (mcg)	244.7	221.5	266.5	100	100		
Magnesium (mg)	445.7	427.0	477.1	100	100		
Phosphorus (mg)	2029.7	1964.1	2089.4	100	100		
Potassium (mg)	4157.5	3984.4	4335.4	NA	100		
Sodium (mg)	963.9	836.6	1137.5	NA	100		
Zinc (mg)	14.8	14.1	15.6	100	100		
Cholesterol (mg)	268.0	186.4	454.3	NA	NA		
Selenium (mcg)	78.4	70.4	100.0	100	100		
Vitamin B6 (mg)	2.0	1.6	2.5	100	100		
Vitamin B12 (mcg)	7.4	6.8	8.3	100	100		
Percent energy from fat	20.1						
Percent energy from protein	24.9						
Percent energy from carbohydrate	55.0						

Foundation Diets 'Rice-based' Boys 14 to 18: aged 14, PAL 1.4

AllFoodGroups	N.serves					
[1,]	StarchyVeg	3				
[2,]	GreenBrassicas	10				
[3,]	OrangeVeg	7				
[4,]	Legumes	14				
[5,]	NutsSeeds	7				
[6,]	OtherVeg	11				
[7,]	TotalFruit	14				
[8,]	WholegrainCereals	21				
[9,]	RefinedCereals	0				
[10,]	Poultryfisheseggsleg	10				
[11,]	RedMeats	5				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	0				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	24.5				
[16,]	PolyMarg	14				
[17,]	Pasta	0				
[18,]	Rice	21				
[19,]	Extras	0				
	Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)	8855.6	8684.2	9081.2	NA	NA	
Energy (kJ)	9171.1	8998.7	9405.2	NA	NA	
Protein (g)	126.7	123.2	130.0	100	100	
Fat (g)	59.5	55.2	64.6	NA	NA	
Carbohydrate (g)	268.2	260.5	279.2	NA	NA	
Sugars (g)	105.4	100.2	113.1	NA	NA	
Starch (g)	161.6	153.5	170.8	NA	NA	
Fibre (g)	40.1	36.6	45.5	NA	100	
Saturated fat (g)	16.0	13.9	17.5	NA	NA	
Monounsaturated fat (g)	21.2	19.0	23.5	NA	NA	
Polyunsaturated fat (g)	17.8	15.5	19.4	NA	NA	
Linoleic acid (g)	16.4	14.6	17.9	NA	100	
Alpha linolenic acid (g)	1.1	0.9	1.4	NA	15	
LC n3 fatty acids (mg)	209.3	65.2	536.8	NA	78	
Vitamin A equivs (mcg)	1353.5	1108.5	1559.0	100	100	
Retinol (mcg)	311.7	244.3	368.4	NA	NA	
Provitamin A (mcg)	6230.0	4555.6	7507.5	NA	NA	
Thiamin (mg)	1.9	1.7	2.0	100	100	
Riboflavin (mg)	3.1	2.9	3.4	100	100	
Niacin (mg)	59.7	55.9	64.1	100	100	
Folate (mcg total)	638.8	580.0	701.8	NA	NA	
Folate equivs (mcg)	758.1	691.1	826.9	100	100	
Vitamin C (mg)	142.8	105.4	182.3	100	100	
Vitamin D (mcg)	2.8	2.1	4.0	NA	0	
Vitamin E (mg)	12.2	10.7	13.9	NA	100	
Calcium (mg)	1421.8	1350.8	1504.7	100	100	
Iron (mg)	14.7	13.2	16.4	100	100	
Iodine (mcg)	234.6	208.1	292.4	100	100	
Magnesium (mg)	526.9	492.8	553.9	100	100	
Phosphorus (mg)	2203.9	2134.8	2264.1	100	100	
Potassium (mg)	4513.5	4333.9	4668.9	NA	100	
Sodium (mg)	1084.8	958.4	1209.1	NA	100	
Zinc (mg)	16.0	15.1	20.9	100	100	
Cholesterol (mg)	264.4	176.2	381.0	NA	NA	
Selenium (mcg)	81.6	74.2	94.5	100	100	
Vitamin B6 (mg)	1.9	1.8	2.2	100	100	
Vitamin B12 (mcg)	7.4	6.6	8.8	100	100	
Percent energy from fat	24.6					
Percent energy from protein	24.0					
Percent energy from carbohydrate	51.4					

Foundation Diets 'Rice-based' Girls 9 to 11: aged 9, PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	10					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	11					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	11					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	14.5					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6319.4	6106.2	6565.0	NA	NA		
Energy (kJ)	6559.6	6337.4	6824.2	NA	NA		
Protein (g)	91.8	87.7	95.1	100	100		
Fat (g)	36.6	33.7	41.9	NA	NA		
Carbohydrate (g)	202.9	193.4	212.3	NA	NA		
Sugars (g)	93.1	86.4	100.5	NA	NA		
Starch (g)	108.6	101.7	115.2	NA	NA		
Fibre (g)	30.3	27.8	32.6	NA	100		
Saturated fat (g)	11.8	10.5	13.7	NA	NA		
Monounsaturated fat (g)	12.0	10.5	14.6	NA	NA		
Polyunsaturated fat (g)	9.7	7.9	12.6	NA	NA		
Linoleic acid (g)	8.7	7.0	11.2	NA	89		
Alpha linolenic acid (g)	0.7	0.5	1.2	NA	19		
LC n3 fatty acids (mg)	155.8	37.2	403.9	NA	90		
Vitamin A equivs (mcg)	1244.6	1014.4	1447.1	100	100		
Retinol (mcg)	242.3	206.4	296.5	NA	NA		
Provitamin A (mcg)	5974.0	4325.4	7317.0	NA	NA		
Thiamin (mg)	1.1	1.0	1.3	100	100		
Riboflavin (mg)	2.4	2.2	2.6	100	100		
Niacin (mg)	42.0	38.2	45.5	100	100		
Folate (mcg total)	518.3	453.4	586.2	NA	NA		
Folate equivs (mcg)	584.6	519.4	646.7	100	100		
Vitamin C (mg)	121.0	84.9	153.2	100	100		
Vitamin D (mcg)	2.2	1.6	3.4	NA	0		
Vitamin E (mg)	7.5	6.4	8.9	NA	20		
Calcium (mg)	1130.1	1046.4	1180.9	100	100		
Iron (mg)	10.2	9.0	11.3	100	100		
Iodine (mcg)	195.2	177.6	214.5	100	100		
Magnesium (mg)	372.1	338.5	399.6	100	100		
Phosphorus (mg)	1634.6	1571.0	1700.3	100	100		
Potassium (mg)	3530.6	3325.2	3701.0	NA	100		
Sodium (mg)	832.5	724.3	977.0	NA	73		
Zinc (mg)	11.5	10.9	16.7	100	100		
Cholesterol (mg)	198.3	126.8	314.9	NA	NA		
Selenium (mcg)	59.8	51.5	67.7	100	100		
Vitamin B6 (mg)	1.8	1.3	2.4	100	100		
Vitamin B12 (mcg)	6.0	5.5	7.2	100	100		
Percent energy from fat	21.1						
Percent energy from protein	24.4						
Percent energy from carbohydrate	54.5						

Foundation Diets 'Rice-based' Girls 12-13 years: aged 12, PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	10					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	11					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	17					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	8					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	24.5					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	17					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7409.2	7203.7	7683.8	NA	NA		
Energy (kJ)	7669.1	7460.5	7938.9	NA	NA		
Protein (g)	109.3	105.6	112.7	100	100		
Fat (g)	41.5	38.0	45.5	NA	NA		
Carbohydrate (g)	239.1	228.6	250.3	NA	NA		
Sugars (g)	103.7	96.5	109.3	NA	NA		
Starch (g)	134.2	126.2	144.3	NA	NA		
Fibre (g)	32.8	30.6	35.5	NA	100		
Saturated fat (g)	13.7	12.7	15.5	NA	NA		
Monounsaturated fat (g)	13.7	12.2	15.8	NA	NA		
Polyunsaturated fat (g)	10.5	9.2	11.9	NA	NA		
Linoleic acid (g)	9.4	8.3	10.5	NA	100		
Alpha linolenic acid (g)	0.8	0.6	1.3	NA	42		
LC n3 fatty acids (mg)	201.8	55.1	433.6	NA	97		
Vitamin A equivs (mcg)	1277.0	1047.4	1484.8	100	100		
Retinol (mcg)	269.5	234.6	325.8	NA	NA		
Provitamin A (mcg)	5997.3	4574.1	7211.1	NA	NA		
Thiamin (mg)	1.3	1.2	1.5	100	100		
Riboflavin (mg)	2.8	2.6	3.0	100	100		
Niacin (mg)	50.7	47.2	53.8	100	100		
Folate (mcg total)	569.5	513.6	620.2	NA	NA		
Folate equivs (mcg)	673.1	612.0	742.3	100	100		
Vitamin C (mg)	120.0	96.3	162.3	100	100		
Vitamin D (mcg)	2.6	2.0	3.4	NA	0		
Vitamin E (mg)	8.1	6.7	10.0	NA	59		
Calcium (mg)	1304.7	1239.2	1409.1	100	55		
Iron (mg)	11.9	11.0	12.9	100	100		
Iodine (mcg)	233.6	218.7	253.1	100	100		
Magnesium (mg)	427.9	396.2	454.1	100	100		
Phosphorus (mg)	1929.6	1859.0	1987.5	100	100		
Potassium (mg)	3925.1	3762.7	4078.4	NA	100		
Sodium (mg)	1021.2	891.7	1265.9	NA	100		
Zinc (mg)	14.1	13.4	18.6	100	100		
Cholesterol (mg)	236.9	172.8	353.6	NA	NA		
Selenium (mcg)	71.2	62.2	85.0	100	100		
Vitamin B6 (mg)	2.0	1.5	2.5	100	100		
Vitamin B12 (mcg)	7.2	6.6	7.9	100	100		
Percent energy from fat	20.5						
Percent energy from protein	24.9						
Percent energy from carbohydrate	54.6						

Foundation Diets 'Rice-based' Girls 14-18 years : aged 14, PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	10					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	11					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	18					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheseggsleg	10					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	0					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	24.5					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	17					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7521.2	7297.4	7786.1	NA	NA		
Energy (kJ)	7795.4	7570.3	8080.4	NA	NA		
Protein (g)	116.7	113.5	120.4	100	100		
Fat (g)	41.8	37.6	48.7	NA	NA		
Carbohydrate (g)	237.5	226.5	247.0	NA	NA		
Sugars (g)	101.0	91.7	106.9	NA	NA		
Starch (g)	135.2	128.6	142.5	NA	NA		
Fibre (g)	34.5	31.1	37.6	NA	100		
Saturated fat (g)	12.7	11.2	14.8	NA	NA		
Monounsaturated fat (g)	14.4	12.1	17.1	NA	NA		
Polyunsaturated fat (g)	11.0	9.4	12.7	NA	NA		
Linoleic acid (g)	9.8	8.3	11.2	NA	100		
Alpha linolenic acid (g)	0.8	0.6	1.3	NA	50		
LC n3 fatty acids (mg)	231.0	66.4	553.6	NA	99		
Vitamin A equivs (mcg)	1244.1	1035.7	1452.2	100	100		
Retinol (mcg)	236.2	198.5	297.1	NA	NA		
Provitamin A (mcg)	5977.0	4625.2	7258.1	NA	NA		
Thiamin (mg)	1.5	1.3	1.6	100	100		
Riboflavin (mg)	2.8	2.6	3.1	100	100		
Niacin (mg)	51.7	47.3	55.2	100	100		
Folate (mcg total)	526.3	461.9	575.2	NA	NA		
Folate equivs (mcg)	649.5	567.1	717.9	100	100		
Vitamin C (mg)	137.1	106.9	169.2	100	100		
Vitamin D (mcg)	2.3	1.7	3.6	NA	0		
Vitamin E (mg)	9.4	7.4	11.8	NA	99		
Calcium (mg)	1358.8	1292.2	1423.3	100	98		
Iron (mg)	12.6	11.6	13.8	100	0		
Iodine (mcg)	223.1	207.6	241.8	100	100		
Magnesium (mg)	440.8	412.3	476.3	100	100		
Phosphorus (mg)	2001.1	1931.2	2065.9	100	100		
Potassium (mg)	4107.1	3913.0	4297.1	NA	100		
Sodium (mg)	1174.1	984.4	1332.3	NA	100		
Zinc (mg)	14.3	13.5	19.6	100	100		
Cholesterol (mg)	272.6	185.1	387.5	NA	NA		
Selenium (mcg)	82.1	71.1	90.9	100	100		
Vitamin B6 (mg)	1.7	1.5	2.0	100	100		
Vitamin B12 (mcg)	7.6	6.8	8.7	100	100		

Percent energy from fat 20.3

Percent energy from protein 26.1

Percent energy from carbohydrate 53.6

Foundation Diets ‘Pasta-style’ Boys 9 to 11 years: aged 9, PAL 1.4

AllFoodGroups	N.serves					
[1,]	StarchyVeg	0				
[2,]	GreenBrassicas	14				
[3,]	OrangeVeg	7				
[4,]	Legumes	14				
[5,]	NutsSeeds	3				
[6,]	OtherVeg	14				
[7,]	TotalFruit	14				
[8,]	WholegrainCereals	21				
[9,]	RefinedCereals	0				
[10,]	Poultryfisheseggsleg	9				
[11,]	RedMeats	5				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	3				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	14				
[16,]	PolyMarg	7				
[17,]	Pasta	7				
[18,]	Rice	0				
[19,]	Extras	0				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6742.9	6477.0	7194.5	NA	NA	
Energy (kJ)	7053.1	6772.9	7490.6	NA	NA	
Protein (g)	108.3	105.0	112.4	100	100	
Fat (g)	47.1	42.3	53.3	NA	NA	
Carbohydrate (g)	188.3	178.4	198.7	NA	NA	
Sugars (g)	89.8	81.9	102.2	NA	NA	
Starch (g)	97.2	89.3	107.3	NA	NA	
Fibre (g)	39.0	35.7	43.8	NA	100	
Saturated fat (g)	16.1	14.2	19.3	NA	NA	
Monounsaturated fat (g)	15.7	13.5	18.3	NA	NA	
Polyunsaturated fat (g)	11.3	9.9	13.1	NA	NA	
Linoleic acid (g)	10.2	8.8	11.5	NA	61	
Alpha linolenic acid (g)	0.8	0.7	1.0	NA	2	
LC n3 fatty acids (mg)	206.2	82.3	503.9	NA	100	
Vitamin A equivs (mcg)	1367.2	1060.9	1597.4	100	100	
Retinol (mcg)	269.3	228.1	346.2	NA	NA	
Provitamin A (mcg)	6554.6	4887.5	7835.8	NA	NA	
Thiamin (mg)	1.5	1.3	1.7	100	100	
Riboflavin (mg)	2.5	2.2	2.8	100	100	
Niacin (mg)	49.5	46.4	52.0	100	100	
Folate (mcg total)	570.9	488.6	626.0	NA	NA	
Folate equivs (mcg)	681.4	581.1	741.1	100	100	
Vitamin C (mg)	151.2	109.9	198.7	100	100	
Vitamin D (mcg)	2.8	2.1	4.1	NA	0	
Vitamin E (mg)	9.0	7.4	10.5	NA	49	
Calcium (mg)	1057.5	981.6	1129.0	100	97	
Iron (mg)	13.4	12.0	14.4	100	100	
Iodine (mcg)	162.1	146.0	186.8	100	100	
Magnesium (mg)	409.3	378.5	440.1	100	100	
Phosphorus (mg)	1795.8	1722.0	1892.6	100	100	
Potassium (mg)	3803.0	3595.7	3985.9	NA	100	
Sodium (mg)	972.3	846.9	1228.8	NA	100	
Zinc (mg)	13.2	12.5	14.0	100	100	
Cholesterol (mg)	244.5	173.5	380.7	NA	NA	
Selenium (mcg)	76.7	67.4	99.7	100	100	
Vitamin B6 (mg)	2.0	1.6	2.5	100	100	
Vitamin B12 (mcg)	5.9	5.4	6.6	100	100	
Percent energy from fat	25.2					
Percent energy from protein	26.7					
Percent energy from carbohydrate	48.1					

Foundation Diets 'Pasta-style' Boys 12 to 13 years: aged 12, PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	0					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	21					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	9					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	7					
[17,]	Pasta	14					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	7958.5	7656.8	8236.0	NA		NA	
Energy (kJ)	8289.3	7975.9	8563.1	NA		NA	
Protein (g)	123.6	119.8	128.4	100		100	
Fat (g)	51.0	46.0	55.8	NA		NA	
Carbohydrate (g)	236.2	226.1	247.6	NA		NA	
Sugars (g)	104.8	96.3	113.5	NA		NA	
Starch (g)	130.1	120.8	137.7	NA		NA	
Fibre (g)	41.6	39.0	45.3	NA		100	
Saturated fat (g)	18.2	16.3	20.4	NA		NA	
Monounsaturated fat (g)	16.8	14.4	19.3	NA		NA	
Polyunsaturated fat (g)	11.7	10.4	13.7	NA		NA	
Linoleic acid (g)	10.5	9.3	12.3	NA		86	
Alpha linolenic acid (g)	0.9	0.7	1.0	NA		3	
LC n3 fatty acids (mg)	210.0	81.5	456.2	NA		100	
Vitamin A equivs (mcg)	1428.9	1216.6	1685.8	100		100	
Retinol (mcg)	313.2	273.6	374.0	NA		NA	
Provitamin A (mcg)	6647.2	5460.2	8295.3	NA		NA	
Thiamin (mg)	1.6	1.4	1.7	100		100	
Riboflavin (mg)	3.0	2.8	3.2	100		100	
Niacin (mg)	55.2	51.3	58.7	100		100	
Folate (mcg total)	626.2	557.6	683.8	NA		NA	
Folate equivs (mcg)	735.2	660.9	809.7	100		100	
Vitamin C (mg)	152.1	119.9	191.1	100		100	
Vitamin D (mcg)	3.2	2.5	4.2	NA		0	
Vitamin E (mg)	9.4	8.2	11.0	NA		80	
Calcium (mg)	1343.8	1265.6	1445.9	100		87	
Iron (mg)	14.1	12.7	15.3	100		100	
Iodine (mcg)	214.7	199.6	235.5	100		100	
Magnesium (mg)	452.6	421.5	487.6	100		100	
Phosphorus (mg)	2128.8	2050.6	2207.7	100		100	
Potassium (mg)	4250.9	4057.3	4480.6	NA		100	
Sodium (mg)	1085.5	948.4	1250.9	NA		100	
Zinc (mg)	14.6	13.9	15.5	100		100	
Cholesterol (mg)	265.8	185.9	337.1	NA		NA	
Selenium (mcg)	82.2	74.0	103.1	100		100	
Vitamin B6 (mg)	2.1	1.7	2.8	100		100	
Vitamin B12 (mcg)	7.9	7.3	8.6	100		100	
Percent energy from fat	23.3						
Percent energy from protein	26.0						
Percent energy from carbohydrate	50.7						

Foundation Diets ‘Pasta-style’ Boys 14 to 18 years: aged 14, PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	AllOtherMeatEggsLeg	9					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	14					
[17,]	Pasta	14					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8986.1	8796.6	9274.3	NA			NA
Energy (kJ)	9367.0	9152.4	9668.8	NA			NA
Protein (g)	134.3	129.8	138.7	100			100
Fat (g)	65.1	60.8	70.6	NA			NA
Carbohydrate (g)	255.8	246.6	270.6	NA			NA
Sugars (g)	104.6	97.1	112.2	NA			NA
Starch (g)	150.1	141.6	160.9	NA			NA
Fibre (g)	48.2	44.8	51.5	NA			100
Saturated fat (g)	19.2	17.9	21.1	NA			NA
Monounsaturated fat (g)	22.3	20.7	24.4	NA			NA
Polyunsaturated fat (g)	18.6	16.9	21.1	NA			NA
Linoleic acid (g)	17.1	15.7	19.3	NA			100
Alpha linolenic acid (g)	1.2	1.0	1.5	NA			40
LC n3 fatty acids (mg)	199.0	72.6	503.6	NA			71
Vitamin A equivs (mcg)	1444.0	1190.0	1674.2	100			100
Retinol (mcg)	336.4	286.8	386.2	NA			NA
Provitamin A (mcg)	6600.0	5064.4	7883.6	NA			NA
Thiamin (mg)	2.1	1.9	2.3	100			100
Riboflavin (mg)	3.2	2.9	3.6	100			100
Niacin (mg)	60.5	56.9	63.8	100			100
Folate (mcg total)	668.2	608.2	729.7	NA			NA
Folate equivs (mcg)	828.3	748.1	918.3	100			100
Vitamin C (mg)	166.1	125.8	200.1	100			100
Vitamin D (mcg)	3.2	2.5	4.6	NA			0
Vitamin E (mg)	12.9	11.5	14.8	NA			100
Calcium (mg)	1471.3	1381.3	1567.8	100			100
Iron (mg)	16.5	15.4	18.4	100			100
Iodine (mcg)	209.0	191.0	229.5	100			100
Magnesium (mg)	540.9	511.5	572.0	100			100
Phosphorus (mg)	2333.0	2255.5	2418.1	100			100
Potassium (mg)	4586.3	4356.5	4824.5	NA			100
Sodium (mg)	1280.2	1148.9	1437.7	NA			100
Zinc (mg)	16.2	15.3	21.4	100			100
Cholesterol (mg)	257.3	188.5	338.4	NA			NA
Selenium (mcg)	86.9	78.9	97.5	100			100
Vitamin B6 (mg)	2.1	1.8	2.5	100			100
Vitamin B12 (mcg)	7.8	7.2	9.5	100			100
Percent energy from fat	26.3						
Percent energy from protein	24.9						
Percent energy from carbohydrate	48.8						

Foundation Diets 'Pasta-style' Girls 9 to 11 years: aged 9, PAL 1.4

MeditGirls9to11:

AllFoodGroups	N.serves						
[1,] StarchyVeg	0						
[2,] GreenBrassicas	14						
[3,] OrangeVeg	7						
[4,] Legumes	7						
[5,] NutsSeeds	2						
[6,] OtherVeg	14						
[7,] TotalFruit	14						
[8,] WholegrainCereals	21						
[9,] RefinedCereals	0						
[10,] AllOtherMeatEggsLeg	7						
[11,] RedMeats	7						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	3						
[14,] MidFatDairy	0						
[15,] LoFatDairy	14						
[16,] PolyMarg	7						
[17,] Pasta	7						
[18,] Rice	0						
[19,] Extras	0						
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		6330.3	6075.8	6834.3		NA	NA
Energy (kJ)		6591.5	6333.9	7096.3		NA	NA
Protein (g)		100.2	95.1	103.7		100	100
Fat (g)		43.7	39.7	50.9		NA	NA
Carbohydrate (g)		179.5	167.9	195.0		NA	NA
Sugars (g)		84.2	77.7	91.1		NA	NA
Starch (g)		94.2	85.6	104.3		NA	NA
Fibre (g)		32.9	31.1	35.0		NA	100
Saturated fat (g)		15.4	14.0	18.4		NA	NA
Monounsaturated fat (g)		14.6	12.8	17.8		NA	NA
Polyunsaturated fat (g)		9.9	8.7	11.2		NA	NA
Linoleic acid (g)		8.8	7.7	9.9		NA	95
Alpha linolenic acid (g)		0.7	0.6	1.2		NA	18
LC n3 fatty acids (mg)		220.5	83.5	519.7		NA	100
Vitamin A equivs (mcg)		1317.9	1018.5	1607.6		100	100
Retinol (mcg)		252.0	211.6	321.2		NA	NA
Provitamin A (mcg)		6350.5	4641.8	8029.8		NA	NA
Thiamin (mg)		1.4	1.2	1.5		100	100
Riboflavin (mg)		2.2	2.0	2.4		100	100
Niacin (mg)		45.5	42.7	48.2		100	100
Folate (mcg total)		479.0	422.8	532.0		NA	NA
Folate equivs (mcg)		608.5	546.6	671.5		100	100
Vitamin C (mg)		143.0	107.8	170.6		100	100
Vitamin D (mcg)		2.6	2.0	3.9		NA	0
Vitamin E (mg)		8.4	7.1	9.8		NA	77
Calcium (mg)		1010.3	930.8	1084.6		100	60
Iron (mg)		11.7	10.7	12.6		100	100
Iodine (mcg)		159.4	139.4	174.1		100	100
Magnesium (mg)		363.4	336.0	391.8		100	100
Phosphorus (mg)		1661.9	1582.4	1718.9		100	100
Potassium (mg)		3423.6	3204.3	3620.4		NA	100
Sodium (mg)		1051.7	898.9	1242.3		NA	100
Zinc (mg)		13.0	12.2	14.2		100	100
Cholesterol (mg)		231.3	170.0	333.5		NA	NA
Selenium (mcg)		68.5	61.6	82.7		100	100
Vitamin B6 (mg)		2.0	1.4	2.5		100	100
Vitamin B12 (mcg)		6.1	5.6	7.2		100	100
Percent energy from fat		25.0					
Percent energy from protein		26.4					
Percent energy from carbohydrate		48.6					

Foundation Diets ‘Pasta-style’ Girls 12 to 13 years: aged 12, PAL 1.4

AllFoodGroups	N.serves					
[1,] StarchyVeg	0					
[2,] GreenBrassicas	14					
[3,] OrangeVeg	7					
[4,] Legumes	7					
[5,] NutsSeeds	2					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	24					
[9,] RefinedCereals	0					
[10,] AllOtherMeatEggsLeg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	0					
[15,] LoFatDairy	21					
[16,] PolyMarg	7					
[17,] Pasta	7					
[18,] Rice	0					
[19,] Extras	0					
	Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)	7030.0	6787.4	7373.5	NA	NA	
Energy (kJ)	7300.2	7056.7	7637.8	NA	NA	
Protein (g)	111.5	108.2	114.9	100	100	
Fat (g)	46.9	42.3	52.0	NA	NA	
Carbohydrate (g)	202.8	192.1	215.0	NA	NA	
Sugars (g)	100.2	94.1	109.3	NA	NA	
Starch (g)	101.5	93.5	114.6	NA	NA	
Fibre (g)	34.0	31.9	36.1	NA	100	
Saturated fat (g)	17.4	15.3	19.2	NA	NA	
Monounsaturated fat (g)	15.4	13.1	17.4	NA	NA	
Polyunsaturated fat (g)	10.1	9.1	11.7	NA	NA	
Linoleic acid (g)	9.0	8.1	10.2	NA	100	
Alpha linolenic acid (g)	0.8	0.6	1.3	NA	18	
LC n3 fatty acids (mg)	220.5	92.8	498.1	NA	100	
Vitamin A equivs (mcg)	1355.2	1137.9	1570.8	100	100	
Retinol (mcg)	296.3	254.0	343.2	NA	NA	
Provitamin A (mcg)	6291.0	5048.4	7550.1	NA	NA	
Thiamin (mg)	1.5	1.3	1.6	100	100	
Riboflavin (mg)	2.8	2.6	3.0	100	100	
Niacin (mg)	50.7	47.5	55.0	100	100	
Folate (mcg total)	537.2	486.6	592.7	NA	NA	
Folate equivs (mcg)	681.1	612.2	772.6	100	100	
Vitamin C (mg)	149.7	118.3	184.6	100	100	
Vitamin D (mcg)	3.0	2.5	4.3	NA	0	
Vitamin E (mg)	8.6	7.3	9.9	NA	84	
Calcium (mg)	1310.0	1224.9	1398.4	100	68	
Iron (mg)	12.2	11.3	13.5	100	100	
Iodine (mcg)	213.4	197.8	233.9	100	100	
Magnesium (mg)	407.0	383.9	437.4	100	100	
Phosphorus (mg)	1949.1	1880.9	2016.0	100	100	
Potassium (mg)	3866.9	3662.1	4073.2	NA	100	
Sodium (mg)	1196.5	1067.7	1317.6	NA	100	
Zinc (mg)	14.4	13.4	20.6	100	100	
Cholesterol (mg)	251.1	188.0	312.1	NA	NA	
Selenium (mcg)	72.5	64.8	83.5	100	100	
Vitamin B6 (mg)	2.0	1.6	2.8	100	100	
Vitamin B12 (mcg)	7.6	6.9	9.1	100	100	
Percent energy from fat 24.3						
Percent energy from protein 26.5						
Percent energy from carbohydrate 49.2						

Foundation Diets 'Pasta-style' Girls 14 to 18 years: aged 14, PAL 1.4

AllFoodGroups	N.serves					
[1,] StarchyVeg	0					
[2,] GreenBrassicas	14					
[3,] OrangeVeg	7					
[4,] Legumes	11					
[5,] NutsSeeds	3					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	24					
[9,] RefinedCereals	0					
[10,] AllOtherMeatEggsLeg	10					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	4					
[14,] MidFatDairy	0					
[15,] LoFatDairy	21					
[16,] PolyMarg	7					
[17,] Pasta	10					
[18,] Rice	0					
[19,] Extras	0					
		Daily intake	minimum	maximum	met EAR	met RDI/AI
Energy excl fibre (kJ)		7718.2	7407.5	7979.4	NA	NA
Energy (kJ)		8031.6	7713.9	8296.4	NA	NA
Protein (g)		129.3	125.1	134.0	100	100
Fat (g)		50.9	46.9	56.2	NA	NA
Carbohydrate (g)		216.5	204.5	230.9	NA	NA
Sugars (g)		97.7	91.2	107.1	NA	NA
Starch (g)		117.5	108.4	128.6	NA	NA
Fibre (g)		39.4	36.2	43.4	NA	100
Saturated fat (g)		17.8	15.9	19.6	NA	NA
Monounsaturated fat (g)		17.1	14.8	19.7	NA	NA
Polyunsaturated fat (g)		11.6	10.2	13.4	NA	NA
Linoleic acid (g)		10.3	8.9	12.0	NA	100
Alpha linolenic acid (g)		0.9	0.7	2.0	NA	86
LC n3 fatty acids (mg)		272.1	113.0	510.1	NA	100
Vitamin A equivs (mcg)		1337.5	1052.2	1571.1	100	100
Retinol (mcg)		278.9	241.5	338.4	NA	NA
Provitamin A (mcg)		6263.0	4775.8	7733.2	NA	NA
Thiamin (mg)		1.7	1.5	1.9	100	100
Riboflavin (mg)		2.9	2.7	3.1	100	100
Niacin (mg)		55.3	51.4	58.4	100	100
Folate (mcg total)		527.7	458.8	595.3	NA	NA
Folate equivs (mcg)		692.6	612.5	776.1	100	100
Vitamin C (mg)		161.2	127.1	201.8	100	100
Vitamin D (mcg)		3.1	2.3	4.0	NA	0
Vitamin E (mg)		10.2	8.3	11.6	NA	100
Calcium (mg)		1424.6	1335.9	1512.2	100	100
Iron (mg)		14.0	13.2	15.1	100	2
Iodine (mcg)		207.1	183.0	229.3	100	100
Magnesium (mg)		446.6	416.1	475.6	100	100
Phosphorus (mg)		2154.5	2094.2	2266.8	100	100
Potassium (mg)		4185.8	3983.7	4350.8	NA	100
Sodium (mg)		1430.6	1227.3	1645.3	NA	100
Zinc (mg)		15.4	14.6	20.4	100	100
Cholesterol (mg)		292.2	214.6	399.3	NA	NA
Selenium (mcg)		91.7	81.0	102.4	100	100
Vitamin B6 (mg)		1.9	1.6	2.5	100	100
Vitamin B12 (mcg)		8.3	7.5	9.5	100	100
Percent energy from fat		24.0				
Percent energy from protein		28.0				
Percent energy from carbohydrate		48.1				

Foundation Diets lacto-ovo boys 2-3 yrs; aged 2 PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	1.5					
[2,]	GreenBrassicas	3.5					
[3,]	OrangeVeg	3.5					
[4,]	Legumes	3.5					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	3.5					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	5					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	9.5					
[16,]	PolyMarg	3.5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	4374.0	4242.8	4540.4	NA	NA		
Energy (kJ)	4599.4	4457.8	4774.6	NA	NA		
Protein (g)	55.3	53.3	57.3	100	100		
Fat (g)	32.9	30.6	36.0	NA	NA		
Carbohydrate (g)	132.1	125.9	138.3	NA	NA		
Sugars (g)	57.9	51.9	64.8	NA	NA		
Starch (g)	73.5	67.6	81.3	NA	NA		
Fibre (g)	29.2	26.5	33.2	NA	100		
Saturated fat (g)	8.9	7.9	10.3	NA	NA		
Monounsaturated fat (g)	11.5	10.7	12.7	NA	NA		
Polyunsaturated fat (g)	9.8	9.0	10.8	NA	NA		
Linoleic acid (g)	9.1	8.4	10.0	NA	100		
Alpha linolenic acid (g)	0.7	0.6	0.8	NA	100		
LC n3 fatty acids (mg)	24.5	21.7	30.3	NA	0		
Vitamin A equivs (mcg)	698.9	546.2	875.2	100	100		
Retinol (mcg)	161.2	145.1	189.4	NA	NA		
Provitamin A (mcg)	3172.4	2193.7	4200.2	NA	NA		
Thiamin (mg)	1.3	1.2	1.5	100	100		
Riboflavin (mg)	1.6	1.4	1.9	100	100		
Niacin (mg)	26.8	24.6	28.7	100	100		
Folate (mcg total)	409.6	371.6	450.8	NA	NA		
Folate equivs (mcg)	575.6	517.8	632.9	100	100		
Vitamin C (mg)	56.2	34.6	80.0	100	99		
Vitamin D (mcg)	1.2	1.0	1.4	NA	0		
Vitamin E (mg)	6.1	5.4	6.9	NA	100		
Calcium (mg)	770.4	716.8	826.1	100	100		
Iron (mg)	9.8	9.1	10.7	100	0		
Iodine (mcg)	125.6	110.1	140.3	100	100		
Magnesium (mg)	322.1	302.1	344.3	100	100		
Phosphorus (mg)	1145.7	1070.7	1213.4	100	100		
Potassium (mg)	2309.8	2194.6	2486.5	NA	100		
Sodium (mg)	779.1	631.6	943.7	NA	100		
Zinc (mg)	7.4	7.0	7.8	100	100		
Cholesterol (mg)	116.0	109.7	137.8	NA	NA		
Selenium (mcg)	35.8	32.8	39.3	100	100		
Vitamin B6 (mg)	1.1	0.9	1.3	100	100		
Vitamin B12 (mcg)	2.8	2.7	3.1	100	100		
Percent energy from fat	27.1						
Percent energy from protein	20.9						
Percent energy from carbohydrate	52.0						

Foundation Diets lacto-ovo boys 4-8 yrs; aged 4 PAL 1.4

AllFoodGroups	N.serves					
[1,]	StarchyVeg	2				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	5				
[5,]	NutsSeeds	1				
[6,]	OtherVeg	7				
[7,]	TotalFruit	7				
[8,]	WholegrainCereals	28				
[9,]	RefinedCereals	0				
[10,]	Poultryfisheseggsleg	0				
[11,]	RedMeats	0				
[12,]	EggsLegumesNutsSeeds	7				
[13,]	HiFatDairy	1				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	10				
[16,]	PolyMarg	5				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	0				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	5157.9	5005.6	5404.2	NA	NA	
Energy (kJ)	5454.9	5299.4	5697.6	NA	NA	
Protein (g)	66.5	64.3	68.7	100	100	
Fat (g)	42.4	39.8	46.9	NA	NA	
Carbohydrate (g)	146.5	137.4	155.0	NA	NA	
Sugars (g)	60.4	55.1	65.3	NA	NA	
Starch (g)	85.5	78.8	94.6	NA	NA	
Fibre (g)	37.9	35.4	42.6	NA	100	
Saturated fat (g)	10.5	9.7	11.7	NA	NA	
Monounsaturated fat (g)	15.6	14.5	18.3	NA	NA	
Polyunsaturated fat (g)	12.8	11.8	14.1	NA	NA	
Linoleic acid (g)	12.0	11.0	13.1	NA	100	
Alpha linolenic acid (g)	0.8	0.7	1.0	NA	54	
LC n3 fatty acids (mg)	31.3	29.2	33.4	NA	0	
Vitamin A equivs (mcg)	1209.8	1040.7	1353.8	100	100	
Retinol (mcg)	186.3	170.5	202.5	NA	NA	
Provitamin A (mcg)	6110.8	5142.2	6998.1	NA	NA	
Thiamin (mg)	1.6	1.5	1.8	100	100	
Riboflavin (mg)	1.8	1.5	2.0	100	100	
Niacin (mg)	32.8	31.2	35.1	100	100	
Folate (mcg total)	526.4	462.2	570.6	NA	NA	
Folate equivs (mcg)	707.9	643.2	757.9	100	100	
Vitamin C (mg)	85.8	65.4	106.8	100	100	
Vitamin D (mcg)	1.3	1.1	1.6	NA	0	
Vitamin E (mg)	7.9	6.9	8.7	NA	100	
Calcium (mg)	812.2	761.9	880.6	100	100	
Iron (mg)	12.6	11.6	13.9	100	0	
Iodine (mcg)	132.0	112.0	145.0	100	100	
Magnesium (mg)	398.3	373.9	414.8	100	100	
Phosphorus (mg)	1335.5	1286.9	1415.8	100	100	
Potassium (mg)	2888.3	2769.6	3069.4	NA	100	
Sodium (mg)	860.1	751.0	991.9	NA	100	
Zinc (mg)	9.2	8.7	9.5	100	100	
Cholesterol (mg)	146.9	141.8	152.5	NA	NA	
Selenium (mcg)	50.1	45.4	70.6	100	100	
Vitamin B6 (mg)	1.6	1.2	2.2	100	100	
Vitamin B12 (mcg)	3.1	2.9	3.2	100	100	
Percent energy from fat	29.4					
Percent energy from protein	21.2					
Percent energy from carbohydrate	49.5					

Foundation Diets lacto-ovo boys 9-11 yrs; aged 9 PAL 1.4

Boys9to11.veg:

AllFoodGroups	N.serves
[1,] StarchyVeg	3
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	5
[5,] NutsSeeds	2
[6,] OtherVeg	7
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	0
[10,] AllOtherMeatEggsLeg	0
[11,] RedMeats	0
[12,] EggsLegumesNutsSeeds	10
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6728.6	6530.3	7062.0		NA			NA
Energy (kJ)	7082.8	6876.6	7415.9		NA			NA
Protein (g)	85.6	82.8	88.9		100			100
Fat (g)	58.9	56.5	63.8		NA			NA
Carbohydrate (g)	184.6	174.5	194.2		NA			NA
Sugars (g)	91.7	84.9	99.9		NA			NA
Starch (g)	91.7	84.9	99.3		NA			NA
Fibre (g)	45.2	41.8	50.8		NA			100
Saturated fat (g)	15.4	14.4	17.5		NA			NA
Monounsaturated fat (g)	21.6	20.5	23.8		NA			NA
Polyunsaturated fat (g)	17.3	16.5	18.6		NA			NA
Linoleic acid (g)	16.3	15.5	17.5		NA			100
Alpha linolenic acid (g)	0.9	0.8	1.0		NA			3
LC n3 fatty acids (mg)	47.4	43.3	59.5		NA			0
Vitamin A equivs (mcg)	1280.6	996.6	1495.1		100			100
Retinol (mcg)	284.4	266.6	322.7		NA			NA
Provitamin A (mcg)	5944.8	4336.0	7256.9		NA			NA
Thiamin (mg)	1.9	1.7	2.0		100			100
Riboflavin (mg)	2.4	2.2	2.6		100			100
Niacin (mg)	41.8	40.2	44.0		100			100
Folate (mcg total)	709.3	668.8	783.7		NA			NA
Folate equivs (mcg)	856.4	787.2	936.8		100			100
Vitamin C (mg)	107.2	71.4	144.6		100			100
Vitamin D (mcg)	2.1	1.8	2.4		NA			0
Vitamin E (mg)	12.0	10.7	13.7		NA			100
Calcium (mg)	1085.4	983.3	1168.6		100			99
Iron (mg)	14.6	13.5	15.5		100			77
Iodine (mcg)	169.6	154.1	188.7		100			100
Magnesium (mg)	486.3	468.4	506.5		100			100
Phosphorus (mg)	1708.2	1649.6	1781.0		100			100
Potassium (mg)	3732.3	3588.5	3963.4		NA			100
Sodium (mg)	908.9	781.9	1012.8		NA			99
Zinc (mg)	11.3	10.9	11.7		100			100
Cholesterol (mg)	217.6	210.2	255.2		NA			NA
Selenium (mcg)	55.5	52.4	74.0		100			100
Vitamin B6 (mg)	1.8	1.6	2.5		100			100
Vitamin B12 (mcg)	4.3	4.2	4.5		100			100

Percent energy from fat 31.4

Percent energy from protein 21.0

Percent energy from carbohydrate 47.6

Foundation Diets lacto-ovo boys 12-13 yrs aged 12, PAL 1.4

AllFoodGroups N.serves						
[1,]	StarchyVeg	7				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	7				
[5,]	NutsSeeds	2				
[6,]	OtherVeg	7				
[7,]	TotalFruit	14				
[8,]	WholegrainCereals	35				
[9,]	RefinedCereals	0				
[10,]	AllOtherMeatEggsLeg	0				
[11,]	RedMeats	0				
[12,]	EggsLegumesNutsSeeds	10				
[13,]	HiFatDairy	2				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	20				
[16,]	PolyMarg	7				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	0				
	Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)	7829.5	7618.6	8078.2	NA		NA
Energy (kJ)	8224.0	8000.4	8479.8	NA		NA
Protein (g)	100.8	96.9	103.5	100		100
Fat (g)	63.4	61.1	66.1	NA		NA
Carbohydrate (g)	225.1	215.6	234.8	NA		NA
Sugars (g)	109.3	101.6	118.0	NA		NA
Starch (g)	114.5	107.5	123.1	NA		NA
Fibre (g)	51.2	47.7	57.9	NA		100
Saturated fat (g)	17.4	16.3	18.6	NA		NA
Monounsaturated fat (g)	22.7	21.5	24.6	NA		NA
Polyunsaturated fat (g)	18.2	17.5	19.3	NA		NA
Linoleic acid (g)	17.2	16.6	18.2	NA		100
Alpha linolenic acid (g)	1.0	0.9	1.1	NA		57
LC n3 fatty acids (mg)	48.1	44.0	59.0	NA		0
Vitamin A equivs (mcg)	1342.0	1094.7	1498.4	100		100
Retinol (mcg)	323.2	298.6	358.1	NA		NA
Provitamin A (mcg)	6075.3	4669.2	7041.7	NA		NA
Thiamin (mg)	2.2	2.0	2.4	100		100
Riboflavin (mg)	3.1	2.9	3.3	100		100
Niacin (mg)	49.8	47.9	52.0	100		100
Folate (mcg total)	811.3	763.4	855.1	NA		NA
Folate equivs (mcg)	996.0	931.5	1068.0	100		100
Vitamin C (mg)	117.8	84.6	160.4	100		100
Vitamin D (mcg)	2.5	2.2	2.8	NA		0
Vitamin E (mg)	12.4	11.4	13.8	NA		100
Calcium (mg)	1385.6	1273.0	1478.8	100		99
Iron (mg)	16.6	15.6	17.9	100		100
Iodine (mcg)	223.7	203.1	243.2	100		100
Magnesium (mg)	563.5	543.4	588.5	100		100
Phosphorus (mg)	2071.0	2003.4	2136.1	100		100
Potassium (mg)	4505.7	4312.0	4702.6	NA		100
Sodium (mg)	1122.3	1006.2	1253.9	NA		100
Zinc (mg)	13.2	12.7	13.7	100		100
Cholesterol (mg)	230.3	221.9	264.5	NA		NA
Selenium (mcg)	62.2	58.8	65.3	100		100
Vitamin B6 (mg)	2.1	1.8	2.5	100		100
Vitamin B12 (mcg)	5.7	5.5	5.9	100		100
Percent energy from fat		29.1				
Percent energy from protein		21.3				
Percent energy from carbohydrate		49.6				

Foundation Diets lacto-ovo boys 14-18 yrs; aged 14 PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	0					
[10,]	AllOtherMeatEggsLeg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	10					
[13,]	HiFatDairy	2					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	20					
[16,]	PolyMarg	7					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	8956.1	8778.1	9208.0	NA	NA		
Energy (kJ)	9369.5	9191.8	9637.4	NA	NA		
Protein (g)	116.3	113.6	119.4	100	100		
Fat (g)	82.4	79.0	86.5	NA	NA		
Carbohydrate (g)	234.7	222.0	249.3	NA	NA		
Sugars (g)	110.6	100.0	118.8	NA	NA		
Starch (g)	123.0	112.2	136.2	NA	NA		
Fibre (g)	52.6	49.0	58.5	NA	100		
Saturated fat (g)	20.6	19.0	22.0	NA	NA		
Monounsaturated fat (g)	31.4	29.9	33.5	NA	NA		
Polyunsaturated fat (g)	23.1	21.7	25.4	NA	NA		
Linoleic acid (g)	21.7	20.4	23.7	NA	100		
Alpha linolenic acid (g)	1.1	1.0	1.5	NA	15		
LC n3 fatty acids (mg)	139.8	137.2	143.4	NA	100		
Vitamin A equivs (mcg)	1502.8	1293.0	1743.8	100	100		
Retinol (mcg)	445.5	414.2	478.1	NA	NA		
Provitamin A (mcg)	6309.6	5015.1	7752.6	NA	NA		
Thiamin (mg)	2.7	2.6	2.9	100	100		
Riboflavin (mg)	3.6	3.2	3.9	100	100		
Niacin (mg)	57.1	54.7	60.3	100	100		
Folate (mcg total)	873.3	815.3	958.1	NA	NA		
Folate equivs (mcg)	1114.6	1045.4	1196.3	100	100		
Vitamin C (mg)	150.4	118.1	199.9	100	100		
Vitamin D (mcg)	2.8	2.4	3.1	NA	0		
Vitamin E (mg)	17.9	16.6	19.4	NA	100		
Calcium (mg)	1509.3	1446.9	1593.9	100	100		
Iron (mg)	19.3	17.9	21.1	100	17		
Iodine (mcg)	252.8	236.5	320.0	100	100		
Magnesium (mg)	628.7	607.2	673.0	100	100		
Phosphorus (mg)	2325.1	2270.1	2389.8	100	100		
Potassium (mg)	4743.3	4581.6	4928.1	NA	100		
Sodium (mg)	1386.6	1270.4	1529.5	NA	100		
Zinc (mg)	14.9	14.5	15.5	0	0		
Cholesterol (mg)	626.5	620.3	635.7	NA	NA		
Selenium (mcg)	90.2	86.1	94.7	100	100		
Vitamin B6 (mg)	2.1	2.0	2.4	100	100		
Vitamin B12 (mcg)	7.9	7.8	8.1	100	100		
Percent energy from fat	33.1						
Percent energy from protein	21.5						
Percent energy from carbohydrate	45.3						

Foundation Diets lacto-ovo girls 2-3 yrs; aged 2 PAL 1.4

AllFoodGroups	N.serves						
[1,] StarchyVeg	1						
[2,] GreenBrassicas	3.5						
[3,] OrangeVeg	3.5						
[4,] Legumes	3.5						
[5,] NutsSeeds	0						
[6,] OtherVeg	3.5						
[7,] TotalFruit	7						
[8,] WholegrainCereals	21						
[9,] RefinedCereals	0						
[10,] AllOtherMeatEggsLeg	0						
[11,] RedMeats	0						
[12,] EggsLegumesNutsSeeds	7						
[13,] HiFatDairy	1						
[14,] MidFatDairy	0						
[15,] LoFatDairy	7						
[16,] PolyMarg	3.5						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	0						
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	4172.9	3951.1	4397.9	NA	NA		
Energy (kJ)	4395.4	4173.9	4625.5	NA	NA		
Protein (g)	53.6	50.6	55.8	100	100		
Fat (g)	35.2	33.3	38.7	NA	NA		
Carbohydrate (g)	116.9	108.4	125.7	NA	NA		
Sugars (g)	49.3	44.4	57.0	NA	NA		
Starch (g)	66.8	59.3	75.7	NA	NA		
Fibre (g)	28.5	26.6	31.6	NA	100		
Saturated fat (g)	8.6	7.8	9.6	NA	NA		
Monounsaturated fat (g)	13.5	12.7	15.3	NA	NA		
Polyunsaturated fat (g)	10.3	9.7	11.3	NA	NA		
Linoleic acid (g)	9.7	9.1	10.5	NA	100		
Alpha linolenic acid (g)	0.6	0.5	0.7	NA	100		
LC n3 fatty acids (mg)	31.4	29.5	36.8	NA	0		
Vitamin A equivs (mcg)	642.0	470.5	831.8	100	100		
Retinol (mcg)	155.6	138.3	174.9	NA	NA		
Provitamin A (mcg)	2889.7	1931.5	3974.8	NA	NA		
Thiamin (mg)	1.2	1.1	1.3	100	100		
Riboflavin (mg)	1.4	1.1	1.5	100	100		
Niacin (mg)	24.8	23.5	26.0	100	100		
Folate (mcg total)	394.7	363.0	434.0	NA	NA		
Folate equivs (mcg)	521.5	461.1	569.7	100	100		
Vitamin C (mg)	53.5	35.1	79.8	100	100		
Vitamin D (mcg)	1.1	0.9	1.3	NA	0		
Vitamin E (mg)	7.4	6.7	8.1	NA	100		
Calcium (mg)	644.3	576.8	718.7	100	100		
Iron (mg)	9.7	8.9	10.4	100	0		
Iodine (mcg)	102.1	90.8	114.3	100	100		
Magnesium (mg)	312.4	296.4	328.8	100	100		
Phosphorus (mg)	1058.1	1009.9	1125.2	100	100		
Potassium (mg)	2194.0	2054.3	2384.5	NA	100		
Sodium (mg)	662.4	561.1	774.4	NA	100		
Zinc (mg)	7.2	6.9	7.5	100	100		
Cholesterol (mg)	142.5	137.2	159.9	NA	NA		
Selenium (mcg)	36.5	33.2	41.1	100	100		
Vitamin B6 (mg)	1.1	0.9	1.4	100	100		
Vitamin B12 (mcg)	2.4	2.3	2.6	100	100		
Percent energy from fat	30.3						
Percent energy from protein	21.2						
Percent energy from carbohydrate	48.6						

Foundation Diets lacto-ovo girls 4-8 yrs; aged 4 PAL 1.4

AllFoodGroups	N.serves					
[1,] StarchyVeg	2					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	4.5					
[5,] NutsSeeds	1					
[6,] OtherVeg	7					
[7,] TotalFruit	7					
[8,] WholegrainCereals	24					
[9,] RefinedCereals	0					
[10,] AllOtherMeatEggsLeg	0					
[11,] RedMeats	0					
[12,] EggsLegumesNutsSeeds	7					
[13,] HiFatDairy	1					
[14,] MidFatDairy	0					
[15,] LoFatDairy	10					
[16,] PolyMarg	3.5					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	0					
		Daily intake	minimum	maximum	met EAR	met RDI/AI
Energy excl fibre (kJ)		4878.6	4676.3	5113.1	NA	NA
Energy (kJ)		5151.6	4952.2	5391.2	NA	NA
Protein (g)		63.6	61.3	65.7	100	100
Fat (g)		40.1	37.9	43.1	NA	NA
Carbohydrate (g)		138.0	131.3	148.5	NA	NA
Sugars (g)		60.6	51.9	68.8	NA	NA
Starch (g)		76.7	69.7	88.1	NA	NA
Fibre (g)		35.2	33.0	41.1	NA	100
Saturated fat (g)		9.9	8.7	11.2	NA	NA
Monounsaturated fat (g)		15.5	14.5	16.8	NA	NA
Polyunsaturated fat (g)		11.4	10.6	12.2	NA	NA
Linoleic acid (g)		10.7	9.9	11.5	NA	100
Alpha linolenic acid (g)		0.7	0.6	0.8	NA	0
LC n3 fatty acids (mg)		31.9	29.0	34.8	NA	0
Vitamin A equivs (mcg)		1176.2	892.1	1389.9	100	100
Retinol (mcg)		171.3	147.7	191.4	NA	NA
Provitamin A (mcg)		5992.0	4375.8	7305.2	NA	NA
Thiamin (mg)		1.4	1.3	1.6	100	100
Riboflavin (mg)		1.7	1.5	1.9	100	100
Niacin (mg)		30.1	28.1	31.8	100	100
Folate (mcg total)		482.9	429.0	527.8	NA	NA
Folate equivs (mcg)		631.7	574.5	699.7	100	100
Vitamin C (mg)		83.6	58.8	115.6	100	100
Vitamin D (mcg)		1.3	1.0	1.5	NA	0
Vitamin E (mg)		8.3	7.4	9.5	NA	100
Calcium (mg)		813.9	753.3	904.6	100	100
Iron (mg)		11.6	10.7	13.0	100	0
Iodine (mcg)		128.1	117.0	181.9	100	100
Magnesium (mg)		374.1	348.3	400.9	100	100
Phosphorus (mg)		1285.8	1210.4	1340.3	100	100
Potassium (mg)		2824.7	2688.2	3021.0	NA	100
Sodium (mg)		825.3	692.8	976.4	NA	100
Zinc (mg)		8.7	8.3	9.1	100	100
Cholesterol (mg)		148.2	140.8	155.2	NA	NA
Selenium (mcg)		42.4	38.8	46.9	100	100
Vitamin B6 (mg)		1.6	1.2	2.2	100	100
Vitamin B12 (mcg)		3.1	3.0	3.4	100	100
Percent energy from fat		29.4				
Percent energy from protein		21.4				
Percent energy from carbohydrate		49.2				

Foundation Diets lacto-ovo girls 9-11 yrs; aged 9 PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheseggsleg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	10					
[13,]	HiFatDairy	2					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	3.5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6431.9	6193.8	6695.8	NA	NA		
Energy (kJ)	6762.1	6519.9	7028.5	NA	NA		
Protein (g)	85.4	83.1	88.4	100	100		
Fat (g)	57.1	54.6	60.2	NA	NA		
Carbohydrate (g)	170.9	159.7	186.3	NA	NA		
Sugars (g)	70.2	64.5	78.5	NA	NA		
Starch (g)	99.8	91.9	112.9	NA	NA		
Fibre (g)	42.5	40.1	46.1	NA	100		
Saturated fat (g)	14.4	13.5	16.2	NA	NA		
Monounsaturated fat (g)	21.2	20.3	23.0	NA	NA		
Polyunsaturated fat (g)	17.2	16.2	18.9	NA	NA		
Linoleic acid (g)	16.2	15.2	17.6	NA	100		
Alpha linolenic acid (g)	1.0	0.9	1.2	NA	100		
LC n3 fatty acids (mg)	47.0	43.4	58.0	NA	0		
Vitamin A equivs (mcg)	1164.2	811.6	1410.0	100	100		
Retinol (mcg)	231.3	208.4	279.8	NA	NA		
Provitamin A (mcg)	5558.3	3285.9	6993.3	NA	NA		
Thiamin (mg)	1.8	1.7	1.9	100	100		
Riboflavin (mg)	2.2	2.0	2.3	100	100		
Niacin (mg)	39.0	36.9	41.2	100	100		
Folate (mcg total)	621.9	560.6	672.6	NA	NA		
Folate equivs (mcg)	788.7	698.9	843.2	100	100		
Vitamin C (mg)	82.5	61.8	109.0	100	100		
Vitamin D (mcg)	1.7	1.4	2.0	NA	0		
Vitamin E (mg)	10.7	9.7	11.7	NA	100		
Calcium (mg)	1102.6	1035.3	1171.2	100	100		
Iron (mg)	14.7	13.9	15.8	100	74		
Iodine (mcg)	168.7	150.6	181.7	100	100		
Magnesium (mg)	493.2	471.2	517.0	100	100		
Phosphorus (mg)	1727.9	1664.2	1788.8	100	100		
Potassium (mg)	3381.0	3243.8	3607.4	NA	100		
Sodium (mg)	1039.1	911.6	1160.5	NA	100		
Zinc (mg)	11.6	11.1	12.0	100	100		
Cholesterol (mg)	213.4	206.0	251.9	NA	NA		
Selenium (mcg)	56.4	53.0	61.2	100	100		
Vitamin B6 (mg)	1.8	1.5	2.3	100	100		
Vitamin B12 (mcg)	4.3	4.2	4.4	100	100		
Percent energy from fat	31.9						
Percent energy from protein	21.9						
Percent energy from carbohydrate	46.2						

Foundation Diets lacto-ovo girls 12-13 yrs; aged 12 PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	2					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	0					
[10,]	Poultryfisheseggsleg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	10					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	3.5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6854.9	6647.0	7088.4	NA	NA		
Energy (kJ)	7186.6	6975.9	7416.0	NA	NA		
Protein (g)	93.7	91.7	97.3	100	100		
Fat (g)	58.2	55.5	61.9	NA	NA		
Carbohydrate (g)	185.5	174.8	194.1	NA	NA		
Sugars (g)	85.0	79.1	91.6	NA	NA		
Starch (g)	99.5	91.9	107.1	NA	NA		
Fibre (g)	42.3	40.1	48.1	NA	100		
Saturated fat (g)	15.0	13.5	16.6	NA	NA		
Monounsaturated fat (g)	21.5	20.4	23.4	NA	NA		
Polyunsaturated fat (g)	17.3	16.1	18.9	NA	NA		
Linoleic acid (g)	16.3	15.2	17.6	NA	100		
Alpha linolenic acid (g)	1.0	0.9	1.3	NA	100		
LC n3 fatty acids (mg)	44.4	40.5	51.4	NA	0		
Vitamin A equivs (mcg)	1195.4	931.6	1361.5	100	100		
Retinol (mcg)	256.3	223.8	292.2	NA	NA		
Provitamin A (mcg)	5585.5	3977.5	6593.3	NA	NA		
Thiamin (mg)	1.8	1.7	2.0	100	100		
Riboflavin (mg)	2.6	2.4	2.9	100	100		
Niacin (mg)	43.1	41.4	45.3	100	100		
Folate (mcg total)	670.0	615.8	717.8	NA	NA		
Folate equivs (mcg)	843.3	784.9	926.2	100	100		
Vitamin C (mg)	84.0	65.3	116.6	100	100		
Vitamin D (mcg)	1.9	1.6	2.1	NA	0		
Vitamin E (mg)	10.8	9.9	12.4	NA	100		
Calcium (mg)	1335.6	1270.1	1436.5	100	85		
Iron (mg)	14.7	13.6	15.6	100	73		
Iodine (mcg)	215.4	198.5	234.9	100	100		
Magnesium (mg)	519.2	493.4	553.8	100	100		
Phosphorus (mg)	1932.7	1874.1	2034.6	100	100		
Potassium (mg)	3769.8	3652.2	3940.8	NA	100		
Sodium (mg)	1107.9	995.0	1228.0	NA	100		
Zinc (mg)	12.3	11.9	12.7	100	100		
Cholesterol (mg)	222.2	213.1	244.9	NA	NA		
Selenium (mcg)	58.2	54.7	63.0	100	100		
Vitamin B6 (mg)	1.9	1.6	2.3	100	100		
Vitamin B12 (mcg)	5.7	5.5	6.0	100	100		
Percent energy from fat 30.6							
Percent energy from protein 22.6							
Percent energy from carbohydrate 46.8							

Foundation Diets lacto-ovo girls 14-18 yrs; aged 14 PAL 1.4

AllFoodGroups	N.serves						
[1,]	StarchyVeg	3					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	7					
[7,]	TotalFruit	7					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	0					
[10,]	Poultryfishheggsleg	0					
[11,]	RedMeats	0					
[12,]	EggsLegumesNutsSeeds	10					
[13,]	HiFatDairy	2					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	3.5					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	8068.5	7816.7	8360.8	NA	NA		
Energy (kJ)	8417.3	8158.7	8705.9	NA	NA		
Protein (g)	109.4	106.1	113.3	100	100		
Fat (g)	71.5	65.7	77.3	NA	NA		
Carbohydrate (g)	212.2	202.7	224.0	NA	NA		
Sugars (g)	89.4	81.2	98.0	NA	NA		
Starch (g)	122.0	112.9	132.0	NA	NA		
Fibre (g)	44.6	42.2	49.5	NA	100		
Saturated fat (g)	18.5	17.2	19.9	NA	NA		
Monounsaturated fat (g)	27.5	24.3	31.3	NA	NA		
Polyunsaturated fat (g)	18.9	17.4	21.4	NA	NA		
Linoleic acid (g)	17.5	16.0	19.6	NA	100		
Alpha linolenic acid (g)	1.1	0.9	2.1	NA	100		
LC n3 fatty acids (mg)	141.6	137.6	149.9	NA	100		
Vitamin A equivs (mcg)	1350.5	1110.8	1648.0	100	100		
Retinol (mcg)	408.5	375.1	441.3	NA	NA		
Provitamin A (mcg)	5568.5	4141.3	7256.1	NA	NA		
Thiamin (mg)	2.3	2.2	2.5	100	100		
Riboflavin (mg)	3.3	3.0	3.5	100	100		
Niacin (mg)	50.3	48.2	53.1	100	100		
Folate (mcg total)	686.3	638.4	738.4	NA	NA		
Folate equivs (mcg)	973.8	904.3	1052.6	100	100		
Vitamin C (mg)	91.9	70.2	120.7	100	100		
Vitamin D (mcg)	2.6	2.2	2.9	NA	0		
Vitamin E (mg)	16.5	15.0	18.2	NA	100		
Calcium (mg)	1483.7	1411.2	1569.1	100	100		
Iron (mg)	17.0	16.0	18.1	100	0		
Iodine (mcg)	263.3	247.6	281.3	100	100		
Magnesium (mg)	551.3	516.1	584.4	100	100		
Phosphorus (mg)	2182.8	2073.9	2258.2	100	100		
Potassium (mg)	4007.4	3871.0	4162.0	NA	100		
Sodium (mg)	1586.8	1435.1	1741.6	NA	100		
Zinc (mg)	13.8	13.2	14.3	100	100		
Cholesterol (mg)	631.3	622.4	655.2	NA	NA		
Selenium (mcg)	94.8	89.9	102.0	100	100		
Vitamin B6 (mg)	1.8	1.7	2.1	100	100		
Vitamin B12 (mcg)	8.2	8.0	8.4	100	100		
Percent energy from fat	32.1						
Percent energy from protein	22.5						
Percent energy from carbohydrate	45.4						

Appendix 13: Food group sources of nutrients for mean of 100 7- day *Foundation diets*

Abbreviations:

GreenV	Green and brassiac vegetables
OrangeV	Orange vegetables
OtherV	Other vegetables
WGcereal	Wholegrain cereals
Refcereal	Refined cereals
WMeat	Poultry/fish/seafood/eggs/legumes
RMeat	Red meats
PolyMarg	Polyunsaturated margarines and oils

[1] "Girls 13 - 23 months

[1]	5	7	7	2	0	14	7	32	17	7	7	0	2	0	14	7	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.6	1.3	1.9	1.2	0	3.3	4.8	27.6	19.5	8.6	8.0	17.5	3.8							
Energy	2.6	1.5	2.1	1.3	0	3.4	5.0	27.9	19.2	8.5	7.7	16.9	3.7							
Protein	1.5	2.7	1.1	1.8	0	2.1	1.1	18.7	10.1	20.0	19.6	21.1	0.1							
Fat	0.5	0.5	0.4	1.1	0	8.3	0.6	16.3	5.9	13.9	14.4	20.7	17.3							
Carbohydrate	3.8	0.9	2.8	0.9	0	1.7	8.4	36.4	29.1	1.1	0.0	14.8	0.0							
Sugars	1.2	1.7	5.6	0.2	0	4.7	22.9	18.7	2.7	0.3	0.0	41.9	0.0							
Starch	5.1	0.5	1.3	1.3	0	0.1	0.8	45.8	42.9	1.5	0.0	0.7	0.0							
Fibre	11.9	8.4	7.3	3.6	0	8.2	10.2	33.5	11.8	4.1	0.0	0.9	0.0							
Saturated fat	0.2	0.3	0.2	0.5	0	5.4	0.2	12.6	3.3	11.9	16.5	37.2	11.7							
Monounsaturated fat	0.2	0.0	0.0	0.5	0	13.6	0.0	14.9	5.9	15.9	18.8	15.5	14.6							
Polyunsaturated fat	1.1	1.3	1.4	3.0	0	6.4	0.8	23.1	8.5	12.0	4.7	4.0	33.8							
Linoleic acid	1.2	1.5	1.2	3.0	0	7.0	0.4	24.2	8.2	9.5	3.0	4.3	36.5							
Alpha linolenic acid	0.1	0.0	0.3	4.8	0	0.0	4.6	23.9	14.0	10.2	7.3	13.4	21.4							
LC n3 fatty acids	0.3	0.0	0.0	0.0	0	0.0	0.0	0.0	0.0	69.4	26.7	3.6	0.0							
Vitamin A equivs	3.2	4.8	61.4	0.0	0	6.5	1.9	2.0	0.2	3.4	0.3	9.6	6.8							
Retinol	0.1	0.0	0.0	0.0	0	0.0	0.4	8.5	0.4	17.4	0.9	41.0	31.3							
Provitamin A	4.0	6.1	77.2	0.0	0	8.1	2.4	0.3	0.1	0.0	0.2	0.9	0.8							
Thiamin	2.8	4.8	2.8	1.3	0	3.6	3.0	52.4	15.6	4.8	3.8	5.2	0.0							
Riboflavin	0.8	4.1	1.9	0.4	0	4.3	2.2	26.8	5.3	7.4	4.5	42.5	0.0							
Niacin	2.4	2.2	1.8	1.0	0	3.9	1.1	27.9	9.3	18.6	16.2	15.6	0.0							
Folate (total)	2.2	8.5	2.8	3.4	0	7.6	10.3	29.9	6.5	7.1	0.5	21.1	0.1							
Folate equivs	1.4	5.2	1.7	2.1	0	4.7	6.4	46.2	14.5	4.4	0.3	13.0	0.1							
Vitamin C	9.2	32.4	8.2	0.0	0	28.1	19.2	1.1	0.5	0.1	0.2	1.0	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0	0.0	0.0	7.1	0.1	27.5	7.8	40.4	16.9							
Vitamin E	0.6	1.8	5.6	1.9	0	16.0	6.3	14.9	5.3	16.3	7.9	4.4	19.1							
Calcium	0.4	2.4	2.3	0.8	0	2.2	1.4	23.5	4.1	3.0	0.5	59.4	0.0							
Iron	2.7	6.7	2.7	3.2	0	5.0	3.1	38.4	12.8	9.8	13.1	2.5	0.0							
Iodine	0.2	0.5	0.2	0.1	0	0.5	0.4	33.5	10.1	7.0	0.7	46.8	0.1							
Magnesium	3.5	5.1	2.9	2.6	0	5.4	5.2	37.1	8.1	8.3	4.9	16.9	0.0							
Phosphorus	2.3	2.9	1.7	1.5	0	3.2	1.3	26.1	8.4	12.3	9.8	30.5	0.0							
Potassium	8.0	6.4	6.7	1.8	0	11.0	8.0	15.9	3.4	8.1	7.1	23.5	0.1							
Sodium	1.0	1.1	1.3	0.5	0	1.7	0.3	39.7	17.7	8.3	2.9	22.9	2.6							
Zinc	1.7	4.0	1.6	1.7	0	3.7	1.6	21.8	7.2	10.1	29.5	17.1	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0	0.0	0.0	2.7	0.2	57.4	23.0	16.6	0.0							
Selenium	1.3	0.2	0.1	1.6	0	4.0	0.4	20.8	11.5	38.9	11.9	9.3	0.1							
Vitamin B6	3.4	4.4	4.8	1.8	0	29.6	6.3	17.4	3.8	11.6	5.9	10.9	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0	0.0	0.0	1.8	7.5	16.0	18.7	56.1	0.0							

[1] "Girls 2 - 3"

	5	7	7	4	0	14	14	38	18	7	7	0	2	0	19	7	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.2	1.1	1.6	2.0	0	2.8	8.2	27.9	17.5	7.3	6.8	19.4	3.2							
Energy	2.2	1.3	1.8	2.2	0	2.9	8.6	28.2	17.3	7.2	6.6	18.7	3.1							
Protein	1.3	2.4	1.0	3.1	0	1.9	2.0	19.5	9.4	17.6	17.3	24.4	0.1							
Fat	0.5	0.5	0.4	2.0	0	7.6	1.0	17.7	5.7	12.7	13.2	22.9	15.8							
Carbohydrate	3.1	0.8	2.3	1.5	0	1.4	13.7	35.2	25.0	0.9	0.0	16.3	0.0							
Sugars	0.9	1.2	4.0	0.3	0	3.3	32.3	15.7	2.0	0.2	0.0	40.1	0.0							
Starch	4.5	0.5	1.2	2.3	0	0.1	1.4	47.9	40.0	1.3	0.0	0.8	0.0							
Fibre	9.8	7.0	6.0	5.9	0	6.8	16.9	32.9	10.4	3.4	0.0	1.0	0.0							
Saturated fat	0.2	0.2	0.2	0.8	0	4.9	0.4	13.5	3.2	10.7	14.9	40.5	10.6							
Monounsaturated fat	0.2	0.0	0.0	1.0	0	12.7	0.1	16.5	5.9	14.8	17.6	17.5	13.7							
Polyunsaturated fat	1.0	1.2	1.2	5.4	0	5.8	1.4	25.0	8.2	10.9	4.3	4.6	30.8							
Linoleic acid	1.1	1.3	1.1	5.4	0	6.4	0.7	26.2	7.9	8.7	2.7	5.1	33.3							
Alpha linolenic acid	0.1	0.0	0.3	8.1	0	0.0	7.8	24.1	12.6	8.7	6.2	14.0	18.2							
LC n3 fatty acids	0.3	0.0	0.0	0.0	0	0.0	0.0	0.0	0.0	69.1	26.6	3.9	0.0							
Vitamin A equivs	3.1	4.6	58.5	0.0	0	6.2	3.7	2.2	0.2	3.3	0.3	11.6	6.4							
Retinol	0.1	0.0	0.0	0.0	0	0.0	0.7	9.0	0.4	15.4	0.8	45.8	27.8							
Provitamin A	3.9	5.9	75.2	0.0	0	7.9	4.6	0.4	0.1	0.0	0.2	1.0	0.8							
Thiamin	2.4	4.1	2.4	2.3	0	3.1	5.1	53.3	14.1	4.1	3.2	5.9	0.0							
Riboflavin	0.6	3.4	1.5	0.6	0	3.5	3.6	26.0	4.6	6.0	3.6	46.5	0.0							
Niacin	2.1	1.9	1.6	1.7	0	3.4	1.9	29.3	8.7	16.5	14.3	18.5	0.0							
Folate (total)	1.7	6.7	2.2	5.3	0	6.0	16.3	28.0	5.4	5.6	0.4	22.3	0.1							
Folate equivs	1.1	4.3	1.4	3.4	0	3.8	10.4	44.8	12.6	3.6	0.2	14.3	0.1							
Vitamin C	7.6	27.1	6.8	0.0	0	23.4	32.1	1.0	0.5	0.1	0.2	1.1	0.0							
Vitamin D	0.1	0.0	0.0	0.0	0	0.0	0.0	7.6	0.1	24.9	7.1	44.8	15.3							
Vitamin E	0.5	1.6	5.0	3.4	0	14.2	11.1	15.8	5.0	14.5	7.0	4.9	17.0							
Calcium	0.3	1.9	1.8	1.3	0	1.7	2.2	22.2	3.5	2.4	0.4	62.2	0.0							
Iron	2.3	5.9	2.3	5.6	0	4.4	5.4	39.6	11.8	8.5	11.4	2.9	0.0							
Iodine	0.2	0.4	0.2	0.2	0	0.4	0.7	32.1	8.6	5.7	0.5	51.0	0.0							
Magnesium	2.9	4.2	2.4	4.3	0	4.5	8.6	36.5	7.1	6.8	4.0	18.6	0.0							
Phosphorus	2.0	2.4	1.5	2.5	0	2.7	2.3	26.2	7.5	10.4	8.3	34.1	0.0							
Potassium	6.6	5.3	5.5	3.0	0	9.1	13.2	15.5	3.0	6.7	5.9	26.2	0.0							
Sodium	0.8	1.0	1.1	0.9	0	1.5	0.5	41.0	16.3	7.2	2.5	24.9	2.2							
Zinc	1.5	3.6	1.4	3.0	0	3.2	2.8	23.0	6.8	8.9	26.1	19.7	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0	0.0	0.0	3.1	0.3	54.7	21.9	20.0	0.0							
Selenium	1.2	0.2	0.1	2.9	0	3.6	0.6	22.7	11.2	35.8	10.9	10.7	0.1							
Vitamin B6	2.9	3.8	4.2	3.2	0	25.6	10.9	17.9	3.5	10.1	5.1	12.8	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0	0.0	0.0	1.8	6.6	13.4	15.6	62.6	0.0							

[1] "Girls 4 - 8"

	7	14	14	4	0	21	21	38	18	11	10	0	2	0	21	10	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.6	1.9	2.2	1.7	0	2.6	10.1	23.6	14.8	9.7	8.4	18.4	4.0							
Energy	2.6	2.2	2.6	1.9	0	2.8	10.5	23.8	14.5	9.5	8.0	17.6	3.8							
Protein	1.5	3.8	1.3	2.5	0	2.0	2.3	15.3	7.5	22.5	19.7	21.4	0.1							
Fat	0.5	0.8	0.5	1.7	0	5.2	1.3	14.3	5.4	16.4	15.5	20.3	18.2							
Carbohydrate	3.9	1.4	3.4	1.3	0	1.9	17.8	31.3	21.9	0.9	0.0	16.2	0.0							
Sugars	0.8	1.8	6.2	0.2	0	4.2	37.3	12.2	1.6	0.2	0.0	35.3	0.0							
Starch	6.4	1.0	1.1	2.2	0	0.1	1.7	46.9	38.3	1.3	0.0	0.9	0.0							
Fibre	8.7	10.9	10.7	4.8	0	7.3	18.9	26.9	8.2	2.8	0.0	0.8	0.0							
Saturated fat	0.2	0.4	0.2	0.7	0	3.2	0.5	10.8	2.6	14.4	17.8	36.7	12.5							
Monounsaturated fat	0.1	0.0	0.0	0.9	0	8.3	0.1	13.1	6.3	19.4	20.4	15.5	15.8							
Polyunsaturated fat	0.9	1.9	1.7	4.5	0	4.5	1.7	20.6	7.4	12.8	5.3	3.8	34.9							
Linoleic acid	1.1	2.1	1.5	4.6	0	4.9	0.9	21.9	6.9	10.2	3.3	4.4	38.3							
Alpha linolenic acid	0.1	0.0	0.3	6.7	0	0.0	9.1	19.4	14.5	9.2	8.1	12.0	20.6							
LC n3 fatty acids	0.2	0.0	0.0	0.0	0	0.0	0.0	0.0	0.0	70.0	27.1	2.7	0.0							
Vitamin A equivs	0.7	4.4	70.3	0.0	0	5.6	3.0	1.0	0.1	2.9	0.2	6.9	4.9							
Retinol	0.1	0.0	0.0	0.0	0	0.0	0.9	6.0	0.2	20.0	1.2	40.4	31.2							
Provitamin A	0.8	5.2	82.6	0.0	0	6.5	3.5	0.2	0.0	0.0	0.1	0.6	0.5							
Thiamin	2.9	6.9	4.5	1.9	0	3.6	6.7	46.8	12.8	5.0	4.0	4.9	0.0							
Riboflavin	0.7	5.7	2.3	0.5	0	3.3	4.1	22.1	4.2	8.4	4.9	43.9	0.0							
Niacin	2.4	3.1	2.3	1.4	0	3.4	2.2	22.8	7.3	21.5	16.6	17.0	0.0							
Folate (total)	1.9	9.9	3.5	4.4	0	6.8	19.3	22.2	4.7	5.9	0.6	20.6	0.1							
Folate equivs	1.3	6.7	2.4	3.0	0	4.7	13.2	38.2	12.1	4.0	0.4	14.0	0.1							
Vitamin C	6.5	30.7	5.9	0.0	0	24.0	31.0	0.7	0.3	0.1	0.2	0.7	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0	0.0	0.0	5.3	0.0	28.4	7.6	40.7	17.8							
Vitamin E	0.2	2.1	6.5	2.8	0	16.2	11.6	12.1	4.0	16.7	6.6	3.6	17.6							
Calcium	0.4	3.5	3.3	1.2	0	2.1	3.1	18.9	3.3	3.1	0.5	60.6	0.1							
Iron	2.7	9.3	3.3	4.5	0	4.9	6.5	33.9	9.6	9.8	13.2	2.5	0.0							
Iodine	0.3	1.1	0.3	0.2	0	0.5	0.9	27.5	8.7	8.1	0.6	51.7	0.1							
Magnesium	3.4	6.9	4.0	3.8	0	5.2	9.8	30.4	5.9	8.4	4.8	17.4	0.0							
Phosphorus	2.4	4.1	2.5	2.2	0	3.0	2.8	21.5	6.0	13.8	9.9	31.8	0.0							
Potassium	7.4	7.8	8.5	2.3	0	9.3	14.6	11.6	2.2	7.6	6.2	22.3	0.0							
Sodium	0.9	1.5	2.5	0.9	0	1.8	0.7	35.8	16.7	11.0	3.1	22.4	2.7							
Zinc	1.6	5.8	2.0	2.5	0	3.6	3.3	18.3	5.3	10.7	29.6	17.4	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0	0.0	0.0	1.8	0.2	61.7	21.4	14.9	0.0							
Selenium	1.3	0.4	0.1	2.2	0	2.6	0.5	18.0	9.0	44.6	12.6	8.8	0.1							
Vitamin B6	2.7	5.5	6.7	2.1	0	35.6	9.5	11.8	2.3	10.1	4.6	9.1	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0	0.0	0.0	1.4	5.0	18.1	19.1	56.5	0.0							

[1] "Girls 9 - 11"

	10	14	14	4	4	28	28	38	18	14	14	0	6	0	35	14	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.8	1.3	1.9	1.4	3.2	2.5	9.9	18.7	11.3	9.3	8.8	24.8	4.2							
Energy	2.9	1.6	2.1	1.5	3.2	2.7	10.4	18.9	11.2	9.1	8.5	23.9	4.1							
Protein	1.6	2.5	1.1	1.9	1.9	2.0	2.1	10.8	5.5	21.8	20.4	28.3	0.1							
Fat	0.4	0.5	0.4	1.3	9.7	3.5	1.0	9.4	3.5	13.2	13.7	27.2	16.5							
Carbohydrate	4.6	1.0	3.0	1.1	0.5	2.3	19.0	27.7	18.4	0.5	0.0	21.8	0.0							
Sugars	0.8	1.3	4.6	0.2	0.5	4.4	35.8	7.7	1.1	0.1	0.0	43.5	0.0							
Starch	8.5	0.8	1.4	2.0	0.5	0.1	1.7	47.8	35.8	0.9	0.0	0.5	0.0							
Fibre	9.4	9.1	9.1	4.3	2.3	9.3	23.1	23.7	7.5	1.8	0.0	0.4	0.0							
Saturated fat	0.2	0.2	0.2	0.5	3.7	2.1	0.4	6.2	1.5	11.1	15.0	48.3	10.7							
Monounsaturated fat	0.1	0.0	0.0	0.7	14.2	5.3	0.1	8.5	4.0	15.9	17.5	19.9	13.8							
Polyunsaturated fat	0.8	1.2	1.4	3.6	14.7	3.7	1.3	15.3	5.2	10.8	4.9	3.0	34.1							
Linoleic acid	0.9	1.3	1.2	3.6	16.3	4.0	0.8	16.1	4.7	8.3	3.0	3.2	36.3							
Alpha linolenic acid	0.1	0.0	0.4	5.6	2.7	0.0	8.9	15.1	11.7	8.3	8.1	16.3	22.8							
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	65.5	28.8	5.4	0.0							
Vitamin A equivs	1.0	4.4	60.8	0.0	0.0	7.1	3.2	0.7	0.0	2.9	0.3	12.9	6.6							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.5	2.5	0.1	13.9	0.9	53.4	28.5							
Provitamin A	1.3	5.6	77.7	0.0	0.0	9.0	4.0	0.2	0.0	0.0	0.1	1.2	0.8							
Thiamin	3.6	5.3	3.7	1.6	4.7	4.2	8.0	42.0	10.5	5.3	5.3	5.9	0.0							
Riboflavin	0.7	3.7	1.8	0.3	0.6	3.2	3.5	13.9	2.8	7.7	4.8	56.8	0.0							
Niacin	2.6	2.1	1.8	1.0	2.8	3.5	2.2	16.3	5.3	22.4	17.2	22.8	0.0							
Folate (total)	2.0	7.4	2.7	3.3	3.2	7.2	20.9	15.9	3.2	4.3	0.6	29.3	0.1							
Folate equivs	1.5	5.5	2.0	2.4	2.3	5.3	15.4	30.8	9.4	3.1	0.4	21.7	0.1							
Vitamin C	8.0	22.4	5.8	0.0	0.0	28.0	34.0	0.5	0.2	0.1	0.2	0.8	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	2.1	0.0	19.8	7.2	54.6	16.1							
Vitamin E	0.2	1.4	4.7	1.9	8.4	15.6	11.4	11.5	2.9	13.6	6.9	4.0	17.6							
Calcium	0.4	2.3	2.2	1.2	0.5	2.0	2.8	10.8	2.1	2.4	0.5	72.8	0.0							
Iron	3.4	8.0	3.2	4.1	2.7	6.1	7.2	29.7	8.1	9.4	16.2	1.8	0.0							
Iodine	0.3	0.6	0.2	0.1	0.0	0.5	0.9	18.1	6.2	6.2	0.6	66.1	0.1							
Magnesium	3.8	5.3	3.2	3.1	4.7	5.5	9.2	25.1	4.6	7.7	5.3	22.3	0.0							
Phosphorus	2.4	2.7	1.8	1.7	2.3	3.0	2.6	15.5	4.4	12.7	10.1	40.8	0.0							
Potassium	8.4	5.7	6.7	1.6	1.4	9.7	13.9	8.5	1.7	7.1	6.9	28.3	0.1							
Sodium	0.9	1.3	1.7	0.9	0.0	2.1	0.7	28.0	12.9	10.9	3.4	34.1	3.1							
Zinc	1.7	4.1	1.5	1.8	2.5	3.5	3.0	13.8	3.9	10.9	30.4	23.1	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.2	54.0	22.3	22.7	0.0							
Selenium	1.5	0.3	0.2	1.6	1.9	2.7	0.5	14.3	7.2	43.1	13.4	13.4	0.1							
Vitamin B6	3.2	4.7	5.2	1.6	2.8	28.3	9.8	11.3	2.0	11.5	5.5	14.2	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	3.6	14.2	17.3	64.1	0.0							

[1] "Girls 12 - 13"

	10	14	14	4	4	28	28	48	22	14	14	0	7	0	44	14	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.5	1.1	1.6	1.2	2.8	2.2	8.7	20.8	12.2	8.2	7.8	27.1	3.7							
Energy	2.5	1.4	1.9	1.3	2.8	2.4	9.2	21.1	12.1	8.0	7.5	26.3	3.6							
Protein	1.4	2.3	1.0	1.7	1.7	1.8	1.8	12.3	6.0	19.7	18.3	31.7	0.1							
Fat	0.3	0.4	0.4	1.2	8.9	3.2	0.9	10.8	3.9	12.1	12.5	30.2	15.1							
Carbohydrate	3.9	0.9	2.6	0.9	0.4	1.9	16.3	29.9	19.2	0.4	0.0	23.4	0.0							
Sugars	0.7	1.1	4.1	0.1	0.4	3.9	31.6	8.6	1.2	0.1	0.0	48.2	0.0							
Starch	7.0	0.6	1.2	1.6	0.4	0.1	1.4	50.1	36.2	0.7	0.0	0.5	0.0							
Fibre	8.7	8.4	8.4	3.9	2.2	8.6	21.4	27.7	8.5	1.7	0.0	0.5	0.0							
Saturated fat	0.1	0.2	0.1	0.4	3.3	1.8	0.3	6.9	1.6	9.8	13.3	52.4	9.5							
Monounsaturated fat	0.1	0.0	0.0	0.6	13.2	4.9	0.1	9.9	4.6	14.8	16.3	22.6	12.8							
Polyunsaturated fat	0.8	1.2	1.3	3.4	13.9	3.5	1.2	18.2	6.0	10.2	4.6	3.4	32.2							
Linoleic acid	0.9	1.3	1.2	3.4	15.4	3.8	0.7	19.1	5.4	7.9	2.9	3.8	34.3							
Alpha linolenic acid	0.0	0.0	0.3	5.1	2.5	0.0	8.1	17.4	13.0	7.6	7.4	17.9	20.7							
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	64.9	28.6	6.4	0.0							
Vitamin A equivs	1.0	4.2	59.0	0.0	0.0	6.9	3.1	0.8	0.1	2.9	0.3	15.4	6.4							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.4	2.8	0.1	12.3	0.8	58.2	25.2							
Provitamin A	1.3	5.5	77.5	0.0	0.0	9.0	4.0	0.2	0.0	0.0	0.1	1.5	0.8							
Thiamin	3.1	4.6	3.2	1.4	4.1	3.6	6.9	46.2	11.1	4.6	4.6	6.4	0.0							
Riboflavin	0.6	3.1	1.6	0.3	0.5	2.7	3.0	14.8	2.9	6.5	4.0	60.0	0.0							
Niacin	2.3	1.9	1.6	0.9	2.5	3.1	2.0	18.5	5.9	20.1	15.5	25.7	0.0							
Folate (total)	1.8	6.6	2.4	2.9	2.8	6.4	18.6	17.8	3.5	3.8	0.5	32.7	0.1							
Folate equivs	1.3	4.7	1.8	2.1	2.0	4.6	13.3	33.6	9.9	2.7	0.4	23.5	0.1							
Vitamin C	8.0	22.4	5.8	0.0	0.0	27.9	33.8	0.6	0.3	0.1	0.2	1.0	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	2.4	0.0	17.5	6.4	59.2	14.3							
Vitamin E	0.2	1.3	4.5	1.8	8.0	14.9	10.9	13.9	3.4	13.0	6.6	4.6	16.8							
Calcium	0.3	1.9	1.8	1.0	0.4	1.6	2.3	11.2	2.1	2.0	0.4	74.8	0.0							
Iron	3.1	7.3	2.9	3.7	2.5	5.5	6.6	34.1	9.0	8.6	14.7	2.1	0.0							
Iodine	0.2	0.5	0.2	0.1	0.0	0.4	0.7	18.6	6.2	5.1	0.5	67.4	0.0							
Magnesium	3.4	4.7	2.8	2.8	4.2	4.9	8.1	28.0	4.9	6.8	4.7	24.7	0.0							
Phosphorus	2.1	2.4	1.6	1.4	2.0	2.6	2.2	17.0	4.7	11.0	8.8	44.2	0.0							
Potassium	7.7	5.2	6.1	1.5	1.2	8.8	12.7	9.7	1.9	6.5	6.3	32.3	0.0							
Sodium	0.7	1.1	1.4	0.8	0.0	1.7	0.6	29.9	13.4	9.3	2.9	35.5	2.6							
Zinc	1.5	3.7	1.4	1.7	2.2	3.2	2.8	15.8	4.3	9.9	27.6	26.0	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.2	51.2	21.1	26.5	0.0							
Selenium	1.3	0.3	0.1	1.5	1.7	2.5	0.4	16.7	8.1	39.7	12.3	15.2	0.1							
Vitamin B6	3.0	4.4	4.9	1.5	2.6	26.5	9.2	13.3	2.3	10.7	5.1	16.6	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	3.8	12.1	14.8	68.4	0.0							

[1] "Girls 14 - 18"

	10	14	14	4	4	28	28	70	28	14	14	0	7	0	42	28	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.2	1.0	1.5	1.1	2.2	2.5	7.4	25.6	13.8	7.4	6.9	21.8	6.6							
Energy	2.2	1.2	1.7	1.2	2.2	2.7	7.8	26.0	13.7	7.2	6.6	21.1	6.4							
Protein	1.4	2.1	1.0	1.6	1.4	2.5	1.7	17.2	7.1	18.2	17.2	28.4	0.1							
Fat	0.3	0.4	0.3	1.0	6.3	3.7	0.9	13.6	4.1	10.5	10.7	21.7	26.5							
Carbohydrate	3.5	0.8	2.3	0.9	0.5	1.9	13.5	35.4	21.6	0.6	0.0	19.0	0.0							
Sugars	0.7	1.2	4.1	0.2	0.4	4.1	30.3	12.7	1.4	0.2	0.0	44.7	0.0							
Starch	5.5	0.5	1.0	1.4	0.6	0.2	0.9	52.1	36.4	1.0	0.0	0.4	0.0							
Fibre	6.8	7.1	7.1	3.4	2.0	9.2	17.3	35.5	8.8	2.3	0.0	0.4	0.0							
Saturated fat	0.1	0.2	0.1	0.4	2.4	2.4	0.4	9.4	1.8	9.5	12.7	41.9	18.7							
Monounsaturated fat	0.1	0.0	0.0	0.5	9.8	5.8	0.1	12.7	4.8	12.8	14.2	16.3	23.0							
Polyunsaturated fat	0.5	0.8	1.0	2.3	8.0	2.8	0.9	18.9	5.3	7.5	3.3	2.6	46.0							
Linoleic acid	0.6	0.9	0.8	2.2	8.6	3.6	0.6	19.4	4.7	5.8	2.1	2.3	48.4							
Alpha linolenic acid	0.0	0.0	0.3	3.6	3.8	0.0	6.6	20.6	11.3	6.2	5.4	11.3	31.0							
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	65.3	28.1	6.4	0.0							
Vitamin A equivs	1.0	4.0	56.2	0.0	0.0	6.4	4.2	1.2	0.1	2.9	0.3	11.4	12.4							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.4	3.6	0.1	11.4	0.7	38.2	45.5							
Provitamin A	1.4	5.5	75.8	0.0	0.0	8.6	5.5	0.3	0.0	0.0	0.1	1.1	1.5							
Thiamin	2.4	3.5	2.4	1.0	2.7	2.9	5.3	51.8	10.8	3.6	4.9	8.8	0.0							
Riboflavin	0.6	3.1	1.5	0.3	0.8	3.3	2.9	20.5	3.2	6.2	4.0	53.7	0.0							
Niacin	2.2	1.8	1.6	0.9	2.1	3.3	2.1	26.9	7.1	18.5	14.9	18.9	0.0							
Folate (total)	1.8	6.8	2.5	3.3	2.7	6.0	16.8	26.7	4.4	4.9	0.7	23.1	0.2							
Folate equivs	1.1	4.1	1.6	2.0	1.6	3.7	10.3	46.9	10.9	3.0	0.4	14.1	0.1							
Vitamin C	7.3	21.4	5.4	0.0	0.0	29.4	32.9	0.8	0.2	0.1	0.2	2.3	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.1	16.5	6.5	45.7	27.7							
Vitamin E	0.2	1.1	3.6	1.9	8.0	10.2	9.0	13.8	3.2	11.2	5.0	5.8	27.2							
Calcium	0.3	1.8	1.7	0.7	0.4	2.0	2.2	16.2	2.5	2.0	0.4	69.6	0.1							
Iron	2.6	6.1	2.5	3.0	1.6	5.6	5.9	41.7	9.2	8.0	11.8	2.1	0.0							
Iodine	0.2	0.4	0.2	0.1	0.0	0.4	0.8	28.5	7.8	5.3	0.5	55.7	0.1							
Magnesium	3.0	4.1	2.5	2.4	3.3	5.1	7.0	34.2	5.7	6.6	4.2	21.8	0.0							
Phosphorus	2.0	2.2	1.5	1.3	1.5	2.8	2.2	22.1	5.6	10.3	8.3	40.2	0.0							
Potassium	7.4	5.1	5.8	1.5	1.2	8.1	12.2	13.4	2.3	6.4	6.0	30.4	0.1							
Sodium	0.6	1.0	1.1	0.8	0.0	1.1	0.5	38.5	12.8	8.0	2.4	29.1	4.2							
Zinc	1.4	3.4	1.3	1.6	1.7	3.0	2.9	20.9	5.3	9.2	25.8	23.4	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.2	52.7	22.0	23.6	0.0							
Selenium	1.2	0.2	0.1	1.4	1.8	1.4	0.4	23.4	8.8	35.9	11.9	13.2	0.1							
Vitamin B6	3.6	5.7	5.7	2.0	2.5	8.2	10.0	20.3	3.4	12.8	7.1	18.9	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	4.5	12.9	14.5	66.3	0.0							

[1] "Pregnant girls"

	10	14	14	4	4	28	28	38	24	24	0	7	0	42	28	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg						
Energy excl fibre	1.8	0.8	1.2	0.9	1.8	2.1	6.2	25.1	15.7	10.6	9.8	18.3	5.6						
Energy	1.9	1.0	1.4	1.0	1.8	2.3	6.5	25.5	15.6	10.4	9.5	17.7	5.4						
Protein	1.0	1.6	0.7	1.2	1.1	1.9	1.3	15.4	7.4	23.8	22.6	21.7	0.1						
Fat	0.2	0.3	0.3	0.8	5.3	3.1	0.7	13.4	4.7	15.2	15.4	18.3	22.3						
Carbohydrate	3.0	0.7	2.0	0.8	0.4	1.7	11.8	36.3	25.7	1.0	0.0	16.6	0.0						
Sugars	0.7	1.1	4.0	0.1	0.4	4.0	29.5	14.5	1.8	0.3	0.0	43.5	0.0						
Starch	4.5	0.4	0.8	1.2	0.5	0.2	0.7	49.8	40.3	1.3	0.0	0.4	0.0						
Fibre	6.1	6.4	6.4	3.1	1.8	8.3	15.6	37.5	10.8	3.6	0.0	0.4	0.0						
Saturated fat	0.1	0.2	0.1	0.3	2.0	2.0	0.3	9.4	2.1	13.8	18.4	35.5	15.8						
Monounsaturated fat	0.1	0.0	0.0	0.4	7.9	4.7	0.1	12.1	5.3	17.8	19.7	13.2	18.7						
Polyunsaturated fat	0.5	0.7	0.9	2.0	7.1	2.5	0.8	19.6	6.4	11.4	5.1	2.2	40.8						
Linoleic acid	0.5	0.8	0.8	2.0	7.8	3.2	0.5	20.5	5.8	9.0	3.2	2.1	43.7						
Alpha linolenic acid	0.0	0.0	0.2	3.1	3.3	0.0	5.7	20.8	13.3	9.2	8.0	9.8	26.7						
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	67.2	28.9	3.8	0.0						
Vitamin A equivs	1.0	4.0	54.9	0.0	0.0	6.2	4.1	1.3	0.1	4.8	0.5	11.1	12.1						
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.4	3.9	0.2	17.9	1.2	34.9	41.6						
Provitamin A	1.4	5.4	75.6	0.0	0.0	8.5	5.5	0.4	0.1	0.1	0.2	1.1	1.5						
Thiamin	2.0	2.9	2.1	0.8	2.3	2.4	4.4	51.0	12.3	5.2	7.1	7.4	0.0						
Riboflavin	0.5	2.8	1.4	0.2	0.7	2.9	2.5	21.4	3.9	9.5	6.1	48.0	0.0						
Niacin	1.7	1.3	1.2	0.7	1.6	2.5	1.6	24.0	7.3	24.2	19.4	14.4	0.0						
Folate (total)	1.7	6.1	2.3	3.0	2.4	5.5	15.2	28.4	5.5	7.7	1.1	21.0	0.2						
Folate equivs	1.0	3.6	1.4	1.8	1.4	3.2	9.0	48.0	13.0	4.5	0.7	12.4	0.1						
Vitamin C	7.3	21.4	5.4	0.0	0.0	29.3	32.7	0.9	0.3	0.1	0.3	2.3	0.0						
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.1	24.2	9.5	39.0	23.7						
Vitamin E	0.1	0.9	3.2	1.6	7.0	8.8	7.8	14.1	3.7	16.6	7.4	5.0	23.6						
Calcium	0.3	1.7	1.6	0.7	0.4	1.9	2.1	18.0	3.2	3.3	0.6	66.0	0.1						
Iron	2.1	4.9	2.0	2.4	1.3	4.5	4.7	39.2	10.0	11.0	16.3	1.6	0.0						
Iodine	0.2	0.4	0.1	0.1	0.0	0.4	0.7	29.8	9.5	8.2	0.8	49.8	0.1						
Magnesium	2.6	3.5	2.2	2.0	2.8	4.4	6.1	34.7	6.7	9.7	6.3	18.8	0.0						
Phosphorus	1.7	1.9	1.3	1.1	1.3	2.4	1.9	21.7	6.3	14.9	12.0	33.8	0.0						
Potassium	6.6	4.6	5.2	1.3	1.1	7.2	10.9	14.0	2.8	9.8	9.3	27.2	0.1						
Sodium	0.5	0.8	0.9	0.7	0.0	0.9	0.4	38.0	14.7	11.5	3.4	24.5	3.5						
Zinc	1.1	2.6	1.0	1.2	1.3	2.3	2.2	18.7	5.5	12.0	34.0	17.9	0.0						
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.2	58.8	24.5	15.3	0.0						
Selenium	0.9	0.2	0.1	1.0	1.3	1.0	0.3	19.4	8.5	43.5	14.5	9.4	0.1						
Vitamin B6	3.0	4.8	4.8	1.6	2.1	6.9	8.4	20.0	3.8	18.4	10.2	15.8	0.0						
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	5.0	18.2	20.5	54.6	0.0						

[1] "Lactating girls"

	14	14	14	6	8	28	28	84	42	14	14	0	7	0	50	28	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.6	0.8	1.2	1.4	3.6	2.1	6.2	25.8	17.4	6.2	5.8	21.2	5.6							
Energy	2.6	1.0	1.4	1.5	3.6	2.3	6.6	26.2	17.2	6.1	5.6	20.5	5.4							
Protein	1.7	1.8	0.8	2.1	2.4	2.2	1.5	18.1	9.4	15.9	15.1	28.9	0.1							
Fat	0.4	0.3	0.3	1.3	11.1	3.3	0.8	14.3	5.4	9.3	9.4	20.8	23.4							
Carbohydrate	3.9	0.6	1.9	1.1	0.8	1.5	10.9	34.4	26.2	0.5	0.0	18.2	0.0							
Sugars	0.8	1.0	3.7	0.2	0.7	3.7	27.0	13.6	1.8	0.2	0.0	47.2	0.0							
Starch	5.8	0.3	0.8	1.6	0.9	0.2	0.7	47.3	41.3	0.7	0.0	0.4	0.0							
Fibre	8.0	6.0	6.0	4.4	3.3	7.8	14.7	36.1	11.2	2.0	0.0	0.4	0.0							
Saturated fat	0.2	0.2	0.1	0.6	4.4	2.2	0.3	10.4	2.5	8.7	11.6	41.9	17.1							
Monounsaturated fat	0.1	0.0	0.0	0.7	16.8	5.0	0.1	13.1	6.2	11.0	12.2	15.2	19.8							
Polyunsaturated fat	0.7	0.7	0.8	2.9	13.8	2.4	0.8	19.5	6.8	6.5	2.9	2.4	39.7							
Linoleic acid	0.7	0.8	0.7	2.9	14.8	3.1	0.5	20.0	6.1	5.0	1.8	2.3	41.5							
Alpha linolenic acid	0.0	0.0	0.2	4.6	6.5	0.0	5.6	21.2	14.6	5.3	4.6	10.6	26.6							
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	65.1	28.0	6.6	0.0							
Vitamin A equivs	1.4	4.0	55.1	0.0	0.0	6.2	4.1	1.4	0.1	2.8	0.3	12.5	12.2							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.4	4.1	0.2	10.8	0.7	40.6	43.2							
Provitamin A	1.9	5.4	75.2	0.0	0.0	8.5	5.5	0.4	0.1	0.0	0.1	1.3	1.5							
Thiamin	2.8	2.9	2.0	1.2	4.4	2.4	4.3	51.1	13.3	3.0	4.0	8.5	0.0							
Riboflavin	0.7	2.7	1.3	0.3	1.3	2.8	2.5	21.1	4.2	5.3	3.4	54.3	0.0							
Niacin	2.7	1.5	1.3	1.2	3.6	2.9	1.8	27.9	9.2	16.0	12.8	19.2	0.0							
Folate (total)	2.2	5.8	2.2	4.2	4.6	5.2	14.4	27.4	5.7	4.2	0.6	23.3	0.2							
Folate equivs	1.3	3.4	1.3	2.5	2.7	3.1	8.5	46.7	13.6	2.5	0.4	13.9	0.1							
Vitamin C	9.9	20.7	5.2	0.0	0.1	28.3	31.7	0.9	0.4	0.1	0.2	2.6	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.1	15.7	6.2	47.7	26.3							
Vitamin E	0.2	1.0	3.2	2.5	14.0	8.9	7.9	14.5	4.2	9.8	4.3	5.7	23.8							
Calcium	0.4	1.6	1.5	0.9	0.8	1.7	1.9	16.6	3.2	1.7	0.3	69.3	0.1							
Iron	3.0	5.2	2.1	3.9	2.8	4.7	5.0	42.6	11.7	6.8	10.1	2.1	0.0							
Iodine	0.2	0.4	0.1	0.1	0.0	0.3	0.7	28.5	9.8	4.5	0.4	54.9	0.1							
Magnesium	3.5	3.4	2.1	3.0	5.5	4.3	5.9	34.5	7.2	5.5	3.5	21.6	0.0							
Phosphorus	2.4	1.9	1.3	1.7	2.5	2.4	1.9	22.7	7.1	8.8	7.1	40.1	0.0							
Potassium	9.0	4.5	5.1	2.0	2.1	7.1	10.7	14.1	3.0	5.6	5.3	31.5	0.1							
Sodium	0.7	0.8	0.9	1.0	0.0	0.9	0.4	38.9	16.3	6.7	2.0	27.7	3.5							
Zinc	1.8	3.0	1.2	2.1	3.0	2.6	2.5	22.1	7.0	8.1	22.8	23.7	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.3	51.0	21.3	25.7	0.0							
Selenium	1.5	0.2	0.1	1.9	3.2	1.2	0.3	24.7	11.6	31.5	10.5	13.1	0.1							
Vitamin B6	4.4	5.0	5.0	2.6	4.4	7.2	8.8	21.4	4.4	11.2	6.2	19.6	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.9	5.9	11.3	12.7	68.2	0.0							

[1] "Boys 13 - 23months"

	5	7	7	2	0	14	7	32	17	7	7	0	2	0	14	7	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.6	1.4	1.7	1.2	0	2.8	4.7	26.9	19.6	8.6	8.0	18.5	3.8							
Energy	2.6	1.7	1.9	1.3	0	3.0	4.9	27.3	19.4	8.5	7.7	17.9	3.7							
Protein	1.5	3.0	1.0	1.9	0	2.1	1.1	17.9	10.2	20.3	19.5	21.4	0.1							
Fat	0.5	0.5	0.3	1.3	0	5.8	0.6	16.8	5.9	14.1	14.4	22.2	17.4							
Carbohydrate	3.9	1.1	2.6	0.8	0	1.8	8.2	35.4	29.5	0.8	0.0	15.8	0.0							
Sugars	1.2	1.7	5.5	0.2	0	5.0	21.8	18.4	2.4	0.3	0.0	43.4	0.0							
Starch	5.3	0.7	1.0	1.2	0	0.1	0.7	44.8	44.3	1.1	0.0	0.8	0.0							
Fibre	11.9	9.0	7.9	3.9	0	8.0	9.6	33.5	11.7	3.6	0.0	0.9	0.0							
Saturated fat	0.2	0.3	0.1	0.6	0	3.7	0.2	12.3	3.3	12.0	16.4	39.3	11.7							
Monounsaturated fat	0.2	0.0	0.0	0.7	0	9.4	0.1	15.8	6.2	16.4	19.1	17.0	15.0							
Polyunsaturated fat	1.1	1.3	1.1	3.6	0	4.8	0.8	24.4	8.3	12.0	4.8	4.3	33.4							
Linoleic acid	1.2	1.5	1.0	3.6	0	5.3	0.4	25.7	7.9	9.5	3.0	4.6	36.2							
Alpha linolenic acid	0.1	0.0	0.2	5.8	0	0.0	4.5	23.6	13.7	10.1	7.5	13.9	20.7							
LC n3 fatty acids	0.3	0.0	0.0	0.0	0	0.0	0.0	0.0	0.1	68.8	27.0	3.9	0.0							
Vitamin A equivs	2.3	3.5	64.0	0.0	0	6.6	2.3	1.5	0.1	3.2	0.3	9.8	6.3							
Retinol	0.1	0.0	0.0	0.0	0	0.0	0.3	6.9	0.3	17.3	1.0	43.5	30.6							
Provitamin A	2.8	4.4	79.6	0.0	0	8.2	2.8	0.3	0.1	0.0	0.1	0.9	0.7							
Thiamin	2.7	5.3	2.9	1.5	0	3.4	2.8	53.1	14.6	4.6	4.1	5.0	0.0							
Riboflavin	0.7	4.3	1.6	0.4	0	4.0	2.1	26.9	4.7	7.5	4.7	43.1	0.0							
Niacin	2.4	2.4	1.7	1.1	0	3.8	1.1	26.5	9.5	19.1	16.3	16.2	0.0							
Folate (total)	2.2	8.0	2.8	3.8	0	7.6	9.8	30.1	6.1	6.8	0.6	22.0	0.1							
Folate equivs	1.4	4.9	1.7	2.3	0	4.7	6.0	46.0	14.9	4.2	0.4	13.5	0.1							
Vitamin C	8.7	32.4	6.6	0.0	0	31.5	18.3	1.1	0.5	0.1	0.2	0.6	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0	0.0	0.0	6.0	0.1	26.3	7.6	42.8	17.0							
Vitamin E	0.5	1.4	5.5	1.8	0	18.1	5.9	14.9	5.2	16.1	7.4	4.3	19.1							
Calcium	0.4	2.4	2.3	1.0	0	2.1	1.3	22.4	4.0	3.1	0.5	60.2	0.1							
Iron	2.7	6.5	2.4	3.2	0	4.9	3.1	40.4	12.1	9.1	12.8	2.8	0.0							
Iodine	0.2	0.5	0.2	0.1	0	0.5	0.4	31.6	10.8	7.3	0.6	47.7	0.1							
Magnesium	3.6	5.0	2.9	3.1	0	5.3	5.0	36.4	8.0	8.5	4.9	17.3	0.0							
Phosphorus	2.4	3.1	1.7	1.7	0	3.2	1.4	24.9	8.3	12.5	9.8	31.0	0.0							
Potassium	8.2	6.2	6.7	2.0	0	10.8	7.8	15.6	3.3	8.2	7.1	24.1	0.1							
Sodium	0.9	0.9	1.6	0.2	0	1.6	0.3	40.2	17.3	9.0	2.9	22.6	2.5							
Zinc	1.7	4.4	1.5	1.8	0	3.5	1.7	21.4	7.2	10.1	29.1	17.7	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0	0.0	0.0	2.2	0.3	57.5	22.4	17.6	0.0							
Selenium	1.2	0.3	0.1	1.4	0	3.7	0.3	21.8	11.6	38.6	11.9	9.0	0.1							
Vitamin B6	3.6	4.9	5.9	1.9	0	25.6	6.3	17.5	4.1	12.2	6.2	11.7	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0	0.0	0.0	1.7	7.6	16.2	18.5	56.0	0.0							

[1] "Boys 2 - 3"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	2.2	1.2	1.4	2.1	0	2.4	8.0	27.1	17.7	7.3	6.8	20.6	3.3
Energy	2.2	1.5	1.6	2.3	0	2.5	8.3	27.4	17.4	7.2	6.6	19.8	3.1
Protein	1.4	2.6	0.9	3.4	0	1.8	1.9	18.7	9.5	17.9	17.1	24.7	0.1
Fat	0.5	0.5	0.3	2.4	0	5.3	1.1	18.1	5.6	12.8	13.1	24.5	15.8
Carbohydrate	3.1	0.9	2.1	1.4	0	1.5	13.4	34.1	25.4	0.7	0.0	17.4	0.0
Sugars	0.8	1.2	3.9	0.3	0	3.6	30.9	15.5	1.8	0.2	0.0	41.6	0.0
Starch	4.7	0.6	0.9	2.1	0	0.1	1.3	47.0	41.4	1.0	0.0	0.9	0.0
Fibre	9.9	7.5	6.6	6.4	0	6.6	15.9	33.0	10.2	2.9	0.0	1.1	0.0
Saturated fat	0.2	0.3	0.1	1.0	0	3.3	0.4	13.0	3.1	10.8	14.6	42.7	10.5
Monounsaturated fat	0.2	0.0	0.0	1.2	0	8.8	0.1	17.4	6.0	15.3	17.8	19.3	14.0
Polyunsaturated fat	1.0	1.2	1.0	6.5	0	4.4	1.4	26.2	7.9	10.9	4.4	4.9	30.2
Linoleic acid	1.1	1.4	0.9	6.5	0	4.8	0.7	27.6	7.6	8.6	2.7	5.4	32.7
Alpha linolenic acid	0.1	0.0	0.2	9.8	0	0.0	7.6	23.5	12.2	8.5	6.3	14.5	17.4
LC n3 fatty acids	0.3	0.0	0.0	0.0	0	0.0	0.0	0.0	0.1	68.5	26.9	4.3	0.0
Vitamin A equivs	2.2	3.4	60.8	0.0	0	6.3	4.4	1.7	0.1	3.1	0.3	11.9	6.0
Retinol	0.1	0.0	0.0	0.0	0	0.0	0.5	7.3	0.3	15.3	0.9	48.6	27.1
Provitamin A	2.7	4.3	77.2	0.0	0	7.9	5.5	0.3	0.1	0.0	0.1	1.1	0.7
Thiamin	2.3	4.5	2.5	2.5	0	2.9	4.8	54.0	13.3	4.0	3.5	5.6	0.0
Riboflavin	0.6	3.5	1.3	0.7	0	3.3	3.4	26.1	4.1	6.1	3.8	47.1	0.0
Niacin	2.1	2.1	1.5	1.9	0	3.4	1.9	27.8	8.9	16.9	14.4	19.2	0.0
Folate (total)	1.7	6.3	2.2	6.0	0	6.0	15.4	28.1	5.1	5.3	0.5	23.3	0.1
Folate equivs	1.1	4.0	1.4	3.8	0	3.8	9.8	44.6	12.9	3.4	0.3	14.8	0.1
Vitamin C	7.3	27.3	5.6	0.0	0	26.5	30.8	1.1	0.4	0.1	0.2	0.7	0.0
Vitamin D	0.2	0.0	0.0	0.0	0	0.0	0.0	6.4	0.1	23.6	6.9	47.6	15.3
Vitamin E	0.4	1.2	4.9	3.2	0	16.2	10.5	15.8	5.0	14.4	6.6	4.7	17.1
Calcium	0.3	1.9	1.8	1.6	0	1.7	2.1	21.2	3.4	2.5	0.4	62.9	0.0
Iron	2.3	5.6	2.0	5.6	0	4.2	5.4	41.6	11.1	7.9	11.0	3.2	0.0
Iodine	0.2	0.4	0.2	0.2	0	0.4	0.7	30.3	9.2	5.9	0.5	52.0	0.0
Magnesium	2.9	4.1	2.4	5.1	0	4.4	8.2	35.6	7.0	7.0	4.1	19.1	0.0
Phosphorus	2.0	2.7	1.5	2.8	0	2.7	2.3	25.0	7.5	10.6	8.3	34.7	0.0
Potassium	6.7	5.1	5.5	3.3	0	8.9	12.8	15.3	2.9	6.7	5.8	26.8	0.0
Sodium	0.8	0.8	1.4	0.4	0	1.4	0.6	41.6	15.9	7.8	2.5	24.7	2.2
Zinc	1.5	3.9	1.3	3.2	0	3.1	3.0	22.4	6.7	8.9	25.7	20.2	0.0
Cholesterol	0.0	0.0	0.0	0.0	0	0.0	0.0	2.5	0.3	54.7	21.3	21.1	0.0
Selenium	1.1	0.3	0.1	2.6	0	3.4	0.5	23.8	11.3	35.5	10.9	10.4	0.1
Vitamin B6	3.1	4.3	5.1	3.4	0	22.1	10.9	18.0	3.8	10.6	5.4	13.5	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0	0.0	0.0	1.6	6.7	13.6	15.4	62.6	0.0

[1] "Boys 4 - 8"

[1]	7	14	14	4	0	21	21	38	18	11	10	0	4	0	24	10	0	0	0																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
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[1] "Boys 9 - 11"

[1] 10 14 14 4 4 28 28 46 24 14 14 0 6 0 28 14 0 0 0

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	2.7	1.3	1.8	1.2	3.0	2.8	9.7	20.8	14.5	8.9	8.4	20.8	4.1
Energy	2.7	1.6	2.0	1.3	3.0	3.0	10.1	21.1	14.3	8.7	8.1	20.2	3.9
Protein	1.6	2.7	1.1	1.9	2.1	2.1	2.1	13.3	7.3	21.7	20.5	23.5	0.1
Fat	0.4	0.5	0.4	1.0	9.2	4.9	1.0	11.0	4.6	12.4	13.2	25.3	16.2
Carbohydrate	4.3	1.0	2.8	1.0	0.4	2.1	17.9	29.3	22.8	0.8	0.0	17.5	0.0
Sugars	0.8	1.4	4.7	0.2	0.5	4.4	36.6	12.2	1.5	0.2	0.0	37.7	0.0
Starch	7.3	0.7	1.3	1.7	0.4	0.1	1.5	44.1	41.0	1.2	0.0	0.6	0.0
Fibre	8.4	8.5	8.3	3.8	2.2	8.7	20.7	27.3	9.0	2.7	0.0	0.3	0.0
Saturated fat	0.2	0.2	0.1	0.4	3.8	3.0	0.4	7.9	2.0	10.6	14.8	45.9	10.7
Monounsaturated fat	0.1	0.0	0.0	0.5	13.3	7.5	0.1	9.8	5.2	14.7	16.8	18.5	13.4
Polyunsaturated fat	0.8	1.3	1.3	2.8	13.5	4.4	1.4	16.6	6.7	10.6	4.7	3.0	32.9
Linoleic acid	0.9	1.3	1.1	2.8	15.3	4.9	0.8	17.3	6.0	8.4	2.9	3.1	35.1
Alpha linolenic acid	0.0	0.0	0.3	5.0	0.0	0.0	9.1	16.2	15.2	9.2	7.7	14.9	22.1
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	62.8	30.8	6.2	0.0
Vitamin A equivs	1.0	4.6	61.5	0.0	0.0	6.7	4.0	1.2	0.1	2.7	0.3	11.3	6.4
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.7	5.2	0.2	13.6	0.9	50.1	29.3
Provitamin A	1.2	5.8	77.3	0.0	0.0	8.4	5.0	0.2	0.0	0.0	0.1	1.1	0.7
Thiamin	3.2	5.1	3.3	1.6	4.4	3.9	6.9	45.3	12.4	5.0	5.3	3.7	0.0
Riboflavin	0.7	3.8	1.7	0.4	0.6	3.4	3.7	23.2	3.6	7.3	4.7	46.9	0.0
Niacin	2.5	2.1	1.8	1.0	3.2	3.6	2.2	19.7	6.9	21.2	16.8	18.9	0.0
Folate (total)	1.9	7.2	2.6	3.1	3.8	6.5	18.7	22.5	4.0	4.8	0.6	24.1	0.1
Folate equivs	1.4	5.2	1.9	2.3	2.8	4.7	13.6	35.1	11.6	3.5	0.4	17.4	0.1
Vitamin C	7.8	22.9	5.7	0.0	0.0	28.2	33.5	0.9	0.3	0.1	0.2	0.5	0.0
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	4.4	0.0	19.6	7.5	51.8	16.3
Vitamin E	0.2	1.6	4.8	1.5	10.6	16.1	11.3	9.5	3.8	13.1	6.7	3.2	17.6
Calcium	0.4	2.7	2.4	0.9	0.5	2.2	3.0	17.2	3.0	2.6	0.5	64.5	0.1
Iron	3.0	7.5	2.8	3.5	1.9	5.4	6.7	35.1	9.6	9.0	14.1	1.5	0.0
Iodine	0.3	0.6	0.2	0.1	0.0	0.5	1.0	21.9	8.9	6.1	0.7	59.5	0.1
Magnesium	3.7	5.2	3.1	2.8	4.3	5.4	9.3	29.3	5.9	7.9	5.2	17.9	0.0
Phosphorus	2.5	2.8	1.8	1.6	2.1	3.1	2.7	19.9	5.9	12.8	10.3	34.4	0.0
Potassium	8.4	6.0	6.6	1.8	1.3	10.2	14.3	11.4	2.2	7.5	6.9	23.4	0.1
Sodium	0.9	1.3	1.8	0.3	0.0	2.0	0.8	30.9	17.4	9.8	3.5	28.1	3.1
Zinc	1.7	4.1	1.5	1.7	2.2	3.5	3.2	17.1	5.2	10.4	30.1	19.3	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.2	53.0	23.3	21.7	0.0
Selenium	1.4	0.3	0.1	1.6	2.0	3.1	0.4	16.3	9.4	40.5	13.6	11.2	0.1
Vitamin B6	3.4	5.3	5.5	1.7	2.9	23.1	10.4	13.4	2.8	11.9	6.5	13.0	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	5.4	14.4	19.4	59.9	0.0

[1] "Boys 12 - 13"

	14	14	14	4	4	28	28	56	28	14	14	0	8	0	42	21	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	3.1	1.1	1.5	1.0	2.5	2.3	8.1	21.2	14.1	7.4	7.0	25.4	5.1							
Energy	3.2	1.3	1.7	1.1	2.5	2.5	8.5	21.5	14.0	7.3	6.8	24.7	4.9							
Protein	1.9	2.3	0.9	1.6	1.8	1.8	1.8	13.9	7.4	18.7	17.7	29.9	0.1							
Fat	0.4	0.4	0.3	0.8	7.6	4.0	0.8	11.0	4.4	10.2	10.8	29.3	19.9							
Carbohydrate	5.0	0.8	2.4	0.8	0.4	1.8	14.9	29.7	22.1	0.6	0.0	21.6	0.0							
Sugars	0.9	1.1	3.8	0.1	0.4	3.6	30.2	12.2	1.4	0.2	0.0	46.0	0.0							
Starch	8.5	0.6	1.1	1.4	0.3	0.1	1.3	44.9	40.0	1.0	0.0	0.7	0.0							
Fibre	10.6	7.7	7.5	3.4	2.0	7.8	18.7	30.0	9.5	2.5	0.0	0.5	0.0							
Saturated fat	0.2	0.2	0.1	0.3	3.0	2.4	0.3	7.7	1.8	8.3	11.7	51.2	12.7							
Monounsaturated fat	0.1	0.0	0.0	0.4	11.4	6.4	0.1	10.2	5.2	12.5	14.3	22.3	17.1							
Polyunsaturated fat	0.9	1.0	1.0	2.3	11.0	3.6	1.1	16.5	6.4	8.6	3.9	3.3	40.3							
Linoleic acid	1.0	1.1	0.9	2.3	12.3	4.0	0.6	16.9	5.7	6.8	2.4	3.5	42.5							
Alpha linolenic acid	0.1	0.0	0.3	4.1	0.0	0.0	7.4	16.0	14.4	7.5	6.3	17.2	26.9							
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	61.4	30.1	8.3	0.0							
Vitamin A equivs	1.3	4.2	56.5	0.0	0.0	6.2	3.7	1.4	0.1	2.5	0.3	14.9	8.9							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.5	4.6	0.1	9.8	0.7	52.3	31.9							
Provitamin A	1.7	5.7	76.2	0.0	0.0	8.3	4.9	0.3	0.1	0.0	0.1	1.5	1.1							
Thiamin	3.9	4.5	2.9	1.4	3.8	3.4	6.0	48.0	12.6	4.3	4.6	4.7	0.0							
Riboflavin	0.8	3.0	1.4	0.3	0.5	2.6	2.8	22.0	3.3	5.6	3.7	54.1	0.0							
Niacin	3.0	1.9	1.5	0.9	2.8	3.1	1.9	20.7	6.9	18.3	14.5	24.4	0.0							
Folate (total)	2.2	6.1	2.2	2.7	3.3	5.5	15.8	23.2	4.0	4.1	0.5	30.4	0.1							
Folate equivs	1.6	4.4	1.6	1.9	2.4	4.0	11.4	36.0	11.4	2.9	0.4	22.0	0.1							
Vitamin C	10.5	22.1	5.5	0.0	0.0	27.2	32.4	1.1	0.3	0.1	0.2	0.7	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	4.1	0.0	15.0	5.7	56.4	18.6							
Vitamin E	0.2	1.4	4.3	1.3	9.4	14.2	10.0	10.2	4.0	11.6	5.9	4.0	23.3							
Calcium	0.4	2.0	1.8	0.6	0.4	1.7	2.2	15.5	2.6	1.9	0.4	70.4	0.1							
Iron	3.8	6.7	2.5	3.1	1.8	4.9	6.0	38.5	10.1	8.1	12.7	2.0	0.0							
Iodine	0.3	0.5	0.2	0.1	0.0	0.4	0.7	19.7	7.6	4.5	0.5	65.5	0.1							
Magnesium	4.4	4.4	2.6	2.4	3.6	4.6	8.0	30.4	5.8	6.8	4.4	22.6	0.0							
Phosphorus	2.8	2.3	1.5	1.3	1.7	2.5	2.2	19.8	5.6	10.4	8.4	41.3	0.0							
Potassium	10.0	5.1	5.6	1.5	1.1	8.6	12.1	11.8	2.2	6.4	5.9	29.6	0.1							
Sodium	1.0	1.1	1.5	0.3	0.0	1.6	0.7	30.4	16.4	7.9	2.8	32.6	3.8							
Zinc	2.0	3.6	1.3	1.5	1.9	3.0	2.8	18.3	5.3	9.1	26.4	24.7	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.2	48.2	21.2	28.4	0.0							
Selenium	1.8	0.3	0.1	1.4	1.8	2.8	0.4	17.9	9.9	36.6	12.3	14.6	0.1							
Vitamin B6	4.3	4.8	5.0	1.6	2.6	20.8	9.4	14.7	3.0	10.7	5.8	17.3	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	4.8	11.1	14.9	68.2	0.0							

[1] "Boys 14 - 18"

	14	14	14	4	8	28	28	64	34	14	14	0	8	0	42	28	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.9	1.0	1.4	1.0	4.8	2.1	7.4	23.0	15.7	7.0	6.6	20.8	6.3							
Energy	3.0	1.2	1.6	1.1	4.7	2.3	7.8	23.3	15.6	6.8	6.4	20.0	6.1							
Protein	1.8	2.0	0.9	1.7	3.4	2.6	1.8	14.5	8.5	17.9	16.8	27.9	0.1							
Fat	0.3	0.3	0.3	1.1	14.2	1.8	0.8	11.3	3.9	9.8	10.2	21.3	24.6							
Carbohydrate	4.6	0.8	2.2	0.7	0.6	2.0	13.6	32.8	24.8	0.4	0.0	17.4	0.0							
Sugars	0.8	1.2	4.0	0.1	0.8	4.5	30.4	14.8	1.9	0.1	0.0	41.3	0.0							
Starch	7.3	0.5	1.0	1.0	0.5	0.2	1.1	45.8	41.4	0.6	0.0	0.4	0.0							
Fibre	7.2	7.0	7.0	3.6	3.7	8.7	17.6	32.9	9.9	2.1	0.0	0.3	0.0							
Saturated fat	0.2	0.2	0.1	0.5	6.1	1.1	0.2	8.3	1.8	9.0	12.4	42.5	17.7							
Monounsaturated fat	0.0	0.0	0.0	0.6	21.1	2.4	0.1	9.9	4.3	12.0	13.2	15.6	20.7							
Polyunsaturated fat	0.6	0.8	0.8	2.6	17.6	1.8	0.8	15.3	5.2	7.1	2.9	2.3	42.2							
Linoleic acid	0.7	0.8	0.7	2.5	19.1	2.3	0.5	15.5	4.7	5.6	1.8	2.1	43.7							
Alpha linolenic acid	0.0	0.1	0.2	5.1	2.8	0.0	6.1	17.0	11.3	7.2	5.5	12.4	32.4							
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	61.4	31.4	7.0	0.0							
Vitamin A equivs	1.3	3.5	58.5	0.0	0.0	6.5	3.2	1.1	0.1	2.5	0.3	11.0	12.0							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.3	3.7	0.1	10.2	0.7	39.6	45.4							
Provitamin A	1.8	4.6	77.8	0.0	0.0	8.6	4.1	0.3	0.1	0.0	0.1	1.1	1.5							
Thiamin	3.1	3.6	2.3	1.2	5.9	2.6	5.5	49.1	13.1	3.5	3.0	7.1	0.0							
Riboflavin	0.7	2.7	1.3	0.3	1.1	2.9	2.9	25.4	4.1	5.6	3.5	49.5	0.0							
Niacin	2.9	1.7	1.5	0.9	5.2	3.1	1.8	23.5	8.4	18.2	13.8	18.8	0.0							
Folate (total)	2.1	5.6	2.1	2.9	6.2	4.8	16.3	28.5	5.5	3.9	0.4	21.5	0.2							
Folate equivs	1.5	3.8	1.4	2.0	4.2	3.3	11.1	41.4	13.6	2.7	0.2	14.7	0.1							
Vitamin C	9.9	18.3	5.1	0.0	0.0	27.0	35.4	1.4	0.5	0.0	0.2	2.3	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	15.5	6.2	47.9	26.8							
Vitamin E	0.2	0.8	3.5	1.2	15.8	8.8	8.3	13.1	3.1	9.4	5.3	5.0	25.4							
Calcium	0.4	1.7	1.7	1.0	0.8	1.9	2.4	15.4	3.2	1.9	0.4	69.1	0.1							
Iron	3.3	5.6	2.2	3.0	3.0	5.1	5.2	41.5	11.2	7.0	11.5	1.5	0.0							
Iodine	0.3	1.0	0.2	0.1	0.0	0.4	0.7	22.1	10.0	4.5	0.5	59.9	0.1							
Magnesium	3.9	3.6	2.4	2.7	6.3	4.6	7.3	32.0	6.4	6.1	4.0	20.6	0.0							
Phosphorus	2.7	2.1	1.4	1.5	3.2	2.7	2.1	20.5	6.5	10.0	8.1	39.3	0.0							
Potassium	10.0	4.6	5.5	1.6	2.3	7.5	11.9	12.9	2.6	6.1	5.8	29.1	0.1							
Sodium	0.7	0.9	1.3	0.2	0.0	1.3	0.6	33.8	16.3	5.8	2.5	32.0	4.5							
Zinc	1.9	3.3	1.3	1.6	3.5	2.7	2.5	20.3	6.2	9.1	25.4	22.3	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	0.2	52.0	22.4	23.7	0.0							
Selenium	1.8	0.3	0.1	1.4	2.6	1.4	0.3	21.5	10.9	34.1	11.2	14.2	0.1							
Vitamin B6	4.6	5.0	5.5	1.8	5.9	4.7	10.8	21.7	3.8	12.2	6.0	18.1	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	5.4	10.6	15.1	67.7	0.0							

[1] "Boys 14 - 18 extra foundation"

	14	14	14	4	8	28	28	64	34	14	14	0	8	0	42	42	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.8	1.0	1.4	1.0	4.6	2.0	7.2	22.3	15.3	6.8	6.4	20.1	9.2							
Energy	2.9	1.2	1.5	1.1	4.6	2.3	7.6	22.7	15.1	6.6	6.2	19.5	8.9							
Protein	1.8	2.0	0.9	1.7	3.4	2.6	1.8	14.5	8.5	17.9	16.8	27.9	0.2							
Fat	0.3	0.3	0.2	1.0	12.6	1.6	0.7	10.1	3.5	8.7	9.1	19.0	32.8							
Carbohydrate	4.6	0.8	2.2	0.7	0.6	2.0	13.6	32.8	24.8	0.4	0.0	17.4	0.0							
Sugars	0.8	1.2	4.0	0.1	0.8	4.5	30.4	14.8	1.8	0.1	0.0	41.3	0.0							
Starch	7.3	0.5	1.0	1.0	0.5	0.2	1.1	45.8	41.4	0.6	0.0	0.4	0.0							
Fibre	7.2	7.0	7.0	3.6	3.7	8.7	17.6	32.9	9.9	2.1	0.0	0.3	0.0							
Saturated fat	0.2	0.2	0.1	0.5	5.6	1.0	0.2	7.7	1.7	8.2	11.4	39.0	24.4							
Monounsaturated fat	0.0	0.0	0.0	0.5	19.1	2.2	0.1	8.9	3.9	10.8	12.0	14.2	28.2							
Polyunsaturated fat	0.5	0.6	0.7	2.2	14.6	1.5	0.6	12.7	4.3	5.9	2.4	1.9	52.2							
Linoleic acid	0.6	0.7	0.5	2.1	15.7	1.9	0.4	12.7	3.9	4.6	1.4	1.8	53.8							
Alpha linolenic acid	0.0	0.1	0.2	4.4	2.4	0.0	5.2	14.6	9.7	6.2	4.7	10.7	41.8							
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	61.4	31.4	7.0	0.0							
Vitamin A equivs	1.3	3.3	55.2	0.0	0.0	6.1	3.0	1.1	0.1	2.3	0.3	10.4	17.0							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.2	3.0	0.1	8.3	0.6	32.2	55.5							
Provitamin A	1.7	4.6	77.2	0.0	0.0	8.6	4.1	0.3	0.1	0.0	0.1	1.1	2.2							
Thiamin	3.1	3.6	2.3	1.2	5.9	2.6	5.5	49.1	13.1	3.5	3.0	7.1	0.0							
Riboflavin	0.7	2.7	1.3	0.3	1.1	2.9	2.9	25.4	4.1	5.6	3.5	49.5	0.0							
Niacin	2.9	1.7	1.5	0.9	5.2	3.1	1.8	23.5	8.4	18.2	13.8	18.8	0.0							
Folate (total)	2.1	5.6	2.1	2.9	6.2	4.8	16.3	28.5	5.5	3.9	0.4	21.5	0.3							
Folate equivs	1.5	3.8	1.4	2.0	4.2	3.3	11.1	41.4	13.6	2.7	0.2	14.7	0.2							
Vitamin C	9.9	18.3	5.1	0.0	0.0	27.0	35.4	1.4	0.5	0.0	0.2	2.3	0.0							
Vitamin D	0.2	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	13.6	5.4	42.3	35.4							
Vitamin E	0.2	0.7	3.1	1.0	14.0	7.8	7.4	11.7	2.8	8.4	4.7	4.4	33.8							
Calcium	0.4	1.7	1.7	1.0	0.8	1.9	2.4	15.4	3.2	1.9	0.4	69.1	0.1							
Iron	3.3	5.6	2.2	3.0	3.0	5.1	5.2	41.5	11.2	7.0	11.5	1.5	0.0							
Iodine	0.3	1.0	0.2	0.1	0.0	0.4	0.7	22.1	10.0	4.5	0.5	59.9	0.1							
Magnesium	3.9	3.6	2.4	2.7	6.3	4.6	7.3	32.0	6.4	6.1	4.0	20.6	0.1							
Phosphorus	2.7	2.1	1.4	1.5	3.2	2.7	2.1	20.5	6.5	9.9	8.1	39.3	0.1							
Potassium	10.0	4.6	5.5	1.6	2.2	7.5	11.9	12.9	2.6	6.1	5.8	29.1	0.1							
Sodium	0.7	0.9	1.3	0.2	0.0	1.3	0.5	33.1	16.0	5.7	2.5	31.3	6.6							
Zinc	1.9	3.3	1.3	1.6	3.5	2.7	2.5	20.3	6.2	9.1	25.4	22.3	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	0.2	52.0	22.4	23.7	0.0							
Selenium	1.8	0.3	0.1	1.4	2.6	1.4	0.3	21.5	10.9	34.1	11.2	14.2	0.2							
Vitamin B6	4.6	5.0	5.5	1.8	5.9	4.7	10.8	21.7	3.8	12.2	6.0	18.1	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	5.4	10.6	15.1	67.7	0.0							


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[1] "Women 19 - 30"
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[1]	5	7	7	2	2	14	14	28	14	7	7	0	3	0	14	14	0	0	0
						StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg	
Energy excl fibre						2.5	1.1	1.5	1.2	2.9	2.5	9.0	23.5	13.9	8.5	7.8	18.0	7.5	
Energy						2.6	1.4	1.7	1.3	2.9	2.8	9.4	23.7	13.7	8.3	7.6	17.5	7.2	
Protein						1.5	2.3	1.0	1.8	1.8	2.3	2.2	16.1	7.6	21.2	19.7	22.3	0.1	
Fat						0.3	0.4	0.3	1.1	8.3	2.9	0.9	12.6	3.4	10.6	11.2	20.4	27.6	
Carbohydrate						4.1	1.0	2.4	1.0	0.4	2.3	17.2	33.2	22.7	0.8	0.0	14.8	0.0	
Sugars						0.7	1.5	4.6	0.2	0.5	4.3	36.1	16.3	1.9	0.2	0.0	33.7	0.0	
Starch						6.8	0.5	0.7	1.6	0.4	0.7	1.7	46.9	39.4	1.2	0.0	0.1	0.0	
Fibre						8.1	7.5	8.1	3.6	1.9	10.6	19.5	29.7	7.9	2.9	0.0	0.1	0.0	
Saturated fat						0.2	0.2	0.1	0.5	3.4	1.9	0.3	10.8	1.6	9.3	13.1	39.3	19.3	
Monounsaturated fat						0.1	0.0	0.0	0.6	13.4	4.3	0.1	11.7	3.8	12.5	14.6	15.4	23.5	
Polyunsaturated fat						0.6	0.9	1.0	2.6	9.4	2.7	1.1	15.4	4.6	8.6	3.5	1.5	48.2	
Linoleic acid						0.7	0.9	0.9	2.5	10.3	3.0	0.6	15.6	4.6	6.8	2.1	1.7	50.4	
Alpha linolenic acid						0.0	0.0	0.3	4.3	1.1	0.0	7.8	17.4	7.4	8.2	6.4	11.0	35.9	
LC n3 fatty acids						0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	66.8	28.7	4.4	0.0	
Vitamin A equivs						0.2	3.7	55.5	0.0	0.0	9.5	4.4	1.6	0.0	2.5	0.3	10.3	11.9	
Retinol						0.1	0.0	0.0	0.0	0.0	0.0	0.4	5.7	0.0	10.4	0.8	37.9	44.8	
Provitamin A						0.2	4.9	73.7	0.0	0.0	12.6	5.8	0.3	0.0	0.0	0.1	0.9	1.5	
Thiamin						3.0	4.3	3.2	1.2	3.8	4.0	6.0	48.9	12.8	5.0	5.1	2.6	0.0	
Riboflavin						0.7	3.4	1.8	0.3	0.8	3.9	4.2	26.3	1.5	7.5	4.7	45.1	0.0	
Niacin						2.3	1.8	1.6	0.9	2.3	4.0	2.5	23.4	8.4	19.2	15.8	17.8	0.0	
Folate (total)						1.9	7.0	2.6	3.0	2.5	6.2	16.1	25.7	5.0	5.0	0.6	24.2	0.2	
Folate equivs						1.2	4.5	1.7	1.9	1.6	4.0	10.4	38.4	16.7	3.2	0.4	15.6	0.1	
Vitamin C						8.4	24.8	5.1	0.0	0.0	22.8	37.1	0.9	0.1	0.1	0.2	0.4	0.0	
Vitamin D						0.1	0.0	0.0	0.0	0.0	0.0	0.0	5.4	0.0	19.5	6.4	41.6	27.0	
Vitamin E						0.1	1.3	3.7	1.9	8.6	10.6	10.3	13.1	2.0	10.9	4.7	2.3	30.5	
Calcium						0.4	2.2	2.3	1.2	0.5	2.3	2.9	21.0	3.4	2.9	0.5	60.3	0.1	
Iron						2.8	6.1	2.6	3.5	2.2	5.7	6.6	37.4	8.8	10.3	13.2	0.9	0.0	
Iodine						0.2	0.5	0.2	0.1	0.0	0.4	1.0	26.4	12.7	8.2	0.6	49.6	0.1	
Magnesium						3.5	4.3	2.9	2.8	4.5	5.3	9.7	31.8	6.1	8.1	4.8	16.1	0.1	
Phosphorus						2.4	2.5	1.8	1.6	2.2	3.4	2.8	22.8	5.5	12.8	9.9	32.3	0.1	
Potassium						8.2	5.7	6.5	1.6	1.3	9.6	15.2	13.9	2.5	7.7	6.6	21.2	0.1	
Sodium						0.7	1.1	1.5	1.0	0.0	1.9	0.6	34.4	17.6	8.7	2.8	24.4	5.1	
Zinc						1.5	3.2	1.2	1.7	2.3	3.4	3.0	18.5	5.1	14.8	27.4	17.9	0.0	
Cholesterol						0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.0	53.5	23.6	20.2	0.0	
Selenium						1.3	0.3	0.1	1.5	3.8	4.6	0.5	17.5	9.9	38.1	12.0	10.3	0.1	
Vitamin B6						3.6	5.7	6.0	1.9	2.6	19.6	11.5	15.4	2.5	12.2	6.8	12.1	0.0	

Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	3.2	20.5	18.9	55.9	0.0
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Public Consultation

[1] "Women 31 - 50"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	2.5	1.1	1.6	1.2	2.8	2.5	8.8	23.1	15.0	8.5	7.7	17.8	7.4
Energy	2.5	1.3	1.8	1.3	2.8	2.8	9.3	23.3	14.8	8.3	7.4	17.2	7.1
Protein	1.5	2.3	1.1	1.9	1.8	2.2	2.3	16.0	7.6	21.1	19.7	22.4	0.1
Fat	0.3	0.4	0.4	1.1	8.3	3.4	0.9	12.0	3.2	11.5	11.1	20.0	27.4
Carbohydrate	4.0	0.9	2.5	0.8	0.4	2.2	16.5	32.5	24.7	0.8	0.0	14.7	0.0
Sugars	0.8	1.5	4.7	0.2	0.5	4.5	36.8	14.1	1.4	0.3	0.0	35.2	0.0
Starch	6.3	0.5	0.9	1.3	0.3	0.5	1.5	45.9	41.4	1.2	0.0	0.2	0.0
Fibre	7.6	7.7	7.8	3.9	2.1	10.3	20.0	29.0	8.3	3.1	0.0	0.2	0.0
Saturated fat	0.1	0.2	0.2	0.5	3.2	2.2	0.4	9.9	1.5	10.3	13.1	38.9	19.5
Monounsaturated fat	0.1	0.0	0.0	0.6	12.9	5.2	0.1	11.2	3.7	13.1	14.4	15.2	23.6
Polyunsaturated fat	0.6	0.9	1.0	2.7	10.4	2.8	1.0	15.0	4.3	8.9	3.5	1.8	47.1
Linoleic acid	0.6	0.9	0.9	2.6	11.3	3.2	0.6	15.3	4.3	6.7	2.1	1.8	49.5
Alpha linolenic acid	0.0	0.0	0.3	4.9	2.3	0.0	7.6	17.8	6.7	8.0	6.4	11.0	34.8
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	73.3	23.0	3.6	0.0
Vitamin A equivs	0.6	4.2	53.2	0.0	0.0	9.0	5.4	1.3	0.0	3.4	0.3	10.5	12.2
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.5	4.4	0.1	13.4	0.8	36.5	44.2
Provitamin A	0.7	5.6	71.5	0.0	0.0	12.1	7.2	0.3	0.0	0.0	0.1	0.9	1.5
Thiamin	3.1	4.5	3.1	1.6	3.6	4.2	6.0	49.9	9.2	5.2	6.3	3.4	0.0
Riboflavin	0.7	3.6	2.0	0.4	1.1	3.4	4.4	22.3	1.6	8.2	5.2	47.1	0.0
Niacin	2.4	1.9	1.6	1.0	2.5	3.8	2.8	23.4	7.6	18.6	16.4	17.9	0.0
Folate (total)	1.9	7.0	2.7	3.2	2.8	6.8	16.5	23.7	4.1	6.1	0.8	24.1	0.2
Folate equivs	1.3	4.6	1.8	2.1	1.9	4.5	10.9	40.6	11.9	4.0	0.5	15.9	0.1
Vitamin C	8.5	24.1	5.7	0.0	0.0	23.1	37.0	0.6	0.1	0.2	0.2	0.4	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	4.0	0.1	24.8	6.2	38.9	26.0
Vitamin E	0.2	1.2	3.5	1.3	9.7	10.8	10.3	13.3	2.4	12.2	4.2	2.4	28.6
Calcium	0.4	2.4	2.3	1.3	0.7	2.3	3.1	19.2	2.9	3.4	0.5	61.5	0.1
Iron	2.9	6.6	2.8	3.6	2.2	5.7	6.7	35.3	8.7	11.3	13.1	1.2	0.0
Iodine	0.2	0.5	0.2	0.1	0.0	0.4	1.1	27.6	9.9	10.4	0.5	48.9	0.1
Magnesium	3.5	4.5	2.9	3.1	4.5	5.3	9.5	30.8	6.5	8.3	4.8	16.2	0.1
Phosphorus	2.4	2.5	1.8	1.7	2.2	3.2	2.8	21.7	6.2	13.2	9.8	32.4	0.1
Potassium	8.2	5.8	6.5	1.8	1.3	9.7	15.5	12.8	2.4	7.8	6.6	21.5	0.1
Sodium	0.7	1.2	1.4	0.4	0.0	2.0	0.7	37.5	13.4	9.7	2.9	24.8	5.2
Zinc	1.5	3.4	1.3	1.7	2.1	3.4	3.1	17.7	5.8	15.5	26.8	17.7	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.9	0.1	57.8	21.8	18.4	0.0
Selenium	1.2	0.3	0.2	1.4	6.1	3.1	0.5	17.5	8.4	39.1	12.2	9.8	0.1
Vitamin B6	3.5	7.3	5.6	1.8	2.6	20.3	10.8	15.4	1.9	11.8	7.0	12.0	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	4.3	23.0	17.8	53.4	0.0

[illegible]

[1] "Women 70plus"

	1	3	7	7	3	3	14	14	17	8	7	3	0	3	0	25	14	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg								
Energy excl fibre	1.6	1.2	1.9	2.0	4.7	2.4	10.0	15.0	8.6	9.5	3.6	31.5	8.1								
Energy	1.7	1.4	2.1	2.1	4.7	2.7	10.6	15.2	8.5	9.3	3.5	30.4	7.8								
Protein	1.0	2.3	1.3	2.9	2.8	2.1	2.6	11.2	4.4	22.5	8.7	38.1	0.1								
Fat	0.1	0.4	0.5	1.5	12.7	2.2	0.8	7.8	1.9	12.4	4.7	28.0	27.1								
Carbohydrate	2.9	1.1	3.2	1.7	0.6	2.7	20.2	21.7	15.0	0.5	0.0	30.4	0.0								
Sugars	0.4	1.2	3.8	0.2	0.5	3.8	30.3	8.6	0.9	0.2	0.0	50.0	0.0								
Starch	6.9	0.8	2.2	4.0	0.7	0.9	3.0	42.6	37.3	1.0	0.0	0.6	0.0								
Fibre	3.7	9.5	8.8	7.7	3.8	11.8	26.7	20.3	5.5	1.8	0.0	0.5	0.0								
Saturated fat	0.1	0.2	0.2	0.6	4.6	1.3	0.3	7.0	1.1	10.4	5.2	51.2	17.9								
Monounsaturated fat	0.0	0.0	0.0	0.7	18.5	3.4	0.1	7.7	2.1	14.8	6.3	22.1	24.2								
Polyunsaturated fat	0.3	0.8	1.2	3.6	18.8	2.2	1.0	9.0	2.4	9.1	1.6	2.0	47.9								
Linoleic acid	0.3	0.9	1.1	3.5	19.9	2.4	0.6	9.1	2.5	6.0	0.9	2.6	50.2								
Alpha linolenic acid	0.0	0.0	0.5	7.0	11.5	0.0	7.4	10.6	3.3	6.7	3.0	15.3	34.9								
LC n3 fatty acids	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	88.8	8.1	3.1	0.0								
Vitamin A equivs	0.8	4.5	47.6	0.0	0.0	7.5	4.9	1.5	0.0	3.8	0.1	16.5	12.7								
Retinol	0.0	0.0	0.0	0.0	0.0	0.0	0.3	4.3	0.1	12.1	0.3	46.5	36.4								
Provitamin A	1.2	6.6	70.3	0.0	0.0	11.0	7.2	0.2	0.0	0.0	0.0	1.7	1.7								
Thiamin	2.5	5.8	3.8	3.4	7.7	5.4	8.4	36.2	10.1	6.3	3.7	6.6	0.0								
Riboflavin	0.4	2.9	1.7	0.4	0.8	2.5	3.9	13.0	1.0	6.6	1.9	65.0	0.0								
Niacin	1.6	1.9	1.8	1.7	4.2	3.5	3.3	16.0	5.2	19.9	7.5	33.5	0.0								
Folate (total)	1.0	6.3	2.5	5.3	4.5	6.7	13.6	13.3	2.9	4.5	0.4	39.0	0.2								
Folate equivs	0.8	4.8	1.9	4.1	3.4	5.1	10.4	25.4	10.5	3.4	0.3	29.9	0.2								
Vitamin C	5.5	23.7	6.7	0.0	0.0	22.5	40.2	0.3	0.1	0.2	0.1	0.7	0.0								
Vitamin D	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.6	0.0	30.2	1.9	44.3	19.9								
Vitamin E	0.2	1.3	3.8	2.7	13.2	10.1	10.9	6.1	1.2	14.3	1.8	3.2	31.1								
Calcium	0.2	2.0	1.7	0.8	0.6	1.9	2.5	11.6	1.6	2.4	0.2	74.5	0.1								
Iron	2.3	9.5	4.1	6.6	3.8	7.4	9.1	26.0	7.4	14.2	7.5	2.0	0.0								
Iodine	0.1	0.4	0.1	0.1	0.0	0.3	0.9	15.7	5.2	9.3	0.2	67.5	0.1								
Magnesium	2.2	4.6	3.1	4.6	6.3	5.8	11.1	19.2	3.9	7.9	2.2	29.1	0.1								
Phosphorus	1.3	2.2	1.7	2.2	2.8	2.8	2.8	13.7	3.0	12.9	3.9	50.4	0.0								
Potassium	4.7	5.3	6.2	2.7	1.7	8.9	15.5	8.5	1.4	7.3	2.6	35.0	0.1								
Sodium	0.4	2.1	1.1	0.6	0.0	2.5	0.9	23.9	11.7	9.4	1.4	40.2	5.7								
Zinc	1.1	3.9	1.5	2.9	3.3	3.7	3.7	12.4	3.6	18.1	13.0	32.6	0.0								
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.2	0.1	61.3	9.2	27.3	0.0								
Selenium	0.8	0.2	0.2	2.2	10.0	2.3	0.6	10.5	5.5	45.1	6.0	16.4	0.1								
Vitamin B6	2.1	9.2	5.0	3.0	4.1	19.2	11.6	7.3	1.3	12.5	3.2	21.4	0.0								
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.1	20.2	6.2	71.8	0.0								

[1] "Pregnant women 19 - 30"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	2.0	0.9	1.2	1.0	2.3	1.9	7.1	27.0	14.8	11.4	10.6	14.2	5.9
Energy	2.0	1.1	1.4	1.0	2.2	2.2	7.4	27.3	14.6	11.1	10.2	13.7	5.7
Protein	1.1	1.6	0.7	1.3	1.3	1.7	1.6	16.9	7.4	26.1	24.2	16.0	0.1
Fat	0.3	0.3	0.3	0.9	6.8	2.4	0.7	15.1	3.7	14.8	15.7	16.6	22.5
Carbohydrate	3.3	0.8	1.9	0.8	0.3	1.9	13.8	39.2	24.9	1.1	0.0	11.9	0.0
Sugars	0.7	1.4	4.2	0.1	0.4	3.9	33.3	22.0	2.4	0.4	0.0	31.1	0.0
Starch	5.0	0.4	0.5	1.2	0.3	0.5	1.2	50.2	39.1	1.5	0.0	0.1	0.0
Fibre	6.9	6.4	6.8	3.1	1.6	8.9	16.4	36.6	9.0	4.2	0.0	0.1	0.0
Saturated fat	0.1	0.2	0.1	0.4	2.8	1.6	0.3	13.0	1.8	13.1	18.5	32.4	15.9
Monounsaturated fat	0.1	0.0	0.0	0.5	10.6	3.4	0.1	13.6	4.1	17.0	19.8	12.2	18.7
Polyunsaturated fat	0.5	0.7	0.8	2.2	8.0	2.3	0.9	19.2	5.3	12.5	5.2	1.3	41.1
Linoleic acid	0.6	0.8	0.7	2.2	8.9	2.6	0.5	19.9	5.4	10.1	3.1	1.4	43.7
Alpha linolenic acid	0.0	0.0	0.2	3.6	0.9	0.0	6.4	21.0	8.2	11.6	9.1	9.1	29.6
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	68.1	29.2	2.7	0.0
Vitamin A equivs	0.2	3.6	54.0	0.0	0.0	9.3	4.3	2.3	0.0	4.2	0.4	10.1	11.6
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.3	7.6	0.0	16.1	1.2	34.2	40.5
Provitamin A	0.2	4.9	73.5	0.0	0.0	12.6	5.7	0.4	0.0	0.0	0.2	0.9	1.5
Thiamin	2.2	3.2	2.3	0.9	2.8	3.0	4.5	53.2	13.0	6.4	6.6	2.0	0.0
Riboflavin	0.6	2.8	1.5	0.3	0.7	3.2	3.5	31.7	1.6	10.6	6.6	37.1	0.0
Niacin	1.7	1.3	1.1	0.7	1.7	2.8	1.8	24.7	8.2	23.7	19.5	12.7	0.0
Folate (total)	1.6	6.0	2.2	2.5	2.2	5.3	13.7	31.9	5.7	7.3	0.9	20.5	0.2
Folate equivs	1.0	3.6	1.3	1.5	1.3	3.2	8.2	44.5	18.0	4.4	0.6	12.4	0.1
Vitamin C	8.3	24.7	5.1	0.0	0.0	22.7	36.9	1.3	0.1	0.2	0.4	0.4	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	6.5	0.0	27.6	9.1	34.4	22.3
Vitamin E	0.1	1.1	3.1	1.6	7.3	9.0	8.7	16.2	2.3	15.9	6.8	1.9	25.9
Calcium	0.3	1.9	2.0	1.1	0.5	2.0	2.6	27.1	4.1	4.4	0.8	53.2	0.1
Iron	2.1	4.4	1.9	2.6	1.6	4.1	4.8	39.9	8.7	12.8	16.5	0.6	0.0
Iodine	0.2	0.4	0.1	0.1	0.0	0.3	0.8	31.4	14.1	11.4	0.8	40.3	0.1
Magnesium	2.8	3.4	2.3	2.2	3.5	4.2	7.7	36.9	6.6	11.0	6.6	12.7	0.0
Phosphorus	1.9	1.9	1.4	1.2	1.7	2.6	2.2	26.0	5.8	17.1	13.1	25.1	0.0
Potassium	7.0	4.9	5.5	1.3	1.1	8.1	12.9	17.3	2.9	11.2	9.6	18.0	0.1
Sodium	0.6	0.9	1.2	0.8	0.0	1.4	0.5	38.6	18.3	11.5	3.7	18.7	3.9
Zinc	1.1	2.3	0.9	1.2	1.6	2.4	2.1	19.3	4.9	18.0	33.4	12.7	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5	0.0	58.6	25.9	12.9	0.0
Selenium	0.9	0.2	0.1	1.0	2.6	3.1	0.3	17.4	9.1	44.3	14.0	6.9	0.1
Vitamin B6	2.9	4.7	5.0	1.5	2.2	16.2	9.5	18.6	2.8	17.2	9.5	9.9	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	3.4	27.1	24.9	43.0	0.0

[1] "Lactating women 19 - 30"

	7	7	7	3	4	14	14	42	21	7	7	0	3	0	14	14	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.8	0.9	1.2	1.5	4.7	2.0	7.3	28.6	16.9	6.9	6.4	14.6	6.1							
Energy	2.9	1.1	1.4	1.6	4.6	2.3	7.7	28.9	16.7	6.7	6.1	14.1	5.9							
Protein	1.9	2.0	0.9	2.4	3.1	2.0	1.9	21.0	9.9	18.4	17.1	19.4	0.1							
Fat	0.4	0.3	0.3	1.4	14.2	2.5	0.8	16.2	4.3	9.1	9.6	17.4	23.6							
Carbohydrate	4.4	0.7	1.8	1.1	0.6	1.8	13.2	38.2	26.1	0.6	0.0	11.3	0.0							
Sugars	0.9	1.4	4.2	0.2	0.8	3.9	32.8	22.3	2.6	0.2	0.0	30.7	0.0							
Starch	6.5	0.4	0.5	1.7	0.5	0.5	1.2	47.8	40.2	0.8	0.0	0.0	0.0							
Fibre	9.1	6.0	6.4	4.4	3.1	8.4	15.5	35.4	9.4	2.3	0.0	0.1	0.0							
Saturated fat	0.2	0.2	0.1	0.6	6.2	1.8	0.3	14.7	2.2	8.4	11.9	35.8	17.5							
Monounsaturated fat	0.1	0.0	0.0	0.7	22.0	3.6	0.1	14.4	4.7	10.3	12.0	12.7	19.4							
Polyunsaturated fat	0.7	0.7	0.8	3.2	15.5	2.2	0.9	19.1	5.7	7.1	2.9	1.3	39.9							
Linoleic acid	0.8	0.7	0.7	3.1	16.8	2.5	0.5	19.2	5.7	5.6	1.7	1.3	41.3							
Alpha linolenic acid	0.1	0.0	0.3	5.6	2.0	0.0	6.7	22.5	9.5	7.1	5.6	9.6	31.0							
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	66.7	28.6	4.4	0.0							
Vitamin A equivs	0.3	3.6	55.0	0.0	0.0	9.4	4.3	2.4	0.0	2.5	0.3	10.2	11.8							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.4	8.4	0.0	10.1	0.7	36.7	43.5							
Provitamin A	0.3	4.9	73.5	0.0	0.0	12.6	5.7	0.4	0.0	0.0	0.1	0.9	1.5							
Thiamin	3.1	3.2	2.3	1.4	5.5	2.9	4.4	53.8	14.1	3.7	3.8	1.9	0.0							
Riboflavin	0.9	2.9	1.5	0.4	1.4	3.4	3.7	34.2	1.9	6.5	4.1	39.1	0.0							
Niacin	2.7	1.5	1.3	1.2	3.9	3.3	2.1	29.4	10.5	16.1	13.2	14.9	0.0							
Folate (total)	2.2	5.8	2.2	3.7	4.2	5.2	13.4	32.1	6.2	4.2	0.5	20.1	0.2							
Folate equivs	1.3	3.5	1.3	2.2	2.5	3.1	8.0	44.1	19.2	2.5	0.3	11.9	0.1							
Vitamin C	11.3	23.9	4.9	0.0	0.0	22.0	35.8	1.3	0.1	0.1	0.2	0.4	0.0							
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	7.8	0.0	19.0	6.3	40.5	26.3							
Vitamin E	0.1	1.1	3.1	2.5	14.7	9.1	8.8	16.7	2.6	9.3	4.0	1.9	26.1							
Calcium	0.4	1.9	2.0	1.6	0.9	2.0	2.6	27.8	4.5	2.6	0.4	53.2	0.1							
Iron	3.1	4.8	2.0	4.1	3.5	4.4	5.1	43.8	10.3	8.0	10.3	0.7	0.0							
Iodine	0.3	0.4	0.1	0.2	0.0	0.4	0.8	33.1	16.0	6.8	0.5	41.4	0.1							
Magnesium	3.9	3.4	2.3	3.3	7.1	4.2	7.7	37.8	7.3	6.4	3.8	12.7	0.0							
Phosphorus	2.8	2.1	1.5	2.0	3.7	2.9	2.3	29.0	7.0	10.9	8.3	27.4	0.0							
Potassium	10.1	5.0	5.7	2.1	2.2	8.4	13.4	18.4	3.3	6.8	5.8	18.6	0.1							
Sodium	0.8	0.9	1.2	1.2	0.0	1.5	0.5	40.7	20.8	6.9	2.2	19.2	4.0							
Zinc	1.8	2.8	1.1	2.2	3.9	3.0	2.6	24.0	6.6	12.8	23.7	15.4	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.9	0.1	52.8	23.3	19.9	0.0							
Selenium	1.5	0.2	0.1	1.9	6.4	3.9	0.4	22.1	12.5	32.1	10.1	8.7	0.1							
Vitamin B6	4.4	5.0	5.3	2.4	4.6	17.2	10.1	20.3	3.3	10.7	5.9	10.7	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1	4.7	20.1	18.5	54.6	0.0							

[1] "Pregnant women 31 - 50"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	1.9	0.9	1.2	0.9	2.2	2.0	6.9	26.5	16.0	11.4	10.3	14.0	5.8
Energy	2.0	1.1	1.4	1.0	2.2	2.2	7.3	26.8	15.8	11.2	10.0	13.6	5.6
Protein	1.1	1.7	0.8	1.4	1.3	1.5	1.6	16.8	7.4	25.9	24.3	16.1	0.1
Fat	0.2	0.3	0.3	0.9	6.8	2.7	0.7	14.3	3.6	16.1	15.4	16.2	22.3
Carbohydrate	3.2	0.8	2.0	0.7	0.3	1.8	13.2	38.2	26.9	1.1	0.0	11.8	0.0
Sugars	0.7	1.4	4.4	0.2	0.4	4.2	34.4	19.2	1.8	0.4	0.0	32.8	0.0
Starch	4.6	0.4	0.7	0.9	0.2	0.4	1.1	49.1	41.1	1.5	0.0	0.1	0.0
Fibre	6.4	6.5	6.6	3.3	1.7	8.7	16.9	35.8	9.5	4.5	0.0	0.2	0.0
Saturated fat	0.1	0.2	0.1	0.4	2.6	1.8	0.3	11.9	1.7	14.4	18.4	32.0	16.0
Monounsaturated fat	0.1	0.0	0.0	0.5	10.3	4.1	0.1	13.0	3.9	17.7	19.6	12.0	18.7
Polyunsaturated fat	0.5	0.7	0.9	2.3	8.8	2.4	0.9	18.7	5.0	13.0	5.1	1.5	40.2
Linoleic acid	0.5	0.8	0.8	2.3	9.8	2.8	0.5	19.5	5.1	10.0	3.2	1.6	43.1
Alpha linolenic acid	0.0	0.0	0.3	4.1	1.9	0.0	6.3	21.6	7.5	11.4	9.1	9.2	28.8
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	74.4	23.4	2.1	0.0
Vitamin A equivs	0.5	4.0	51.6	0.0	0.0	8.7	5.2	1.9	0.1	5.6	0.5	10.2	11.8
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.4	5.8	0.2	20.4	1.2	32.5	39.4
Provitamin A	0.7	5.6	71.4	0.0	0.0	12.1	7.1	0.4	0.0	0.0	0.2	0.9	1.5
Thiamin	2.3	3.4	2.3	1.2	2.7	3.1	4.4	54.3	9.3	6.6	8.0	2.5	0.0
Riboflavin	0.6	3.0	1.6	0.4	0.9	2.8	3.6	27.2	1.8	11.6	7.3	39.0	0.0
Niacin	1.8	1.4	1.2	0.8	1.8	2.7	2.0	24.8	7.5	23.0	20.3	13.0	0.0
Folate (total)	1.6	5.9	2.3	2.7	2.4	5.8	14.1	29.6	4.7	8.9	1.2	20.5	0.2
Folate equivs	1.0	3.6	1.4	1.7	1.5	3.5	8.6	47.0	12.8	5.4	0.7	12.6	0.1
Vitamin C	8.4	24.0	5.6	0.0	0.0	23.0	36.8	0.9	0.1	0.3	0.3	0.4	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	4.8	0.1	34.3	8.5	31.4	20.9
Vitamin E	0.1	1.0	3.0	1.1	8.1	9.1	8.7	16.4	2.7	17.6	6.1	2.0	24.1
Calcium	0.3	2.2	2.0	1.1	0.6	2.1	2.7	24.9	3.5	5.2	0.8	54.5	0.1
Iron	2.1	4.8	2.0	2.6	1.6	4.1	4.9	37.7	8.6	14.2	16.4	0.9	0.0
Iodine	0.2	0.4	0.1	0.1	0.0	0.4	0.9	32.6	10.8	14.4	0.7	39.4	0.1
Magnesium	2.8	3.6	2.3	2.4	3.6	4.2	7.5	35.8	7.0	11.3	6.6	12.9	0.0
Phosphorus	1.8	2.0	1.4	1.3	1.7	2.5	2.2	24.7	6.6	17.6	13.1	25.1	0.0
Potassium	7.0	4.9	5.6	1.5	1.1	8.3	13.3	16.0	2.8	11.4	9.7	18.3	0.1
Sodium	0.5	0.9	1.0	0.3	0.0	1.6	0.6	41.9	13.9	12.7	3.7	19.0	3.9
Zinc	1.1	2.4	0.9	1.2	1.5	2.4	2.2	18.4	5.6	18.9	32.7	12.6	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.1	62.8	23.7	11.7	0.0
Selenium	0.8	0.2	0.1	0.9	4.1	2.1	0.3	17.3	7.7	45.4	14.2	6.7	0.1
Vitamin B6	2.9	6.0	4.6	1.5	2.1	16.8	8.9	18.5	2.1	16.7	9.9	9.9	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	4.5	30.0	23.2	40.7	0.0

[1] "Lactating women 31 - 50"

	7	7	7	3	4	14	14	42	21	7	7	0	3	0	14	14	0	0	0	
	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg							
Energy excl fibre	2.8	0.9	1.3	1.4	4.6	2.0	7.2	28.0	18.2	6.9	6.2	14.5	6.0							
Energy	2.9	1.1	1.5	1.6	4.6	2.2	7.5	28.3	17.9	6.7	6.0	14.0	5.8							
Protein	1.9	2.0	0.9	2.5	3.2	1.9	2.0	20.8	9.9	18.3	17.1	19.5	0.1							
Fat	0.4	0.3	0.3	1.5	14.3	2.9	0.8	15.4	4.2	9.9	9.5	17.1	23.5							
Carbohydrate	4.3	0.7	1.9	1.0	0.5	1.7	12.6	37.2	28.3	0.6	0.0	11.2	0.0							
Sugars	1.0	1.4	4.3	0.2	0.8	4.1	33.9	19.4	2.0	0.2	0.0	32.4	0.0							
Starch	6.0	0.3	0.6	1.3	0.4	0.4	1.0	46.8	42.2	0.8	0.0	0.1	0.0							
Fibre	8.5	6.1	6.2	4.6	3.3	8.2	15.9	34.6	9.9	2.5	0.0	0.2	0.0							
Saturated fat	0.2	0.2	0.2	0.7	5.8	2.1	0.3	13.5	2.1	9.4	12.0	35.6	17.8							
Monounsaturated fat	0.1	0.0	0.0	0.7	21.5	4.3	0.1	13.9	4.5	10.8	11.9	12.6	19.5							
Polyunsaturated fat	0.7	0.7	0.9	3.3	17.0	2.3	0.9	18.4	5.4	7.3	2.9	1.5	38.8							
Linoleic acid	0.7	0.7	0.8	3.2	18.4	2.6	0.5	18.7	5.3	5.5	1.7	1.5	40.4							
Alpha linolenic acid	0.0	0.0	0.3	6.3	3.9	0.0	6.5	22.8	8.6	6.9	5.5	9.4	29.8							
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	73.2	23.0	3.6	0.0							
Vitamin A equivs	0.8	4.1	52.7	0.0	0.0	8.9	5.3	2.0	0.1	3.3	0.3	10.4	12.1							
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.5	6.5	0.2	13.1	0.8	35.7	43.2							
Provitamin A	1.0	5.5	71.2	0.0	0.0	12.0	7.1	0.4	0.0	0.0	0.1	0.9	1.5							
Thiamin	3.2	3.4	2.3	1.8	5.3	3.1	4.4	55.4	10.2	3.8	4.6	2.5	0.0							
Riboflavin	0.9	3.2	1.7	0.6	2.0	3.0	3.8	29.5	2.1	7.2	4.5	41.4	0.0							
Niacin	2.9	1.6	1.4	1.3	4.1	3.1	2.3	29.4	9.6	15.6	13.7	15.0	0.0							
Folate (total)	2.3	5.8	2.3	4.1	4.7	5.7	13.9	29.9	5.1	5.1	0.7	20.3	0.2							
Folate equivs	1.4	3.5	1.4	2.5	2.9	3.4	8.4	47.0	13.8	3.1	0.4	12.3	0.1							
Vitamin C	11.4	23.3	5.5	0.0	0.0	22.3	35.7	0.9	0.1	0.1	0.2	0.4	0.0							
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	5.9	0.1	24.3	6.0	38.1	25.4							
Vitamin E	0.2	1.0	3.0	1.6	16.3	9.2	8.7	16.8	3.0	10.3	3.6	2.0	24.2							
Calcium	0.5	2.2	2.0	1.7	1.2	2.1	2.7	25.6	3.9	3.0	0.5	54.7	0.1							
Iron	3.2	5.2	2.2	4.2	3.5	4.4	5.2	41.6	10.3	8.9	10.3	1.0	0.0							
Iodine	0.3	0.4	0.1	0.2	0.0	0.4	0.9	34.8	12.4	8.8	0.5	41.1	0.1							
Magnesium	3.9	3.6	2.3	3.7	7.1	4.2	7.5	36.6	7.8	6.6	3.8	12.9	0.0							
Phosphorus	2.8	2.2	1.5	2.2	3.7	2.7	2.4	27.6	7.9	11.2	8.3	27.5	0.0							
Potassium	10.2	5.1	5.7	2.3	2.4	8.6	13.7	17.0	3.2	6.9	5.8	18.9	0.1							
Sodium	0.8	0.9	1.1	0.4	0.0	1.6	0.6	44.7	16.0	7.7	2.3	19.7	4.1							
Zinc	1.8	2.9	1.1	2.2	3.7	2.9	2.7	23.0	7.6	13.4	23.2	15.4	0.0							
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.2	57.2	21.5	18.2	0.0							
Selenium	1.4	0.2	0.1	1.7	10.2	2.6	0.4	21.8	10.5	32.5	10.1	8.2	0.1							
Vitamin B6	4.3	6.4	4.9	2.4	4.5	17.9	9.5	20.3	2.5	10.4	6.2	10.6	0.0							
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.2	6.3	22.3	17.3	51.9	0.0							

[1] "Men 19 - 30"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	3.3	1.2	1.4	1.1	5.3	2.4	8.6	23.3	14.2	8.0	7.4	16.9	7.1
Energy	3.4	1.4	1.6	1.2	5.2	2.6	8.9	23.6	14.0	7.8	7.1	16.3	6.8
Protein	2.1	2.4	1.0	1.8	3.5	2.3	2.2	14.7	7.7	20.8	19.4	21.9	0.1
Fat	0.4	0.4	0.3	0.8	15.0	2.5	0.8	10.3	3.2	10.5	10.6	19.2	26.0
Carbohydrate	5.3	1.0	2.2	0.9	0.8	2.3	16.0	34.4	23.0	0.6	0.0	13.4	0.0
Sugars	1.0	1.6	4.7	0.2	1.0	4.8	36.7	14.7	1.5	0.2	0.0	33.7	0.0
Starch	8.2	0.6	0.6	1.4	0.7	0.6	1.6	47.8	37.6	0.8	0.0	0.0	0.0
Fibre	9.2	7.7	7.6	3.6	3.8	10.3	17.9	29.8	8.0	2.0	0.0	0.0	0.0
Saturated fat	0.2	0.2	0.1	0.4	6.4	1.7	0.3	7.8	1.6	9.8	13.1	39.1	19.2
Monounsaturated fat	0.1	0.0	0.0	0.4	23.3	3.4	0.1	8.9	3.4	12.0	13.2	13.9	21.3
Polyunsaturated fat	0.7	0.9	0.9	2.0	16.6	2.4	1.0	13.7	4.3	7.7	3.4	1.3	45.2
Linoleic acid	0.8	0.9	0.8	1.9	18.0	2.6	0.5	13.9	4.2	6.2	2.0	1.4	46.7
Alpha linolenic acid	0.0	0.0	0.3	4.4	0.2	0.0	7.6	17.2	7.5	7.6	6.8	11.3	37.2
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	63.1	31.9	4.8	0.0
Vitamin A equivs	0.3	3.8	56.1	0.0	0.0	9.9	3.6	0.9	0.0	3.0	0.3	10.3	11.9
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.5	2.9	0.1	12.4	0.8	38.2	45.1
Provitamin A	0.3	5.0	74.1	0.0	0.0	13.1	4.7	0.2	0.0	0.0	0.1	0.9	1.5
Thiamin	3.8	4.5	2.9	1.3	6.4	3.8	5.5	50.9	9.0	4.5	5.3	2.0	0.0
Riboflavin	1.0	3.4	1.7	0.4	1.8	3.4	4.2	25.5	1.5	8.0	4.8	44.4	0.0
Niacin	3.2	1.9	1.5	0.9	4.4	3.8	2.2	23.0	7.5	18.8	15.3	17.5	0.0
Folate (total)	2.5	6.2	2.5	3.1	5.2	6.1	14.9	26.4	4.0	4.6	0.7	23.7	0.2
Folate equivs	1.7	4.2	1.7	2.1	3.5	4.2	10.1	40.1	12.8	3.1	0.5	16.1	0.1
Vitamin C	11.2	22.1	4.8	0.0	0.0	24.5	35.4	1.1	0.1	0.1	0.2	0.4	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	18.4	6.8	43.6	28.2
Vitamin E	0.1	0.9	3.3	1.5	14.7	10.7	8.2	14.2	2.4	10.3	4.2	1.9	27.6
Calcium	0.5	2.5	2.4	0.7	1.2	2.5	3.0	17.6	3.2	2.8	0.5	62.9	0.1
Iron	3.7	6.1	2.4	3.1	3.9	5.3	6.0	39.0	8.2	9.4	12.2	0.5	0.0
Iodine	0.4	0.6	0.2	0.1	0.0	0.5	0.9	22.9	11.1	8.7	0.6	54.0	0.1
Magnesium	4.5	4.1	2.7	2.5	7.5	4.9	9.3	32.4	6.0	6.9	4.5	14.9	0.0
Phosphorus	3.2	2.6	1.7	1.5	4.0	3.3	2.7	21.8	6.0	12.2	9.6	31.4	0.0
Potassium	11.2	5.3	6.3	1.8	2.7	9.4	14.6	12.3	2.4	7.1	6.4	20.4	0.1
Sodium	1.0	1.1	1.7	0.5	0.1	2.1	0.8	35.2	15.1	8.0	3.0	26.0	5.4
Zinc	2.0	3.5	1.2	1.6	3.9	3.2	2.9	19.2	5.4	13.9	26.1	17.1	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.1	57.4	22.3	18.9	0.0
Selenium	1.7	0.3	0.1	1.4	9.3	3.7	0.4	17.2	8.7	35.2	11.8	9.8	0.1
Vitamin B6	4.7	7.0	5.8	1.9	5.7	13.2	11.5	19.9	1.8	11.0	6.1	11.5	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	4.6	20.4	18.4	55.3	0.0

[1] "Men 19 - 30.found"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGcereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	2.9	1.0	1.2	3.4	8.1	2.1	7.5	20.5	12.5	7.0	6.5	14.9	12.4
Energy	3.0	1.2	1.5	3.7	8.0	2.3	7.9	20.7	12.3	6.8	6.3	14.3	12.0
Protein	2.0	2.3	0.9	5.8	5.7	2.1	2.1	13.7	7.2	19.4	18.1	20.5	0.2
Fat	0.3	0.3	0.2	2.1	18.8	1.8	0.6	7.4	2.3	7.5	7.6	13.8	37.4
Carbohydrate	5.2	1.0	2.2	3.1	1.4	2.2	15.5	33.4	22.4	0.5	0.0	13.0	0.0
Sugars	1.0	1.6	4.6	0.6	1.7	4.7	36.3	14.5	1.5	0.2	0.0	33.3	0.1
Starch	7.9	0.6	0.6	4.8	1.2	0.6	1.5	46.0	36.1	0.7	0.0	0.0	0.0
Fibre	8.3	6.8	6.8	11.1	5.9	9.2	16.0	26.7	7.1	1.8	0.0	0.0	0.0
Saturated fat	0.2	0.2	0.1	1.1	9.0	1.3	0.3	6.2	1.2	7.9	10.5	31.3	30.7
Monounsaturated fat	0.1	0.0	0.0	1.0	29.2	2.4	0.1	6.4	2.4	8.6	9.5	10.0	30.5
Polyunsaturated fat	0.5	0.5	0.6	4.4	17.8	1.5	0.6	8.4	2.6	4.8	2.1	0.8	55.5
Linoleic acid	0.5	0.5	0.5	4.1	19.1	1.6	0.3	8.4	2.6	3.7	1.2	0.8	56.6
Alpha linolenic acid	0.0	0.0	0.2	10.3	0.2	0.0	5.1	11.6	5.1	5.1	4.6	7.6	50.2
LC n3 fatty acids	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	63.1	31.9	4.8	0.0
Vitamin A equivs	0.2	3.4	50.1	0.0	0.1	8.8	3.2	0.8	0.0	2.7	0.2	9.2	21.3
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.3	2.0	0.1	8.5	0.6	26.4	62.1
Provitamin A	0.3	4.9	73.0	0.0	0.1	12.9	4.7	0.2	0.0	0.0	0.1	0.9	2.9
Thiamin	3.5	4.2	2.7	4.3	10.3	3.5	5.1	47.1	8.3	4.2	4.9	1.8	0.0
Riboflavin	0.9	3.3	1.7	1.3	3.0	3.3	4.1	25.0	1.5	7.8	4.7	43.4	0.0
Niacin	3.0	1.8	1.4	3.1	7.3	3.6	2.1	21.8	7.1	17.7	14.5	16.6	0.0
Folate (total)	2.2	5.5	2.2	9.8	8.1	5.5	13.3	23.6	3.6	4.1	0.6	21.2	0.4
Folate equivs	1.5	3.9	1.6	6.8	5.7	3.8	9.3	37.1	11.8	2.9	0.4	14.8	0.2
Vitamin C	11.2	22.1	4.8	0.0	0.0	24.5	35.4	1.1	0.1	0.1	0.2	0.4	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	2.2	0.0	14.3	5.3	34.1	44.0
Vitamin E	0.1	0.7	2.4	3.7	18.1	7.5	5.8	9.9	1.7	7.2	2.9	1.3	38.7
Calcium	0.5	2.4	2.3	2.5	2.1	2.4	2.9	17.1	3.1	2.8	0.5	61.2	0.2
Iron	3.3	5.5	2.2	9.8	6.2	4.8	5.4	35.2	7.4	8.5	11.1	0.5	0.0
Iodine	0.4	0.6	0.2	0.4	0.1	0.5	0.9	22.8	11.0	8.6	0.6	53.8	0.2
Magnesium	4.0	3.6	2.4	7.8	11.7	4.4	8.3	28.9	5.3	6.1	4.0	13.2	0.1
Phosphorus	3.0	2.4	1.6	4.8	6.5	3.1	2.5	20.4	5.7	11.5	9.0	29.4	0.1
Potassium	10.5	5.0	5.9	5.8	4.4	8.8	13.7	11.6	2.3	6.6	6.0	19.1	0.2
Sodium	1.0	1.1	1.5	1.6	0.1	2.0	0.7	33.0	14.2	7.5	2.8	24.3	10.2
Zinc	1.9	3.3	1.1	5.2	6.5	3.0	2.7	17.9	5.0	13.0	24.4	16.0	0.1
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.1	57.4	22.3	18.9	0.0
Selenium	1.6	0.3	0.1	4.5	14.7	3.4	0.4	15.6	7.8	31.9	10.7	8.8	0.2
Vitamin B6	4.3	6.4	5.3	6.1	9.1	12.1	10.6	18.3	1.7	10.1	5.6	10.5	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	4.6	20.4	18.4	55.3	0.0

[1] "Men 31 - 50"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	3.3	1.1	1.5	1.1	5.4	2.2	8.6	22.7	14.2	8.3	7.4	17.0	7.1
Energy	3.4	1.4	1.7	1.2	5.4	2.5	9.0	22.9	14.0	8.2	7.2	16.3	6.9
Protein	2.1	2.3	1.0	1.8	3.7	2.2	2.1	15.5	7.5	20.3	19.4	21.9	0.1
Fat	0.4	0.3	0.3	0.9	15.0	2.1	0.7	11.6	2.8	11.3	10.3	18.7	25.5
Carbohydrate	5.5	1.0	2.3	0.9	0.8	2.2	16.3	32.5	23.7	0.9	0.0	13.8	0.0
Sugars	1.0	1.6	4.6	0.2	0.9	4.6	36.4	15.3	1.5	0.3	0.0	33.5	0.0
Starch	8.7	0.6	0.8	1.4	0.7	0.5	1.4	44.9	39.6	1.3	0.0	0.2	0.0
Fibre	8.9	7.6	7.6	3.4	3.9	9.9	19.4	28.1	7.8	3.3	0.0	0.2	0.0
Saturated fat	0.2	0.2	0.2	0.4	6.6	1.4	0.2	10.0	1.5	10.4	12.6	37.7	18.7
Monounsaturated fat	0.1	0.0	0.0	0.5	22.3	2.8	0.1	10.5	3.0	12.4	13.1	13.9	21.3
Polyunsaturated fat	0.7	0.8	0.9	2.1	18.2	2.1	0.8	14.1	3.8	8.6	3.2	1.5	43.3
Linoleic acid	0.7	0.8	0.8	2.0	19.9	2.3	0.5	14.3	3.8	6.4	1.9	1.7	44.9
Alpha linolenic acid	0.0	0.0	0.3	4.3	1.5	0.0	6.9	18.0	5.9	8.8	6.4	11.4	36.4
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	74.5	22.0	3.4	0.0
Vitamin A equivs	0.8	3.9	55.1	0.0	0.0	9.2	3.3	1.4	0.0	3.7	0.3	10.2	12.1
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.4	4.7	0.1	14.4	0.7	36.2	43.3
Provitamin A	1.0	5.2	74.2	0.0	0.0	12.3	4.4	0.3	0.0	0.0	0.1	0.9	1.5
Thiamin	4.0	4.5	3.0	1.3	7.3	3.8	5.7	48.2	9.3	5.0	5.3	2.5	0.0
Riboflavin	1.0	3.5	1.8	0.4	1.6	3.4	4.2	24.6	1.6	8.1	4.8	45.1	0.0
Niacin	3.3	1.9	1.6	0.9	5.2	3.7	2.6	22.6	7.5	17.5	15.6	17.7	0.0
Folate (total)	2.5	6.4	2.5	2.7	6.1	6.4	15.0	24.0	4.1	6.2	0.6	23.3	0.2
Folate equivs	1.7	4.3	1.7	1.8	4.2	4.3	10.1	38.7	12.6	4.2	0.4	15.9	0.1
Vitamin C	11.6	23.0	5.2	0.0	0.0	24.6	33.8	0.8	0.1	0.1	0.2	0.4	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	4.3	0.0	25.8	6.1	38.5	25.3
Vitamin E	0.2	1.1	3.2	1.3	15.5	10.2	8.8	13.3	2.0	11.9	4.1	2.0	26.4
Calcium	0.5	2.4	2.3	1.1	1.1	2.2	2.9	19.7	3.0	3.4	0.5	60.7	0.1
Iron	3.8	6.3	2.5	3.4	4.0	5.4	5.9	35.5	8.5	11.1	12.7	0.9	0.0
Iodine	0.3	0.5	0.2	0.1	0.0	0.4	1.0	26.0	10.3	10.4	0.6	50.1	0.1
Magnesium	4.6	4.2	2.7	2.6	8.1	4.8	8.7	30.5	6.1	7.8	4.5	15.3	0.1
Phosphorus	3.2	2.5	1.7	1.5	4.1	3.1	2.6	21.9	5.9	12.7	9.5	31.2	0.0
Potassium	11.2	5.4	6.2	1.6	2.5	9.1	14.3	12.9	2.4	7.4	6.4	20.4	0.1
Sodium	1.0	1.2	1.5	0.6	0.0	2.0	0.7	36.0	14.1	9.4	2.9	25.3	5.3
Zinc	2.1	3.4	1.2	1.6	4.1	3.2	2.8	18.0	5.6	14.4	26.4	17.2	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.1	59.3	21.0	17.6	0.0
Selenium	1.7	0.3	0.1	1.4	10.8	3.3	0.5	16.3	8.1	36.7	11.3	9.4	0.1
Vitamin B6	4.8	7.3	5.8	1.9	5.5	15.5	10.8	16.3	1.7	11.7	6.8	11.8	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	4.0	23.2	17.8	53.5	0.0

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[1] 7 7 7 7 7 14 14 28 14 7 7 0 3 0 14 28 0 0 0
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[1] 7 7 7 7 7 14 14 28 14 7 7 0 3 0 14 28 0 0 0
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[1] "Men 51 - 70"

	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	3.4	1.1	1.5	1.2	5.3	2.1	8.4	22.3	14.4	8.4	7.5	17.3	7.2
Energy	3.4	1.4	1.8	1.3	5.3	2.4	8.8	22.4	14.2	8.2	7.2	16.8	6.9
Protein	2.1	2.3	1.1	1.7	3.5	2.1	2.2	16.4	7.7	20.5	18.9	21.5	0.1
Fat	0.3	0.3	0.4	0.9	14.6	1.5	0.8	12.1	3.4	10.8	10.3	18.9	25.6
Carbohydrate	5.6	1.0	2.5	1.0	0.9	2.4	16.0	31.1	23.9	0.9	0.0	14.5	0.0
Sugars	1.0	1.6	4.6	0.2	0.9	4.7	34.9	16.1	1.6	0.3	0.0	34.1	0.0
Starch	9.1	0.6	1.0	1.7	0.9	0.6	1.3	42.6	40.8	1.2	0.0	0.2	0.0
Fibre	8.1	7.8	7.6	3.8	3.9	10.0	19.9	26.7	8.8	3.2	0.0	0.2	0.0
Saturated fat	0.2	0.2	0.2	0.4	6.3	1.0	0.3	11.3	1.7	9.7	12.5	37.6	18.6
Monounsaturated fat	0.1	0.0	0.0	0.5	22.1	2.0	0.1	11.2	3.8	11.7	13.1	14.0	21.5
Polyunsaturated fat	0.7	0.8	1.0	2.2	17.1	1.8	0.9	14.0	4.4	8.4	3.3	1.6	43.9
Linoleic acid	0.7	0.8	0.9	2.1	18.7	2.0	0.5	14.2	4.3	6.1	2.0	1.7	46.0
Alpha linolenic acid	0.0	0.0	0.3	4.1	2.7	0.0	7.1	17.5	8.2	8.0	6.5	11.0	34.7
LC n3 fatty acids	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	75.7	20.9	3.3	0.0
Vitamin A equivs	0.9	4.1	53.4	0.0	0.0	8.5	4.1	2.1	0.0	3.5	0.3	10.6	12.4
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.5	7.0	0.1	13.1	0.8	35.6	42.8
Provitamin A	1.1	5.6	72.9	0.0	0.0	11.6	5.6	0.3	0.0	0.0	0.1	1.1	1.6
Thiamin	4.2	4.7	3.0	1.3	7.3	4.0	6.0	44.8	10.7	4.9	6.0	3.1	0.0
Riboflavin	1.0	3.4	1.9	0.3	1.6	3.4	4.2	24.5	2.0	7.6	5.0	45.0	0.0
Niacin	3.3	1.9	1.6	1.0	5.0	3.6	2.8	22.9	7.8	17.4	15.6	17.3	0.0
Folate (total)	2.5	6.8	2.6	3.5	6.0	6.6	13.6	23.2	4.5	6.0	0.8	23.6	0.2
Folate equivs	1.7	4.5	1.7	2.3	4.0	4.4	9.0	38.6	13.6	4.0	0.5	15.6	0.1
Vitamin C	11.7	22.3	5.6	0.0	0.0	23.3	35.6	0.5	0.1	0.2	0.2	0.4	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	6.1	0.0	27.8	5.6	36.4	23.9
Vitamin E	0.2	1.2	3.4	1.9	14.8	9.6	9.4	10.8	2.7	12.3	4.0	2.2	27.4
Calcium	0.5	2.4	2.1	0.8	1.0	2.3	3.1	22.6	3.1	3.3	0.5	58.1	0.1
Iron	4.0	6.9	2.7	3.2	4.4	5.4	6.5	32.6	9.2	11.1	12.9	1.0	0.0
Iodine	0.3	0.5	0.2	0.1	0.0	0.4	1.1	29.6	9.9	10.5	0.5	46.8	0.1
Magnesium	4.6	4.3	2.8	2.6	8.3	5.0	8.9	29.1	6.2	8.2	4.6	15.5	0.1
Phosphorus	3.1	2.4	1.7	1.5	4.0	3.1	2.7	22.3	6.0	13.0	9.3	30.7	0.0
Potassium	11.0	5.3	6.1	1.6	2.5	9.1	14.3	13.5	2.4	7.7	6.2	20.0	0.1
Sodium	0.9	1.3	1.3	0.9	0.0	2.0	0.7	35.7	15.9	9.0	2.8	24.3	5.0
Zinc	2.1	3.5	1.3	1.6	4.2	3.3	3.0	17.4	5.4	14.6	26.2	17.5	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	0.1	57.3	21.4	18.1	0.0
Selenium	1.6	0.3	0.2	1.3	9.7	3.3	0.4	15.2	8.4	38.6	11.5	9.3	0.1
Vitamin B6	4.9	8.1	5.6	1.9	5.5	17.6	10.0	13.2	2.1	11.9	7.1	12.1	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	4.4	23.2	17.8	53.1	0.0

[1]	7	7	7	2	4	14	14	28	14	7	7	0	3	0	14	28	0	0	0
						StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg	
Energy excl fibre						3.1	1.1	1.4	1.1	5.0	2.0	7.8	20.8	13.4	7.8	7.0	16.2	13.4	
Energy						3.2	1.3	1.6	1.2	4.9	2.2	8.3	21.0	13.3	7.6	6.7	15.7	13.0	
Protein						2.1	2.3	1.1	1.7	3.5	2.1	2.2	16.4	7.6	20.4	18.9	21.5	0.2	
Fat						0.3	0.3	0.3	0.7	11.6	1.2	0.6	9.6	2.7	8.6	8.2	15.0	40.8	
Carbohydrate						5.6	1.0	2.5	1.0	0.9	2.4	16.0	31.1	23.9	0.9	0.0	14.5	0.0	
Sugars						1.0	1.6	4.6	0.2	0.9	4.7	34.9	16.1	1.6	0.3	0.0	34.1	0.1	
Starch						9.1	0.6	1.0	1.7	0.9	0.6	1.3	42.6	40.8	1.2	0.0	0.2	0.0	
Fibre						8.1	7.8	7.6	3.8	3.9	10.0	19.9	26.7	8.8	3.2	0.0	0.2	0.0	
Saturated fat						0.2	0.2	0.1	0.3	5.3	0.8	0.3	9.6	1.4	8.2	10.6	31.6	31.3	
Monounsaturated fat						0.0	0.0	0.0	0.4	18.2	1.6	0.1	9.2	3.1	9.6	10.8	11.5	35.3	
Polyunsaturated fat						0.5	0.6	0.7	1.5	11.9	1.3	0.6	9.7	3.1	5.8	2.3	1.1	61.0	
Linoleic acid						0.5	0.6	0.6	1.5	12.8	1.4	0.4	9.7	2.9	4.2	1.4	1.2	63.0	
Alpha linolenic acid						0.0	0.0	0.3	3.1	2.0	0.0	5.3	13.0	6.1	5.9	4.8	8.2	51.5	
LC n3 fatty acids						0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	75.7	20.9	3.3	0.0	
Vitamin A equivs						0.8	3.7	47.5	0.0	0.0	7.6	3.7	1.9	0.0	3.1	0.3	9.5	22.0	
Retinol						0.1	0.0	0.0	0.0	0.0	0.0	0.3	4.9	0.1	9.2	0.5	24.9	59.9	
Provitamin A						1.1	5.5	71.8	0.0	0.0	11.4	5.5	0.3	0.0	0.0	0.1	1.0	3.1	
Thiamin						4.2	4.7	3.0	1.3	7.3	4.0	6.0	44.8	10.7	4.9	6.0	3.1	0.0	
Riboflavin						1.0	3.4	1.9	0.3	1.6	3.4	4.2	24.5	2.0	7.6	5.0	45.0	0.0	
Niacin						3.3	1.9	1.6	1.0	5.0	3.6	2.8	22.9	7.8	17.4	15.6	17.3	0.0	
Folate (total)						2.5	6.8	2.6	3.5	6.0	6.6	13.5	23.2	4.5	6.0	0.8	23.5	0.4	
Folate equivs						1.7	4.5	1.7	2.3	4.0	4.4	9.0	38.5	13.6	4.0	0.5	15.5	0.3	
Vitamin C						11.7	22.3	5.6	0.0	0.0	23.3	35.6	0.5	0.1	0.2	0.2	0.4	0.0	
Vitamin D						0.1	0.0	0.0	0.0	0.0	0.0	0.0	4.9	0.0	22.4	4.5	29.3	38.6	
Vitamin E						0.2	1.0	2.6	1.5	11.6	7.6	7.4	8.5	2.1	9.6	3.1	1.7	43.1	
Calcium						0.5	2.4	2.1	0.8	1.0	2.3	3.1	22.6	3.1	3.3	0.5	58.1	0.2	
Iron						4.0	6.9	2.7	3.2	4.4	5.4	6.5	32.6	9.2	11.1	12.9	1.0	0.0	
Iodine						0.3	0.5	0.2	0.1	0.0	0.4	1.1	29.6	9.9					

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[1] "Men 70plus"
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	StarchyV	GreenV	OrangeV	Legumes	Nuts/Seeds	OtherV	Fruit	WGCereal	Refcereal	WMeat	RMeat	Dairy	PolyMarg
Energy excl fibre	2.5	1.2	1.7	1.2	5.8	2.0	9.1	17.4	10.0	8.7	7.8	24.9	7.5
Energy	2.6	1.4	1.9	1.4	5.7	2.3	9.6	17.5	9.9	8.6	7.6	24.2	7.3
Protein	1.5	2.2	1.2	1.9	3.6	2.0	2.2	12.4	4.9	19.9	18.6	29.6	0.1
Fat	0.2	0.3	0.4	1.0	15.2	0.9	0.8	9.1	1.9	10.9	10.4	23.5	25.4
Carbohydrate	4.5	1.1	3.0	1.0	0.9	2.7	18.6	25.6	18.1	0.9	0.0	23.6	0.0
Sugars	0.7	1.4	4.1	0.2	0.8	4.5	31.7	10.7	1.5	0.2	0.0	44.3	0.0
Starch	9.1	0.8	1.7	2.0	0.9	0.7	2.1	43.3	37.6	1.6	0.0	0.3	0.0
Fibre	5.7	9.2	8.3	5.0	4.7	11.6	24.3	21.5	6.0	3.4	0.0	0.2	0.0
Saturated fat	0.1	0.2	0.2	0.4	6.1	0.4	0.2	8.4	1.0	9.3	11.8	44.3	17.3
Monounsaturated fat	0.0	0.0	0.0	0.4	23.1	0.8	0.1	8.4	2.0	12.3	13.4	17.7	21.7
Polyunsaturated fat	0.5	0.8	1.1	2.5	19.5	1.5	0.9	10.9	2.7	8.8	3.5	1.5	45.8
Linoleic acid	0.5	0.8	1.0	2.4	21.2	1.8	0.5	10.9	2.8	6.3	2.1	2.0	47.6
Alpha linolenic acid	0.0	0.0	0.5	5.6	1.9	0.0	7.4	14.4	3.8	8.4	7.0	14.2	36.9
LC n3 fatty acids	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	76.4	20.5	3.1	0.0
Vitamin A equivs	1.0	3.6	50.0	0.0	0.0	7.7	4.2	2.0	0.1	3.6	0.3	14.6	12.9
Retinol	0.1	0.0	0.0	0.0	0.0	0.0	0.3	5.8	0.1	11.8	0.7	43.1	38.2
Provitamin A	1.3	5.2	72.5	0.0	0.0	11.2	6.1	0.3	0.1	0.0	0.1	1.4	1.7
Thiamin	3.4	5.2	3.2	2.0	8.4	4.5	6.7	38.9	11.6	5.6	6.9	3.6	0.0
Riboflavin	0.6	3.1	1.8	0.3	1.3	2.3	3.8	15.8	2.4	6.8	4.4	57.5	0.0
Niacin	2.4	1.8	1.6	1.1	5.3	3.2	3.0	15.3	6.1	17.7	15.8	26.5	0.0
Folate (total)	1.7	6.0	2.5	3.8	6.0	6.9	13.3	14.8	4.7	5.5	0.8	34.0	0.2
Folate equivs	1.2	4.3	1.8	2.7	4.3	5.0	9.6	29.3	12.6	3.9	0.6	24.6	0.1
Vitamin C	8.3	23.1	6.1	0.0	0.0	23.9	37.1	0.3	0.4	0.2	0.2	0.6	0.0
Vitamin D	0.1	0.0	0.0	0.0	0.0	0.0	0.0	5.1	0.0	25.0	5.1	43.0	21.6
Vitamin E	0.2	1.0	3.5	1.6	17.0	10.8	9.8	7.8	1.2	12.4	4.1	2.4	28.3
Calcium	0.3	2.1	1.8	0.6	0.9	1.9	2.7	16.1	2.3	2.7	0.4	68.2	0.1
Iron	3.2	7.4	3.4	3.7	5.0	6.2	7.3	26.0	9.3	12.8	14.7	1.0	0.0
Iodine	0.2	0.4	0.1	0.1	0.0	0.4	1.1	21.3	6.4	9.1	0.4	60.5	0.1
Magnesium	3.4	4.3	2.9	3.2	8.8	5.1	9.8	21.4	4.6	8.3	4.8	23.3	0.1
Phosphorus	2.1	2.3	1.6	1.5	3.9	2.7	2.6	16.5	3.6	12.2	8.9	41.8	0.0
Potassium	7.7	5.1	6.0	1.9	2.4	8.5	14.6	10.2	1.7	7.2	6.0	28.6	0.1
Sodium	0.6	1.4	1.1	0.1	0.0	2.4	0.8	29.9	13.5	8.9	3.0	32.9	5.4
Zinc	1.4	3.5	1.3	1.7	4.1	3.1	3.0	12.5	4.2	15.8	25.9	23.6	0.0
Cholesterol	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.0	54.8	20.1	22.3	0.0
Selenium	1.2	0.2	0.2	1.3	13.6	1.9	0.5	11.8	5.6	38.5	12.2	12.9	0.1
Vitamin B6	3.5	8.4	5.1	2.1	5.4	16.9	10.8	9.3	1.4	12.3	6.7	18.1	0.0
Vitamin B12	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.3	19.8	14.7	63.4	0.0

Appendix 14: Samples of serve patterns for *Total Diets*

Summary of sample serve patterns for *Total Diets* for average height or age and light to moderate activity (PAL 1.7) and high end energy needs (tallest or oldest; high activity PAL 2.0)

The Tables show **serves per week** of the various food groups.

Many variations of these *Total Diets* are possible; these diets show some examples that build on the relevant Foundation Diets patterns. The *Total* diets can include the 'Extras' category.

Details of these nutrient composition of these patterns assessed through 7-day modelling with individual foods are shown in Appendix 15.

Public Consultation

**Table A14.1. Sample *Total Diets* for Men 19-30 years; about 12400kJ
Average height (175cm) and light-medium activity (PAL 1.7)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	14	14	21	14	14	14
Green and Brassicas vegetables	7	7	7	7	14	7
Orange Vegetables	7	7	7	7	7	14
Legumes	7	7	14	7	7	7
NutsSeeds	7	7	14	7	7	7
Other Veg	21	21	14	21	14	21
Total Fruit	14	14	2	14	21	28
Wholegrain Cereals	42	42	35	49	42	42
Refined Cereals	21	21	14	28	18	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	17	17	17	21	24
Unsaturated fats and oils	28	28	28	28	28	28
‘Other foods’ (600 kJ equivalents)	17.5	17.5	10.5	7	14	7

**Table A14.2. Sample *Total Diets* for Men 19-30 years; about 15800kJ
Tallest (190cm) and highest activity (PAL 2)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	28	14	35	35	28	21
Green and Brassicas vegetables	14	21	21	7	14	21
Orange Vegetables	14	14	14	7	21	14
Legumes	7	7	21	7	7	7
NutsSeeds	7	21	21	7	7	14
Other Veg	28	21	28	28	14	21
Total Fruit	21	21	28	14	28	14
Wholegrain Cereals	56	28	42	70	56	38
Refined Cereals	35	42	17	42	21	42
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	31	17	17	17	17
Unsaturated fats and oils	28	28	28	28	28	28
‘Other foods’ (600kJ equivalents)	21	7	14	7	21	21

**Table A14.3 Sample *Total Diets* for Men 31-50 years; about 11700kJ
Average height (175cm) and light-medium activity (PAL 1.7)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	14	7	7	14	7	14
Green and Brassicas vegetables	7	14	7	14	7	7
Orange Vegetables	7	14	7	7	7	14
Legumes	7	7	14	7	7	7
NutsSeeds	7	14	14	7	7	7
Other Veg	21	14	14	14	14	21
Total Fruit	14	14	21	21	14	28
Wholegrain Cereals	42	28	35	35	28	42
Refined Cereals	14	21	14	18	21	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	24	17	17	24	17
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	17.5	7	10.5	14	14	7

**Table A 14.4. Sample *Total Diets* for Men 31-50 years; about 14800kJ
Tallest (190cm) and highest activity (PAL 2)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	28	14	21	28	28	28
Green and Brassicas vegetables	14	14	21	7	14	14
Orange Vegetables	14	14	14	7	14	21
Legumes	7	7	21	7	7	7
NutsSeeds	7	14	18	7	7	7
Other Veg	28	21	28	21	14	35
Total Fruit	21	21	28	14	28	42
Wholegrain Cereals	49	28	42	63	56	56
Refined Cereals	28	42	17	42	21	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Low Fat Dairy foods	17	31	17	17	17	21
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	21	7	14	7	21	10.5

Table A 14.5. Sample *Total Diets* for Men 51-70 years; about 10700kJ

Average height (175cm) and light-medium activity (PAL 1.7)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	14	7	21	7	7	7
Green and Brassicas vegetables	7	14	7	14	7	7
Orange Vegetables	7	14	7	7	7	7
Legumes	7	7	14	7	7	7
NutsSeeds	7	7	7	7	7	7
Other Veg	21	14	14	14	14	21
Total Fruit	14	14	21	14	14	21
Wholegrain Cereals	42	28	28	42	28	35
Refined Cereals	14	28	14	18	21	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	17	17	17	21	21
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	7	7	7	7	10.5	7

**Table A 14.6. Sample *Total Diets* for Men 51-70 years; about 13800kJ
Tallest (190cm) and highest activity (PAL 2)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	28	14	28	35	21	28
Green and Brassicas vegetables	14	21	7	7	21	14
Orange Vegetables	14	14	7	14	14	21
Legumes	7	21	7	7	7	7
NutsSeeds	7	11	7	7	18	7
Other Veg	35	28	21	14	21	35
Total Fruit	21	28	14	28	28	35
Wholegrain Cereals	42	42	49	49	28	49
Refined Cereals	28	17	42	21	14	17
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Low Fat Dairy foods	17	17	17	17	34	18
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	14	14	7	14	7	10.5

**Table A 14.7. Sample *Total Diets* for Men 70+ years; about 9800kJ
Average height (175cm) and light-medium activity (PAL 1.7)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	5	5	12	12	5	5
Green and Brassicas vegetables	7	7	7	14	7	7
Orange Vegetables	14	7	7	7	7	7
Legumes	2	9	9	2	2	2
NutsSeeds	7	11	4	4	4	11
Other Veg	21	28	14	14	21	14
Total Fruit	14	21	21	14	14	14
Wholegrain Cereals	21	21	28	28	35	28
Refined Cereals	17	10	10	17	31	17
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	24	24	24	24	24	28
Unsaturated fats and oils	28	28	28	28	14	25
'Other foods' (600kJ equivalents)	10.5	3.5	7	7	0	0

**Table A 14.8. Sample *Total Diets* for Men 70+ years; about 12700kJ
Tallest (190cm) and highest activity (PAL 2)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	28	14	14	28	25	7
Green and Brassicas vegetables	14	7	21	7	7	21
Orange Vegetables	14	14	21	7	14	14
Legumes	10	7	14	7	7	7
NutsSeeds	7	7	11	7	7	18
Other Veg	28	14	28	21	14	21
Total Fruit	21	21	25	11	21	21
Wholegrain Cereals	42	32	28	35	35	28
Refined Cereals	18	21	14	32	18	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	24	34	24	24	24	34
Unsaturated fats and oils	28	28	28	28	28	28
Other foods (600kJ equivalents)	7	10.5	14	10.5	14	7

**Table A.14.9. Sample *Total Diets*; Women 19-30 years; about 9800kJ
Average height 165cms; low to moderate exercise (PAL 1.7)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	5	5	5	12	5	12
Green and Brassicas vegetables	7	7	7	14	7	14
Orange Vegetables	7	7	7	7	7	7
Legumes	2	2	9	2	2	9
NutsSeeds	7	7	4	4	4	4
Other Veg	14	28	14	14	14	21
Total Fruit	14	21	21	14	14	17
Wholegrain Cereals	28	28	28	28	35	28
Refined Cereals	17	14	14	17	31	17
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	24	24	21	24	21	24
Unsaturated fats and oils	28	28	28	28	14	28
'Other foods' (600kJ equivalents)	7	3.5	7	7	3.5	0

**A14.10 Sample *Total Diets* women 19-30 years; about 12900kJ
Tallest (180cms); highest exercise level (PAL 2.0)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	14	14	21	14	14	14
Green and Brassicas vegetables	7	7	7	14	7	14
Orange Vegetables	14	7	7	7	7	14
Legumes	7	14	14	14	7	7
NutsSeeds	14	14	7	7	7	7
Other Veg	21	21	21	21	21	28
Total Fruit	14	21	14	21	14	28
Wholegrain Cereals	42	35	49	49	35	49
Refined Cereals	14	21	21	18	28	21
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	17	17	17	24	17
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	21	14	14	14	17.5	10.5

Table A14.11. Sample *Total Diet* Women 31-50 years; about 9500kJ
Average height 165cm; low to moderate exercise (PAL 1.7)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	5	5	5	12	5	5
Green and Brassica veg	7	7	7	7	7	14
OrangeVegetables	7	7	7	7	7	7
Legumes as vegetables	2	2	2	2	2	9
Nuts/Seeds	4	4	4	3	4	4
OtherVegetables	14	28	14	14	14	21
Fruit	14	21	21	14	14	17
Wholegrain Cereals	28	28	28	28	35	28
Refined Cereals	17	14	14	17	24	17
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	21	21	21	21	20	21
Unsaturated fats and oils	28	28	28	28	14	28
'Other foods' (600kJ equivalents)	7	3.5	7	7	3.5	0

Table A14.12. Sample *Total Diet* Women 31-50 years; about 12000kJ
Tallest (180cms); highest exercise level (PAL 2.0)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy Vegetable	14	7	14	21	14	14
Green and Brassicas vegetables	7	14	7	7	14	14
Orange Vegetables	14	14	7	7	7	7
Legumes	7	7	14	14	14	7
NutsSeeds	14	11	7	7	7	14
Other Veg	21	14	21	21	21	21
Total Fruit	14	14	14	14	21	21
Wholegrain Cereals	35	28	35	42	35	28
Refined Cereals	14	21	2	14	18	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	24	17	17	17	24
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	14	14	14	14	10.5	10.5

**Table A14.13. Sample *Total Diet* Women 51-70 years; about 9000kJ
Average height 165cms; low to moderate exercise PAL 1.7**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	5	5	5	12	5	5
Green and Brassica veg	7	7	7	14	7	14
OrangeVegetables	7	7	7	7	7	7
Legumes as vegetables	3	10	3	3	3	10
Nuts/Seeds	3	10	3	3	10	3
OtherVegetables	14	28	14	21	28	21
Fruit	14	21	14	21	14	14
Wholegrain Cereals	28	21	35	28	21	21
Refined Cereals	15	8	8	8	8	8
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	3	3	7	3	3
Dairy foods	28	28	38	28	28	32
Unsaturated fats and oils	14	14	21	14	21	21
'Other foods' (600kJ equivalents)	7	3.5	0	3.5	7	7

**Table A14.14. Sample *Total Diet* Women 51-70 years; about 1500kJ
Tallest 180cms; heavy exercise PAL 2.0**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	14	5	7	14	5	5
Green and Brassica veg	7	7	7	14	7	14
OrangeVegetables	7	7	7	7	7	7
Legumes as vegetables	3	10	3	10	3	10
Nuts/Seeds	3	10	10	3	17	3
OtherVegetables	14	28	14	21	28	21
Fruit	21	21	14	28	21	14
Wholegrain Cereals	42	39	42	35	28	28
Refined Cereals	28	21	14	8	8	25
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	3	3	7	3	3
Dairy foods	28	28	35	28	28	32
Unsaturated fats and oils	14	21	21	28	28	28
'Other foods' (600kJ equivalents)	7	3.5	7	10.5	14	14

**Table A14.15. Sample *Total Diet* Women 70+ years; about 8600kJ
Average height 165cm; low to moderate exercise (PAL 1.7)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	5	5	5	10	5	7
Green and Brassica veg	7	7	7	14	7	14
OrangeVegetables	7	7	7	7	7	7
Legumes as vegetables	3	7	3	3	3	10
Nuts/Seeds	3	7	3	3	7	3
OtherVegetables	14	28	14	21	14	21
Fruit	14	21	14	14	14	14
Wholegrain Cereals	25	21	32	28	21	21
Refined Cereals	15	8	8	8	8	8
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	3	3	7	3	3
Dairy foods	28	28	32	28	28	28
Unsaturated fats and oils	14	14	21	14	21	21
'Other foods' (600kJ equivalents)	3.5	3.5	0	3.5	7	7

**Table A14.16. Sample *Total Diet* women 70+ years; about 10900kJ
Tallest 180cm; heavy exercise (PAL 1.7)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	5	14	5	10	11	7
Green and Brassica veg	7	7	7	14	7	14
OrangeVegetables	7	14	7	7	7	7
Legumes as vegetables	3	7	3	3	3	10
Nuts/Seeds	14	7	7	3	7	3
OtherVegetables	14	21	14	21	14	21
Fruit	14	21	21	21	14	14
Wholegrain Cereals	31	21	35	35	21	21
Refined Cereals	14	21	8	10	28	28
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	3	7	7	3
Dairy foods	28	28	35	28	28	28
Unsaturated fats and oils	21	14	28	28	21	28
'Other foods' (600kJ equivalents)	10.5	10.5	10.5	14	10.5	14

Table A14.17. Sample *Total Diet* Women 19-50yrs Pregnant; about 11500kJ

Average height 165 cms; low to moderate activity (PAL 1.7)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	7	7	7	7	7	7
Green and Brassica vegetables	7	7	7	7	14	7
OrangeVegetables	10	7	7	7	7	7
Legumes as vegetables	7	7	7	7	7	7
Nuts/Seeds	10	7	5	7	4	2
OtherVegetables	21	18	14	14	14	14
Fruit	14	14	14	14	14	14
Wholegrain Cereals	42	49	42	42	42	42
Refined Cereals	24	21	21	21	21	21
Poultry fish seafood eggs legumes	12	12	12	12	12	12
Red Meats	12	12	12	12	12	12
Dairy foods	17	20	20	17	17	24
Unsaturated fats and oils	17	17	17	21	17	17
‘Other foods’ (600kJ equivalents)	0	0	7	7	10.5	10.5

**Table A14.18. Sample *Total Diet* women 19-50yrs Pregnant
Tallest 180 cms; heavy activity (PAL 2.0); about 14400kJ**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	7	7	14	7	21	7
Green and Brassica vegetables	7	7	7	7	14	7
OrangeVegetables	7	7	7	7	7	7
Legumes as vegetables	14	14	7	7	7	7
Nuts/Seeds	14	7	21	14	9	9
OtherVegetables	21	14	14	21	14	14
Fruit	28	21	21	21	21	21
Wholegrain Cereals	49	49	49	49	49	49
Refined Cereals	28	35	28	28	28	35
Poultry fish seafood eggs legumes	12	12	12	12	12	12
Red Meats	12	12	12	12	12	12
Dairy foods	17	17	17	17	17	17
Unsaturated fats and oils	28	21	17	21	28	24
‘Other foods’ (600kJ equivalents)	3.5	14	7	14	10.5	14

Table A14.19. Sample *Total Diet* women 19-50yrs Lactating
Average height 165 cms; light to moderate activity (PAL 1.7) about
11600kJ

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	14	14	7	14	7	14
Green and Brassica vegetables	7	7	7	7	14	7
OrangeVegetables	10	7	7	7	7	7
Legumes as vegetables	7	7	7	7	5	5
Nuts/Seeds	10	7	10	7	12	7
OtherVegetables	21	18	14	21	14	14
Fruit	14	14	21	14	14	14
Wholegrain Cereals	49	49	42	42	42	42
Refined Cereals	24	21	21	28	21	21
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	20	20	17	17	17
Unsaturated fats and oils	21	21	21	21	21	21
‘Other foods’ (600kJ equivalents)	0	7	7	7	10.5	14

Table A14.20. Sample *Total Diet* women 19-50yrs Lactating
Tallest 180 cms; heavy activity (PAL 2.0) about 14600kJ

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
StarchyVegetables	14	11	7	7	14	14
Green and Brassica vegetables	7	7	7	14	14	14
OrangeVegetables	7	7	7	7	7	14
Legumes as vegetables	14	14	7	7	7	14
Nuts/Seeds	21	14	18	14	17	12
OtherVegetables	28	14	14	11	21	14
Fruit	28	21	21	28	24	21
Wholegrain Cereals	49	56	49	56	49	56
Refined Cereals	28	35	35	33	28	28
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red Meats	7	7	7	7	7	7
Dairy foods	17	17	17	17	17	17
Unsaturated fats and oils	28	21	21	21	28	24
‘Other foods’ (600kJ equivalents)	3.5	10.5	14	14	14	14

Table A14.21. Boys 2-3 years Sample *Total Diets*
Average age at 2.5y; light to moderate activity, PAL 1.7; about 5650kJ)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	3.5	2.5	7	3.5	2.5	7
Green and brassica vegetables	3.5	3.5	3.5	3.5	3.5	3.5
Orange vegetables	3.5	3.5	3.5	3.5	3.5	3.5
Legumes as vegetables	3	2	3	2	4	2
Nuts/seeds	0	0	0	0	0	0
Other vegetables	10	7	21	14	10	7
Fruit	14	7	12	7	21	21
Wholegrain cereals/grains	21	21	19	21	19	19
Refined cereals/grains	14	21	9	14	9	9
Poultry fish seafood eggs						
legumes	3.5	3.5	3.5	3.5	3.5	3.5
Red meats	3.5	3.5	3.5	3.5	3.5	3.5
Dairy foods	11.5	10.5	10.5	10.5	10.5	10.5
Unsaturated fats and oils	10	10	14	14	10	10
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	3.5	3.5

Higher level *Total diet* (Age 3yr PAL 2; about 6900kJ)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	3.5	7	7	2.5	7
Green and brassica vegetables	7	3.5	4.5	7	4.5	8
Orange vegetables	7	3.5	3.5	7	3.5	7
Legumes as vegetables	7	3	3.5	7	2	7
Nuts/seeds	0	0	0	0	0	0
Other vegetables	10	7	14	14	14	14
Fruit	10	7	14	14	22	17
Wholegrain cereals/grains	28	28	22	28	21	26
Refined cereals/grains	14	28	21	14	21	14
Poultry fish seafood eggs						
legumes	3.5	3.5	3.5	3.5	3.5	3.5
Red meats	3.5	3.5	3.5	3.5	3.5	3.5
Dairy foods	17	10.5	10.5	10.5	10.5	10.5
Unsaturated fats and oils	14	14	14	14	14	14
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	3.5	3.5

Table A14.22. Boys 4-8y**Average Total Diet (age 6 at PAL 1.7; about 7000kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	3.5	7	7	8	7	7
Darker Green vegetables	7	14	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	2	2	2	7	9	7
Nuts/seeds	0	0	0	0	0	0
Other vegetables	10.5	21	21	21	14	10.5
Fruit	10.5	21	7	21	21	25
Wholegrain cereals/grains	28	21	21	20	19	19
Refined cereals/grains	21	14	21	10	10	9
Poultry fish seafood eggs						
legumes	5.5	5.5	5.5	5.5	5.5	5.5
Red meats	5	5	5	5	5	5
Dairy foods	14	14	14	14	14	14
Unsaturated fats and oils	14	14	14	14	14	14
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	3.5	3.5

Higher Total Diet (aged 8yrs PAL 2; about 9200kJ)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	14	14	14	14
Green and brassica vegetables	14	7	14	14	14	14
Orange vegetables	14	7	14	14	14	14
Legumes as vegetables	7	7	7	10	10	14
Nuts/seeds	0	0	0	0	0	0
Other vegetables	21	14	21	14	14	21
Fruit	21	14	21	14	14	21
Wholegrain cereals/grains	35	35	28	28	28	22.5
Refined cereals/grains	17	35	14	28	21	19
Poultry fish seafood eggs						
legumes	11	5.5	11	5.5	5.5	5.5
Red meats	10	5	10	5	5	5
Dairy foods	14	14	14	14	14	14
Unsaturated fats and oils	10	14	14	14	17	21
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	7	7

Table A14.23. Boys 9-11 y

Average <i>Total Diet</i> (age 10, PAL 1.7; about 8800kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	14	7	14	10	7
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	2	2	5	4	2	4
Nuts/seeds	7	5	7	7	4	7
Other vegetables	14	21	21	21	21	21
Fruit	14	21	14	21	21	14
Wholegrain cereals/grains	28	28	28	23	26.5	25
Refined cereals/grains	21	14	14	12	16	14
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	17	17	17	17	17	17
Unsaturated fats and oils	14	14	14	14	7	7
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	7	7
Higher <i>Total Diet</i> (aged 11, PAL 2; about 11000kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	14	14	7	7	10	14
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	5	7	7	7	3	7
Nuts/seeds	7	10	7	10	4	7
Other vegetables	21	28	21	21	21	21
Fruit	21	21	14	14	21	28
Wholegrain cereals/grains	35	35	35	35	35	23
Refined cereals/grains	28	14	28	12	21	12
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	17	24	17	29	24	21
Unsaturated fats and oils	21	21	21	21	7	28
'Other foods' (600kJ equivalents)	0	0	7	7	14	10.5

Table A14.24. Boys12-13y**Average Total Diet****(age12.5y,PAL 1.7; about 10200kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	7	14	10	7
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	4	7	7	7	2	2
Nuts/seeds	2	7	7	7	4	4
Other vegetables	14	28	21	14	14	14
Fruit	14	21	14	14	14	14
Wholegrain cereals/grains	35	28	28	28	28	28
Refined cereals/grains	28	14	14	14	14	14
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	25	28	25	25	29	25
Unsaturated fats and oils	21	21	21	21	28	28
'Other foods' (600kJ equivalents)	0	0.	7	7	7	14

Higher Total Diet (Age 13yr, PAL2; about 12400kJ)

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	14	10	7	14	14	14
Green and brassica vegetables	7	7	7	7	14	7
Orange vegetables	7	7	7	7	14	7
Legumes as vegetables	7	7	7	7	14	7
Nuts/seeds	7	7	7	11	7	10
Other vegetables	14	14	14	21	28	28
Fruit	14	14	14	21	14	14
Wholegrain cereals/grains	42	42	35	28	35	29.5
Refined cereals/grains	35	28	31	14	14	16
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	25	29	29	29	26	21
Unsaturated fats and oils	28	21	28	28	28	28
'Other foods' (600kJ equivalents)	0	7	8	14	14	17.5

Table A14.25. Boys14-18yr**Average Total Diet (Age 16y
PAL 1.7; about 12500kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	14	14	14	7
Green and brassica vegetables	7	7	7	7	10	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	7	7	7	7	9	7
Nuts/seeds	7	7	7	7	10	10
Other vegetables	14	14	28	28	28	28
Fruit	14	21	21	21	21	14
Wholegrain cereals/grains	42	35	35	35	35	35
Refined cereals/grains	35	35	24	21	17	21
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	29	25	28	25	29	25
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	0	7	7	14	7	17.5

Higher Total Diet (age 18yr**PAL 20; about 15600kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	14	14	7	14	14	10
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	14	14	14	14	14	14
Nuts/seeds	14	17	17	14	14	14
Other vegetables	28	28	28	28	35	28
Fruit	21	28	14	21	21	28
Wholegrain cereals/grains	42	42	42	42	35	35
Refined cereals/grains	42	28	42	35	35	35
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	29	29	25	29	29	29
Unsaturated fats and oils	28	28	28	28	28	28
'Other foods' (600kJ equivalents)	7	14	14	14	17.5	17.5

Table A14.26. Girls 2-3yr**Average *Total Diet* (age 2.5yr,
PAL 1.7; about 4900 kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	2.5	4	4	2.5	4	5
Green and brassica vegetables	3.5	3.5	4	3.5	3.5	3.5
Orange vegetables	3.5	4	4	3.5	3.5	3.5
Legumes as vegetables	2	2	2	3	3.5	2
Nuts/seeds	0	0	0	0	0	0
Other vegetables	7	10	14	7	7	7
Fruit	7	14	7	7	10	10
Wholegrain cereals/grains	21	21	19	21	19	19
Refined cereals/grains	14	9	9	9	9	9
Poultry fish seafood eggs						
legumes	3.5	3.5	3.5	3.5	3.5	3.5
Red meats	3.5	3.5	3.5	3.5	3.5	3.5
Dairy foods	10.5	10.5	10.5	10.5	10.5	10.5
Unsaturated fats and oils	10	7	7	7	10	10
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	0	0

**Higher *Total Diet* (age 3yr
PAL 2; about 6400kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	7	3.5	3.5	7
Green and brassica vegetables	3.5	3.5	3.5	3.5	3.5	3.5
Orange vegetables	3.5	3.5	3.5	3.5	3.5	3.5
Legumes as vegetables	7	3.5	3.5	3.5	3.5	3.5
Nuts/seeds	0	0	0	0	0	0
Other vegetables	7	21	21	21	21	21
Fruit	14	14	21	14	17	21
Wholegrain cereals/grains	21	21	21	28	21	19
Refined cereals/grains	21	18	12	13	15	13
Poultry fish seafood eggs						
legumes	3.5	3.5	3.5	3.5	3.5	3.5
Red meats	3.5	3.5	3.5	3.5	3.5	3.5
Dairy foods	10.5	11.5	10.5	10.5	10.5	10.5
Unsaturated fats and oils	10	10	10	10	10	10
'Other foods' (600kJ equivalents)	0	0	33.5	3.5	3.5	3.5

A14.27 Girls 4-8yr**Average Total Diet (Age 6;****PAL 1.7; about 6500kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	5	7	7	7	7	14
Green and brassica vegetables	7	7	7	7	28	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	2	7	7	7	7	7
Nuts/seeds	0	0	0	0	0	0
Other vegetables	10.5	28	21	10.5	10.5	10.5
Fruit	10.5	21	17	10.5	10.5	17
Wholegrain cereals/grains	28	19	19	21	21	19
Refined cereals/grains	17	9	10	15	14	9
Poultry fish seafood eggs						
legumes	5.5	5.5	5.5	5.5	5.5	5.5
Red meats	5	5	5	5	5	5
Dairy foods	11.5	12.5	11.5	11.5	11.5	11.5
Unsaturated fats and oils	10	10	10	10	10	10
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	3.5	3.5

Higher Total Diet (age 8;**PAL 2; about 8600kJ)**

	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	14	14	7	14	14	14
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	7	7	7	7	7	7
Nuts/seeds	0	0	0	0	0	0
Other vegetables	14	28	21	28	21	28
Fruit	21	28	28	14	28	21
Wholegrain cereals/grains	35	21	35	31	28	32
Refined cereals/grains	21	21	17	18	14	14
Poultry fish seafood eggs						
legumes	5.5	5.5	5.5	5.5	5.5	5.5
Red meats	5	5	5	5	5	5
Dairy foods	12.5	14.5	11.5	14.5	12.5	12.5
Unsaturated fats and oils	12	15	10	15	12	10
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	7	7

Table A14. 28 Girls 9-11yr

Average <i>Total Diet</i> (Age 10 PAL 1.7 about 8000kJ)						
	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	5	10	7	7	7	5
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	2	7	7	3	3	2
Nuts/seeds	7	10	7	7	7	5
Other vegetables	14	14	14	14	14	14
Fruit	14	14	14	21	14	14
Wholegrain cereals/grains	21	19	21	19	19	19
Refined cereals/grains	14	9	9	9	9	14
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	20.5	20.5	20.5	21	21	20.5
Unsaturated fats and oils	15	12	12	10	10	10
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	7	7
Higher <i>Total Diet</i> (Age 11; PAL 2.0; about 10000kJ)						
	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	10	10	7	7	7	14
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	2	2	7	7	7	7
Nuts/seeds	10	14	12	12	7	10
Other vegetables	14	17	28	14	14	28
Fruit	14	21	21	14	14	28
Wholegrain cereals/grains	35	21	21	28	28	19
Refined cereals/grains	21	21	14	14	24	9
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	23.5	24.5	24.5	24.5	20.5	22.5
Unsaturated fats and oils	12	12	15	15	12	15
'Other foods' (600kJ equivalents)	0	0	3.5	3.5	7	7

Table A14.29. Girls12-13yr

Average Total Diet (Age 12.5y;PAL1.7; about 9200kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	5	7	5	10	5	5
Green and brassica vegetables	7	14	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	2	7	7	2	2	2
Nuts/seeds	10	7	14	5	10	2
Other vegetables	14	14	14	14	28	14
All Fruit	14	21	14	14	14	21
All Wholegrain cereals/grains	24	19	19	19	19	19
All Refined cereals/grains	14	9	9	14	9	12
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	28.5	28.5	28.5	28.5	28.5	25.5
Unsaturated fats and oils	20	25	15	20	17	20
'Other foods' (600kJ equivalents)	0	0	3.5	7	7	14

Higher Total Diet (Age 13yr PAL2.0; about 11100kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	5	5	7	5	7
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	2	2	2	2	2	2
Nuts/seeds	14	5	5	5	5	7
Other vegetables	14	14	28	14	28	14
Fruit	21	14	28	28	17	14
Wholegrain cereals/grains	35	35	35	32	28	24
Refined cereals/grains	18	35	21	21	21	24
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	28.5	28.5	28.5	28.5	28.5	25.5
Unsaturated fats and oils	20	20	20	20	20	20
'Other foods' (600kJ equivalents)	0	0	3.5	7	14	17.5

Table A14.30 Girls 14-18yr

Average <i>Total Diet</i> (age 16; PAL 1.7; about 10100kJ)						
	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	6	6	5	5	5	5
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	7	7	3	3	2	2
Nuts/seeds	14	14	7	7	2	2
Other vegetables	14	14	14	14	21	14
Fruit	21	14	21	21	14	17
Wholegrain cereals/grains	35	35	35	35	35	35
Refined cereals/grains	14	14	14	18	18	14
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	24.5	24.5	24.5	24.5	24.5	24.5
Unsaturated fats and oils	14	14	14	15	15	25
'Other foods' (600kJ equivalents)	0	3.5	7	7	13.5	13.5
Higher <i>Total Diets</i> (age 18yr PAL2.0;about 12100kJ)						
	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	6	9	9	6	5	9
Green and brassica vegetables	7	7	7	7	7	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	7	7	2	7	2	2
Nuts/seeds	7	10	14	7	2	7
Other vegetables	21	21	28	28	21	21
Fruit	21	21	14	21	14	14
Wholegrain cereals/grains	42	35	42	35	42	35
Refined cereals/grains	35	32	28	28	35	28
Poultry fish seafood eggs						
legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	24.5	24.5	24.5	24.5	24.5	24.5
Unsaturated fats and oils	20	15	15	15	20	20
'Other foods' (600kJ equivalents)	3.5	7	10.5	14	13.5	17.5

Table A14.31. Pregnancy adolescents

Average Total Diet (age 16yr; PAL 1.7; about 12000kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	7	14	14	7
Green and brassica vegetables	7	7	7	7	14	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	7	7	7	7	7	7
Nuts/seeds	14	14	11	4	2	2
Other vegetables	21	14	14	14	14	14
Fruit	14	14	14	14	14	14
Wholegrain cereals/grains	49	49	42	42	42	42
Refined cereals/grains	24.5	21	21	21	21	21
Poultry fish seafood eggs legumes	12	12	12	12	12	12
Red meats	12	12	12	12	12	12
Dairy foods	24.5	24.5	24.5	24.5	24.5	24.5
Unsaturated fats and oils	17	21	17	17	28	24
'Other foods' (600kJ equivalents)	0	0	7	14	10.5	14
High Total Diets (aged 18; PAL 2; about 14000kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	7	7	7	7
Green and brassica vegetables	7	7	7	7	14	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	14	14	7	7	7	7
Nuts/seeds	21	14	18	11	9	9
Other vegetables	21	14	14	14	14	14
Fruit	28	21	21	21	21	21
Wholegrain cereals/grains	49	49	49	49	49	49
Refined cereals/grains	28	35	28	28	28	28
Poultry fish seafood eggs legumes	12	12	12	12	12	12
Red meats	12	12	12	12	12	12
Dairy foods	24.5	24.5	24.5	24.5	24.5	24.5
Unsaturated fats and oils	28	21	17	17	28	24
'Other foods' (600kJ equivalents)	0	0	7	14	10.5	14

Table A14.31. Lactation adolescents

Average <i>Total Diet</i> (age 16yr; PAL 1.7; about 12100kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	7	14	14	7
Green and brassica vegetables	7	7	7	7	14	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	7	7	7	7	7	7
Nuts/seeds	14	14	11	4	2	2
Other vegetables	21	14	14	14	14	14
Fruit	14	14	14	14	14	14
Wholegrain cereals/grains	49	49	42	42	42	42
Refined cereals/grains	30	26.5	26.5	26.5	26.5	26.5
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	28.5	28.5	28.5	28.5	28.5	28.5
Unsaturated fats and oils	17	21	17	17	28	24
'Other foods' (600kJ equivalents)	0	0	7	14	10.5	14
High <i>Total Diet</i> (aged 18yr; PAL 2; about 14100kJ)	Diet 1	Diet 2	Diet 3	Diet 4	Diet 5	Diet 6
Starchy vegetables	7	7	7	7	7	7
Green and brassica vegetables	7	7	7	7	14	7
Orange vegetables	7	7	7	7	7	7
Legumes as vegetables	14	14	7	7	7	7
Nuts/seeds	21	14	18	11	9	9
Other vegetables	21	14	14	14	14	14
Fruit	28	21	21	21	21	21
Wholegrain cereals/grains	49	49	49	49	49	49
Refined cereals/grains	33.5	40.5	33.5	33.5	33.5	33.5
Poultry fish seafood eggs legumes	7	7	7	7	7	7
Red meats	7	7	7	7	7	7
Dairy foods	28.5	28.5	28.5	28.5	28.5	28.5
Unsaturated fats and oils	28	21	17	17	28	24
'Other foods' (600kJ equivalents)	0	0	7	14	10.5	14

Appendix 15: Samples of 7-day Total Diets

Individual sample 7-day *Total Diets* for average height/age and light to moderate activity (PAL 1.7) and high end height/age and heavy activity (PAL 2.0) for men and women including pregnancy and lactation and boys and girls.

The *Total Diets* are examples of the various ways the *Foundation Diets* can be built on according to food preferences using the food group patterns shown in the previous Appendix.

For each age/gender group 6-8 samples of 7-day *Total Diets* were developed for the average person in the group (mid height for adults or mid age range for children and PAL 1.7) and for the tallest or oldest (children) and most active (upper end of energy need).

For the smallest and most sedentary members of each group, the *Foundation Diets* becomes their *Total Diet* as for most there were few kilojoules available for additional foods.

A15.1 Sample 7-day *Total Diet* for Men 19-30 years mid energy level

Average height (175cm) and light-moderate activity (PAL 1.7)

Public Consultation

Men19to30.avtot1

AllFoodGroups Nservings	
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	21
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	17.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12086.5	11655.8	12606.0		NA		NA
Energy (kJ)	12492.4	12054.9	13014.9		NA		NA
Protein (g)	134.1	126.5	142.6		100		100
Fat (g)	94.4	85.0	104.4		NA		NA
Carbohydrate (g)	364.4	340.1	411.4		NA		NA
Sugars (g)	138.4	119.1	163.0		NA		NA
Starch (g)	221.8	201.1	253.9		NA		NA
Fibre (g)	54.1	48.0	69.5		NA		100
Alcohol (g)	7.2	1.1	17.7		NA		NA
Saturated fat (g)	29.3	25.9	33.6		NA		NA
Monounsaturated fat (g)	33.1	29.0	39.0		NA		NA
Polyunsaturated fat (g)	25.2	23.3	27.5		NA		NA
Linoleic acid (g)	23.4	21.0	25.4		NA		100
Alpha linolenic acid (g)	1.5	1.3	1.8		NA		100
LC n3 fatty acids (mg)	213.2	77.7	799.6		NA		51
Vitamin A equivs (mcg)	1770.1	1490.1	2075.3		100		100
Retinol (mcg)	558.3	498.7	684.4		NA		NA
Provitamin A (mcg)	7239.5	5469.7	9135.1		NA		NA
Thiamin (mg)	2.6	2.3	3.0		100		100
Riboflavin (mg)	3.2	2.8	3.7		100		100
Niacin (mg)	71.7	66.2	77.1		100		100
Folate (mcg total)	687.7	592.9	824.1		NA		NA
Folate equivs (mcg)	1044.9	892.1	1220.9		100		100
Vitamin C (mg)	186.3	129.1	242.0		100		100
Vitamin D (mcg)	4.4	3.5	6.7		NA		24
Vitamin E (mg)	16.7	13.3	21.8		NA		100
Calcium (mg)	1261.4	1161.2	1380.5		100		100
Iron (mg)	19.3	17.2	22.1		100		100
Iodine (mcg)	239.9	207.6	273.6		100		100
Magnesium (mg)	594.4	551.0	647.8		100		100
Phosphorus (mg)	2375.8	2221.9	2533.5		100		100
Potassium (mg)	5191.3	4893.0	5501.9		NA		100
Sodium (mg)	2184.1	1603.8	3098.6		NA		100
Zinc (mg)	18.7	16.7	29.4		100		100
Cholesterol (mg)	280.3	179.4	451.2		NA		NA
Selenium (mcg)	109.1	89.1	152.4		100		100
Vitamin B6 (mg)	2.5	2.1	3.3		100		100
Vitamin B12 (mcg)	6.4	5.2	8.7		100		100

Percent energy from fat 28.6
Percent energy from protein 18.7
Percent energy from carbohydrate 51.0
Percent energy from alcohol 1.7

Men19to30.avtot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	28
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	7
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11981.9	11553.7	12298.9		NA		NA
Energy (kJ)	12383.8	11940.7	12705.2		NA		NA
Protein (g)	140.6	133.0	147.8		100		100
Fat (g)	107.1	98.3	114.5		NA		NA
Carbohydrate (g)	331.1	314.9	348.5		NA		NA
Sugars (g)	129.6	108.4	148.7		NA		NA
Starch (g)	199.0	183.8	217.2		NA		NA
Fibre (g)	52.0	44.8	60.1		NA		100
Alcohol (g)	2.9	0.0	8.3		NA		NA
Saturated fat (g)	32.5	29.8	35.3		NA		NA
Monounsaturated fat (g)	39.3	35.0	44.0		NA		NA
Polyunsaturated fat (g)	27.9	24.7	30.8		NA		NA
Linoleic acid (g)	26.2	23.1	28.8		NA		100
Alpha linolenic acid (g)	1.4	1.2	1.7		NA		90
LC n3 fatty acids (mg)	179.7	72.0	524.9		NA		45
Vitamin A equivs (mcg)	2631.3	2002.9	3158.0		100		100
Retinol (mcg)	638.7	550.9	708.0		NA		NA
Provitamin A (mcg)	11915.8	8287.8	15115.4		NA		NA
Thiamin (mg)	2.4	2.2	2.7		100		100
Riboflavin (mg)	3.4	3.1	3.8		100		100
Niacin (mg)	71.2	64.0	79.7		100		100
Folate (mcg total)	713.2	618.8	795.3		NA		NA
Folate equivs (mcg)	1024.2	917.4	1149.0		100		100
Vitamin C (mg)	173.4	125.7	231.2		100		100
Vitamin D (mcg)	5.4	4.6	7.5		NA		76
Vitamin E (mg)	17.8	14.2	21.6		NA		100
Calcium (mg)	1434.3	1329.0	1552.0		100		100
Iron (mg)	17.9	16.5	21.2		100		100
Iodine (mcg)	273.8	224.4	306.1		100		100
Magnesium (mg)	596.4	557.2	645.0		100		100
Phosphorus (mg)	2472.6	2349.9	2632.1		100		100
Potassium (mg)	5202.1	4916.0	5648.9		NA		100
Sodium (mg)	1893.3	1634.4	2148.4		NA		100
Zinc (mg)	19.1	17.1	30.1		100		100
Cholesterol (mg)	272.7	197.0	380.3		NA		NA
Selenium (mcg)	119.8	89.6	176.3		100		100
Vitamin B6 (mg)	2.7	2.1	3.3		100		100
Vitamin B12 (mcg)	7.7	6.7	12.2		100		100

Percent energy from fat 32.7
 Percent energy from protein 19.7
 Percent energy from carbohydrate 47.0
 Percent energy from alcohol 0.7

Men19to30.avtot3:

AllFoodGroups Nservings	
[1,] StarchyVeg	21
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] Poultryfisheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11867.5	11452.9	12216.7		NA		NA
Energy (kJ)	12319.6	11897.6	12711.7		NA		NA
Protein (g)	138.0	130.7	147.4		100		100
Fat (g)	103.0	95.4	113.8		NA		NA
Carbohydrate (g)	334.3	312.3	362.6		NA		NA
Sugars (g)	136.7	121.2	156.3		NA		NA
Starch (g)	194.4	174.2	219.2		NA		NA
Fibre (g)	61.0	52.9	74.1		NA		100
Alcohol (g)	3.6	0.0	10.6		NA		NA
Saturated fat (g)	28.6	25.9	31.5		NA		NA
Monounsaturated fat (g)	38.3	33.2	43.4		NA		NA
Polyunsaturated fat (g)	28.9	26.8	31.8		NA		NA
Linoleic acid (g)	27.0	25.0	29.7		NA		100
Alpha linolenic acid (g)	1.6	1.3	1.9		NA		100
LC n3 fatty acids (mg)	197.0	71.0	507.1		NA		54
Vitamin A equivs (mcg)	1700.1	1399.0	1990.9		100		100
Retinol (mcg)	532.2	477.4	645.3		NA		NA
Provitamin A (mcg)	6979.4	5166.7	8794.4		NA		NA
Thiamin (mg)	2.6	2.3	3.0		100		100
Riboflavin (mg)	3.1	2.7	3.5		100		100
Niacin (mg)	71.7	65.7	78.0		100		100
Folate (mcg total)	772.6	631.7	943.1		NA		NA
Folate equivs (mcg)	1059.2	903.3	1254.4		100		100
Vitamin C (mg)	198.6	138.4	257.8		100		100
Vitamin D (mcg)	4.3	3.5	7.6		NA		18
Vitamin E (mg)	18.9	15.2	23.3		NA		100
Calcium (mg)	1234.1	1088.8	1330.1		100		100
Iron (mg)	20.1	17.7	22.6		100		100
Iodine (mcg)	217.5	188.9	260.3		100		100
Magnesium (mg)	648.9	594.2	697.8		100		100
Phosphorus (mg)	2421.5	2283.8	2559.9		100		100
Potassium (mg)	5869.2	5482.1	6254.0		NA		100
Sodium (mg)	1864.6	1610.3	2497.9		NA		100
Zinc (mg)	19.5	16.7	30.7		100		100
Cholesterol (mg)	260.8	153.8	494.2		NA		NA
Selenium (mcg)	116.9	89.0	175.3		100		100
Vitamin B6 (mg)	2.7	2.4	3.6		100		100
Vitamin B12 (mcg)	6.3	5.1	9.3		100		100

Percent energy from fat 31.6
Percent energy from protein 19.4
Percent energy from carbohydrate 48.1
Percent energy from alcohol 0.9

Men19to30.avtot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	28
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12054.4	11710.3	12622.3	NA			NA
Energy (kJ)	12483.3	12107.4	13040.4	NA			NA
Protein (g)	137.5	130.8	146.5	100			100
Fat (g)	89.3	82.6	97.3	NA			NA
Carbohydrate (g)	377.2	356.4	401.0	NA			NA
Sugars (g)	119.9	105.0	136.1	NA			NA
Starch (g)	255.0	234.1	282.5	NA			NA
Fibre (g)	57.1	49.8	67.7	NA			100
Alcohol (g)	2.6	0.0	8.0	NA			NA
Saturated fat (g)	26.3	23.1	28.9	NA			NA
Monounsaturated fat (g)	31.3	27.6	36.5	NA			NA
Polyunsaturated fat (g)	25.1	22.2	27.0	NA			NA
Linoleic acid (g)	23.3	20.9	25.1	NA			100
Alpha linolenic acid (g)	1.5	1.3	1.7	NA			97
LC n3 fatty acids (mg)	189.4	75.5	588.1	NA			43
Vitamin A equivs (mcg)	1698.3	1387.5	2039.4	100			100
Retinol (mcg)	524.6	466.3	599.5	NA			NA
Provitamin A (mcg)	7006.4	4977.4	9018.2	NA			NA
Thiamin (mg)	2.9	2.5	3.2	100			100
Riboflavin (mg)	3.3	2.9	3.8	100			100
Niacin (mg)	73.9	67.0	81.9	100			100
Folate (mcg total)	715.8	632.6	836.1	NA			NA
Folate equivs (mcg)	1147.2	998.2	1300.8	100			100
Vitamin C (mg)	170.5	117.6	244.8	100			100
Vitamin D (mcg)	4.2	3.4	7.1	NA			13
Vitamin E (mg)	16.2	12.6	19.6	NA			100
Calcium (mg)	1276.1	1122.5	1399.5	100			100
Iron (mg)	20.5	18.5	23.1	100			100
Iodine (mcg)	253.6	212.8	289.2	100			100
Magnesium (mg)	617.6	569.7	669.2	100			100
Phosphorus (mg)	2437.6	2303.4	2603.5	100			100
Potassium (mg)	5178.4	4829.8	5503.8	NA			100
Sodium (mg)	2149.3	1769.9	2914.2	NA			100
Zinc (mg)	19.0	17.2	29.8	100			100
Cholesterol (mg)	253.2	175.7	376.0	NA			NA
Selenium (mcg)	111.9	91.1	156.8	100			100
Vitamin B6 (mg)	2.5	2.1	3.5	100			100
Vitamin B12 (mcg)	6.3	5.2	9.2	100			100

Percent energy from fat 27.1
Percent energy from protein 19.2
Percent energy from carbohydrate 53.1
Percent energy from alcohol 0.6

Men19to30.avtot5:

AllFoodGroups Nservings							
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	18					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	3					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		12106.9	11598.1	12915.9		NA	NA
Energy (kJ)		12539.7	12057.1	13317.3		NA	NA
Protein (g)		137.3	128.9	145.5		100	100
Fat (g)		94.3	87.9	103.1		NA	NA
Carbohydrate (g)		365.2	343.1	397.8		NA	NA
Sugars (g)		152.9	137.3	178.2		NA	NA
Starch (g)		208.1	186.5	230.6		NA	NA
Fibre (g)		57.2	50.3	68.4		NA	100
Alcohol (g)		6.0	1.1	13.1		NA	NA
Saturated fat (g)		30.2	27.7	32.9		NA	NA
Monounsaturated fat (g)		32.3	28.8	36.3		NA	NA
Polyunsaturated fat (g)		24.8	22.7	27.4		NA	NA
Linoleic acid (g)		23.0	20.9	25.3		NA	100
Alpha linolenic acid (g)		1.5	1.3	1.8		NA	100
LC n3 fatty acids (mg)		220.3	83.1	756.4		NA	65
Vitamin A equivs (mcg)		1792.9	1475.7	2098.9		100	100
Retinol (mcg)		593.2	524.7	664.5		NA	NA
Provitamin A (mcg)		7176.3	5326.1	8868.8		NA	NA
Thiamin (mg)		2.7	2.4	3.0		100	100
Riboflavin (mg)		3.4	3.0	3.8		100	100
Niacin (mg)		71.9	65.1	79.4		100	100
Folate (mcg total)		748.5	645.6	860.0		NA	NA
Folate equivs (mcg)		1096.1	975.2	1232.4		100	100
Vitamin C (mg)		220.1	172.0	272.1		100	100
Vitamin D (mcg)		4.9	4.0	7.0		NA	31
Vitamin E (mg)		16.1	12.6	20.0		NA	100
Calcium (mg)		1380.6	1269.7	1503.0		100	100
Iron (mg)		19.7	18.1	22.4		100	100
Iodine (mcg)		260.8	222.3	306.5		100	100
Magnesium (mg)		614.6	580.0	654.9		100	100
Phosphorus (mg)		2451.2	2324.0	2636.1		100	100
Potassium (mg)		5572.1	5240.2	5990.3		NA	100
Sodium (mg)		2132.5	1830.3	3158.3		NA	100
Zinc (mg)		19.0	17.2	29.4		100	100
Cholesterol (mg)		264.8	195.1	461.8		NA	NA
Selenium (mcg)		106.3	80.9	155.2		100	100
Vitamin B6 (mg)		2.6	2.1	3.3		100	100
Vitamin B12 (mcg)		7.1	6.0	11.6		100	100
Percent energy from fat		28.4					
Percent energy from protein		19.0					
Percent energy from carbohydrate		51.1					
Percent energy from alcohol		1.4					

Men19to30.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	28
[8,] WholegrainCereals	42
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	10
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11885.7	11374.5	12741.5	NA	NA		NA
Energy (kJ)	12349.5	11850.6	13199.7	NA	NA		NA
Protein (g)	138.5	131.7	145.2	100			100
Fat (g)	98.4	91.2	108.5	NA			NA
Carbohydrate (g)	346.9	315.5	376.5	NA			NA
Sugars (g)	153.7	138.0	172.3	NA			NA
Starch (g)	189.9	168.3	212.9	NA			NA
Fibre (g)	60.5	54.1	71.6	NA			100
Alcohol (g)	2.8	0.0	8.8	NA			NA
Saturated fat (g)	33.4	30.2	36.3	NA			NA
Monounsaturated fat (g)	33.1	29.8	38.7	NA			NA
Polyunsaturated fat (g)	24.7	22.8	28.0	NA			NA
Linoleic acid (g)	22.8	21.0	25.9	NA			100
Alpha linolenic acid (g)	1.6	1.4	2.0	NA			100
LC n3 fatty acids (mg)	219.8	97.0	596.8	NA			57
Vitamin A equivs (mcg)	2625.8	2182.9	3129.7	100			100
Retinol (mcg)	616.4	563.7	717.0	NA			NA
Provitamin A (mcg)	11980.3	9371.3	14789.1	NA			NA
Thiamin (mg)	2.7	2.4	3.0	100			100
Riboflavin (mg)	3.4	2.9	3.7	100			100
Niacin (mg)	69.9	63.9	75.0	100			100
Folate (mcg total)	765.8	694.4	869.6	NA			NA
Folate equivs (mcg)	1092.6	969.8	1232.5	100			100
Vitamin C (mg)	224.1	170.6	311.4	100			100
Vitamin D (mcg)	5.5	4.4	6.9	NA			81
Vitamin E (mg)	17.1	14.1	20.4	NA			100
Calcium (mg)	1537.7	1376.4	1768.5	100			100
Iron (mg)	19.6	17.3	21.7	100			100
Iodine (mcg)	230.0	189.4	269.4	100			100
Magnesium (mg)	621.5	552.8	702.4	100			100
Phosphorus (mg)	2496.4	2378.4	2723.1	100			100
Potassium (mg)	5841.0	5500.3	6316.1	NA			100
Sodium (mg)	2213.0	1858.6	3073.0	NA			100
Zinc (mg)	20.0	17.7	31.1	100			100
Cholesterol (mg)	280.6	188.7	470.3	NA			NA
Selenium (mcg)	108.9	90.0	150.4	100			100
Vitamin B6 (mg)	2.7	2.2	3.5	100			100
Vitamin B12 (mcg)	6.8	5.9	9.2	100			100

Percent energy from fat 30.1
Percent energy from protein 19.5
Percent energy from carbohydrate 49.8
Percent energy from alcohol 0.7

A15.2. Sample 7-day *Total Diets* for Men 19-30 years higher energy level

Tallest (190cm) and highest activity (PAL 2)

Public Consultation

Men19to30.hitot1:

AllFoodGroups Nservings	
[1,] StarchyVeg	28
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	56
[9,] RefinedCereals	35
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	21

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	15448.8	14883.8	16018.0		NA		NA
Energy (kJ)	16038.5	15461.1	16641.6		NA		NA
Protein (g)	161.5	153.9	170.7		100		100
Fat (g)	103.3	94.2	115.2		NA		NA
Carbohydrate (g)	516.0	482.5	552.4		NA		NA
Sugars (g)	179.8	155.6	197.3		NA		NA
Starch (g)	331.0	307.4	354.1		NA		NA
Fibre (g)	80.3	70.4	99.5		NA		100
Alcohol (g)	7.6	2.2	16.1		NA		NA
Saturated fat (g)	31.9	28.3	35.8		NA		NA
Monounsaturated fat (g)	35.8	31.8	41.2		NA		NA
Polyunsaturated fat (g)	27.7	25.6	31.1		NA		NA
Linoleic acid (g)	25.6	23.8	29.0		NA		100
Alpha linolenic acid (g)	1.7	1.5	2.0		NA		100
LC n3 fatty acids (mg)	211.7	79.3	776.6		NA		63
Vitamin A equivs (mcg)	2740.0	2341.3	3300.5		100		100
Retinol (mcg)	569.5	513.4	651.6		NA		NA
Provitamin A (mcg)	12994.6	10807.6	16534.2		NA		NA
Thiamin (mg)	3.6	3.2	4.0		100		100
Riboflavin (mg)	3.9	3.2	4.6		100		100
Niacin (mg)	89.3	83.5	95.1		100		100
Folate (mcg total)	906.0	797.3	1029.0		NA		NA
Folate equivs (mcg)	1419.7	1255.2	1632.1		100		100
Vitamin C (mg)	296.0	241.8	356.3		100		100
Vitamin D (mcg)	4.5	3.4	5.9		NA		24
Vitamin E (mg)	19.0	15.6	22.4		NA		100
Calcium (mg)	1488.6	1368.7	1636.3		100		100
Iron (mg)	26.3	23.6	28.7		100		100
Iodine (mcg)	289.0	235.1	341.1		100		100
Magnesium (mg)	783.2	720.1	852.4		100		100
Phosphorus (mg)	2939.2	2788.3	3081.0		100		100
Potassium (mg)	7337.1	6964.2	7823.6		NA		100
Sodium (mg)	2799.3	2373.8	3263.2		NA		100
Zinc (mg)	22.9	21.0	43.7		100		100
Cholesterol (mg)	273.1	194.2	396.7		NA		NA
Selenium (mcg)	129.6	106.6	164.7		100		100
Vitamin B6 (mg)	3.3	2.8	4.2		100		100
Vitamin B12 (mcg)	6.9	5.5	11.2		100		100

Percent energy from fat 24.5
Percent energy from protein 17.6
Percent energy from carbohydrate 56.6
Percent energy from alcohol 1.4

Men19to30.hitot2:

AllFoodGroups Nservings								
[1,]	StarchyVeg	14						
[2,]	GreenBrassicas	21						
[3,]	OrangeVeg	14						
[4,]	Legumes	7						
[5,]	NutsSeeds	21						
[6,]	OtherVeg	21						
[7,]	TotalFruit	21						
[8,]	WholegrainCereals	28						
[9,]	RefinedCereals	42						
[10,]	Poultryfisheggsleg	7						
[11,]	RedMeats	7						
[12,]	EggsLegumesNutsSeeds	0						
[13,]	HiFatDairy	3						
[14,]	MidFatDairy	14						
[15,]	LoFatDairy	14						
[16,]	PolyMarg	28						
[17,]	Pasta	0						
[18,]	Rice	0						
[19,]	Extras	7						
		Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		15210.2	14800.3	15583.5		NA		NA
Energy (kJ)		15731.0	15314.3	16130.0		NA		NA
Protein (g)		171.1	162.5	180.9	100			100
Fat (g)		133.3	122.5	140.5		NA		NA
Carbohydrate (g)		435.4	412.3	459.5		NA		NA
Sugars (g)		168.7	154.7	192.2		NA		NA
Starch (g)		263.7	239.5	286.4		NA		NA
Fibre (g)		67.9	60.9	83.8		NA		100
Alcohol (g)		2.6	0.0	8.1		NA		NA
Saturated fat (g)		40.5	36.8	43.1		NA		NA
Monounsaturated fat (g)		50.2	44.2	54.8		NA		NA
Polyunsaturated fat (g)		33.4	30.8	36.0		NA		NA
Linoleic acid (g)		31.4	28.8	33.7		NA		100
Alpha linolenic acid (g)		1.6	1.4	1.9		NA		100
LC n3 fatty acids (mg)		216.8	64.8	656.2		NA		53
Vitamin A equivs (mcg)		2913.4	2253.3	3309.6	100			100
Retinol (mcg)		765.3	671.9	849.5		NA		NA
Provitamin A (mcg)		12849.6	9100.4	15117.0		NA		NA
Thiamin (mg)		3.0	2.7	3.4	100			100
Riboflavin (mg)		4.3	3.9	4.8	100			100
Niacin (mg)		87.4	82.3	92.6	100			100
Folate (mcg total)		905.2	813.3	1001.6		NA		NA
Folate equivs (mcg)		1295.4	1113.4	1444.2	100			100
Vitamin C (mg)		255.6	202.4	323.7	100			100
Vitamin D (mcg)		6.8	5.9	9.5		NA		100
Vitamin E (mg)		21.8	17.7	25.7		NA		100
Calcium (mg)		1804.8	1630.7	1929.0	100			100
Iron (mg)		22.1	19.3	24.9	100			100
Iodine (mcg)		357.9	321.5	414.3	100			100
Magnesium (mg)		763.8	712.2	809.0	100			100
Phosphorus (mg)		3084.2	2935.0	3255.4	100			100
Potassium (mg)		6933.1	6585.8	7400.6		NA		100
Sodium (mg)		2277.9	1956.0	3101.5		NA		100
Zinc (mg)		23.0	20.9	34.7	100			100
Cholesterol (mg)		315.4	236.6	470.0		NA		NA
Selenium (mcg)		141.3	100.6	200.4	100			100
Vitamin B6 (mg)		3.6	3.0	4.4	100			100
Vitamin B12 (mcg)		9.7	8.5	14.7	100			100
Percent energy from fat		32.0						
Percent energy from protein		18.9						
Percent energy from carbohydrate		48.6						
Percent energy from alcohol		0.5						

Men19to30.hitot3:

AllFoodGroups	Nservings
[1,] StarchyVeg	35
[2,] GreenBrassicas	21
[3,] OrangeVeg	14
[4,] Legumes	21
[5,] NutsSeeds	21
[6,] OtherVeg	28
[7,] TotalFruit	28
[8,] WholegrainCereals	42
[9,] RefinedCereals	17
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	15173.4	14663.4	15602.3		NA		NA
Energy (kJ)	15859.7	15371.4	16296.4		NA		NA
Protein (g)	172.4	165.4	184.6		100		100
Fat (g)	126.4	115.8	137.6		NA		NA
Carbohydrate (g)	441.9	417.5	468.7		NA		NA
Sugars (g)	179.7	161.6	197.9		NA		NA
Starch (g)	257.7	238.2	290.0		NA		NA
Fibre (g)	94.0	80.6	112.5		NA		100
Alcohol (g)	5.1	0.0	17.0		NA		NA
Saturated fat (g)	33.1	30.1	36.4		NA		NA
Monounsaturated fat (g)	48.8	43.7	54.8		NA		NA
Polyunsaturated fat (g)	35.8	32.8	38.8		NA		NA
Linoleic acid (g)	33.7	31.1	36.5		NA		100
Alpha linolenic acid (g)	1.8	1.5	2.2		NA		100
LC n3 fatty acids (mg)	179.2	69.4	502.7		NA		47
Vitamin A equivs (mcg)	2774.8	2326.0	3311.7		100		100
Retinol (mcg)	547.8	490.2	626.8		NA		NA
Provitamin A (mcg)	13331.3	10794.7	16509.7		NA		NA
Thiamin (mg)	3.7	3.3	4.1		100		100
Riboflavin (mg)	3.8	3.5	4.4		100		100
Niacin (mg)	91.4	84.2	97.1		100		100
Folate (mcg total)	1083.8	954.7	1217.8		NA		NA
Folate equivs (mcg)	1418.1	1269.8	1586.6		100		100
Vitamin C (mg)	348.6	277.2	428.6		100		100
Vitamin D (mcg)	4.2	3.4	6.4		NA		9
Vitamin E (mg)	24.2	20.3	28.1		NA		100
Calcium (mg)	1482.2	1369.2	1617.9		100		100
Iron (mg)	28.2	26.3	31.5		100		100
Iodine (mcg)	241.1	207.9	296.9		100		100
Magnesium (mg)	908.0	842.4	976.8		100		100
Phosphorus (mg)	3118.8	2949.7	3251.6		100		100
Potassium (mg)	8619.6	8323.6	9035.3		NA		100
Sodium (mg)	2270.5	1843.8	3139.8		NA		100
Zinc (mg)	25.2	21.8	44.2		100		100
Cholesterol (mg)	263.3	144.2	389.6		NA		NA
Selenium (mcg)	144.0	108.7	206.4		100		100
Vitamin B6 (mg)	4.0	3.4	5.0		100		100
Vitamin B12 (mcg)	6.4	5.3	10.8		100		100

Percent energy from fat 30.2
Percent energy from protein 18.9
Percent energy from carbohydrate 50.0
Percent energy from alcohol 1.0

Men19to30.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	35
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	14
[8,] WholegrainCereals	70
[9,] RefinedCereals	42
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	15273.1	14750.8	15831.6		NA		NA
Energy (kJ)	15846.7	15328.1	16388.3		NA		NA
Protein (g)	163.9	155.2	170.7		100		100
Fat (g)	96.5	87.5	106.4		NA		NA
Carbohydrate (g)	524.6	495.9	550.0		NA		NA
Sugars (g)	135.5	122.9	154.4		NA		NA
Starch (g)	386.7	362.8	414.2		NA		NA
Fibre (g)	79.8	68.7	99.0		NA		100
Alcohol (g)	2.8	0.0	9.9		NA		NA
Saturated fat (g)	27.8	24.6	30.8		NA		NA
Monounsaturated fat (g)	33.6	28.7	38.8		NA		NA
Polyunsaturated fat (g)	27.5	25.6	30.2		NA		NA
Linoleic acid (g)	25.6	23.8	28.0		NA		100
Alpha linolenic acid (g)	1.7	1.5	2.0		NA		100
LC n3 fatty acids (mg)	196.7	75.5	747.7		NA		53
Vitamin A equivs (mcg)	1790.7	1418.5	2214.5		100		100
Retinol (mcg)	533.2	460.0	625.1		NA		NA
Provitamin A (mcg)	7513.2	5470.3	9874.2		NA		NA
Thiamin (mg)	3.9	3.6	4.4		100		100
Riboflavin (mg)	3.9	3.5	4.6		100		100
Niacin (mg)	92.8	88.0	98.5		100		100
Folate (mcg total)	892.4	801.7	1031.0		NA		NA
Folate equivs (mcg)	1529.1	1324.9	1682.0		100		100
Vitamin C (mg)	232.5	175.1	284.2		100		100
Vitamin D (mcg)	4.3	3.4	6.6		NA		14
Vitamin E (mg)	18.1	14.5	21.6		NA		100
Calcium (mg)	1472.3	1318.1	1621.3		100		100
Iron (mg)	27.2	24.9	30.0		100		100
Iodine (mcg)	312.8	280.3	370.9		100		100
Magnesium (mg)	805.0	756.2	850.0		100		100
Phosphorus (mg)	3026.4	2879.6	3164.7		100		100
Potassium (mg)	7096.0	6784.3	7476.2		NA		100
Sodium (mg)	2772.2	2290.1	3765.8		NA		100
Zinc (mg)	23.2	21.1	34.6		100		100
Cholesterol (mg)	252.3	176.1	428.3		NA		NA
Selenium (mcg)	133.1	111.6	183.0		100		100
Vitamin B6 (mg)	3.2	2.7	4.1		100		100
Vitamin B12 (mcg)	6.8	5.4	12.1		100		100

Percent energy from fat 23.2
Percent energy from protein 18.1
Percent energy from carbohydrate 58.2
Percent energy from alcohol 0.5

Men19to30.hitot5:

AllFoodGroups Nservings							
[1,]	StarchyVeg	28					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	14					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	28					
[8,]	WholegrainCereals	56					
[9,]	RefinedCereals	21					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	7					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	21					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		15202.4	14768.8	15689.2	NA	NA	NA
Energy (kJ)		15765.8	15353.5	16236.6	NA	NA	NA
Protein (g)		161.1	152.5	170.3	100	100	100
Fat (g)		108.7	100.6	118.9	NA	NA	NA
Carbohydrate (g)		490.4	464.5	523.2	NA	NA	NA
Sugars (g)		205.9	185.4	234.2	NA	NA	NA
Starch (g)		278.7	257.5	303.5	NA	NA	NA
Fibre (g)		76.8	67.9	103.5	NA	100	100
Alcohol (g)		8.1	1.4	19.3	NA	NA	NA
Saturated fat (g)		36.9	33.1	41.7	NA	NA	NA
Monounsaturated fat (g)		36.2	31.7	40.9	NA	NA	NA
Polyunsaturated fat (g)		27.1	24.6	30.4	NA	NA	NA
Linoleic acid (g)		25.0	22.7	28.3	NA	100	100
Alpha linolenic acid (g)		1.7	1.5	2.1	NA	100	100
LC n3 fatty acids (mg)		206.3	79.5	526.0	NA	55	55
Vitamin A equivs (mcg)		2740.9	2180.9	3163.4	100	100	100
Retinol (mcg)		699.0	635.4	789.9	NA	NA	NA
Provitamin A (mcg)		12215.7	9138.5	14797.9	NA	NA	NA
Thiamin (mg)		3.4	3.1	3.7	100	100	100
Riboflavin (mg)		4.4	4.0	4.9	100	100	100
Niacin (mg)		87.9	81.5	94.3	100	100	100
Folate (mcg total)		924.5	813.4	1017.0	NA	NA	NA
Folate equivs (mcg)		1365.0	1243.9	1512.7	100	100	100
Vitamin C (mg)		286.5	223.4	353.6	100	100	100
Vitamin D (mcg)		5.8	4.9	9.2	NA	97	97
Vitamin E (mg)		18.4	14.9	21.7	NA	100	100
Calcium (mg)		1705.6	1602.8	1808.6	100	100	100
Iron (mg)		24.7	23.2	27.6	100	100	100
Iodine (mcg)		324.0	288.7	364.4	100	100	100
Magnesium (mg)		781.7	736.6	831.0	100	100	100
Phosphorus (mg)		3026.0	2887.8	3167.0	100	100	100
Potassium (mg)		7540.2	7187.0	7955.0	NA	100	100
Sodium (mg)		2688.7	2190.8	3592.3	NA	100	100
Zinc (mg)		22.5	20.4	32.9	100	100	100
Cholesterol (mg)		313.9	219.0	497.6	NA	NA	NA
Selenium (mcg)		124.0	100.1	168.4	100	100	100
Vitamin B6 (mg)		3.4	3.0	4.1	100	100	100
Vitamin B12 (mcg)		8.0	6.8	10.8	100	100	100
Percent energy from fat		26.1					
Percent energy from protein		17.8					
Percent energy from carbohydrate		54.6					
Percent energy from alcohol		1.5					

Men19to30.hitot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	21
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	42
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	14
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	17.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	15304.3	14849.4	15897.8		NA		NA
Energy (kJ)	15777.6	15316.2	16408.9		NA		NA
Protein (g)	167.4	160.8	176.7	100			100
Fat (g)	125.1	117.8	132.9		NA		NA
Carbohydrate (g)	455.9	428.0	481.0		NA		NA
Sugars (g)	172.8	156.8	191.5		NA		NA
Starch (g)	278.9	249.8	305.1		NA		NA
Fibre (g)	63.7	55.4	75.6		NA		100
Alcohol (g)	6.7	0.0	18.8		NA		NA
Saturated fat (g)	41.9	38.5	44.5		NA		NA
Monounsaturated fat (g)	44.5	40.4	49.5		NA		NA
Polyunsaturated fat (g)	29.8	26.3	32.4		NA		NA
Linoleic acid (g)	27.9	24.5	30.4		NA		100
Alpha linolenic acid (g)	1.6	1.4	2.0		NA		100
LC n3 fatty acids (mg)	203.8	62.4	515.5		NA		57
Vitamin A equivs (mcg)	2870.7	2421.1	3281.5	100			100
Retinol (mcg)	791.0	712.9	858.3		NA		NA
Provitamin A (mcg)	12425.5	10110.9	14705.4		NA		NA
Thiamin (mg)	2.8	2.6	3.2	100			100
Riboflavin (mg)	4.3	3.9	4.9	100			100
Niacin (mg)	86.1	80.9	93.0	100			100
Folate (mcg total)	813.6	730.7	911.4		NA		NA
Folate equivs (mcg)	1203.5	1089.1	1303.5	100			100
Vitamin C (mg)	238.7	173.2	283.0	100			100
Vitamin D (mcg)	6.8	5.8	9.3		NA		100
Vitamin E (mg)	19.1	14.6	23.2		NA		100
Calcium (mg)	1784.3	1654.8	1893.8	100			100
Iron (mg)	21.1	18.9	23.3	100			100
Iodine (mcg)	363.7	308.3	403.0	100			100
Magnesium (mg)	713.5	668.4	763.4	100			100
Phosphorus (mg)	3024.7	2872.9	3153.9	100			100
Potassium (mg)	6855.2	6541.8	7213.9		NA		100
Sodium (mg)	2511.8	2150.3	3026.1		NA		100
Zinc (mg)	22.5	20.1	32.5	100			100
Cholesterol (mg)	324.0	239.2	467.2		NA		NA
Selenium (mcg)	134.5	102.2	191.5	100			100
Vitamin B6 (mg)	3.3	2.9	4.0	100			100
Vitamin B12 (mcg)	9.9	8.3	13.1	100			100

Percent energy from fat 30.0
Percent energy from protein 18.4
Percent energy from carbohydrate 50.3
Percent energy from alcohol 1.3

A15.3 Sample 7-day *Total Diets* for Men 31-50 years mid energy level

Average height (175cm) and light-moderate activity (PAL 1.7)

Public Consultation

Men31to50.avtot1:

AllFoodGroups Nservings	
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	17.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11353.0	11068.3	11834.3		NA		NA
Energy (kJ)	11733.7	11438.7	12233.8		NA		NA
Protein (g)	131.0	122.1	138.4		100		100
Fat (g)	95.3	89.3	106.9		NA		NA
Carbohydrate (g)	319.1	293.1	342.4		NA		NA
Sugars (g)	130.8	109.4	151.2		NA		NA
Starch (g)	183.2	166.9	203.6		NA		NA
Fibre (g)	50.7	42.5	65.1		NA		100
Alcohol (g)	8.8	3.4	17.7		NA		NA
Saturated fat (g)	30.1	27.5	33.5		NA		NA
Monounsaturated fat (g)	32.6	30.1	36.4		NA		NA
Polyunsaturated fat (g)	25.7	23.7	29.4		NA		NA
Linoleic acid (g)	23.8	21.7	26.8		NA		100
Alpha linolenic acid (g)	1.5	1.4	2.0		NA		100
LC n3 fatty acids (mg)	311.4	87.5	941.8		NA		81
Vitamin A equivs (mcg)	1742.4	1370.1	2230.2		100		100
Retinol (mcg)	579.2	503.9	672.6		NA		NA
Provitamin A (mcg)	6939.7	4851.2	9400.7		NA		NA
Thiamin (mg)	2.4	2.1	2.6		100		100
Riboflavin (mg)	3.0	2.7	3.5		100		100
Niacin (mg)	67.8	62.2	73.8		100		100
Folate (mcg total)	662.5	546.5	752.8		NA		NA
Folate equivs (mcg)	989.2	775.8	1107.5		100		100
Vitamin C (mg)	176.8	139.8	256.2		100		100
Vitamin D (mcg)	4.9	3.6	7.7		NA		47
Vitamin E (mg)	16.9	13.5	20.0		NA		100
Calcium (mg)	1300.9	1196.6	1448.4		100		100
Iron (mg)	18.1	16.3	21.6		100		100
Iodine (mcg)	246.3	212.2	288.1		100		100
Magnesium (mg)	568.9	529.7	622.8		100		100
Phosphorus (mg)	2318.8	2203.8	2470.2		100		100
Potassium (mg)	5147.8	4898.7	5650.7		NA		100
Sodium (mg)	2180.3	1829.1	2921.9		NA		100
Zinc (mg)	17.9	16.1	28.3		100		100
Cholesterol (mg)	287.1	192.1	489.9		NA		NA
Selenium (mcg)	106.2	85.0	166.6		100		100
Vitamin B6 (mg)	2.3	1.8	3.2		100		100
Vitamin B12 (mcg)	6.7	5.2	11.3		100		100

Percent energy from fat 30.7
Percent energy from protein 19.4
Percent energy from carbohydrate 47.7
Percent energy from alcohol 2.2

Men31to50.avtot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	7
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11398.4	10925.3	11800.8		NA		NA
Energy (kJ)	11780.6	11309.1	12190.2		NA		NA
Protein (g)	137.5	128.3	145.8		100		100
Fat (g)	108.5	99.4	115.8		NA		NA
Carbohydrate (g)	295.2	270.4	315.2		NA		NA
Sugars (g)	125.8	113.4	141.5		NA		NA
Starch (g)	166.5	144.2	182.3		NA		NA
Fibre (g)	49.5	44.3	58.9		NA		100
Alcohol (g)	3.6	0.0	10.2		NA		NA
Saturated fat (g)	33.1	29.8	36.2		NA		NA
Monounsaturated fat (g)	38.7	34.6	42.3		NA		NA
Polyunsaturated fat (g)	29.3	26.4	32.4		NA		NA
Linoleic acid (g)	27.4	24.7	30.5		NA		100
Alpha linolenic acid (g)	1.5	1.2	2.0		NA		91
LC n3 fatty acids (mg)	298.4	60.2	770.0		NA		73
Vitamin A equivs (mcg)	2584.8	2123.7	3065.5		100		100
Retinol (mcg)	658.1	567.5	729.1		NA		NA
Provitamin A (mcg)	11513.6	8991.8	14840.4		NA		NA
Thiamin (mg)	2.3	2.0	2.5		100		100
Riboflavin (mg)	3.3	2.9	3.8		100		100
Niacin (mg)	68.6	62.3	74.2		100		100
Folate (mcg total)	705.9	595.7	811.8		NA		NA
Folate equivs (mcg)	977.1	836.4	1087.3		100		100
Vitamin C (mg)	171.4	121.2	220.7		100		100
Vitamin D (mcg)	5.9	4.6	9.2		NA		87
Vitamin E (mg)	18.5	14.5	22.0		NA		100
Calcium (mg)	1473.6	1355.2	1608.6		100		100
Iron (mg)	17.1	15.2	19.4		100		100
Iodine (mcg)	276.7	238.2	322.0		100		100
Magnesium (mg)	587.4	548.1	632.3		100		100
Phosphorus (mg)	2441.5	2309.4	2588.9		100		100
Potassium (mg)	5166.0	4869.6	5625.8		NA		100
Sodium (mg)	1862.6	1585.2	2749.6		NA		100
Zinc (mg)	18.5	16.7	29.4		100		100
Cholesterol (mg)	302.1	170.6	448.8		NA		NA
Selenium (mcg)	120.7	80.3	200.3		100		100
Vitamin B6 (mg)	2.6	2.1	3.3		100		100
Vitamin B12 (mcg)	8.0	6.7	10.7		100		100

Percent energy from fat 34.7
Percent energy from protein 20.2
Percent energy from carbohydrate 44.2
Percent energy from alcohol 0.9

Men31to50.avtot3:

AllFoodGroups Nservings							
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	14					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	35					
[9,]	RefinedCereals	14					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	10.5					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		11329.6	10862.1	11805.3	NA	NA	NA
Energy (kJ)		11740.3	11285.3	12213.5	NA	NA	NA
Protein (g)		134.7	125.5	145.7	100	100	100
Fat (g)		104.9	95.2	112.6	NA	NA	NA
Carbohydrate (g)		298.4	271.4	322.3	NA	NA	NA
Sugars (g)		131.4	116.2	147.0	NA	NA	NA
Starch (g)		162.8	145.3	182.6	NA	NA	NA
Fibre (g)		52.8	45.6	62.7	NA	100	100
Alcohol (g)		5.5	1.1	11.3	NA	NA	NA
Saturated fat (g)		29.5	25.5	32.9	NA	NA	NA
Monounsaturated fat (g)		37.9	33.8	41.7	NA	NA	NA
Polyunsaturated fat (g)		30.3	26.0	35.5	NA	NA	NA
Linoleic acid (g)		28.3	24.5	32.7	NA	100	100
Alpha linolenic acid (g)		1.6	1.3	2.3	NA	100	100
LC n3 fatty acids (mg)		285.8	87.0	847.5	NA	76	76
Vitamin A equivs (mcg)		1666.4	1284.0	2054.2	100	100	100
Retinol (mcg)		554.5	469.2	670.4	NA	NA	NA
Provitamin A (mcg)		6637.3	4520.0	8519.2	NA	NA	NA
Thiamin (mg)		2.4	2.1	2.8	100	100	100
Riboflavin (mg)		2.9	2.4	3.2	100	100	100
Niacin (mg)		67.6	62.4	74.2	100	100	100
Folate (mcg total)		736.9	639.6	835.4	NA	NA	NA
Folate equivs (mcg)		1012.6	886.4	1151.1	100	100	100
Vitamin C (mg)		157.4	107.7	213.0	100	100	100
Vitamin D (mcg)		4.6	3.7	7.7	NA	28	28
Vitamin E (mg)		19.4	16.0	23.4	NA	100	100
Calcium (mg)		1291.8	1108.9	1407.1	100	100	100
Iron (mg)		18.6	17.2	21.4	100	100	100
Iodine (mcg)		229.2	193.2	275.4	100	100	100
Magnesium (mg)		612.2	565.3	668.1	100	100	100
Phosphorus (mg)		2337.0	2112.7	2517.8	100	100	100
Potassium (mg)		4976.9	4659.5	5293.4	NA	100	100
Sodium (mg)		1854.0	1615.9	2731.3	NA	100	100
Zinc (mg)		19.1	16.7	38.5	100	100	100
Cholesterol (mg)		278.0	175.0	451.1	NA	NA	NA
Selenium (mcg)		117.1	82.2	195.0	100	100	100
Vitamin B6 (mg)		2.5	2.0	3.1	100	100	100
Vitamin B12 (mcg)		6.4	5.1	10.5	100	100	100
Percent energy from fat		33.7					
Percent energy from protein		19.9					
Percent energy from carbohydrate		45.0					
Percent energy from alcohol		1.4					

Men31to50.avtot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	18
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11283.2	10924.2	11748.8		NA		NA
Energy (kJ)	11685.6	11321.7	12187.0		NA		NA
Protein (g)	130.1	122.2	136.7		100		100
Fat (g)	91.5	83.2	102.4		NA		NA
Carbohydrate (g)	326.3	300.6	348.6		NA		NA
Sugars (g)	137.5	119.6	160.7		NA		NA
Starch (g)	183.7	156.6	209.4		NA		NA
Fibre (g)	52.7	46.4	60.5		NA		100
Alcohol (g)	7.5	2.2	14.4		NA		NA
Saturated fat (g)	28.5	25.1	32.3		NA		NA
Monounsaturated fat (g)	31.1	27.4	34.9		NA		NA
Polyunsaturated fat (g)	25.3	22.6	29.2		NA		NA
Linoleic acid (g)	23.4	21.2	26.9		NA		100
Alpha linolenic acid (g)	1.5	1.3	2.1		NA		98
LC n3 fatty acids (mg)	279.3	88.9	720.2		NA		74
Vitamin A equivs (mcg)	1716.5	1371.2	2073.2		100		100
Retinol (mcg)	560.5	496.9	666.1		NA		NA
Provitamin A (mcg)	6904.2	4858.4	8902.5		NA		NA
Thiamin (mg)	2.3	2.0	2.7		100		100
Riboflavin (mg)	3.0	2.6	3.3		100		100
Niacin (mg)	65.8	61.2	70.4		100		100
Folate (mcg total)	694.0	575.0	831.0		NA		NA
Folate equivs (mcg)	991.9	871.1	1111.9		100		100
Vitamin C (mg)	209.3	166.5	270.2		100		100
Vitamin D (mcg)	4.5	3.6	7.2		NA		24
Vitamin E (mg)	16.3	13.3	20.2		NA		100
Calcium (mg)	1282.1	1147.1	1403.9		100		100
Iron (mg)	17.9	15.5	20.9		100		100
Iodine (mcg)	238.7	206.6	307.2		100		100
Magnesium (mg)	567.5	512.8	622.2		100		100
Phosphorus (mg)	2278.4	2153.0	2448.2		100		100
Potassium (mg)	5330.3	5035.1	5746.1		NA		100
Sodium (mg)	2012.1	1604.0	3454.2		NA		100
Zinc (mg)	18.1	15.5	28.8		100		100
Cholesterol (mg)	273.3	167.6	438.7		NA		NA
Selenium (mcg)	104.7	76.4	171.9		100		100
Vitamin B6 (mg)	2.4	1.9	3.1		100		100
Vitamin B12 (mcg)	6.6	5.3	11.3		100		100

Percent energy from fat 29.6
Percent energy from protein 19.3
Percent energy from carbohydrate 49.2
Percent energy from alcohol 1.9

Men31to50.avtot5:

AllFoodGroups	Nservings						
[1,] StarchyVeg	7						
[2,] GreenBrassicas	7						
[3,] OrangeVeg	7						
[4,] Legumes	7						
[5,] NutsSeeds	7						
[6,] OtherVeg	14						
[7,] TotalFruit	14						
[8,] WholegrainCereals	28						
[9,] RefinedCereals	21						
[10,] Poultryfishheggsleg	7						
[11,] RedMeats	7						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	3						
[14,] MidFatDairy	7						
[15,] LoFatDairy	14						
[16,] PolyMarg	28						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	14						
		Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)		11092.9	10721.5	11402.1		NA	NA
Energy (kJ)		11416.7	11037.2	11725.4		NA	NA
Protein (g)		130.2	120.9	140.4		100	100
Fat (g)		97.7	89.8	108.3		NA	NA
Carbohydrate (g)		302.5	283.3	320.8		NA	NA
Sugars (g)		131.8	119.6	156.0		NA	NA
Starch (g)		166.4	149.5	181.0		NA	NA
Fibre (g)		41.8	36.8	50.4		NA	100
Alcohol (g)		7.2	1.1	16.5		NA	NA
Saturated fat (g)		33.2	29.8	37.6		NA	NA
Monounsaturated fat (g)		32.6	29.2	38.7		NA	NA
Polyunsaturated fat (g)		24.9	22.8	28.5		NA	NA
Linoleic acid (g)		23.1	21.1	26.1		NA	100
Alpha linolenic acid (g)		1.5	1.2	1.9		NA	97
LC n3 fatty acids (mg)		267.9	79.3	723.3		NA	75
Vitamin A equivs (mcg)		1774.2	1402.8	2146.4		100	100
Retinol (mcg)		671.3	590.1	779.1		NA	NA
Provitamin A (mcg)		6576.2	4208.6	8964.0		NA	NA
Thiamin (mg)		2.0	1.7	2.2		100	100
Riboflavin (mg)		3.2	2.9	3.6		100	100
Niacin (mg)		63.9	57.8	70.9		100	100
Folate (mcg total)		609.7	517.8	687.7		NA	NA
Folate equivs (mcg)		884.9	783.7	1018.3		100	100
Vitamin C (mg)		143.2	100.2	200.3		100	100
Vitamin D (mcg)		6.0	4.7	8.0		NA	96
Vitamin E (mg)		15.5	12.0	18.9		NA	100
Calcium (mg)		1432.0	1281.7	1620.1		100	100
Iron (mg)		15.4	13.3	18.5		100	100
Iodine (mcg)		279.2	238.1	317.7		100	100
Magnesium (mg)		515.2	471.8	554.8		100	100
Phosphorus (mg)		2286.1	2115.3	2445.7		100	100
Potassium (mg)		4667.4	4372.3	4993.3		NA	100
Sodium (mg)		2040.5	1640.1	3380.5		NA	100
Zinc (mg)		17.5	15.2	27.8		100	100
Cholesterol (mg)		304.7	198.3	491.9		NA	NA
Selenium (mcg)		104.4	76.2	172.7		100	100
Vitamin B6 (mg)		2.2	1.8	2.9		100	100
Vitamin B12 (mcg)		8.0	6.9	10.9		100	100
Percent energy from fat		32.3					
Percent energy from protein		19.8					
Percent energy from carbohydrate		46.1					
Percent energy from alcohol		1.9					

Men31to50.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	28
[8,] WholegrainCereals	42
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11172.7	10803.2	11662.4	NA	NA		NA
Energy (kJ)	11624.7	11256.2	12116.5	NA	NA		NA
Protein (g)	129.7	120.6	137.8	100			100
Fat (g)	88.7	81.0	98.2	NA			NA
Carbohydrate (g)	332.6	313.9	358.4	NA			NA
Sugars (g)	149.2	135.8	162.2	NA			NA
Starch (g)	179.1	165.0	199.3	NA			NA
Fibre (g)	59.3	52.7	70.6	NA			100
Alcohol (g)	3.7	0.0	8.3	NA			NA
Saturated fat (g)	26.6	23.7	30.7	NA			NA
Monounsaturated fat (g)	30.2	26.8	34.6	NA			NA
Polyunsaturated fat (g)	25.3	23.7	28.2	NA			NA
Linoleic acid (g)	23.4	21.8	26.1	NA			100
Alpha linolenic acid (g)	1.5	1.3	1.9	NA			100
LC n3 fatty acids (mg)	270.3	92.2	711.6	NA			80
Vitamin A equivs (mcg)	2535.7	2068.2	3067.1	100			100
Retinol (mcg)	543.8	458.5	625.9	NA			NA
Provitamin A (mcg)	11920.5	9275.6	15031.7	NA			NA
Thiamin (mg)	2.5	2.2	2.8	100			100
Riboflavin (mg)	3.1	2.7	3.5	100			100
Niacin (mg)	67.3	61.3	73.0	100			100
Folate (mcg total)	735.7	636.6	830.8	NA			NA
Folate equivs (mcg)	1056.5	927.5	1164.9	100			100
Vitamin C (mg)	212.6	157.4	276.8	100			100
Vitamin D (mcg)	4.5	3.6	6.7	NA			25
Vitamin E (mg)	17.6	13.9	21.0	NA			100
Calcium (mg)	1324.8	1188.3	1451.5	100			100
Iron (mg)	18.6	17.1	21.2	100			100
Iodine (mcg)	242.8	205.0	282.1	100			100
Magnesium (mg)	597.5	538.8	643.0	100			100
Phosphorus (mg)	2322.9	2202.6	2465.9	100			100
Potassium (mg)	5806.4	5489.8	6141.0	NA			100
Sodium (mg)	1930.1	1689.4	2707.6	NA			100
Zinc (mg)	18.2	16.0	28.9	100			100
Cholesterol (mg)	264.9	164.1	396.6	NA			NA
Selenium (mcg)	105.1	77.9	156.6	100			100
Vitamin B6 (mg)	2.6	2.0	3.6	100			100
Vitamin B12 (mcg)	6.6	5.2	9.6	100			100

Percent energy from fat 28.9
Percent energy from protein 19.4
Percent energy from carbohydrate 50.8
Percent energy from alcohol 1.0

A15.4 Sample 7-day *Total Diets* for Men 31-50 years higher energy level

Tallest (190cm) and highest activity (PAL 2)

Public Consultation

Men31to50.hitot1:

AllFoodGroups Nservings	
[1,] StarchyVeg	28
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	49
[9,] RefinedCereals	28
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	21

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14295.4	13907.7	14984.2		NA		NA
Energy (kJ)	14833.7	14424.4	15565.8		NA		NA
Protein (g)	154.2	144.0	170.1	100			100
Fat (g)	102.8	93.2	113.3		NA		NA
Carbohydrate (g)	449.0	420.8	471.0		NA		NA
Sugars (g)	166.1	147.3	191.6		NA		NA
Starch (g)	276.2	251.6	297.5		NA		NA
Fibre (g)	73.5	63.0	93.5		NA		100
Alcohol (g)	11.5	4.5	20.1		NA		NA
Saturated fat (g)	32.4	29.0	36.1		NA		NA
Monounsaturated fat (g)	34.9	31.1	39.2		NA		NA
Polyunsaturated fat (g)	27.8	24.8	31.1		NA		NA
Linoleic acid (g)	25.7	23.0	28.7		NA		100
Alpha linolenic acid (g)	1.7	1.4	2.1		NA		100
LC n3 fatty acids (mg)	307.4	92.1	994.1		NA		76
Vitamin A equivs (mcg)	2705.5	2237.4	3214.9	100			100
Retinol (mcg)	595.4	519.5	683.5		NA		NA
Provitamin A (mcg)	12620.7	9856.1	15509.4		NA		NA
Thiamin (mg)	3.1	2.8	3.5	100			100
Riboflavin (mg)	3.6	3.1	4.1	100			100
Niacin (mg)	82.3	76.2	90.0	100			100
Folate (mcg total)	842.6	719.6	937.6		NA		NA
Folate equivs (mcg)	1280.4	1107.0	1420.2	100			100
Vitamin C (mg)	284.1	215.9	370.4	100			100
Vitamin D (mcg)	4.9	3.6	7.7		NA		41
Vitamin E (mg)	19.4	16.9	22.6		NA		100
Calcium (mg)	1489.3	1335.8	1646.4	100			100
Iron (mg)	23.5	21.2	25.5	100			100
Iodine (mcg)	287.4	250.4	319.5	100			100
Magnesium (mg)	726.4	666.4	776.0	100			100
Phosphorus (mg)	2800.9	2674.7	2967.2	100			100
Potassium (mg)	7161.9	6717.6	7595.0		NA		100
Sodium (mg)	2626.3	2208.2	3413.1		NA		100
Zinc (mg)	21.2	19.0	41.6	100			100
Cholesterol (mg)	306.3	190.4	514.0		NA		NA
Selenium (mcg)	122.9	94.4	197.8	100			100
Vitamin B6 (mg)	3.2	2.5	4.1	100			100
Vitamin B12 (mcg)	6.9	5.7	10.6	100			100

Percent energy from fat	26.3
Percent energy from protein	18.1
Percent energy from carbohydrate	53.3
Percent energy from alcohol	2.3

Men31to50.hitot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	42
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	14
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14360.3	13737.9	14819.9		NA		NA
Energy (kJ)	14832.8	14183.2	15290.2		NA		NA
Protein (g)	162.7	154.9	173.0		100		100
Fat (g)	119.3	110.8	128.9		NA		NA
Carbohydrate (g)	421.3	398.1	458.0		NA		NA
Sugars (g)	162.3	146.4	180.3		NA		NA
Starch (g)	255.0	232.1	291.3		NA		NA
Fibre (g)	62.5	55.3	71.9		NA		100
Alcohol (g)	4.0	0.0	8.6		NA		NA
Saturated fat (g)	38.6	35.1	42.7		NA		NA
Monounsaturated fat (g)	41.5	37.6	46.7		NA		NA
Polyunsaturated fat (g)	30.7	27.8	33.8		NA		NA
Linoleic acid (g)	28.6	26.0	31.2		NA		100
Alpha linolenic acid (g)	1.6	1.4	2.2		NA		100
LC n3 fatty acids (mg)	290.2	82.3	767.5		NA		73
Vitamin A equivs (mcg)	2801.8	2349.5	3165.9		100		100
Retinol (mcg)	765.8	690.1	892.3		NA		NA
Provitamin A (mcg)	12174.9	9494.3	14452.2		NA		NA
Thiamin (mg)	2.6	2.3	2.9		100		100
Riboflavin (mg)	4.1	3.5	4.6		100		100
Niacin (mg)	81.4	74.5	88.1		100		100
Folate (mcg total)	832.7	721.7	948.0		NA		NA
Folate equivs (mcg)	1210.5	1055.5	1393.6		100		100
Vitamin C (mg)	221.8	180.2	296.7		100		100
Vitamin D (mcg)	7.0	5.9	8.9		NA		100
Vitamin E (mg)	19.8	15.5	24.0		NA		100
Calcium (mg)	1803.4	1661.0	1982.6		100		100
Iron (mg)	20.1	18.2	22.3		100		100
Iodine (mcg)	362.5	324.4	428.8		100		100
Magnesium (mg)	695.1	655.0	749.8		100		100
Phosphorus (mg)	2934.9	2804.9	3134.4		100		100
Potassium (mg)	6553.2	6122.6	6891.1		NA		100
Sodium (mg)	2258.0	1845.6	3079.6		NA		100
Zinc (mg)	21.9	19.3	42.4		100		100
Cholesterol (mg)	315.8	210.5	508.1		NA		NA
Selenium (mcg)	129.3	97.1	209.4		100		100
Vitamin B6 (mg)	3.2	2.7	4.1		100		100
Vitamin B12 (mcg)	9.9	8.3	14.0		100		100

Percent energy from fat 30.4
 Percent energy from protein 19.1
 Percent energy from carbohydrate 49.7
 Percent energy from alcohol 0.8

Men31to50.hitot3:

AllFoodGroups Nservings	
[1,] StarchyVeg	21
[2,] GreenBrassicas	21
[3,] OrangeVeg	14
[4,] Legumes	21
[5,] NutsSeeds	18
[6,] OtherVeg	28
[7,] TotalFruit	28
[8,] WholegrainCereals	42
[9,] RefinedCereals	17
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14269.4	13805.0	14698.9		NA			NA
Energy (kJ)	14902.0	14441.7	15351.1		NA			NA
Protein (g)	166.5	158.5	175.4		100			100
Fat (g)	122.6	115.3	135.3		NA			NA
Carbohydrate (g)	399.5	383.6	428.3		NA			NA
Sugars (g)	172.3	159.1	191.6		NA			NA
Starch (g)	221.7	207.4	241.1		NA			NA
Fibre (g)	83.5	76.2	95.0		NA			100
Alcohol (g)	6.9	1.1	16.1		NA			NA
Saturated fat (g)	33.3	29.9	37.7		NA			NA
Monounsaturated fat (g)	44.9	41.7	49.7		NA			NA
Polyunsaturated fat (g)	35.9	31.8	41.7		NA			NA
Linoleic acid (g)	33.7	30.0	39.0		NA			100
Alpha linolenic acid (g)	1.9	1.5	2.5		NA			100
LC n3 fatty acids (mg)	262.7	85.9	855.6		NA			66
Vitamin A equivs (mcg)	2752.7	2194.9	3242.1		100			100
Retinol (mcg)	569.5	494.3	679.5		NA			NA
Provitamin A (mcg)	13073.6	9810.1	15746.0		NA			NA
Thiamin (mg)	3.3	2.9	3.6		100			100
Riboflavin (mg)	3.6	3.2	3.9		100			100
Niacin (mg)	85.6	77.8	94.3		100			100
Folate (mcg total)	1027.5	933.3	1176.0		NA			NA
Folate equivs (mcg)	1364.7	1196.5	1519.2		100			100
Vitamin C (mg)	308.2	248.8	383.8		100			100
Vitamin D (mcg)	4.6	3.7	6.8		NA			33
Vitamin E (mg)	24.4	21.6	27.4		NA			100
Calcium (mg)	1548.0	1399.4	1697.5		100			100
Iron (mg)	26.1	23.5	29.0		100			100
Iodine (mcg)	257.5	229.1	299.6		100			100
Magnesium (mg)	842.6	777.9	919.7		100			100
Phosphorus (mg)	2970.5	2806.4	3198.2		100			100
Potassium (mg)	7672.1	7414.1	8009.1		NA			100
Sodium (mg)	2266.1	1903.7	3312.0		NA			100
Zinc (mg)	23.3	21.3	33.5		100			100
Cholesterol (mg)	282.7	177.7	490.3		NA			NA
Selenium (mcg)	145.0	105.8	236.1		100			100
Vitamin B6 (mg)	3.6	3.0	5.0		100			100
Vitamin B12 (mcg)	6.5	5.3	10.3		100			100

Percent energy from fat	31.1
Percent energy from protein	19.4
Percent energy from carbohydrate	48.1
Percent energy from alcohol	1.4

Men31to50.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	28
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	63
[9,] RefinedCereals	42
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14359.8	13803.6	14952.7	NA			NA
Energy (kJ)	14865.1	14281.3	15494.0	NA			NA
Protein (g)	158.7	149.8	167.6	100			100
Fat (g)	96.7	88.4	110.0	NA			NA
Carbohydrate (g)	473.4	448.2	514.3	NA			NA
Sugars (g)	127.7	113.1	141.3	NA			NA
Starch (g)	342.7	316.9	369.6	NA			NA
Fibre (g)	68.9	58.4	81.0	NA			100
Alcohol (g)	3.7	0.0	8.8	NA			NA
Saturated fat (g)	28.6	25.5	32.6	NA			NA
Monounsaturated fat (g)	32.9	28.7	40.0	NA			NA
Polyunsaturated fat (g)	27.8	25.8	31.1	NA			NA
Linoleic acid (g)	25.8	23.9	28.6	NA			100
Alpha linolenic acid (g)	1.7	1.4	2.1	NA			100
LC n3 fatty acids (mg)	294.7	83.2	860.9	NA			74
Vitamin A equivs (mcg)	1757.0	1392.3	2217.1	100			100
Retinol (mcg)	562.5	493.5	662.2	NA			NA
Provitamin A (mcg)	7122.2	4989.4	9910.9	NA			NA
Thiamin (mg)	3.4	3.0	3.7	100			100
Riboflavin (mg)	3.5	3.1	4.0	100			100
Niacin (mg)	84.7	78.9	91.9	100			100
Folate (mcg total)	812.6	684.3	946.5	NA			NA
Folate equivs (mcg)	1393.1	1217.5	1540.5	100			100
Vitamin C (mg)	195.4	142.4	249.0	100			100
Vitamin D (mcg)	4.9	3.8	6.9	NA			42
Vitamin E (mg)	17.9	15.2	21.4	NA			100
Calcium (mg)	1516.0	1351.9	1681.3	100			100
Iron (mg)	24.1	21.5	26.7	100			100
Iodine (mcg)	322.5	284.4	370.5	100			100
Magnesium (mg)	727.8	684.0	774.4	100			100
Phosphorus (mg)	2867.3	2687.0	3025.4	100			100
Potassium (mg)	6403.9	6032.8	6828.3	NA			100
Sodium (mg)	2655.6	2219.0	3357.3	NA			100
Zinc (mg)	21.5	19.1	32.5	100			100
Cholesterol (mg)	280.7	174.1	455.6	NA			NA
Selenium (mcg)	133.5	103.1	181.1	100			100
Vitamin B6 (mg)	2.8	2.2	3.7	100			100
Vitamin B12 (mcg)	7.0	5.6	11.7	100			100

Percent energy from fat 24.7
Percent energy from protein 18.7
Percent energy from carbohydrate 55.9
Percent energy from alcohol 0.7

Men31to50.hitot5:

AllFoodGroups Nservings							
[1,]	StarchyVeg	28					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	14					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	28					
[8,]	WholegrainCereals	56					
[9,]	RefinedCereals	21					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	21					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		14358.6	13834.7	14861.3	NA	NA	NA
Energy (kJ)		14905.8	14367.8	15372.1	NA	NA	NA
Protein (g)		152.6	144.3	167.9	100		100
Fat (g)		102.8	93.8	111.8	NA		NA
Carbohydrate (g)		455.7	432.4	489.0	NA		NA
Sugars (g)		182.2	164.8	202.4	NA		NA
Starch (g)		266.5	243.1	286.5	NA		NA
Fibre (g)		74.5	64.9	87.9	NA		100
Alcohol (g)		10.9	3.6	18.3	NA		NA
Saturated fat (g)		32.5	28.4	36.5	NA		NA
Monounsaturated fat (g)		34.6	30.5	39.6	NA		NA
Polyunsaturated fat (g)		27.9	24.7	30.9	NA		NA
Linoleic acid (g)		25.7	22.8	28.7	NA		100
Alpha linolenic acid (g)		1.7	1.5	2.1	NA		100
LC n3 fatty acids (mg)		293.4	88.6	870.1	NA		73
Vitamin A equivs (mcg)		2622.3	2191.9	3020.1	100		100
Retinol (mcg)		601.2	527.5	687.1	NA		NA
Provitamin A (mcg)		12089.3	9581.9	14673.1	NA		NA
Thiamin (mg)		3.2	2.9	3.6	100		100
Riboflavin (mg)		3.6	3.2	4.0	100		100
Niacin (mg)		81.8	75.9	88.5	100		100
Folate (mcg total)		866.6	740.6	954.6	NA		NA
Folate equivs (mcg)		1310.1	1156.5	1441.3	100		100
Vitamin C (mg)		267.2	219.8	345.1	100		100
Vitamin D (mcg)		4.9	3.6	7.7	NA		37
Vitamin E (mg)		19.1	14.8	22.9	NA		100
Calcium (mg)		1519.8	1370.7	1748.5	100		100
Iron (mg)		23.7	22.1	25.7	100		100
Iodine (mcg)		290.5	257.6	356.1	100		100
Magnesium (mg)		741.3	698.2	803.2	100		100
Phosphorus (mg)		2801.7	2626.5	2978.7	100		100
Potassium (mg)		7152.7	6776.4	7617.3	NA		100
Sodium (mg)		2652.4	2229.7	3451.1	NA		100
Zinc (mg)		21.8	19.4	42.1	100		100
Cholesterol (mg)		298.9	190.9	522.0	NA		NA
Selenium (mcg)		117.3	90.6	184.1	100		100
Vitamin B6 (mg)		3.0	2.5	3.6	100		100
Vitamin B12 (mcg)		6.9	5.5	10.9	100		100
Percent energy from fat		26.1					
Percent energy from protein		17.8					
Percent energy from carbohydrate		53.9					
Percent energy from alcohol		2.2					

Men31to50.hitot6:

AllFoodGroups Nservings						
[1,] StarchyVeg	28					
[2,] GreenBrassicas	14					
[3,] OrangeVeg	21					
[4,] Legumes	7					
[5,] NutsSeeds	7					
[6,] OtherVeg	35					
[7,] TotalFruit	42					
[8,] WholegrainCereals	56					
[9,] RefinedCereals	14					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	7					
[14,] MidFatDairy	0					
[15,] LoFatDairy	14					
[16,] PolyMarg	28					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	10.5					
Daily intake minimum maximum met EAR met RDI/AI						
Energy excl fibre (kJ)	14218.7	13782.6	14927.9	NA		NA
Energy (kJ)	14866.1	14420.3	15578.4	NA		NA
Protein (g)	157.5	148.3	165.5	100		100
Fat (g)	102.9	95.2	114.4	NA		NA
Carbohydrate (g)	451.0	424.2	481.0	NA		NA
Sugars (g)	207.0	190.3	234.4	NA		NA
Starch (g)	237.6	216.8	263.7	NA		NA
Fibre (g)	86.7	76.3	101.8	NA		100
Alcohol (g)	5.8	1.1	14.4	NA		NA
Saturated fat (g)	33.4	29.8	37.0	NA		NA
Monounsaturated fat (g)	34.0	30.3	40.2	NA		NA
Polyunsaturated fat (g)	27.6	25.2	31.2	NA		NA
Linoleic acid (g)	25.5	23.4	29.0	NA		100
Alpha linolenic acid (g)	1.7	1.5	2.2	NA		100
LC n3 fatty acids (mg)	284.7	81.2	762.8	NA		78
Vitamin A equivs (mcg)	3683.7	2995.6	4241.4	100		100
Retinol (mcg)	620.5	548.9	733.6	NA		NA
Provitamin A (mcg)	18323.0	14141.6	21617.5	NA		NA
Thiamin (mg)	3.3	3.0	3.7	100		100
Riboflavin (mg)	3.9	3.3	4.4	100		100
Niacin (mg)	83.8	77.8	89.1	100		100
Folate (mcg total)	980.9	895.0	1126.0	NA		NA
Folate equivs (mcg)	1384.0	1257.7	1569.1	100		100
Vitamin C (mg)	360.1	281.0	432.2	100		100
Vitamin D (mcg)	5.5	4.2	8.3	NA		68
Vitamin E (mg)	21.3	17.6	24.7	NA		100
Calcium (mg)	1709.7	1530.1	1889.3	100		100
Iron (mg)	24.6	22.6	27.6	100		100
Iodine (mcg)	278.7	229.7	321.0	100		100
Magnesium (mg)	791.7	728.2	844.1	100		100
Phosphorus (mg)	2954.4	2801.0	3118.8	100		100
Potassium (mg)	8328.2	7927.8	8754.7	NA		100
Sodium (mg)	2565.5	2231.6	3508.6	NA		100
Zinc (mg)	22.5	20.4	33.1	100		100
Cholesterol (mg)	298.5	185.6	468.8	NA		NA
Selenium (mcg)	123.4	90.2	192.0	100		100
Vitamin B6 (mg)	3.7	2.9	4.9	100		100
Vitamin B12 (mcg)	6.8	5.6	10.1	100		100
Percent energy from fat 26.2						
Percent energy from protein 18.4						
Percent energy from carbohydrate 54.2						
Percent energy from alcohol 1.2						

A15.5 Sample 7-day *Total Diets* for Men 51-70 years mid energy level

Average height (175cm) and light-moderate activity (PAL 1.7)

Public Consultation

Men51to70.avtot1:

AllFoodGroups Nservings	
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	14
[10,] Poultryfisheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10328.6	10050.3	10714.7		NA		NA
Energy (kJ)	10695.5	10417.3	11094.3		NA		NA
Protein (g)	128.6	121.1	137.6		100		100
Fat (g)	87.3	79.3	96.0		NA		NA
Carbohydrate (g)	285.2	269.8	307.2		NA		NA
Sugars (g)	113.6	99.0	130.8		NA		NA
Starch (g)	168.4	152.0	187.9		NA		NA
Fibre (g)	48.1	42.5	61.7		NA		100
Alcohol (g)	4.3	1.1	10.7		NA		NA
Saturated fat (g)	26.7	23.4	31.5		NA		NA
Monounsaturated fat (g)	29.8	26.4	33.4		NA		NA
Polyunsaturated fat (g)	24.4	22.1	27.0		NA		NA
Linoleic acid (g)	22.5	20.5	24.6		NA		100
Alpha linolenic acid (g)	1.5	1.2	1.9		NA		96
LC n3 fatty acids (mg)	340.4	80.2	949.1		NA		83
Vitamin A equivs (mcg)	1674.5	1310.3	2033.9		100		100
Retinol (mcg)	557.3	496.8	661.7		NA		NA
Provitamin A (mcg)	6659.7	4562.4	8448.9		NA		NA
Thiamin (mg)	2.2	1.9	2.6		100		100
Riboflavin (mg)	2.9	2.6	3.2		100		100
Niacin (mg)	64.8	58.6	71.9		100		100
Folate (mcg total)	633.4	529.5	713.7		NA		NA
Folate equivs (mcg)	966.9	862.2	1081.7		100		100
Vitamin C (mg)	163.7	128.9	211.8		100		100
Vitamin D (mcg)	5.0	3.6	7.3		NA		0
Vitamin E (mg)	15.7	13.0	19.1		NA		100
Calcium (mg)	1330.4	1157.7	1484.1		100		100
Iron (mg)	16.8	14.3	18.8		100		100
Iodine (mcg)	254.2	222.2	298.7		100		100
Magnesium (mg)	540.6	500.0	588.7		100		100
Phosphorus (mg)	2275.3	2127.2	2430.6		100		100
Potassium (mg)	5111.3	4812.5	5413.6		NA		100
Sodium (mg)	1964.4	1677.6	2617.3		NA		100
Zinc (mg)	17.2	14.9	27.7		100		100
Cholesterol (mg)	267.9	173.5	411.6		NA		NA
Selenium (mcg)	105.4	83.1	152.3		100		100
Vitamin B6 (mg)	2.3	1.7	3.5		100		100
Vitamin B12 (mcg)	6.5	5.4	9.2		100		100

Percent energy from fat 30.8
Percent energy from protein 20.9
Percent energy from carbohydrate 47.1
Percent energy from alcohol 1.2

Men51to70.avtot2:

AllFoodGroups Nservings							
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	14					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	28					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	7					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		10473.4	10037.8	10947.0	NA	NA	NA
Energy (kJ)		10846.1	10388.8	11329.2	NA	NA	NA
Protein (g)		128.7	120.1	138.1	100	100	100
Fat (g)		86.1	78.3	98.3	NA	NA	NA
Carbohydrate (g)		296.6	272.3	320.0	NA	NA	NA
Sugars (g)		111.5	100.5	124.9	NA	NA	NA
Starch (g)		182.0	165.4	196.3	NA	NA	NA
Fibre (g)		48.1	41.6	56.1	NA	100	100
Alcohol (g)		4.1	0.0	11.1	NA	NA	NA
Saturated fat (g)		26.1	23.5	30.5	NA	NA	NA
Monounsaturated fat (g)		29.3	25.7	35.0	NA	NA	NA
Polyunsaturated fat (g)		24.4	22.1	26.7	NA	NA	NA
Linoleic acid (g)		22.5	20.3	24.4	NA	100	100
Alpha linolenic acid (g)		1.5	1.2	2.0	NA	94	94
LC n3 fatty acids (mg)		277.8	94.0	900.5	NA	72	72
Vitamin A equivs (mcg)		2387.0	1949.5	2864.9	100	100	100
Retinol (mcg)		547.4	480.6	639.6	NA	NA	NA
Provitamin A (mcg)		10994.8	8263.6	13687.9	NA	NA	NA
Thiamin (mg)		2.0	1.7	2.3	100	100	100
Riboflavin (mg)		2.7	2.3	3.1	100	100	100
Niacin (mg)		62.5	57.2	70.2	100	100	100
Folate (mcg total)		618.8	546.7	695.3	NA	NA	NA
Folate equivs (mcg)		942.4	803.2	1094.3	100	100	100
Vitamin C (mg)		170.4	124.8	243.6	100	100	100
Vitamin D (mcg)		4.6	3.3	7.0	NA	0	0
Vitamin E (mg)		15.5	12.2	18.4	NA	100	100
Calcium (mg)		1283.3	1153.9	1419.7	100	100	100
Iron (mg)		16.2	14.0	18.9	100	100	100
Iodine (mcg)		246.6	211.1	314.1	100	100	100
Magnesium (mg)		510.5	473.1	551.5	100	100	100
Phosphorus (mg)		2178.4	2009.2	2376.8	100	100	100
Potassium (mg)		4818.1	4501.4	5115.0	NA	100	100
Sodium (mg)		1938.2	1648.0	2746.4	NA	100	100
Zinc (mg)		16.9	14.6	27.6	100	100	100
Cholesterol (mg)		271.6	169.1	446.5	NA	NA	NA
Selenium (mcg)		102.3	76.5	139.6	100	100	100
Vitamin B6 (mg)		2.2	1.8	3.0	100	100	100
Vitamin B12 (mcg)		6.7	5.5	9.5	100	100	100
Percent energy from fat		30.0					
Percent energy from protein		20.6					
Percent energy from carbohydrate		48.2					
Percent energy from alcohol		1.1					

Men51to70.avtot3:

AllFoodGroups	Nservings
[1,] StarchyVeg	21
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10299.9	9861.9	10692.9		NA			NA
Energy (kJ)	10697.9	10267.5	11086.7		NA			NA
Protein (g)	128.6	120.2	137.8		100			100
Fat (g)	85.6	78.2	94.9		NA			NA
Carbohydrate (g)	287.1	269.2	320.1		NA			NA
Sugars (g)	122.6	108.6	138.9		NA			NA
Starch (g)	160.7	147.0	176.2		NA			NA
Fibre (g)	53.2	46.0	67.4		NA			100
Alcohol (g)	4.3	0.0	8.5		NA			NA
Saturated fat (g)	25.8	22.2	28.6		NA			NA
Monounsaturated fat (g)	28.8	25.3	34.2		NA			NA
Polyunsaturated fat (g)	24.7	22.3	27.9		NA			NA
Linoleic acid (g)	22.7	20.5	25.5		NA			100
Alpha linolenic acid (g)	1.6	1.3	1.9		NA			100
LC n3 fatty acids (mg)	318.6	87.4	1048.6		NA			80
Vitamin A equivs (mcg)	1615.4	1129.2	1988.4		100			100
Retinol (mcg)	544.3	488.3	636.6		NA			NA
Provitamin A (mcg)	6393.4	3311.4	8535.8		NA			NA
Thiamin (mg)	2.0	1.7	2.3		100			100
Riboflavin (mg)	2.7	2.3	3.2		100			100
Niacin (mg)	62.2	57.2	67.7		100			100
Folate (mcg total)	670.7	581.2	748.5		NA			NA
Folate equivs (mcg)	921.3	802.0	1042.9		100			100
Vitamin C (mg)	183.9	136.4	244.2		100			100
Vitamin D (mcg)	4.9	3.6	8.7		NA			0
Vitamin E (mg)	15.9	13.7	19.1		NA			100
Calcium (mg)	1249.2	1062.2	1373.0		100			100
Iron (mg)	16.9	15.0	18.6		100			100
Iodine (mcg)	224.8	188.1	282.1		100			100
Magnesium (mg)	548.2	503.9	597.3		100			100
Phosphorus (mg)	2225.1	2088.2	2367.1		100			100
Potassium (mg)	5604.2	5246.5	6039.4		NA			100
Sodium (mg)	1768.5	1458.2	2552.9		NA			100
Zinc (mg)	17.1	15.1	27.5		100			100
Cholesterol (mg)	263.4	161.5	386.7		NA			NA
Selenium (mcg)	102.6	76.3	129.1		100			100
Vitamin B6 (mg)	2.3	1.8	3.0		100			100
Vitamin B12 (mcg)	6.5	5.2	9.7		100			100

Percent energy from fat 30.2
 Percent energy from protein 20.9
 Percent energy from carbohydrate 47.7
 Percent energy from alcohol 1.2

Men51to70.avtot4:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	14
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	7
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	18
[10,]	Poultryfishheggsleg	7
[11,]	RedMeats	7
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	28
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10386.5	10044.5	10742.8			NA		NA
Energy (kJ)	10755.9	10391.2	11109.1			NA		NA
Protein (g)	129.7	119.2	143.0			100		100
Fat (g)	87.3	80.0	100.7			NA		NA
Carbohydrate (g)	287.3	266.1	312.0			NA		NA
Sugars (g)	111.6	96.3	126.6			NA		NA
Starch (g)	172.7	156.8	190.3			NA		NA
Fibre (g)	47.6	42.8	59.5			NA		100
Alcohol (g)	4.4	0.0	12.8			NA		NA
Saturated fat (g)	26.6	24.2	31.6			NA		NA
Monounsaturated fat (g)	29.8	26.1	35.5			NA		NA
Polyunsaturated fat (g)	24.7	22.1	26.9			NA		NA
Linoleic acid (g)	22.7	20.1	24.7			NA		100
Alpha linolenic acid (g)	1.5	1.3	1.9			NA		96
LC n3 fatty acids (mg)	319.3	77.3	839.8			NA		80
Vitamin A equivs (mcg)	1656.5	1235.9	1999.9			100		100
Retinol (mcg)	548.4	486.6	637.0			NA		NA
Provitamin A (mcg)	6604.4	3931.8	8673.7			NA		NA
Thiamin (mg)	2.3	1.9	2.7			100		100
Riboflavin (mg)	2.9	2.5	3.3			100		100
Niacin (mg)	64.7	58.9	70.7			100		100
Folate (mcg total)	646.7	555.3	799.9			NA		NA
Folate equivs (mcg)	1003.4	858.7	1170.2			100		100
Vitamin C (mg)	164.6	112.8	227.6			100		100
Vitamin D (mcg)	4.8	3.5	7.4			NA		0
Vitamin E (mg)	15.4	12.4	19.1			NA		100
Calcium (mg)	1344.9	1186.7	1520.8			100		100
Iron (mg)	17.2	14.5	19.1			100		100
Iodine (mcg)	259.2	225.7	296.6			100		100
Magnesium (mg)	540.1	499.2	580.0			100		100
Phosphorus (mg)	2260.7	2085.4	2418.7			100		100
Potassium (mg)	4737.5	4498.3	5153.9			NA		100
Sodium (mg)	2066.1	1619.3	2940.6			NA		100
Zinc (mg)	17.3	15.3	27.9			100		100
Cholesterol (mg)	264.8	171.9	431.8			NA		NA
Selenium (mcg)	102.8	76.4	133.1			100		100
Vitamin B6 (mg)	2.2	1.7	2.9			100		99
Vitamin B12 (mcg)	6.5	5.3	9.6			100		100

Percent energy from fat 30.7
Percent energy from protein 20.9
Percent energy from carbohydrate 47.2
Percent energy from alcohol 1.2

Men51to70.avtot5:

AllFoodGroups		Nservings							
[1,]	StarchyVeg	7							
[2,]	GreenBrassicas	7							
[3,]	OrangeVeg	7							
[4,]	Legumes	7							
[5,]	NutsSeeds	7							
[6,]	OtherVeg	14							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	28							
[9,]	RefinedCereals	21							
[10,]	Poultryfisheggsleg	7							
[11,]	RedMeats	7							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3							
[14,]	MidFatDairy	4							
[15,]	LoFatDairy	14							
[16,]	PolyMarg	28							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	10.5							
			Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)			10427.2	9867.5	10884.4		NA		NA
Energy (kJ)			10747.0	10192.7	11211.9		NA		NA
Protein (g)			126.7	120.7	136.9	100			100
Fat (g)			91.2	84.6	100.1		NA		NA
Carbohydrate (g)			281.7	250.7	303.5		NA		NA
Sugars (g)			119.2	106.7	135.8		NA		NA
Starch (g)			158.9	138.9	175.2		NA		NA
Fibre (g)			41.1	35.8	53.8		NA		100
Alcohol (g)			6.2	0.0	13.3		NA		NA
Saturated fat (g)			29.9	27.1	34.8		NA		NA
Monounsaturated fat (g)			30.8	27.4	34.6		NA		NA
Polyunsaturated fat (g)			24.0	21.5	27.3		NA		NA
Linoleic acid (g)			22.1	20.1	24.8		NA		100
Alpha linolenic acid (g)			1.5	1.2	2.0		NA		95
LC n3 fatty acids (mg)			278.1	80.4	797.7		NA		77
Vitamin A equivs (mcg)			1634.0	1301.5	1945.5	100			100
Retinol (mcg)			617.3	550.3	754.5		NA		NA
Provitamin A (mcg)			6054.3	4183.3	7962.6		NA		NA
Thiamin (mg)			1.9	1.6	2.2	100			100
Riboflavin (mg)			2.9	2.5	3.3	100			100
Niacin (mg)			61.4	56.1	67.8	100			100
Folate (mcg total)			585.5	474.3	673.8		NA		NA
Folate equivs (mcg)			868.8	696.1	1003.7	100			100
Vitamin C (mg)			138.5	98.8	208.2	100			100
Vitamin D (mcg)			5.5	3.9	8.0		NA		0
Vitamin E (mg)			15.1	11.9	17.8		NA		100
Calcium (mg)			1361.7	1253.2	1479.2	100			100
Iron (mg)			14.9	13.1	17.2	100			100
Iodine (mcg)			266.0	224.8	315.8	100			100
Magnesium (mg)			494.9	455.7	538.4	100			100
Phosphorus (mg)			2200.1	2068.1	2338.3	100			100
Potassium (mg)			4560.2	4242.0	4881.8		NA		100
Sodium (mg)			1934.1	1504.3	2920.7		NA		100
Zinc (mg)			16.9	15.0	36.3	100			100
Cholesterol (mg)			281.6	189.7	504.3		NA		NA
Selenium (mcg)			102.7	71.8	144.0	100			100
Vitamin B6 (mg)			2.1	1.7	2.9	100			98
Vitamin B12 (mcg)			7.4	6.2	11.9	100			100
Percent energy from fat			32.0						
Percent energy from protein			20.4						
Percent energy from carbohydrate			45.8						
Percent energy from alcohol			1.7						

Men51to70.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	7
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10324.3	10022.4	10729.9		NA			NA
Energy (kJ)	10688.5	10369.8	11108.0		NA			NA
Protein (g)	128.7	121.9	137.7		100			100
Fat (g)	92.5	83.7	102.0		NA			NA
Carbohydrate (g)	274.3	255.6	300.9		NA			NA
Sugars (g)	125.6	113.0	137.6		NA			NA
Starch (g)	145.4	133.8	161.8		NA			NA
Fibre (g)	46.7	41.1	54.4		NA			100
Alcohol (g)	3.9	0.0	10.7		NA			NA
Saturated fat (g)	30.7	27.2	34.3		NA			NA
Monounsaturated fat (g)	31.0	27.0	36.5		NA			NA
Polyunsaturated fat (g)	24.3	21.9	26.9		NA			NA
Linoleic acid (g)	22.3	20.1	24.3		NA			100
Alpha linolenic acid (g)	1.6	1.4	2.0		NA			100
LC n3 fatty acids (mg)	316.7	99.2	843.5		NA			83
Vitamin A equivs (mcg)	1735.3	1391.9	2092.2		100			100
Retinol (mcg)	606.0	514.1	710.9		NA			NA
Provitamin A (mcg)	6705.8	4808.4	8610.6		NA			NA
Thiamin (mg)	2.0	1.8	2.3		100			100
Riboflavin (mg)	2.9	2.4	3.2		100			100
Niacin (mg)	61.5	54.5	68.9		100			100
Folate (mcg total)	638.8	566.5	724.0		NA			NA
Folate equivs (mcg)	928.3	786.1	1057.7		100			100
Vitamin C (mg)	171.1	116.3	244.1		100			100
Vitamin D (mcg)	5.6	4.2	8.8		NA			0
Vitamin E (mg)	16.0	13.5	19.9		NA			100
Calcium (mg)	1442.4	1304.9	1598.1		100			100
Iron (mg)	15.8	13.9	18.3		100			100
Iodine (mcg)	245.1	196.9	292.6		100			100
Magnesium (mg)	518.7	477.4	558.9		100			100
Phosphorus (mg)	2257.3	2105.2	2451.7		100			100
Potassium (mg)	4848.0	4552.4	5166.7		NA			100
Sodium (mg)	2031.3	1734.2	2849.2		NA			100
Zinc (mg)	17.7	15.1	27.9		100			100
Cholesterol (mg)	285.0	184.0	470.0		NA			NA
Selenium (mcg)	105.7	78.7	143.0		100			100
Vitamin B6 (mg)	2.2	1.7	3.0		100			99
Vitamin B12 (mcg)	7.0	5.6	9.7		100			100

Percent energy from fat 32.7
 Percent energy from protein 20.9
 Percent energy from carbohydrate 45.4
 Percent energy from alcohol 1.1

A15.6 Sample 7-day *Total Diets* for Men 51-70 years higher energy level

Tallest (190cm) and highest activity (PAL 2)

Men51to70.hitot1:

AllFoodGroups Nservings	
[1,] StarchyVeg	28
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	35
[7,] TotalFruit	21
[8,] WholegrainCereals	42
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13172.4	12666.8	13871.8		NA		NA
Energy (kJ)	13690.5	13174.2	14430.7		NA		NA
Protein (g)	150.3	142.8	162.6		100		100
Fat (g)	95.8	86.6	104.3		NA		NA
Carbohydrate (g)	405.4	371.0	435.8		NA		NA
Sugars (g)	153.3	127.9	168.7		NA		NA
Starch (g)	246.8	223.6	273.0		NA		NA
Fibre (g)	69.7	60.6	82.7		NA		100
Alcohol (g)	8.8	3.3	15.3		NA		NA
Saturated fat (g)	29.8	26.1	32.5		NA		NA
Monounsaturated fat (g)	32.4	27.9	37.9		NA		NA
Polyunsaturated fat (g)	26.5	24.3	29.4		NA		NA
Linoleic acid (g)	24.4	22.4	26.5		NA		100
Alpha linolenic acid (g)	1.7	1.4	2.2		NA		100
LC n3 fatty acids (mg)	307.6	64.0	840.1		NA		83
Vitamin A equivs (mcg)	2638.3	2017.0	3338.6		100		100
Retinol (mcg)	580.2	506.0	662.8		NA		NA
Provitamin A (mcg)	12303.0	8767.0	16578.8		NA		NA
Thiamin (mg)	2.8	2.4	3.2		100		100
Riboflavin (mg)	3.3	2.8	3.8		100		100
Niacin (mg)	78.3	69.7	83.6		100		100
Folate (mcg total)	791.7	705.4	900.5		NA		NA
Folate equivs (mcg)	1210.3	1070.5	1390.2		100		100
Vitamin C (mg)	286.0	220.6	355.8		100		100
Vitamin D (mcg)	5.0	3.4	7.9		NA		0
Vitamin E (mg)	18.3	15.1	21.2		NA		100
Calcium (mg)	1490.9	1335.1	1606.9		100		100
Iron (mg)	21.5	18.8	24.0		100		100
Iodine (mcg)	285.7	249.8	326.7		100		100
Magnesium (mg)	677.0	634.1	725.0		100		100
Phosphorus (mg)	2692.3	2545.6	2910.5		100		100
Potassium (mg)	7200.4	6822.0	7656.8		NA		100
Sodium (mg)	2470.8	2092.1	3739.8		NA		100
Zinc (mg)	20.2	17.6	31.3		100		100
Cholesterol (mg)	284.2	172.7	453.9		NA		NA
Selenium (mcg)	119.7	92.6	150.1		100		100
Vitamin B6 (mg)	3.1	2.4	4.2		100		100
Vitamin B12 (mcg)	6.9	5.8	9.8		100		100

Percent energy from fat 26.5
Percent energy from protein 19.1
Percent energy from carbohydrate 52.4
Percent energy from alcohol 1.9

Men51to70.hitot2:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	14
[2,]	GreenBrassicas	21
[3,]	OrangeVeg	14
[4,]	Legumes	21
[5,]	NutsSeeds	11
[6,]	OtherVeg	28
[7,]	TotalFruit	28
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	17
[10,]	Poultryfishheggsleg	7
[11,]	RedMeats	7
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	28
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13187.9	12731.8	13557.9		NA		NA	
Energy (kJ)	13782.1	13287.0	14183.9		NA		NA	
Protein (g)	158.2	151.6	166.5		100		100	
Fat (g)	105.7	96.3	115.2		NA		NA	
Carbohydrate (g)	378.3	346.7	408.7		NA		NA	
Sugars (g)	168.8	149.2	189.2		NA		NA	
Starch (g)	203.5	185.2	223.5		NA		NA	
Fibre (g)	77.3	69.5	92.3		NA		100	
Alcohol (g)	8.4	3.3	16.2		NA		NA	
Saturated fat (g)	31.1	26.9	34.4		NA		NA	
Monounsaturated fat (g)	36.6	31.2	41.9		NA		NA	
Polyunsaturated fat (g)	30.3	27.0	33.8		NA		NA	
Linoleic acid (g)	27.9	25.3	31.0		NA		100	
Alpha linolenic acid (g)	1.9	1.5	2.4		NA		100	
LC n3 fatty acids (mg)	301.5	88.0	804.9		NA		79	
Vitamin A equivs (mcg)	2633.5	1943.9	3216.2		100		100	
Retinol (mcg)	578.0	496.1	682.9		NA		NA	
Provitamin A (mcg)	12296.2	8497.7	15547.7		NA		NA	
Thiamin (mg)	2.9	2.6	3.3		100		100	
Riboflavin (mg)	3.4	2.9	3.9		100		100	
Niacin (mg)	78.2	73.4	84.7		100		100	
Folate (mcg total)	952.1	864.6	1084.8		NA		NA	
Folate equivs (mcg)	1297.5	1162.1	1487.7		100		100	
Vitamin C (mg)	292.0	237.1	356.6		100		100	
Vitamin D (mcg)	5.0	3.8	8.4		NA		0	
Vitamin E (mg)	21.0	16.7	25.9		NA		100	
Calcium (mg)	1558.9	1374.9	1691.4		100		100	
Iron (mg)	24.0	21.2	26.8		100		100	
Iodine (mcg)	266.8	216.7	301.6		100		100	
Magnesium (mg)	757.2	707.8	830.2		100		100	
Phosphorus (mg)	2799.1	2653.2	2978.1		100		100	
Potassium (mg)	7170.7	6870.7	7436.8		NA		100	
Sodium (mg)	2314.2	1970.3	3404.3		NA		100	
Zinc (mg)	21.8	18.4	33.1		100		100	
Cholesterol (mg)	278.0	186.9	442.5		NA		NA	
Selenium (mcg)	126.5	96.3	170.8		100		100	
Vitamin B6 (mg)	3.4	2.7	4.4		100		100	
Vitamin B12 (mcg)	6.6	5.4	9.6		100		100	

Percent energy from fat 29.0
 Percent energy from protein 19.9
 Percent energy from carbohydrate 49.3
 Percent energy from alcohol 1.8

Men51to70.hitot3:

AllFoodGroups	Nservings
[1,] StarchyVeg	28
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	42
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13395.7	12912.4	13958.2		NA			NA
Energy (kJ)	13855.9	13395.7	14421.4		NA			NA
Protein (g)	153.1	145.1	161.8		100			100
Fat (g)	93.1	85.4	105.6		NA			NA
Carbohydrate (g)	428.4	405.2	448.4		NA			NA
Sugars (g)	122.0	109.5	135.6		NA			NA
Starch (g)	303.1	285.1	323.4		NA			NA
Fibre (g)	62.3	55.6	73.7		NA			100
Alcohol (g)	4.5	0.0	10.1		NA			NA
Saturated fat (g)	27.9	24.8	32.0		NA			NA
Monounsaturated fat (g)	31.8	27.8	37.3		NA			NA
Polyunsaturated fat (g)	26.3	24.3	29.6		NA			NA
Linoleic acid (g)	24.3	22.7	27.4		NA			100
Alpha linolenic acid (g)	1.6	1.3	2.1		NA			100
LC n3 fatty acids (mg)	295.5	68.0	903.2		NA			74
Vitamin A equivs (mcg)	1699.1	1331.2	2029.7		100			100
Retinol (mcg)	557.3	492.2	634.4		NA			NA
Provitamin A (mcg)	6795.2	4186.6	8988.0		NA			NA
Thiamin (mg)	2.9	2.5	3.2		100			100
Riboflavin (mg)	3.2	2.8	3.7		100			100
Niacin (mg)	79.3	74.9	83.8		100			100
Folate (mcg total)	726.8	609.3	806.8		NA			NA
Folate equivs (mcg)	1253.9	1067.6	1377.6		100			100
Vitamin C (mg)	194.6	146.6	256.2		100			100
Vitamin D (mcg)	4.8	3.6	8.3		NA			0
Vitamin E (mg)	16.5	12.9	19.7		NA			100
Calcium (mg)	1469.6	1339.1	1657.4		100			100
Iron (mg)	20.9	18.9	23.3		100			100
Iodine (mcg)	313.1	274.2	369.9		100			100
Magnesium (mg)	654.3	599.4	704.5		100			100
Phosphorus (mg)	2694.7	2531.5	2905.9		100			100
Potassium (mg)	6282.2	5908.2	6654.1		NA			100
Sodium (mg)	2575.6	2103.9	3500.9		NA			100
Zinc (mg)	20.0	17.7	39.9		100			100
Cholesterol (mg)	268.9	167.7	452.9		NA			NA
Selenium (mcg)	126.7	103.0	169.5		100			100
Vitamin B6 (mg)	2.5	2.0	3.2		100			100
Vitamin B12 (mcg)	7.1	5.5	10.8		100			100

Percent energy from fat 25.5
Percent energy from protein 19.3
Percent energy from carbohydrate 54.2
Percent energy from alcohol 1.0

Men51to70.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	35
[2,] GreenBrassicas	7
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	28
[8,] WholegrainCereals	49
[9,] RefinedCereals	21
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13284.4	12847.6	13944.6		NA		NA	
Energy (kJ)	13787.5	13333.9	14484.2		NA		NA	
Protein (g)	147.6	139.7	153.1		100		100	
Fat (g)	95.8	87.9	106.4		NA		NA	
Carbohydrate (g)	415.0	389.4	442.8		NA		NA	
Sugars (g)	166.0	146.5	183.1		NA		NA	
Starch (g)	243.5	220.9	261.8		NA		NA	
Fibre (g)	68.5	59.0	89.1		NA		100	
Alcohol (g)	8.8	2.2	15.8		NA		NA	
Saturated fat (g)	30.0	27.4	33.9		NA		NA	
Monounsaturated fat (g)	32.3	28.6	36.1		NA		NA	
Polyunsaturated fat (g)	26.2	23.8	29.4		NA		NA	
Linoleic acid (g)	24.1	21.8	27.1		NA		100	
Alpha linolenic acid (g)	1.7	1.4	2.2		NA		100	
LC n3 fatty acids (mg)	309.2	94.5	762.0		NA		74	
Vitamin A equivs (mcg)	2481.6	2051.1	3036.6		100		100	
Retinol (mcg)	592.2	522.7	716.6		NA		NA	
Provitamin A (mcg)	11295.8	8705.3	14194.6		NA		NA	
Thiamin (mg)	2.8	2.6	3.1		100		100	
Riboflavin (mg)	3.3	2.8	3.7		100		100	
Niacin (mg)	77.5	71.6	82.6		100		100	
Folate (mcg total)	775.8	686.6	858.3		NA		NA	
Folate equivs (mcg)	1189.9	1051.1	1337.4		100		100	
Vitamin C (mg)	254.2	199.2	316.8		100		100	
Vitamin D (mcg)	5.0	3.8	9.2		NA		0	
Vitamin E (mg)	17.5	14.3	20.9		NA		100	
Calcium (mg)	1500.4	1366.4	1674.2		100		100	
Iron (mg)	21.0	18.6	23.3		100		100	
Iodine (mcg)	290.1	255.8	338.8		100		100	
Magnesium (mg)	684.3	628.9	739.9		100		100	
Phosphorus (mg)	2696.3	2527.1	2853.2		100		100	
Potassium (mg)	7258.3	6864.6	7796.9		NA		100	
Sodium (mg)	2423.9	2036.9	3277.4		NA		100	
Zinc (mg)	19.8	17.8	29.5		100		100	
Cholesterol (mg)	292.3	194.3	467.4		NA		NA	
Selenium (mcg)	115.8	88.2	144.8		100		100	
Vitamin B6 (mg)	2.7	2.2	3.4		100		100	
Vitamin B12 (mcg)	6.8	5.6	11.2		100		100	

Percent energy from fat 26.3
 Percent energy from protein 18.6
 Percent energy from carbohydrate 53.1
 Percent energy from alcohol 1.9

Men51to70.hitot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	21
[2,] GreenBrassicas	21
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	18
[6,] OtherVeg	21
[7,] TotalFruit	28
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	7
[15,] LoFatDairy	24
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13233.5	12777.4	13606.9		NA		NA
Energy (kJ)	13730.2	13237.6	14147.6		NA		NA
Protein (g)	162.1	153.5	173.7		100		100
Fat (g)	120.2	111.7	127.2		NA		NA
Carbohydrate (g)	352.2	327.7	368.2		NA		NA
Sugars (g)	187.1	170.9	200.1		NA		NA
Starch (g)	160.6	144.0	175.1		NA		NA
Fibre (g)	64.9	57.5	77.9		NA		100
Alcohol (g)	4.5	0.0	9.9		NA		NA
Saturated fat (g)	36.9	34.0	40.1		NA		NA
Monounsaturated fat (g)	43.5	38.4	47.3		NA		NA
Polyunsaturated fat (g)	31.5	28.2	34.7		NA		NA
Linoleic acid (g)	29.5	26.9	32.4		NA		100
Alpha linolenic acid (g)	1.7	1.3	2.4		NA		100
LC n3 fatty acids (mg)	279.0	89.8	691.7		NA		69
Vitamin A equivs (mcg)	2749.9	2325.7	3325.5		100		100
Retinol (mcg)	725.3	654.0	871.2		NA		NA
Provitamin A (mcg)	12084.6	9662.2	15288.1		NA		NA
Thiamin (mg)	2.6	2.3	2.9		100		100
Riboflavin (mg)	4.4	3.9	4.7		100		100
Niacin (mg)	81.4	70.0	87.5		100		100
Folate (mcg total)	928.8	820.7	1019.6		NA		NA
Folate equivs (mcg)	1173.4	1041.6	1302.9		100		100
Vitamin C (mg)	287.9	204.4	353.5		100		100
Vitamin D (mcg)	6.5	5.3	9.6		NA		0
Vitamin E (mg)	21.1	16.6	25.0		NA		100
Calcium (mg)	1991.4	1842.3	2116.9		100		100
Iron (mg)	19.9	17.8	22.5		100		100
Iodine (mcg)	352.1	313.9	409.4		100		100
Magnesium (mg)	742.1	695.2	791.7		100		100
Phosphorus (mg)	3055.9	2863.2	3278.1		100		100
Potassium (mg)	7673.8	7341.2	8271.5		NA		100
Sodium (mg)	2017.7	1736.5	2945.5		NA		100
Zinc (mg)	21.5	20.0	33.6		100		100
Cholesterol (mg)	312.6	208.9	563.6		NA		NA
Selenium (mcg)	126.1	96.0	182.4		100		100
Vitamin B6 (mg)	3.4	2.8	4.7		100		100
Vitamin B12 (mcg)	10.1	8.8	13.2		100		100

Percent energy from fat 33.0
 Percent energy from protein 20.5
 Percent energy from carbohydrate 45.5
 Percent energy from alcohol 1.0

Men51to70.hitot6:

AllFoodGroups Nservings							
[1,]	StarchyVeg	28					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	21					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	35					
[7,]	TotalFruit	35					
[8,]	WholegrainCereals	49					
[9,]	RefinedCereals	17					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	10.5					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		13296.8	12721.8	13882.8		NA	NA
Energy (kJ)		13891.2	13289.4	14484.9		NA	NA
Protein (g)		151.7	144.4	162.1	100		100
Fat (g)		95.8	85.7	104.4		NA	NA
Carbohydrate (g)		415.3	393.4	441.2		NA	NA
Sugars (g)		187.7	169.1	204.8		NA	NA
Starch (g)		221.6	204.4	243.8		NA	NA
Fibre (g)		78.9	69.9	94.3		NA	100
Alcohol (g)		6.7	1.7	14.6		NA	NA
Saturated fat (g)		30.0	26.3	33.5		NA	NA
Monounsaturated fat (g)		32.0	28.0	36.1		NA	NA
Polyunsaturated fat (g)		26.5	23.6	31.0		NA	NA
Linoleic acid (g)		24.3	21.9	28.1		NA	100
Alpha linolenic acid (g)		1.7	1.4	2.4		NA	100
LC n3 fatty acids (mg)		296.0	70.8	705.8		NA	86
Vitamin A equivs (mcg)		3471.4	2785.1	4207.3	100		100
Retinol (mcg)		591.8	514.5	702.4		NA	NA
Provitamin A (mcg)		17232.9	13039.0	21281.3		NA	NA
Thiamin (mg)		3.0	2.7	3.4	100		100
Riboflavin (mg)		3.6	3.2	4.0	100		100
Niacin (mg)		79.8	73.8	88.4	100		100
Folate (mcg total)		884.8	768.9	993.9		NA	NA
Folate equivs (mcg)		1275.4	1143.5	1465.9	100		100
Vitamin C (mg)		338.3	247.1	399.7	100		100
Vitamin D (mcg)		5.1	4.0	8.4		NA	0
Vitamin E (mg)		19.7	16.3	23.1		NA	100
Calcium (mg)		1622.0	1481.8	1766.2	100		100
Iron (mg)		22.8	21.0	25.0	100		100
Iodine (mcg)		286.4	246.8	338.4	100		100
Magnesium (mg)		731.7	681.6	784.9	100		100
Phosphorus (mg)		2803.1	2669.3	2953.7	100		100
Potassium (mg)		8075.7	7684.0	8442.7		NA	100
Sodium (mg)		2413.8	1919.7	3181.3		NA	100
Zinc (mg)		21.2	18.6	42.1	100		100
Cholesterol (mg)		290.2	177.1	455.0		NA	NA
Selenium (mcg)		118.0	91.8	154.5	100		100
Vitamin B6 (mg)		3.4	2.8	4.7	100		100
Vitamin B12 (mcg)		6.9	5.5	11.3	100		100
Percent energy from fat		26.1					
Percent energy from protein		19.0					
Percent energy from carbohydrate		53.4					
Percent energy from alcohol		1.4					

A15.7 Sample 7-day *Total Diets* for Men 70+ years mid energy level

Average height (175cm) and light-moderate activity (PAL 1.7)

Public Consultation

Men70plus.avtot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	14
[4,] Legumes	2
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	17
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9570.1	9229.7	10115.1		NA		NA
Energy (kJ)	9854.8	9501.9	10404.9		NA		NA
Protein (g)	120.7	112.5	129.6		100		100
Fat (g)	86.8	80.1	97.1		NA		NA
Carbohydrate (g)	246.7	228.8	269.7		NA		NA
Sugars (g)	123.0	107.0	137.3		NA		NA
Starch (g)	120.0	104.0	144.8		NA		NA
Fibre (g)	36.8	32.5	49.2		NA		100
Alcohol (g)	5.9	1.1	12.5		NA		NA
Saturated fat (g)	28.5	25.8	31.0		NA		NA
Monounsaturated fat (g)	29.6	26.4	36.7		NA		NA
Polyunsaturated fat (g)	22.8	21.2	27.0		NA		NA
Linoleic acid (g)	21.2	19.6	25.1		NA		100
Alpha linolenic acid (g)	1.3	1.2	1.8		NA		35
LC n3 fatty acids (mg)	268.0	87.9	729.4		NA		68
Vitamin A equivs (mcg)	2248.7	1846.2	2685.1		100		100
Retinol (mcg)	606.4	543.1	730.2		NA		NA
Provitamin A (mcg)	9825.5	7302.6	12357.0		NA		NA
Thiamin (mg)	1.7	1.4	2.0		100		100
Riboflavin (mg)	3.1	2.8	3.5		100		100
Niacin (mg)	59.0	52.6	65.0		100		100
Folate (mcg total)	601.2	500.3	704.8		NA		NA
Folate equivs (mcg)	842.0	723.1	1001.7		100		100
Vitamin C (mg)	162.5	121.4	239.5		100		100
Vitamin D (mcg)	5.1	3.9	8.0		NA		0
Vitamin E (mg)	15.0	12.0	18.0		NA		100
Calcium (mg)	1445.4	1307.5	1584.2		100		100
Iron (mg)	13.1	11.3	15.0		100		100
Iodine (mcg)	270.3	237.9	310.0		100		100
Magnesium (mg)	448.8	406.9	497.5		100		96
Phosphorus (mg)	2121.0	1974.9	2253.9		100		100
Potassium (mg)	4683.5	4399.0	4975.1		NA		100
Sodium (mg)	1767.9	1437.6	2509.8		NA		100
Zinc (mg)	15.8	13.9	26.3		100		97
Cholesterol (mg)	293.1	177.2	525.9		NA		NA
Selenium (mcg)	94.2	64.7	126.5		100		98
Vitamin B6 (mg)	2.0	1.5	2.7		100		85
Vitamin B12 (mcg)	7.7	6.5	10.8		100		100

Percent energy from fat 33.2
Percent energy from protein 21.2
Percent energy from carbohydrate 43.8
Percent energy from alcohol 1.8

Men70plus.avtot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	9
[5,] NutsSeeds	11
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	21
[9,] RefinedCereals	10
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9479.2	9134.0	9842.6	NA			NA
Energy (kJ)	9822.3	9472.8	10195.9	NA			NA
Protein (g)	126.6	119.5	135.1	100			100
Fat (g)	92.0	86.0	101.6	NA			NA
Carbohydrate (g)	231.2	215.0	248.8	NA			NA
Sugars (g)	129.5	117.7	140.3	NA			NA
Starch (g)	98.5	87.3	112.4	NA			NA
Fibre (g)	43.6	39.6	51.4	NA			100
Alcohol (g)	1.7	0.0	4.9	NA			NA
Saturated fat (g)	27.2	25.3	30.5	NA			NA
Monounsaturated fat (g)	32.4	28.7	37.5	NA			NA
Polyunsaturated fat (g)	26.2	23.2	31.6	NA			NA
Linoleic acid (g)	24.4	21.7	29.2	NA			100
Alpha linolenic acid (g)	1.5	1.2	2.4	NA			86
LC n3 fatty acids (mg)	321.7	78.8	808.6	NA			79
Vitamin A equivs (mcg)	1631.3	1261.4	1980.2	100			100
Retinol (mcg)	573.5	516.5	661.9	NA			NA
Provitamin A (mcg)	6318.3	3866.7	8618.5	NA			NA
Thiamin (mg)	1.8	1.5	2.1	100			100
Riboflavin (mg)	3.1	2.8	3.4	100			100
Niacin (mg)	61.1	55.4	66.4	100			100
Folate (mcg total)	704.0	618.2	800.0	NA			NA
Folate equivs (mcg)	898.8	785.5	1022.1	100			100
Vitamin C (mg)	187.4	117.8	281.5	100			100
Vitamin D (mcg)	5.1	3.9	7.7	NA			0
Vitamin E (mg)	17.8	13.5	22.6	NA			100
Calcium (mg)	1447.1	1335.7	1555.9	100			100
Iron (mg)	14.3	12.2	16.4	100			100
Iodine (mcg)	258.7	230.4	317.0	100			100
Magnesium (mg)	519.8	475.5	567.1	100			100
Phosphorus (mg)	2214.9	2083.7	2428.7	100			100
Potassium (mg)	5163.7	4858.3	5459.0	NA			100
Sodium (mg)	1506.9	1147.4	2214.2	NA			100
Zinc (mg)	16.9	15.2	37.1	100			100
Cholesterol (mg)	272.1	183.3	433.8	NA			NA
Selenium (mcg)	106.1	71.5	156.2	100			100
Vitamin B6 (mg)	2.4	1.7	3.2	100			99
Vitamin B12 (mcg)	7.7	6.4	12.0	100			100

Percent energy from fat 35.3
Percent energy from protein 22.3
Percent energy from carbohydrate 41.9
Percent energy from alcohol 0.5

Men70plus.avtot3:

AllFoodGroups Nservings							
[1,]	StarchyVeg	12					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	9					
[5,]	NutsSeeds	4					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	10					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	7					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		9594.1	9238.0	9945.5	NA		NA
Energy (kJ)		9929.3	9558.0	10331.5	NA		NA
Protein (g)		126.5	119.3	132.6	100		100
Fat (g)		80.6	74.1	86.9	NA		NA
Carbohydrate (g)		258.7	235.9	282.7	NA		NA
Sugars (g)		132.3	117.9	144.9	NA		NA
Starch (g)		122.3	110.8	136.0	NA		NA
Fibre (g)		43.1	38.7	50.3	NA		100
Alcohol (g)		4.2	0.0	9.0	NA		NA
Saturated fat (g)		26.9	23.7	30.3	NA		NA
Monounsaturated fat (g)		25.7	22.9	29.0	NA		NA
Polyunsaturated fat (g)		22.1	20.2	24.8	NA		NA
Linoleic acid (g)		20.3	18.7	22.4	NA		100
Alpha linolenic acid (g)		1.5	1.3	1.9	NA		99
LC n3 fatty acids (mg)		301.5	89.4	817.6	NA		75
Vitamin A equivs (mcg)		1568.9	1214.4	2267.3	100		100
Retinol (mcg)		592.0	487.0	703.5	NA		NA
Provitamin A (mcg)		5833.0	3832.7	9966.9	NA		NA
Thiamin (mg)		1.8	1.4	2.1	100		100
Riboflavin (mg)		3.1	2.8	3.4	100		100
Niacin (mg)		60.1	53.9	66.2	100		100
Folate (mcg total)		655.2	533.1	755.4	NA		NA
Folate equivs (mcg)		898.9	794.6	1033.7	100		100
Vitamin C (mg)		172.4	123.9	233.9	100		100
Vitamin D (mcg)		5.1	4.1	7.7	NA		0
Vitamin E (mg)		14.1	10.6	17.1	NA		100
Calcium (mg)		1504.6	1411.1	1628.0	100		100
Iron (mg)		14.2	12.6	17.1	100		100
Iodine (mcg)		279.8	252.1	328.0	100		100
Magnesium (mg)		499.6	464.3	555.0	100		100
Phosphorus (mg)		2247.2	2090.6	2393.7	100		100
Potassium (mg)		5279.0	4982.5	5709.2	NA		100
Sodium (mg)		1724.2	1447.3	2588.7	NA		100
Zinc (mg)		16.6	14.0	27.4	100		100
Cholesterol (mg)		267.1	182.4	468.5	NA		NA
Selenium (mcg)		90.1	69.8	113.5	100		99
Vitamin B6 (mg)		2.1	1.5	2.8	100		95
Vitamin B12 (mcg)		7.7	6.1	12.5	100		100
Percent energy from fat		30.6					
Percent energy from protein		22.1					
Percent energy from carbohydrate		46.0					
Percent energy from alcohol		1.3					

Men70plus.avtot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	12
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	4
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	17
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9546.7	9211.7	9911.3		NA			NA
Energy (kJ)	9841.9	9518.8	10213.1		NA			NA
Protein (g)	123.7	117.9	132.6		100			100
Fat (g)	79.7	73.9	86.1		NA			NA
Carbohydrate (g)	260.8	245.1	282.8		NA			NA
Sugars (g)	117.7	107.1	128.8		NA			NA
Starch (g)	140.0	128.2	150.6		NA			NA
Fibre (g)	38.4	34.0	46.6		NA			100
Alcohol (g)	4.0	0.0	9.9		NA			NA
Saturated fat (g)	26.9	24.3	29.6		NA			NA
Monounsaturated fat (g)	26.0	23.4	29.2		NA			NA
Polyunsaturated fat (g)	21.1	19.9	23.6		NA			NA
Linoleic acid (g)	19.4	18.4	22.1		NA			100
Alpha linolenic acid (g)	1.3	1.2	1.6		NA			42
LC n3 fatty acids (mg)	315.7	72.5	1016.6		NA			74
Vitamin A equivs (mcg)	1585.3	1255.7	1951.4		100			100
Retinol (mcg)	598.7	521.1	733.8		NA			NA
Provitamin A (mcg)	5893.6	3911.8	7994.8		NA			NA
Thiamin (mg)	1.9	1.6	2.2		100			100
Riboflavin (mg)	3.2	2.9	3.5		100			100
Niacin (mg)	59.9	55.0	66.2		100			100
Folate (mcg total)	605.4	521.5	682.3		NA			NA
Folate equivs (mcg)	883.7	759.4	1003.3		100			100
Vitamin C (mg)	186.3	133.8	241.5		100			100
Vitamin D (mcg)	5.2	4.1	8.4		NA			0
Vitamin E (mg)	13.4	10.0	15.5		NA			100
Calcium (mg)	1501.8	1378.9	1594.5		100			100
Iron (mg)	14.1	12.6	16.2		100			100
Iodine (mcg)	286.5	261.5	334.4		100			100
Magnesium (mg)	462.2	426.2	499.4		100			100
Phosphorus (mg)	2200.1	2102.6	2337.6		100			100
Potassium (mg)	4944.6	4582.3	5361.8		NA			100
Sodium (mg)	1816.6	1549.9	2714.0		NA			100
Zinc (mg)	16.4	14.2	37.3		100			100
Cholesterol (mg)	286.1	179.7	502.2		NA			NA
Selenium (mcg)	90.9	68.2	119.5		100			97
Vitamin B6 (mg)	2.0	1.6	2.9		100			88
Vitamin B12 (mcg)	7.9	6.4	12.5		100			100

Percent energy from fat 30.6
 Percent energy from protein 21.8
 Percent energy from carbohydrate 46.4
 Percent energy from alcohol 1.2

Men70plus.avtot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	4
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	31
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9514.5	9216.3	10019.9		NA			NA
Energy (kJ)	9816.2	9519.4	10334.3		NA			NA
Protein (g)	128.8	120.4	135.8		100			100
Fat (g)	62.7	55.5	70.1		NA			NA
Carbohydrate (g)	297.5	278.4	320.1		NA			NA
Sugars (g)	113.4	104.3	123.7		NA			NA
Starch (g)	182.4	166.8	201.1		NA			NA
Fibre (g)	38.5	35.0	47.6		NA			100
Alcohol (g)	0.0	0.0	0.0		NA			NA
Saturated fat (g)	21.3	18.7	23.7		NA			NA
Monounsaturated fat (g)	21.0	18.6	24.7		NA			NA
Polyunsaturated fat (g)	15.5	14.1	18.6		NA			NA
Linoleic acid (g)	14.1	12.8	17.2		NA			96
Alpha linolenic acid (g)	1.0	0.9	1.4		NA			2
LC n3 fatty acids (mg)	319.8	70.6	1030.0		NA			77
Vitamin A equivs (mcg)	1398.2	1101.3	1722.2		100			100
Retinol (mcg)	419.5	357.0	521.6		NA			NA
Provitamin A (mcg)	5835.0	4108.1	7803.2		NA			NA
Thiamin (mg)	2.1	1.8	2.5		100			100
Riboflavin (mg)	3.3	2.9	3.7		100			100
Niacin (mg)	63.7	59.3	67.9		100			100
Folate (mcg total)	627.8	529.0	779.9		NA			NA
Folate equivs (mcg)	1057.8	918.9	1207.8		100			100
Vitamin C (mg)	144.8	96.1	242.2		100			100
Vitamin D (mcg)	4.4	2.9	7.4		NA			0
Vitamin E (mg)	11.0	8.3	13.5		NA			82
Calcium (mg)	1564.4	1425.7	1729.4		100			100
Iron (mg)	15.0	13.2	17.4		100			100
Iodine (mcg)	324.8	287.4	393.7		100			100
Magnesium (mg)	475.1	439.3	521.9		100			100
Phosphorus (mg)	2263.3	2097.2	2442.7		100			100
Potassium (mg)	4591.9	4280.9	4953.1		NA			100
Sodium (mg)	2024.7	1715.3	2810.6		NA			100
Zinc (mg)	16.9	14.7	27.8		100			100
Cholesterol (mg)	268.9	176.2	498.2		NA			NA
Selenium (mcg)	99.2	74.4	140.3		100			100
Vitamin B6 (mg)	2.0	1.4	3.2		99			83
Vitamin B12 (mcg)	7.9	6.6	12.5		100			100

Percent energy from fat 24.2
Percent energy from protein 22.9
Percent energy from carbohydrate 52.9
Percent energy from alcohol 0.0

Men70plus.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	11
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	17
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	7
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	25
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9527.6	9138.2	9971.3		NA			NA
Energy (kJ)	9799.0	9398.3	10248.1		NA			NA
Protein (g)	128.6	121.2	137.1		100			100
Fat (g)	92.3	84.4	98.9		NA			NA
Carbohydrate (g)	233.9	218.5	250.3		NA			NA
Sugars (g)	107.4	95.4	122.1		NA			NA
Starch (g)	124.7	113.1	137.2		NA			NA
Fibre (g)	34.6	29.8	41.7		NA			99
Alcohol (g)	0.0	0.0	0.0		NA			NA
Saturated fat (g)	29.8	26.9	32.7		NA			NA
Monounsaturated fat (g)	32.6	29.3	35.5		NA			NA
Polyunsaturated fat (g)	23.8	21.8	26.3		NA			NA
Linoleic acid (g)	22.2	20.5	24.5		NA			100
Alpha linolenic acid (g)	1.3	1.1	1.7		NA			21
LC n3 fatty acids (mg)	323.3	78.9	787.1		NA			82
Vitamin A equivs (mcg)	1510.8	1202.0	1939.1		100			100
Retinol (mcg)	586.6	520.8	684.1		NA			NA
Provitamin A (mcg)	5482.9	3674.3	7995.2		NA			NA
Thiamin (mg)	1.9	1.5	2.2		100			100
Riboflavin (mg)	3.2	2.8	3.5		100			100
Niacin (mg)	61.6	54.4	66.9		100			100
Folate (mcg total)	616.3	539.1	726.1		NA			NA
Folate equivs (mcg)	909.5	806.2	1018.1		100			100
Vitamin C (mg)	128.4	87.2	160.1		100			100
Vitamin D (mcg)	5.6	4.5	7.6		NA			0
Vitamin E (mg)	15.3	12.2	18.3		NA			100
Calcium (mg)	1608.0	1458.6	1725.5		100			100
Iron (mg)	13.4	10.8	15.6		100			100
Iodine (mcg)	290.8	250.1	337.8		100			100
Magnesium (mg)	478.7	439.7	529.6		100			100
Phosphorus (mg)	2274.1	2136.3	2472.0		100			100
Potassium (mg)	4385.3	4103.8	4765.2		NA			100
Sodium (mg)	1891.2	1592.6	2810.6		NA			100
Zinc (mg)	17.3	14.5	27.9		100			100
Cholesterol (mg)	285.1	188.8	462.1		NA			NA
Selenium (mcg)	110.5	74.0	171.1		100			100
Vitamin B6 (mg)	2.0	1.5	2.8		100			90
Vitamin B12 (mcg)	8.3	6.8	12.5		100			100

Percent energy from fat 35.5
Percent energy from protein 22.7
Percent energy from carbohydrate 41.8
Percent energy from alcohol 0.0

A15.8 Sample 7-day *Total Diets* for Men 70+ years higher energy level

Tallest (190cm) and highest activity (PAL 2)

Public Consultation

Men70plus.hitot1:

AllFoodGroups Nservings	
[1,] StarchyVeg	28
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	10
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	42
[9,] RefinedCereals	18
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12224.8	11935.4	12573.4		NA		NA
Energy (kJ)	12713.7	12416.6	13071.2		NA		NA
Protein (g)	153.4	143.4	162.6		100		100
Fat (g)	92.6	85.4	101.8		NA		NA
Carbohydrate (g)	361.4	342.1	384.8		NA		NA
Sugars (g)	153.4	138.6	170.6		NA		NA
Starch (g)	203.9	188.6	219.8		NA		NA
Fibre (g)	63.6	56.3	76.1		NA		100
Alcohol (g)	3.8	0.6	9.1		NA		NA
Saturated fat (g)	29.3	26.2	32.7		NA		NA
Monounsaturated fat (g)	30.6	26.9	34.7		NA		NA
Polyunsaturated fat (g)	26.0	23.8	30.1		NA		NA
Linoleic acid (g)	24.0	21.8	28.1		NA		100
Alpha linolenic acid (g)	1.6	1.4	2.0		NA		100
LC n3 fatty acids (mg)	305.8	70.2	929.3		NA		71
Vitamin A equivs (mcg)	2423.3	1889.0	3376.6		100		100
Retinol (mcg)	607.9	538.8	714.5		NA		NA
Provitamin A (mcg)	10854.7	7469.6	16424.9		NA		NA
Thiamin (mg)	2.8	2.3	3.3		100		100
Riboflavin (mg)	3.7	3.3	4.1		100		100
Niacin (mg)	77.2	71.0	83.5		100		100
Folate (mcg total)	872.1	801.2	967.4		NA		NA
Folate equivs (mcg)	1258.0	1141.7	1379.7		100		100
Vitamin C (mg)	274.2	213.1	373.9		100		100
Vitamin D (mcg)	5.3	4.2	8.3		NA		0
Vitamin E (mg)	17.6	14.3	21.1		NA		100
Calcium (mg)	1756.9	1519.9	1885.2		100		100
Iron (mg)	20.4	18.2	22.9		100		100
Iodine (mcg)	330.7	297.6	367.9		100		100
Magnesium (mg)	676.4	639.3	722.9		100		100
Phosphorus (mg)	2804.6	2582.3	3038.0		100		100
Potassium (mg)	7435.2	7124.1	8067.8		NA		100
Sodium (mg)	2202.6	1909.3	3059.1		NA		100
Zinc (mg)	20.8	17.5	31.3		100		100
Cholesterol (mg)	277.0	179.3	454.6		NA		NA
Selenium (mcg)	114.5	87.0	159.3		100		100
Vitamin B6 (mg)	3.0	2.3	4.0		100		100
Vitamin B12 (mcg)	7.8	6.4	10.6		100		100

Percent energy from fat 27.6
Percent energy from protein 21.0
Percent energy from carbohydrate 50.5
Percent energy from alcohol 0.9

Men70plus.hitot2:

AllFoodGroups Nservings							
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	14					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	32					
[9,]	RefinedCereals	21					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	10					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	10.5					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		12336.8	11824.7	12818.6		NA	NA
Energy (kJ)		12715.9	12186.6	13203.0		NA	NA
Protein (g)		149.3	143.4	157.5		100	100
Fat (g)		103.3	97.3	111.4		NA	NA
Carbohydrate (g)		346.9	324.4	369.2		NA	NA
Sugars (g)		169.6	154.2	190.8		NA	NA
Starch (g)		172.5	159.1	189.2		NA	NA
Fibre (g)		49.0	43.7	58.5		NA	100
Alcohol (g)		5.8	1.7	13.0		NA	NA
Saturated fat (g)		37.2	33.6	41.0		NA	NA
Monounsaturated fat (g)		33.4	30.3	36.6		NA	NA
Polyunsaturated fat (g)		25.2	23.1	28.6		NA	NA
Linoleic acid (g)		23.3	21.4	25.7		NA	100
Alpha linolenic acid (g)		1.6	1.4	2.0		NA	100
LC n3 fatty acids (mg)		300.1	73.4	1031.2		NA	75
Vitamin A equivs (mcg)		2443.1	1808.1	2963.1		100	100
Retinol (mcg)		780.9	692.0	873.4		NA	NA
Provitamin A (mcg)		9936.7	6040.4	12503.9		NA	NA
Thiamin (mg)		2.3	1.9	2.7		100	100
Riboflavin (mg)		4.2	3.8	4.7		100	100
Niacin (mg)		72.8	68.4	77.8		100	100
Folate (mcg total)		766.3	677.9	915.7		NA	NA
Folate equivs (mcg)		1110.1	979.6	1239.2		100	100
Vitamin C (mg)		190.3	128.9	260.8		100	100
Vitamin D (mcg)		7.0	5.5	9.8		NA	0
Vitamin E (mg)		16.3	12.9	20.0		NA	100
Calcium (mg)		1952.8	1825.0	2119.8		100	100
Iron (mg)		16.7	14.1	20.0		100	100
Iodine (mcg)		385.8	343.5	430.1		100	100
Magnesium (mg)		599.3	552.5	659.9		100	100
Phosphorus (mg)		2778.3	2629.3	2927.2		100	100
Potassium (mg)		6325.9	6009.8	6766.8		NA	100
Sodium (mg)		2193.2	1806.8	2948.1		NA	100
Zinc (mg)		19.4	17.2	30.9		100	100
Cholesterol (mg)		334.7	238.8	473.5		NA	NA
Selenium (mcg)		107.9	82.0	148.4		100	100
Vitamin B6 (mg)		2.6	2.1	3.1		100	100
Vitamin B12 (mcg)		10.0	8.6	12.8		100	100
Percent energy from fat		30.7					
Percent energy from protein		20.4					
Percent energy from carbohydrate		47.6					
Percent energy from alcohol		1.3					

Men70plus.hitot3:

AllFoodGroups Nservings							
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	21					
[3,]	OrangeVeg	21					
[4,]	Legumes	14					
[5,]	NutsSeeds	11					
[6,]	OtherVeg	28					
[7,]	TotalFruit	25					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	14					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		12228.8	11747.2	12625.4	NA	NA	NA
Energy (kJ)		12746.4	12248.7	13171.4	NA	NA	NA
Protein (g)		153.1	145.5	163.7	100	100	100
Fat (g)		104.0	95.7	112.0	NA	NA	NA
Carbohydrate (g)		330.0	305.9	351.8	NA	NA	NA
Sugars (g)		168.8	151.9	186.4	NA	NA	NA
Starch (g)		155.0	141.8	174.7	NA	NA	NA
Fibre (g)		65.4	61.1	71.5	NA	100	100
Alcohol (g)		8.4	2.9	14.5	NA	NA	NA
Saturated fat (g)		32.3	29.3	36.0	NA	NA	NA
Monounsaturated fat (g)		35.6	30.4	39.7	NA	NA	NA
Polyunsaturated fat (g)		28.8	26.5	31.8	NA	NA	NA
Linoleic acid (g)		26.8	24.3	29.6	NA	100	100
Alpha linolenic acid (g)		1.7	1.5	2.1	NA	100	100
LC n3 fatty acids (mg)		303.8	79.2	905.4	NA	76	76
Vitamin A equivs (mcg)		3158.9	2559.9	3828.7	100	100	100
Retinol (mcg)		623.2	548.2	704.1	NA	NA	NA
Provitamin A (mcg)		15181.3	11864.5	19259.5	NA	NA	NA
Thiamin (mg)		2.5	2.1	2.8	100	100	100
Riboflavin (mg)		3.6	3.2	4.0	100	100	100
Niacin (mg)		74.5	68.6	78.6	100	100	100
Folate (mcg total)		914.9	809.5	1011.1	NA	NA	NA
Folate equivs (mcg)		1183.6	1053.0	1292.4	100	100	100
Vitamin C (mg)		303.7	228.9	381.8	100	100	100
Vitamin D (mcg)		5.2	4.1	8.1	NA	0	0
Vitamin E (mg)		19.8	16.9	24.0	NA	100	100
Calcium (mg)		1717.6	1581.1	1836.3	100	100	100
Iron (mg)		20.3	18.0	23.4	100	100	100
Iodine (mcg)		297.2	267.2	354.2	100	100	100
Magnesium (mg)		693.9	641.4	753.8	100	100	100
Phosphorus (mg)		2750.8	2513.9	2930.8	100	100	100
Potassium (mg)		7294.6	6809.8	7771.8	NA	100	100
Sodium (mg)		2017.5	1747.9	2621.4	NA	100	100
Zinc (mg)		21.2	17.7	31.9	100	100	100
Cholesterol (mg)		291.6	179.2	478.5	NA	NA	NA
Selenium (mcg)		120.2	86.7	158.7	100	100	100
Vitamin B6 (mg)		3.2	2.4	4.2	100	100	100
Vitamin B12 (mcg)		8.1	6.6	12.1	100	100	100
Percent energy from fat		30.8					
Percent energy from protein		20.8					
Percent energy from carbohydrate		46.4					
Percent energy from alcohol		1.9					

Men70plus.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	28
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	11
[8,] WholegrainCereals	35
[9,] RefinedCereals	32
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12246.9	11910.5	12741.6		NA		NA
Energy (kJ)	12627.6	12302.5	13148.7		NA		NA
Protein (g)	148.0	141.6	155.6		100		100
Fat (g)	93.2	85.7	102.0		NA		NA
Carbohydrate (g)	362.9	344.6	387.4		NA		NA
Sugars (g)	126.1	111.9	141.4		NA		NA
Starch (g)	233.2	215.0	249.8		NA		NA
Fibre (g)	50.2	43.8	65.1		NA		100
Alcohol (g)	5.9	0.0	12.4		NA		NA
Saturated fat (g)	30.0	26.9	32.5		NA		NA
Monounsaturated fat (g)	31.2	27.3	34.9		NA		NA
Polyunsaturated fat (g)	25.4	22.8	28.7		NA		NA
Linoleic acid (g)	23.6	21.1	26.5		NA		100
Alpha linolenic acid (g)	1.6	1.3	1.9		NA		100
LC n3 fatty acids (mg)	278.8	88.1	959.2		NA		65
Vitamin A equivs (mcg)	1649.5	1200.7	2169.9		100		100
Retinol (mcg)	609.2	533.0	720.9		NA		NA
Provitamin A (mcg)	6203.4	3501.8	9022.9		NA		NA
Thiamin (mg)	2.6	2.1	3.0		100		100
Riboflavin (mg)	3.4	3.0	3.9		100		100
Niacin (mg)	75.0	67.8	81.2		100		100
Folate (mcg total)	743.7	645.5	870.1		NA		NA
Folate equivs (mcg)	1186.1	1043.8	1335.3		100		100
Vitamin C (mg)	188.7	152.6	249.8		100		100
Vitamin D (mcg)	5.2	4.1	8.5		NA		0
Vitamin E (mg)	15.8	12.5	19.2		NA		100
Calcium (mg)	1637.1	1495.7	1838.8		100		100
Iron (mg)	18.5	16.0	20.6		100		100
Iodine (mcg)	332.1	297.8	384.4		100		100
Magnesium (mg)	601.0	564.3	652.6		100		100
Phosphorus (mg)	2641.0	2486.2	2818.0		100		100
Potassium (mg)	6309.5	6020.4	6728.0		NA		100
Sodium (mg)	2365.1	2038.4	3281.0		NA		100
Zinc (mg)	19.2	17.3	39.8		100		100
Cholesterol (mg)	278.8	194.1	470.2		NA		NA
Selenium (mcg)	114.2	85.3	156.0		100		100
Vitamin B6 (mg)	2.4	1.9	3.2		100		100
Vitamin B12 (mcg)	7.8	6.7	12.4		100		100

Percent energy from fat 28.0
Percent energy from protein 20.4
Percent energy from carbohydrate 50.2
Percent energy from alcohol 1.4

Men70plus.hitot5:

AllFoodGroups Nservings							
[1,]	StarchyVeg	35					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	14					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	35					
[9,]	RefinedCereals	18					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		12353.8	11988.1	12766.9	NA	NA	NA
Energy (kJ)		12778.5	12399.4	13222.4	NA	NA	NA
Protein (g)		146.3	137.6	156.3	100	100	100
Fat (g)		95.7	86.3	102.0	NA	NA	NA
Carbohydrate (g)		363.1	342.1	392.7	NA	NA	NA
Sugars (g)		154.2	138.1	173.0	NA	NA	NA
Starch (g)		203.6	185.6	221.5	NA	NA	NA
Fibre (g)		56.0	48.8	66.9	NA	100	100
Alcohol (g)		7.5	3.4	13.4	NA	NA	NA
Saturated fat (g)		31.5	27.9	34.7	NA	NA	NA
Monounsaturated fat (g)		31.9	28.9	36.1	NA	NA	NA
Polyunsaturated fat (g)		25.4	23.0	28.0	NA	NA	NA
Linoleic acid (g)		23.5	21.5	25.9	NA	100	100
Alpha linolenic acid (g)		1.6	1.4	1.9	NA	100	100
LC n3 fatty acids (mg)		273.3	90.2	1016.5	NA	69	69
Vitamin A equivs (mcg)		2293.3	1837.5	2881.4	100	100	100
Retinol (mcg)		631.0	559.9	712.1	NA	NA	NA
Provitamin A (mcg)		9939.4	7507.9	13220.1	NA	NA	NA
Thiamin (mg)		2.5	2.2	2.9	100	100	100
Riboflavin (mg)		3.5	3.2	3.9	100	100	100
Niacin (mg)		74.0	70.3	78.6	100	100	100
Folate (mcg total)		762.3	671.4	894.3	NA	NA	NA
Folate equivs (mcg)		1098.1	977.9	1235.5	100	100	100
Vitamin C (mg)		239.7	189.5	331.1	100	100	100
Vitamin D (mcg)		5.3	4.1	9.1	NA	0	0
Vitamin E (mg)		16.2	13.3	19.5	NA	100	100
Calcium (mg)		1653.0	1483.0	1799.8	100	100	100
Iron (mg)		18.1	15.9	22.3	100	100	100
Iodine (mcg)		315.8	267.9	347.3	100	100	100
Magnesium (mg)		629.8	589.5	679.9	100	100	100
Phosphorus (mg)		2679.8	2516.2	2880.9	100	100	100
Potassium (mg)		7192.2	6874.2	7634.5	NA	100	100
Sodium (mg)		2151.8	1863.0	2671.5	NA	100	100
Zinc (mg)		19.1	16.3	29.0	100	100	100
Cholesterol (mg)		290.9	201.8	413.3	NA	NA	NA
Selenium (mcg)		107.7	81.1	135.6	100	100	100
Vitamin B6 (mg)		2.5	2.2	3.0	100	100	100
Vitamin B12 (mcg)		7.8	6.7	10.5	100	100	100
Percent energy from fat		28.4					
Percent energy from protein		19.9					
Percent energy from carbohydrate		49.9					
Percent energy from alcohol		1.8					

Men70plus.hitot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	21
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	18
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	7
[15,] LoFatDairy	24
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12338.3	11953.2	12753.1	NA	NA		NA
Energy (kJ)	12769.3	12374.9	13175.9	NA	NA		NA
Protein (g)	156.8	150.9	165.3	100			100
Fat (g)	120.8	112.4	129.9	NA	NA		NA
Carbohydrate (g)	304.4	289.0	324.6	NA	NA		NA
Sugars (g)	167.2	153.7	178.7	NA	NA		NA
Starch (g)	133.2	120.3	151.4	NA	NA		NA
Fibre (g)	54.6	49.4	66.4	NA			100
Alcohol (g)	3.9	0.0	8.6	NA	NA		NA
Saturated fat (g)	37.3	34.3	41.2	NA	NA		NA
Monounsaturated fat (g)	43.8	39.9	50.2	NA	NA		NA
Polyunsaturated fat (g)	31.6	28.5	36.1	NA	NA		NA
Linoleic acid (g)	29.7	27.0	33.6	NA			100
Alpha linolenic acid (g)	1.6	1.3	2.2	NA			100
LC n3 fatty acids (mg)	305.5	79.6	880.7	NA			75
Vitamin A equivs (mcg)	2521.3	1959.7	3057.3	100			100
Retinol (mcg)	733.0	653.0	882.1	NA	NA		NA
Provitamin A (mcg)	10688.3	7355.5	14025.3	NA	NA		NA
Thiamin (mg)	2.5	2.2	2.8	100			100
Riboflavin (mg)	4.3	3.9	4.6	100			100
Niacin (mg)	76.8	71.8	82.1	100			100
Folate (mcg total)	896.4	797.9	980.4	NA	NA		NA
Folate equivs (mcg)	1165.3	1052.9	1272.1	100			100
Vitamin C (mg)	243.0	176.6	309.9	100			100
Vitamin D (mcg)	6.6	5.5	8.8	NA			0
Vitamin E (mg)	20.8	17.0	26.9	NA			100
Calcium (mg)	1978.2	1850.1	2099.3	100			100
Iron (mg)	18.2	15.8	21.8	100			100
Iodine (mcg)	363.6	328.8	415.1	100			100
Magnesium (mg)	684.9	626.7	752.2	100			100
Phosphorus (mg)	2918.9	2762.8	3084.2	100			100
Potassium (mg)	6594.3	6079.5	6834.3	NA			100
Sodium (mg)	1948.8	1564.4	2748.1	NA			100
Zinc (mg)	21.0	18.9	32.4	100			100
Cholesterol (mg)	330.0	208.7	557.1	NA			NA
Selenium (mcg)	135.4	86.9	188.2	100			100
Vitamin B6 (mg)	3.1	2.6	3.9	100			100
Vitamin B12 (mcg)	9.9	8.6	12.9	100			100

Percent energy from fat 35.6
Percent energy from protein 21.2
Percent energy from carbohydrate 42.2
Percent energy from alcohol 0.9

A15.9 Sample 7-day *Total Diets* Women 19-30 years mid energy level

Average height (165cms); light to moderate activity (PAL 1.7)

Public Consultation

Women19to30.avtot1:

AllFoodGroups Nservings							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	17					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	7					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		9556.9	9152.3	9949.4	NA		NA
Energy (kJ)		9837.0	9418.8	10234.0	NA		NA
Protein (g)		121.7	116.1	128.5	100		100
Fat (g)		86.1	79.8	97.5	NA		NA
Carbohydrate (g)		254.0	232.1	276.3	NA		NA
Sugars (g)		121.6	106.6	139.3	NA		NA
Starch (g)		130.8	107.5	147.4	NA		NA
Fibre (g)		36.7	32.1	47.3	NA		100
Alcohol (g)		1.9	0.0	8.2	NA		NA
Saturated fat (g)		27.2	25.1	30.0	NA		NA
Monounsaturated fat (g)		30.1	26.9	35.7	NA		NA
Polyunsaturated fat (g)		22.8	20.0	25.2	NA		NA
Linoleic acid (g)		21.2	18.7	23.3	NA		100
Alpha linolenic acid (g)		1.3	1.2	1.8	NA		100
LC n3 fatty acids (mg)		215.3	71.9	674.4	NA		96
Vitamin A equivs (mcg)		1670.9	1366.7	2017.0	100		100
Retinol (mcg)		566.4	519.3	668.1	NA		NA
Provitamin A (mcg)		6586.5	4687.4	8762.7	NA		NA
Thiamin (mg)		1.9	1.6	2.2	100		100
Riboflavin (mg)		3.1	2.9	3.5	100		100
Niacin (mg)		61.5	55.9	66.8	100		100
Folate (mcg total)		582.1	492.5	701.3	NA		NA
Folate equivs (mcg)		868.6	749.1	999.9	100		100
Vitamin C (mg)		131.7	87.1	194.8	100		100
Vitamin D (mcg)		4.7	4.0	6.9	NA		16
Vitamin E (mg)		14.4	10.7	18.9	NA		100
Calcium (mg)		1412.7	1291.4	1584.6	100		100
Iron (mg)		13.5	11.5	16.0	100		0
Iodine (mcg)		271.5	236.5	310.3	100		100
Magnesium (mg)		463.9	423.9	503.3	100		100
Phosphorus (mg)		2142.8	2015.3	2245.3	100		100
Potassium (mg)		4308.4	3982.0	4630.5	NA		100
Sodium (mg)		1870.1	1438.8	3220.8	NA		100
Zinc (mg)		16.3	14.2	26.4	100		100
Cholesterol (mg)		255.1	181.1	508.9	NA		NA
Selenium (mcg)		92.1	72.6	125.0	100		100
Vitamin B6 (mg)		2.0	1.6	2.7	100		100
Vitamin B12 (mcg)		7.6	6.6	11.4	100		100
Percent energy from fat		33.0					
Percent energy from protein		21.4					
Percent energy from carbohydrate		45.0					
Percent energy from alcohol		0.6					

Women19to30.avtot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9546.7	9174.0	10108.6		NA		NA	
Energy (kJ)	9875.5	9495.6	10459.4		NA		NA	
Protein (g)	121.7	115.4	133.9		100		100	
Fat (g)	85.2	78.6	94.8		NA		NA	
Carbohydrate (g)	256.9	238.4	272.1		NA		NA	
Sugars (g)	134.4	118.3	149.5		NA		NA	
Starch (g)	120.5	108.0	135.8		NA		NA	
Fibre (g)	42.5	38.0	51.3		NA		100	
Alcohol (g)	0.8	0.0	8.3		NA		NA	
Saturated fat (g)	26.5	23.8	29.5		NA		NA	
Monounsaturated fat (g)	30.0	26.3	36.5		NA		NA	
Polyunsaturated fat (g)	22.8	20.0	26.7		NA		NA	
Linoleic acid (g)	21.2	18.8	24.9		NA		100	
Alpha linolenic acid (g)	1.3	1.2	1.6		NA		100	
LC n3 fatty acids (mg)	237.2	69.3	853.1		NA		93	
Vitamin A equivs (mcg)	1825.7	1486.2	2166.3		100		100	
Retinol (mcg)	556.3	504.5	640.3		NA		NA	
Provitamin A (mcg)	7565.1	5526.2	9453.4		NA		NA	
Thiamin (mg)	1.9	1.7	2.2		100		100	
Riboflavin (mg)	3.2	2.8	3.6		100		100	
Niacin (mg)	62.7	56.4	66.9		100		100	
Folate (mcg total)	643.1	573.3	752.1		NA		NA	
Folate equivs (mcg)	909.8	777.6	1026.2		100		100	
Vitamin C (mg)	177.6	122.8	252.2		100		100	
Vitamin D (mcg)	4.7	3.8	8.3		NA		30	
Vitamin E (mg)	15.3	12.3	19.6		NA		100	
Calcium (mg)	1418.0	1261.0	1560.5		100		100	
Iron (mg)	14.3	12.9	16.9		100		0	
Iodine (mcg)	263.9	232.3	307.6		100		100	
Magnesium (mg)	490.9	450.0	524.4		100		100	
Phosphorus (mg)	2166.2	2058.2	2380.5		100		100	
Potassium (mg)	4902.4	4591.3	5211.3		NA		100	
Sodium (mg)	1710.5	1479.2	2859.6		NA		100	
Zinc (mg)	16.3	14.1	26.8		100		100	
Cholesterol (mg)	248.6	177.9	398.7		NA		NA	
Selenium (mcg)	93.3	71.2	134.3		100		100	
Vitamin B6 (mg)	2.4	1.8	3.9		100		100	
Vitamin B12 (mcg)	7.5	6.3	11.3		100		100	

Percent energy from fat 32.6
Percent energy from protein 21.4
Percent energy from carbohydrate 45.8
Percent energy from alcohol 0.3

Women19to30.avtot3:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	9
[5,] NutsSeeds	4
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	18
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9485.0	9121.0	9978.6		NA			NA
Energy (kJ)	9818.5	9432.8	10306.1		NA			NA
Protein (g)	120.6	112.2	134.7		100			100
Fat (g)	81.0	72.3	90.1		NA			NA
Carbohydrate (g)	261.7	238.0	281.6		NA			NA
Sugars (g)	131.6	115.0	148.6		NA			NA
Starch (g)	128.3	110.7	148.1		NA			NA
Fibre (g)	43.4	37.3	54.8		NA			100
Alcohol (g)	2.0	0.0	10.6		NA			NA
Saturated fat (g)	26.1	22.9	30.1		NA			NA
Monounsaturated fat (g)	26.8	23.1	29.9		NA			NA
Polyunsaturated fat (g)	22.2	20.2	25.4		NA			NA
Linoleic acid (g)	20.5	18.5	23.3		NA			100
Alpha linolenic acid (g)	1.5	1.3	2.0		NA			100
LC n3 fatty acids (mg)	224.2	58.8	516.8		NA			94
Vitamin A equivs (mcg)	1686.1	1399.7	2027.2		100			100
Retinol (mcg)	550.5	490.7	651.8		NA			NA
Provitamin A (mcg)	6768.0	5262.7	8326.7		NA			NA
Thiamin (mg)	1.9	1.6	2.2		100			100
Riboflavin (mg)	2.9	2.6	3.4		100			100
Niacin (mg)	59.0	52.1	63.2		100			100
Folate (mcg total)	627.9	564.0	750.7		NA			NA
Folate equivs (mcg)	896.3	786.9	1002.3		100			100
Vitamin C (mg)	155.5	98.5	228.4		100			100
Vitamin D (mcg)	4.6	3.5	6.7		NA			24
Vitamin E (mg)	14.2	11.1	17.5		NA			100
Calcium (mg)	1334.6	1211.8	1479.9		100			100
Iron (mg)	14.9	13.2	17.8		100			0
Iodine (mcg)	241.8	217.0	285.8		100			100
Magnesium (mg)	477.1	439.1	527.0		100			100
Phosphorus (mg)	2072.3	1942.8	2244.9		100			100
Potassium (mg)	4545.9	4247.8	5050.0		NA			100
Sodium (mg)	1821.4	1491.4	2733.2		NA			100
Zinc (mg)	16.1	13.8	27.0		100			100
Cholesterol (mg)	249.3	151.7	399.7		NA			NA
Selenium (mcg)	91.1	68.6	126.1		100			100
Vitamin B6 (mg)	2.1	1.7	3.8		100			100
Vitamin B12 (mcg)	7.0	5.8	9.8		100			100

Percent energy from fat 31.1
Percent energy from protein 21.3
Percent energy from carbohydrate 47.0
Percent energy from alcohol 0.6

Women19to30.avtot4:

AllFoodGroups Nservings									
[1,]	StarchyVeg	12							
[2,]	GreenBrassicas	14							
[3,]	OrangeVeg	7							
[4,]	Legumes	2							
[5,]	NutsSeeds	4							
[6,]	OtherVeg	14							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	28							
[9,]	RefinedCereals	17							
[10,]	Poultryfisheseggsleg	7							
[11,]	RedMeats	7							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	21							
[16,]	PolyMarg	28							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	7							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		9569.9	9216.2	10069.8		NA			NA
Energy (kJ)		9878.2	9502.5	10380.7		NA			NA
Protein (g)		123.3	116.6	130.3		100			100
Fat (g)		80.3	71.6	90.8		NA			NA
Carbohydrate (g)		265.8	247.1	287.0		NA			NA
Sugars (g)		122.6	108.1	134.3		NA			NA
Starch (g)		141.6	124.4	154.9		NA			NA
Fibre (g)		42.1	35.0	56.4		NA			100
Alcohol (g)		1.6	0.0	6.7		NA			NA
Saturated fat (g)		26.6	22.7	30.1		NA			NA
Monounsaturated fat (g)		26.8	23.3	31.1		NA			NA
Polyunsaturated fat (g)		21.3	19.1	25.6		NA			NA
Linoleic acid (g)		19.7	17.6	23.5		NA			100
Alpha linolenic acid (g)		1.3	1.2	1.7		NA			100
LC n3 fatty acids (mg)		226.9	71.1	862.1		NA			91
Vitamin A equivs (mcg)		1716.3	1214.7	2031.1		100			100
Retinol (mcg)		563.8	507.5	652.7		NA			NA
Provitamin A (mcg)		6860.9	4074.0	8820.0		NA			NA
Thiamin (mg)		1.9	1.6	2.2		100			100
Riboflavin (mg)		3.2	2.8	3.5		100			100
Niacin (mg)		62.3	56.7	67.8		100			100
Folate (mcg total)		608.0	499.6	709.3		NA			NA
Folate equivs (mcg)		898.3	768.5	1045.2		100			100
Vitamin C (mg)		179.7	132.5	232.6		100			100
Vitamin D (mcg)		4.7	4.0	7.3		NA			24
Vitamin E (mg)		13.3	10.4	16.3		NA			100
Calcium (mg)		1423.2	1296.0	1539.9		100			100
Iron (mg)		14.2	12.5	16.8		100			0
Iodine (mcg)		271.8	237.0	324.2		100			100
Magnesium (mg)		471.0	435.9	528.6		100			100
Phosphorus (mg)		2178.6	2042.2	2364.6		100			100
Potassium (mg)		4891.5	4617.3	5179.4		NA			100
Sodium (mg)		1856.6	1522.6	2687.7		NA			100
Zinc (mg)		16.9	14.4	26.4		100			100
Cholesterol (mg)		247.5	180.9	395.0		NA			NA
Selenium (mcg)		89.9	69.4	111.5		100			100
Vitamin B6 (mg)		2.1	1.6	2.9		100			100
Vitamin B12 (mcg)		7.7	6.5	11.6		100			100
Percent energy from fat		30.7							
Percent energy from protein		21.7							
Percent energy from carbohydrate		47.1							
Percent energy from alcohol		0.5							

Women19to30.avtot5:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	5
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	2
[5,]	NutsSeeds	4
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	35
[9,]	RefinedCereals	31
[10,]	Poultryfishheggsleg	7
[11,]	RedMeats	7
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	17
[16,]	PolyMarg	14
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9542.9	9114.0	10060.9	NA	NA			
Energy (kJ)	9855.7	9419.0	10377.1	NA	NA			
Protein (g)	123.2	115.9	132.1	100	100			
Fat (g)	65.2	58.5	74.6	NA	NA			
Carbohydrate (g)	298.3	280.8	320.2	NA	NA			
Sugars (g)	111.1	97.6	123.7	NA	NA			
Starch (g)	185.8	166.6	219.2	NA	NA			
Fibre (g)	40.9	35.5	51.3	NA	100			
Alcohol (g)	1.0	0.0	8.3	NA	NA			
Saturated fat (g)	21.6	19.5	24.5	NA	NA			
Monounsaturated fat (g)	22.9	18.7	27.9	NA	NA			
Polyunsaturated fat (g)	15.5	13.7	18.0	NA	NA			
Linoleic acid (g)	14.2	12.3	16.3	NA	100			
Alpha linolenic acid (g)	1.1	0.9	1.5	NA	100			
LC n3 fatty acids (mg)	227.4	75.3	806.4	NA	94			
Vitamin A equivs (mcg)	1455.5	1126.7	1781.6	100	100			
Retinol (mcg)	382.9	334.6	479.4	NA	NA			
Provitamin A (mcg)	6390.2	4631.5	8369.1	NA	NA			
Thiamin (mg)	2.1	1.9	2.5	100	100			
Riboflavin (mg)	3.0	2.5	3.3	100	100			
Niacin (mg)	63.5	57.7	69.3	100	100			
Folate (mcg total)	585.3	504.8	683.9	NA	NA			
Folate equivs (mcg)	1016.8	890.7	1172.2	100	100			
Vitamin C (mg)	127.2	98.4	170.7	100	100			
Vitamin D (mcg)	3.7	2.6	5.5	NA	5			
Vitamin E (mg)	10.5	8.1	13.4	NA	100			
Calcium (mg)	1321.3	1185.3	1508.0	100	100			
Iron (mg)	15.1	13.7	18.3	100	2			
Iodine (mcg)	277.5	234.6	339.6	100	100			
Magnesium (mg)	466.4	428.9	511.3	100	100			
Phosphorus (mg)	2102.1	1983.2	2242.5	100	100			
Potassium (mg)	4198.9	3835.4	4436.9	NA	100			
Sodium (mg)	1986.3	1622.4	2909.4	NA	100			
Zinc (mg)	16.4	14.4	26.8	100	100			
Cholesterol (mg)	241.0	160.3	391.9	NA	NA			
Selenium (mcg)	94.8	71.7	118.6	100	100			
Vitamin B6 (mg)	1.9	1.5	2.6	100	100			
Vitamin B12 (mcg)	6.9	5.8	11.3	100	100			

Percent energy from fat 25.1
Percent energy from protein 21.8
Percent energy from carbohydrate 52.9
Percent energy from alcohol 0.3

Women19to30.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	12
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	9
[5,] NutsSeeds	4
[6,] OtherVeg	21
[7,] TotalFruit	17
[8,] WholegrainCereals	28
[9,] RefinedCereals	17
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9475.9	9097.0	9875.7		NA			NA
Energy (kJ)	9840.0	9442.0	10244.7		NA			NA
Protein (g)	128.2	122.6	138.0		100			100
Fat (g)	78.1	71.0	84.9		NA			NA
Carbohydrate (g)	262.5	248.3	281.0		NA			NA
Sugars (g)	118.7	109.0	128.9		NA			NA
Starch (g)	142.5	129.0	163.6		NA			NA
Fibre (g)	49.8	42.0	60.7		NA			100
Alcohol (g)	0.0	0.0	0.0		NA			NA
Saturated fat (g)	24.4	22.2	27.0		NA			NA
Monounsaturated fat (g)	25.7	22.5	30.4		NA			NA
Polyunsaturated fat (g)	22.2	19.9	24.8		NA			NA
Linoleic acid (g)	20.5	18.2	22.8		NA			100
Alpha linolenic acid (g)	1.4	1.2	1.8		NA			100
LC n3 fatty acids (mg)	233.9	76.6	903.1		NA			97
Vitamin A equivs (mcg)	1804.2	1498.5	2142.5		100			100
Retinol (mcg)	545.0	489.7	603.0		NA			NA
Provitamin A (mcg)	7506.7	5597.5	9541.6		NA			NA
Thiamin (mg)	2.0	1.7	2.4		100			100
Riboflavin (mg)	3.2	2.9	3.6		100			100
Niacin (mg)	63.4	58.1	69.4		100			100
Folate (mcg total)	683.7	594.3	830.7		NA			NA
Folate equivs (mcg)	968.5	802.3	1146.7		100			100
Vitamin C (mg)	192.9	150.9	255.2		100			100
Vitamin D (mcg)	4.7	3.8	7.0		NA			29
Vitamin E (mg)	14.0	11.6	17.5		NA			100
Calcium (mg)	1465.0	1317.2	1603.7		100			100
Iron (mg)	16.0	14.1	17.9		100			0
Iodine (mcg)	264.9	236.5	304.6		100			100
Magnesium (mg)	513.3	479.4	576.6		100			100
Phosphorus (mg)	2260.7	2097.8	2405.0		100			100
Potassium (mg)	5265.6	4912.6	5590.5		NA			100
Sodium (mg)	1728.0	1483.5	2611.6		NA			100
Zinc (mg)	17.1	15.0	27.5		100			100
Cholesterol (mg)	242.9	157.7	369.1		NA			NA
Selenium (mcg)	93.1	73.8	132.5		100			100
Vitamin B6 (mg)	2.4	1.8	3.4		100			100
Vitamin B12 (mcg)	7.5	6.5	10.3		100			100

Percent energy from fat 30.0
Percent energy from protein 22.6
Percent energy from carbohydrate 47.4
Percent energy from alcohol 0.0

A15.10 Sample 7-day Total Diets Women 19-30 years higher energy level

Tallest (180cm) and high activity (PAL 2)

Women19to30.hitot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	21

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12476.0	12067.5	13036.5	NA	NA			
Energy (kJ)	12901.6	12459.5	13436.4	NA	NA			
Protein (g)	140.8	132.7	150.0	100	100			
Fat (g)	116.1	103.1	129.2	NA	NA			
Carbohydrate (g)	336.1	318.6	361.2	NA	NA			
Sugars (g)	152.9	136.2	178.2	NA	NA			
Starch (g)	180.6	166.7	193.3	NA	NA			
Fibre (g)	57.6	47.9	74.8	NA	100			
Alcohol (g)	5.7	0.0	23.1	NA	NA			
Saturated fat (g)	34.8	29.5	39.6	NA	NA			
Monounsaturated fat (g)	43.2	36.4	48.3	NA	NA			
Polyunsaturated fat (g)	30.4	27.8	34.5	NA	NA			
Linoleic acid (g)	28.4	25.8	31.8	NA	100			
Alpha linolenic acid (g)	1.6	1.4	2.2	NA	100			
LC n3 fatty acids (mg)	225.3	89.0	661.4	NA	98			
Vitamin A equivs (mcg)	2581.6	2145.7	3222.7	100	100			
Retinol (mcg)	589.4	518.0	674.8	NA	NA			
Provitamin A (mcg)	11897.4	9594.8	15540.9	NA	NA			
Thiamin (mg)	2.7	2.4	3.0	100	100			
Riboflavin (mg)	3.4	3.0	3.8	100	100			
Niacin (mg)	75.3	68.4	83.4	100	100			
Folate (mcg total)	722.5	630.8	827.9	NA	NA			
Folate equivs (mcg)	1064.2	952.8	1204.3	100	100			
Vitamin C (mg)	189.1	142.9	244.8	100	100			
Vitamin D (mcg)	4.6	3.8	7.1	NA	20			
Vitamin E (mg)	19.4	15.9	23.7	NA	100			
Calcium (mg)	1398.5	1278.9	1597.7	100	100			
Iron (mg)	19.8	18.0	22.4	100	98			
Iodine (mcg)	252.8	216.8	291.0	100	100			
Magnesium (mg)	643.8	592.2	699.9	100	100			
Phosphorus (mg)	2523.7	2380.0	2688.8	100	100			
Potassium (mg)	5648.1	5330.1	6068.0	NA	100			
Sodium (mg)	2386.2	2016.0	3753.7	NA	100			
Zinc (mg)	19.4	17.2	30.3	100	100			
Cholesterol (mg)	274.1	203.0	428.8	NA	NA			
Selenium (mcg)	115.2	92.1	148.7	100	100			
Vitamin B6 (mg)	2.7	2.2	3.6	100	100			
Vitamin B12 (mcg)	6.4	5.0	9.3	100	100			

Percent energy from fat 33.9
Percent energy from protein 18.9
Percent energy from carbohydrate 45.8
Percent energy from alcohol 1.3

Women19to30.hitot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	21
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12413.4	12019.7	12937.9		NA		NA
Energy (kJ)	12862.3	12445.9	13392.4		NA		NA
Protein (g)	144.3	136.2	149.4		100		100
Fat (g)	111.5	102.4	119.7		NA		NA
Carbohydrate (g)	341.9	316.8	370.0		NA		NA
Sugars (g)	147.6	126.0	168.6		NA		NA
Starch (g)	191.7	170.5	207.9		NA		NA
Fibre (g)	60.6	52.5	73.7		NA		100
Alcohol (g)	3.6	0.0	14.0		NA		NA
Saturated fat (g)	31.7	28.6	35.2		NA		NA
Monounsaturated fat (g)	41.7	36.9	49.5		NA		NA
Polyunsaturated fat (g)	30.6	27.8	34.6		NA		NA
Linoleic acid (g)	28.6	26.0	32.1		NA		100
Alpha linolenic acid (g)	1.7	1.4	2.3		NA		100
LC n3 fatty acids (mg)	212.4	78.6	583.9		NA		96
Vitamin A equivs (mcg)	1744.6	1402.9	2093.8		100		100
Retinol (mcg)	549.1	488.8	639.0		NA		NA
Provitamin A (mcg)	7123.6	4890.8	9024.9		NA		NA
Thiamin (mg)	2.6	2.4	3.0		100		100
Riboflavin (mg)	3.1	2.7	3.7		100		100
Niacin (mg)	73.8	68.0	78.9		100		100
Folate (mcg total)	770.9	604.8	896.6		NA		NA
Folate equivs (mcg)	1129.0	933.4	1249.4		100		100
Vitamin C (mg)	193.8	148.4	270.0		100		100
Vitamin D (mcg)	4.4	3.5	6.6		NA		18
Vitamin E (mg)	19.9	16.7	23.8		NA		100
Calcium (mg)	1369.4	1210.7	1532.5		100		100
Iron (mg)	20.3	17.8	23.0		100		98
Iodine (mcg)	248.4	214.2	301.1		100		100
Magnesium (mg)	657.7	609.8	718.7		100		100
Phosphorus (mg)	2494.1	2330.3	2642.5		100		100
Potassium (mg)	5690.8	5365.5	6161.3		NA		100
Sodium (mg)	2238.5	1921.1	3203.6		NA		100
Zinc (mg)	19.5	17.7	29.8		100		100
Cholesterol (mg)	250.8	182.3	462.8		NA		NA
Selenium (mcg)	117.1	92.1	152.0		100		100
Vitamin B6 (mg)	2.7	2.2	3.8		100		100
Vitamin B12 (mcg)	6.2	5.3	9.1		100		100

Percent energy from fat 32.7
Percent energy from protein 19.5
Percent energy from carbohydrate 47.0
Percent energy from alcohol 0.8

Women19to30.hitot3:

AllFoodGroups	Nservings						
[1,] StarchyVeg	21						
[2,] GreenBrassicas	7						
[3,] OrangeVeg	7						
[4,] Legumes	14						
[5,] NutsSeeds	7						
[6,] OtherVeg	21						
[7,] TotalFruit	14						
[8,] WholegrainCereals	49						
[9,] RefinedCereals	21						
[10,] Poultryfisheseggsleg	7						
[11,] RedMeats	7						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	3						
[14,] MidFatDairy	0						
[15,] LoFatDairy	14						
[16,] PolyMarg	28						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	14						
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12434.6	12030.0	13035.6		NA		NA
Energy (kJ)	12893.2	12501.3	13496.3		NA		NA
Protein (g)	146.5	138.9	157.1		100		100
Fat (g)	99.2	90.5	109.2		NA		NA
Carbohydrate (g)	367.0	348.7	387.1		NA		NA
Sugars (g)	138.0	121.0	158.9		NA		NA
Starch (g)	226.7	209.5	244.6		NA		NA
Fibre (g)	64.6	53.6	82.2		NA		100
Alcohol (g)	3.9	0.0	12.8		NA		NA
Saturated fat (g)	30.4	27.5	34.4		NA		NA
Monounsaturated fat (g)	34.3	30.0	41.3		NA		NA
Polyunsaturated fat (g)	27.3	24.3	30.2		NA		NA
Linoleic acid (g)	25.3	22.5	28.2		NA		100
Alpha linolenic acid (g)	1.7	1.5	2.2		NA		100
LC n3 fatty acids (mg)	236.6	85.9	725.1		NA		98
Vitamin A equivs (mcg)	1762.5	1397.0	2098.8		100		100
Retinol (mcg)	564.8	497.7	690.5		NA		NA
Provitamin A (mcg)	7137.8	5238.1	8958.4		NA		NA
Thiamin (mg)	2.8	2.5	3.2		100		100
Riboflavin (mg)	3.4	2.9	3.9		100		100
Niacin (mg)	76.5	70.4	82.7		100		100
Folate (mcg total)	766.6	689.3	890.2		NA		NA
Folate equiys (mcg)	1203.3	1061.1	1373.7		100		100
Vitamin C (mg)	186.8	146.5	233.5		100		100
Vitamin D (mcg)	4.6	3.7	7.2		NA		24
Vitamin E (mg)	17.1	14.6	20.5		NA		100
Calcium (mg)	1443.3	1313.1	1606.5		100		100
Iron (mg)	21.8	19.4	23.9		100		100
Iodine (mcg)	278.6	250.2	333.4		100		100
Magnesium (mg)	653.7	612.6	708.7		100		100
Phosphorus (mg)	2590.2	2418.8	2769.2		100		100
Potassium (mg)	5908.4	5583.3	6201.7		NA		100
Sodium (mg)	2496.9	2077.8	3329.4		NA		100
Zinc (mg)	20.3	18.1	30.4		100		100
Cholesterol (mg)	261.1	162.0	435.8		NA		NA
Selenium (mcg)	116.7	91.4	152.4		100		100
Vitamin B6 (mg)	2.7	2.1	4.0		100		100
Vitamin B12 (mcg)	6.6	5.4	11.3		100		100
Percent energy from fat	29.1						
Percent energy from protein	19.8						
Percent energy from carbohydrate	50.2						
Percent energy from alcohol	0.9						

Women19to30.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	49
[9,] RefinedCereals	18
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12426.6	12043.5	12899.3			NA		NA
Energy (kJ)	12916.7	12520.1	13403.2			NA		NA
Protein (g)	146.1	137.5	156.0		100			100
Fat (g)	99.8	89.7	110.8			NA		NA
Carbohydrate (g)	366.5	347.1	387.9			NA		NA
Sugars (g)	155.2	138.8	169.9			NA		NA
Starch (g)	208.5	186.8	231.2			NA		NA
Fibre (g)	66.2	57.8	87.2			NA		100
Alcohol (g)	3.9	0.0	11.7			NA		NA
Saturated fat (g)	30.9	27.2	37.1			NA		NA
Monounsaturated fat (g)	34.2	29.4	38.5			NA		NA
Polyunsaturated fat (g)	27.4	24.3	30.2			NA		NA
Linoleic acid (g)	25.3	22.6	27.9			NA		100
Alpha linolenic acid (g)	1.8	1.5	2.2			NA		100
LC n3 fatty acids (mg)	230.1	78.7	560.5			NA		98
Vitamin A equivs (mcg)	1850.5	1493.5	2237.2		100			100
Retinol (mcg)	569.0	512.6	689.4			NA		NA
Provitamin A (mcg)	7643.0	5738.2	9947.0			NA		NA
Thiamin (mg)	2.8	2.5	3.3		100			100
Riboflavin (mg)	3.5	3.1	3.9		100			100
Niacin (mg)	75.5	69.8	80.6		100			100
Folate (mcg total)	825.0	736.4	963.9			NA		NA
Folate equivs (mcg)	1238.0	1072.3	1402.4		100			100
Vitamin C (mg)	225.2	164.6	277.7		100			100
Vitamin D (mcg)	4.7	3.7	6.9			NA		28
Vitamin E (mg)	17.5	14.8	21.5			NA		100
Calcium (mg)	1469.9	1331.4	1596.2		100			100
Iron (mg)	22.2	20.1	25.0		100			100
Iodine (mcg)	269.3	233.1	309.0		100			100
Magnesium (mg)	673.8	633.6	718.9		100			100
Phosphorus (mg)	2585.3	2460.9	2742.2		100			100
Potassium (mg)	5982.3	5502.0	6476.5			NA		100
Sodium (mg)	2409.6	1989.8	3429.2			NA		100
Zinc (mg)	20.2	17.9	30.6		100			100
Cholesterol (mg)	264.2	169.6	548.4			NA		NA
Selenium (mcg)	111.5	91.6	140.2		100			100
Vitamin B6 (mg)	2.9	2.2	3.7		100			100
Vitamin B12 (mcg)	6.2	5.2	9.3		100			100

Percent energy from fat 29.2
Percent energy from protein 19.7
Percent energy from carbohydrate 50.3
Percent energy from alcohol 0.9

Women19to30.hitot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	7
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	17.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12614.4	12189.5	13090.3		NA		NA
Energy (kJ)	12998.0	12570.3	13487.1		NA		NA
Protein (g)	143.9	135.5	152.6		100		100
Fat (g)	107.0	99.0	120.4		NA		NA
Carbohydrate (g)	362.6	344.7	384.2		NA		NA
Sugars (g)	152.1	131.8	173.9		NA		NA
Starch (g)	208.0	184.5	227.2		NA		NA
Fibre (g)	52.2	45.0	64.6		NA		100
Alcohol (g)	5.0	0.0	16.0		NA		NA
Saturated fat (g)	36.6	32.7	41.7		NA		NA
Monounsaturated fat (g)	36.8	32.7	43.4		NA		NA
Polyunsaturated fat (g)	26.0	23.7	29.2		NA		NA
Linoleic acid (g)	24.1	21.9	26.6		NA		100
Alpha linolenic acid (g)	1.6	1.5	2.0		NA		100
LC n3 fatty acids (mg)	230.7	79.3	1024.7		NA		96
Vitamin A equivs (mcg)	1893.4	1560.5	2255.2		100		100
Retinol (mcg)	695.5	625.8	773.4		NA		NA
Provitamin A (mcg)	7140.3	4878.0	9314.6		NA		NA
Thiamin (mg)	2.4	2.1	2.9		100		100
Riboflavin (mg)	3.6	3.2	4.0		100		100
Niacin (mg)	73.8	67.0	80.3		100		100
Folate (mcg total)	683.4	608.8	784.8		NA		NA
Folate equivs (mcg)	1095.6	958.3	1215.4		100		100
Vitamin C (mg)	173.0	122.8	228.1		100		100
Vitamin D (mcg)	5.8	4.9	8.9		NA		98
Vitamin E (mg)	16.2	12.9	20.0		NA		100
Calcium (mg)	1555.7	1439.7	1760.0		100		100
Iron (mg)	18.4	16.6	21.2		100		67
Iodine (mcg)	316.8	287.6	354.0		100		100
Magnesium (mg)	585.3	546.1	638.9		100		100
Phosphorus (mg)	2540.5	2387.9	2700.7		100		100
Potassium (mg)	5489.7	5223.0	5930.9		NA		100
Sodium (mg)	2550.1	2169.0	3413.6		NA		100
Zinc (mg)	18.8	16.7	29.8		100		100
Cholesterol (mg)	302.3	212.4	436.1		NA		NA
Selenium (mcg)	114.1	86.3	148.2		100		100
Vitamin B6 (mg)	2.6	2.1	3.5		100		100
Vitamin B12 (mcg)	8.1	6.7	12.2		100		100

Percent energy from fat 31.1
Percent energy from protein 19.2
Percent energy from carbohydrate 48.6
Percent energy from alcohol 1.1

Women19to30.hitot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	28
[8,] WholegrainCereals	49
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12499.4	11904.0	13073.7		NA		NA
Energy (kJ)	13015.0	12404.1	13605.4		NA		NA
Protein (g)	143.7	137.9	151.9		100		100
Fat (g)	96.8	86.8	105.7		NA		NA
Carbohydrate (g)	381.6	361.6	400.0		NA		NA
Sugars (g)	168.0	151.5	182.6		NA		NA
Starch (g)	210.7	192.9	229.3		NA		NA
Fibre (g)	68.8	60.9	82.0		NA		100
Alcohol (g)	2.7	0.0	12.2		NA		NA
Saturated fat (g)	29.4	25.7	32.7		NA		NA
Monounsaturated fat (g)	33.6	29.6	41.5		NA		NA
Polyunsaturated fat (g)	26.6	24.4	30.0		NA		NA
Linoleic acid (g)	24.6	22.6	27.8		NA		100
Alpha linolenic acid (g)	1.6	1.4	2.0		NA		100
LC n3 fatty acids (mg)	248.8	82.3	781.4		NA		98
Vitamin A equivs (mcg)	2688.6	2053.3	3208.9		100		100
Retinol (mcg)	552.6	497.1	654.1		NA		NA
Provitamin A (mcg)	12772.0	9045.4	15889.9		NA		NA
Thiamin (mg)	2.9	2.6	3.4		100		100
Riboflavin (mg)	3.5	3.2	3.9		100		100
Niacin (mg)	76.5	71.9	82.5		100		100
Folate (mcg total)	832.8	694.5	950.1		NA		NA
Folate equivs (mcg)	1269.2	1095.8	1390.2		100		100
Vitamin C (mg)	263.1	206.9	344.9		100		100
Vitamin D (mcg)	4.6	3.6	6.5		NA		26
Vitamin E (mg)	18.3	14.5	22.5		NA		100
Calcium (mg)	1476.6	1337.3	1627.2		100		100
Iron (mg)	21.8	20.0	25.1		100		100
Iodine (mcg)	274.5	248.8	337.7		100		100
Magnesium (mg)	670.7	612.8	719.0		100		100
Phosphorus (mg)	2576.6	2433.2	2753.9		100		100
Potassium (mg)	6457.2	6161.7	6783.4		NA		100
Sodium (mg)	2369.7	2053.9	3294.9		NA		100
Zinc (mg)	19.7	17.9	29.9		100		100
Cholesterol (mg)	251.9	157.9	388.4		NA		NA
Selenium (mcg)	110.7	92.3	132.5		100		100
Vitamin B6 (mg)	3.1	2.3	4.7		100		100
Vitamin B12 (mcg)	6.3	5.3	11.5		100		100

Percent energy from fat 28.1
Percent energy from protein 19.2
Percent energy from carbohydrate 52.0
Percent energy from alcohol 0.6

A15.11 Sample 7-day *Total Diets* Women 31-50 years mid energy level

Average height (165cms); light to moderate activity (PAL 1.7)

Public Consultation

Women31to50.avtot1:

AllFoodGroups Nservings							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	4					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	17					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	18					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	7					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		9185.8	8716.7	9701.5	NA		NA
Energy (kJ)		9460.7	8976.4	9983.5	NA		NA
Protein (g)		113.8	105.8	124.9	100		100
Fat (g)		79.4	70.5	87.6	NA		NA
Carbohydrate (g)		253.1	235.6	274.2	NA		NA
Sugars (g)		110.4	97.2	122.4	NA		NA
Starch (g)		141.1	123.1	166.9	NA		NA
Fibre (g)		35.3	30.6	41.5	NA		100
Alcohol (g)		2.3	0.0	9.9	NA		NA
Saturated fat (g)		25.8	22.3	29.4	NA		NA
Monounsaturated fat (g)		26.5	22.8	30.9	NA		NA
Polyunsaturated fat (g)		21.5	19.7	24.1	NA		NA
Linoleic acid (g)		19.8	18.1	22.1	NA		100
Alpha linolenic acid (g)		1.3	1.2	1.8	NA		100
LC n3 fatty acids (mg)		264.7	85.3	778.3	NA		96
Vitamin A equivs (mcg)		1646.3	1306.1	1988.6	100		100
Retinol (mcg)		558.1	480.3	705.1	NA		NA
Provitamin A (mcg)		6471.4	4263.0	8391.0	NA		NA
Thiamin (mg)		1.7	1.4	2.1	100		100
Riboflavin (mg)		2.8	2.4	3.3	100		100
Niacin (mg)		55.4	50.1	60.0	100		100
Folate (mcg total)		521.2	406.7	639.6	NA		NA
Folate equivs (mcg)		779.5	658.4	918.0	100		100
Vitamin C (mg)		126.0	86.8	175.3	100		100
Vitamin D (mcg)		4.7	3.5	6.7	NA		30
Vitamin E (mg)		13.8	11.0	17.0	NA		100
Calcium (mg)		1271.5	1091.4	1447.7	100		100
Iron (mg)		13.1	11.4	14.9	100		0
Iodine (mcg)		241.9	204.8	301.2	100		100
Magnesium (mg)		425.6	390.3	485.8	100		100
Phosphorus (mg)		1977.8	1847.6	2130.9	100		100
Potassium (mg)		4061.0	3689.4	4421.1	NA		100
Sodium (mg)		1738.6	1368.8	2681.6	NA		100
Zinc (mg)		15.4	13.2	26.3	100		100
Cholesterol (mg)		272.0	172.6	463.7	NA		NA
Selenium (mcg)		88.4	68.0	136.4	100		100
Vitamin B6 (mg)		1.9	1.4	2.7	100		100
Vitamin B12 (mcg)		7.3	6.1	12.3	100		100
Percent energy from fat		31.7					
Percent energy from protein		20.9					
Percent energy from carbohydrate		46.7					
Percent energy from alcohol		0.7					

Women31to50.avtot2:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	4					
[6,]	OtherVeg	28					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	14					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	18					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	3.5					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		9140.2	8768.1	9476.8		NA	NA
Energy (kJ)		9461.9	9093.4	9811.8		NA	NA
Protein (g)		114.0	108.2	121.7		100	100
Fat (g)		78.2	71.7	86.5		NA	NA
Carbohydrate (g)		255.0	236.0	273.9		NA	NA
Sugars (g)		124.2	113.9	132.5		NA	NA
Starch (g)		128.8	115.4	146.8		NA	NA
Fibre (g)		41.7	35.8	49.7		NA	100
Alcohol (g)		1.3	0.0	6.7		NA	NA
Saturated fat (g)		24.7	22.8	28.8		NA	NA
Monounsaturated fat (g)		26.4	23.0	29.8		NA	NA
Polyunsaturated fat (g)		21.5	19.9	24.5		NA	NA
Linoleic acid (g)		19.8	18.4	22.7		NA	100
Alpha linolenic acid (g)		1.3	1.1	1.8		NA	100
LC n3 fatty acids (mg)		242.0	86.4	677.2		NA	98
Vitamin A equivs (mcg)		1775.0	1411.7	2107.5		100	100
Retinol (mcg)		542.1	472.0	641.0		NA	NA
Provitamin A (mcg)		7347.4	5274.6	9186.4		NA	NA
Thiamin (mg)		1.7	1.4	2.1		100	100
Riboflavin (mg)		2.8	2.4	3.1		100	100
Niacin (mg)		56.4	50.5	61.0		100	100
Folate (mcg total)		586.3	477.6	668.1		NA	NA
Folate equivs (mcg)		827.1	716.9	932.3		100	100
Vitamin C (mg)		174.0	115.2	237.2		100	100
Vitamin D (mcg)		4.5	3.7	6.8		NA	26
Vitamin E (mg)		15.1	10.9	18.5		NA	100
Calcium (mg)		1288.1	1182.5	1395.4		100	100
Iron (mg)		13.7	11.8	16.0		100	0
Iodine (mcg)		237.2	190.9	278.8		100	100
Magnesium (mg)		451.6	418.9	498.0		100	100
Phosphorus (mg)		1996.7	1855.0	2167.7		100	100
Potassium (mg)		4617.1	4221.4	4919.3		NA	100
Sodium (mg)		1664.7	1352.1	2433.0		NA	100
Zinc (mg)		15.2	13.6	26.1		100	100
Cholesterol (mg)		259.2	169.1	400.2		NA	NA
Selenium (mcg)		90.1	70.8	128.3		100	100
Vitamin B6 (mg)		2.4	1.6	3.4		100	100
Vitamin B12 (mcg)		7.3	6.0	12.7		100	100
Percent energy from fat		31.2					
Percent energy from protein		20.9					
Percent energy from carbohydrate		47.5					
Percent energy from alcohol		0.4					

Women31to50.avtot3:

AllFoodGroups Nservings									
[1,]	StarchyVeg	5							
[2,]	GreenBrassicas	7							
[3,]	OrangeVeg	7							
[4,]	Legumes	2							
[5,]	NutsSeeds	4							
[6,]	OtherVeg	14							
[7,]	TotalFruit	21							
[8,]	WholegrainCereals	28							
[9,]	RefinedCereals	14							
[10,]	Poultryfisheseggsleg	7							
[11,]	RedMeats	7							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	18							
[16,]	PolyMarg	28							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	7							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		9284.6	8911.0	9662.4		NA			NA
Energy (kJ)		9581.5	9215.0	9973.8		NA			NA
Protein (g)		113.1	105.1	119.0		100			100
Fat (g)		79.6	70.9	86.6		NA			NA
Carbohydrate (g)		259.7	239.0	277.3		NA			NA
Sugars (g)		126.5	113.9	139.8		NA			NA
Starch (g)		131.0	116.2	144.3		NA			NA
Fibre (g)		38.5	33.2	51.6		NA			100
Alcohol (g)		2.3	0.0	7.6		NA			NA
Saturated fat (g)		25.7	22.9	28.6		NA			NA
Monounsaturated fat (g)		26.5	23.4	29.8		NA			NA
Polyunsaturated fat (g)		21.6	19.4	24.8		NA			NA
Linoleic acid (g)		19.8	17.8	22.9		NA			100
Alpha linolenic acid (g)		1.4	1.2	1.9		NA			100
LC n3 fatty acids (mg)		294.0	78.8	850.4		NA			99
Vitamin A equivs (mcg)		1680.8	1362.7	2067.1		100			100
Retinol (mcg)		555.8	490.3	649.8		NA			NA
Provitamin A (mcg)		6699.1	4697.6	9182.1		NA			NA
Thiamin (mg)		1.7	1.4	2.0		100			100
Riboflavin (mg)		2.8	2.4	3.2		100			100
Niacin (mg)		55.5	50.7	60.2		100			100
Folate (mcg total)		551.7	483.2	656.4		NA			NA
Folate equivs (mcg)		792.6	676.4	887.8		100			100
Vitamin C (mg)		152.9	115.7	205.5		100			100
Vitamin D (mcg)		4.8	3.6	7.8		NA			37
Vitamin E (mg)		14.4	11.8	17.6		NA			100
Calcium (mg)		1271.8	1150.9	1397.1		100			100
Iron (mg)		13.2	11.5	15.6		100			0
Iodine (mcg)		240.1	207.9	294.4		100			100
Magnesium (mg)		439.0	400.6	492.9		100			100
Phosphorus (mg)		1973.5	1830.1	2142.1		100			100
Potassium (mg)		4328.5	3993.4	4683.2		NA			100
Sodium (mg)		1714.2	1407.8	2544.0		NA			100
Zinc (mg)		15.2	13.1	34.6		100			100
Cholesterol (mg)		262.8	172.1	428.9		NA			NA
Selenium (mcg)		88.1	61.4	137.6		100			100
Vitamin B6 (mg)		2.0	1.5	2.7		100			100
Vitamin B12 (mcg)		7.3	5.9	12.1		100			100
Percent energy from fat		31.4							
Percent energy from protein		20.5							
Percent energy from carbohydrate		47.4							
Percent energy from alcohol		0.7							

Women31to50.avtot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	12
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	3
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	17
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	18
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9338.9	8939.4	9821.1			NA		NA
Energy (kJ)	9622.4	9220.4	10128.0			NA		NA
Protein (g)	115.1	106.0	125.4			100		100
Fat (g)	77.3	69.0	88.9			NA		NA
Carbohydrate (g)	265.3	243.1	288.8			NA		NA
Sugars (g)	110.6	96.7	128.7			NA		NA
Starch (g)	152.9	137.6	171.3			NA		NA
Fibre (g)	37.8	31.8	51.9			NA		100
Alcohol (g)	2.4	0.0	8.2			NA		NA
Saturated fat (g)	25.5	22.4	29.5			NA		NA
Monounsaturated fat (g)	25.3	22.0	30.1			NA		NA
Polyunsaturated fat (g)	20.9	19.1	23.6			NA		NA
Linoleic acid (g)	19.2	17.6	21.5			NA		100
Alpha linolenic acid (g)	1.3	1.2	1.8			NA		100
LC n3 fatty acids (mg)	270.3	64.6	670.6			NA		97
Vitamin A equivs (mcg)	1642.7	1184.3	2046.1			100		100
Retinol (mcg)	556.1	483.6	631.0			NA		NA
Provitamin A (mcg)	6451.0	3922.5	9172.0			NA		NA
Thiamin (mg)	1.7	1.4	2.1			100		100
Riboflavin (mg)	2.7	2.5	3.2			100		100
Niacin (mg)	56.2	49.4	62.2			100		100
Folate (mcg total)	520.5	450.0	622.0			NA		NA
Folate equivs (mcg)	772.7	651.5	938.3			100		100
Vitamin C (mg)	143.6	96.9	209.5			100		100
Vitamin D (mcg)	4.7	3.5	6.3			NA		40
Vitamin E (mg)	13.3	10.0	15.9			NA		100
Calcium (mg)	1264.7	1156.4	1355.9			100		100
Iron (mg)	13.4	11.7	15.0			100		0
Iodine (mcg)	241.3	203.6	276.4			100		100
Magnesium (mg)	437.3	403.9	490.0			100		100
Phosphorus (mg)	2013.9	1876.6	2125.3			100		100
Potassium (mg)	4464.0	4143.9	4898.6			NA		100
Sodium (mg)	1767.0	1466.3	2528.1			NA		100
Zinc (mg)	15.5	13.5	25.7			100		100
Cholesterol (mg)	270.4	177.2	459.3			NA		NA
Selenium (mcg)	88.0	69.0	118.6			100		100
Vitamin B6 (mg)	1.9	1.5	2.6			100		100
Vitamin B12 (mcg)	7.3	6.0	10.5			100		100

Percent energy from fat 30.4
Percent energy from protein 20.8
Percent energy from carbohydrate 48.1
Percent energy from alcohol 0.7

Women31to50.avtot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	4
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	24
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	17
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9230.8	8814.8	9806.8		NA			NA
Energy (kJ)	9532.2	9120.2	10119.9		NA			NA
Protein (g)	119.6	109.5	129.2		100			100
Fat (g)	64.2	56.7	71.8		NA			NA
Carbohydrate (g)	285.2	266.8	304.7		NA			NA
Sugars (g)	105.7	91.9	126.9		NA			NA
Starch (g)	178.1	160.1	189.0		NA			NA
Fibre (g)	38.9	33.6	51.6		NA			100
Alcohol (g)	1.0	0.0	4.2		NA			NA
Saturated fat (g)	21.2	18.8	23.6		NA			NA
Monounsaturated fat (g)	22.2	18.6	25.6		NA			NA
Polyunsaturated fat (g)	15.8	13.2	18.1		NA			NA
Linoleic acid (g)	14.3	12.1	16.4		NA			100
Alpha linolenic acid (g)	1.1	0.9	1.5		NA			100
LC n3 fatty acids (mg)	291.1	79.5	840.2		NA			98
Vitamin A equivs (mcg)	1436.7	1125.8	1822.8		100			100
Retinol (mcg)	382.5	325.6	468.8		NA			NA
Provitamin A (mcg)	6270.6	4311.4	8608.4		NA			NA
Thiamin (mg)	1.9	1.6	2.3		100			100
Riboflavin (mg)	2.8	2.5	3.1		100			100
Niacin (mg)	59.2	52.4	64.0		100			100
Folate (mcg total)	544.0	477.3	649.9		NA			NA
Folate equivs (mcg)	876.3	743.4	1028.8		100			100
Vitamin C (mg)	125.1	81.5	165.5		100			100
Vitamin D (mcg)	3.6	2.5	5.9		NA			5
Vitamin E (mg)	11.2	8.7	13.6		NA			100
Calcium (mg)	1277.8	1122.4	1416.7		100			100
Iron (mg)	14.4	12.5	16.2		100			0
Iodine (mcg)	259.1	224.1	296.7		100			100
Magnesium (mg)	457.0	413.0	487.2		100			100
Phosphorus (mg)	2065.3	1946.8	2248.6		100			100
Potassium (mg)	4146.7	3855.6	4456.2		NA			100
Sodium (mg)	1836.1	1468.7	2729.4		NA			100
Zinc (mg)	16.0	14.0	26.2		100			100
Cholesterol (mg)	258.6	155.1	425.7		NA			NA
Selenium (mcg)	96.2	73.6	126.3		100			100
Vitamin B6 (mg)	1.9	1.5	2.6		100			100
Vitamin B12 (mcg)	7.3	6.2	10.6		100			100

Percent energy from fat 25.5
Percent energy from protein 21.9
Percent energy from carbohydrate 52.3
Percent energy from alcohol 0.3

Women31to50.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	9
[5,] NutsSeeds	4
[6,] OtherVeg	21
[7,] TotalFruit	17
[8,] WholegrainCereals	28
[9,] RefinedCereals	17
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	17
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9112.2	8733.3	9535.6		NA		NA
Energy (kJ)	9463.8	9069.0	9939.4		NA		NA
Protein (g)	120.9	113.3	130.0		100		100
Fat (g)	76.0	66.9	87.7		NA		NA
Carbohydrate (g)	252.6	233.7	274.4		NA		NA
Sugars (g)	107.0	96.9	118.2		NA		NA
Starch (g)	144.1	127.3	162.0		NA		NA
Fibre (g)	45.4	39.0	55.0		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	23.0	20.4	26.5		NA		NA
Monounsaturated fat (g)	25.0	21.2	31.2		NA		NA
Polyunsaturated fat (g)	22.5	20.2	25.9		NA		NA
Linoleic acid (g)	20.7	18.6	23.4		NA		100
Alpha linolenic acid (g)	1.5	1.2	2.0		NA		100
LC n3 fatty acids (mg)	275.1	72.8	953.0		NA		97
Vitamin A equivs (mcg)	1725.7	1432.6	2089.6		100		100
Retinol (mcg)	525.7	464.4	615.8		NA		NA
Provitamin A (mcg)	7138.4	5504.9	9250.2		NA		NA
Thiamin (mg)	1.9	1.6	2.1		100		100
Riboflavin (mg)	2.8	2.3	3.2		100		100
Niacin (mg)	57.2	51.1	61.6		100		100
Folate (mcg total)	623.9	529.6	717.6		NA		NA
Folate equivs (mcg)	877.1	778.9	978.1		100		100
Vitamin C (mg)	175.3	124.2	251.0		100		100
Vitamin D (mcg)	4.5	3.4	7.9		NA		30
Vitamin E (mg)	14.7	11.2	17.6		NA		100
Calcium (mg)	1293.6	1168.9	1456.9		100		100
Iron (mg)	15.3	13.8	17.1		100		0
Iodine (mcg)	232.2	194.8	271.9		100		100
Magnesium (mg)	486.0	445.3	541.4		100		100
Phosphorus (mg)	2075.9	1932.0	2222.4		100		100
Potassium (mg)	4660.6	4420.0	5020.3		NA		100
Sodium (mg)	1579.5	1317.6	2484.5		NA		100
Zinc (mg)	16.7	14.5	27.1		100		100
Cholesterol (mg)	253.0	151.9	439.2		NA		NA
Selenium (mcg)	92.1	68.4	122.3		100		100
Vitamin B6 (mg)	2.3	1.7	3.6		100		100
Vitamin B12 (mcg)	7.0	5.7	9.6		100		100

Percent energy from fat 30.4
Percent energy from protein 22.2
Percent energy from carbohydrate 47.4
Percent energy from alcohol 0.0

A15.12 Sample 7-day Total Diets Women 31-50 years higher energy level

Tallest (180cm) and high activity (PAL 2)

Public Consultation

Women31to50.hitot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] Poultryfisheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11467.6	10990.7	11895.6		NA			NA
Energy (kJ)	11865.4	11399.9	12306.4		NA			NA
Protein (g)	133.2	125.0	140.9		100			100
Fat (g)	109.6	99.9	119.9		NA			NA
Carbohydrate (g)	298.7	277.6	318.6		NA			NA
Sugars (g)	126.6	112.8	142.9		NA			NA
Starch (g)	169.6	148.2	190.9		NA			NA
Fibre (g)	53.3	45.9	67.6		NA			100
Alcohol (g)	4.8	0.0	11.9		NA			NA
Saturated fat (g)	31.2	26.9	35.3		NA			NA
Monounsaturated fat (g)	40.3	36.3	47.1		NA			NA
Polyunsaturated fat (g)	30.8	27.2	35.5		NA			NA
Linoleic acid (g)	28.8	25.5	32.8		NA			100
Alpha linolenic acid (g)	1.7	1.3	2.4		NA			100
LC n3 fatty acids (mg)	259.6	68.4	681.6		NA			97
Vitamin A equivs (mcg)	2479.4	1950.7	2992.3		100			100
Retinol (mcg)	565.0	495.6	665.3		NA			NA
Provitamin A (mcg)	11432.2	8056.0	14496.2		NA			NA
Thiamin (mg)	2.4	2.1	2.6		100			100
Riboflavin (mg)	2.9	2.6	3.4		100			100
Niacin (mg)	68.1	63.3	72.9		100			100
Folate (mcg total)	668.8	593.7	777.9		NA			NA
Folate equivs (mcg)	960.3	840.6	1060.1		100			100
Vitamin C (mg)	174.9	125.5	225.8		100			100
Vitamin D (mcg)	4.6	3.8	7.8		NA			24
Vitamin E (mg)	20.4	15.7	24.9		NA			100
Calcium (mg)	1303.7	1184.4	1447.7		100			100
Iron (mg)	18.0	16.3	20.9		100			45
Iodine (mcg)	233.0	202.5	278.1		100			100
Magnesium (mg)	602.5	562.6	661.4		100			100
Phosphorus (mg)	2359.5	2210.8	2491.2		100			100
Potassium (mg)	5400.2	5090.0	5691.5		NA			100
Sodium (mg)	2049.5	1710.0	2834.6		NA			100
Zinc (mg)	18.4	16.4	28.0		100			100
Cholesterol (mg)	282.4	182.4	397.4		NA			NA
Selenium (mcg)	123.3	91.3	177.4		100			100
Vitamin B6 (mg)	2.6	1.9	3.6		100			100
Vitamin B12 (mcg)	6.5	5.2	9.4		100			100

Percent energy from fat 34.8
Percent energy from protein 19.5
Percent energy from carbohydrate 44.5
Percent energy from alcohol 1.2

Women31to50.hitot2:

AllFoodGroups	Nservings					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	14					
[3,] OrangeVeg	14					
[4,] Legumes	7					
[5,] NutsSeeds	11					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	28					
[9,] RefinedCereals	21					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	7					
[15,] LoFatDairy	14					
[16,] PolyMarg	28					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	14					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	11771.0	11365.1	12228.6	NA		NA
Energy (kJ)	12146.7	11733.5	12608.2	NA		NA
Protein (g)	137.7	130.2	147.5	100		100
Fat (g)	110.0	100.9	120.6	NA		NA
Carbohydrate (g)	312.1	289.2	336.9	NA		NA
Sugars (g)	138.2	122.6	154.2	NA		NA
Starch (g)	171.8	153.3	190.5	NA		NA
Fibre (g)	48.6	43.1	63.7	NA		100
Alcohol (g)	4.7	0.0	12.6	NA		NA
Saturated fat (g)	35.3	32.6	38.6	NA		NA
Monounsaturated fat (g)	38.5	34.4	43.4	NA		NA
Polyunsaturated fat (g)	28.7	25.3	32.2	NA		NA
Linoleic acid (g)	26.5	23.6	29.8	NA		100
Alpha linolenic acid (g)	1.7	1.4	2.2	NA		100
LC n3 fatty acids (mg)	309.4	115.7	811.6	NA		100
Vitamin A equivs (mcg)	2560.3	1981.2	3015.3	100		100
Retinol (mcg)	678.0	595.2	782.2	NA		NA
Provitamin A (mcg)	11236.8	8059.8	13941.8	NA		NA
Thiamin (mg)	2.2	1.8	2.4	100		100
Riboflavin (mg)	3.3	3.0	3.8	100		100
Niacin (mg)	66.2	61.2	71.5	100		100
Folate (mcg total)	658.8	559.1	750.9	NA		NA
Folate equiys (mcg)	937.3	820.5	1056.7	100		100
Vitamin C (mg)	176.9	127.1	255.2	100		100
Vitamin D (mcg)	5.9	4.7	8.0	NA		91
Vitamin E (mg)	18.4	14.7	24.0	NA		100
Calcium (mg)	1508.2	1379.4	1623.0	100		100
Iron (mg)	17.1	15.4	19.6	100		15
Iodine (mcg)	282.2	248.1	330.8	100		100
Magnesium (mg)	576.8	527.4	618.3	100		100
Phosphorus (mg)	2447.0	2263.6	2623.5	100		100
Potassium (mg)	5217.4	4850.9	5634.5	NA		100
Sodium (mg)	2106.2	1772.0	3182.4	NA		100
Zinc (mg)	19.1	16.2	30.0	100		100
Cholesterol (mg)	306.8	212.4	516.8	NA		NA
Selenium (mcg)	118.2	89.2	179.7	100		100
Vitamin B6 (mg)	2.6	2.1	3.4	100		100
Vitamin B12 (mcg)	8.2	7.0	11.2	100		100
Percent energy from fat	34.2					
Percent energy from protein	19.6					
Percent energy from carbohydrate	45.1					
Percent energy from alcohol	1.1					

Women31to50.hitot3:

AllFoodGroups	Nservings					
[1,] StarchyVeg	14					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	14					
[5,] NutsSeeds	7					
[6,] OtherVeg	21					
[7,] TotalFruit	14					
[8,] WholegrainCereals	35					
[9,] RefinedCereals	21					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	0					
[15,] LoFatDairy	14					
[16,] PolyMarg	28					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	14					
		Daily intake	minimum	maximum	met EAR	met RDI/AI
Energy excl fibre (kJ)		11523.5	11059.9	11908.0	NA	NA
Energy (kJ)		11929.4	11439.6	12356.2	NA	NA
Protein (g)		136.0	129.3	146.6	100	100
Fat (g)		97.0	90.1	108.0	NA	NA
Carbohydrate (g)		326.7	306.9	357.5	NA	NA
Sugars (g)		123.3	101.2	144.4	NA	NA
Starch (g)		201.3	185.8	221.0	NA	NA
Fibre (g)		54.4	45.7	66.4	NA	100
Alcohol (g)		4.8	0.0	14.5	NA	NA
Saturated fat (g)		29.7	26.0	33.3	NA	NA
Monounsaturated fat (g)		33.2	29.0	39.2	NA	NA
Polyunsaturated fat (g)		27.3	24.5	30.5	NA	NA
Linoleic acid (g)		25.1	22.4	28.0	NA	100
Alpha linolenic acid (g)		1.8	1.4	2.2	NA	100
LC n3 fatty acids (mg)		254.7	74.3	883.5	NA	99
Vitamin A equivs (mcg)		1706.3	1317.2	2064.2	100	100
Retinol (mcg)		563.3	488.1	686.3	NA	NA
Provitamin A (mcg)		6803.4	4499.6	9288.4	NA	NA
Thiamin (mg)		2.3	2.0	2.7	100	100
Riboflavin (mg)		2.8	2.4	3.3	100	100
Niacin (mg)		66.2	60.9	70.5	100	100
Folate (mcg total)		674.3	560.6	761.0	NA	NA
Folate equivs (mcg)		991.9	870.7	1127.1	100	100
Vitamin C (mg)		171.6	115.5	223.4	100	100
Vitamin D (mcg)		4.5	3.5	6.8	NA	21
Vitamin E (mg)		17.5	14.3	24.6	NA	100
Calcium (mg)		1314.8	1170.0	1497.0	100	100
Iron (mg)		18.7	16.5	20.9	100	80
Iodine (mcg)		239.6	201.1	309.1	100	100
Magnesium (mg)		585.8	530.1	643.8	100	100
Phosphorus (mg)		2347.7	2183.4	2514.4	100	100
Potassium (mg)		5261.8	4720.2	5700.8	NA	100
Sodium (mg)		2136.4	1774.0	3129.9	NA	100
Zinc (mg)		18.6	16.0	39.1	100	100
Cholesterol (mg)		280.6	172.5	463.8	NA	NA
Selenium (mcg)		112.6	87.5	159.1	100	100
Vitamin B6 (mg)		2.5	1.7	3.4	100	100
Vitamin B12 (mcg)		6.7	5.5	10.6	100	100
Percent energy from fat		30.7				
Percent energy from protein		19.8				
Percent energy from carbohydrate		48.3				
Percent energy from alcohol		1.2				

Women31to50.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	21
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11650.4	11292.8	12167.0		NA		NA
Energy (kJ)	12081.1	11718.6	12623.7		NA		NA
Protein (g)	138.6	127.6	147.5		100		100
Fat (g)	98.2	89.3	111.0		NA		NA
Carbohydrate (g)	328.5	306.3	352.9		NA		NA
Sugars (g)	125.3	112.1	149.2		NA		NA
Starch (g)	200.9	183.1	222.0		NA		NA
Fibre (g)	59.2	51.8	78.8		NA		100
Alcohol (g)	4.9	0.0	11.0		NA		NA
Saturated fat (g)	30.2	26.5	35.0		NA		NA
Monounsaturated fat (g)	33.4	29.7	39.8		NA		NA
Polyunsaturated fat (g)	27.6	24.3	32.8		NA		NA
Linoleic acid (g)	25.5	22.6	30.0		NA		100
Alpha linolenic acid (g)	1.8	1.4	2.2		NA		100
LC n3 fatty acids (mg)	270.4	89.3	644.0		NA		99
Vitamin A equivs (mcg)	1746.4	1398.6	2152.7		100		100
Retinol (mcg)	568.6	489.6	685.2		NA		NA
Provitamin A (mcg)	7010.0	4993.0	9431.6		NA		NA
Thiamin (mg)	2.5	2.2	2.8		100		100
Riboflavin (mg)	3.0	2.6	3.3		100		100
Niacin (mg)	69.0	60.7	73.7		100		100
Folate (mcg total)	703.5	610.3	854.8		NA		NA
Folate equivs (mcg)	1033.6	892.6	1164.3		100		100
Vitamin C (mg)	183.0	132.1	237.8		100		100
Vitamin D (mcg)	4.6	3.6	7.7		NA		27
Vitamin E (mg)	17.5	14.0	21.4		NA		100
Calcium (mg)	1352.2	1218.4	1492.5		100		100
Iron (mg)	19.8	17.9	22.4		100		99
Iodine (mcg)	248.2	213.2	304.0		100		100
Magnesium (mg)	624.1	588.8	673.4		100		100
Phosphorus (mg)	2450.3	2241.8	2601.5		100		100
Potassium (mg)	5769.1	5396.5	6073.1		NA		100
Sodium (mg)	2149.7	1705.5	3008.1		NA		100
Zinc (mg)	19.5	16.6	38.9		100		100
Cholesterol (mg)	281.2	164.5	503.5		NA		NA
Selenium (mcg)	117.4	89.8	170.0		100		100
Vitamin B6 (mg)	2.7	2.1	3.9		100		100
Vitamin B12 (mcg)	6.8	5.4	11.7		100		100

Percent energy from fat 30.7
Percent energy from protein 19.9
Percent energy from carbohydrate 48.1
Percent energy from alcohol 1.2

Women31to50.hitot5:

AllFoodGroups	Nservings					
[1,]	StarchyVeg	14				
[2,]	GreenBrassicas	14				
[3,]	OrangeVeg	7				
[4,]	Legumes	14				
[5,]	NutsSeeds	7				
[6,]	OtherVeg	21				
[7,]	TotalFruit	21				
[8,]	WholegrainCereals	35				
[9,]	RefinedCereals	18				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	3				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	14				
[16,]	PolyMarg	28				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	10.5				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	11371.1	10761.6	11836.6	NA		NA
Energy (kJ)	11818.1	11197.8	12317.1	NA		NA
Protein (g)	136.5	128.9	143.7	100		100
Fat (g)	94.6	83.6	104.3	NA		NA
Carbohydrate (g)	324.5	304.6	343.4	NA		NA
Sugars (g)	134.0	118.8	149.0	NA		NA
Starch (g)	188.1	170.5	209.4	NA		NA
Fibre (g)	59.5	51.6	71.4	NA		100
Alcohol (g)	3.6	0.0	13.2	NA		NA
Saturated fat (g)	28.4	24.4	31.9	NA		NA
Monounsaturated fat (g)	32.4	28.4	37.3	NA		NA
Polyunsaturated fat (g)	27.0	23.9	32.3	NA		NA
Linoleic acid (g)	24.8	21.8	29.4	NA		100
Alpha linolenic acid (g)	1.7	1.5	2.6	NA		100
LC n3 fatty acids (mg)	285.7	80.5	688.9	NA		96
Vitamin A equivs (mcg)	1803.0	1367.2	2188.2	100		100
Retinol (mcg)	550.8	486.7	649.6	NA		NA
Provitamin A (mcg)	7467.1	5191.0	9733.8	NA		NA
Thiamin (mg)	2.4	2.1	2.8	100		100
Riboflavin (mg)	2.9	2.5	3.4	100		100
Niacin (mg)	66.5	61.6	73.5	100		100
Folate (mcg total)	740.5	638.0	926.7	NA		NA
Folate equiivs (mcg)	1053.9	918.3	1216.9	100		100
Vitamin C (mg)	213.5	157.9	278.8	100		100
Vitamin D (mcg)	4.6	3.4	7.7	NA		31
Vitamin E (mg)	17.5	13.9	21.0	NA		100
Calcium (mg)	1330.6	1197.2	1541.2	100		100
Iron (mg)	19.4	17.6	21.8	100		94
Iodine (mcg)	240.2	199.1	277.0	100		100
Magnesium (mg)	611.8	569.7	651.4	100		100
Phosphorus (mg)	2361.5	2212.9	2509.6	100		100
Potassium (mg)	5687.1	5358.3	6179.3	NA		100
Sodium (mg)	2025.6	1657.9	3269.1	NA		100
Zinc (mg)	18.9	16.6	29.0	100		100
Cholesterol (mg)	268.0	150.9	404.8	NA		NA
Selenium (mcg)	113.1	85.4	175.5	100		100
Vitamin B6 (mg)	2.7	2.1	4.0	100		100
Vitamin B12 (mcg)	6.6	5.4	10.8	100		100
Percent energy from fat	30.3					
Percent energy from protein	20.1					
Percent energy from carbohydrate	48.8					
Percent energy from alcohol	0.9					

Women31to50.hitot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11585.7	11185.1	11972.4		NA		NA
Energy (kJ)	11991.7	11574.1	12397.6		NA		NA
Protein (g)	139.3	131.3	150.5		100		100
Fat (g)	108.6	100.1	117.1		NA		NA
Carbohydrate (g)	304.0	282.4	328.7		NA		NA
Sugars (g)	146.8	129.7	163.0		NA		NA
Starch (g)	154.9	142.0	170.0		NA		NA
Fibre (g)	54.8	47.1	67.0		NA		100
Alcohol (g)	3.6	0.0	10.3		NA		NA
Saturated fat (g)	31.6	27.5	34.7		NA		NA
Monounsaturated fat (g)	39.7	35.8	45.1		NA		NA
Polyunsaturated fat (g)	30.0	26.6	33.5		NA		NA
Linoleic acid (g)	28.0	25.0	30.9		NA		100
Alpha linolenic acid (g)	1.6	1.3	2.3		NA		100
LC n3 fatty acids (mg)	281.3	98.6	654.1		NA		100
Vitamin A equivs (mcg)	1840.6	1446.1	2266.8		100		100
Retinol (mcg)	595.0	515.0	664.0		NA		NA
Provitamin A (mcg)	7407.5	4976.7	9602.3		NA		NA
Thiamin (mg)	2.3	2.0	2.6		100		100
Riboflavin (mg)	3.4	2.8	3.7		100		100
Niacin (mg)	68.8	62.2	75.9		100		100
Folate (mcg total)	754.9	673.3	865.7		NA		NA
Folate equivs (mcg)	995.7	883.9	1109.6		100		100
Vitamin C (mg)	213.7	164.9	266.6		100		100
Vitamin D (mcg)	5.0	3.8	8.0		NA		42
Vitamin E (mg)	20.2	15.7	24.7		NA		100
Calcium (mg)	1524.7	1366.2	1664.9		100		100
Iron (mg)	17.7	16.1	20.1		100		32
Iodine (mcg)	265.5	230.0	311.2		100		100
Magnesium (mg)	619.5	581.4	685.1		100		100
Phosphorus (mg)	2512.1	2318.3	2673.1		100		100
Potassium (mg)	5889.4	5581.6	6264.7		NA		100
Sodium (mg)	1927.9	1631.9	2832.1		NA		100
Zinc (mg)	19.4	16.7	29.3		100		100
Cholesterol (mg)	285.0	190.1	445.5		NA		NA
Selenium (mcg)	124.7	82.9	185.8		100		100
Vitamin B6 (mg)	2.7	2.1	3.8		100		100
Vitamin B12 (mcg)	8.2	6.9	12.9		100		100

Percent energy from fat 34.2
Percent energy from protein 20.1
Percent energy from carbohydrate 44.8
Percent energy from alcohol 0.9

A15.13 Sample 7-day *Total Diets* Women 51-70 years mid energy level

Average height (165cms); light to moderate activity (PAL 1.7)

Public Consultation

Women51to70.avtot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	3
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	15
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8805.1	8323.0	9256.9	NA	NA			
Energy (kJ)	9070.1	8606.1	9544.9	NA	NA			
Protein (g)	123.3	116.4	130.8	100	100			
Fat (g)	65.1	56.6	72.6	NA	NA			
Carbohydrate (g)	253.4	237.2	274.6	NA	NA			
Sugars (g)	126.4	109.3	140.5	NA	NA			
Starch (g)	125.1	111.7	144.4	NA	NA			
Fibre (g)	34.0	28.3	40.9	NA	100			
Alcohol (g)	1.9	0.0	5.6	NA	NA			
Saturated fat (g)	24.2	20.8	27.2	NA	NA			
Monounsaturated fat (g)	21.6	18.2	25.3	NA	NA			
Polyunsaturated fat (g)	14.2	12.3	16.6	NA	NA			
Linoleic acid (g)	12.9	11.1	15.0	NA	100			
Alpha linolenic acid (g)	1.0	0.9	1.3	NA	100			
LC n3 fatty acids (mg)	309.8	97.5	1145.9	NA	100			
Vitamin A equivs (mcg)	1465.5	1109.9	1916.6	100	100			
Retinol (mcg)	454.9	388.8	643.8	NA	NA			
Provitamin A (mcg)	6004.1	3833.2	8505.0	NA	NA			
Thiamin (mg)	1.6	1.4	1.9	100	100			
Riboflavin (mg)	3.3	2.9	3.7	100	100			
Niacin (mg)	59.4	52.6	66.4	100	100			
Folate (mcg total)	562.9	481.6	647.7	NA	NA			
Folate equivs (mcg)	819.0	722.1	934.4	100	100			
Vitamin C (mg)	132.7	83.4	224.0	100	100			
Vitamin D (mcg)	4.5	3.3	7.3	NA	0			
Vitamin E (mg)	10.4	7.8	13.7	NA	100			
Calcium (mg)	1576.8	1400.3	1723.0	100	100			
Iron (mg)	12.6	10.8	14.2	100	100			
Iodine (mcg)	299.9	261.0	347.8	100	100			
Magnesium (mg)	445.7	415.8	495.9	100	100			
Phosphorus (mg)	2220.7	2088.0	2359.0	100	100			
Potassium (mg)	4508.1	4161.1	4839.2	NA	100			
Sodium (mg)	1797.6	1519.7	3487.0	NA	100			
Zinc (mg)	16.0	13.7	26.9	100	100			
Cholesterol (mg)	278.7	194.2	572.8	NA	NA			
Selenium (mcg)	87.0	72.4	127.1	100	100			
Vitamin B6 (mg)	2.0	1.4	3.0	100	98			
Vitamin B12 (mcg)	8.7	7.4	11.5	100	100			

Percent energy from fat 27.1
Percent energy from protein 23.6
Percent energy from carbohydrate 48.6
Percent energy from alcohol 0.6

Women51to70.avttot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	10
[5,] NutsSeeds	10
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	21
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	3
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8725.7	8300.7	9337.3	NA	NA			
Energy (kJ)	9072.3	8634.1	9726.1	NA	NA			
Protein (g)	118.5	111.7	125.9	100	100			
Fat (g)	73.2	63.4	82.7	NA	NA			
Carbohydrate (g)	237.3	218.4	272.2	NA	NA			
Sugars (g)	139.1	122.6	165.3	NA	NA			
Starch (g)	95.7	82.5	108.7	NA	NA			
Fibre (g)	44.3	40.0	55.6	NA	100			
Alcohol (g)	1.0	0.0	5.6	NA	NA			
Saturated fat (g)	23.1	19.2	25.9	NA	NA			
Monounsaturated fat (g)	26.2	21.6	32.0	NA	NA			
Polyunsaturated fat (g)	18.6	15.1	23.3	NA	NA			
Linoleic acid (g)	17.3	14.2	21.3	NA	100			
Alpha linolenic acid (g)	1.1	0.8	1.7	NA	100			
LC n3 fatty acids (mg)	289.7	51.5	961.6	NA	93			
Vitamin A equivs (mcg)	1603.1	1177.7	1985.4	100	100			
Retinol (mcg)	433.0	369.5	513.2	NA	NA			
Provitamin A (mcg)	6956.2	4554.5	9223.8	NA	NA			
Thiamin (mg)	1.7	1.4	1.9	100	100			
Riboflavin (mg)	3.3	2.8	3.7	100	100			
Niacin (mg)	57.4	52.8	62.2	100	100			
Folate (mcg total)	686.1	575.0	771.7	NA	NA			
Folate equivs (mcg)	857.1	743.2	954.7	100	100			
Vitamin C (mg)	182.2	119.9	232.1	100	100			
Vitamin D (mcg)	4.3	2.9	6.9	NA	0			
Vitamin E (mg)	14.5	11.5	18.6	NA	100			
Calcium (mg)	1579.3	1430.2	1710.2	100	100			
Iron (mg)	13.4	11.9	16.2	100	100			
Iodine (mcg)	274.0	234.5	322.2	100	100			
Magnesium (mg)	526.1	475.3	570.5	100	100			
Phosphorus (mg)	2250.5	2085.6	2410.7	100	100			
Potassium (mg)	5209.5	4839.0	5826.8	NA	100			
Sodium (mg)	1482.3	1141.0	2401.5	NA	100			
Zinc (mg)	15.2	13.5	25.7	100	100			
Cholesterol (mg)	241.7	162.9	402.1	NA	NA			
Selenium (mcg)	98.6	68.8	147.0	100	100			
Vitamin B6 (mg)	2.5	1.6	4.1	100	100			
Vitamin B12 (mcg)	7.9	6.8	12.4	100	100			

Percent energy from fat 30.4
Percent energy from protein 22.7
Percent energy from carbohydrate 46.6
Percent energy from alcohol 0.3

Women51to70.avtot3:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	3
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	3
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	7
[15,] LoFatDairy	25
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8787.3	8395.2	9133.1	NA			NA
Energy (kJ)	9054.3	8667.1	9409.9	NA			NA
Protein (g)	118.6	110.4	128.5	100			100
Fat (g)	71.8	61.8	80.0	NA			NA
Carbohydrate (g)	245.9	231.0	271.7	NA			NA
Sugars (g)	133.5	122.8	145.3	NA			NA
Starch (g)	110.8	96.3	127.0	NA			NA
Fibre (g)	34.5	30.2	41.2	NA			100
Alcohol (g)	0.0	0.0	0.0	NA			NA
Saturated fat (g)	27.0	23.6	29.2	NA			NA
Monounsaturated fat (g)	22.2	18.3	26.9	NA			NA
Polyunsaturated fat (g)	17.1	14.9	21.0	NA			NA
Linoleic acid (g)	15.7	13.7	18.8	NA			100
Alpha linolenic acid (g)	1.2	1.0	1.7	NA			100
LC n3 fatty acids (mg)	273.1	55.6	716.3	NA			90
Vitamin A equivs (mcg)	1646.1	1268.8	2042.8	100			100
Retinol (mcg)	623.8	543.3	743.5	NA			NA
Provitamin A (mcg)	6051.2	3638.4	8218.6	NA			NA
Thiamin (mg)	1.6	1.4	1.9	100			100
Riboflavin (mg)	3.8	3.4	4.2	100			100
Niacin (mg)	57.5	52.7	62.6	100			100
Folate (mcg total)	595.3	527.8	679.4	NA			NA
Folate equivs (mcg)	845.9	732.9	956.6	100			100
Vitamin C (mg)	127.2	82.9	179.2	100			100
Vitamin D (mcg)	6.1	4.7	9.0	NA			0
Vitamin E (mg)	11.3	8.6	14.3	NA			100
Calcium (mg)	1842.5	1743.6	2002.0	100			100
Iron (mg)	11.6	10.1	13.9	100			100
Iodine (mcg)	351.8	312.8	401.0	100			100
Magnesium (mg)	466.3	422.8	526.4	100			100
Phosphorus (mg)	2349.5	2202.9	2496.4	100			100
Potassium (mg)	4752.3	4356.1	5061.6	NA			100
Sodium (mg)	1713.3	1476.1	2664.7	NA			100
Zinc (mg)	14.6	12.8	24.7	100			100
Cholesterol (mg)	269.9	172.5	500.0	NA			NA
Selenium (mcg)	86.9	66.5	145.6	100			100
Vitamin B6 (mg)	2.1	1.6	3.2	100			100
Vitamin B12 (mcg)	9.4	7.8	12.3	100			100

Percent energy from fat 29.9
Percent energy from protein 22.7
Percent energy from carbohydrate 47.3
Percent energy from alcohol 0.0

Women51to70.avtot4:

AllFoodGroups Nservings									
[1,]	StarchyVeg	12							
[2,]	GreenBrassicas	14							
[3,]	OrangeVeg	7							
[4,]	Legumes	3							
[5,]	NutsSeeds	3							
[6,]	OtherVeg	21							
[7,]	TotalFruit	21							
[8,]	WholegrainCereals	28							
[9,]	RefinedCereals	8							
[10,]	Poultryfisheggsleg	7							
[11,]	RedMeats	7							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	25							
[16,]	PolyMarg	14							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	3.5							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		8761.1	8271.1	9140.7			NA		NA
Energy (kJ)		9088.9	8584.6	9485.8			NA		NA
Protein (g)		125.4	114.3	133.6		100			100
Fat (g)		62.4	53.4	68.8			NA		NA
Carbohydrate (g)		255.5	240.4	279.1			NA		NA
Sugars (g)		141.5	128.6	157.5			NA		NA
Starch (g)		111.6	102.7	127.2			NA		NA
Fibre (g)		43.0	35.8	51.9			NA		100
Alcohol (g)		1.3	0.0	4.3			NA		NA
Saturated fat (g)		22.8	19.6	25.0			NA		NA
Monounsaturated fat (g)		20.5	16.9	24.2			NA		NA
Polyunsaturated fat (g)		14.1	12.1	16.7			NA		NA
Linoleic acid (g)		12.7	10.8	15.0			NA		100
Alpha linolenic acid (g)		1.0	0.8	1.3			NA		100
LC n3 fatty acids (mg)		348.7	72.8	955.3			NA		96
Vitamin A equivs (mcg)		1617.6	1227.1	2006.7		100			100
Retinol (mcg)		442.9	386.7	519.3			NA		NA
Provitamin A (mcg)		6981.4	4781.4	9220.2			NA		NA
Thiamin (mg)		1.7	1.5	2.1		100			100
Riboflavin (mg)		3.5	3.0	3.9		100			100
Niacin (mg)		61.1	55.3	66.1		100			100
Folate (mcg total)		641.4	548.8	738.7			NA		NA
Folate equivs (mcg)		853.2	735.9	962.5		100			100
Vitamin C (mg)		214.0	152.5	274.7		100			100
Vitamin D (mcg)		4.6	3.2	8.4			NA		0
Vitamin E (mg)		10.9	8.3	15.3			NA		100
Calcium (mg)		1615.8	1473.7	1745.4		100			100
Iron (mg)		13.7	11.7	15.5		100			100
Iodine (mcg)		289.4	258.7	323.9		100			100
Magnesium (mg)		491.6	459.8	521.1		100			100
Phosphorus (mg)		2300.3	2132.5	2468.4		100			100
Potassium (mg)		5554.6	5161.4	5944.6			NA		100
Sodium (mg)		1598.2	1385.8	2424.6			NA		100
Zinc (mg)		16.1	14.7	26.6		100			100
Cholesterol (mg)		272.6	187.6	439.2			NA		NA
Selenium (mcg)		88.3	67.0	122.9		100			100
Vitamin B6 (mg)		2.5	1.8	3.6		100			100
Vitamin B12 (mcg)		8.4	7.3	11.3		100			100
Percent energy from fat		26.0							
Percent energy from protein		24.0							
Percent energy from carbohydrate		49.7							
Percent energy from alcohol		0.4							

Women51to70.avtot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	10
[6,] OtherVeg	28
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	3
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8702.4	8320.3	9266.2		NA		NA
Energy (kJ)	8982.8	8575.0	9556.3		NA		NA
Protein (g)	112.0	104.4	119.6		100		100
Fat (g)	82.2	73.1	91.9		NA		NA
Carbohydrate (g)	220.8	203.3	241.3		NA		NA
Sugars (g)	128.3	112.9	144.8		NA		NA
Starch (g)	90.3	79.3	103.8		NA		NA
Fibre (g)	36.1	31.2	43.7		NA		100
Alcohol (g)	2.2	0.0	6.4		NA		NA
Saturated fat (g)	26.2	22.0	29.1		NA		NA
Monounsaturated fat (g)	29.5	25.2	34.0		NA		NA
Polyunsaturated fat (g)	20.9	18.4	24.7		NA		NA
Linoleic acid (g)	19.5	17.2	22.8		NA		100
Alpha linolenic acid (g)	1.1	0.9	1.6		NA		100
LC n3 fatty acids (mg)	294.6	41.3	995.9		NA		94
Vitamin A equivs (mcg)	1675.7	1219.0	2118.0		100		100
Retinol (mcg)	531.1	434.3	627.1		NA		NA
Provitamin A (mcg)	6794.9	4436.7	9174.7		NA		NA
Thiamin (mg)	1.5	1.3	2.0		100		100
Riboflavin (mg)	3.3	3.0	3.6		100		100
Niacin (mg)	55.0	49.5	60.5		100		100
Folate (mcg total)	591.7	506.2	691.1		NA		NA
Folate equivs (mcg)	756.4	654.7	847.1		100		100
Vitamin C (mg)	160.4	125.3	205.4		100		100
Vitamin D (mcg)	4.8	3.5	8.3		NA		0
Vitamin E (mg)	15.3	12.1	20.2		NA		100
Calcium (mg)	1553.4	1417.0	1748.3		100		100
Iron (mg)	11.7	10.0	13.5		100		100
Iodine (mcg)	274.8	240.8	324.1		100		100
Magnesium (mg)	474.9	428.6	535.8		100		100
Phosphorus (mg)	2164.9	2012.7	2295.2		100		100
Potassium (mg)	4739.6	4448.2	5225.3		NA		100
Sodium (mg)	1571.5	1318.6	2969.9		NA		100
Zinc (mg)	14.3	12.5	24.8		100		100
Cholesterol (mg)	263.5	155.3	431.6		NA		NA
Selenium (mcg)	96.8	62.9	163.1		100		100
Vitamin B6 (mg)	2.4	1.5	3.9		100		100
Vitamin B12 (mcg)	8.0	6.7	12.8		100		100

Percent energy from fat 34.5
Percent energy from protein 21.6
Percent energy from carbohydrate 43.2
Percent energy from alcohol 0.7

Women51to70.avtot6:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	5
[2,]	GreenBrassicas	14
[3,]	OrangeVeg	7
[4,]	Legumes	10
[5,]	NutsSeeds	3
[6,]	OtherVeg	21
[7,]	TotalFruit	14
[8,]	WholegrainCereals	21
[9,]	RefinedCereals	8
[10,]	Poultryfisheseggsleg	7
[11,]	RedMeats	3
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	7
[14,]	MidFatDairy	0
[15,]	LoFatDairy	25
[16,]	PolyMarg	21
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8672.1	8252.6	9063.6	NA	NA			
Energy (kJ)	8981.4	8560.4	9382.4	NA	NA			
Protein (g)	119.6	109.4	131.0	100	100			
Fat (g)	75.6	68.0	85.8	NA	NA			
Carbohydrate (g)	225.5	210.3	244.7	NA	NA			
Sugars (g)	127.0	115.3	144.9	NA	NA			
Starch (g)	96.4	84.2	113.9	NA	NA			
Fibre (g)	39.4	34.7	45.6	NA	100			
Alcohol (g)	2.3	0.0	8.0	NA	NA			
Saturated fat (g)	28.7	26.2	31.8	NA	NA			
Monounsaturated fat (g)	23.6	20.0	28.3	NA	NA			
Polyunsaturated fat (g)	17.9	15.7	20.9	NA	NA			
Linoleic acid (g)	16.3	14.4	19.0	NA	100			
Alpha linolenic acid (g)	1.3	1.1	1.7	NA	100			
LC n3 fatty acids (mg)	282.7	45.4	990.4	NA	91			
Vitamin A equivs (mcg)	1743.2	1355.8	2113.5	100	100			
Retinol (mcg)	580.6	510.4	687.7	NA	NA			
Provitamin A (mcg)	6872.9	4219.7	9142.6	NA	NA			
Thiamin (mg)	1.5	1.2	1.8	100	100			
Riboflavin (mg)	3.3	2.9	3.7	100	100			
Niacin (mg)	53.9	46.6	61.3	100	100			
Folate (mcg total)	642.2	556.6	737.6	NA	NA			
Folate equivs (mcg)	814.8	706.4	937.2	100	100			
Vitamin C (mg)	176.0	107.8	233.1	100	100			
Vitamin D (mcg)	5.5	3.9	8.3	NA	0			
Vitamin E (mg)	12.3	9.5	16.5	NA	100			
Calcium (mg)	1731.7	1573.9	1863.1	100	100			
Iron (mg)	12.9	11.8	15.2	100	100			
Iodine (mcg)	279.6	248.4	316.9	100	100			
Magnesium (mg)	468.7	429.9	525.2	100	100			
Phosphorus (mg)	2256.9	2093.3	2377.6	100	100			
Potassium (mg)	4862.3	4533.1	5157.9	NA	100			
Sodium (mg)	1817.4	1523.7	2703.9	NA	100			
Zinc (mg)	15.0	13.0	24.9	100	100			
Cholesterol (mg)	271.7	183.4	400.3	NA	NA			
Selenium (mcg)	87.0	68.3	124.7	100	100			
Vitamin B6 (mg)	2.4	1.7	3.8	100	100			
Vitamin B12 (mcg)	8.5	7.0	12.4	100	100			

Percent energy from fat 31.7
Percent energy from protein 23.1
Percent energy from carbohydrate 44.4
Percent energy from alcohol 0.8

A15.14 Sample 7-day Total Diets Women 51-70 years higher energy level

Tallest (180cm) and high activity (PAL 2)

Public Consultation

\$Nserves.Women51to70.hitot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	3
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	42
[9,] RefinedCereals	28
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11274.5	10938.3	11810.3		NA		NA
Energy (kJ)	11641.8	11285.2	12201.8		NA		NA
Protein (g)	143.4	135.4	154.4		100		100
Fat (g)	71.0	64.7	79.1		NA		NA
Carbohydrate (g)	365.8	347.2	392.8		NA		NA
Sugars (g)	153.8	141.0	174.6		NA		NA
Starch (g)	209.4	191.9	229.6		NA		NA
Fibre (g)	48.2	42.7	64.6		NA		100
Alcohol (g)	2.1	0.0	7.8		NA		NA
Saturated fat (g)	25.8	22.8	28.9		NA		NA
Monounsaturated fat (g)	23.3	20.6	27.2		NA		NA
Polyunsaturated fat (g)	16.1	14.3	20.1		NA		NA
Linoleic acid (g)	14.5	13.0	17.7		NA		100
Alpha linolenic acid (g)	1.2	1.0	1.7		NA		100
LC n3 fatty acids (mg)	328.5	88.9	1194.9		NA		99
Vitamin A equivs (mcg)	1571.3	1234.3	1980.8		100		100
Retinol (mcg)	474.4	412.4	565.2		NA		NA
Provitamin A (mcg)	6508.8	4453.7	8906.8		NA		NA
Thiamin (mg)	2.3	2.0	2.6		100		100
Riboflavin (mg)	3.8	3.1	4.2		100		100
Niacin (mg)	71.7	67.4	77.0		100		100
Folate (mcg total)	691.0	603.1	778.4		NA		NA
Folate equivs (mcg)	1104.2	934.8	1270.0		100		100
Vitamin C (mg)	181.9	122.7	236.7		100		100
Vitamin D (mcg)	4.7	3.5	7.6		NA		0
Vitamin E (mg)	11.6	8.8	14.5		NA		100
Calcium (mg)	1788.9	1640.2	1961.0		100		100
Iron (mg)	16.6	14.5	18.7		100		100
Iodine (mcg)	357.5	325.8	408.4		100		100
Magnesium (mg)	566.7	538.7	596.1		100		100
Phosphorus (mg)	2626.3	2490.4	2824.5		100		100
Potassium (mg)	5725.0	5445.0	6091.7		NA		100
Sodium (mg)	2277.7	1966.3	4063.8		NA		100
Zinc (mg)	18.8	16.4	28.9		100		100
Cholesterol (mg)	294.8	179.8	467.6		NA		NA
Selenium (mcg)	104.4	78.4	158.9		100		100
Vitamin B6 (mg)	2.3	1.8	3.1		100		100
Vitamin B12 (mcg)	9.1	7.6	12.1		100		100

Percent energy from fat 23.2
Percent energy from protein 21.5
Percent energy from carbohydrate 54.8
Percent energy from alcohol 0.5

Women51to70.hitot2:

AllFoodGroups	Nservings					
[1,] StarchyVeg	5					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	10					
[5,] NutsSeeds	10					
[6,] OtherVeg	28					
[7,] TotalFruit	21					
[8,] WholegrainCereals	39					
[9,] RefinedCereals	21					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	3					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	0					
[15,] LoFatDairy	25					
[16,] PolyMarg	21					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	3.5					
		Daily intake	minimum	maximum	met EAR	met RDI/AI
Energy excl fibre (kJ)		11025.0	10562.5	11607.4	NA	NA
Energy (kJ)		11437.2	10963.6	12039.9	NA	NA
Protein (g)		136.0	127.3	146.4	100	100
Fat (g)		86.3	78.0	95.6	NA	NA
Carbohydrate (g)		326.7	300.9	351.1	NA	NA
Sugars (g)		148.7	132.5	162.3	NA	NA
Starch (g)		175.4	155.8	198.3	NA	NA
Fibre (g)		52.5	47.0	61.1	NA	100
Alcohol (g)		1.2	0.0	5.5	NA	NA
Saturated fat (g)		26.3	23.3	29.3	NA	NA
Monounsaturated fat (g)		30.4	26.4	35.6	NA	NA
Polyunsaturated fat (g)		23.4	20.8	27.4	NA	NA
Linoleic acid (g)		21.8	18.9	25.5	NA	100
Alpha linolenic acid (g)		1.4	1.2	1.8	NA	100
LC n3 fatty acids (mg)		270.7	61.6	984.1	NA	90
Vitamin A equivs (mcg)		1695.8	1330.0	2113.4	100	100
Retinol (mcg)		525.0	470.0	587.6	NA	NA
Provitamin A (mcg)		6953.7	4884.7	9174.5	NA	NA
Thiamin (mg)		2.3	2.0	2.6	100	100
Riboflavin (mg)		3.7	3.3	4.2	100	100
Niacin (mg)		68.2	60.6	74.5	100	100
Folate (mcg total)		783.0	669.7	869.0	NA	NA
Folate equivs (mcg)		1135.8	971.1	1310.9	100	100
Vitamin C (mg)		183.6	136.5	243.6	100	100
Vitamin D (mcg)		4.8	3.6	8.0	NA	0
Vitamin E (mg)		16.6	12.4	20.5	NA	100
Calcium (mg)		1768.6	1653.0	1944.6	100	100
Iron (mg)		17.0	15.8	18.7	100	100
Iodine (mcg)		336.6	299.1	376.5	100	100
Magnesium (mg)		624.2	584.2	682.3	100	100
Phosphorus (mg)		2595.5	2449.6	2810.2	100	100
Potassium (mg)		5645.9	5369.6	6146.7	NA	100
Sodium (mg)		2099.5	1719.2	3004.6	NA	100
Zinc (mg)		17.2	15.8	27.1	100	100
Cholesterol (mg)		246.8	167.1	373.8	NA	NA
Selenium (mcg)		113.4	81.5	168.7	100	100
Vitamin B6 (mg)		2.7	2.0	3.7	100	100
Vitamin B12 (mcg)		8.1	7.0	11.1	100	100
Percent energy from fat		28.6				
Percent energy from protein		20.7				
Percent energy from carbohydrate		50.4				
Percent energy from alcohol		0.3				

Women51to70.hitot3:

AllFoodGroups	Nservings					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	3					
[5,] NutsSeeds	10					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	42					
[9,] RefinedCereals	14					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	3					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	7					
[15,] LoFatDairy	25					
[16,] PolyMarg	21					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	7					
		Daily intake	minimum	maximum	met EAR	met RDI/AI
Energy excl fibre (kJ)		10976.1	10596.2	11378.8	NA	NA
Energy (kJ)		11297.3	10909.8	11708.1	NA	NA
Protein (g)		135.7	129.6	145.8	100	100
Fat (g)		93.9	83.9	103.1	NA	NA
Carbohydrate (g)		307.5	290.1	335.0	NA	NA
Sugars (g)		152.5	131.2	168.2	NA	NA
Starch (g)		153.0	135.7	172.5	NA	NA
Fibre (g)		41.5	36.9	56.6	NA	100
Alcohol (g)		1.8	0.0	6.8	NA	NA
Saturated fat (g)		32.5	28.7	36.2	NA	NA
Monounsaturated fat (g)		32.3	28.2	36.2	NA	NA
Polyunsaturated fat (g)		22.4	20.0	26.4	NA	NA
Linoleic acid (g)		20.8	18.8	24.5	NA	100
Alpha linolenic acid (g)		1.3	1.1	1.8	NA	100
LC n3 fatty acids (mg)		283.3	43.1	1033.5	NA	91
Vitamin A equivs (mcg)		1721.9	1419.5	2067.1	100	100
Retinol (mcg)		656.6	557.3	757.6	NA	NA
Provitamin A (mcg)		6311.4	4507.3	8632.2	NA	NA
Thiamin (mg)		2.1	1.8	2.5	100	100
Riboflavin (mg)		4.2	3.7	4.6	100	100
Niacin (mg)		68.0	64.3	75.3	100	100
Folate (mcg total)		689.1	590.2	783.4	NA	NA
Folate equivs (mcg)		1016.2	888.6	1163.2	100	100
Vitamin C (mg)		140.4	91.6	220.5	100	100
Vitamin D (mcg)		6.1	4.8	9.1	NA	0
Vitamin E (mg)		14.7	11.5	20.3	NA	100
Calcium (mg)		1991.6	1859.5	2119.0	100	100
Iron (mg)		14.6	13.2	16.4	100	100
Iodine (mcg)		385.2	335.0	431.2	100	100
Magnesium (mg)		580.8	546.9	620.7	100	100
Phosphorus (mg)		2697.7	2555.1	2866.8	100	100
Potassium (mg)		5290.3	5026.4	5565.4	NA	100
Sodium (mg)		2117.3	1805.8	3160.4	NA	100
Zinc (mg)		17.3	15.0	37.8	100	100
Cholesterol (mg)		287.1	201.0	405.6	NA	NA
Selenium (mcg)		108.5	76.8	188.4	100	100
Vitamin B6 (mg)		2.4	1.9	3.6	100	100
Vitamin B12 (mcg)		9.6	8.4	13.6	100	100
Percent energy from fat		31.4				
Percent energy from protein		20.8				
Percent energy from carbohydrate		47.3				
Percent energy from alcohol		0.5				

Women51to70.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	10
[5,] NutsSeeds	3
[6,] OtherVeg	21
[7,] TotalFruit	28
[8,] WholegrainCereals	35
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11000.4	10559.3	11434.7		NA		NA
Energy (kJ)	11421.2	10965.4	11855.1		NA		NA
Protein (g)	141.6	131.8	155.5		100		100
Fat (g)	86.5	78.3	94.1		NA		NA
Carbohydrate (g)	316.0	291.9	333.6		NA		NA
Sugars (g)	172.6	153.3	187.9		NA		NA
Starch (g)	140.0	128.8	152.7		NA		NA
Fibre (g)	54.9	48.2	64.9		NA		100
Alcohol (g)	3.3	0.0	9.7		NA		NA
Saturated fat (g)	30.1	26.8	32.9		NA		NA
Monounsaturated fat (g)	27.5	22.4	32.0		NA		NA
Polyunsaturated fat (g)	22.4	20.1	25.2		NA		NA
Linoleic acid (g)	20.4	18.4	22.9		NA		100
Alpha linolenic acid (g)	1.6	1.4	2.1		NA		100
LC n3 fatty acids (mg)	348.4	90.1	877.4		NA		100
Vitamin A equivs (mcg)	1890.2	1577.2	2342.5		100		100
Retinol (mcg)	635.8	554.5	720.6		NA		NA
Provitamin A (mcg)	7457.4	5663.3	9810.6		NA		NA
Thiamin (mg)	2.1	1.8	2.4		100		100
Riboflavin (mg)	3.8	3.4	4.1		100		100
Niacin (mg)	68.4	62.1	73.1		100		100
Folate (mcg total)	775.2	651.5	893.0		NA		NA
Folate equivs (mcg)	1031.4	920.4	1176.0		100		100
Vitamin C (mg)	253.8	194.8	351.8		100		100
Vitamin D (mcg)	5.6	4.3	8.9		NA		0
Vitamin E (mg)	15.4	12.7	20.5		NA		100
Calcium (mg)	1753.3	1625.3	1911.1		100		100
Iron (mg)	17.2	15.5	20.0		100		100
Iodine (mcg)	313.2	273.1	363.9		100		100
Magnesium (mg)	590.1	552.8	641.2		100		100
Phosphorus (mg)	2598.3	2427.2	2833.9		100		100
Potassium (mg)	6403.0	6060.6	6959.8		NA		100
Sodium (mg)	2020.7	1730.3	2948.5		NA		100
Zinc (mg)	18.5	16.5	29.2		100		100
Cholesterol (mg)	298.5	198.2	457.5		NA		NA
Selenium (mcg)	99.1	78.3	142.6		100		100
Vitamin B6 (mg)	2.8	2.0	4.0		100		100
Vitamin B12 (mcg)	8.8	7.7	11.7		100		100

Percent energy from fat 28.6
Percent energy from protein 21.5
Percent energy from carbohydrate 49.0
Percent energy from alcohol 0.8

Women51to70.hitot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	17
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	3
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11034.1	10708.3	11453.3		NA		NA
Energy (kJ)	11386.1	11087.8	11787.3		NA		NA
Protein (g)	127.3	120.8	135.9		100		100
Fat (g)	111.0	102.9	121.0		NA		NA
Carbohydrate (g)	277.7	257.4	311.2		NA		NA
Sugars (g)	163.3	145.0	189.7		NA		NA
Starch (g)	111.4	100.3	125.1		NA		NA
Fibre (g)	45.2	40.0	53.5		NA		100
Alcohol (g)	4.3	0.0	9.5		NA		NA
Saturated fat (g)	33.2	30.1	36.4		NA		NA
Monounsaturated fat (g)	41.3	36.6	46.2		NA		NA
Polyunsaturated fat (g)	29.4	25.3	34.3		NA		NA
Linoleic acid (g)	27.6	23.6	31.9		NA		100
Alpha linolenic acid (g)	1.5	1.2	2.1		NA		100
LC n3 fatty acids (mg)	289.1	68.5	1062.4		NA		96
Vitamin A equivs (mcg)	1844.3	1443.1	2281.9		100		100
Retinol (mcg)	639.4	560.4	730.2		NA		NA
Provitamin A (mcg)	7149.8	4685.2	10138.1		NA		NA
Thiamin (mg)	2.0	1.8	2.3		100		100
Riboflavin (mg)	3.6	3.3	4.2		100		100
Niacin (mg)	64.4	58.6	73.1		100		100
Folate (mcg total)	701.5	612.4	793.8		NA		NA
Folate equivs (mcg)	909.7	822.3	1061.6		100		100
Vitamin C (mg)	189.4	139.9	243.8		100		100
Vitamin D (mcg)	5.4	4.1	7.6		NA		0
Vitamin E (mg)	20.5	16.4	25.0		NA		100
Calcium (mg)	1687.3	1551.8	1855.1		100		100
Iron (mg)	14.7	13.2	16.7		100		100
Iodine (mcg)	295.6	263.4	348.1		100		100
Magnesium (mg)	596.3	557.5	653.2		100		100
Phosphorus (mg)	2485.3	2354.4	2670.1		100		100
Potassium (mg)	5444.2	5096.1	5942.9		NA		100
Sodium (mg)	1932.8	1643.8	2696.1		NA		100
Zinc (mg)	17.2	14.8	27.2		100		100
Cholesterol (mg)	271.1	188.0	401.4		NA		NA
Selenium (mcg)	117.5	85.2	178.2		100		100
Vitamin B6 (mg)	2.7	2.0	3.9		100		100
Vitamin B12 (mcg)	8.4	6.8	12.8		100		100

Percent energy from fat 36.7
Percent energy from protein 19.3
Percent energy from carbohydrate 42.9
Percent energy from alcohol 1.1

Women51to70.hitot6:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	7					
[4,]	Legumes	10					
[5,]	NutsSeeds	3					
[6,]	OtherVeg	21					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	25					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	3					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	7					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	25					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11204.3	10782.2	11724.2		NA		NA
Energy (kJ)	11557.3	11109.1	12105.4		NA		NA
Protein (g)	135.5	127.2	143.6		100		100
Fat (g)	92.6	81.4	103.9		NA		NA
Carbohydrate (g)	319.1	295.3	354.3		NA		NA
Sugars (g)	144.6	126.6	166.1		NA		NA
Starch (g)	172.1	154.7	198.2		NA		NA
Fibre (g)	45.1	39.4	52.9		NA		100
Alcohol (g)	4.2	0.0	11.1		NA		NA
Saturated fat (g)	34.6	31.3	37.6		NA		NA
Monounsaturated fat (g)	28.9	24.9	34.4		NA		NA
Polyunsaturated fat (g)	22.5	19.5	25.9		NA		NA
Linoleic acid (g)	20.6	17.8	23.2		NA		100
Alpha linolenic acid (g)	1.6	1.4	2.1		NA		100
LC n3 fatty acids (mg)	306.7	71.9	1006.1		NA		94
Vitamin A equivs (mcg)	1904.7	1519.0	2292.8		100		100
Retinol (mcg)	697.9	616.6	803.3		NA		NA
Provitamin A (mcg)	7130.9	4746.0	9443.6		NA		NA
Thiamin (mg)	1.9	1.7	2.2		100		100
Riboflavin (mg)	3.6	3.2	3.9		100		100
Niacin (mg)	63.2	58.1	68.2		100		100
Folate (mcg total)	700.1	621.5	768.0		NA		NA
Folate equivs (mcg)	1012.5	890.5	1134.2		100		100
Vitamin C (mg)	180.0	121.0	236.8		100		100
Vitamin D (mcg)	6.2	5.0	9.2		NA		0
Vitamin E (mg)	14.6	11.3	17.6		NA		100
Calcium (mg)	1841.4	1682.8	1975.2		100		100
Iron (mg)	15.3	13.5	18.2		100		100
Iodine (mcg)	327.6	279.8	366.9		100		100
Magnesium (mg)	530.5	489.3	572.8		100		100
Phosphorus (mg)	2517.4	2325.3	2650.3		100		100
Potassium (mg)	5165.1	4850.3	5552.8		NA		100
Sodium (mg)	2420.9	2002.1	3212.7		NA		100
Zinc (mg)	16.9	15.0	27.0		100		100
Cholesterol (mg)	287.0	207.1	491.2		NA		NA
Selenium (mcg)	98.7	72.8	139.9		100		100
Vitamin B6 (mg)	2.4	1.7	3.5		100		100
Vitamin B12 (mcg)	8.7	7.4	11.6		100		100
Percent energy from fat	30.3						
Percent energy from protein	20.4						
Percent energy from carbohydrate	48.3						
Percent energy from alcohol	1.1						

A15.15 Sample 7-day Total Diets Women 70+ years mid energy level

Average height (165cms); light to moderate activity (PAL 1.7)

Public Consultation

Women70plus.avtot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	3
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	25
[9,] RefinedCereals	15
[10,] Poultryfisheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8330.8	7996.6	8801.6	NA	NA			
Energy (kJ)	8580.0	8246.6	9082.9	NA	NA			
Protein (g)	120.7	110.8	130.4	100	100			
Fat (g)	63.2	56.0	70.3	NA	NA			
Carbohydrate (g)	233.9	216.4	262.7	NA	NA			
Sugars (g)	120.1	103.1	132.6	NA	NA			
Starch (g)	112.0	98.2	124.0	NA	NA			
Fibre (g)	31.7	28.5	42.4	NA	100			
Alcohol (g)	0.7	0.0	5.3	NA	NA			
Saturated fat (g)	23.1	20.3	26.4	NA	NA			
Monounsaturated fat (g)	20.7	17.0	24.7	NA	NA			
Polyunsaturated fat (g)	14.4	12.3	18.1	NA	NA			
Linoleic acid (g)	12.9	11.0	15.8	NA	100			
Alpha linolenic acid (g)	1.0	0.8	1.6	NA	100			
LC n3 fatty acids (mg)	395.4	81.4	967.2	NA	99			
Vitamin A equivs (mcg)	1399.2	1079.6	1831.0	100	100			
Retinol (mcg)	454.7	386.0	534.0	NA	NA			
Provitamin A (mcg)	5619.1	3861.6	8140.1	NA	NA			
Thiamin (mg)	1.5	1.2	1.8	100	100			
Riboflavin (mg)	3.2	2.9	3.6	100	100			
Niacin (mg)	58.1	53.0	63.7	100	100			
Folate (mcg total)	554.4	484.7	626.8	NA	NA			
Folate equivs (mcg)	802.0	669.4	898.2	100	100			
Vitamin C (mg)	132.4	97.8	178.3	100	100			
Vitamin D (mcg)	4.8	3.4	7.8	NA	0			
Vitamin E (mg)	9.8	6.7	12.1	NA	99			
Calcium (mg)	1564.5	1426.9	1681.2	100	100			
Iron (mg)	11.9	10.2	15.1	100	100			
Iodine (mcg)	298.9	267.9	341.8	100	100			
Magnesium (mg)	423.2	398.0	465.3	100	100			
Phosphorus (mg)	2146.9	2027.1	2265.6	100	100			
Potassium (mg)	4447.3	4161.4	4802.7	NA	100			
Sodium (mg)	1601.7	1398.0	2478.8	NA	100			
Zinc (mg)	15.4	13.7	25.9	100	100			
Cholesterol (mg)	296.6	175.8	430.5	NA	NA			
Selenium (mcg)	88.1	64.4	120.9	100	100			
Vitamin B6 (mg)	1.9	1.4	2.4	100	98			
Vitamin B12 (mcg)	9.1	7.8	12.1	100	100			

Percent energy from fat 27.8
Percent energy from protein 24.4
Percent energy from carbohydrate 47.5
Percent energy from alcohol 0.2

Women70plus.avttot2:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	5
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	7
[6,]	OtherVeg	28
[7,]	TotalFruit	21
[8,]	WholegrainCereals	21
[9,]	RefinedCereals	8
[10,]	Poultryfisheseggsleg	7
[11,]	RedMeats	3
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	25
[16,]	PolyMarg	14
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8346.4	8022.6	8749.1	NA	NA			
Energy (kJ)	8660.7	8310.3	9077.0	NA	NA			
Protein (g)	113.6	107.1	122.4	100	100			
Fat (g)	69.2	61.9	77.8	NA	NA			
Carbohydrate (g)	229.4	213.1	255.3	NA	NA			
Sugars (g)	138.9	123.7	154.4	NA	NA			
Starch (g)	88.1	77.0	98.4	NA	NA			
Fibre (g)	39.9	35.8	45.9	NA	100			
Alcohol (g)	0.6	0.0	2.8	NA	NA			
Saturated fat (g)	22.9	20.6	26.0	NA	NA			
Monounsaturated fat (g)	23.6	19.9	27.8	NA	NA			
Polyunsaturated fat (g)	17.6	14.9	23.4	NA	NA			
Linoleic acid (g)	16.0	13.8	20.4	NA	100			
Alpha linolenic acid (g)	1.2	0.8	2.2	NA	100			
LC n3 fatty acids (mg)	358.7	39.3	1156.3	NA	94			
Vitamin A equivs (mcg)	1518.0	1133.6	1891.1	100	100			
Retinol (mcg)	448.3	384.8	520.1	NA	NA			
Provitamin A (mcg)	6369.4	3846.3	8657.7	NA	NA			
Thiamin (mg)	1.5	1.3	1.8	100	100			
Riboflavin (mg)	3.2	3.0	3.5	100	100			
Niacin (mg)	56.2	50.9	60.4	100	100			
Folate (mcg total)	667.0	592.7	739.9	NA	NA			
Folate equivs (mcg)	850.4	743.7	954.9	100	100			
Vitamin C (mg)	176.8	127.1	248.4	100	100			
Vitamin D (mcg)	4.7	3.3	8.9	NA	0			
Vitamin E (mg)	12.6	10.3	16.0	NA	100			
Calcium (mg)	1559.6	1426.7	1675.1	100	100			
Iron (mg)	12.0	10.5	14.8	100	100			
Iodine (mcg)	277.1	234.9	334.9	100	100			
Magnesium (mg)	476.1	436.3	517.5	100	100			
Phosphorus (mg)	2128.0	1998.6	2308.6	100	100			
Potassium (mg)	5054.1	4721.4	5475.3	NA	100			
Sodium (mg)	1443.9	1223.4	2221.3	NA	100			
Zinc (mg)	14.0	12.4	24.4	100	100			
Cholesterol (mg)	257.0	154.3	406.0	NA	NA			
Selenium (mcg)	88.0	65.5	125.5	100	100			
Vitamin B6 (mg)	2.4	1.6	3.6	100	100			
Vitamin B12 (mcg)	7.9	6.8	12.6	100	100			

Percent energy from fat 30.2
Percent energy from protein 22.7
Percent energy from carbohydrate 46.9
Percent energy from alcohol 0.2

Women70plus.avtot3:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	5
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	3
[5,]	NutsSeeds	3
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	32
[9,]	RefinedCereals	8
[10,]	Poultryfisheseggsleg	7
[11,]	RedMeats	3
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	4
[15,]	LoFatDairy	25
[16,]	PolyMarg	21
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8293.0	7998.0	8841.1		NA		NA
Energy (kJ)	8548.2	8253.0	9104.0		NA		NA
Protein (g)	113.3	107.0	120.2		100		100
Fat (g)	69.0	61.6	76.3		NA		NA
Carbohydrate (g)	228.0	212.2	246.6		NA		NA
Sugars (g)	127.0	112.2	141.5		NA		NA
Starch (g)	99.2	91.0	114.3		NA		NA
Fibre (g)	32.8	28.9	38.8		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	24.9	22.1	28.1		NA		NA
Monounsaturated fat (g)	21.4	18.5	25.6		NA		NA
Polyunsaturated fat (g)	17.5	15.7	20.3		NA		NA
Linoleic acid (g)	15.9	14.4	18.3		NA		100
Alpha linolenic acid (g)	1.2	1.0	1.6		NA		100
LC n3 fatty acids (mg)	359.8	49.8	935.5		NA		92
Vitamin A equivs (mcg)	1524.6	1121.0	1879.0		100		100
Retinol (mcg)	576.9	505.8	686.6		NA		NA
Provitamin A (mcg)	5624.7	3473.4	7826.4		NA		NA
Thiamin (mg)	1.5	1.3	1.8		100		100
Riboflavin (mg)	3.6	3.1	3.9		100		100
Niacin (mg)	55.7	50.3	61.5		100		100
Folate (mcg total)	585.8	520.2	686.0		NA		NA
Folate equivs (mcg)	832.5	698.8	940.4		100		100
Vitamin C (mg)	125.1	86.7	165.5		100		100
Vitamin D (mcg)	5.8	4.4	9.2		NA		0
Vitamin E (mg)	10.7	8.2	13.5		NA		100
Calcium (mg)	1732.1	1585.9	1891.5		100		100
Iron (mg)	11.3	9.8	14.2		100		100
Iodine (mcg)	330.4	291.2	378.4		100		100
Magnesium (mg)	440.4	406.6	489.6		100		100
Phosphorus (mg)	2204.9	2025.0	2333.1		100		100
Potassium (mg)	4565.8	4268.6	4898.8		NA		100
Sodium (mg)	1601.9	1398.9	1779.6		NA		100
Zinc (mg)	14.4	12.2	24.4		100		100
Cholesterol (mg)	267.2	175.8	439.2		NA		NA
Selenium (mcg)	81.1	63.4	105.2		100		100
Vitamin B6 (mg)	2.0	1.4	3.0		100		99
Vitamin B12 (mcg)	9.2	7.7	13.2		100		100

Percent energy from fat 30.5
Percent energy from protein 23.0
Percent energy from carbohydrate 46.6
Percent energy from alcohol 0.0

Women70plus.avtot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	10
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	3
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8319.0	7976.0	8743.1	NA	NA			
Energy (kJ)	8607.1	8262.2	9038.0	NA	NA			
Protein (g)	122.9	117.0	130.6	100			100	
Fat (g)	63.7	56.8	73.0	NA			NA	
Carbohydrate (g)	229.9	215.6	242.9	NA			NA	
Sugars (g)	124.5	110.2	134.3	NA			NA	
Starch (g)	103.7	93.2	115.4	NA			NA	
Fibre (g)	36.9	31.5	44.9	NA			100	
Alcohol (g)	0.6	0.0	2.8	NA			NA	
Saturated fat (g)	23.4	20.5	27.3	NA			NA	
Monounsaturated fat (g)	20.8	17.3	25.4	NA			NA	
Polyunsaturated fat (g)	14.5	12.7	17.4	NA			NA	
Linoleic acid (g)	13.0	11.7	15.4	NA			100	
Alpha linolenic acid (g)	1.0	0.8	1.7	NA			100	
LC n3 fatty acids (mg)	369.3	81.2	882.1	NA			98	
Vitamin A equivs (mcg)	1532.3	1147.5	2023.9	100			100	
Retinol (mcg)	459.9	385.1	557.8	NA			NA	
Provitamin A (mcg)	6378.9	4079.9	8842.7	NA			NA	
Thiamin (mg)	1.6	1.4	2.0	100			100	
Riboflavin (mg)	3.4	3.1	3.8	100			100	
Niacin (mg)	60.3	55.4	66.8	100			100	
Folate (mcg total)	617.0	536.2	694.6	NA			NA	
Folate equivs (mcg)	837.7	735.4	938.0	100			100	
Vitamin C (mg)	183.7	140.4	242.6	100			100	
Vitamin D (mcg)	4.8	3.3	6.9	NA			0	
Vitamin E (mg)	10.4	7.7	12.8	NA			100	
Calcium (mg)	1614.3	1405.2	1774.7	100			100	
Iron (mg)	13.3	11.7	15.4	100			100	
Iodine (mcg)	295.7	262.5	329.6	100			100	
Magnesium (mg)	461.8	431.5	512.0	100			100	
Phosphorus (mg)	2234.4	2084.0	2365.5	100			100	
Potassium (mg)	5121.0	4748.1	5427.0	NA			100	
Sodium (mg)	1586.9	1358.3	2463.8	NA			100	
Zinc (mg)	16.4	14.2	27.6	100			100	
Cholesterol (mg)	296.9	199.0	444.4	NA			NA	
Selenium (mcg)	84.9	64.8	109.3	100			100	
Vitamin B6 (mg)	2.3	1.7	3.0	100			100	
Vitamin B12 (mcg)	8.7	7.5	13.8	100			100	

Percent energy from fat 28.0
Percent energy from protein 24.8
Percent energy from carbohydrate 47.0
Percent energy from alcohol 0.2

Women70plus.avtot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	3
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8243.5	7910.6	8670.8	NA			NA
Energy (kJ)	8486.3	8139.7	8915.8	NA			NA
Protein (g)	107.9	101.6	117.1	100			100
Fat (g)	76.7	70.4	85.1	NA			NA
Carbohydrate (g)	211.8	193.8	227.7	NA			NA
Sugars (g)	124.4	110.5	135.0	NA			NA
Starch (g)	85.4	75.6	94.5	NA			NA
Fibre (g)	30.8	27.7	36.5	NA			100
Alcohol (g)	1.1	0.0	4.1	NA			NA
Saturated fat (g)	25.7	23.3	28.3	NA			NA
Monounsaturated fat (g)	25.5	21.9	30.0	NA			NA
Polyunsaturated fat (g)	20.1	17.2	23.4	NA			NA
Linoleic acid (g)	18.5	16.0	21.4	NA			100
Alpha linolenic acid (g)	1.3	1.0	1.9	NA			100
LC n3 fatty acids (mg)	341.8	38.8	865.3	NA			91
Vitamin A equivs (mcg)	1457.1	1137.4	1826.2	100			100
Retinol (mcg)	538.8	470.8	623.5	NA			NA
Provitamin A (mcg)	5454.4	3708.0	7704.4	NA			NA
Thiamin (mg)	1.4	1.2	1.7	100			100
Riboflavin (mg)	3.1	2.7	3.4	100			100
Niacin (mg)	52.7	46.5	58.0	100			100
Folate (mcg total)	568.1	482.2	707.4	NA			NA
Folate equivs (mcg)	746.7	650.5	897.6	100			100
Vitamin C (mg)	128.8	88.6	170.2	100			100
Vitamin D (mcg)	5.0	3.6	7.9	NA			0
Vitamin E (mg)	12.3	9.9	16.1	NA			100
Calcium (mg)	1520.5	1335.1	1691.6	100			100
Iron (mg)	10.4	8.7	13.1	100			100
Iodine (mcg)	278.3	239.7	327.0	100			100
Magnesium (mg)	419.9	380.9	457.4	100			100
Phosphorus (mg)	2028.5	1890.1	2196.1	100			100
Potassium (mg)	4316.5	3972.2	4770.3	NA			100
Sodium (mg)	1507.4	1282.8	2412.3	NA			100
Zinc (mg)	12.9	11.2	23.6	100			100
Cholesterol (mg)	260.0	169.6	424.3	NA			NA
Selenium (mcg)	85.3	55.9	127.4	100			99
Vitamin B6 (mg)	1.9	1.3	2.8	100			93
Vitamin B12 (mcg)	8.0	6.8	12.0	100			100

Percent energy from fat 34.1
Percent energy from protein 22.0
Percent energy from carbohydrate 43.6
Percent energy from alcohol 0.4

Women70plus.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	10
[5,] NutsSeeds	3
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	8
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	3
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8388.0	8058.7	8834.3		NA		NA
Energy (kJ)	8696.4	8349.6	9126.9		NA		NA
Protein (g)	114.1	105.6	122.7		100		100
Fat (g)	71.1	64.4	80.7		NA		NA
Carbohydrate (g)	226.2	209.5	243.9		NA		NA
Sugars (g)	128.0	114.2	140.3		NA		NA
Starch (g)	96.2	85.9	108.4		NA		NA
Fibre (g)	39.7	35.0	49.2		NA		100
Alcohol (g)	1.2	0.0	4.3		NA		NA
Saturated fat (g)	25.3	22.6	27.9		NA		NA
Monounsaturated fat (g)	22.2	19.4	25.9		NA		NA
Polyunsaturated fat (g)	18.3	16.1	21.5		NA		NA
Linoleic acid (g)	16.6	14.7	19.3		NA		100
Alpha linolenic acid (g)	1.3	1.0	1.9		NA		100
LC n3 fatty acids (mg)	368.5	48.7	1000.5		NA		95
Vitamin A equivs (mcg)	1600.9	1334.8	1971.9		100		100
Retinol (mcg)	543.9	465.7	617.4		NA		NA
Provitamin A (mcg)	6288.8	4680.9	8663.8		NA		NA
Thiamin (mg)	1.5	1.3	1.8		100		100
Riboflavin (mg)	3.2	2.9	3.7		100		100
Niacin (mg)	54.1	48.9	60.3		100		100
Folate (mcg total)	655.1	566.2	745.7		NA		NA
Folate equivs (mcg)	833.4	721.9	929.5		100		100
Vitamin C (mg)	177.1	133.5	219.8		100		100
Vitamin D (mcg)	5.1	3.4	7.8		NA		0
Vitamin E (mg)	11.9	9.5	14.7		NA		100
Calcium (mg)	1567.6	1452.9	1722.3		100		100
Iron (mg)	12.8	11.3	15.4		100		100
Iodine (mcg)	279.2	229.4	317.5		100		100
Magnesium (mg)	460.1	409.8	500.9		100		100
Phosphorus (mg)	2128.3	2024.7	2285.5		100		100
Potassium (mg)	4976.5	4546.8	5317.6		NA		100
Sodium (mg)	1554.9	1322.1	2380.8		NA		100
Zinc (mg)	14.1	12.3	24.8		100		100
Cholesterol (mg)	265.3	169.1	430.0		NA		NA
Selenium (mcg)	81.0	60.1	112.4		100		100
Vitamin B6 (mg)	2.2	1.5	3.4		100		100
Vitamin B12 (mcg)	8.0	6.8	11.2		100		100

Percent energy from fat 30.8
Percent energy from protein 22.7
Percent energy from carbohydrate 46.0
Percent energy from alcohol 0.4

A15.16 Sample 7-day *Total Diets* Women 70+ years higher energy level

Tallest (180cm) and high activity (PAL 2)

Public Consultation

Women70plus.hitot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	31
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10645.9	10271.7	11053.8		NA		NA
Energy (kJ)	10944.2	10573.4	11357.8		NA		NA
Protein (g)	136.5	128.1	147.9		100		100
Fat (g)	103.2	96.5	114.2		NA		NA
Carbohydrate (g)	266.4	249.2	284.3		NA		NA
Sugars (g)	138.7	125.5	154.1		NA		NA
Starch (g)	125.7	113.6	136.8		NA		NA
Fibre (g)	37.9	33.2	48.3		NA		100
Alcohol (g)	2.0	0.0	8.0		NA		NA
Saturated fat (g)	32.1	28.5	35.5		NA		NA
Monounsaturated fat (g)	37.1	32.7	42.2		NA		NA
Polyunsaturated fat (g)	27.1	21.6	34.6		NA		NA
Linoleic acid (g)	24.9	20.3	31.1		NA		100
Alpha linolenic acid (g)	1.7	1.1	2.6		NA		100
LC n3 fatty acids (mg)	411.4	117.2	1033.0		NA		100
Vitamin A equivs (mcg)	1546.9	1161.3	1953.1		100		100
Retinol (mcg)	577.8	477.6	707.4		NA		NA
Provitamin A (mcg)	5762.6	3460.7	8097.3		NA		NA
Thiamin (mg)	2.0	1.7	2.3		100		100
Riboflavin (mg)	3.5	3.2	3.9		100		100
Niacin (mg)	68.5	62.7	74.4		100		100
Folate (mcg total)	678.0	608.8	763.8		NA		NA
Folate equivs (mcg)	958.7	849.0	1118.5		100		100
Vitamin C (mg)	133.7	87.1	180.9		100		100
Vitamin D (mcg)	5.5	3.8	9.4		NA		0
Vitamin E (mg)	15.9	11.4	19.5		NA		100
Calcium (mg)	1673.8	1550.5	1833.3		100		100
Iron (mg)	14.2	12.9	16.3		100		100
Iodine (mcg)	314.8	284.8	350.9		100		100
Magnesium (mg)	538.2	507.9	586.8		100		100
Phosphorus (mg)	2461.4	2337.3	2680.3		100		100
Potassium (mg)	4881.7	4565.7	5144.8		NA		100
Sodium (mg)	1905.8	1599.8	2862.9		NA		100
Zinc (mg)	17.6	14.9	28.4		100		100
Cholesterol (mg)	311.0	205.1	541.9		NA		NA
Selenium (mcg)	117.6	79.4	175.8		100		100
Vitamin B6 (mg)	2.2	1.7	2.9		100		100
Vitamin B12 (mcg)	8.8	7.8	11.8		100		100

Percent energy from fat 35.5
Percent energy from protein 21.6
Percent energy from carbohydrate 42.4
Percent energy from alcohol 0.5

Women70plus.hitot2:

AllFoodGroups	Nservings					
[1,] StarchyVeg	14					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	14					
[4,] Legumes	7					
[5,] NutsSeeds	7					
[6,] OtherVeg	21					
[7,] TotalFruit	21					
[8,] WholegrainCereals	21					
[9,] RefinedCereals	21					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	0					
[15,] LoFatDairy	25					
[16,] PolyMarg	14					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	10.5					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10571.8	10196.6	11029.9	NA		NA
Energy (kJ)	10934.4	10564.3	11383.0	NA		NA
Protein (g)	137.8	130.6	147.9	100		100
Fat (g)	80.8	71.5	91.0	NA		NA
Carbohydrate (g)	309.5	289.3	330.6	NA		NA
Sugars (g)	156.3	138.9	175.8	NA		NA
Starch (g)	150.7	137.7	166.1	NA		NA
Fibre (g)	46.4	41.9	56.1	NA		100
Alcohol (g)	1.8	0.0	6.4	NA		NA
Saturated fat (g)	28.1	24.3	32.3	NA		NA
Monounsaturated fat (g)	27.3	22.9	34.0	NA		NA
Polyunsaturated fat (g)	19.2	15.8	24.7	NA		NA
Linoleic acid (g)	17.3	14.7	21.8	NA		100
Alpha linolenic acid (g)	1.4	0.9	2.3	NA		100
LC n3 fatty acids (mg)	384.9	88.9	1225.1	NA		99
Vitamin A equivs (mcg)	2198.2	1739.6	2667.8	100		100
Retinol (mcg)	493.8	414.3	583.5	NA		NA
Provitamin A (mcg)	10173.6	7389.7	12914.5	NA		NA
Thiamin (mg)	1.9	1.7	2.2	100		100
Riboflavin (mg)	3.5	3.2	3.9	100		100
Niacin (mg)	67.7	62.1	75.5	100		100
Folate (mcg total)	707.0	626.4	795.8	NA		NA
Folate equivs (mcg)	978.7	839.3	1102.3	100		100
Vitamin C (mg)	198.0	150.1	252.6	100		100
Vitamin D (mcg)	4.8	3.4	8.3	NA		0
Vitamin E (mg)	13.2	10.1	16.7	NA		100
Calcium (mg)	1650.4	1530.9	1757.1	100		100
Iron (mg)	15.1	13.6	17.5	100		100
Iodine (mcg)	307.6	272.4	380.6	100		100
Magnesium (mg)	541.7	506.2	583.1	100		100
Phosphorus (mg)	2447.0	2315.3	2606.2	100		100
Potassium (mg)	5972.5	5563.8	6400.7	NA		100
Sodium (mg)	1876.7	1619.9	2604.7	NA		100
Zinc (mg)	17.7	15.4	28.7	100		100
Cholesterol (mg)	317.9	215.7	491.5	NA		NA
Selenium (mcg)	105.1	79.8	149.2	100		100
Vitamin B6 (mg)	2.5	2.0	3.6	100		100
Vitamin B12 (mcg)	9.0	7.3	13.9	100		100
Percent energy from fat	27.9					
Percent energy from protein	21.9					
Percent energy from carbohydrate	49.7					
Percent energy from alcohol	0.5					

Women70plus.hitot3:

AllFoodGroups	Nservings					
[1,]	StarchyVeg	5				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	3				
[5,]	NutsSeeds	7				
[6,]	OtherVeg	14				
[7,]	TotalFruit	21				
[8,]	WholegrainCereals	35				
[9,]	RefinedCereals	8				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	3				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	3				
[14,]	MidFatDairy	7				
[15,]	LoFatDairy	25				
[16,]	PolyMarg	28				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	10.5				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10699.8	10238.8	11169.4	NA		NA
Energy (kJ)	11008.8	10530.8	11482.3	NA		NA
Protein (g)	128.1	121.5	137.2	100		100
Fat (g)	99.5	93.6	106.2	NA		NA
Carbohydrate (g)	287.4	261.6	308.6	NA		NA
Sugars (g)	170.5	150.0	190.8	NA		NA
Starch (g)	114.4	102.4	128.5	NA		NA
Fibre (g)	39.0	34.8	44.6	NA		100
Alcohol (g)	1.7	0.0	8.0	NA		NA
Saturated fat (g)	35.8	32.8	39.3	NA		NA
Monounsaturated fat (g)	31.9	28.6	35.5	NA		NA
Polyunsaturated fat (g)	24.8	22.2	28.4	NA		NA
Linoleic acid (g)	22.8	20.4	25.5	NA		100
Alpha linolenic acid (g)	1.7	1.3	2.3	NA		100
LC n3 fatty acids (mg)	344.7	48.6	933.2	NA		93
Vitamin A equivs (mcg)	1752.0	1408.0	2205.4	100		100
Retinol (mcg)	768.9	674.1	873.3	NA		NA
Provitamin A (mcg)	5840.0	3683.7	9209.8	NA		NA
Thiamin (mg)	1.8	1.5	2.1	100		100
Riboflavin (mg)	4.1	3.7	4.4	100		100
Niacin (mg)	63.6	57.0	68.8	100		100
Folate (mcg total)	688.8	617.6	787.3	NA		NA
Folate equivs (mcg)	949.9	862.0	1078.7	100		100
Vitamin C (mg)	159.5	118.5	216.1	100		100
Vitamin D (mcg)	6.9	5.5	9.8	NA		0
Vitamin E (mg)	15.0	12.3	18.0	NA		100
Calcium (mg)	1938.0	1794.1	2100.5	100		100
Iron (mg)	13.1	10.6	16.1	100		100
Iodine (mcg)	368.8	313.0	406.1	100		100
Magnesium (mg)	527.8	485.0	579.2	100		100
Phosphorus (mg)	2518.2	2351.4	2684.4	100		100
Potassium (mg)	5296.3	4935.6	5804.7	NA		100
Sodium (mg)	1979.6	1724.0	2990.8	NA		100
Zinc (mg)	16.3	13.7	26.0	100		100
Cholesterol (mg)	315.6	212.4	509.9	NA		NA
Selenium (mcg)	95.5	67.1	125.7	100		100
Vitamin B6 (mg)	2.3	1.9	3.1	100		100
Vitamin B12 (mcg)	9.7	8.3	13.3	100		100
Percent energy from fat	34.0					
Percent energy from protein	20.1					
Percent energy from carbohydrate	45.4					
Percent energy from alcohol	0.5					

Women70plus.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	10
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	3
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	10
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10715.3	10353.2	11182.4		NA		NA
Energy (kJ)	11064.0	10694.7	11544.1		NA		NA
Protein (g)	134.2	129.1	143.9		100		100
Fat (g)	90.9	83.7	99.3		NA		NA
Carbohydrate (g)	299.5	284.0	321.1		NA		NA
Sugars (g)	165.4	147.2	181.8		NA		NA
Starch (g)	130.9	115.4	145.1		NA		NA
Fibre (g)	44.4	39.9	52.7		NA		100
Alcohol (g)	2.3	0.0	6.8		NA		NA
Saturated fat (g)	32.9	28.8	38.2		NA		NA
Monounsaturated fat (g)	29.0	24.8	32.3		NA		NA
Polyunsaturated fat (g)	22.4	19.9	25.2		NA		NA
Linoleic acid (g)	20.3	18.0	22.9		NA		100
Alpha linolenic acid (g)	1.6	1.3	2.0		NA		100
LC n3 fatty acids (mg)	388.3	114.6	1258.5		NA		100
Vitamin A equivs (mcg)	1814.4	1487.2	2265.6		100		100
Retinol (mcg)	682.2	592.6	786.8		NA		NA
Provitamin A (mcg)	6733.0	4439.4	9453.9		NA		NA
Thiamin (mg)	1.9	1.6	2.3		100		100
Riboflavin (mg)	3.7	3.4	4.1		100		100
Niacin (mg)	66.3	61.9	72.0		100		100
Folate (mcg total)	695.5	611.8	782.3		NA		NA
Folate equivs (mcg)	974.0	872.4	1102.3		100		100
Vitamin C (mg)	209.2	160.2	258.1		100		100
Vitamin D (mcg)	5.9	4.5	9.0		NA		0
Vitamin E (mg)	14.3	11.2	16.9		NA		100
Calcium (mg)	1744.5	1587.1	1936.3		100		100
Iron (mg)	15.5	13.5	18.2		100		100
Iodine (mcg)	324.4	285.3	379.1		100		100
Magnesium (mg)	532.3	502.5	574.3		100		100
Phosphorus (mg)	2459.2	2328.5	2612.5		100		100
Potassium (mg)	5724.6	5324.4	6118.5		NA		100
Sodium (mg)	2058.1	1805.7	2848.3		NA		100
Zinc (mg)	17.5	15.5	27.7		100		100
Cholesterol (mg)	320.3	226.6	455.4		NA		NA
Selenium (mcg)	92.4	72.3	119.0		100		100
Vitamin B6 (mg)	2.5	1.8	3.4		100		100
Vitamin B12 (mcg)	9.1	7.9	14.1		100		100

Percent energy from fat 31.0
Percent energy from protein 21.0
Percent energy from carbohydrate 47.4
Percent energy from alcohol 0.6

Women70plus.hitot5:

AllFoodGroups	Nservings					
[1,] StarchyVeg	11					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	3					
[5,] NutsSeeds	7					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	21					
[9,] RefinedCereals	28					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	0					
[15,] LoFatDairy	25					
[16,] PolyMarg	21					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	10.5					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10517.1	10087.9	11106.0	NA		NA
Energy (kJ)	10800.9	10347.6	11396.0	NA		NA
Protein (g)	132.9	126.0	142.5	100		100
Fat (g)	86.9	79.3	94.5	NA		NA
Carbohydrate (g)	297.9	277.2	319.9	NA		NA
Sugars (g)	134.0	116.8	147.4	NA		NA
Starch (g)	162.0	143.8	175.2	NA		NA
Fibre (g)	36.4	32.8	44.0	NA		100
Alcohol (g)	1.7	0.0	8.3	NA		NA
Saturated fat (g)	29.5	26.1	32.8	NA		NA
Monounsaturated fat (g)	29.5	25.7	34.6	NA		NA
Polyunsaturated fat (g)	21.5	18.1	28.3	NA		NA
Linoleic acid (g)	19.6	16.9	25.2	NA		100
Alpha linolenic acid (g)	1.5	1.1	2.6	NA		100
LC n3 fatty acids (mg)	411.7	87.5	1022.9	NA		99
Vitamin A equivs (mcg)	1572.7	1095.0	2194.8	100		100
Retinol (mcg)	565.0	481.3	641.8	NA		NA
Provitamin A (mcg)	5991.3	3359.5	9563.8	NA		NA
Thiamin (mg)	1.8	1.5	2.2	100		100
Riboflavin (mg)	3.3	3.0	3.6	100		100
Niacin (mg)	65.5	58.8	71.1	100		100
Folate (mcg total)	608.4	491.9	701.7	NA		NA
Folate equivs (mcg)	925.8	745.5	1087.5	100		100
Vitamin C (mg)	144.4	113.4	192.0	100		100
Vitamin D (mcg)	5.3	3.9	7.8	NA		0
Vitamin E (mg)	13.0	10.3	16.5	NA		100
Calcium (mg)	1599.4	1477.2	1752.8	100		100
Iron (mg)	13.5	11.9	17.0	100		100
Iodine (mcg)	317.5	273.8	369.9	100		100
Magnesium (mg)	482.0	458.6	512.2	100		100
Phosphorus (mg)	2333.9	2196.0	2494.4	100		100
Potassium (mg)	4967.6	4727.7	5218.2	NA		100
Sodium (mg)	1967.3	1722.7	2502.5	NA		100
Zinc (mg)	17.2	14.6	37.8	100		100
Cholesterol (mg)	303.6	214.1	474.8	NA		NA
Selenium (mcg)	103.4	78.1	141.5	100		100
Vitamin B6 (mg)	2.1	1.6	3.0	100		100
Vitamin B12 (mcg)	9.1	7.7	14.1	100		100
Percent energy from fat	30.4					
Percent energy from protein	21.4					
Percent energy from carbohydrate	47.8					
Percent energy from alcohol	0.5					

Women70plus.hitot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	10
[5,] NutsSeeds	3
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	28
[10,] Poultryfisheggsleg	7
[11,] RedMeats	3
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10688.7	10353.8	11139.8		NA		NA
Energy (kJ)	11031.1	10690.3	11494.2		NA		NA
Protein (g)	128.1	119.0	138.8		100		100
Fat (g)	87.0	79.1	97.8		NA		NA
Carbohydrate (g)	312.0	289.8	328.7		NA		NA
Sugars (g)	143.0	125.0	160.1		NA		NA
Starch (g)	166.7	150.8	185.4		NA		NA
Fibre (g)	43.6	38.2	50.1		NA		100
Alcohol (g)	2.3	0.0	8.0		NA		NA
Saturated fat (g)	30.9	27.2	34.2		NA		NA
Monounsaturated fat (g)	27.2	22.8	31.3		NA		NA
Polyunsaturated fat (g)	22.6	19.9	26.5		NA		NA
Linoleic acid (g)	20.6	18.5	24.0		NA		100
Alpha linolenic acid (g)	1.6	1.3	2.2		NA		100
LC n3 fatty acids (mg)	353.6	57.9	943.1		NA		94
Vitamin A equivs (mcg)	1716.2	1224.3	2141.5		100		100
Retinol (mcg)	655.8	582.9	745.0		NA		NA
Provitamin A (mcg)	6309.1	3749.5	8550.7		NA		NA
Thiamin (mg)	1.8	1.4	2.1		100		100
Riboflavin (mg)	3.4	3.0	3.7		100		100
Niacin (mg)	61.4	57.0	66.4		100		100
Folate (mcg total)	691.7	608.6	818.7		NA		NA
Folate equivs (mcg)	1007.9	861.6	1158.9		100		100
Vitamin C (mg)	185.0	127.3	234.2		100		100
Vitamin D (mcg)	5.6	4.1	8.4		NA		0
Vitamin E (mg)	14.0	11.2	18.0		NA		100
Calcium (mg)	1652.5	1511.0	1777.2		100		100
Iron (mg)	14.7	12.3	17.2		100		100
Iodine (mcg)	317.3	282.7	359.3		100		100
Magnesium (mg)	504.6	462.9	549.7		100		100
Phosphorus (mg)	2325.9	2176.2	2506.2		100		100
Potassium (mg)	5180.7	4885.6	5654.8		NA		100
Sodium (mg)	2142.4	1745.4	2979.5		NA		100
Zinc (mg)	16.0	13.7	26.5		100		100
Cholesterol (mg)	277.5	190.1	441.9		NA		NA
Selenium (mcg)	94.2	74.6	130.2		100		100
Vitamin B6 (mg)	2.4	1.7	3.4		100		100
Vitamin B12 (mcg)	8.4	7.0	12.5		100		100

Percent energy from fat 29.8
Percent energy from protein 20.2
Percent energy from carbohydrate 49.4
Percent energy from alcohol 0.6

A15.17 Sample 7-day *Total Diets* Pregnancy Women 19-50 years mid energy level

Average height 165cm; light to moderate activity PAL 1.7

Public Consultation

Preg .avtot1:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	10
[4,]	Legumes	7
[5,]	NutsSeeds	10
[6,]	OtherVeg	21
[7,]	TotalFruit	14
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	24
[10,]	Poultryfishheggsleg	12
[11,]	RedMeats	12
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	17
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11117.9	10613.2	11629.9		NA		NA
Energy (kJ)	11509.1	10986.6	12016.5		NA		NA
Protein (g)	160.6	150.5	168.4		100		100
Fat (g)	88.6	78.9	99.5		NA		NA
Carbohydrate (g)	303.6	286.6	326.4		NA		NA
Sugars (g)	101.7	92.2	114.2		NA		NA
Starch (g)	200.5	183.2	227.8		NA		NA
Fibre (g)	51.2	45.0	65.1		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	25.0	22.0	28.6		NA		NA
Monounsaturated fat (g)	33.2	29.1	38.6		NA		NA
Polyunsaturated fat (g)	23.7	20.7	28.4		NA		NA
Linoleic acid (g)	21.5	18.6	25.6		NA		100
Alpha linolenic acid (g)	1.4	1.1	2.2		NA		100
LC n3 fatty acids (mg)	501.4	141.3	1295.0		NA		100
Vitamin A equivs (mcg)	1854.6	1500.7	2322.7		100		100
Retinol (mcg)	421.6	351.1	498.6		NA		NA
Provitamin A (mcg)	8543.3	6096.4	11323.6		NA		NA
Thiamin (mg)	2.5	2.1	2.8		100		100
Riboflavin (mg)	3.1	2.6	3.4		100		100
Niacin (mg)	78.3	70.1	84.5		100		100
Folate (mcg total)	661.8	590.3	772.9		NA		NA
Folate equivs (mcg)	1041.5	887.4	1215.2		100		100
Vitamin C (mg)	145.9	102.6	203.9		100		100
Vitamin D (mcg)	4.7	2.9	7.3		NA		32
Vitamin E (mg)	17.0	14.2	21.1		NA		100
Calcium (mg)	1310.4	1151.7	1445.9		100		100
Iron (mg)	19.8	17.5	22.1		1		0
Iodine (mcg)	270.0	217.2	345.5		100		99
Magnesium (mg)	603.7	556.1	657.6		100		100
Phosphorus (mg)	2551.9	2393.6	2709.0		100		100
Potassium (mg)	5137.4	4887.2	5440.2		NA		100
Sodium (mg)	1997.0	1628.2	2831.0		NA		100
Zinc (mg)	22.4	19.3	52.5		100		100
Cholesterol (mg)	379.6	207.8	530.3		NA		NA
Selenium (mcg)	143.5	102.6	193.3		100		100
Vitamin B6 (mg)	2.6	1.9	3.4		100		100
Vitamin B12 (mcg)	8.6	6.0	13.6		100		100

Percent energy from fat 29.1
Percent energy from protein 24.2
Percent energy from carbohydrate 46.6
Percent energy from alcohol 0.0

Preg.avtot2:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	18
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	17
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11162.9	10699.5	11624.2	NA			NA
Energy (kJ)	11549.1	11105.5	12039.6	NA			NA
Protein (g)	163.3	156.5	171.8	100			100
Fat (g)	85.4	77.3	93.7	NA			NA
Carbohydrate (g)	310.7	287.5	336.3	NA			NA
Sugars (g)	108.0	97.3	130.0	NA			NA
Starch (g)	201.3	180.0	228.8	NA			NA
Fibre (g)	50.7	43.2	60.7	NA			100
Alcohol (g)	0.0	0.0	0.0	NA			NA
Saturated fat (g)	25.8	23.2	28.7	NA			NA
Monounsaturated fat (g)	30.9	27.2	35.5	NA			NA
Polyunsaturated fat (g)	22.1	19.4	25.3	NA			NA
Linoleic acid (g)	20.0	17.4	23.1	NA			100
Alpha linolenic acid (g)	1.4	1.1	1.9	NA			100
LC n3 fatty acids (mg)	455.3	153.0	1015.5	NA			100
Vitamin A equivs (mcg)	1556.8	1178.7	2146.4	100			100
Retinol (mcg)	454.7	372.1	539.1	NA			NA
Provitamin A (mcg)	6566.2	4075.5	9660.6	NA			NA
Thiamin (mg)	2.5	2.2	2.9	100			100
Riboflavin (mg)	3.3	2.9	3.8	100			100
Niacin (mg)	79.8	73.3	88.0	100			100
Folate (mcg total)	686.8	595.2	779.1	NA			NA
Folate equivs (mcg)	1089.0	909.6	1222.0	100			100
Vitamin C (mg)	136.0	91.8	194.7	100			100
Vitamin D (mcg)	4.7	3.3	7.6	NA			37
Vitamin E (mg)	15.3	11.5	19.1	NA			100
Calcium (mg)	1467.4	1311.9	1695.5	100			100
Iron (mg)	20.0	17.9	22.1	1			0
Iodine (mcg)	301.5	264.5	346.0	100			100
Magnesium (mg)	606.4	550.4	653.0	100			100
Phosphorus (mg)	2656.3	2486.8	2835.6	100			100
Potassium (mg)	5149.2	4822.6	5595.0	NA			100
Sodium (mg)	2078.9	1789.7	2872.1	NA			100
Zinc (mg)	22.8	18.7	33.2	100			100
Cholesterol (mg)	399.3	237.1	590.6	NA			NA
Selenium (mcg)	137.0	111.2	180.5	100			100
Vitamin B6 (mg)	2.5	1.9	3.3	100			100
Vitamin B12 (mcg)	9.0	7.2	14.1	100			100

Percent energy from fat 28.0
Percent energy from protein 24.6
Percent energy from carbohydrate 47.4
Percent energy from alcohol 0.0

Preg.avtot3:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	5
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	21
[10,]	Poultryfisheseggsleg	12
[11,]	RedMeats	12
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	17
[16,]	PolyMarg	17
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11106.8	10637.7	11572.6		NA		NA
Energy (kJ)	11463.3	10989.5	11940.8		NA		NA
Protein (g)	159.0	150.4	173.6		100		100
Fat (g)	83.8	73.3	93.1		NA		NA
Carbohydrate (g)	310.8	289.4	329.7		NA		NA
Sugars (g)	116.0	103.8	130.2		NA		NA
Starch (g)	193.1	173.1	212.0		NA		NA
Fibre (g)	45.9	39.9	55.8		NA		100
Alcohol (g)	0	0.0	0		NA		NA
Saturated fat (g)	27.2	24.1	31.2		NA		NA
Monounsaturated fat (g)	29.2	24.8	33.3		NA		NA
Polyunsaturated fat (g)	20.7	17.9	24.1		NA		NA
Linoleic acid (g)	18.6	16.0	21.2		NA		100
Alpha linolenic acid (g)	1.4	1.1	2.1		NA		100
LC n3 fatty acids (mg)	449.1	168.8	1017.1		NA		100
Vitamin A equivs (mcg)	1533.9	1206.1	1952.6		100		100
Retinol (mcg)	476.4	398.0	588.2		NA		NA
Provitamin A (mcg)	6282.1	4397.0	8886.1		NA		NA
Thiamin (mg)	2.3	2.1	2.8		100		100
Riboflavin (mg)	3.2	2.9	3.7		100		100
Niacin (mg)	76.3	70.6	83.1		100		100
Folate (mcg total)	642.8	556.4	735.9		NA		NA
Folate equivs (mcg)	998.0	841.9	1126.6		100		100
Vitamin C (mg)	134.6	100.5	164.5		100		100
Vitamin D (mcg)	4.8	3.2	8.5		NA		36
Vitamin E (mg)	14.2	10.8	18.0		NA		100
Calcium (mg)	1415.7	1249.4	1578.9		100		100
Iron (mg)	19.0	17.0	21.7		0		0
Iodine (mcg)	286.6	244.7	362.1		100		100
Magnesium (mg)	565.8	519.4	611.4		100		100
Phosphorus (mg)	2553.2	2396.7	2744.5		100		100
Potassium (mg)	4967.0	4555.3	5361.4		NA		100
Sodium (mg)	2172.4	1689.9	3046.7		NA		100
Zinc (mg)	21.6	18.7	42.7		100		100
Cholesterol (mg)	417.9	253.9	643.3		NA		NA
Selenium (mcg)	133.8	105.5	172.0		100		100
Vitamin B6 (mg)	2.4	1.8	3.2		100		98
Vitamin B12 (mcg)	9.2	7.5	15.2		100		100

Percent energy from fat 27.7
Percent energy from protein 24.4
Percent energy from carbohydrate 47.9
Percent energy from alcohol 0.0

Preg.avtot4:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	7
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	21
[10,]	Poultryfisheseggsleg	12
[11,]	RedMeats	12
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	21
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11217.2	10806.3	11633.8		NA		NA
Energy (kJ)	11581.2	11144.8	12035.9		NA		NA
Protein (g)	156.8	147.7	166.0		100		100
Fat (g)	91.0	81.2	98.8		NA		NA
Carbohydrate (g)	305.0	285.0	322.6		NA		NA
Sugars (g)	109.4	96.6	122.2		NA		NA
Starch (g)	193.9	175.2	211.6		NA		NA
Fibre (g)	47.9	40.9	61.8		NA		100
Alcohol (g)	0	0.0	0		NA		NA
Saturated fat (g)	28.0	23.6	31.1		NA		NA
Monounsaturated fat (g)	32.3	27.5	37.0		NA		NA
Polyunsaturated fat (g)	23.8	20.9	29.6		NA		NA
Linoleic acid (g)	21.5	19.1	27.3		NA		100
Alpha linolenic acid (g)	1.5	1.2	2.0		NA		100
LC n3 fatty acids (mg)	463.0	126.3	1213.0		NA		100
Vitamin A equivs (mcg)	1567.8	1206.1	1911.2		100		100
Retinol (mcg)	494.1	401.8	608.0		NA		NA
Provitamin A (mcg)	6392.9	4435.7	8759.4		NA		NA
Thiamin (mg)	2.4	2.1	2.8		100		100
Riboflavin (mg)	3.0	2.6	3.5		100		100
Niacin (mg)	75.7	70.0	84.5		100		100
Folate (mcg total)	630.8	558.5	768.5		NA		NA
Folate equivs (mcg)	992.4	868.2	1151.1		100		100
Vitamin C (mg)	134.9	89.1	182.3		100		100
Vitamin D (mcg)	4.8	3.3	7.6		NA		38
Vitamin E (mg)	16.1	13.0	20.4		NA		100
Calcium (mg)	1293.9	1112.0	1488.3		100		100
Iron (mg)	19.2	16.7	22.7		1		0
Iodine (mcg)	265.5	222.6	331.0		100		100
Magnesium (mg)	569.8	510.6	625.6		100		100
Phosphorus (mg)	2480.5	2336.4	2616.5		100		100
Potassium (mg)	4822.4	4483.5	5260.8		NA		100
Sodium (mg)	2087.9	1718.6	3010.6		NA		100
Zinc (mg)	21.5	19.0	31.7		100		100
Cholesterol (mg)	392.4	238.9	640.6		NA		NA
Selenium (mcg)	135.6	99.6	205.1		100		100
Vitamin B6 (mg)	2.4	1.9	3.4		100		99
Vitamin B12 (mcg)	8.5	6.7	13.6		100		100

Percent energy from fat 29.9
Percent energy from protein 23.5
Percent energy from carbohydrate 46.6
Percent energy from alcohol 0.0

Preg.avtot5:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	4
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11148.9	10637.4	11658.7	NA	NA		NA
Energy (kJ)	11525.8	10996.0	12042.6	NA	NA		NA
Protein (g)	157.6	149.5	168.3	100			100
Fat (g)	83.3	71.0	95.6	NA			NA
Carbohydrate (g)	314.6	292.6	341.0	NA			NA
Sugars (g)	117.1	100.6	142.5	NA			NA
Starch (g)	195.6	175.6	218.0	NA			NA
Fibre (g)	49.3	42.8	61.9	NA			100
Alcohol (g)	0	0.0	0.0	NA			NA
Saturated fat (g)	27.6	23.2	31.4	NA			NA
Monounsaturated fat (g)	28.7	24.2	34.0	NA			NA
Polyunsaturated fat (g)	20.3	18.1	23.5	NA			NA
Linoleic acid (g)	18.2	15.9	20.8	NA			100
Alpha linolenic acid (g)	1.4	1.1	1.8	NA			100
LC n3 fatty acids (mg)	464.1	150.7	960.0	NA			100
Vitamin A equivs (mcg)	1607.2	1265.9	2043.1	100			100
Retinol (mcg)	466.0	385.7	573.5	NA			NA
Provitamin A (mcg)	6796.0	4440.5	9608.8	NA			NA
Thiamin (mg)	2.4	2.1	2.8	100			100
Riboflavin (mg)	3.1	2.7	3.5	100			100
Niacin (mg)	75.4	68.5	81.1	100			100
Folate (mcg total)	643.6	543.2	735.7	NA			NA
Folate equivs (mcg)	999.0	856.1	1125.0	100			100
Vitamin C (mg)	164.4	115.4	219.8	100			100
Vitamin D (mcg)	4.7	3.2	7.6	NA			31
Vitamin E (mg)	14.2	10.3	17.6	NA			100
Calcium (mg)	1334.7	1179.7	1472.4	100			100
Iron (mg)	19.7	17.6	22.3	1			0
Iodine (mcg)	266.6	222.6	339.7	100			100
Magnesium (mg)	569.4	521.8	634.5	100			100
Phosphorus (mg)	2509.2	2317.2	2651.7	100			100
Potassium (mg)	5027.3	4717.0	5311.5	NA			100
Sodium (mg)	2212.2	1791.9	3778.6	NA			100
Zinc (mg)	22.2	18.7	41.1	100			100
Cholesterol (mg)	404.0	243.3	597.6	NA			NA
Selenium (mcg)	129.6	105.3	163.1	100			100
Vitamin B6 (mg)	2.5	1.9	3.5	100			100
Vitamin B12 (mcg)	8.5	6.6	12.6	100			100

Percent energy from fat 27.3
Percent energy from protein 23.8
Percent energy from carbohydrate 48.9
Percent energy from alcohol 0.0

Preg.avtot6:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	2
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	10.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11390.5	11030.1	12059.4		NA		NA
Energy (kJ)	11744.4	11361.0	12400.7		NA		NA
Protein (g)	162.4	153.6	171.6		100		100
Fat (g)	81.5	73.4	90.9		NA		NA
Carbohydrate (g)	328.4	306.8	351.8		NA		NA
Sugars (g)	131.2	114.7	145.9		NA		NA
Starch (g)	195.2	180.8	211.7		NA		NA
Fibre (g)	46.8	40.6	59.9		NA		100
Alcohol (g)	0	0.0	0.0		NA		NA
Saturated fat (g)	29.0	25.9	32.1		NA		NA
Monounsaturated fat (g)	27.1	23.0	32.5		NA		NA
Polyunsaturated fat (g)	18.7	16.3	22.3		NA		NA
Linoleic acid (g)	16.7	14.7	19.6		NA		100
Alpha linolenic acid (g)	1.4	1.2	1.9		NA		100
LC n3 fatty acids (mg)	451.1	164.6	1084.9		NA		100
Vitamin A equivs (mcg)	1597.9	1330.7	1983.2		100		100
Retinol (mcg)	512.4	432.4	615.1		NA		NA
Provitamin A (mcg)	6442.7	4639.0	9071.1		NA		NA
Thiamin (mg)	2.3	2.0	2.8		100		100
Riboflavin (mg)	3.5	3.0	3.9		100		100
Niacin (mg)	77.6	68.4	84.6		100		100
Folate (mcg total)	660.5	572.8	756.3		NA		NA
Folate equivs (mcg)	1029.9	891.7	1134.5		100		100
Vitamin C (mg)	138.5	94.4	202.1		100		100
Vitamin D (mcg)	5.1	3.5	7.9		NA		50
Vitamin E (mg)	13.1	9.8	15.9		NA		100
Calcium (mg)	1561.4	1443.5	1706.4		100		100
Iron (mg)	18.8	16.8	21.8		0		0
Iodine (mcg)	317.9	260.5	379.4		100		100
Magnesium (mg)	561.1	513.8	605.9		100		100
Phosphorus (mg)	2649.6	2512.1	2843.5		100		100
Potassium (mg)	5142.2	4853.1	5553.3		NA		100
Sodium (mg)	2265.6	1908.1	3120.9		NA		100
Zinc (mg)	21.8	18.6	33.2		100		100
Cholesterol (mg)	418.5	285.8	617.6		NA		NA
Selenium (mcg)	127.8	103.3	166.6		100		100
Vitamin B6 (mg)	2.4	1.9	3.3		100		99
Vitamin B12 (mcg)	10.0	8.4	17.1		100		100

Percent energy from fat 26.7
Percent energy from protein 24.0
Percent energy from carbohydrate 49.3
Percent energy from alcohol 0.0

**A15.18 Sample 7-day *Total Diets* Pregnancy Women 19-50 years
higher energy level**

Tall, height 180 cm; high activity PAL 2

Public Consultation

Preg.hitot1:

AllFoodGroups Nservings	
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	28
[8,] WholegrainCereals	49
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13934.0	13480.3	14427.0		NA		NA
Energy (kJ)	14451.1	13958.4	14953.5		NA		NA
Protein (g)	180.6	169.9	189.7	100			100
Fat (g)	116.1	107.8	128.7		NA		NA
Carbohydrate (g)	388.4	365.7	418.1		NA		NA
Sugars (g)	144.3	127.6	162.3		NA		NA
Starch (g)	241.7	225.7	270.2		NA		NA
Fibre (g)	66.1	58.3	72.5		NA		100
Alcohol (g)	0	0.0	0		NA		NA
Saturated fat (g)	31.3	28.8	34.5		NA		NA
Monounsaturated fat (g)	43.0	37.4	48.4		NA		NA
Polyunsaturated fat (g)	33.4	29.9	38.6		NA		NA
Linoleic acid (g)	30.7	27.8	34.9		NA		100
Alpha linolenic acid (g)	2.0	1.6	2.8		NA		100
LC n3 fatty acids (mg)	456.2	139.7	1035.5		NA		100
Vitamin A equivs (mcg)	1796.2	1323.5	2311.8	100			100
Retinol (mcg)	565.9	495.7	680.6		NA		NA
Provitamin A (mcg)	7334.3	4786.7	10487.1		NA		NA
Thiamin (mg)	3.0	2.7	3.3	100			100
Riboflavin (mg)	3.4	3.0	4.1	100			100
Niacin (mg)	88.4	80.3	95.0	100			100
Folate (mcg total)	863.1	752.0	982.8		NA		NA
Folate equivs (mcg)	1289.9	1139.8	1419.9	100			100
Vitamin C (mg)	193.4	145.5	253.6	100			100
Vitamin D (mcg)	5.4	3.9	7.7		NA		61
Vitamin E (mg)	22.7	18.8	27.4		NA		100
Calcium (mg)	1474.8	1255.9	1648.7	100			100
Iron (mg)	24.2	22.3	27.2	100			2
Iodine (mcg)	289.9	242.0	350.7	100			100
Magnesium (mg)	754.4	694.1	812.4	100			100
Phosphorus (mg)	2925.4	2781.0	3122.7	100			100
Potassium (mg)	6125.5	5813.5	6533.0		NA		100
Sodium (mg)	2314.0	1944.0	3289.7		NA		100
Zinc (mg)	25.1	22.2	44.7	100			100
Cholesterol (mg)	389.1	238.0	550.2		NA		NA
Selenium (mcg)	165.5	128.6	234.8	100			100
Vitamin B6 (mg)	3.1	2.5	4.0	100			100
Vitamin B12 (mcg)	8.6	6.5	11.8	100			100

Percent energy from fat	30.4
Percent energy from protein	21.7
Percent energy from carbohydrate	47.9
Percent energy from alcohol	0.0

Preg.hitot2:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	49					
[9,]	RefinedCereals	35					
[10,]	Poultryfisheseggsleg	12					
[11,]	RedMeats	12					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	21					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13986.5	13491.2	14812.7		NA		NA
Energy (kJ)	14459.9	13954.1	15275.8		NA		NA
Protein (g)	179.3	170.2	187.4		100		100
Fat (g)	102.0	91.6	112.1		NA		NA
Carbohydrate (g)	418.4	391.3	441.1		NA		NA
Sugars (g)	144.2	127.0	164.9		NA		NA
Starch (g)	271.6	247.1	295.8		NA		NA
Fibre (g)	61.1	54.3	69.8		NA		100
Alcohol (g)	0	0.0	0.0		NA		NA
Saturated fat (g)	31.9	27.2	35.6		NA		NA
Monounsaturated fat (g)	35.6	32.2	40.1		NA		NA
Polyunsaturated fat (g)	26.6	23.7	31.0		NA		NA
Linoleic acid (g)	24.0	21.5	27.6		NA		100
Alpha linolenic acid (g)	1.9	1.5	2.7		NA		100
LC n3 fatty acids (mg)	426.6	164.0	889.5		NA		100
Vitamin A equivs (mcg)	1647.6	1241.8	2011.9		100		100
Retinol (mcg)	532.2	425.8	682.0		NA		NA
Provitamin A (mcg)	6640.1	4476.7	8619.7		NA		NA
Thiamin (mg)	2.9	2.6	3.4		100		100
Riboflavin (mg)	3.4	2.9	3.9		100		100
Niacin (mg)	86.5	78.6	95.5		100		100
Folate (mcg total)	776.0	634.9	872.6		NA		NA
Folate equivs (mcg)	1247.8	1086.3	1396.9		100		100
Vitamin C (mg)	161.0	106.3	217.7		100		100
Vitamin D (mcg)	4.9	3.5	7.8		NA		45
Vitamin E (mg)	17.9	13.4	21.8		NA		100
Calcium (mg)	1463.7	1292.0	1698.1		100		100
Iron (mg)	23.5	21.0	26.2		93		0
Iodine (mcg)	303.3	259.0	368.1		100		100
Magnesium (mg)	693.6	641.5	753.6		100		100
Phosphorus (mg)	2870.2	2731.1	3080.7		100		100
Potassium (mg)	5653.6	5234.5	6084.3		NA		100
Sodium (mg)	2598.6	2181.5	3281.6		NA		100
Zinc (mg)	24.2	21.2	44.3		100		100
Cholesterol (mg)	424.1	276.4	714.6		NA		NA
Selenium (mcg)	152.1	124.8	203.4		100		100
Vitamin B6 (mg)	2.7	2.2	3.6		100		100
Vitamin B12 (mcg)	8.6	6.8	15.0		100		100
Percent energy from fat	26.7						
Percent energy from protein	21.6						
Percent energy from carbohydrate	51.7						
Percent energy from alcohol	0.0						

Preg.hitot3:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	14
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	21
[6,]	OtherVeg	14
[7,]	TotalFruit	21
[8,]	WholegrainCereals	49
[9,]	RefinedCereals	28
[10,]	Poultryfisheggsleg	12
[11,]	RedMeats	12
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	17
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14048.2	13441.6	14498.8		NA			NA
Energy (kJ)	14520.5	13899.9	14975.3		NA			NA
Protein (g)	181.6	171.3	192.8		100			100
Fat (g)	120.0	112.2	129.2		NA			NA
Carbohydrate (g)	384.1	364.5	410.1		NA			NA
Sugars (g)	133.9	115.1	150.1		NA			NA
Starch (g)	248.1	220.9	270.2		NA			NA
Fibre (g)	62.9	54.7	78.5		NA			100
Alcohol (g)	0	0.0	0.0		NA			NA
Saturated fat (g)	31.4	28.3	34.7		NA			NA
Monounsaturated fat (g)	47.4	43.2	52.7		NA			NA
Polyunsaturated fat (g)	32.6	28.6	38.2		NA			NA
Linoleic acid (g)	30.3	26.5	35.2		NA			100
Alpha linolenic acid (g)	1.7	1.2	2.6		NA			100
LC n3 fatty acids (mg)	442.9	131.0	1010.7		NA			100
Vitamin A equivs (mcg)	1600.4	1211.5	1944.0		100			100
Retinol (mcg)	459.3	381.3	567.5		NA			NA
Provitamin A (mcg)	6799.2	4528.7	8968.1		NA			NA
Thiamin (mg)	3.2	2.8	3.8		100			100
Riboflavin (mg)	3.4	3.0	3.8		100			100
Niacin (mg)	91.6	84.7	100.3		100			100
Folate (mcg total)	810.7	686.2	921.1		NA			NA
Folate equivs (mcg)	1247.4	1092.4	1428.9		100			100
Vitamin C (mg)	169.1	118.6	217.1		100			100
Vitamin D (mcg)	4.5	3.1	7.2		NA			28
Vitamin E (mg)	22.5	17.1	26.2		NA			100
Calcium (mg)	1445.9	1280.9	1590.2		100			100
Iron (mg)	23.5	21.6	26.9		95			0
Iodine (mcg)	295.7	247.1	369.0		100			100
Magnesium (mg)	765.8	711.9	859.4		100			100
Phosphorus (mg)	2977.0	2791.7	3230.4		100			100
Potassium (mg)	6040.4	5655.8	6495.4		NA			100
Sodium (mg)	2332.0	1862.5	3477.7		NA			100
Zinc (mg)	25.9	22.2	44.4		100			100
Cholesterol (mg)	406.1	246.2	593.5		NA			NA
Selenium (mcg)	179.9	128.3	251.9		100			100
Vitamin B6 (mg)	3.0	2.4	4.2		100			100
Vitamin B12 (mcg)	8.7	6.3	14.7		100			100

Percent energy from fat 31.4

Percent energy from protein 21.7

Percent energy from carbohydrate 46.9

Percent energy from alcohol 0.0

Preg.hitot4:

AllFoodGroups	Nservings
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	49
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13978.8	13100.6	14516.4	NA			NA
Energy (kJ)	14435.9	13531.7	14994.4	NA			NA
Protein (g)	176.6	166.6	188.9	100			100
Fat (g)	115.9	102.6	124.9	NA			NA
Carbohydrate (g)	390.8	367.3	409.4	NA			NA
Sugars (g)	145.7	128.1	160.9	NA			NA
Starch (g)	242.6	222.2	265.4	NA			NA
Fibre (g)	59.2	50.9	70.8	NA			100
Alcohol (g)	0	0.0	0.0	NA			NA
Saturated fat (g)	33.8	29.1	37.5	NA			NA
Monounsaturated fat (g)	43.6	37.1	49.4	NA			NA
Polyunsaturated fat (g)	30.0	26.8	35.1	NA			NA
Linoleic acid (g)	27.6	24.6	32.2	NA			100
Alpha linolenic acid (g)	1.8	1.4	2.8	NA			100
LC n3 fatty acids (mg)	436.9	164.9	1174.6	NA			100
Vitamin A equivs (mcg)	1693.1	1386.8	2050.5	100			100
Retinol (mcg)	532.3	418.5	661.1	NA			NA
Provitamin A (mcg)	6915.9	4993.6	9211.2	NA			NA
Thiamin (mg)	3.0	2.6	3.5	100			100
Riboflavin (mg)	3.4	3.0	3.9	100			100
Niacin (mg)	88.3	79.6	94.1	100			100
Folate (mcg total)	776.1	683.3	876.6	NA			NA
Folate equivs (mcg)	1216.5	1060.9	1359.7	100			100
Vitamin C (mg)	176.4	135.9	245.3	100			100
Vitamin D (mcg)	4.9	3.5	8.1	NA			40
Vitamin E (mg)	21.1	16.2	25.8	NA			100
Calcium (mg)	1444.5	1270.8	1623.4	100			100
Iron (mg)	22.9	20.8	26.2	83			0
Iodine (mcg)	293.7	253.5	358.5	100			100
Magnesium (mg)	714.1	664.8	794.8	100			100
Phosphorus (mg)	2881.0	2697.2	3132.6	100			100
Potassium (mg)	5738.1	5358.2	6092.5	NA			100
Sodium (mg)	2540.6	2106.8	3550.8	NA			100
Zinc (mg)	24.5	21.0	43.5	100			100
Cholesterol (mg)	420.6	277.2	656.5	NA			NA
Selenium (mcg)	163.0	129.3	206.9	100			100
Vitamin B6 (mg)	3.0	2.2	4.0	100			100
Vitamin B12 (mcg)	8.7	7.1	14.0	100			100

Percent energy from fat 30.9
Percent energy from protein 21.2
Percent energy from carbohydrate 47.9
Percent energy from alcohol 0.0

Preg.hitot5:

AllFoodGroups Nservings								
[1,]	StarchyVeg 21							
[2,]	GreenBrassicas 14							
[3,]	OrangeVeg 7							
[4,]	Legumes 7							
[5,]	NutsSeeds 9							
[6,]	OtherVeg 14							
[7,]	TotalFruit 21							
[8,]	WholegrainCereals 49							
[9,]	RefinedCereals 28							
[10,]	Poultryfisheseggsleg 12							
[11,]	RedMeats 12							
[12,]	EggsLegumesNutsSeeds 0							
[13,]	HiFatDairy 3							
[14,]	MidFatDairy 0							
[15,]	LoFatDairy 14							
[16,]	PolyMarg 28							
[17,]	Pasta 0							
[18,]	Rice 0							
[19,]	Extras 10.5							
		Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		13905.0	13363.3	14403.9		NA		NA
Energy (kJ)		14383.1	13831.6	14895.5		NA		NA
Protein (g)		176.0	165.3	189.0	100			100
Fat (g)		109.0	100.4	119.0		NA		NA
Carbohydrate (g)		403.6	374.5	426.4		NA		NA
Sugars (g)		140.3	126.1	159.7		NA		NA
Starch (g)		261.0	237.8	285.9		NA		NA
Fibre (g)		65.6	54.1	80.3		NA		100
Alcohol (g)		0	0.0	0.0		NA		NA
Saturated fat (g)		32.5	29.5	36.5		NA		NA
Monounsaturated fat (g)		38.5	33.6	43.1		NA		NA
Polyunsaturated fat (g)		29.7	26.2	33.1		NA		NA
Linoleic acid (g)		27.1	24.2	30.0		NA		100
Alpha linolenic acid (g)		1.8	1.5	2.5		NA		100
LC n3 fatty acids (mg)		498.8	134.9	1129.6		NA		100
Vitamin A equivs (mcg)		1807.2	1349.4	2200.6	100			100
Retinol (mcg)		601.6	526.8	758.3		NA		NA
Provitamin A (mcg)		7190.9	4706.5	9885.1		NA		NA
Thiamin (mg)		3.0	2.6	3.4	100			100
Riboflavin (mg)		3.4	2.9	3.9	100			100
Niacin (mg)		87.5	80.4	94.8	100			100
Folate (mcg total)		780.2	684.8	902.2		NA		NA
Folate equivs (mcg)		1218.6	1057.1	1371.1	100			100
Vitamin C (mg)		215.6	164.2	275.2	100			100
Vitamin D (mcg)		5.5	4.1	8.5		NA		59
Vitamin E (mg)		19.7	15.9	24.8		NA		100
Calcium (mg)		1449.2	1298.6	1602.8	100			100
Iron (mg)		23.6	21.0	26.2	96			0
Iodine (mcg)		300.1	253.3	357.0	100			100
Magnesium (mg)		708.0	665.4	763.1	100			100
Phosphorus (mg)		2888.3	2729.0	3073.0	100			100
Potassium (mg)		6430.8	6061.6	6925.2		NA		100
Sodium (mg)		2527.0	2195.1	3382.7		NA		100
Zinc (mg)		25.0	21.0	44.5	100			100
Cholesterol (mg)		414.9	279.5	721.2		NA		NA
Selenium (mcg)		152.2	119.7	200.0	100			100
Vitamin B6 (mg)		2.9	2.4	4.2	100			100
Vitamin B12 (mcg)		8.9	7.0	12.7	100			100
Percent energy from fat		28.9						
Percent energy from protein		21.3						
Percent energy from carbohydrate		49.8						
Percent energy from alcohol		0.0						

Preg.hitot6:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	9					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	49					
[9,]	RefinedCereals	35					
[10,]	Poultryfisheseggsleg	12					
[11,]	RedMeats	12					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	24					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14010.1	13434.7	14537.6		NA		NA
Energy (kJ)	14449.5	13855.8	14969.6		NA		NA
Protein (g)	174.7	165.7	186.6		100		100
Fat (g)	107.7	99.8	117.3		NA		NA
Carbohydrate (g)	412.0	392.7	441.3		NA		NA
Sugars (g)	143.3	130.0	161.9		NA		NA
Starch (g)	266.1	246.6	287.9		NA		NA
Fibre (g)	56.6	50.1	66.9		NA		100
Alcohol (g)	0	0.0	0.0		NA		NA
Saturated fat (g)	32.9	29.6	37.3		NA		NA
Monounsaturated fat (g)	38.6	33.9	42.6		NA		NA
Polyunsaturated fat (g)	28.2	25.4	31.5		NA		NA
Linoleic acid (g)	25.7	23.2	29.0		NA		100
Alpha linolenic acid (g)	1.8	1.5	2.3		NA		100
LC n3 fatty acids (mg)	449.3	166.6	965.0		NA		100
Vitamin A equivs (mcg)	1675.6	1323.5	2035.8		100		100
Retinol (mcg)	562.4	476.1	660.3		NA		NA
Provitamin A (mcg)	6625.2	4684.8	8787.6		NA		NA
Thiamin (mg)	2.9	2.4	3.3		100		100
Riboflavin (mg)	3.4	2.8	3.9		100		100
Niacin (mg)	85.8	78.7	93.2		100		100
Folate (mcg total)	734.3	638.5	841.3		NA		NA
Folate equivs (mcg)	1202.0	1032.1	1363.8		100		100
Vitamin C (mg)	166.1	116.8	261.4		100		100
Vitamin D (mcg)	5.1	3.9	8.2		NA		48
Vitamin E (mg)	19.0	14.8	23.2		NA		100
Calcium (mg)	1437.5	1249.9	1643.1		100		100
Iron (mg)	22.4	20.6	25.1		64		0
Iodine (mcg)	306.5	263.9	375.3		100		100
Magnesium (mg)	671.5	631.4	746.7		100		100
Phosphorus (mg)	2795.6	2634.6	2993.3		100		100
Potassium (mg)	5470.0	5121.8	5899.0		NA		100
Sodium (mg)	2682.1	2112.0	3576.4		NA		100
Zinc (mg)	23.7	20.7	34.0		100		100
Cholesterol (mg)	415.9	279.8	624.0		NA		NA
Selenium (mcg)	154.6	122.9	210.3		100		100
Vitamin B6 (mg)	2.6	2.2	3.6		100		100
Vitamin B12 (mcg)	8.9	7.1	15.9		100		100
Percent energy from fat	28.2						
Percent energy from protein	21.0						
Percent energy from carbohydrate	50.8						
Percent energy from alcohol	0.0						

A15.19 Sample 7-day Total Diets Lactation Women 19-50years mid energy level

Average height 165cm; light to moderate activity PAL 1.7

Public Consultation

Lact.avtot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	10
[4,] Legumes	7
[5,] NutsSeeds	10
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	24
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11106.9	10649.3	11714.3		NA		NA
Energy (kJ)	11530.7	11062.7	12169.3		NA		NA
Protein (g)	136.3	128.3	144.4		100		100
Fat (g)	86.4	76.8	97.5		NA		NA
Carbohydrate (g)	332.1	309.3	356.4		NA		NA
Sugars (g)	105.8	95.9	120.1		NA		NA
Starch (g)	224.9	205.6	252.9		NA		NA
Fibre (g)	57.3	50.6	68.9		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	23.7	20.3	27.1		NA		NA
Monounsaturated fat (g)	31.5	26.4	36.9		NA		NA
Polyunsaturated fat (g)	24.9	21.5	30.2		NA		NA
Linoleic acid (g)	23.1	20.3	27.9		NA		100
Alpha linolenic acid (g)	1.4	1.2	2.1		NA		96
LC n3 fatty acids (mg)	274.6	79.0	729.6		NA		78
Vitamin A equivs (mcg)	1910.6	1365.6	2335.1		100		100
Retinol (mcg)	442.6	383.0	528.0		NA		NA
Provitamin A (mcg)	8755.6	5605.8	11175.3		NA		NA
Thiamin (mg)	2.7	2.3	3.0		100		100
Riboflavin (mg)	3.0	2.6	3.4		100		100
Niacin (mg)	70.4	65.4	76.0		100		100
Folate (mcg total)	694.8	577.9	789.2		NA		NA
Folate equivs (mcg)	1118.6	967.6	1268.7		100		100
Vitamin C (mg)	157.4	112.1	201.1		100		100
Vitamin D (mcg)	4.0	3.0	6.1		NA		12
Vitamin E (mg)	16.5	13.4	19.9		NA		100
Calcium (mg)	1336.9	1172.3	1484.9		100		100
Iron (mg)	19.4	17.4	21.4		100		100
Iodine (mcg)	266.2	225.7	312.5		100		40
Magnesium (mg)	617.0	576.7	661.1		100		100
Phosphorus (mg)	2421.2	2232.5	2644.0		100		100
Potassium (mg)	5281.8	4995.9	5636.9		NA		100
Sodium (mg)	2013.2	1624.4	2834.5		NA		100
Zinc (mg)	19.1	16.7	29.4		100		100
Cholesterol (mg)	254.7	158.4	450.3		NA		NA
Selenium (mcg)	120.2	92.4	181.4		100		100
Vitamin B6 (mg)	2.6	1.9	3.6		100		98
Vitamin B12 (mcg)	6.7	5.3	10.4		100		100

Percent energy from fat 28.4
Percent energy from protein 20.6
Percent energy from carbohydrate 51.0
Percent energy from alcohol 0.0

Lact.avtot2:

AllFoodGroups Nservings	
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	18
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	21
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	17
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11362.2	11029.5	11891.9		NA		NA
Energy (kJ)	11758.9	11413.8	12260.3		NA		NA
Protein (g)	138.8	131.1	148.9		100		100
Fat (g)	86.3	78.2	95.7		NA		NA
Carbohydrate (g)	341.3	319.6	362.3		NA		NA
Sugars (g)	121.9	108.4	134.9		NA		NA
Starch (g)	217.7	197.4	236.7		NA		NA
Fibre (g)	53.3	44.7	66.6		NA		100
Alcohol (g)	0	0.0	0.0		NA		NA
Saturated fat (g)	26.4	23.3	30.4		NA		NA
Monounsaturated fat (g)	30.2	25.2	35.8		NA		NA
Polyunsaturated fat (g)	23.4	20.6	26.7		NA		NA
Linoleic acid (g)	21.5	19.0	24.6		NA		100
Alpha linolenic acid (g)	1.5	1.2	2.1		NA		98
LC n3 fatty acids (mg)	276.5	83.0	700.3		NA		82
Vitamin A equivs (mcg)	1583.3	1271.6	2034.0		100		100
Retinol (mcg)	483.9	427.1	589.6		NA		NA
Provitamin A (mcg)	6528.6	4446.4	9067.4		NA		NA
Thiamin (mg)	2.6	2.2	2.9		100		100
Riboflavin (mg)	3.2	2.9	3.6		100		100
Niacin (mg)	70.5	65.4	76.5		100		100
Folate (mcg total)	677.2	585.2	765.9		NA		NA
Folate equivs (mcg)	1087.0	952.4	1200.8		100		100
Vitamin C (mg)	152.4	112.1	200.2		100		100
Vitamin D (mcg)	4.2	3.3	6.3		NA		16
Vitamin E (mg)	15.4	12.7	18.7		NA		100
Calcium (mg)	1455.6	1301.1	1633.6		100		100
Iron (mg)	18.8	16.8	21.6		100		100
Iodine (mcg)	287.7	246.1	342.6		100		84
Magnesium (mg)	603.1	557.5	659.3		100		100
Phosphorus (mg)	2476.8	2323.6	2643.5		100		100
Potassium (mg)	5299.4	5011.1	5628.0		NA		100
Sodium (mg)	2165.9	1861.1	2912.2		NA		100
Zinc (mg)	19.0	16.6	29.5		100		100
Cholesterol (mg)	264.0	169.8	474.0		NA		NA
Selenium (mcg)	114.6	88.2	151.7		100		100
Vitamin B6 (mg)	2.5	1.9	3.5		100		94
Vitamin B12 (mcg)	7.4	6.0	12.6		100		100

Percent energy from fat 27.8
 Percent energy from protein 20.6
 Percent energy from carbohydrate 51.6
 Percent energy from alcohol 0.0

Lact.avtot3:

AllFoodGroups Nservings							
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	10					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	21					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	17					
[16,]	PolyMarg	21					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	7					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		11268.1	10763.7	12026.0		NA	NA
Energy (kJ)		11659.4	11122.7	12455.5		NA	NA
Protein (g)		135.2	126.0	142.3		100	100
Fat (g)		90.6	81.2	96.9		NA	NA
Carbohydrate (g)		330.6	312.9	365.5		NA	NA
Sugars (g)		132.2	116.7	148.5		NA	NA
Starch (g)		196.3	179.8	218.4		NA	NA
Fibre (g)		50.8	43.9	57.7		NA	100
Alcohol (g)		0	0.0	0.0		NA	NA
Saturated fat (g)		26.8	23.4	29.6		NA	NA
Monounsaturated fat (g)		32.8	28.2	37.4		NA	NA
Polyunsaturated fat (g)		24.4	22.1	27.1		NA	NA
Linoleic acid (g)		22.6	20.5	25.0		NA	100
Alpha linolenic acid (g)		1.5	1.2	2.0		NA	99
LC n3 fatty acids (mg)		270.0	75.1	968.6		NA	75
Vitamin A equivs (mcg)		1578.8	1216.7	2005.1		100	100
Retinol (mcg)		481.8	428.2	558.2		NA	NA
Provitamin A (mcg)		6526.6	4527.5	8837.8		NA	NA
Thiamin (mg)		2.4	2.1	2.8		100	100
Riboflavin (mg)		3.1	2.8	3.5		100	100
Niacin (mg)		67.7	62.5	74.6		100	100
Folate (mcg total)		690.9	621.6	823.1		NA	NA
Folate equivs (mcg)		1050.3	929.6	1266.6		100	100
Vitamin C (mg)		156.8	118.9	203.9		100	100
Vitamin D (mcg)		4.2	3.2	7.4		NA	18
Vitamin E (mg)		16.5	13.5	19.8		NA	100
Calcium (mg)		1407.8	1296.2	1595.4		100	100
Iron (mg)		17.8	15.7	19.7		100	100
Iodine (mcg)		271.2	225.8	313.1		100	53
Magnesium (mg)		590.6	550.1	652.5		100	100
Phosphorus (mg)		2386.7	2248.8	2519.3		100	100
Potassium (mg)		4980.7	4697.8	5338.4		NA	100
Sodium (mg)		2025.5	1608.1	2809.4		NA	100
Zinc (mg)		18.4	16.4	38.4		100	100
Cholesterol (mg)		271.7	176.4	402.1		NA	NA
Selenium (mcg)		114.3	85.7	162.6		100	100
Vitamin B6 (mg)		2.3	1.9	3.0		100	84
Vitamin B12 (mcg)		7.2	5.9	10.8		100	100
Percent energy from fat		29.4					
Percent energy from protein		20.2					
Percent energy from carbohydrate		50.4					
Percent energy from alcohol		0.0					

Lact.avtot4:

	AllFoodGroups	Nservings
[1,]	StarchyVeg	14
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	7
[6,]	OtherVeg	21
[7,]	TotalFruit	14
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	28
[10,]	Poultryfisheseggsleg	7
[11,]	RedMeats	7
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3
[14,]	MidFatDairy	0
[15,]	LoFatDairy	14
[16,]	PolyMarg	21
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11268.1	10880.8	11805.0	NA			NA
Energy (kJ)	11660.7	11245.0	12225.8	NA			NA
Protein (g)	134.8	127.0	143.9	100			100
Fat (g)	84.6	75.9	92.7	NA			NA
Carbohydrate (g)	343.8	327.8	362.5	NA			NA
Sugars (g)	114.0	99.6	132.4	NA			NA
Starch (g)	228.2	213.4	246.3	NA			NA
Fibre (g)	53.0	45.4	71.2	NA			100
Alcohol (g)	0	0.0	0.0	NA			NA
Saturated fat (g)	25.5	21.6	28.2	NA			NA
Monounsaturated fat (g)	29.8	24.7	35.9	NA			NA
Polyunsaturated fat (g)	23.1	20.7	26.7	NA			NA
Linoleic acid (g)	21.2	19.2	24.2	NA			100
Alpha linolenic acid (g)	1.5	1.2	2.2	NA			99
LC n3 fatty acids (mg)	288.6	86.1	786.4	NA			81
Vitamin A equivs (mcg)	1601.8	1221.1	2012.5	100			100
Retinol (mcg)	466.8	409.3	562.3	NA			NA
Provitamin A (mcg)	6755.5	4640.7	8897.1	NA			NA
Thiamin (mg)	2.4	2.0	2.8	100			100
Riboflavin (mg)	2.9	2.5	3.2	100			100
Niacin (mg)	68.0	61.9	73.2	100			100
Folate (mcg total)	643.6	566.1	731.4	NA			NA
Folate equivs (mcg)	1036.7	877.9	1175.0	100			100
Vitamin C (mg)	161.9	116.0	203.4	100			100
Vitamin D (mcg)	4.3	3.2	6.6	NA			17
Vitamin E (mg)	15.4	12.1	20.1	NA			100
Calcium (mg)	1307.4	1169.2	1422.8	100			100
Iron (mg)	18.2	16.0	20.6	100			100
Iodine (mcg)	262.0	228.5	303.1	100			28
Magnesium (mg)	573.4	535.8	623.8	100			100
Phosphorus (mg)	2346.6	2195.0	2474.8	100			100
Potassium (mg)	5118.2	4802.8	5497.1	NA			100
Sodium (mg)	2111.2	1793.0	3055.7	NA			100
Zinc (mg)	18.2	16.4	29.4	100			100
Cholesterol (mg)	265.7	168.6	444.1	NA			NA
Selenium (mcg)	113.6	81.3	151.2	100			100
Vitamin B6 (mg)	2.4	1.8	3.5	100			88
Vitamin B12 (mcg)	6.7	5.7	9.3	100			100

Percent energy from fat	27.8
Percent energy from protein	20.1
Percent energy from carbohydrate	52.1
Percent energy from alcohol	0.0

Lact.avtot5:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	7					
[4,]	Legumes	5					
[5,]	NutsSeeds	12					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	21					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	21					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	10.5					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11223.5	10810.0	11874.6		NA		NA
Energy (kJ)	11605.7	11195.5	12256.5		NA		NA
Protein (g)	134.5	127.1	142.4		100		100
Fat (g)	96.3	87.8	105.1		NA		NA
Carbohydrate (g)	313.9	295.9	349.0		NA		NA
Sugars (g)	118.4	105.8	136.6		NA		NA
Starch (g)	193.6	169.2	221.2		NA		NA
Fibre (g)	49.5	43.7	61.8		NA		100
Alcohol (g)	0	0.0	0.0		NA		NA
Saturated fat (g)	28.0	24.5	31.9		NA		NA
Monounsaturated fat (g)	35.7	32.2	42.8		NA		NA
Polyunsaturated fat (g)	25.9	23.1	29.2		NA		NA
Linoleic acid (g)	24.1	21.7	27.0		NA		100
Alpha linolenic acid (g)	1.4	1.1	2.0		NA		97
LC n3 fatty acids (mg)	281.4	76.1	984.9		NA		80
Vitamin A equivs (mcg)	1601.5	1185.0	2031.0		100		100
Retinol (mcg)	478.8	422.6	554.2		NA		NA
Provitamin A (mcg)	6684.5	4447.1	9502.0		NA		NA
Thiamin (mg)	2.5	2.2	2.8		100		100
Riboflavin (mg)	3.0	2.6	3.3		100		100
Niacin (mg)	68.1	63.2	75.1		100		100
Folate (mcg total)	661.8	586.3	757.8		NA		NA
Folate equivs (mcg)	1021.5	888.2	1154.0		100		100
Vitamin C (mg)	164.2	122.4	209.9		100		100
Vitamin D (mcg)	4.2	3.1	7.1		NA		17
Vitamin E (mg)	17.3	13.8	21.0		NA		100
Calcium (mg)	1328.0	1199.8	1506.3		100		100
Iron (mg)	18.2	15.6	22.5		100		100
Iodine (mcg)	252.8	222.3	289.4		100		8
Magnesium (mg)	590.4	550.4	644.0		100		100
Phosphorus (mg)	2354.1	2229.1	2510.6		100		100
Potassium (mg)	4782.3	4472.9	5173.4		NA		100
Sodium (mg)	2118.4	1712.2	3046.5		NA		100
Zinc (mg)	18.4	16.0	29.2		100		100
Cholesterol (mg)	270.1	180.0	403.7		NA		NA
Selenium (mcg)	123.6	86.6	185.7		100		100
Vitamin B6 (mg)	2.4	1.9	3.1		100		92
Vitamin B12 (mcg)	6.6	5.5	11.8		100		100
Percent energy from fat	32.0						
Percent energy from protein	20.1						
Percent energy from carbohydrate	47.9						
Percent energy from alcohol	0.0						

Lact.avtot6:

AllFoodGroups	Nservings						
[1,] StarchyVeg	14						
[2,] GreenBrassicas	7						
[3,] OrangeVeg	7						
[4,] Legumes	5						
[5,] NutsSeeds	7						
[6,] OtherVeg	14						
[7,] TotalFruit	14						
[8,] WholegrainCereals	42						
[9,] RefinedCereals	21						
[10,] Poultryfisheseggsleg	7						
[11,] RedMeats	7						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	3						
[14,] MidFatDairy	0						
[15,] LoFatDairy	14						
[16,] PolyMarg	21						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	14						
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11176.1	10673.9	11687.6	NA			NA
Energy (kJ)	11542.5	11007.9	12073.1	NA			NA
Protein (g)	130.1	120.9	138.6	100			100
Fat (g)	88.1	81.3	100.0	NA			NA
Carbohydrate (g)	332.5	301.6	350.5	NA			NA
Sugars (g)	122.9	96.7	138.9	NA			NA
Starch (g)	207.7	187.0	229.1	NA			NA
Fibre (g)	49.4	40.4	63.7	NA			100
Alcohol (g)	0	0.0	0.0	NA			NA
Saturated fat (g)	28.0	25.3	33.0	NA			NA
Monounsaturated fat (g)	30.8	27.6	37.2	NA			NA
Polyunsaturated fat (g)	22.8	20.4	27.4	NA			NA
Linoleic acid (g)	21.0	18.8	24.7	NA			100
Alpha linolenic acid (g)	1.4	1.2	1.9	NA			97
LC n3 fatty acids (mg)	275.9	70.4	637.3	NA			75
Vitamin A equivs (mcg)	1566.2	1221.5	1897.2	100			100
Retinol (mcg)	492.5	431.7	567.5	NA			NA
Provitamin A (mcg)	6391.5	4241.5	8445.8	NA			NA
Thiamin (mg)	2.4	2.1	2.8	100			100
Riboflavin (mg)	2.9	2.4	3.3	100			100
Niacin (mg)	66.0	59.1	70.1	100			100
Folate (mcg total)	616.0	520.2	734.7	NA			NA
Folate equivs (mcg)	978.9	836.1	1223.3	100			100
Vitamin C (mg)	156.3	110.3	212.5	100			100
Vitamin D (mcg)	4.2	3.2	6.6	NA			18
Vitamin E (mg)	15.0	11.8	18.1	NA			100
Calcium (mg)	1285.3	1157.8	1426.7	100			100
Iron (mg)	17.6	16.1	19.4	100			100
Iodine (mcg)	253.9	214.3	298.7	100			25
Magnesium (mg)	552.9	513.3	605.9	100			100
Phosphorus (mg)	2277.7	2152.3	2473.5	100			100
Potassium (mg)	4915.8	4658.1	5301.9	NA			100
Sodium (mg)	2172.8	1727.4	3209.7	NA			100
Zinc (mg)	18.7	15.4	37.8	100			100
Cholesterol (mg)	279.6	185.9	396.8	NA			NA
Selenium (mcg)	106.3	81.4	167.5	100			100
Vitamin B6 (mg)	2.2	1.7	2.9	100			77
Vitamin B12 (mcg)	6.8	5.6	10.2	100			100
Percent energy from fat	29.0						
Percent energy from protein	19.6						
Percent energy from carbohydrate	51.4						
Percent energy from alcohol	0.0						

A15.20 Sample 7-day *Total diets* Lactation Women 19-50 years higher energy level

180cm tall, high activity PAL 2

Public Consultation

Lact.hitot1:

AllFoodGroups	Nservings
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	21
[6,] OtherVeg	28
[7,] TotalFruit	28
[8,] WholegrainCereals	49
[9,] RefinedCereals	28
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14120.0	13626.3	14689.5	NA	NA			
Energy (kJ)	14677.6	14175.8	15308.3	NA	NA			
Protein (g)	161.0	153.9	170.7	100	100			
Fat (g)	124.3	114.5	136.2	NA	NA			
Carbohydrate (g)	401.7	379.4	423.2	NA	NA			
Sugars (g)	147.9	134.1	161.3	NA	NA			
Starch (g)	251.3	231.3	270.1	NA	NA			
Fibre (g)	73.4	65.6	85.2	NA	100			
Alcohol (g)	0.0	0.0	0.0	NA	NA			
Saturated fat (g)	30.6	26.8	35.2	NA	NA			
Monounsaturated fat (g)	48.0	43.5	56.0	NA	NA			
Polyunsaturated fat (g)	37.2	33.3	43.2	NA	NA			
Linoleic acid (g)	34.9	31.5	40.0	NA	100			
Alpha linolenic acid (g)	2.0	1.5	3.0	NA	100			
LC n3 fatty acids (mg)	260.2	78.0	866.9	NA	73			
Vitamin A equivs (mcg)	1812.0	1352.8	2331.1	100	100			
Retinol (mcg)	535.3	469.9	662.6	NA	NA			
Provitamin A (mcg)	7614.7	5115.5	10731.9	NA	NA			
Thiamin (mg)	3.2	2.9	3.6	100	100			
Riboflavin (mg)	3.3	2.9	3.9	100	100			
Niacin (mg)	82.7	76.8	89.3	100	100			
Folate (mcg total)	909.6	822.0	1006.9	NA	NA			
Folate equivs (mcg)	1351.6	1208.9	1485.9	100	100			
Vitamin C (mg)	223.5	167.8	295.0	100	100			
Vitamin D (mcg)	4.5	3.5	7.1	NA	26			
Vitamin E (mg)	25.5	21.5	30.1	NA	100			
Calcium (mg)	1495.5	1306.0	1683.0	100	100			
Iron (mg)	23.9	21.6	26.7	100	100			
Iodine (mcg)	280.0	243.0	324.2	100	68			
Magnesium (mg)	808.1	752.0	937.5	100	100			
Phosphorus (mg)	2855.7	2707.4	3023.7	100	100			
Potassium (mg)	6517.0	6041.6	7015.4	NA	100			
Sodium (mg)	2243.1	1884.0	3153.5	NA	100			
Zinc (mg)	22.0	19.8	32.1	100	100			
Cholesterol (mg)	262.7	163.2	459.9	NA	NA			
Selenium (mcg)	158.5	106.5	205.8	100	100			
Vitamin B6 (mg)	3.2	2.5	4.2	100	100			
Vitamin B12 (mcg)	6.8	5.5	11.2	100	100			

Percent energy from fat 32.0
Percent energy from protein 19.1
Percent energy from carbohydrate 48.9
Percent energy from alcohol 0.0

Lact.hitot2:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	11					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	14					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	56					
[9,]	RefinedCereals	35					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	21					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	10.5					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14097.1	13697.2	14799.1		NA		NA
Energy (kJ)	14608.4	14195.4	15300.5		NA		NA
Protein (g)	160.0	151.8	168.9		100		100
Fat (g)	107.8	98.4	119.5		NA		NA
Carbohydrate (g)	433.5	407.9	462.0		NA		NA
Sugars (g)	142.9	129.9	166.0		NA		NA
Starch (g)	288.4	268.1	311.5		NA		NA
Fibre (g)	67.0	59.2	80.4		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	29.8	26.9	34.4		NA		NA
Monounsaturated fat (g)	39.6	35.7	45.4		NA		NA
Polyunsaturated fat (g)	30.7	26.8	36.8		NA		NA
Linoleic acid (g)	28.4	24.9	34.1		NA		100
Alpha linolenic acid (g)	1.9	1.5	2.8		NA		100
LC n3 fatty acids (mg)	302.9	84.3	800.9		NA		84
Vitamin A equivs (mcg)	1634.5	1320.2	1965.8		100		100
Retinol (mcg)	490.3	428.5	582.7		NA		NA
Provitamin A (mcg)	6817.5	4917.6	8935.7		NA		NA
Thiamin (mg)	3.2	2.9	3.6		100		100
Riboflavin (mg)	3.3	2.8	3.7		100		100
Niacin (mg)	81.0	71.5	88.2		100		100
Folate (mcg total)	825.7	731.4	920.6		NA		NA
Folate equivs (mcg)	1343.6	1195.8	1523.7		100		100
Vitamin C (mg)	166.6	113.0	223.2		100		100
Vitamin D (mcg)	4.3	3.1	7.2		NA		17
Vitamin E (mg)	20.0	15.1	24.4		NA		100
Calcium (mg)	1514.3	1373.3	1703.0		100		100
Iron (mg)	23.7	22.0	26.9		100		100
Iodine (mcg)	305.3	267.2	390.3		100		98
Magnesium (mg)	750.7	707.1	823.1		100		100
Phosphorus (mg)	2819.3	2641.4	2950.2		100		100
Potassium (mg)	5751.8	5439.9	6164.7		NA		100
Sodium (mg)	2580.3	2202.1	3556.3		NA		100
Zinc (mg)	22.5	19.4	32.5		100		100
Cholesterol (mg)	276.6	173.1	405.3		NA		NA
Selenium (mcg)	145.7	113.5	196.9		100		100
Vitamin B6 (mg)	2.7	2.2	3.8		100		100
Vitamin B12 (mcg)	7.2	5.8	9.8		100		100
Percent energy from fat	28.0						
Percent energy from protein	19.1						
Percent energy from carbohydrate	52.9						
Percent energy from alcohol	0.0						

Lact.hitot3:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	18					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	49					
[9,]	RefinedCereals	35					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	21					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13998.7	13428.2	14393.1		NA		NA
Energy (kJ)	14460.6	13911.4	14872.1		NA		NA
Protein (g)	153.5	147.2	163.8		100		100
Fat (g)	115.7	106.9	125.0		NA		NA
Carbohydrate (g)	415.4	386.8	442.2		NA		NA
Sugars (g)	145.6	125.1	171.4		NA		NA
Starch (g)	267.2	244.8	291.9		NA		NA
Fibre (g)	60.0	53.6	71.2		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	31.8	29.0	35.4		NA		NA
Monounsaturated fat (g)	44.3	40.0	49.4		NA		NA
Polyunsaturated fat (g)	31.8	28.7	37.0		NA		NA
Linoleic acid (g)	29.7	27.0	34.3		NA		100
Alpha linolenic acid (g)	1.7	1.3	2.4		NA		100
LC n3 fatty acids (mg)	262.6	88.4	788.3		NA		80
Vitamin A equivs (mcg)	1595.5	1190.8	2087.3		100		100
Retinol (mcg)	493.7	431.2	603.4		NA		NA
Provitamin A (mcg)	6563.8	3967.1	9339.9		NA		NA
Thiamin (mg)	3.0	2.5	3.4		100		100
Riboflavin (mg)	3.3	2.8	4.0		100		100
Niacin (mg)	79.3	71.2	85.8		100		100
Folate (mcg total)	781.8	673.4	897.8		NA		NA
Folate equivs (mcg)	1248.2	1048.0	1419.4		100		100
Vitamin C (mg)	161.5	112.0	226.5		100		100
Vitamin D (mcg)	4.1	3.0	7.5		NA		9
Vitamin E (mg)	21.5	16.9	27.1		NA		100
Calcium (mg)	1439.4	1217.7	1616.3		100		100
Iron (mg)	21.6	19.4	25.8		100		100
Iodine (mcg)	289.8	255.1	375.2		100		91
Magnesium (mg)	715.2	667.1	760.9		100		100
Phosphorus (mg)	2697.6	2514.6	2914.3		100		100
Potassium (mg)	5336.6	5005.2	5652.1		NA		100
Sodium (mg)	2494.0	2082.8	3433.1		NA		100
Zinc (mg)	21.4	17.9	31.8		100		100
Cholesterol (mg)	277.1	174.9	452.5		NA		NA
Selenium (mcg)	147.2	105.7	207.9		100		100
Vitamin B6 (mg)	2.6	2.1	3.6		100		100
Vitamin B12 (mcg)	7.2	5.4	16.5		100		100
Percent energy from fat	30.6						
Percent energy from protein	18.5						
Percent energy from carbohydrate	50.9						
Percent energy from alcohol	0.0						

Lact.hitot4:

AllFoodGroups	Nservings					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	14					
[3,] OrangeVeg	7					
[4,] Legumes	7					
[5,] NutsSeeds	14					
[6,] OtherVeg	11					
[7,] TotalFruit	28					
[8,] WholegrainCereals	56					
[9,] RefinedCereals	33					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3					
[14,] MidFatDairy	0					
[15,] LoFatDairy	14					
[16,] PolyMarg	21					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	14					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	14219.5	13763.3	14708.2	NA		NA
Energy (kJ)	14726.1	14249.0	15202.2	NA		NA
Protein (g)	156.0	148.5	165.2	100		100
Fat (g)	108.6	100.7	119.7	NA		NA
Carbohydrate (g)	442.2	415.0	473.9	NA		NA
Sugars (g)	164.3	147.6	191.3	NA		NA
Starch (g)	274.8	253.4	298.2	NA		NA
Fibre (g)	65.6	58.4	74.8	NA		100
Alcohol (g)	0.0	0.0	0.0	NA		NA
Saturated fat (g)	31.1	27.6	35.2	NA		NA
Monounsaturated fat (g)	40.1	35.5	44.6	NA		NA
Polyunsaturated fat (g)	29.6	25.5	36.8	NA		NA
Linoleic acid (g)	27.5	23.8	33.7	NA		100
Alpha linolenic acid (g)	1.8	1.4	2.7	NA		100
LC n3 fatty acids (mg)	273.5	61.8	914.6	NA		82
Vitamin A equivs (mcg)	1661.2	1198.5	2043.8	100		100
Retinol (mcg)	501.1	420.4	648.5	NA		NA
Provitamin A (mcg)	6914.2	4451.7	9186.3	NA		NA
Thiamin (mg)	3.2	2.7	3.6	100		100
Riboflavin (mg)	3.4	2.9	3.9	100		100
Niacin (mg)	80.7	74.5	87.9	100		100
Folate (mcg total)	831.9	713.2	949.8	NA		NA
Folate equivs (mcg)	1345.5	1194.6	1513.0	100		100
Vitamin C (mg)	206.5	153.8	272.1	100		100
Vitamin D (mcg)	4.2	3.1	7.6	NA		15
Vitamin E (mg)	20.1	15.8	24.9	NA		100
Calcium (mg)	1502.0	1371.7	1645.2	100		100
Iron (mg)	22.7	20.7	25.0	100		100
Iodine (mcg)	304.6	257.0	388.1	100		97
Magnesium (mg)	733.3	675.7	780.4	100		100
Phosphorus (mg)	2753.9	2598.8	2937.1	100		100
Potassium (mg)	5742.7	5344.1	6166.6	NA		100
Sodium (mg)	2630.0	2191.7	3448.7	NA		100
Zinc (mg)	21.2	19.4	31.4	100		100
Cholesterol (mg)	282.1	178.3	533.3	NA		NA
Selenium (mcg)	140.7	102.4	198.4	100		100
Vitamin B6 (mg)	2.8	2.2	3.5	100		100
Vitamin B12 (mcg)	6.8	5.5	9.9	100		100
Percent energy from fat	28.2					
Percent energy from protein	18.4					
Percent energy from carbohydrate	53.4					
Percent energy from alcohol	0.0					

Lact.hitot5:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	17					
[6,]	OtherVeg	21					
[7,]	TotalFruit	24					
[8,]	WholegrainCereals	49					
[9,]	RefinedCereals	28					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14186.2	13736.8	14688.3		NA		NA
Energy (kJ)	14696.5	14237.8	15197.3		NA		NA
Protein (g)	154.4	145.5	168.8		100		100
Fat (g)	121.4	113.0	129.8		NA		NA
Carbohydrate (g)	411.7	392.3	437.3		NA		NA
Sugars (g)	154.6	135.6	176.0		NA		NA
Starch (g)	254.1	236.4	273.7		NA		NA
Fibre (g)	68.3	58.9	89.3		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	33.4	29.7	37.2		NA		NA
Monounsaturated fat (g)	45.3	41.5	50.3		NA		NA
Polyunsaturated fat (g)	34.5	29.8	38.3		NA		NA
Linoleic acid (g)	32.2	28.0	35.3		NA		100
Alpha linolenic acid (g)	1.9	1.5	2.7		NA		100
LC n3 fatty acids (mg)	271.6	92.8	835.8		NA		76
Vitamin A equivs (mcg)	1820.1	1328.5	2256.8		100		100
Retinol (mcg)	570.7	494.1	685.5		NA		NA
Provitamin A (mcg)	7446.6	4673.6	10107.3		NA		NA
Thiamin (mg)	3.1	2.8	3.4		100		100
Riboflavin (mg)	3.3	3.0	3.7		100		100
Niacin (mg)	80.4	72.9	86.8		100		100
Folate (mcg total)	830.2	745.9	980.1		NA		NA
Folate equivs (mcg)	1267.8	1125.8	1412.3		100		100
Vitamin C (mg)	233.1	187.1	298.0		100		100
Vitamin D (mcg)	4.6	3.6	7.0		NA		31
Vitamin E (mg)	22.8	19.2	26.7		NA		100
Calcium (mg)	1459.4	1338.8	1653.9		100		100
Iron (mg)	22.7	20.2	25.7		100		100
Iodine (mcg)	283.0	248.1	322.2		100		74
Magnesium (mg)	744.0	686.0	794.6		100		100
Phosphorus (mg)	2751.0	2553.4	2920.4		100		100
Potassium (mg)	6161.9	5467.8	6553.8		NA		100
Sodium (mg)	2423.2	2052.9	3123.8		NA		100
Zinc (mg)	21.7	19.0	31.9		100		100
Cholesterol (mg)	273.5	172.6	462.8		NA		NA
Selenium (mcg)	143.2	107.5	201.8		100		100
Vitamin B6 (mg)	3.1	2.5	3.8		100		100
Vitamin B12 (mcg)	7.0	5.5	11.7		100		100
Percent energy from fat	31.3						
Percent energy from protein	18.3						
Percent energy from carbohydrate	50.4						
Percent energy from alcohol	0.0						

Lact.hitot6:

AllFoodGroups	Nservings						
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	14					
[4,]	Legumes	14					
[5,]	NutsSeeds	12					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	56					
[9,]	RefinedCereals	28					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	24					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14120.9	13505.4	14612.8		NA		NA
Energy (kJ)	14668.5	14054.0	15181.5		NA		NA
Protein (g)	161.2	153.6	171.7		100		100
Fat (g)	109.2	101.5	121.6		NA		NA
Carbohydrate (g)	429.1	401.4	460.8		NA		NA
Sugars (g)	153.7	137.6	171.2		NA		NA
Starch (g)	272.9	250.7	298.1		NA		NA
Fibre (g)	72.3	63.3	83.8		NA		100
Alcohol (g)	0.0	0.0	0.0		NA		NA
Saturated fat (g)	31.5	28.4	37.5		NA		NA
Monounsaturated fat (g)	39.2	34.8	44.6		NA		NA
Polyunsaturated fat (g)	30.7	27.7	35.4		NA		NA
Linoleic acid (g)	28.3	25.7	32.2		NA		100
Alpha linolenic acid (g)	1.9	1.5	2.7		NA		100
LC n3 fatty acids (mg)	340.9	87.0	756.4		NA		85
Vitamin A equivs (mcg)	2474.2	2034.7	2847.3		100		100
Retinol (mcg)	524.2	464.7	611.3		NA		NA
Provitamin A (mcg)	11651.8	8940.0	13716.5		NA		NA
Thiamin (mg)	3.2	2.9	3.7		100		100
Riboflavin (mg)	3.4	3.1	3.8		100		100
Niacin (mg)	81.7	75.8	88.8		100		100
Folate (mcg total)	860.4	783.9	964.2		NA		NA
Folate equivs (mcg)	1347.7	1199.0	1527.0		100		100
Vitamin C (mg)	216.6	169.8	280.8		100		100
Vitamin D (mcg)	4.7	3.4	6.9		NA		38
Vitamin E (mg)	20.2	16.0	24.0		NA		100
Calcium (mg)	1558.4	1391.1	1751.5		100		100
Iron (mg)	24.2	22.2	26.8		100		100
Iodine (mcg)	299.3	258.6	358.7		100		93
Magnesium (mg)	766.4	718.3	850.0		100		100
Phosphorus (mg)	2863.5	2693.0	3048.1		100		100
Potassium (mg)	6351.5	6033.5	6832.2		NA		100
Sodium (mg)	2644.4	2240.0	3705.6		NA		100
Zinc (mg)	22.0	20.0	31.9		100		100
Cholesterol (mg)	264.2	167.7	420.6		NA		NA
Selenium (mcg)	141.7	105.0	208.7		100		100
Vitamin B6 (mg)	2.9	2.4	3.8		100		100
Vitamin B12 (mcg)	6.9	5.6	10.1		100		100
Percent energy from fat	28.3						
Percent energy from protein	19.1						
Percent energy from carbohydrate	52.6						
Percent energy from alcohol	0.0						

A15.21 Sample 7-day *Total Diets* Boys 2-3 years mid energy level

Average age 2.5yrs and light to moderate activity (ave energy for 2yrs and PAL 1.7 for 3 yrs)

Public Consultation

Boys2to3.avtot1:

	AllFoodGroups	N.serves
[1,]	StarchyVeg	3.5
[2,]	GreenBrassicas	3.5
[3,]	OrangeVeg	3.5
[4,]	Legumes	3
[5,]	NutsSeeds	0
[6,]	OtherVeg	10
[7,]	TotalFruit	14
[8,]	WholegrainCereals	21
[9,]	RefinedCereals	14
[10,]	Poultryfisheseggsleg	3.5
[11,]	RedMeats	3.5
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	2
[14,]	MidFatDairy	0
[15,]	LoFatDairy	9.5
[16,]	PolyMarg	10
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	5416.1	5209.0	5674.5	NA	NA			
Energy (kJ)	5624.6	5405.9	5887.9	NA	NA			
Protein (g)	66.5	62.3	70.8	100	100			
Fat (g)	33.3	30.3	38.2	NA	NA			
Carbohydrate (g)	181.8	174.5	191.5	NA	NA			
Sugars (g)	73.6	64.3	79.8	NA	NA			
Starch (g)	107.0	98.2	115.4	NA	NA			
Fibre (g)	27.8	24.0	33.8	NA	100			
Saturated fat (g)	11.3	10.3	12.9	NA	NA			
Monounsaturated fat (g)	10.4	8.8	12.8	NA	NA			
Polyunsaturated fat (g)	8.8	8.0	9.8	NA	NA			
Linoleic acid (g)	7.9	7.2	8.7	NA	100			
Alpha linolenic acid (g)	0.7	0.6	0.8	NA	100			
LC n3 fatty acids (mg)	109.4	42.6	422.0	NA	100			
Vitamin A equivs (mcg)	853.3	666.3	1076.6	100	100			
Retinol (mcg)	229.7	198.7	271.4	NA	NA			
Provitamin A (mcg)	3680.6	2608.7	4970.6	NA	NA			
Thiamin (mg)	1.2	1.0	1.3	100	100			
Riboflavin (mg)	1.7	1.5	1.9	100	100			
Niacin (mg)	31.6	29.3	33.7	100	100			
Folate (mcg total)	350.0	298.3	408.2	NA	NA			
Folate equivs (mcg)	537.8	455.8	610.9	100	100			
Vitamin C (mg)	97.4	63.6	125.5	100	100			
Vitamin D (mcg)	2.0	1.6	3.4	NA	0			
Vitamin E (mg)	6.3	5.1	7.5	NA	100			
Calcium (mg)	753.7	695.7	852.8	100	100			
Iron (mg)	9.1	8.1	10.1	100	59			
Iodine (mcg)	130.1	107.9	152.7	100	100			
Magnesium (mg)	272.9	252.8	295.5	100	100			
Phosphorus (mg)	1176.3	1112.8	1273.6	100	100			
Potassium (mg)	2606.4	2446.8	2812.4	NA	100			
Sodium (mg)	998.2	839.9	1164.4	NA	100			
Zinc (mg)	8.7	8.0	13.7	100	100			
Cholesterol (mg)	129.8	80.9	217.5	NA	NA			
Selenium (mcg)	47.2	38.5	58.0	100	100			
Vitamin B6 (mg)	1.3	0.9	2.1	100	100			
Vitamin B12 (mcg)	3.9	3.3	5.3	100	100			

Percent energy from fat 22.5

Percent energy from protein 20.6

Percent energy from carbohydrate 56.9

Boys2to3.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	2.5
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	7
[7,] TotalFruit	7
[8,] WholegrainCereals	21
[9,] RefinedCereals	21
[10,] Poultryfishheggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	5437.1	5137.2	5669.5	NA	NA	NA	NA	
Energy (kJ)	5621.6	5311.6	5861.5	NA	NA	NA	NA	
Protein (g)	66.7	63.2	69.7	100	100	100	100	
Fat (g)	31.6	28.1	35.5	NA	NA	NA	NA	
Carbohydrate (g)	186.2	176.3	196.0	NA	NA	NA	NA	
Sugars (g)	56.5	51.6	61.8	NA	NA	NA	NA	
Starch (g)	128.9	118.9	139.0	NA	NA	NA	NA	
Fibre (g)	24.5	21.1	29.5	NA	100	100	100	
Saturated fat (g)	10.2	8.9	11.6	NA	NA	NA	NA	
Monounsaturated fat (g)	10.0	8.3	11.9	NA	NA	NA	NA	
Polyunsaturated fat (g)	8.7	7.9	9.5	NA	NA	NA	NA	
Linoleic acid (g)	7.8	7.0	8.6	NA	100	100	100	
Alpha linolenic acid (g)	0.7	0.6	0.8	NA	100	100	100	
LC n3 fatty acids (mg)	114.2	35.1	339.3	NA	98	98	98	
Vitamin A equivs (mcg)	799.5	628.3	961.4	100	100	100	100	
Retinol (mcg)	216.4	187.0	262.4	NA	NA	NA	NA	
Provitamin A (mcg)	3443.3	2389.9	4513.2	NA	NA	NA	NA	
Thiamin (mg)	1.2	1.1	1.4	100	100	100	100	
Riboflavin (mg)	1.6	1.4	1.8	100	100	100	100	
Niacin (mg)	32.0	28.2	35.1	100	100	100	100	
Folate (mcg total)	300.9	239.8	344.6	NA	NA	NA	NA	
Folate equivs (mcg)	523.3	442.2	591.1	100	100	100	100	
Vitamin C (mg)	66.4	46.7	85.0	100	100	100	100	
Vitamin D (mcg)	1.9	1.4	3.0	NA	0	0	0	
Vitamin E (mg)	5.7	4.7	6.7	NA	96	96	96	
Calcium (mg)	714.7	628.4	793.5	100	100	100	100	
Iron (mg)	9.0	7.9	10.3	100	100	100	100	
Iodine (mcg)	135.6	119.6	154.4	100	100	100	100	
Magnesium (mg)	255.1	233.6	271.5	100	100	100	100	
Phosphorus (mg)	1154.3	1093.4	1216.7	100	100	100	100	
Potassium (mg)	2219.0	2048.7	2414.2	NA	100	100	100	
Sodium (mg)	1057.5	910.8	1280.3	NA	100	100	100	
Zinc (mg)	8.3	7.6	9.0	100	100	100	100	
Cholesterol (mg)	129.2	80.5	229.3	NA	NA	NA	NA	
Selenium (mcg)	48.4	41.2	55.8	100	100	100	100	
Vitamin B6 (mg)	1.1	0.8	1.6	100	100	100	100	
Vitamin B12 (mcg)	4.0	3.4	4.5	100	100	100	100	

Percent energy from fat 21.4
Percent energy from protein 20.7
Percent energy from carbohydrate 57.9

.Boys2to3.avtot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	3
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	12
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	5461.4	5178.0	5732.1	NA	NA			
Energy (kJ)	5676.9	5372.6	5955.4	NA	NA			
Protein (g)	65.8	61.6	124.3	100	100			
Fat (g)	40.1	35.5	46.6	NA	NA			
Carbohydrate (g)	171.1	162.4	182.0	NA	NA			
Sugars (g)	77.2	69.6	85.3	NA	NA			
Starch (g)	92.7	84.1	103.1	NA	NA			
Fibre (g)	31.4	26.1	40.2	NA	100			
Saturated fat (g)	13.1	11.7	15.1	NA	NA			
Monounsaturated fat (g)	13.0	10.5	16.3	NA	NA			
Polyunsaturated fat (g)	10.9	10.1	12.1	NA	NA			
Linoleic acid (g)	9.9	9.1	10.9	NA	100			
Alpha linolenic acid (g)	0.8	0.7	1.0	NA	100			
LC n3 fatty acids (mg)	115.7	37.4	418.2	NA	99			
Vitamin A equivs (mcg)	1001.8	818.6	1177.9	100	100			
Retinol (mcg)	271.8	236.2	315.7	NA	NA			
Provitamin A (mcg)	4320.0	3282.9	5242.5	NA	NA			
Thiamin (mg)	1.2	1.1	1.3	100	100			
Riboflavin (mg)	1.7	1.4	2.0	100	100			
Niacin (mg)	32.1	29.1	35.4	100	100			
Folate (mcg total)	359.5	295.4	406.9	NA	NA			
Folate equivs (mcg)	515.0	438.7	583.9	100	100			
Vitamin C (mg)	128.3	90.5	176.9	100	100			
Vitamin D (mcg)	2.2	1.8	3.0	NA	0			
Vitamin E (mg)	8.0	6.9	9.7	NA	100			
Calcium (mg)	722.9	652.1	805.1	100	100			
Iron (mg)	9.3	8.4	10.4	100	79			
Iodine (mcg)	120.7	105.9	137.0	100	100			
Magnesium (mg)	281.4	255.5	304.1	100	100			
Phosphorus (mg)	1179.3	1106.3	1251.6	100	100			
Potassium (mg)	2993.4	2786.0	3188.3	NA	100			
Sodium (mg)	1012.5	808.6	1181.5	NA	100			
Zinc (mg)	9.5	8.0	88.8	100	100			
Cholesterol (mg)	129.5	87.2	217.6	NA	NA			
Selenium (mcg)	46.9	39.6	59.8	100	100			
Vitamin B6 (mg)	1.6	1.0	2.0	100	100			
Vitamin B12 (mcg)	3.8	3.4	4.8	100	100			

Percent energy from fat 26.7

Percent energy from protein 20.1

Percent energy from carbohydrate 53.2

Boys2to3.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	3.5
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	7
[8,] WholegrainCereals	21
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	5464.9	5241.7	5811.0	NA	NA		NA
Energy (kJ)	5651.7	5430.0	5996.5	NA	NA		NA
Protein (g)	65.3	62.0	68.7	100			100
Fat (g)	39.6	36.1	43.9	NA			NA
Carbohydrate (g)	172.1	163.2	187.6	NA			NA
Sugars (g)	63.7	55.8	71.0	NA			NA
Starch (g)	107.5	98.9	116.0	NA			NA
Fibre (g)	25.6	21.8	33.4	NA			100
Saturated fat (g)	13.1	11.6	14.7	NA			NA
Monounsaturated fat (g)	12.7	10.8	14.7	NA			NA
Polyunsaturated fat (g)	10.7	10.0	11.7	NA			NA
Linoleic acid (g)	9.7	9.1	10.6	NA			100
Alpha linolenic acid (g)	0.8	0.6	0.9	NA			100
LC n3 fatty acids (mg)	115.9	36.6	323.7	NA			99
Vitamin A equivs (mcg)	924.4	797.4	1104.0	100			100
Retinol (mcg)	276.6	246.3	317.5	NA			NA
Provitamin A (mcg)	3834.4	3026.4	4845.2	NA			NA
Thiamin (mg)	1.2	1.0	1.4	100			100
Riboflavin (mg)	1.7	1.4	1.9	100			100
Niacin (mg)	32.0	29.4	34.9	100			100
Folate (mcg total)	313.3	270.4	364.4	NA			NA
Folate equivs (mcg)	503.8	435.1	568.0	100			100
Vitamin C (mg)	92.5	71.3	131.3	100			100
Vitamin D (mcg)	2.2	1.8	3.1	NA			0
Vitamin E (mg)	7.1	5.8	8.2	NA			100
Calcium (mg)	720.6	651.9	794.2	100			100
Iron (mg)	8.9	8.0	10.1	100			41
Iodine (mcg)	130.9	110.3	149.9	100			100
Magnesium (mg)	260.3	238.8	286.4	100			100
Phosphorus (mg)	1159.2	1101.8	1226.7	100			100
Potassium (mg)	2461.4	2306.2	2661.2	NA			100
Sodium (mg)	1077.0	905.4	1280.5	NA			100
Zinc (mg)	8.4	7.6	13.8	100			100
Cholesterol (mg)	132.2	85.6	212.5	NA			NA
Selenium (mcg)	47.5	41.7	59.4	100			100
Vitamin B6 (mg)	1.3	0.9	1.7	100			100
Vitamin B12 (mcg)	3.9	3.4	4.9	100			100

Percent energy from fat 26.6

Percent energy from protein 20.1

Percent energy from carbohydrate 53.3

Boys2to3.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	2.5
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	4
[5,] NutsSeeds	0
[6,] OtherVeg	10
[7,] TotalFruit	21
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	5447.0	5207.2	5739.1	NA	NA		NA
Energy (kJ)	5677.2	5422.6	5965.2	NA	NA		NA
Protein (g)	65.5	60.0	124.2	100			100
Fat (g)	34.6	30.9	39.6	NA			NA
Carbohydrate (g)	183.7	171.5	195.1	NA			NA
Sugars (g)	94.2	86.8	103.1	NA			NA
Starch (g)	88.0	77.4	94.8	NA			NA
Fibre (g)	30.3	26.9	35.2	NA			100
Saturated fat (g)	11.8	10.7	13.6	NA			NA
Monounsaturated fat (g)	10.9	9.2	13.2	NA			NA
Polyunsaturated fat (g)	8.9	8.0	10.1	NA			NA
Linoleic acid (g)	8.0	7.2	9.0	NA			100
Alpha linolenic acid (g)	0.8	0.6	0.9	NA			100
LC n3 fatty acids (mg)	107.6	30.0	316.7	NA			99
Vitamin A equivs (mcg)	902.2	788.8	1099.9	100			100
Retinol (mcg)	228.7	197.4	266.0	NA			NA
Provitamin A (mcg)	3985.4	3265.1	5154.9	NA			NA
Thiamin (mg)	1.2	1.0	1.3	100			100
Riboflavin (mg)	1.7	1.4	1.8	100			100
Niacin (mg)	30.5	27.8	33.0	100			100
Folate (mcg total)	384.2	331.0	433.1	NA			NA
Folate equivs (mcg)	538.2	477.7	598.8	100			100
Vitamin C (mg)	118.7	81.0	149.9	100			100
Vitamin D (mcg)	1.9	1.5	2.9	NA			0
Vitamin E (mg)	6.8	5.0	8.4	NA			100
Calcium (mg)	722.7	645.4	808.5	100			100
Iron (mg)	9.1	8.3	10.4	100			55
Iodine (mcg)	120.8	104.2	139.6	100			100
Magnesium (mg)	282.7	261.3	305.9	100			100
Phosphorus (mg)	1140.7	1081.0	1220.1	100			100
Potassium (mg)	2821.9	2593.1	3054.4	NA			100
Sodium (mg)	949.7	805.5	1119.8	NA			100
Zinc (mg)	10.0	7.8	88.9	100			100
Cholesterol (mg)	125.1	83.4	212.0	NA			NA
Selenium (mcg)	44.0	35.7	53.3	100			100
Vitamin B6 (mg)	1.4	1.0	1.9	100			100
Vitamin B12 (mcg)	3.7	3.2	4.3	100			100

Percent energy from fat 23

Percent energy from protein 20

Percent energy from carbohydrate 57

Boys2to3.avtot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	7
[7,] TotalFruit	21
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	5488.8	5283.2	5781.4	NA	NA		NA
Energy (kJ)	5711.8	5487.5	6063.3	NA	NA		NA
Protein (g)	64.6	59.8	121.9	100			100
Fat (g)	34.0	30.8	40.1	NA			NA
Carbohydrate (g)	188.4	179.6	199.7	NA			NA
Sugars (g)	94.2	86.3	101.3	NA			NA
Starch (g)	92.7	84.7	102.0	NA			NA
Fibre (g)	31.5	25.9	42.2	NA			100
Saturated fat (g)	11.8	10.3	13.1	NA			NA
Monounsaturated fat (g)	10.7	8.9	13.9	NA			NA
Polyunsaturated fat (g)	8.6	7.8	9.7	NA			NA
Linoleic acid (g)	7.6	6.9	8.7	NA			100
Alpha linolenic acid (g)	0.7	0.6	0.8	NA			100
LC n3 fatty acids (mg)	122.5	41.1	364.4	NA			100
Vitamin A equivs (mcg)	904.9	708.2	1079.1	100			100
Retinol (mcg)	233.1	204.0	275.2	NA			NA
Provitamin A (mcg)	3981.8	2936.0	5113.6	NA			NA
Thiamin (mg)	1.2	1.0	1.3	100			100
Riboflavin (mg)	1.7	1.5	1.9	100			100
Niacin (mg)	30.9	27.8	33.5	100			100
Folate (mcg total)	372.7	306.2	429.1	NA			NA
Folate equivs (mcg)	528.2	445.8	604.4	100			100
Vitamin C (mg)	119.2	89.3	157.0	100			100
Vitamin D (mcg)	2.0	1.5	3.0	NA			0
Vitamin E (mg)	6.4	5.6	7.9	NA			100
Calcium (mg)	714.2	654.6	803.2	100			100
Iron (mg)	8.9	7.9	9.8	100			43
Iodine (mcg)	122.3	103.7	139.3	100			100
Magnesium (mg)	279.9	257.7	303.9	100			100
Phosphorus (mg)	1140.0	1075.5	1211.5	100			100
Potassium (mg)	2946.4	2733.0	3156.1	NA			100
Sodium (mg)	960.5	789.3	1148.5	NA			100
Zinc (mg)	10.0	7.6	88.5	100			100
Cholesterol (mg)	130.4	88.5	197.3	NA			NA
Selenium (mcg)	43.4	35.4	49.6	100			100
Vitamin B6 (mg)	1.3	1.0	1.9	100			100
Vitamin B12 (mcg)	3.7	3.2	5.1	100			100

Percent energy from fat 22.5

Percent energy from protein 19.6

Percent energy from carbohydrate 57.9

A15.22 Sample 7-day *Total Diets* Boys 2-3years higher energy level

Higher age 3years, high activity PAL 2

Public Consultation

Boys2to3.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	10
[7,] TotalFruit	10
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6635.9	6404.6	6964.7	NA	NA		NA
Energy (kJ)	6902.7	6666.3	7238.2	NA	NA		NA
Protein (g)	84.3	80.8	87.5	100			100
Fat (g)	44.1	40.8	50.0	NA			NA
Carbohydrate (g)	212.5	204.5	223.7	NA			NA
Sugars (g)	81.2	73.6	90.0	NA			NA
Starch (g)	130.2	121.9	138.2	NA			NA
Fibre (g)	37.7	31.6	45.2	NA			100
Saturated fat (g)	15.2	14.1	17.1	NA			NA
Monounsaturated fat (g)	13.4	11.6	16.2	NA			NA
Polyunsaturated fat (g)	11.9	10.9	13.5	NA			NA
Linoleic acid (g)	10.8	9.9	12.2	NA			100
Alpha linolenic acid (g)	1.0	0.8	1.1	NA			100
LC n3 fatty acids (mg)	125.9	44.3	600.6	NA			100
Vitamin A equivs (mcg)	1429.7	1187.6	1724.6	100			100
Retinol (mcg)	317.9	287.2	356.2	NA			NA
Provitamin A (mcg)	6580.4	5209.0	8216.2	NA			NA
Thiamin (mg)	1.6	1.4	1.7	100			100
Riboflavin (mg)	2.2	1.8	2.5	100			100
Niacin (mg)	39.7	36.1	42.8	100			100
Folate (mcg total)	447.4	408.9	500.8	NA			NA
Folate equivs (mcg)	683.6	616.9	768.9	100			100
Vitamin C (mg)	114.8	83.3	139.9	100			100
Vitamin D (mcg)	2.8	2.3	4.9	NA			0
Vitamin E (mg)	7.7	6.1	9.0	NA			100
Calcium (mg)	1066.3	996.2	1141.4	100			100
Iron (mg)	11.7	10.6	12.7	100			100
Iodine (mcg)	174.9	146.3	199.0	100			100
Magnesium (mg)	358.3	335.0	380.4	100			100
Phosphorus (mg)	1564.5	1493.5	1637.8	100			100
Potassium (mg)	3397.7	3180.0	3579.5	NA			100
Sodium (mg)	1328.8	1195.6	1630.0	NA			100
Zinc (mg)	10.9	10.3	11.5	100			100
Cholesterol (mg)	149.7	107.7	236.6	NA			NA
Selenium (mcg)	56.5	50.1	65.5	100			100
Vitamin B6 (mg)	1.5	1.1	2.1	100			100
Vitamin B12 (mcg)	5.1	4.7	5.9	100			100

Percent energy from fat 24.2

Percent energy from protein 21.3

Percent energy from carbohydrate 54.5

Boys2to3.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	3.5
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	3
[5,] NutsSeeds	0
[6,] OtherVeg	7
[7,] TotalFruit	7
[8,] WholegrainCereals	28
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6669.3	6394.0	6908.9	NA	NA		NA
Energy (kJ)	6894.0	6600.6	7155.7	NA	NA		NA
Protein (g)	76.3	73.1	80.4	100			100
Fat (g)	39.0	35.1	43.4	NA			NA
Carbohydrate (g)	233.1	219.7	246.7	NA			NA
Sugars (g)	60.6	54.8	68.4	NA			NA
Starch (g)	171.8	160.8	185.2	NA			NA
Fibre (g)	30.4	26.1	37.4	NA			100
Saturated fat (g)	12.0	10.8	13.4	NA			NA
Monounsaturated fat (g)	12.3	10.5	14.2	NA			NA
Polyunsaturated fat (g)	11.5	10.5	12.7	NA			NA
Linoleic acid (g)	10.4	9.5	11.3	NA			100
Alpha linolenic acid (g)	0.9	0.7	1.1	NA			100
LC n3 fatty acids (mg)	120.0	38.4	353.8	NA			98
Vitamin A equivs (mcg)	860.3	690.0	1002.5	100			100
Retinol (mcg)	264.7	235.3	300.5	NA			NA
Provitamin A (mcg)	3522.2	2586.1	4335.3	NA			NA
Thiamin (mg)	1.5	1.3	1.8	100			100
Riboflavin (mg)	1.8	1.6	2.1	100			100
Niacin (mg)	37.3	34.4	39.8	100			100
Folate (mcg total)	346.7	305.9	397.1	NA			NA
Folate equivs (mcg)	641.9	557.8	713.7	100			100
Vitamin C (mg)	71.0	46.2	94.2	100			100
Vitamin D (mcg)	2.2	1.8	2.8	NA			0
Vitamin E (mg)	6.8	5.5	8.3	NA			100
Calcium (mg)	782.4	696.1	872.9	100			100
Iron (mg)	10.9	9.7	12.2	100			100
Iodine (mcg)	158.2	128.4	181.5	100			100
Magnesium (mg)	303.5	284.2	334.6	100			100
Phosphorus (mg)	1327.9	1236.5	1421.8	100			100
Potassium (mg)	2473.2	2323.2	2697.1	NA			100
Sodium (mg)	1311.8	1085.2	1633.8	NA			100
Zinc (mg)	9.5	9.0	14.5	100			100
Cholesterol (mg)	126.9	85.5	188.3	NA			NA
Selenium (mcg)	57.0	49.1	66.6	100			100
Vitamin B6 (mg)	1.2	0.9	1.6	100			100
Vitamin B12 (mcg)	4.3	3.7	5.8	100			100

Percent energy from fat 21.6

Percent energy from protein 19.4

Percent energy from carbohydrate 59.1

Boys2to3.hitot3:

	AllFoodGroups	N.serves						
[1,]	StarchyVeg	7						
[2,]	GreenBrassicas	4.5						
[3,]	OrangeVeg	3.5						
[4,]	Legumes	3.5						
[5,]	NutsSeeds	0						
[6,]	OtherVeg	14						
[7,]	TotalFruit	14						
[8,]	WholegrainCereals	22						
[9,]	RefinedCereals	21						
[10,]	AllOtherMeatEggsLeg	3.5						
[11,]	RedMeats	3.5						
[12,]	EggsLegumesNutsSeeds	0						
[13,]	HiFatDairy	1						
[14,]	MidFatDairy	0						
[15,]	LoFatDairy	9.5						
[16,]	PolyMarg	14						
[17,]	Pasta	0						
[18,]	Rice	0						
[19,]	Extras	3.5						
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6635.3	6338.5	6841.5	NA		NA		NA
Energy (kJ)	6883.5	6573.3	7099.9	NA		NA		NA
Protein (g)	74.3	71.3	77.3	100		100		100
Fat (g)	41.6	37.0	46.0	NA		NA		NA
Carbohydrate (g)	228.1	216.8	239.1	NA		NA		NA
Sugars (g)	82.5	73.1	95.5	NA		NA		NA
Starch (g)	144.3	134.5	153.2	NA		NA		NA
Fibre (g)	34.9	29.4	46.6	NA		NA		100
Saturated fat (g)	13.5	11.7	15.0	NA		NA		NA
Monounsaturated fat (g)	13.2	10.8	16.1	NA		NA		NA
Polyunsaturated fat (g)	11.5	10.4	12.4	NA		NA		NA
Linoleic acid (g)	10.4	9.5	11.2	NA		NA		100
Alpha linolenic acid (g)	0.9	0.8	1.0	NA		NA		100
LC n3 fatty acids (mg)	120.1	34.1	336.2	NA		NA		98
Vitamin A equivs (mcg)	979.6	785.3	1154.6	100		100		100
Retinol (mcg)	276.1	238.4	327.6	NA		NA		NA
Provitamin A (mcg)	4167.5	3095.3	5174.7	NA		NA		NA
Thiamin (mg)	1.4	1.3	1.6	100		100		100
Riboflavin (mg)	1.8	1.6	2.0	100		100		100
Niacin (mg)	36.2	33.9	38.6	100		100		100
Folate (mcg total)	391.3	327.3	440.1	NA		NA		NA
Folate equivs (mcg)	620.9	534.2	719.8	100		100		100
Vitamin C (mg)	123.4	93.4	173.1	100		100		100
Vitamin D (mcg)	2.2	1.8	3.2	NA		NA		0
Vitamin E (mg)	7.9	6.6	9.9	NA		NA		100
Calcium (mg)	773.8	712.5	845.9	100		100		100
Iron (mg)	10.8	9.8	11.9	100		100		100
Iodine (mcg)	141.8	121.4	161.9	100		100		100
Magnesium (mg)	316.0	295.0	346.2	100		100		100
Phosphorus (mg)	1313.6	1247.0	1378.1	100		100		100
Potassium (mg)	3077.1	2885.6	3340.1	NA		NA		100
Sodium (mg)	1215.5	1011.3	1418.5	NA		NA		100
Zinc (mg)	9.5	8.8	10.1	100		100		100
Cholesterol (mg)	130.7	80.6	244.9	NA		NA		NA
Selenium (mcg)	53.5	45.8	64.8	100		100		100
Vitamin B6 (mg)	1.5	1.1	2.1	100		100		100
Vitamin B12 (mcg)	4.1	3.6	4.8	100		100		100
Percent energy from fat 23.0								
Percent energy from protein 18.8								
Percent energy from carbohydrate 58.2								

Boys2to3.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6662.7	6415.7	6909.3		NA			NA
Energy (kJ)	6953.8	6696.0	7204.8		NA			NA
Protein (g)	78.3	74.1	83.4		100			100
Fat (g)	43.1	39.1	47.4		NA			NA
Carbohydrate (g)	222.6	209.2	236.4		NA			NA
Sugars (g)	87.3	75.5	95.2		NA			NA
Starch (g)	134.0	121.8	146.6		NA			NA
Fibre (g)	40.8	34.2	48.5		NA			100
Saturated fat (g)	13.8	12.3	15.5		NA			NA
Monounsaturated fat (g)	13.5	11.6	15.4		NA			NA
Polyunsaturated fat (g)	12.3	10.8	13.7		NA			NA
Linoleic acid (g)	11.1	9.8	12.3		NA			100
Alpha linolenic acid (g)	0.9	0.8	1.1		NA			100
LC n3 fatty acids (mg)	119.0	42.4	381.7		NA			100
Vitamin A equivs (mcg)	1427.0	1182.1	1787.3		100			100
Retinol (mcg)	280.7	234.1	321.0		NA			NA
Provitamin A (mcg)	6832.6	5423.4	9046.5		NA			NA
Thiamin (mg)	1.6	1.4	1.8		100			100
Riboflavin (mg)	2.0	1.8	2.2		100			100
Niacin (mg)	38.5	35.5	42.4		100			100
Folate (mcg total)	450.5	405.8	522.9		NA			NA
Folate equivs (mcg)	679.2	592.7	762.8		100			100
Vitamin C (mg)	138.8	105.2	181.8		100			100
Vitamin D (mcg)	2.3	1.8	3.3		NA			0
Vitamin E (mg)	8.4	7.3	9.8		NA			100
Calcium (mg)	838.6	758.2	899.9		100			100
Iron (mg)	12.3	11.4	13.6		100			100
Iodine (mcg)	145.9	126.0	165.9		100			100
Magnesium (mg)	360.9	328.2	383.8		100			100
Phosphorus (mg)	1422.3	1344.2	1484.7		100			100
Potassium (mg)	3444.3	3213.8	3693.0		NA			100
Sodium (mg)	1226.4	1076.0	1450.5		NA			100
Zinc (mg)	10.4	9.8	15.0		100			100
Cholesterol (mg)	137.2	86.4	197.4		NA			NA
Selenium (mcg)	55.2	43.7	67.4		100			100
Vitamin B6 (mg)	1.7	1.2	2.2		100			100
Vitamin B12 (mcg)	3.9	3.4	5.0		100			100

Percent energy from fat 23.5
Percent energy from protein 19.6
Percent energy from carbohydrate 56.8

Boys2to3.hitot5:

AllFoodGroups	N.serves							
[1,] StarchyVeg	2.5							
[2,] GreenBrassicas	4.5							
[3,] OrangeVeg	3.5							
[4,] Legumes	2							
[5,] NutsSeeds	0							
[6,] OtherVeg	14							
[7,] TotalFruit	21							
[8,] WholegrainCereals	22							
[9,] RefinedCereals	21							
[10,] AllOtherMeatEggsLeg	3.5							
[11,] RedMeats	3.5							
[12,] EggsLegumesNutsSeeds	0							
[13,] HiFatDairy	1							
[14,] MidFatDairy	0							
[15,] LoFatDairy	9.5							
[16,] PolyMarg	14							
[17,] Pasta	0							
[18,] Rice	0							
[19,] Extras	3.5							
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6724.9	6495.1	6962.4	NA	NA			
Energy (kJ)	6984.0	6739.8	7245.4	NA	NA			
Protein (g)	74.3	69.0	132.8	100	100			
Fat (g)	41.4	37.3	47.5	NA	NA			
Carbohydrate (g)	236.3	224.1	247.6	NA	NA			
Sugars (g)	97.8	88.9	104.8	NA	NA			
Starch (g)	136.9	126.4	148.4	NA	NA			
Fibre (g)	33.9	29.8	41.1	NA	100			
Saturated fat (g)	13.4	11.7	15.4	NA	NA			
Monounsaturated fat (g)	13.2	11.0	16.4	NA	NA			
Polyunsaturated fat (g)	11.2	10.5	12.3	NA	NA			
Linoleic acid (g)	10.1	9.5	11.2	NA	100			
Alpha linolenic acid (g)	0.9	0.7	1.1	NA	100			
LC n3 fatty acids (mg)	107.4	35.0	327.0	NA	99			
Vitamin A equivs (mcg)	975.4	815.9	1138.1	100	100			
Retinol (mcg)	278.1	246.3	331.0	NA	NA			
Provitamin A (mcg)	4136.7	3244.0	5038.7	NA	NA			
Thiamin (mg)	1.4	1.2	1.6	100	100			
Riboflavin (mg)	1.9	1.6	2.0	100	100			
Niacin (mg)	35.4	32.0	37.6	100	100			
Folate (mcg total)	414.3	358.7	482.6	NA	NA			
Folate equivs (mcg)	638.5	558.8	717.0	100	100			
Vitamin C (mg)	135.2	104.8	184.2	100	100			
Vitamin D (mcg)	2.2	1.7	3.2	NA	0			
Vitamin E (mg)	8.2	7.1	9.8	NA	100			
Calcium (mg)	773.0	714.8	842.4	100	100			
Iron (mg)	10.6	9.6	12.0	100	100			
Iodine (mcg)	142.1	122.2	159.2	100	100			
Magnesium (mg)	312.6	292.5	334.9	100	100			
Phosphorus (mg)	1282.3	1216.2	1338.4	100	100			
Potassium (mg)	3024.6	2783.9	3197.0	NA	100			
Sodium (mg)	1195.9	1052.6	1371.1	NA	100			
Zinc (mg)	11.8	8.7	89.7	100	100			
Cholesterol (mg)	131.9	85.8	219.2	NA	NA			
Selenium (mcg)	51.8	43.7	61.0	100	100			
Vitamin B6 (mg)	1.5	1.1	2.2	100	100			
Vitamin B12 (mcg)	4.0	3.6	4.7	100	100			
Percent energy from fat 22.4								
Percent energy from protein 18.5								
Percent energy from carbohydrate 59.1								

Boys2to3.hitot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	8
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	17
[8,] WholegrainCereals	26
[9,] RefinedCereals	14
[10,] AllOtherMeatEggsLeg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6710.4	6482.5	6992.8		NA			NA
Energy (kJ)	7013.2	6759.5	7303.8		NA			NA
Protein (g)	80.0	74.9	136.9		100			100
Fat (g)	43.1	37.9	48.6		NA			NA
Carbohydrate (g)	225.6	216.9	238.4		NA			NA
Sugars (g)	93.8	84.5	103.0		NA			NA
Starch (g)	130.4	122.7	141.4		NA			NA
Fibre (g)	41.9	34.6	50.4		NA			100
Saturated fat (g)	13.8	12.0	15.4		NA			NA
Monounsaturated fat (g)	13.4	10.8	16.4		NA			NA
Polyunsaturated fat (g)	12.3	11.2	13.9		NA			NA
Linoleic acid (g)	11.1	10.1	12.8		NA			100
Alpha linolenic acid (g)	1.0	0.8	1.2		NA			100
LC n3 fatty acids (mg)	114.7	32.7	379.5		NA			98
Vitamin A equivs (mcg)	1435.6	1227.6	1647.0		100			100
Retinol (mcg)	283.3	254.6	335.9		NA			NA
Provitamin A (mcg)	6864.2	5479.9	8137.2		NA			NA
Thiamin (mg)	1.6	1.4	1.8		100			100
Riboflavin (mg)	2.0	1.7	2.3		100			100
Niacin (mg)	37.9	34.6	40.7		100			100
Folate (mcg total)	470.1	398.1	530.5		NA			NA
Folate equivs (mcg)	687.7	598.3	761.2		100			100
Vitamin C (mg)	152.8	119.8	195.7		100			100
Vitamin D (mcg)	2.2	1.8	3.4		NA			0
Vitamin E (mg)	8.6	7.3	10.4		NA			100
Calcium (mg)	838.1	767.7	916.8		100			100
Iron (mg)	12.4	11.3	13.6		100			100
Iodine (mcg)	143.0	125.2	159.4		100			100
Magnesium (mg)	361.9	336.3	385.8		100			100
Phosphorus (mg)	1412.7	1349.7	1476.5		100			100
Potassium (mg)	3545.2	3302.4	3805.9		NA			100
Sodium (mg)	1215.1	1009.6	1416.5		NA			100
Zinc (mg)	12.9	9.5	90.6		100			100
Cholesterol (mg)	138.0	88.5	214.6		NA			NA
Selenium (mcg)	53.8	44.5	62.5		100			100
Vitamin B6 (mg)	1.7	1.3	2.1		100			100
Vitamin B12 (mcg)	3.9	3.4	4.9		100			100

Percent energy from fat 23.2
Percent energy from protein 19.8
Percent energy from carbohydrate 57.0

A15.23 Summary 7-day Total Diets Boys 4-8 years mid energy level

Average age 6years, light to moderate activityPAL 1.7

Public Consultation

Boys4to8.avtotl:

AllFoodGroups	N.serves
[1,] StarchyVeg	3.5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	4
[5,] NutsSeeds	0
[6,] OtherVeg	10.5
[7,] TotalFruit	10.5
[8,] WholegrainCereals	28
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6884.4	6675.9	7181.6	NA	NA		NA
Energy (kJ)	7148.4	6938.6	7455.0	NA	NA		NA
Protein (g)	89.2	85.9	93.1	100			100
Fat (g)	43.5	39.3	47.6	NA			NA
Carbohydrate (g)	223.7	211.2	236.1	NA			NA
Sugars (g)	74.5	67.9	81.4	NA			NA
Starch (g)	148.3	134.3	161.1	NA			NA
Fibre (g)	34.6	31.2	40.2	NA			100
Saturated fat (g)	14.2	12.8	15.4	NA			NA
Monounsaturated fat (g)	13.7	11.8	15.5	NA			NA
Polyunsaturated fat (g)	11.8	10.7	13.0	NA			NA
Linoleic acid (g)	10.6	9.7	11.8	NA			100
Alpha linolenic acid (g)	0.9	0.8	1.1	NA			99
LC n3 fatty acids (mg)	145.0	64.3	372.9	NA			100
Vitamin A equivs (mcg)	1370.3	1160.1	1519.1	100			100
Retinol (mcg)	299.1	262.9	361.4	NA			NA
Provitamin A (mcg)	6385.2	5126.9	7402.1	NA			NA
Thiamin (mg)	1.7	1.5	1.9	100			100
Riboflavin (mg)	2.2	2.0	2.5	100			100
Niacin (mg)	44.2	41.1	48.7	100			100
Folate (mcg total)	452.5	390.6	504.1	NA			NA
Folate equivs (mcg)	747.2	673.7	826.2	100			100
Vitamin C (mg)	108.4	87.8	130.1	100			100
Vitamin D (mcg)	2.6	2.1	3.6	NA			0
Vitamin E (mg)	8.0	6.2	9.2	NA			100
Calcium (mg)	928.5	859.0	1009.9	100			100
Iron (mg)	12.6	11.5	13.9	100			100
Iodine (mcg)	176.4	157.0	200.3	100			100
Magnesium (mg)	349.0	327.2	383.1	100			100
Phosphorus (mg)	1521.6	1448.1	1602.2	100			100
Potassium (mg)	3111.7	2957.6	3291.0	NA			100
Sodium (mg)	1406.2	1172.8	1546.9	NA			100
Zinc (mg)	12.0	10.7	17.1	100			100
Cholesterol (mg)	188.4	113.4	317.9	NA			NA
Selenium (mcg)	66.2	56.3	75.0	100			100
Vitamin B6 (mg)	1.7	1.2	2.4	100			100
Vitamin B12 (mcg)	5.1	4.4	6.2	100			100

Percent energy from fat 23.1

Percent energy from protein 21.8

Percent energy from carbohydrate 55.2

Boys4to8.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	21
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6689.7	6404.7	7051.4	NA	NA		NA
Energy (kJ)	6994.5	6713.3	7381.3	NA	NA		NA
Protein (g)	86.4	82.5	90.6	100			100
Fat (g)	42.6	38.9	50.3	NA			NA
Carbohydrate (g)	217.3	206.9	232.3	NA			NA
Sugars (g)	100.1	93.1	108.2	NA			NA
Starch (g)	115.6	106.7	126.5	NA			NA
Fibre (g)	40.5	33.9	48.2	NA			100
Saturated fat (g)	14.0	12.4	15.7	NA			NA
Monounsaturated fat (g)	13.7	11.1	18.0	NA			NA
Polyunsaturated fat (g)	11.2	10.2	12.5	NA			NA
Linoleic acid (g)	10.1	9.2	11.1	NA			100
Alpha linolenic acid (g)	0.8	0.7	1.0	NA			75
LC n3 fatty acids (mg)	154.0	53.9	402.7	NA			99
Vitamin A equivs (mcg)	1532.5	1290.4	1752.0	100			100
Retinol (mcg)	297.8	255.0	349.9	NA			NA
Provitamin A (mcg)	7368.1	5776.5	8713.4	NA			NA
Thiamin (mg)	1.6	1.4	1.8	100			100
Riboflavin (mg)	2.3	2.0	2.6	100			100
Niacin (mg)	42.7	39.7	45.3	100			100
Folate (mcg total)	521.0	467.2	574.8	NA			NA
Folate equivs (mcg)	726.9	642.5	803.5	100			100
Vitamin C (mg)	207.0	165.2	261.8	100			100
Vitamin D (mcg)	2.6	2.0	3.9	NA			0
Vitamin E (mg)	9.1	7.3	10.9	NA			100
Calcium (mg)	919.0	837.3	988.5	100			100
Iron (mg)	12.3	11.4	14.0	100			100
Iodine (mcg)	156.3	135.8	182.8	100			100
Magnesium (mg)	363.3	339.6	405.3	100			100
Phosphorus (mg)	1503.7	1433.0	1597.9	100			100
Potassium (mg)	3964.4	3733.4	4262.3	NA			100
Sodium (mg)	1201.8	1047.0	1378.6	NA			100
Zinc (mg)	12.0	11.0	22.3	100			100
Cholesterol (mg)	188.8	123.5	278.9	NA			NA
Selenium (mcg)	61.2	51.4	71.1	100			100
Vitamin B6 (mg)	2.4	1.8	3.0	100			100
Vitamin B12 (mcg)	4.9	4.2	6.9	100			100

Percent energy from fat 23.1

Percent energy from protein 21.5

Percent energy from carbohydrate 55.4

Boys4to8.avtot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	7
[8,] WholegrainCereals	21
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6787.8	6565.5	7063.3	NA			NA
Energy (kJ)	7031.0	6801.2	7325.4	NA			NA
Protein (g)	87.7	83.5	144.2	100			100
Fat (g)	46.2	41.1	51.5	NA			NA
Carbohydrate (g)	214.1	202.5	227.8	NA			NA
Sugars (g)	72.7	66.4	80.6	NA			NA
Starch (g)	140.6	131.0	151.2	NA			NA
Fibre (g)	32.9	28.3	41.0	NA			100
Saturated fat (g)	15.8	13.8	17.8	NA			NA
Monounsaturated fat (g)	15.0	12.5	17.7	NA			NA
Polyunsaturated fat (g)	11.6	10.5	13.1	NA			NA
Linoleic acid (g)	10.4	9.5	11.5	NA			100
Alpha linolenic acid (g)	0.9	0.7	1.2	NA			80
LC n3 fatty acids (mg)	155.9	63.1	327.8	NA			100
Vitamin A equivs (mcg)	1446.6	1187.5	1627.1	100			100
Retinol (mcg)	309.1	271.1	369.0	NA			NA
Provitamin A (mcg)	6775.3	5421.7	7784.7	NA			NA
Thiamin (mg)	1.5	1.3	1.7	100			100
Riboflavin (mg)	2.1	1.9	2.4	100			100
Niacin (mg)	43.3	40.5	46.7	100			100
Folate (mcg total)	411.5	362.5	461.2	NA			NA
Folate equivs (mcg)	655.9	575.1	731.0	100			100
Vitamin C (mg)	128.5	105.4	155.6	100			100
Vitamin D (mcg)	2.6	2.1	3.4	NA			0
Vitamin E (mg)	8.4	6.7	9.6	NA			100
Calcium (mg)	892.7	824.0	955.4	100			100
Iron (mg)	11.6	10.1	13.1	100			100
Iodine (mcg)	165.0	140.2	186.3	100			100
Magnesium (mg)	326.7	302.5	347.8	100			100
Phosphorus (mg)	1490.6	1425.4	1588.3	100			100
Potassium (mg)	3327.9	3157.5	3483.9	NA			100
Sodium (mg)	1383.6	1220.7	1634.3	NA			100
Zinc (mg)	12.4	10.4	91.1	100			100
Cholesterol (mg)	191.6	131.9	289.9	NA			NA
Selenium (mcg)	65.4	57.3	77.2	100			100
Vitamin B6 (mg)	2.2	1.5	3.1	100			100
Vitamin B12 (mcg)	5.2	4.2	6.6	100			100

Percent energy from fat 24.9

Percent energy from protein 21.7

Percent energy from carbohydrate 53.4

Boys4to8.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	8
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	20
[9,] RefinedCereals	10
[10,] AllOtherMeatEggsLeg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	0
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6736.8	6459.8	7042.0	NA			NA
Energy (kJ)	7039.0	6749.2	7351.5	NA			NA
Protein (g)	87.4	84.8	90.7	100			100
Fat (g)	43.6	39.8	51.0	NA			NA
Carbohydrate (g)	217.4	205.8	228.3	NA			NA
Sugars (g)	108.5	101.7	116.1	NA			NA
Starch (g)	107.2	96.8	115.4	NA			NA
Fibre (g)	40.3	36.1	48.6	NA			100
Saturated fat (g)	14.0	12.9	16.1	NA			NA
Monounsaturated fat (g)	14.0	11.7	17.5	NA			NA
Polyunsaturated fat (g)	11.9	10.8	13.1	NA			NA
Linoleic acid (g)	10.7	9.6	11.8	NA			100
Alpha linolenic acid (g)	0.9	0.8	1.1	NA			99
LC n3 fatty acids (mg)	149.5	68.7	317.8	NA			100
Vitamin A equivs (mcg)	1480.4	1203.5	1654.8	100			100
Retinol (mcg)	294.8	240.6	343.7	NA			NA
Provitamin A (mcg)	7084.7	5278.3	8038.3	NA			NA
Thiamin (mg)	1.5	1.3	1.7	100			100
Riboflavin (mg)	2.3	2.1	2.5	100			100
Niacin (mg)	43.1	39.9	46.7	100			100
Folate (mcg total)	533.7	470.1	597.9	NA			NA
Folate equivs (mcg)	715.4	655.5	806.3	100			100
Vitamin C (mg)	175.1	147.4	223.9	100			100
Vitamin D (mcg)	2.3	1.9	3.2	NA			0
Vitamin E (mg)	9.3	7.8	10.6	NA			100
Calcium (mg)	918.9	872.0	999.8	100			100
Iron (mg)	12.3	11.2	13.9	100			100
Iodine (mcg)	163.4	140.7	181.4	100			100
Magnesium (mg)	376.6	354.7	399.8	100			100
Phosphorus (mg)	1530.4	1475.5	1589.1	100			100
Potassium (mg)	4101.3	3930.6	4374.1	NA			100
Sodium (mg)	1137.2	1000.9	1300.0	NA			100
Zinc (mg)	11.8	10.9	17.4	100			100
Cholesterol (mg)	187.2	115.5	278.3	NA			NA
Selenium (mcg)	61.5	53.5	75.6	100			100
Vitamin B6 (mg)	2.4	1.7	3.2	100			100
Vitamin B12 (mcg)	5.1	4.4	6.3	100			100

Percent energy from fat 23.4

Percent energy from protein 21.6

Percent energy from carbohydrate 55.0

Boys4to8.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	9
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	19
[9,] RefinedCereals	10
[10,] AllOtherMeatEggsLeg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	0
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6633.3	6371.8	6960.8		NA			NA
Energy (kJ)	6933.3	6661.3	7270.5		NA			NA
Protein (g)	89.7	83.4	147.8		100			100
Fat (g)	42.7	38.4	49.8		NA			NA
Carbohydrate (g)	213.2	203.2	231.6		NA			NA
Sugars (g)	106.5	98.0	113.7		NA			NA
Starch (g)	105.1	97.5	116.6		NA			NA
Fibre (g)	39.4	34.9	48.2		NA			100
Saturated fat (g)	13.7	12.2	16.1		NA			NA
Monounsaturated fat (g)	13.3	11.2	17.2		NA			NA
Polyunsaturated fat (g)	11.9	10.9	13.4		NA			NA
Linoleic acid (g)	10.7	9.8	12.1		NA			100
Alpha linolenic acid (g)	1.0	0.8	1.2		NA			100
LC n3 fatty acids (mg)	150.5	57.1	360.1		NA			100
Vitamin A equivs (mcg)	1414.8	1213.9	1688.5		100			100
Retinol (mcg)	294.2	255.3	351.1		NA			NA
Provitamin A (mcg)	6697.3	5532.5	8347.8		NA			NA
Thiamin (mg)	1.5	1.3	1.6		100			100
Riboflavin (mg)	2.2	2.0	2.4		100			100
Niacin (mg)	42.0	39.1	45.4		100			100
Folate (mcg total)	527.3	447.5	608.6		NA			NA
Folate equivs (mcg)	702.0	626.1	814.2		100			100
Vitamin C (mg)	158.0	125.3	206.9		100			100
Vitamin D (mcg)	2.3	1.8	3.1		NA			0
Vitamin E (mg)	8.8	7.4	10.2		NA			100
Calcium (mg)	911.2	823.4	979.7		100			100
Iron (mg)	12.2	11.1	13.2		100			100
Iodine (mcg)	161.6	140.4	180.7		100			100
Magnesium (mg)	369.6	350.2	403.0		100			100
Phosphorus (mg)	1508.9	1455.6	1573.0		100			100
Potassium (mg)	3910.2	3739.5	4112.9		NA			100
Sodium (mg)	1130.6	968.1	1320.8		NA			100
Zinc (mg)	15.0	10.6	91.8		100			100
Cholesterol (mg)	185.8	123.8	287.6		NA			NA
Selenium (mcg)	61.3	49.3	72.2		100			100
Vitamin B6 (mg)	2.1	1.5	2.6		100			100
Vitamin B12 (mcg)	5.1	4.5	6.5		100			100

Percent energy from fat 23.2
Percent energy from protein 22.4
Percent energy from carbohydrate 54.4

Boys4to8.avtot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	10.5
[7,] TotalFruit	25
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6645.1	6410.1	6850.3	NA			NA
Energy (kJ)	6940.9	6698.5	7166.8	NA			NA
Protein (g)	85.6	80.5	144.2	100			100
Fat (g)	44.5	40.3	49.5	NA			NA
Carbohydrate (g)	212.6	202.5	226.4	NA			NA
Sugars (g)	110.3	102.3	119.9	NA			NA
Starch (g)	100.4	92.6	108.3	NA			NA
Fibre (g)	39.4	34.2	48.8	NA			100
Saturated fat (g)	15.4	13.6	16.7	NA			NA
Monounsaturated fat (g)	13.8	12.0	16.3	NA			NA
Polyunsaturated fat (g)	11.5	10.4	12.6	NA			NA
Linoleic acid (g)	10.3	9.4	11.3	NA			100
Alpha linolenic acid (g)	1.0	0.8	1.1	NA			100
LC n3 fatty acids (mg)	149.8	57.1	345.5	NA			100
Vitamin A equivalents (mcg)	1461.3	1232.3	1707.5	100			100
Retinol (mcg)	310.2	267.8	380.8	NA			NA
Provitamin A (mcg)	6868.2	5476.4	8348.4	NA			NA
Thiamin (mg)	1.4	1.2	1.6	100			100
Riboflavin (mg)	2.1	1.8	2.3	100			100
Niacin (mg)	40.6	36.3	45.8	100			100
Folate (mcg total)	517.7	452.9	580.8	NA			NA
Folate equivalents (mcg)	686.2	607.3	756.8	100			100
Vitamin C (mg)	158.6	124.7	191.9	100			100
Vitamin D (mcg)	2.6	2.1	3.3	NA			0
Vitamin E (mg)	8.7	7.6	10.4	NA			100
Calcium (mg)	894.2	828.2	951.6	100			100
Iron (mg)	11.6	10.5	12.6	100			100
Iodine (mcg)	147.7	127.5	171.0	100			100
Magnesium (mg)	354.7	331.2	376.8	100			100
Phosphorus (mg)	1456.8	1378.0	1518.5	100			100
Potassium (mg)	3763.7	3587.7	3929.5	NA			100
Sodium (mg)	1156.5	988.9	1284.9	NA			100
Zinc (mg)	12.2	10.5	92.0	100			100
Cholesterol (mg)	190.8	134.7	344.7	NA			NA
Selenium (mcg)	58.8	50.1	66.8	100			100
Vitamin B6 (mg)	1.9	1.4	2.5	100			100
Vitamin B12 (mcg)	4.8	4.1	5.6	100			100

Percent energy from fat 24.2

Percent energy from protein 21.4

Percent energy from carbohydrate 54.4

**A15.24 Summary 7-day Total Diets Boys 4-8 years higher energy level
Higher age 8yrs, heavy activity PAL 2**

Public Consultation

Boys4to8.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	17
[10,] Poultryfisheseggsleg	11
[11,] RedMeats	10
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8792.4	8481.3	9085.6	NA	NA			
Energy (kJ)	9202.3	8875.6	9507.9	NA	NA			
Protein (g)	132.0	127.1	136.0	100	100			
Fat (g)	52.2	46.9	58.7	NA	NA			
Carbohydrate (g)	275.1	265.3	289.4	NA	NA			
Sugars (g)	111.0	103.6	117.3	NA	NA			
Starch (g)	162.4	152.5	174.1	NA	NA			
Fibre (g)	53.7	48.5	61.5	NA	100			
Saturated fat (g)	17.1	15.2	18.9	NA	NA			
Monounsaturated fat (g)	17.5	14.9	20.5	NA	NA			
Polyunsaturated fat (g)	12.6	11.5	13.9	NA	NA			
Linoleic acid (g)	10.9	9.8	12.2	NA	100			
Alpha linolenic acid (g)	1.1	0.9	1.2	NA	100			
LC n3 fatty acids (mg)	286.8	147.6	561.3	NA	100			
Vitamin A equivs (mcg)	2376.0	1995.4	2657.5	100	100			
Retinol (mcg)	291.6	231.6	346.7	NA	NA			
Provitamin A (mcg)	12464.5	10317.1	14070.7	NA	NA			
Thiamin (mg)	2.3	2.1	2.5	100	100			
Riboflavin (mg)	2.9	2.6	3.1	100	100			
Niacin (mg)	64.9	61.6	70.3	100	100			
Folate (mcg total)	664.6	594.1	743.4	NA	NA			
Folate equivs (mcg)	977.6	894.4	1069.7	100	100			
Vitamin C (mg)	212.1	176.6	257.7	100	100			
Vitamin D (mcg)	2.9	2.3	4.3	NA	0			
Vitamin E (mg)	10.8	9.0	13.2	NA	100			
Calcium (mg)	1098.5	1032.2	1194.2	100	100			
Iron (mg)	18.4	17.1	19.8	100	100			
Iodine (mcg)	197.2	172.1	224.2	100	100			
Magnesium (mg)	505.1	474.5	545.7	100	100			
Phosphorus (mg)	2093.0	2016.3	2163.5	100	100			
Potassium (mg)	5000.7	4804.1	5195.3	NA	100			
Sodium (mg)	1648.6	1466.2	1821.5	NA	100			
Zinc (mg)	17.9	16.5	23.7	100	100			
Cholesterol (mg)	329.9	214.4	450.9	NA	NA			
Selenium (mcg)	100.8	83.4	115.1	100	100			
Vitamin B6 (mg)	3.0	2.3	4.0	100	100			
Vitamin B12 (mcg)	6.5	5.5	7.8	100	100			

Percent energy from fat 21.5

Percent energy from protein 25.0

Percent energy from carbohydrate 53.5

Boys4to8.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	35
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8880.2	8552.8	9249.2	NA			NA
Energy (kJ)	9233.9	8902.6	9631.0	NA			NA
Protein (g)	107.0	101.4	110.7	100			100
Fat (g)	48.6	43.3	54.3	NA			NA
Carbohydrate (g)	312.9	299.2	332.1	NA			NA
Sugars (g)	89.3	81.6	96.1	NA			NA
Starch (g)	222.4	211.3	237.9	NA			NA
Fibre (g)	46.6	41.9	52.3	NA			100
Saturated fat (g)	15.1	13.1	16.7	NA			NA
Monounsaturated fat (g)	15.4	13.2	18.6	NA			NA
Polyunsaturated fat (g)	13.6	12.6	15.1	NA			NA
Linoleic acid (g)	12.1	11.2	13.4	NA			100
Alpha linolenic acid (g)	1.2	1.0	1.4	NA			100
LC n3 fatty acids (mg)	149.6	60.7	321.8	NA			100
Vitamin A equivs (mcg)	1427.0	1199.0	1606.7	100			100
Retinol (mcg)	303.2	262.4	347.0	NA			NA
Provitamin A (mcg)	6704.5	5385.2	7750.7	NA			NA
Thiamin (mg)	2.3	2.1	2.5	100			100
Riboflavin (mg)	2.6	2.2	2.9	100			100
Niacin (mg)	54.0	50.0	56.9	100			100
Folate (mcg total)	565.9	499.4	632.0	NA			NA
Folate equivs (mcg)	976.6	876.1	1109.0	100			100
Vitamin C (mg)	132.7	102.8	169.7	100			100
Vitamin D (mcg)	2.6	2.1	3.2	NA			0
Vitamin E (mg)	9.2	7.7	10.5	NA			100
Calcium (mg)	1041.1	950.0	1126.5	100			100
Iron (mg)	16.4	15.0	17.7	100			100
Iodine (mcg)	208.8	181.5	227.9	100			100
Magnesium (mg)	442.8	417.5	467.2	100			100
Phosphorus (mg)	1822.3	1740.2	1909.1	100			100
Potassium (mg)	3855.0	3707.1	4051.3	NA			100
Sodium (mg)	1790.4	1536.7	2044.7	NA			100
Zinc (mg)	14.0	12.7	19.2	100			100
Cholesterol (mg)	190.2	119.2	281.8	NA			NA
Selenium (mcg)	81.0	72.7	94.6	100			100
Vitamin B6 (mg)	2.2	1.7	2.8	100			100
Vitamin B12 (mcg)	5.5	4.7	6.4	100			100

Percent energy from fat 20.0

Percent energy from protein 20.3

Percent energy from carbohydrate 59.7

Boys4to8.hitot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	11
[11,] RedMeats	10
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8830.8	8514.8	9200.2	NA			NA
Energy (kJ)	9231.2	8910.9	9606.7	NA			NA
Protein (g)	130.5	124.2	186.9	100			100
Fat (g)	57.8	53.2	63.6	NA			NA
Carbohydrate (g)	267.1	253.1	279.0	NA			NA
Sugars (g)	114.6	106.0	124.2	NA			NA
Starch (g)	150.7	138.1	162.8	NA			NA
Fibre (g)	54.0	46.5	68.1	NA			100
Saturated fat (g)	19.4	17.9	21.5	NA			NA
Monounsaturated fat (g)	19.0	16.5	22.4	NA			NA
Polyunsaturated fat (g)	14.2	13.2	16.6	NA			NA
Linoleic acid (g)	12.4	11.6	14.5	NA			100
Alpha linolenic acid (g)	1.1	1.0	1.5	NA			100
LC n3 fatty acids (mg)	293.0	139.1	706.5	NA			100
Vitamin A equivalents (mcg)	2495.9	2070.7	2889.4	100			100
Retinol (mcg)	355.1	294.1	433.2	NA			NA
Provitamin A (mcg)	12808.7	10423.9	15056.9	NA			NA
Thiamin (mg)	2.1	1.9	2.4	100			100
Riboflavin (mg)	2.8	2.4	3.0	100			100
Niacin (mg)	63.3	59.4	66.9	100			100
Folate (mcg total)	645.4	568.7	704.0	NA			NA
Folate equivalents (mcg)	900.0	802.9	975.5	100			100
Vitamin C (mg)	227.7	177.6	269.9	100			100
Vitamin D (mcg)	3.2	2.6	5.0	NA			1
Vitamin E (mg)	11.6	10.3	13.3	NA			100
Calcium (mg)	1058.2	988.5	1152.3	100			100
Iron (mg)	17.7	16.4	19.0	100			100
Iodine (mcg)	185.8	163.0	212.6	100			100
Magnesium (mg)	492.2	456.6	540.7	100			100
Phosphorus (mg)	2065.6	1988.9	2161.9	100			100
Potassium (mg)	5339.3	5095.5	5645.8	NA			100
Sodium (mg)	1604.6	1422.2	1854.6	NA			100
Zinc (mg)	18.6	16.5	97.3	100			100
Cholesterol (mg)	351.2	227.3	480.5	NA			NA
Selenium (mcg)	99.5	85.4	115.3	100			100
Vitamin B6 (mg)	2.9	2.2	3.8	100			100
Vitamin B12 (mcg)	6.6	5.8	9.0	100			100

Percent energy from fat 23.7

Percent energy from protein 24.6

Percent energy from carbohydrate 51.7

Boys4to8.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	10
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8789.7	8512.7	9055.3	NA			NA
Energy (kJ)	9187.5	8887.6	9462.5	NA			NA
Protein (g)	109.3	105.0	113.8	100			100
Fat (g)	50.7	43.2	54.8	NA			NA
Carbohydrate (g)	300.5	287.6	311.8	NA			NA
Sugars (g)	97.9	90.7	105.2	NA			NA
Starch (g)	201.4	192.1	210.2	NA			NA
Fibre (g)	55.1	47.2	66.1	NA			100
Saturated fat (g)	16.5	14.2	17.7	NA			NA
Monounsaturated fat (g)	15.8	12.5	18.2	NA			NA
Polyunsaturated fat (g)	13.9	12.6	15.2	NA			NA
Linoleic acid (g)	12.4	11.2	13.5	NA			100
Alpha linolenic acid (g)	1.2	1.0	1.4	NA			100
LC n3 fatty acids (mg)	156.0	61.6	348.3	NA			100
Vitamin A equivs (mcg)	2370.6	2042.2	2661.4	100			100
Retinol (mcg)	311.8	273.5	367.7	NA			NA
Provitamin A (mcg)	12313.8	10416.5	14028.9	NA			NA
Thiamin (mg)	2.2	2.0	2.4	100			100
Riboflavin (mg)	2.5	2.4	2.8	100			100
Niacin (mg)	53.6	50.2	56.7	100			100
Folate (mcg total)	608.4	535.7	691.5	NA			NA
Folate equivs (mcg)	935.6	831.1	1039.0	100			100
Vitamin C (mg)	191.3	159.7	236.6	100			100
Vitamin D (mcg)	2.6	2.2	3.7	NA			0
Vitamin E (mg)	9.8	8.4	11.3	NA			100
Calcium (mg)	1065.0	1003.3	1147.9	100			100
Iron (mg)	16.9	15.7	18.5	100			100
Iodine (mcg)	189.6	171.0	216.2	100			100
Magnesium (mg)	471.3	446.1	494.9	100			100
Phosphorus (mg)	1888.4	1790.0	1963.9	100			100
Potassium (mg)	4713.0	4454.4	4905.9	NA			100
Sodium (mg)	1692.5	1462.7	1907.5	NA			100
Zinc (mg)	14.4	13.6	19.8	100			100
Cholesterol (mg)	192.4	125.1	283.3	NA			NA
Selenium (mcg)	77.4	68.4	87.3	100			100
Vitamin B6 (mg)	2.4	1.9	3.1	100			100
Vitamin B12 (mcg)	5.3	4.8	6.6	100			100

Percent energy from fat 21.0

Percent energy from protein 20.8

Percent energy from carbohydrate 58.2

Boys4to8.hitot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	10
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	12
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8653.8	8360.8	8907.9	NA			NA
Energy (kJ)	9043.6	8746.7	9299.5	NA			NA
Protein (g)	108.5	103.0	167.6	100			100
Fat (g)	56.0	51.2	60.8	NA			NA
Carbohydrate (g)	283.8	270.2	298.0	NA			NA
Sugars (g)	103.2	93.7	113.3	NA			NA
Starch (g)	179.3	166.4	190.9	NA			NA
Fibre (g)	53.3	46.5	62.4	NA			100
Saturated fat (g)	18.7	16.8	20.5	NA			NA
Monounsaturated fat (g)	17.4	15.5	20.1	NA			NA
Polyunsaturated fat (g)	15.2	14.2	16.4	NA			NA
Linoleic acid (g)	13.7	12.8	14.8	NA			100
Alpha linolenic acid (g)	1.2	1.0	1.4	NA			100
LC n3 fatty acids (mg)	143.8	67.9	348.7	NA			100
Vitamin A equivs (mcg)	2423.8	2121.9	2766.6	100			100
Retinol (mcg)	357.7	315.9	411.7	NA			NA
Provitamin A (mcg)	12359.3	10638.9	14277.8	NA			NA
Thiamin (mg)	2.1	1.9	2.3	100			100
Riboflavin (mg)	2.5	2.3	2.8	100			100
Niacin (mg)	52.3	49.8	55.5	100			100
Folate (mcg total)	599.9	551.4	676.8	NA			NA
Folate equivs (mcg)	894.6	815.7	968.7	100			100
Vitamin C (mg)	193.3	153.6	228.0	100			100
Vitamin D (mcg)	2.8	2.4	3.5	NA			0
Vitamin E (mg)	10.3	8.9	11.6	NA			100
Calcium (mg)	1060.0	1000.9	1133.0	100			100
Iron (mg)	16.5	15.2	17.9	100			100
Iodine (mcg)	184.2	163.6	213.7	100			100
Magnesium (mg)	463.4	434.7	491.5	100			100
Phosphorus (mg)	1860.9	1791.2	1951.1	100			100
Potassium (mg)	4715.7	4494.1	4903.6	NA			100
Sodium (mg)	1687.9	1492.8	1957.4	NA			100
Zinc (mg)	16.9	13.3	94.7	100			100
Cholesterol (mg)	198.9	141.2	312.6	NA			NA
Selenium (mcg)	75.3	68.6	88.4	100			100
Vitamin B6 (mg)	2.4	1.9	3.0	100			100
Vitamin B12 (mcg)	5.3	4.6	6.8	100			100

Percent energy from fat 23.4

Percent energy from protein 20.8

Percent energy from carbohydrate 55.7

Boys4to8.hitot6:

AllFoodGroups	N.serves						
[1,] StarchyVeg	14						
[2,] GreenBrassicas	14						
[3,] OrangeVeg	14						
[4,] Legumes	14						
[5,] NutsSeeds	0						
[6,] OtherVeg	21						
[7,] TotalFruit	21						
[8,] WholegrainCereals	22.5						
[9,] RefinedCereals	19						
[10,] AllOtherMeatEggsLeg	5.5						
[11,] RedMeats	5						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	0						
[14,] MidFatDairy	0						
[15,] LoFatDairy	14						
[16,] PolyMarg	21						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	7						
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8876.6	8563.6	9154.7	NA			NA
Energy (kJ)	9306.2	8979.0	9589.5	NA			NA
Protein (g)	111.5	104.5	168.2	100			100
Fat (g)	58.5	53.4	65.5	NA			NA
Carbohydrate (g)	290.8	277.4	305.5	NA			NA
Sugars (g)	123.4	115.1	132.8	NA			NA
Starch (g)	165.6	153.9	181.6	NA			NA
Fibre (g)	57.9	50.8	67.1	NA			100
Saturated fat (g)	18.1	16.8	20.2	NA			NA
Monounsaturated fat (g)	18.2	15.9	21.3	NA			NA
Polyunsaturated fat (g)	17.4	15.8	19.0	NA			NA
Linoleic acid (g)	15.7	14.3	17.0	NA			100
Alpha linolenic acid (g)	1.4	1.2	1.6	NA			100
LC n3 fatty acids (mg)	138.9	61.4	307.3	NA			100
Vitamin A equivs (mcg)	2546.3	2281.9	2869.1	100			100
Retinol (mcg)	385.8	346.5	449.8	NA			NA
Provitamin A (mcg)	12937.6	11443.9	14845.2	NA			NA
Thiamin (mg)	2.0	1.9	2.3	100			100
Riboflavin (mg)	2.6	2.4	2.9	100			100
Niacin (mg)	52.7	49.6	56.2	100			100
Folate (mcg total)	681.3	621.9	764.6	NA			NA
Folate equivs (mcg)	925.6	844.9	1025.0	100			100
Vitamin C (mg)	229.8	185.5	267.5	100			100
Vitamin D (mcg)	2.8	2.3	3.5	NA			0
Vitamin E (mg)	12.3	10.7	13.6	NA			100
Calcium (mg)	1059.0	984.2	1143.1	100			100
Iron (mg)	16.9	15.6	18.6	100			100
Iodine (mcg)	182.4	163.9	202.8	100			100
Magnesium (mg)	493.2	458.1	531.7	100			100
Phosphorus (mg)	1891.2	1798.0	1962.5	100			100
Potassium (mg)	5308.5	5039.6	5542.6	NA			100
Sodium (mg)	1528.5	1310.5	1774.9	NA			100
Zinc (mg)	19.2	13.5	95.2	100			100
Cholesterol (mg)	191.2	129.2	292.3	NA			NA
Selenium (mcg)	73.5	61.9	83.4	100			100
Vitamin B6 (mg)	2.8	2.1	3.9	100			100
Vitamin B12 (mcg)	5.3	4.6	6.8	100			100
Percent energy from fat	23.7						
Percent energy from protein	20.7						
Percent energy from carbohydrate	55.6						

A15.25 Summary 7-day Total Diets Boys 9-11 years mid energy level

Average age 10yrs, light to moderate activityPAL 1.7

Public Consultation

Boys9to11.avtot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8473.0	8132.4	8852.4	NA			NA
Energy (kJ)	8768.9	8423.1	9159.6	NA			NA
Protein (g)	111.0	106.8	114.7	100			100
Fat (g)	64.9	59.8	70.2	NA			NA
Carbohydrate (g)	249.2	234.1	261.7	NA			NA
Sugars (g)	94.8	86.7	102.3	NA			NA
Starch (g)	153.3	139.1	164.5	NA			NA
Fibre (g)	38.9	33.9	47.9	NA			100
Saturated fat (g)	19.8	17.7	23.1	NA			NA
Monounsaturated fat (g)	23.5	21.0	26.8	NA			NA
Polyunsaturated fat (g)	16.6	15.5	17.9	NA			NA
Linoleic acid (g)	15.3	14.2	16.4	NA			100
Alpha linolenic acid (g)	1.0	0.8	1.2	NA			48
LC n3 fatty acids (mg)	185.3	76.6	405.6	NA			100
Vitamin A equivs (mcg)	1423.6	1181.0	1756.7	100			100
Retinol (mcg)	345.0	300.9	419.7	NA			NA
Provitamin A (mcg)	6434.6	5220.4	8260.8	NA			NA
Thiamin (mg)	2.0	1.7	2.2	100			100
Riboflavin (mg)	2.7	2.4	3.0	100			100
Niacin (mg)	56.8	53.5	60.9	100			100
Folate (mcg total)	560.8	508.3	615.7	NA			NA
Folate equivs (mcg)	808.1	729.7	882.4	100			100
Vitamin C (mg)	139.1	106.1	180.0	100			100
Vitamin D (mcg)	3.1	2.4	3.9	NA			0
Vitamin E (mg)	11.7	10.0	13.6	NA			100
Calcium (mg)	1092.7	1015.1	1180.9	100			100
Iron (mg)	14.0	12.7	15.4	100			100
Iodine (mcg)	194.3	172.1	215.4	100			100
Magnesium (mg)	435.4	408.1	459.2	100			100
Phosphorus (mg)	1890.0	1795.1	1972.9	100			100
Potassium (mg)	3945.7	3770.8	4156.0	NA			100
Sodium (mg)	1433.5	1205.6	1668.6	NA			100
Zinc (mg)	14.4	13.6	15.2	100			100
Cholesterol (mg)	231.5	162.5	381.9	NA			NA
Selenium (mcg)	78.5	69.6	100.9	100			100
Vitamin B6 (mg)	2.1	1.6	2.9	100			100
Vitamin B12 (mcg)	6.1	5.5	6.8	100			100

Percent energy from fat 28

Percent energy from protein 22

Percent energy from carbohydrate 50

Boys9to11.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	5
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8392.3	8099.3	8707.1	NA	NA		NA
Energy (kJ)	8720.9	8410.0	9041.2	NA	NA		NA
Protein (g)	109.3	106.2	112.9	100			100
Fat (g)	61.0	57.0	66.8	NA	NA		NA
Carbohydrate (g)	254.7	242.3	268.1	NA	NA		NA
Sugars (g)	113.7	99.2	124.4	NA	NA		NA
Starch (g)	139.5	128.1	148.6	NA	NA		NA
Fibre (g)	45.7	39.4	54.2	NA			100
Saturated fat (g)	19.3	17.8	22.4	NA	NA		NA
Monounsaturated fat (g)	21.6	19.3	25.1	NA	NA		NA
Polyunsaturated fat (g)	15.3	14.4	16.7	NA	NA		NA
Linoleic acid (g)	14.0	13.2	15.3	NA			100
Alpha linolenic acid (g)	1.0	0.8	1.1	NA			27
LC n3 fatty acids (mg)	184.1	87.3	432.1	NA			100
Vitamin A equivs (mcg)	1495.4	1215.2	1788.4	100			100
Retinol (mcg)	346.2	307.0	415.1	NA			NA
Provitamin A (mcg)	6864.9	5153.9	8519.6	NA			NA
Thiamin (mg)	1.9	1.7	2.1	100			100
Riboflavin (mg)	2.7	2.4	3.0	100			100
Niacin (mg)	56.5	52.3	59.5	100			100
Folate (mcg total)	602.7	548.3	673.9	NA			NA
Folate equivs (mcg)	819.2	735.9	910.3	100			100
Vitamin C (mg)	191.0	161.9	256.0	100			100
Vitamin D (mcg)	3.2	2.6	4.1	NA			0
Vitamin E (mg)	11.9	10.5	13.8	NA			100
Calcium (mg)	1102.6	1016.1	1178.1	100			100
Iron (mg)	14.3	12.9	16.2	100			100
Iodine (mcg)	187.5	164.7	202.2	100			100
Magnesium (mg)	451.3	423.5	476.3	100			100
Phosphorus (mg)	1905.2	1835.0	1969.2	100			100
Potassium (mg)	4708.2	4489.0	4906.0	NA			100
Sodium (mg)	1345.4	1189.0	1513.0	NA			100
Zinc (mg)	14.5	13.7	15.3	100			100
Cholesterol (mg)	232.6	164.4	342.9	NA			NA
Selenium (mcg)	75.2	60.9	92.7	100			100
Vitamin B6 (mg)	2.3	1.9	3.0	100			100
Vitamin B12 (mcg)	5.9	5.1	6.6	100			100

Percent energy from fat 26.5

Percent energy from protein 21.8

Percent energy from carbohydrate 51.7

Boys9to11.avtot3:

AllFoodGroups N.serves						
[1,]	StarchyVeg	7				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	5				
[5,]	NutsSeeds	7				
[6,]	OtherVeg	21				
[7,]	TotalFruit	14				
[8,]	WholegrainCereals	28				
[9,]	RefinedCereals	14				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	3				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	14				
[16,]	PolyMarg	14				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	3.5				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)						
		8456.2	8172.8	8822.9	NA	NA
Energy (kJ)		8765.9	8467.5	9142.1	NA	NA
Protein (g)		113.1	107.7	172.4	100	100
Fat (g)		68.9	63.0	76.1	NA	NA
Carbohydrate (g)		238.3	226.7	251.6	NA	NA
Sugars (g)		103.2	95.5	115.9	NA	NA
Starch (g)		133.9	121.9	142.6	NA	NA
Fibre (g)		41.1	37.2	52.4	NA	100
Saturated fat (g)		21.7	19.7	24.5	NA	NA
Monounsaturated fat (g)		24.9	22.2	28.0	NA	NA
Polyunsaturated fat (g)		17.1	15.8	18.3	NA	NA
Linoleic acid (g)		15.7	14.4	16.8	NA	100
Alpha linolenic acid (g)		1.0	0.8	1.1	NA	48
LC n3 fatty acids (mg)		199.8	94.6	416.0	NA	100
Vitamin A equivs (mcg)		1490.1	1229.9	1708.6	100	100
Retinol (mcg)		362.4	306.0	427.9	NA	NA
Provitamin A (mcg)		6729.0	5353.3	8121.5	NA	NA
Thiamin (mg)		2.0	1.7	2.2	100	100
Riboflavin (mg)		2.7	2.5	3.0	100	100
Niacin (mg)		57.1	54.3	62.7	100	100
Folate (mcg total)		591.9	542.0	669.7	NA	NA
Folate equivs (mcg)		806.3	734.2	904.6	100	100
Vitamin C (mg)		155.6	123.9	207.7	100	100
Vitamin D (mcg)		3.3	2.8	4.3	NA	0
Vitamin E (mg)		12.6	10.8	14.1	NA	100
Calcium (mg)		1114.2	1027.2	1210.8	100	100
Iron (mg)		14.5	13.4	16.4	100	100
Iodine (mcg)		189.1	170.9	209.6	100	100
Magnesium (mg)		451.3	429.6	473.1	100	100
Phosphorus (mg)		1929.0	1855.7	2016.6	100	100
Potassium (mg)		4218.2	4018.4	4516.1	NA	100
Sodium (mg)		1415.3	1208.4	1670.7	NA	100
Zinc (mg)		15.6	14.0	94.8	100	100
Cholesterol (mg)		246.3	172.5	346.0	NA	NA
Selenium (mcg)		78.8	68.5	100.1	100	100
Vitamin B6 (mg)		2.3	1.8	3.2	100	100
Vitamin B12 (mcg)		6.0	5.3	6.8	100	100
Percent energy from fat 29.7						
Percent energy from protein 22.4						
Percent energy from carbohydrate 48.0						

Boys9to11.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	4
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	23
[9,] RefinedCereals	12
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8528.1	8321.9	8828.7	NA	NA		NA
Energy (kJ)	8858.3	8637.0	9167.7	NA	NA		NA
Protein (g)	114.1	107.6	171.4	100			100
Fat (g)	67.6	62.0	73.6	NA			NA
Carbohydrate (g)	246.7	234.0	259.6	NA			NA
Sugars (g)	118.0	108.8	127.1	NA			NA
Starch (g)	127.2	115.9	137.9	NA			NA
Fibre (g)	45.4	40.4	54.5	NA			100
Saturated fat (g)	21.2	19.3	23.0	NA			NA
Monounsaturated fat (g)	24.5	21.7	28.2	NA			NA
Polyunsaturated fat (g)	16.8	15.3	18.4	NA			NA
Linoleic acid (g)	15.4	14.2	17.0	NA			100
Alpha linolenic acid (g)	1.0	0.8	1.1	NA			42
LC n3 fatty acids (mg)	205.9	77.7	518.3	NA			100
Vitamin A equivs (mcg)	1527.0	1221.9	1780.7	100			100
Retinol (mcg)	355.8	309.3	427.9	NA			NA
Provitamin A (mcg)	6991.8	5246.8	8433.1	NA			NA
Thiamin (mg)	1.9	1.6	2.1	100			100
Riboflavin (mg)	2.7	2.4	2.9	100			100
Niacin (mg)	56.5	52.4	59.8	100			100
Folate (mcg total)	607.9	554.9	665.3	NA			NA
Folate equivs (mcg)	786.5	703.4	864.7	100			100
Vitamin C (mg)	193.9	161.5	245.9	100			100
Vitamin D (mcg)	3.3	2.7	4.4	NA			0
Vitamin E (mg)	12.6	10.8	14.9	NA			100
Calcium (mg)	1090.4	1014.1	1171.7	100			100
Iron (mg)	14.1	13.1	15.8	100			100
Iodine (mcg)	178.6	155.0	204.8	100			100
Magnesium (mg)	457.3	427.3	499.1	100			100
Phosphorus (mg)	1910.8	1843.7	1982.4	100			100
Potassium (mg)	4780.2	4527.1	5099.3	NA			100
Sodium (mg)	1329.6	1137.0	1538.5	NA			100
Zinc (mg)	18.6	13.7	94.9	100			100
Cholesterol (mg)	236.4	171.1	345.1	NA			NA
Selenium (mcg)	76.5	67.7	95.0	100			100
Vitamin B6 (mg)	2.4	1.8	3.2	100			100
Vitamin B12 (mcg)	5.9	5.2	6.4	100			100

Percent energy from fat 28.7

Percent energy from protein 22.2

Percent energy from carbohydrate 49.1

Boys9to11.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	10
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	4
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	26.5
[9,] RefinedCereals	16
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	0
[14,] MidFatDairy	0
[15,] LoFatDairy	17
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8442.1	8179.4	8750.1	NA			NA
Energy (kJ)	8764.7	8477.8	9086.8	NA			NA
Protein (g)	112.6	105.6	170.6	100			100
Fat (g)	53.8	46.7	60.9	NA			NA
Carbohydrate (g)	273.1	258.4	289.6	NA			NA
Sugars (g)	127.9	119.4	139.0	NA			NA
Starch (g)	143.5	133.9	155.9	NA			NA
Fibre (g)	43.1	37.5	56.0	NA			100
Saturated fat (g)	17.6	15.9	19.7	NA			NA
Monounsaturated fat (g)	19.6	16.0	23.6	NA			NA
Polyunsaturated fat (g)	12.0	10.6	12.9	NA			NA
Linoleic acid (g)	10.8	9.6	11.7	NA			98
Alpha linolenic acid (g)	0.8	0.7	1.1	NA			2
LC n3 fatty acids (mg)	208.0	81.8	385.2	NA			100
Vitamin A equivs (mcg)	1429.7	1007.4	1667.9	100			100
Retinol (mcg)	269.1	227.9	315.2	NA			NA
Provitamin A (mcg)	6943.0	4681.7	8467.1	NA			NA
Thiamin (mg)	1.9	1.7	2.1	100			100
Riboflavin (mg)	2.9	2.6	3.1	100			100
Niacin (mg)	57.3	53.2	61.4	100			100
Folate (mcg total)	606.3	532.9	686.5	NA			NA
Folate equivs (mcg)	818.0	730.4	887.9	100			100
Vitamin C (mg)	186.9	144.9	229.7	100			100
Vitamin D (mcg)	2.5	2.0	3.5	NA			0
Vitamin E (mg)	10.3	8.5	11.8	NA			97
Calcium (mg)	1127.8	1049.6	1205.2	100			100
Iron (mg)	14.3	13.1	15.8	100			100
Iodine (mcg)	206.7	184.8	238.7	100			100
Magnesium (mg)	448.7	413.2	474.1	100			100
Phosphorus (mg)	1930.2	1861.8	1995.5	100			100
Potassium (mg)	4657.8	4423.2	4845.3	NA			100
Sodium (mg)	1409.4	1184.8	1631.4	NA			100
Zinc (mg)	16.8	13.4	95.3	100			100
Cholesterol (mg)	231.2	172.0	309.5	NA			NA
Selenium (mcg)	76.9	66.9	101.6	100			100
Vitamin B6 (mg)	2.3	1.9	3.4	100			100
Vitamin B12 (mcg)	6.3	5.7	7.0	100			100

Percent energy from fat 23.1

Percent energy from protein 22.3

Percent energy from carbohydrate 54.6

Boys9to11.avtot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	4
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	25
[9,] RefinedCereals	14
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	0
[14,] MidFatDairy	0
[15,] LoFatDairy	17
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8150.4	7892.2	8505.0		NA		NA
Energy (kJ)	8454.2	8171.6	8825.5		NA		NA
Protein (g)	116.2	107.5	225.4		100		100
Fat (g)	59.3	52.3	64.8		NA		NA
Carbohydrate (g)	242.7	232.2	251.6		NA		NA
Sugars (g)	110.9	102.0	121.2		NA		NA
Starch (g)	130.4	119.5	140.2		NA		NA
Fibre (g)	40.0	35.3	48.5		NA		100
Saturated fat (g)	18.3	15.7	20.8		NA		NA
Monounsaturated fat (g)	22.6	19.3	25.3		NA		NA
Polyunsaturated fat (g)	13.9	12.6	15.4		NA		NA
Linoleic acid (g)	12.8	11.7	14.3		NA		100
Alpha linolenic acid (g)	0.8	0.7	1.1		NA		4
LC n3 fatty acids (mg)	178.4	72.0	433.0		NA		100
Vitamin A equivs (mcg)	1370.6	1139.0	1659.7		100		100
Retinol (mcg)	263.3	224.2	335.3		NA		NA
Provitamin A (mcg)	6624.3	5270.2	8413.7		NA		NA
Thiamin (mg)	1.9	1.7	2.1		100		100
Riboflavin (mg)	2.8	2.5	3.0		100		100
Niacin (mg)	57.6	54.3	61.5		100		100
Folate (mcg total)	588.8	536.2	658.7		NA		NA
Folate equivs (mcg)	786.0	714.9	871.0		100		100
Vitamin C (mg)	160.4	121.7	216.9		100		100
Vitamin D (mcg)	2.4	1.8	3.6		NA		0
Vitamin E (mg)	11.1	9.7	12.7		NA		100
Calcium (mg)	1105.7	1041.7	1177.4		100		100
Iron (mg)	14.1	12.5	15.6		100		100
Iodine (mcg)	199.4	180.8	221.5		100		100
Magnesium (mg)	447.8	422.2	474.5		100		100
Phosphorus (mg)	1918.9	1836.5	1995.9		100		100
Potassium (mg)	4317.9	4073.8	4502.3		NA		100
Sodium (mg)	1342.8	1148.1	1629.8		NA		100
Zinc (mg)	20.9	13.6	175.0		100		100
Cholesterol (mg)	227.8	166.4	356.8		NA		NA
Selenium (mcg)	76.9	67.2	97.1		100		100
Vitamin B6 (mg)	2.2	1.7	3.0		100		100
Vitamin B12 (mcg)	6.2	5.5	6.9		100		100

Percent energy from fat 26.3

Percent energy from protein 23.6

Percent energy from carbohydrate 50.1

A15.26 Summary 7-day Total Diets Boys 9-11 years higher energy level

Higher age 10yrs, heavy activity PAL 2.0

Public Consultation

Boys9to11.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	5
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	28
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10507.6	10008.5	10873.3		NA			NA
Energy (kJ)	10902.3	10389.4	11258.3		NA			NA
Protein (g)	126.3	122.9	130.9		100			100
Fat (g)	76.6	70.4	83.9		NA			NA
Carbohydrate (g)	328.6	313.5	345.9		NA			NA
Sugars (g)	118.5	110.0	126.6		NA			NA
Starch (g)	208.6	195.5	219.5		NA			NA
Fibre (g)	53.4	47.8	63.7		NA			100
Saturated fat (g)	22.3	20.3	24.9		NA			NA
Monounsaturated fat (g)	27.2	24.3	31.0		NA			NA
Polyunsaturated fat (g)	21.2	19.5	22.8		NA			NA
Linoleic acid (g)	19.5	18.1	21.2		NA			100
Alpha linolenic acid (g)	1.3	1.1	1.5		NA			100
LC n3 fatty acids (mg)	211.7	85.0	481.0		NA			100
Vitamin A equivs (mcg)	1589.5	1307.1	1843.5		100			100
Retinol (mcg)	423.8	376.9	509.3		NA			NA
Provitamin A (mcg)	6956.9	5113.9	8675.6		NA			NA
Thiamin (mg)	2.5	2.2	2.7		100			100
Riboflavin (mg)	3.0	2.7	3.3		100			100
Niacin (mg)	65.2	61.5	67.8		100			100
Folate (mcg total)	691.5	624.9	754.5		NA			NA
Folate equiivs (mcg)	1009.6	914.3	1102.5		100			100
Vitamin C (mg)	190.4	148.1	244.6		100			100
Vitamin D (mcg)	3.8	3.2	5.1		NA			1
Vitamin E (mg)	14.8	13.0	17.2		NA			100
Calcium (mg)	1209.3	1135.0	1294.8		100			100
Iron (mg)	17.6	16.3	19.0		100			100
Iodine (mcg)	216.8	193.8	239.3		100			100
Magnesium (mg)	534.3	509.2	559.6		100			100
Phosphorus (mg)	2187.4	2112.1	2265.5		100			100
Potassium (mg)	5045.6	4861.3	5323.3		NA			100
Sodium (mg)	1743.5	1465.5	2031.1		NA			100
Zinc (mg)	16.5	15.5	17.2		100			100
Cholesterol (mg)	234.3	160.6	362.6		NA			NA
Selenium (mcg)	90.4	80.3	112.7		100			100
Vitamin B6 (mg)	2.6	2.0	3.3		100			100
Vitamin B12 (mcg)	6.3	5.7	7.0		100			100

Percent energy from fat 26.7
Percent energy from protein 20.2
Percent energy from carbohydrate 53.1

Boys9to11.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	10
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	4
[15,] LoFatDairy	17
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10517.1	10160.3	10887.0	NA	NA		NA
Energy (kJ)	10917.3	10551.6	11306.5	NA	NA		NA
Protein (g)	132.9	129.8	137.3	100			100
Fat (g)	88.2	81.5	97.6	NA	NA		NA
Carbohydrate (g)	297.8	285.4	313.7	NA	NA		NA
Sugars (g)	136.2	128.3	148.8	NA	NA		NA
Starch (g)	160.1	149.7	172.5	NA	NA		NA
Fibre (g)	54.4	48.4	69.0	NA			100
Saturated fat (g)	27.1	25.0	29.8	NA	NA		NA
Monounsaturated fat (g)	31.6	27.5	36.7	NA	NA		NA
Polyunsaturated fat (g)	23.1	21.5	24.7	NA	NA		NA
Linoleic acid (g)	21.5	20.1	22.7	NA			100
Alpha linolenic acid (g)	1.3	1.1	1.4	NA			100
LC n3 fatty acids (mg)	198.6	90.4	562.9	NA			100
Vitamin A equivs (mcg)	1719.1	1498.1	2051.7	100			100
Retinol (mcg)	511.4	466.9	578.3	NA	NA		NA
Provitamin A (mcg)	7207.1	6007.4	9279.3	NA	NA		NA
Thiamin (mg)	2.4	2.2	2.7	100			100
Riboflavin (mg)	3.5	3.2	3.9	100			100
Niacin (mg)	69.0	65.7	72.7	100			100
Folate (mcg total)	779.3	712.9	853.2	NA	NA		NA
Folate equivs (mcg)	1025.9	949.0	1114.4	100			100
Vitamin C (mg)	208.7	161.1	248.3	100			100
Vitamin D (mcg)	4.6	4.0	6.3	NA			13
Vitamin E (mg)	16.3	13.9	18.6	NA			100
Calcium (mg)	1461.2	1359.6	1573.7	100			100
Iron (mg)	17.4	15.9	18.9	100			100
Iodine (mcg)	250.8	226.9	277.3	100			100
Magnesium (mg)	582.8	551.2	609.4	100			100
Phosphorus (mg)	2415.0	2326.2	2522.5	100			100
Potassium (mg)	5663.4	5336.1	5952.9	NA			100
Sodium (mg)	1612.5	1423.9	1801.0	NA			100
Zinc (mg)	17.6	16.5	18.6	100			100
Cholesterol (mg)	251.2	180.2	355.2	NA			NA
Selenium (mcg)	90.0	77.5	125.6	100			100
Vitamin B6 (mg)	3.0	2.3	3.6	100			100
Vitamin B12 (mcg)	7.4	6.8	8.1	100			100

Percent energy from fat 30.5

Percent energy from protein 21.1

Percent energy from carbohydrate 48.3

Boys9to11.hitot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	14
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10630.2	10245.2	10964.8		NA		NA
Energy (kJ)	11003.1	10622.8	11334.8		NA		NA
Protein (g)	131.7	122.7	188.4		100		100
Fat (g)	83.4	75.9	88.6		NA		NA
Carbohydrate (g)	319.7	304.4	333.0		NA		NA
Sugars (g)	113.9	102.5	126.3		NA		NA
Starch (g)	204.5	189.9	218.5		NA		NA
Fibre (g)	48.7	44.0	56.1		NA		100
Saturated fat (g)	25.7	23.7	29.2		NA		NA
Monounsaturated fat (g)	29.6	26.4	33.1		NA		NA
Polyunsaturated fat (g)	22.0	20.0	23.5		NA		NA
Linoleic acid (g)	20.2	18.5	21.6		NA		100
Alpha linolenic acid (g)	1.4	1.1	1.6		NA		100
LC n3 fatty acids (mg)	198.5	84.7	527.4		NA		100
Vitamin A equivs (mcg)	1581.5	1387.9	1856.3		100		100
Retinol (mcg)	453.2	403.7	522.7		NA		NA
Provitamin A (mcg)	6736.1	5583.5	8260.6		NA		NA
Thiamin (mg)	2.4	2.2	2.9		100		100
Riboflavin (mg)	3.1	2.7	3.3		100		100
Niacin (mg)	64.9	60.4	68.9		100		100
Folate (mcg total)	664.5	587.2	733.4		NA		NA
Folate equivs (mcg)	975.2	875.8	1086.1		100		100
Vitamin C (mg)	158.2	122.3	194.8		100		100
Vitamin D (mcg)	3.8	3.2	5.1		NA		2
Vitamin E (mg)	14.7	13.1	17.0		NA		100
Calcium (mg)	1230.9	1156.9	1324.2		100		100
Iron (mg)	17.7	16.4	19.2		100		100
Iodine (mcg)	219.9	202.9	239.7		100		100
Magnesium (mg)	524.9	490.9	556.9		100		100
Phosphorus (mg)	2205.0	2128.8	2296.5		100		100
Potassium (mg)	4564.3	4253.5	4859.0		NA		100
Sodium (mg)	1891.3	1677.4	2116.6		NA		100
Zinc (mg)	21.5	15.6	97.1		100		100
Cholesterol (mg)	245.9	179.2	352.5		NA		NA
Selenium (mcg)	92.5	82.4	112.0		100		100
Vitamin B6 (mg)	2.5	2.0	3.1		100		100
Vitamin B12 (mcg)	6.4	5.6	7.1		100		100

Percent energy from fat 28.5

Percent energy from protein 20.7

Percent energy from carbohydrate 50.7

Boys9to11.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	10
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	12
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	5
[15,] LoFatDairy	21
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10705.0	10415.4	11219.3		NA		NA
Energy (kJ)	11058.5	10749.9	11578.8		NA		NA
Protein (g)	141.4	131.6	197.5		100		100
Fat (g)	95.8	90.3	101.9		NA		NA
Carbohydrate (g)	288.9	276.8	307.4		NA		NA
Sugars (g)	139.4	127.8	149.7		NA		NA
Starch (g)	148.1	138.8	165.0		NA		NA
Fibre (g)	46.0	40.9	53.5		NA		100
Saturated fat (g)	31.9	29.9	34.4		NA		NA
Monounsaturated fat (g)	33.8	31.5	36.9		NA		NA
Polyunsaturated fat (g)	23.4	22.0	25.2		NA		NA
Linoleic acid (g)	21.7	20.5	23.6		NA		100
Alpha linolenic acid (g)	1.3	1.2	1.6		NA		100
LC n3 fatty acids (mg)	195.8	84.1	501.6		NA		100
Vitamin A equivs (mcg)	1719.7	1419.4	1948.3		100		100
Retinol (mcg)	580.9	533.6	623.6		NA		NA
Provitamin A (mcg)	6781.8	5235.9	8309.6		NA		NA
Thiamin (mg)	2.3	2.0	2.6		100		100
Riboflavin (mg)	3.9	3.6	4.1		100		100
Niacin (mg)	69.7	66.7	74.2		100		100
Folate (mcg total)	742.1	660.0	805.5		NA		NA
Folate equivs (mcg)	981.9	904.5	1053.6		100		100
Vitamin C (mg)	159.6	118.3	207.3		100		100
Vitamin D (mcg)	5.1	4.6	6.2		NA		50
Vitamin E (mg)	15.7	13.1	18.0		NA		100
Calcium (mg)	1643.4	1568.6	1726.0		100		100
Iron (mg)	16.6	14.9	18.1		100		100
Iodine (mcg)	287.6	262.4	313.3		100		100
Magnesium (mg)	566.4	534.1	596.3		100		100
Phosphorus (mg)	2519.7	2438.7	2594.9		100		100
Potassium (mg)	5175.9	4946.5	5406.3		NA		100
Sodium (mg)	1799.0	1637.4	2068.9		NA		100
Zinc (mg)	23.4	16.9	98.4		100		100
Cholesterol (mg)	282.9	215.7	362.4		NA		NA
Selenium (mcg)	90.5	80.8	118.7		100		100
Vitamin B6 (mg)	2.7	2.2	3.4		100		100
Vitamin B12 (mcg)	8.6	8.0	9.2		100		100

Percent energy from fat 32.4

Percent energy from protein 22.0

Percent energy from carbohydrate 45.6

Boys9to11.hitot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	10
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	4
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10607.5	10174.2	10914.3	NA	NA		NA
Energy (kJ)	10981.5	10525.2	11323.9	NA	NA		NA
Protein (g)	138.3	126.1	194.3	100			100
Fat (g)	70.4	64.2	79.6	NA	NA		NA
Carbohydrate (g)	344.4	326.3	362.7	NA	NA		NA
Sugars (g)	156.9	143.5	169.1	NA	NA		NA
Starch (g)	185.6	172.7	196.2	NA	NA		NA
Fibre (g)	49.3	43.6	56.9	NA			100
Saturated fat (g)	26.2	23.8	29.1	NA	NA		NA
Monounsaturated fat (g)	24.7	21.6	29.6	NA	NA		NA
Polyunsaturated fat (g)	13.8	12.2	15.2	NA	NA		NA
Linoleic acid (g)	12.4	11.0	13.8	NA			100
Alpha linolenic acid (g)	1.1	0.8	1.3	NA			79
LC n3 fatty acids (mg)	202.0	93.5	666.8	NA			100
Vitamin A equivs (mcg)	1540.4	1282.0	1763.1	100			100
Retinol (mcg)	369.6	325.3	427.6	NA	NA		NA
Provitamin A (mcg)	6984.0	5494.9	8202.5	NA	NA		NA
Thiamin (mg)	2.3	2.1	2.6	100			100
Riboflavin (mg)	3.6	3.3	3.9	100			100
Niacin (mg)	66.7	63.4	70.7	100			100
Folate (mcg total)	708.5	652.3	775.2	NA	NA		NA
Folate equivs (mcg)	993.9	884.3	1080.6	100			100
Vitamin C (mg)	189.9	147.6	243.6	100			100
Vitamin D (mcg)	3.4	2.8	5.1	NA			1
Vitamin E (mg)	11.3	9.5	13.4	NA			100
Calcium (mg)	1510.1	1434.8	1628.2	100			100
Iron (mg)	17.2	16.1	18.7	100			100
Iodine (mcg)	266.4	245.5	291.4	100			100
Magnesium (mg)	535.2	507.5	565.8	100			100
Phosphorus (mg)	2389.9	2320.4	2490.9	100			100
Potassium (mg)	5243.1	4927.0	5501.0	NA			100
Sodium (mg)	1986.7	1706.1	2250.2	NA			100
Zinc (mg)	25.9	16.3	97.6	100			100
Cholesterol (mg)	272.2	207.5	384.8	NA	NA		NA
Selenium (mcg)	89.6	79.4	117.7	100			100
Vitamin B6 (mg)	2.6	2.0	3.4	100			100
Vitamin B12 (mcg)	7.8	7.2	8.7	100			100

Percent energy from fat 24.0

Percent energy from protein 21.7

Percent energy from carbohydrate 54.3

Boys9to11.hitot6:

AllFoodGroups N.serves							
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	21					
[7,]	TotalFruit	28					
[8,]	WholegrainCereals	23					
[9,]	RefinedCereals	12					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	4					
[15,]	LoFatDairy	14					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	10.5					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		10499.5	10198.9	10946.0	NA	NA	
Energy (kJ)		10879.2	10578.1	11326.0	NA	NA	
Protein (g)		129.6	118.8	186.2	100	100	
Fat (g)		94.0	87.9	103.8	NA	NA	
Carbohydrate (g)		295.1	276.9	309.6	NA	NA	
Sugars (g)		155.3	141.2	171.9	NA	NA	
Starch (g)		137.6	126.6	146.0	NA	NA	
Fibre (g)		51.2	44.2	64.6	NA	100	
Saturated fat (g)		31.1	28.7	34.1	NA	NA	
Monounsaturated fat (g)		32.0	29.1	36.3	NA	NA	
Polyunsaturated fat (g)		24.2	22.7	25.9	NA	NA	
Linoleic acid (g)		22.3	21.1	23.8	NA	100	
Alpha linolenic acid (g)		1.5	1.3	1.7	NA	100	
LC n3 fatty acids (mg)		197.7	85.2	493.4	NA	100	
Vitamin A equivs (mcg)		1824.5	1564.6	2061.6	100	100	
Retinol (mcg)		606.8	554.5	671.7	NA	NA	
Provitamin A (mcg)		7273.6	5663.7	8581.4	NA	NA	
Thiamin (mg)		2.0	1.9	2.3	100	100	
Riboflavin (mg)		3.1	2.9	3.5	100	100	
Niacin (mg)		61.1	58.1	64.9	100	100	
Folate (mcg total)		705.8	635.0	772.6	NA	NA	
Folate equivs (mcg)		882.3	794.1	957.0	100	100	
Vitamin C (mg)		218.3	181.5	264.2	100	100	
Vitamin D (mcg)		5.0	4.4	6.2	NA	40	
Vitamin E (mg)		16.5	14.5	19.1	NA	100	
Calcium (mg)		1297.0	1228.1	1392.5	100	100	
Iron (mg)		15.7	14.6	17.1	100	100	
Iodine (mcg)		215.6	201.7	231.9	100	100	
Magnesium (mg)		514.1	486.4	538.9	100	100	
Phosphorus (mg)		2165.3	2076.9	2272.5	100	100	
Potassium (mg)		5424.2	5134.2	5694.2	NA	100	
Sodium (mg)		1647.0	1444.3	1907.8	NA	100	
Zinc (mg)		24.9	14.9	96.9	100	100	
Cholesterol (mg)		269.7	205.4	383.3	NA	NA	
Selenium (mcg)		82.3	73.6	102.7	100	100	
Vitamin B6 (mg)		2.7	2.2	3.6	100	100	
Vitamin B12 (mcg)		6.9	6.3	7.6	100	100	
Percent energy from fat		32.2					
Percent energy from protein		20.4					
Percent energy from carbohydrate		47.3					

A15.27 Summary 7-day *Total* Diets Boys 12-13years mid energy level

Average age 12.5 yrs, light to moderate activityPAL 1.7

Public Consultation

Boys12to13.avtot1:

AllFoodGroups	N.serves					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	4					
[5,] NutsSeeds	2					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	35					
[9,] RefinedCereals	28					
[10,] Poultryfisheseggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	4					
[14,] MidFatDairy	0					
[15,] LoFatDairy	21					
[16,] PolyMarg	21					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	0					
		Daily intake	minimum	maximum	met EAR	met RDI/AI
Energy excl fibre (kJ)		9941.8	9608.9	10319.4	NA	NA
Energy (kJ)		10268.8	9940.0	10630.5	NA	NA
Protein (g)		126.9	122.3	131.9	100	100
Fat (g)		69.4	63.9	77.0	NA	NA
Carbohydrate (g)		310.6	296.5	324.8	NA	NA
Sugars (g)		114.6	106.3	129.1	NA	NA
Starch (g)		194.9	182.3	206.5	NA	NA
Fibre (g)		43.2	37.3	53.4	NA	100
Saturated fat (g)		23.5	21.5	25.9	NA	NA
Monounsaturated fat (g)		22.6	20.0	25.8	NA	NA
Polyunsaturated fat (g)		17.7	16.7	19.1	NA	NA
Linoleic acid (g)		16.1	15.2	17.2	NA	100
Alpha linolenic acid (g)		1.3	1.2	1.6	NA	100
LC n3 fatty acids (mg)		197.7	82.4	505.2	NA	100
Vitamin A equivs (mcg)		1561.1	1314.0	1855.0	100	100
Retinol (mcg)		479.8	432.6	553.9	NA	NA
Provitamin A (mcg)		6437.3	4984.1	8332.0	NA	NA
Thiamin (mg)		2.2	1.9	2.4	100	100
Riboflavin (mg)		3.4	3.0	3.7	100	100
Niacin (mg)		62.7	59.3	65.4	100	100
Folate (mcg total)		626.0	545.7	689.6	NA	NA
Folate equivs (mcg)		941.0	842.7	1050.7	100	100
Vitamin C (mg)		135.5	105.6	188.0	100	100
Vitamin D (mcg)		4.3	3.6	5.8	NA	2
Vitamin E (mg)		11.5	9.8	13.2	NA	100
Calcium (mg)		1472.2	1375.5	1567.4	100	100
Iron (mg)		15.7	14.0	17.0	100	100
Iodine (mcg)		265.6	234.9	291.9	100	100
Magnesium (mg)		481.8	459.1	508.8	100	100
Phosphorus (mg)		2259.8	2186.7	2367.5	100	100
Potassium (mg)		4464.7	4277.9	4708.0	NA	100
Sodium (mg)		1824.0	1623.0	2010.6	NA	100
Zinc (mg)		16.2	15.3	17.0	100	100
Cholesterol (mg)		251.8	180.2	374.4	NA	NA
Selenium (mcg)		86.7	77.6	97.2	100	100
Vitamin B6 (mg)		2.2	1.8	2.8	100	100
Vitamin B12 (mcg)		7.9	7.4	8.7	100	100
Percent energy from fat		25.6				
Percent energy from protein		21.5				
Percent energy from carbohydrate		52.9				

Boys12to13.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	3
[15,] LoFatDairy	21
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9883.3	9555.4	10203.2	NA	NA		NA
Energy (kJ)	10239.5	9902.6	10556.3	NA	NA		NA
Protein (g)	129.2	123.5	134.2	100			100
Fat (g)	83.1	77.1	89.2	NA			NA
Carbohydrate (g)	275.3	264.8	287.9	NA			NA
Sugars (g)	139.1	130.2	147.6	NA			NA
Starch (g)	134.6	123.7	143.7	NA			NA
Fibre (g)	46.6	42.5	53.9	NA			100
Saturated fat (g)	27.5	25.6	30.2	NA			NA
Monounsaturated fat (g)	28.7	25.3	31.4	NA			NA
Polyunsaturated fat (g)	20.7	19.2	21.9	NA			NA
Linoleic acid (g)	19.1	17.9	20.3	NA			100
Alpha linolenic acid (g)	1.3	1.1	1.4	NA			100
LC n3 fatty acids (mg)	206.3	90.6	520.8	NA			100
Vitamin A equivs (mcg)	1740.8	1465.4	1992.4	100			100
Retinol (mcg)	535.9	490.6	590.1	NA			NA
Provitamin A (mcg)	7177.2	5555.1	8685.6	NA			NA
Thiamin (mg)	2.1	1.9	2.3	100			100
Riboflavin (mg)	3.6	3.3	3.9	100			100
Niacin (mg)	64.4	61.3	67.6	100			100
Folate (mcg total)	730.5	656.5	812.5	NA			NA
Folate equivs (mcg)	945.0	836.5	1029.5	100			100
Vitamin C (mg)	195.7	159.9	256.2	100			100
Vitamin D (mcg)	4.8	4.2	6.0	NA			26
Vitamin E (mg)	15.0	13.2	17.1	NA			100
Calcium (mg)	1546.8	1481.7	1633.8	100			100
Iron (mg)	15.5	14.1	16.6	100			100
Iodine (mcg)	262.1	237.2	289.1	100			100
Magnesium (mg)	526.7	503.8	557.5	100			100
Phosphorus (mg)	2340.0	2259.8	2430.9	100			100
Potassium (mg)	5254.6	5011.5	5561.8	NA			100
Sodium (mg)	1563.3	1361.5	1758.6	NA			100
Zinc (mg)	16.7	16.0	17.6	100			100
Cholesterol (mg)	271.3	190.6	354.0	NA			NA
Selenium (mcg)	85.1	75.1	121.8	100			100
Vitamin B6 (mg)	2.8	2.2	3.7	100			100
Vitamin B12 (mcg)	8.3	7.5	9.0	100			100

Percent energy from fat 30.7

Percent energy from protein 21.9

Percent energy from carbohydrate 47.5

Boys12to13.avtot3:

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	21					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	28					
[9,]	RefinedCereals	14					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	21					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	7					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9743.4	9460.8	10146.5		NA		NA
Energy (kJ)	10070.0	9801.5	10464.3		NA		NA
Protein (g)	131.6	123.6	187.1		100		100
Fat (g)	84.2	77.5	92.1		NA		NA
Carbohydrate (g)	267.1	253.4	281.0		NA		NA
Sugars (g)	125.9	115.9	135.4		NA		NA
Starch (g)	139.8	129.3	151.3		NA		NA
Fibre (g)	42.8	37.6	49.8		NA		100
Saturated fat (g)	28.1	26.0	31.3		NA		NA
Monounsaturated fat (g)	29.2	26.3	32.3		NA		NA
Polyunsaturated fat (g)	20.9	19.4	22.3		NA		NA
Linoleic acid (g)	19.3	17.8	20.7		NA		100
Alpha linolenic acid (g)	1.3	1.1	1.5		NA		100
LC n3 fatty acids (mg)	193.1	91.3	430.3		NA		100
Vitamin A equivs (mcg)	1657.5	1420.4	1877.2		100		100
Retinol (mcg)	511.0	453.3	579.9		NA		NA
Provitamin A (mcg)	6834.5	5439.1	8077.5		NA		NA
Thiamin (mg)	2.0	1.8	2.3		100		100
Riboflavin (mg)	3.3	3.1	3.7		100		100
Niacin (mg)	62.7	59.7	65.9		100		100
Folate (mcg total)	663.6	608.5	775.7		NA		NA
Folate equivs (mcg)	877.5	795.5	1006.1		100		100
Vitamin C (mg)	158.5	118.9	195.0		100		100
Vitamin D (mcg)	4.3	3.7	5.3		NA		4
Vitamin E (mg)	14.2	12.1	16.1		NA		100
Calcium (mg)	1448.2	1357.2	1529.4		100		100
Iron (mg)	15.3	13.8	17.1		100		100
Iodine (mcg)	242.3	217.7	264.6		100		100
Magnesium (mg)	499.5	469.3	528.7		100		100
Phosphorus (mg)	2259.6	2189.4	2358.5		100		100
Potassium (mg)	4742.0	4551.2	4958.8		NA		100
Sodium (mg)	1688.7	1451.2	1910.8		NA		100
Zinc (mg)	22.8	15.6	96.8		100		100
Cholesterol (mg)	271.1	204.6	369.5		NA		NA
Selenium (mcg)	84.5	75.1	114.2		100		100
Vitamin B6 (mg)	2.4	1.8	3.3		100		100
Vitamin B12 (mcg)	7.7	6.9	8.4		100		100
Percent energy from fat	31.3						
Percent energy from protein	22.5						
Percent energy from carbohydrate	46.2						

Boys12to13.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9881.9	9579.0	10217.3	NA			NA
Energy (kJ)	10211.7	9904.0	10542.3	NA			NA
Protein (g)	132.0	124.8	188.2	100			100
Fat (g)	83.3	79.0	90.4	NA			NA
Carbohydrate (g)	275.9	262.6	292.6	NA			NA
Sugars (g)	124.6	108.8	144.1	NA			NA
Starch (g)	150.0	141.2	163.0	NA			NA
Fibre (g)	45.9	39.0	55.1	NA			100
Saturated fat (g)	27.8	25.7	30.6	NA			NA
Monounsaturated fat (g)	28.7	27.0	32.2	NA			NA
Polyunsaturated fat (g)	20.8	19.7	22.2	NA			NA
Linoleic acid (g)	19.2	18.3	20.6	NA			100
Alpha linolenic acid (g)	1.3	1.1	1.5	NA			100
LC n3 fatty acids (mg)	203.6	88.9	449.9	NA			100
Vitamin A equivalents (mcg)	1640.5	1407.6	1876.4	100			100
Retinol (mcg)	508.1	452.2	580.7	NA			NA
Provitamin A (mcg)	6737.9	5373.9	8372.4	NA			NA
Thiamin (mg)	2.1	1.8	2.2	100			100
Riboflavin (mg)	3.3	3.1	3.6	100			100
Niacin (mg)	63.5	60.3	66.8	100			100
Folate (mcg total)	660.6	587.4	722.0	NA			NA
Folate equivalents (mcg)	873.7	807.2	940.5	100			100
Vitamin C (mg)	155.3	122.2	196.2	100			100
Vitamin D (mcg)	4.4	3.8	5.3	NA			7
Vitamin E (mg)	13.7	11.4	15.5	NA			100
Calcium (mg)	1447.3	1345.0	1533.2	100			100
Iron (mg)	15.5	14.3	16.8	100			100
Iodine (mcg)	241.2	218.6	265.0	100			100
Magnesium (mg)	508.9	481.8	532.6	100			100
Phosphorus (mg)	2288.3	2219.4	2375.1	100			100
Potassium (mg)	4980.7	4731.4	5289.2	NA			100
Sodium (mg)	1692.4	1465.1	1912.3	NA			100
Zinc (mg)	22.1	15.5	96.8	100			100
Cholesterol (mg)	266.0	201.1	407.0	NA			NA
Selenium (mcg)	85.0	75.3	110.6	100			100
Vitamin B6 (mg)	2.3	1.9	3.1	100			100
Vitamin B12 (mcg)	7.6	7.1	8.8	100			100

Percent energy from fat 30.6

Percent energy from protein 22.3

Percent energy from carbohydrate 47.1

Boys12to13.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	10
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	4
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9921.1	9475.8	10298.3	NA			NA
Energy (kJ)	10210.4	9773.7	10591.4	NA			NA
Protein (g)	126.5	119.8	184.6	100			100
Fat (g)	88.2	82.6	94.5	NA			NA
Carbohydrate (g)	272.0	256.8	288.3	NA			NA
Sugars (g)	130.7	121.9	142.2	NA			NA
Starch (g)	139.9	127.2	153.0	NA			NA
Fibre (g)	38.7	33.3	46.1	NA			100
Saturated fat (g)	31.6	29.3	34.1	NA			NA
Monounsaturated fat (g)	28.7	26.7	31.5	NA			NA
Polyunsaturated fat (g)	21.5	20.2	22.7	NA			NA
Linoleic acid (g)	19.8	18.8	20.9	NA			100
Alpha linolenic acid (g)	1.4	1.2	1.6	NA			100
LC n3 fatty acids (mg)	180.2	99.0	446.7	NA			100
Vitamin A equivs (mcg)	1781.8	1474.2	2037.6	100			100
Retinol (mcg)	654.7	594.9	732.6	NA			NA
Provitamin A (mcg)	6703.6	5036.4	8263.5	NA			NA
Thiamin (mg)	1.9	1.7	2.1	100			100
Riboflavin (mg)	3.6	3.3	3.9	100			100
Niacin (mg)	61.1	56.8	64.9	100			100
Folate (mcg total)	608.4	532.0	691.4	NA			NA
Folate equivs (mcg)	821.7	755.1	919.4	100			100
Vitamin C (mg)	146.1	115.5	187.5	100			100
Vitamin D (mcg)	5.5	4.9	6.6	NA			94
Vitamin E (mg)	13.5	11.7	15.4	NA			100
Calcium (mg)	1556.1	1449.1	1634.4	100			100
Iron (mg)	13.8	12.4	15.2	100			100
Iodine (mcg)	271.5	245.9	298.1	100			100
Magnesium (mg)	466.6	436.9	494.9	100			100
Phosphorus (mg)	2267.0	2194.2	2341.1	100			100
Potassium (mg)	4725.9	4405.7	4953.9	NA			100
Sodium (mg)	1765.8	1571.2	2011.1	NA			100
Zinc (mg)	19.0	15.1	96.4	100			100
Cholesterol (mg)	290.7	221.5	406.0	NA			NA
Selenium (mcg)	81.3	70.0	105.7	100			100
Vitamin B6 (mg)	2.2	1.7	3.0	100			100
Vitamin B12 (mcg)	8.5	7.9	9.3	100			100

Percent energy from fat 32.4

Percent energy from protein 21.4

Percent energy from carbohydrate 46.2

Boys12to13.avtot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	4
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	10045.0	9640.4	10345.7	NA	NA		NA
Energy (kJ)	10336.2	9935.9	10642.3	NA	NA		NA
Protein (g)	128.2	117.4	182.9	100			100
Fat (g)	90.3	85.1	97.1	NA			NA
Carbohydrate (g)	277.6	261.6	293.5	NA			NA
Sugars (g)	134.6	124.5	147.2	NA			NA
Starch (g)	141.5	128.8	151.2	NA			NA
Fibre (g)	38.0	33.4	45.9	NA			100
Saturated fat (g)	32.0	29.9	35.1	NA			NA
Monounsaturated fat (g)	30.0	27.3	33.9	NA			NA
Polyunsaturated fat (g)	21.9	21.0	23.0	NA			NA
Linoleic acid (g)	20.1	19.3	21.3	NA			100
Alpha linolenic acid (g)	1.4	1.3	1.6	NA			100
LC n3 fatty acids (mg)	215.7	98.8	493.2	NA			100
Vitamin A equivs (mcg)	1709.4	1466.8	1935.2	100			100
Retinol (mcg)	612.1	558.8	671.1	NA			NA
Provitamin A (mcg)	6535.9	4969.3	7715.3	NA			NA
Thiamin (mg)	1.9	1.7	2.0	100			100
Riboflavin (mg)	3.3	3.1	3.6	100			100
Niacin (mg)	59.8	56.3	64.1	100			100
Folate (mcg total)	596.4	548.4	642.4	NA			NA
Folate equivs (mcg)	806.6	737.6	868.2	100			100
Vitamin C (mg)	143.8	114.3	181.6	100			100
Vitamin D (mcg)	5.0	4.3	6.1	NA			37
Vitamin E (mg)	14.0	11.6	16.9	NA			100
Calcium (mg)	1438.2	1361.2	1518.5	100			100
Iron (mg)	14.2	12.9	15.3	100			100
Iodine (mcg)	244.4	229.7	260.9	100			100
Magnesium (mg)	456.2	435.7	480.4	100			100
Phosphorus (mg)	2183.8	2126.3	2258.3	100			100
Potassium (mg)	4455.5	4233.0	4671.0	NA			100
Sodium (mg)	1877.7	1631.9	2092.3	NA			100
Zinc (mg)	24.5	14.4	96.0	100			100
Cholesterol (mg)	277.0	209.3	367.8	NA			NA
Selenium (mcg)	80.9	70.2	102.4	100			100
Vitamin B6 (mg)	2.1	1.7	2.6	100			100
Vitamin B12 (mcg)	7.8	7.2	8.4	100			100

Percent energy from fat 32.6

Percent energy from protein 21.3

Percent energy from carbohydrate 46.2

A15.28 Summary 7-day Total Diets Boys 12-13years higher energy level

Higher age 13yrs and high activity PAL 2

Public Consultation

Boys12to13.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	35
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12091.3	11728.6	12490.3		NA		NA
Energy (kJ)	12496.9	12132.6	12895.2		NA		NA
Protein (g)	145.6	141.9	149.9		100		100
Fat (g)	90.8	86.8	96.2		NA		NA
Carbohydrate (g)	372.0	354.4	388.5		NA		NA
Sugars (g)	122.0	111.3	132.6		NA		NA
Starch (g)	248.8	235.8	261.7		NA		NA
Fibre (g)	54.9	48.4	62.4		NA		100
Saturated fat (g)	27.6	25.6	30.2		NA		NA
Monounsaturated fat (g)	31.0	28.3	33.9		NA		NA
Polyunsaturated fat (g)	25.5	24.3	26.7		NA		NA
Linoleic acid (g)	23.5	22.2	24.7		NA		100
Alpha linolenic acid (g)	1.7	1.5	2.0		NA		100
LC n3 fatty acids (mg)	198.8	85.5	641.3		NA		100
Vitamin A equivs (mcg)	1656.8	1457.4	1910.9		100		100
Retinol (mcg)	564.1	516.7	635.6		NA		NA
Provitamin A (mcg)	6502.6	5411.4	7952.4		NA		NA
Thiamin (mg)	2.8	2.6	3.1		100		100
Riboflavin (mg)	3.8	3.4	4.1		100		100
Niacin (mg)	74.0	69.7	77.5		100		100
Folate (mcg total)	751.0	689.8	832.9		NA		NA
Folate equivs (mcg)	1137.7	1024.6	1250.9		100		100
Vitamin C (mg)	151.5	120.5	194.5		100		100
Vitamin D (mcg)	4.8	4.1	6.6		NA		19
Vitamin E (mg)	15.7	13.3	18.0		NA		100
Calcium (mg)	1575.2	1497.6	1668.0		100		100
Iron (mg)	19.3	18.2	21.0		100		100
Iodine (mcg)	287.0	255.4	317.6		100		100
Magnesium (mg)	595.6	576.8	633.2		100		100
Phosphorus (mg)	2599.2	2508.8	2688.6		100		100
Potassium (mg)	5294.6	5065.3	5529.1		NA		100
Sodium (mg)	2145.1	1964.2	2435.6		NA		100
Zinc (mg)	18.5	17.8	19.4		100		100
Cholesterol (mg)	252.7	189.7	365.5		NA		NA
Selenium (mcg)	101.2	90.4	138.1		100		100
Vitamin B6 (mg)	2.5	2.0	3.1		100		100
Vitamin B12 (mcg)	8.2	7.5	9.0		100		100

Percent energy from fat 27.6

Percent energy from protein 20.3

Percent energy from carbohydrate 52.1

Boys12to13.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	10
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	28
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12136.1	11828.3	12523.2	NA			NA
Energy (kJ)	12527.5	12191.6	12929.2	NA			NA
Protein (g)	150.0	143.4	207.1	100			100
Fat (g)	93.8	88.7	101.9	NA			NA
Carbohydrate (g)	367.4	350.6	385.0	NA			NA
Sugars (g)	141.8	124.0	155.3	NA			NA
Starch (g)	224.3	214.0	238.1	NA			NA
Fibre (g)	51.6	45.7	60.0	NA			100
Saturated fat (g)	32.2	30.3	35.2	NA			NA
Monounsaturated fat (g)	31.8	29.1	35.4	NA			NA
Polyunsaturated fat (g)	22.6	21.2	24.2	NA			NA
Linoleic acid (g)	20.8	19.5	22.2	NA			100
Alpha linolenic acid (g)	1.5	1.3	1.9	NA			100
LC n3 fatty acids (mg)	204.1	95.5	483.2	NA			100
Vitamin A equivs (mcg)	1683.7	1417.0	1930.9	100			100
Retinol (mcg)	586.8	517.0	719.2	NA			NA
Provitamin A (mcg)	6529.8	4942.8	7930.4	NA			NA
Thiamin (mg)	2.7	2.4	2.9	100			100
Riboflavin (mg)	4.1	3.7	4.4	100			100
Niacin (mg)	74.2	69.8	77.9	100			100
Folate (mcg total)	765.3	707.8	822.0	NA			NA
Folate equivs (mcg)	1117.5	999.9	1229.9	100			100
Vitamin C (mg)	145.0	118.4	181.7	100			100
Vitamin D (mcg)	5.2	4.5	6.4	NA			68
Vitamin E (mg)	14.6	12.4	17.0	NA			100
Calcium (mg)	1725.4	1640.6	1820.1	100			100
Iron (mg)	19.1	17.5	20.7	100			100
Iodine (mcg)	312.7	289.8	332.8	100			100
Magnesium (mg)	601.7	571.7	631.8	100			100
Phosphorus (mg)	2696.1	2599.3	2768.4	100			100
Potassium (mg)	5292.0	5077.3	5564.6	NA			100
Sodium (mg)	2184.5	1867.3	2411.2	NA			100
Zinc (mg)	22.1	18.0	99.4	100			100
Cholesterol (mg)	289.8	219.5	494.7	NA			NA
Selenium (mcg)	99.9	89.1	125.8	100			100
Vitamin B6 (mg)	2.6	2.2	3.5	100			100
Vitamin B12 (mcg)	8.9	8.2	10.2	100			100

Percent energy from fat 28.2

Percent energy from protein 20.8

Percent energy from carbohydrate 51.0

Boys12to13.hitot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	31
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12105.6	11734.9	12615.5		NA		NA
Energy (kJ)	12477.3	12075.1	12991.6		NA		NA
Protein (g)	149.2	139.9	203.6		100		100
Fat (g)	99.6	94.9	106.5		NA		NA
Carbohydrate (g)	355.9	339.0	375.2		NA		NA
Sugars (g)	137.7	128.0	148.1		NA		NA
Starch (g)	216.9	202.0	229.8		NA		NA
Fibre (g)	48.3	42.5	55.4		NA		100
Saturated fat (g)	33.5	31.6	36.2		NA		NA
Monounsaturated fat (g)	33.5	31.1	36.9		NA		NA
Polyunsaturated fat (g)	25.4	23.7	26.7		NA		NA
Linoleic acid (g)	23.3	21.8	24.7		NA		100
Alpha linolenic acid (g)	1.7	1.5	1.9		NA		100
LC n3 fatty acids (mg)	210.9	95.4	448.2		NA		100
Vitamin A equivs (mcg)	1769.2	1562.0	2053.3		100		100
Retinol (mcg)	657.3	596.7	724.1		NA		NA
Provitamin A (mcg)	6618.8	5541.9	8205.2		NA		NA
Thiamin (mg)	2.5	2.2	2.9		100		100
Riboflavin (mg)	3.9	3.5	4.3		100		100
Niacin (mg)	71.1	67.0	74.7		100		100
Folate (mcg total)	727.8	671.1	787.8		NA		NA
Folate equivs (mcg)	1051.7	944.1	1154.1		100		100
Vitamin C (mg)	142.1	115.3	175.3		100		100
Vitamin D (mcg)	5.6	4.8	6.7		NA		99
Vitamin E (mg)	15.7	13.5	18.1		NA		100
Calcium (mg)	1679.3	1584.2	1776.5		100		100
Iron (mg)	17.8	16.0	19.6		100		100
Iodine (mcg)	304.8	281.4	333.9		100		100
Magnesium (mg)	567.2	531.5	597.5		100		100
Phosphorus (mg)	2597.7	2526.0	2692.6		100		100
Potassium (mg)	5012.2	4790.6	5264.8		NA		100
Sodium (mg)	2154.7	1933.7	2428.9		NA		100
Zinc (mg)	24.7	17.3	99.1		100		100
Cholesterol (mg)	284.1	218.5	386.1		NA		NA
Selenium (mcg)	97.6	87.1	121.9		100		100
Vitamin B6 (mg)	2.5	2.1	3.1		100		100
Vitamin B12 (mcg)	9.0	8.3	9.9		100		100

Percent energy from fat 30.0

Percent energy from protein 20.6

Percent energy from carbohydrate 49.4

Boys12to13.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	11
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11983.8	11645.7	12367.0		NA		NA
Energy (kJ)	12374.0	12023.3	12762.8		NA		NA
Protein (g)	152.5	137.8	203.4		100		100
Fat (g)	111.1	103.3	117.2		NA		NA
Carbohydrate (g)	326.3	311.8	338.9		NA		NA
Sugars (g)	165.1	151.9	178.7		NA		NA
Starch (g)	159.2	148.7	168.9		NA		NA
Fibre (g)	52.2	44.1	59.9		NA		100
Saturated fat (g)	37.2	33.8	40.2		NA		NA
Monounsaturated fat (g)	38.8	35.4	41.6		NA		NA
Polyunsaturated fat (g)	27.5	26.0	28.8		NA		NA
Linoleic acid (g)	25.6	24.3	27.0		NA		100
Alpha linolenic acid (g)	1.6	1.4	1.8		NA		100
LC n3 fatty acids (mg)	199.6	93.1	480.5		NA		100
Vitamin A equivs (mcg)	1886.3	1590.2	2147.0		100		100
Retinol (mcg)	681.1	629.8	765.2		NA		NA
Provitamin A (mcg)	7181.5	5458.9	8641.8		NA		NA
Thiamin (mg)	2.4	2.1	2.6		100		100
Riboflavin (mg)	3.8	3.6	4.1		100		100
Niacin (mg)	71.4	67.9	75.0		100		100
Folate (mcg total)	784.7	721.9	868.2		NA		NA
Folate equivs (mcg)	997.0	911.2	1094.3		100		100
Vitamin C (mg)	198.1	157.9	251.9		100		100
Vitamin D (mcg)	5.7	5.1	6.8		NA		100
Vitamin E (mg)	18.3	16.2	20.8		NA		100
Calcium (mg)	1654.4	1577.6	1753.8		100		100
Iron (mg)	17.3	15.7	18.7		100		100
Iodine (mcg)	278.0	257.9	293.9		100		100
Magnesium (mg)	592.3	567.2	620.2		100		100
Phosphorus (mg)	2597.2	2534.1	2669.2		100		100
Potassium (mg)	5831.4	5592.5	6132.7		NA		100
Sodium (mg)	1977.9	1772.6	2274.8		NA		100
Zinc (mg)	32.1	17.4	99.7		100		100
Cholesterol (mg)	294.8	229.3	405.0		NA		NA
Selenium (mcg)	93.2	83.6	123.2		100		100
Vitamin B6 (mg)	2.9	2.3	3.6		100		100
Vitamin B12 (mcg)	8.6	8.0	9.6		100		100

Percent energy from fat 33.4

Percent energy from protein 21.1

Percent energy from carbohydrate 45.6

Boys12to13.hitot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	14
[4,] Legumes	14
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] Poultryfishsegsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11979.6	11644.7	12444.1		NA		NA
Energy (kJ)	12440.3	12116.3	12898.8		NA		NA
Protein (g)	160.1	144.9	211.8		100		100
Fat (g)	105.0	98.6	113.7		NA		NA
Carbohydrate (g)	332.2	318.4	347.8		NA		NA
Sugars (g)	151.7	139.3	163.3		NA		NA
Starch (g)	178.8	165.3	189.2		NA		NA
Fibre (g)	61.4	54.0	73.9		NA		100
Saturated fat (g)	35.5	33.0	39.1		NA		NA
Monounsaturated fat (g)	35.5	32.0	39.6		NA		NA
Polyunsaturated fat (g)	26.7	25.0	28.6		NA		NA
Linoleic acid (g)	24.6	23.3	26.0		NA		100
Alpha linolenic acid (g)	1.7	1.5	1.9		NA		100
LC n3 fatty acids (mg)	218.8	100.2	474.7		NA		100
Vitamin A equivs (mcg)	2717.7	2434.4	3092.0		100		100
Retinol (mcg)	635.9	566.6	715.3		NA		NA
Provitamin A (mcg)	12432.6	10974.5	14378.4		NA		NA
Thiamin (mg)	2.6	2.4	2.9		100		100
Riboflavin (mg)	3.9	3.5	4.1		100		100
Niacin (mg)	73.5	69.3	78.7		100		100
Folate (mcg total)	834.8	769.8	903.3		NA		NA
Folate equivs (mcg)	1088.5	998.4	1175.3		100		100
Vitamin C (mg)	235.6	189.2	290.5		100		100
Vitamin D (mcg)	5.2	4.6	6.4		NA		70
Vitamin E (mg)	17.9	15.8	20.9		NA		100
Calcium (mg)	1673.1	1587.4	1777.4		100		100
Iron (mg)	20.5	18.8	21.9		100		100
Iodine (mcg)	264.3	244.5	287.6		100		100
Magnesium (mg)	637.2	605.3	661.7		100		100
Phosphorus (mg)	2701.7	2597.9	2802.5		100		100
Potassium (mg)	6264.9	6053.4	6503.5		NA		100
Sodium (mg)	2130.6	1894.6	2369.5		NA		100
Zinc (mg)	34.8	18.7	100.8		100		100
Cholesterol (mg)	291.0	212.4	418.2		NA		NA
Selenium (mcg)	98.2	86.5	117.7		100		100
Vitamin B6 (mg)	3.2	2.5	3.9		100		100
Vitamin B12 (mcg)	7.9	7.4	8.6		100		100

Percent energy from fat 31.4

Percent energy from protein 22.0

Percent energy from carbohydrate 46.6

Boys12to13.hitot6:

AllFoodGroups	N.serves					
[1,] StarchyVeg	14					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	7					
[5,] NutsSeeds	10					
[6,] OtherVeg	28					
[7,] TotalFruit	14					
[8,] WholegrainCereals	29.5					
[9,] RefinedCereals	16					
[10,] AllOtherMeatEggsLeg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	4					
[14,] MidFatDairy	0					
[15,] LoFatDairy	21					
[16,] PolyMarg	28					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	17.5					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	11804.9	11318.6	12232.3	NA		NA
Energy (kJ)	12185.8	11677.7	12614.2	NA		NA
Protein (g)	149.0	135.7	202.9	100		100
Fat (g)	109.5	103.2	117.3	NA		NA
Carbohydrate (g)	321.3	304.1	337.8	NA		NA
Sugars (g)	147.8	135.8	160.1	NA		NA
Starch (g)	171.8	159.8	186.1	NA		NA
Fibre (g)	51.5	45.5	62.1	NA		100
Saturated fat (g)	36.0	33.2	39.5	NA		NA
Monounsaturated fat (g)	38.6	35.8	42.3	NA		NA
Polyunsaturated fat (g)	27.4	26.1	28.6	NA		NA
Linoleic acid (g)	25.4	24.3	26.6	NA		100
Alpha linolenic acid (g)	1.6	1.4	1.8	NA		100
LC n3 fatty acids (mg)	203.7	92.3	389.6	NA		100
Vitamin A equivs (mcg)	1858.5	1603.3	2165.9	100		100
Retinol (mcg)	631.8	565.5	715.3	NA		NA
Provitamin A (mcg)	7311.3	5781.3	9230.4	NA		NA
Thiamin (mg)	2.4	2.2	2.6	100		100
Riboflavin (mg)	3.6	3.3	3.9	100		100
Niacin (mg)	70.7	67.3	73.9	100		100
Folate (mcg total)	743.2	686.7	799.2	NA		NA
Folate equivs (mcg)	972.8	893.4	1044.6	100		100
Vitamin C (mg)	197.3	155.7	243.9	100		100
Vitamin D (mcg)	5.0	4.4	5.8	NA		41
Vitamin E (mg)	18.2	16.2	21.3	NA		100
Calcium (mg)	1537.8	1437.9	1671.8	100		100
Iron (mg)	17.8	16.4	19.3	100		100
Iodine (mcg)	254.6	229.2	274.8	100		100
Magnesium (mg)	579.9	556.4	608.6	100		100
Phosphorus (mg)	2525.7	2395.6	2619.5	100		100
Potassium (mg)	5605.1	5407.6	5861.8	NA		100
Sodium (mg)	2070.2	1758.1	2371.1	NA		100
Zinc (mg)	30.3	17.3	99.1	100		100
Cholesterol (mg)	293.2	217.3	397.3	NA		NA
Selenium (mcg)	94.9	81.5	117.1	100		100
Vitamin B6 (mg)	2.9	2.2	3.7	100		100
Vitamin B12 (mcg)	7.9	7.2	8.4	100		100
Percent energy from fat	33.5					
Percent energy from protein	20.9					
Percent energy from carbohydrate	45.6					

A15.29 Summary 7-day Total Diets Boys 14-18 years mid energy level

Age 16yrs, light to moderate activity PAL 1.7

Public Consultation

Boys14to18.avtot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	35
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11989.2	11645.7	12376.7	NA	NA		NA
Energy (kJ)	12384.4	12032.4	12787.5	NA	NA		NA
Protein (g)	148.4	143.6	154.0	100			100
Fat (g)	90.3	85.7	94.9	NA	NA		NA
Carbohydrate (g)	364.8	349.1	383.3	NA	NA		NA
Sugars (g)	123.5	114.2	135.7	NA	NA		NA
Starch (g)	240.2	226.9	255.5	NA	NA		NA
Fibre (g)	50.7	47.3	56.8	NA			100
Saturated fat (g)	27.9	26.0	29.7	NA	NA		NA
Monounsaturated fat (g)	30.1	28.1	33.2	NA	NA		NA
Polyunsaturated fat (g)	25.5	24.1	27.7	NA	NA		NA
Linoleic acid (g)	23.6	22.5	25.3	NA			100
Alpha linolenic acid (g)	1.6	1.4	2.0	NA			100
LC n3 fatty acids (mg)	170.9	84.6	408.7	NA			71
Vitamin A equivs (mcg)	1649.3	1396.9	1949.6	100			100
Retinol (mcg)	567.6	514.3	616.2	NA	NA		NA
Provitamin A (mcg)	6434.0	5054.5	8313.9	NA	NA		NA
Thiamin (mg)	2.9	2.7	3.2	100			100
Riboflavin (mg)	4.0	3.7	4.3	100			100
Niacin (mg)	73.0	69.4	77.7	100			100
Folate (mcg total)	735.2	634.3	801.6	NA	NA		NA
Folate equivs (mcg)	1143.0	1036.6	1254.3	100			100
Vitamin C (mg)	149.6	118.5	200.4	100			100
Vitamin D (mcg)	4.9	4.4	6.2	NA	NA		29
Vitamin E (mg)	16.0	13.9	18.1	NA	NA		100
Calcium (mg)	1740.7	1652.5	1845.0	100			100
Iron (mg)	19.6	17.8	21.1	100			100
Iodine (mcg)	299.1	267.5	356.9	100			100
Magnesium (mg)	603.9	564.3	638.8	100			100
Phosphorus (mg)	2650.9	2546.4	2731.2	100			100
Potassium (mg)	4993.1	4771.1	5318.4	NA			100
Sodium (mg)	2185.0	1930.7	2433.9	NA			100
Zinc (mg)	19.0	18.0	24.2	100			100
Cholesterol (mg)	255.7	192.8	332.7	NA	NA		NA
Selenium (mcg)	97.5	88.8	104.7	100			100
Vitamin B6 (mg)	2.3	2.1	2.6	100			100
Vitamin B12 (mcg)	8.7	8.2	9.8	100			100

Percent energy from fat 27.6

Percent energy from protein 20.9

Percent energy from carbohydrate 51.5

Boys14to18.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	35
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12083.5	11667.6	12441.2		NA		NA
Energy (kJ)	12492.2	12082.2	12836.1		NA		NA
Protein (g)	147.8	140.1	205.7		100		100
Fat (g)	90.4	85.9	96.8		NA		NA
Carbohydrate (g)	374.8	359.2	393.4		NA		NA
Sugars (g)	141.8	129.1	153.8		NA		NA
Starch (g)	231.4	219.0	246.9		NA		NA
Fibre (g)	51.9	48.6	57.3		NA		100
Saturated fat (g)	27.6	25.5	30.4		NA		NA
Monounsaturated fat (g)	30.7	28.3	33.7		NA		NA
Polyunsaturated fat (g)	25.5	24.2	27.8		NA		NA
Linoleic acid (g)	23.5	22.5	25.7		NA		100
Alpha linolenic acid (g)	1.7	1.5	2.0		NA		100
LC n3 fatty acids (mg)	174.7	83.9	455.7		NA		68
Vitamin A equivs (mcg)	1620.3	1325.0	1909.9		100		100
Retinol (mcg)	520.8	463.9	584.1		NA		NA
Provitamin A (mcg)	6552.6	5171.4	8274.7		NA		NA
Thiamin (mg)	2.8	2.6	3.0		100		100
Riboflavin (mg)	3.6	3.3	4.0		100		100
Niacin (mg)	69.6	66.4	72.6		100		100
Folate (mcg total)	737.1	653.6	792.3		NA		NA
Folate equivs (mcg)	1112.8	990.9	1207.5		100		100
Vitamin C (mg)	180.7	137.2	225.7		100		100
Vitamin D (mcg)	4.3	3.5	5.3		NA		4
Vitamin E (mg)	16.5	14.7	18.6		NA		100
Calcium (mg)	1608.3	1518.7	1714.1		100		100
Iron (mg)	19.3	18.0	21.0		100		100
Iodine (mcg)	263.7	243.7	330.1		100		100
Magnesium (mg)	586.9	557.4	614.8		100		100
Phosphorus (mg)	2516.5	2416.6	2623.3		100		100
Potassium (mg)	5032.8	4804.6	5249.2		NA		100
Sodium (mg)	2227.8	1900.3	2482.5		NA		100
Zinc (mg)	23.3	17.1	103.4		100		100
Cholesterol (mg)	253.2	191.8	359.2		NA		NA
Selenium (mcg)	94.8	85.9	106.0		100		100
Vitamin B6 (mg)	2.2	1.9	2.7		100		100
Vitamin B12 (mcg)	8.0	7.3	9.1		100		100

Percent energy from fat 27.3

Percent energy from protein 20.5

Percent energy from carbohydrate 52.2

Boys14to18.avtot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	24
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	3
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11965.3	11599.7	12304.0		NA		NA
Energy (kJ)	12393.8	12028.1	12753.6		NA		NA
Protein (g)	150.6	140.9	206.9		100		100
Fat (g)	94.2	86.9	100.4		NA		NA
Carbohydrate (g)	357.5	343.1	372.9		NA		NA
Sugars (g)	152.0	140.6	161.9		NA		NA
Starch (g)	203.8	189.5	219.6		NA		NA
Fibre (g)	55.5	50.9	64.0		NA		100
Saturated fat (g)	29.9	27.6	31.9		NA		NA
Monounsaturated fat (g)	31.7	28.9	35.3		NA		NA
Polyunsaturated fat (g)	25.6	23.9	26.7		NA		NA
Linoleic acid (g)	23.7	22.2	24.8		NA		100
Alpha linolenic acid (g)	1.6	1.4	1.9		NA		100
LC n3 fatty acids (mg)	189.9	88.0	406.7		NA		72
Vitamin A equivs (mcg)	1809.6	1589.5	2083.5		100		100
Retinol (mcg)	576.2	534.2	650.4		NA		NA
Provitamin A (mcg)	7344.5	5922.5	8830.9		NA		NA
Thiamin (mg)	2.7	2.6	3.0		100		100
Riboflavin (mg)	3.9	3.6	4.2		100		100
Niacin (mg)	71.5	67.5	75.2		100		100
Folate (mcg total)	771.0	674.4	856.1		NA		NA
Folate equivs (mcg)	1087.3	986.4	1204.0		100		100
Vitamin C (mg)	235.2	194.8	275.9		100		100
Vitamin D (mcg)	4.9	4.2	5.9		NA		34
Vitamin E (mg)	17.2	15.5	18.9		NA		100
Calcium (mg)	1710.2	1597.6	1809.2		100		100
Iron (mg)	19.4	17.7	21.2		100		100
Iodine (mcg)	274.3	245.5	336.4		100		100
Magnesium (mg)	618.7	588.0	644.1		100		100
Phosphorus (mg)	2633.9	2534.5	2727.0		100		100
Potassium (mg)	5844.7	5647.3	6105.2		NA		100
Sodium (mg)	2114.1	1925.3	2322.2		NA		100
Zinc (mg)	24.5	17.9	99.3		100		100
Cholesterol (mg)	270.0	210.4	388.0		NA		NA
Selenium (mcg)	93.7	86.5	102.6		100		100
Vitamin B6 (mg)	2.4	2.1	2.9		100		100
Vitamin B12 (mcg)	8.4	7.7	9.5		100		100

Percent energy from fat 28.6

Percent energy from protein 21.0

Percent energy from carbohydrate 50.4

Boys14to18.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12068.0	11657.8	12450.9	NA			NA
Energy (kJ)	12500.4	12078.8	12873.1	NA			NA
Protein (g)	151.7	139.5	261.3	100			100
Fat (g)	96.3	91.2	101.6	NA			NA
Carbohydrate (g)	361.4	346.3	381.6	NA			NA
Sugars (g)	159.6	146.3	173.3	NA			NA
Starch (g)	199.9	186.7	214.6	NA			NA
Fibre (g)	55.4	51.5	60.9	NA			100
Saturated fat (g)	30.6	28.3	33.0	NA			NA
Monounsaturated fat (g)	32.6	29.7	35.4	NA			NA
Polyunsaturated fat (g)	26.0	24.5	28.1	NA			NA
Linoleic acid (g)	24.1	22.7	25.8	NA			100
Alpha linolenic acid (g)	1.7	1.5	2.0	NA			100
LC n3 fatty acids (mg)	205.1	87.7	511.9	NA			78
Vitamin A equivs (mcg)	1778.7	1516.1	2068.0	100			100
Retinol (mcg)	547.7	492.5	605.5	NA			NA
Provitamin A (mcg)	7337.9	5855.2	9209.3	NA			NA
Thiamin (mg)	2.7	2.5	3.0	100			100
Riboflavin (mg)	3.7	3.3	4.1	100			100
Niacin (mg)	70.6	65.4	74.1	100			100
Folate (mcg total)	756.7	692.7	831.0	NA			NA
Folate equivs (mcg)	1056.0	958.0	1148.0	100			100
Vitamin C (mg)	242.8	181.6	286.1	100			100
Vitamin D (mcg)	4.5	3.8	5.8	NA			12
Vitamin E (mg)	17.6	15.6	20.0	NA			100
Calcium (mg)	1622.0	1531.2	1758.1	100			100
Iron (mg)	19.6	17.8	21.3	100			100
Iodine (mcg)	251.7	226.3	321.8	100			100
Magnesium (mg)	614.2	583.0	646.4	100			100
Phosphorus (mg)	2583.5	2515.9	2687.4	100			100
Potassium (mg)	5778.4	5543.3	6046.6	NA			100
Sodium (mg)	2203.7	1902.6	2451.7	NA			100
Zinc (mg)	28.3	17.6	179.4	100			100
Cholesterol (mg)	268.4	211.4	366.8	NA			NA
Selenium (mcg)	93.2	84.6	104.5	100			100
Vitamin B6 (mg)	2.3	2.0	2.8	100			100
Vitamin B12 (mcg)	7.9	7.1	9.0	100			100

Percent energy from fat 28.8

Percent energy from protein 20.9

Percent energy from carbohydrate 50.3

Boys14to18.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	10
[3,] OrangeVeg	7
[4,] Legumes	9
[5,] NutsSeeds	10
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	17
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11963.3	11659.5	12232.4		NA		NA
Energy (kJ)	12407.4	12100.7	12678.7		NA		NA
Protein (g)	151.3	143.9	207.8		100		100
Fat (g)	101.6	95.8	106.7		NA		NA
Carbohydrate (g)	338.2	319.2	353.2		NA		NA
Sugars (g)	155.8	146.1	165.4		NA		NA
Starch (g)	180.7	168.9	190.4		NA		NA
Fibre (g)	57.8	53.4	64.5		NA		100
Saturated fat (g)	31.7	29.4	33.7		NA		NA
Monounsaturated fat (g)	34.9	31.9	39.3		NA		NA
Polyunsaturated fat (g)	27.7	25.7	30.0		NA		NA
Linoleic acid (g)	25.8	24.0	28.0		NA		100
Alpha linolenic acid (g)	1.7	1.4	2.1		NA		100
LC n3 fatty acids (mg)	177.9	81.2	366.7		NA		76
Vitamin A equivalents (mcg)	1859.1	1561.3	2090.7		100		100
Retinol (mcg)	594.7	552.9	661.0		NA		NA
Provitamin A (mcg)	7528.1	5683.6	8960.8		NA		NA
Thiamin (mg)	2.8	2.6	3.0		100		100
Riboflavin (mg)	4.0	3.8	4.3		100		100
Niacin (mg)	73.5	69.6	77.0		100		100
Folate (mcg total)	821.8	736.2	909.5		NA		NA
Folate equivalents (mcg)	1098.9	1000.3	1206.3		100		100
Vitamin C (mg)	248.6	211.7	290.6		100		100
Vitamin D (mcg)	5.0	4.3	6.1		NA		40
Vitamin E (mg)	18.5	16.2	20.9		NA		100
Calcium (mg)	1760.0	1661.0	1864.4		100		100
Iron (mg)	19.9	18.5	21.5		100		100
Iodine (mcg)	271.2	248.1	347.5		100		100
Magnesium (mg)	652.0	626.1	680.3		100		100
Phosphorus (mg)	2714.7	2631.8	2787.7		100		100
Potassium (mg)	6072.3	5841.3	6281.8		NA		100
Sodium (mg)	2005.0	1732.8	2286.3		NA		100
Zinc (mg)	21.9	18.5	99.9		100		100
Cholesterol (mg)	272.4	215.7	398.2		NA		NA
Selenium (mcg)	92.4	84.8	103.2		100		100
Vitamin B6 (mg)	2.6	2.3	2.9		100		100
Vitamin B12 (mcg)	8.4	7.8	9.6		100		100

Percent energy from fat 30.9

Percent energy from protein 21.1

Percent energy from carbohydrate 48.0

Boys14to18.avtot6:

AllFoodGroups	N.serves					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	7					
[5,] NutsSeeds	10					
[6,] OtherVeg	28					
[7,] TotalFruit	14					
[8,] WholegrainCereals	35					
[9,] RefinedCereals	21					
[10,] Poultryfishheggsleg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	4					
[14,] MidFatDairy	0					
[15,] LoFatDairy	21					
[16,] PolyMarg	28					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	17.5					
		Daily intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)		12128.3	11755.7	12397.5	NA	NA
Energy (kJ)		12531.8	12152.3	12814.6	NA	NA
Protein (g)		154.4	142.5	263.6	100	100
Fat (g)		105.8	100.5	112.6	NA	NA
Carbohydrate (g)		342.2	326.3	361.3	NA	NA
Sugars (g)		149.2	137.9	163.2	NA	NA
Starch (g)		191.5	180.4	209.5	NA	NA
Fibre (g)		51.2	47.3	57.1	NA	100
Saturated fat (g)		33.3	31.1	36.6	NA	NA
Monounsaturated fat (g)		37.1	33.9	41.8	NA	NA
Polyunsaturated fat (g)		28.1	26.4	30.1	NA	NA
Linoleic acid (g)		26.1	24.6	27.7	NA	100
Alpha linolenic acid (g)		1.7	1.5	2.0	NA	100
LC n3 fatty acids (mg)		207.7	85.5	479.0	NA	83
Vitamin A equivs (mcg)		1767.0	1539.6	1988.2	100	100
Retinol (mcg)		563.0	508.5	634.0	NA	NA
Provitamin A (mcg)		7174.7	6010.9	8292.7	NA	NA
Thiamin (mg)		2.7	2.5	2.9	100	100
Riboflavin (mg)		3.7	3.4	4.0	100	100
Niacin (mg)		71.5	67.9	75.5	100	100
Folate (mcg total)		727.3	662.4	780.6	NA	NA
Folate equiys (mcg)		1025.6	915.3	1114.7	100	100
Vitamin C (mg)		199.9	151.3	243.1	100	100
Vitamin D (mcg)		4.6	3.7	5.8	NA	19
Vitamin E (mg)		18.5	16.3	21.0	NA	100
Calcium (mg)		1638.2	1553.7	1742.4	100	100
Iron (mg)		19.4	18.0	21.3	100	100
Iodine (mcg)		254.3	227.0	304.9	100	100
Magnesium (mg)		608.9	580.5	636.3	100	100
Phosphorus (mg)		2597.1	2523.8	2719.0	100	100
Potassium (mg)		5229.3	5020.1	5453.9	NA	100
Sodium (mg)		2296.3	1923.6	2681.6	NA	100
Zinc (mg)		29.4	18.0	179.4	100	100
Cholesterol (mg)		274.4	211.4	359.5	NA	NA
Selenium (mcg)		94.7	85.8	105.4	100	100
Vitamin B6 (mg)		2.2	2.0	2.7	100	100
Vitamin B12 (mcg)		8.0	7.4	9.4	100	100
Percent energy from fat		31.5				
Percent energy from protein		21.1				
Percent energy from carbohydrate		47.3				

A15.30 Summary 7-day *Total Diets* Boys 14-18 years higher energy level

Higher age, 18yrs and high activity PAL 2

Public Consultation

Boys14to18.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	14
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	42
[9,] RefinedCereals	42
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14952.7	14599.3	15297.5	NA	NA		NA
Energy (kJ)	15492.3	15126.4	15871.1	NA	NA		NA
Protein (g)	178.8	170.3	236.3	100			100
Fat (g)	116.3	110.8	122.3	NA	NA		NA
Carbohydrate (g)	455.9	439.1	470.6	NA	NA		NA
Sugars (g)	162.0	150.0	172.8	NA	NA		NA
Starch (g)	292.1	275.0	304.4	NA	NA		NA
Fibre (g)	69.3	63.5	76.2	NA			100
Saturated fat (g)	33.9	31.6	36.1	NA	NA		NA
Monounsaturated fat (g)	41.1	38.4	45.0	NA	NA		NA
Polyunsaturated fat (g)	32.9	31.0	35.1	NA	NA		NA
Linoleic acid (g)	30.6	28.9	32.8	NA			100
Alpha linolenic acid (g)	2.0	1.7	2.5	NA			100
LC n3 fatty acids (mg)	185.4	95.0	413.4	NA			76
Vitamin A equivs (mcg)	1835.9	1562.0	2083.5	100			100
Retinol (mcg)	595.5	542.6	676.6	NA	NA		NA
Provitamin A (mcg)	7392.4	5572.9	8879.2	NA	NA		NA
Thiamin (mg)	3.6	3.4	3.8	100			100
Riboflavin (mg)	4.4	4.0	4.8	100			100
Niacin (mg)	87.4	83.0	90.4	100			100
Folate (mcg total)	959.8	875.0	1057.1	NA	NA		NA
Folate equivs (mcg)	1399.8	1298.5	1547.8	100			100
Vitamin C (mg)	239.3	191.8	292.4	100			100
Vitamin D (mcg)	5.0	4.4	5.9	NA	NA		53
Vitamin E (mg)	21.5	18.7	24.3	NA	NA		100
Calcium (mg)	1911.5	1808.8	2015.6	100			100
Iron (mg)	24.6	22.5	26.2	100			100
Iodine (mcg)	319.8	285.9	383.4	100			100
Magnesium (mg)	780.5	740.4	807.0	100			100
Phosphorus (mg)	3133.7	3017.6	3242.9	100			100
Potassium (mg)	6549.4	6290.7	6792.2	NA	NA		100
Sodium (mg)	2532.9	2308.1	2762.6	NA	NA		100
Zinc (mg)	25.6	21.6	103.1	100			100
Cholesterol (mg)	272.5	215.8	377.2	NA	NA		NA
Selenium (mcg)	113.7	104.0	121.0	100			100
Vitamin B6 (mg)	2.9	2.6	3.3	100			100
Vitamin B12 (mcg)	9.1	8.5	10.2	100			100

Percent energy from fat 28.3
Percent energy from protein 20.0
Percent energy from carbohydrate 51.6

Boys14to18.hitot2:

AllFoodGroups N.serves							
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	17					
[6,]	OtherVeg	28					
[7,]	TotalFruit	28					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	28					
[10,]	Poultryfishheggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	4					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		15080.9	14668.1	15432.3	NA	NA	
Energy (kJ)		15640.9	15264.7	15989.6	NA	NA	
Protein (g)		182.8	170.3	239.0	100	100	
Fat (g)		127.1	120.6	134.3	NA	NA	
Carbohydrate (g)		441.7	424.0	455.1	NA	NA	
Sugars (g)		190.9	179.7	204.6	NA	NA	
Starch (g)		248.5	235.2	261.0	NA	NA	
Fibre (g)		71.8	65.5	79.0	NA	100	
Saturated fat (g)		37.7	35.2	40.3	NA	NA	
Monounsaturated fat (g)		45.5	42.9	49.2	NA	NA	
Polyunsaturated fat (g)		34.9	32.6	38.0	NA	NA	
Linoleic acid (g)		32.6	30.7	35.2	NA	100	
Alpha linolenic acid (g)		2.1	1.6	2.5	NA	100	
LC n3 fatty acids (mg)		196.9	91.0	436.3	NA	76	
Vitamin A equivs (mcg)		1872.0	1638.2	2111.8	100	100	
Retinol (mcg)		622.0	572.9	673.5	NA	NA	
Provitamin A (mcg)		7446.4	5964.4	8889.9	NA	NA	
Thiamin (mg)		3.5	3.3	3.8	100	100	
Riboflavin (mg)		4.4	4.0	4.7	100	100	
Niacin (mg)		87.6	82.3	91.6	100	100	
Folate (mcg total)		1019.4	940.1	1094.7	NA	NA	
Folate equivs (mcg)		1396.6	1298.3	1544.0	100	100	
Vitamin C (mg)		269.7	230.6	321.8	100	100	
Vitamin D (mcg)		5.2	4.5	6.4	NA	63	
Vitamin E (mg)		23.2	20.7	25.6	NA	100	
Calcium (mg)		1929.1	1793.0	2069.9	100	100	
Iron (mg)		24.6	22.4	26.1	100	100	
Iodine (mcg)		304.4	279.5	331.3	100	100	
Magnesium (mg)		805.3	769.3	843.5	100	100	
Phosphorus (mg)		3158.1	3054.3	3297.0	100	100	
Potassium (mg)		6871.0	6599.0	7179.0	NA	100	
Sodium (mg)		2498.6	2259.0	2777.1	NA	100	
Zinc (mg)		32.5	21.8	109.0	100	100	
Cholesterol (mg)		279.7	221.4	386.6	NA	NA	
Selenium (mcg)		110.7	101.3	122.7	100	100	
Vitamin B6 (mg)		3.0	2.8	3.5	100	100	
Vitamin B12 (mcg)		8.9	8.2	10.5	100	100	
Percent energy from fat		30.5					
Percent energy from protein		20.1					
Percent energy from carbohydrate		49.4					

Boys14to18.hitot3:

AllFoodGroups	N.serves					
[1,]	StarchyVeg	7				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	14				
[5,]	NutsSeeds	17				
[6,]	OtherVeg	28				
[7,]	TotalFruit	14				
[8,]	WholegrainCereals	42				
[9,]	RefinedCereals	42				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	4				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	21				
[16,]	PolyMarg	28				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	14				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	14899.1	14565.3	15214.6	NA		NA
Energy (kJ)	15415.7	15082.8	15744.4	NA		NA
Protein (g)	179.7	168.8	237.1	100		100
Fat (g)	123.8	116.8	130.5	NA		NA
Carbohydrate (g)	437.9	422.4	453.8	NA		NA
Sugars (g)	150.4	138.4	162.8	NA		NA
Starch (g)	286.1	269.7	299.5	NA		NA
Fibre (g)	65.6	60.7	70.5	NA		100
Saturated fat (g)	34.8	32.4	37.1	NA		NA
Monounsaturated fat (g)	45.3	42.0	48.8	NA		NA
Polyunsaturated fat (g)	35.2	32.6	37.2	NA		NA
Linoleic acid (g)	32.8	30.8	34.6	NA		100
Alpha linolenic acid (g)	2.1	1.7	2.4	NA		100
LC n3 fatty acids (mg)	191.3	89.9	404.9	NA		72
Vitamin A equivs (mcg)	1744.2	1472.1	2020.2	100		100
Retinol (mcg)	551.5	501.8	608.9	NA		NA
Provitamin A (mcg)	7104.4	5439.6	8731.8	NA		NA
Thiamin (mg)	3.6	3.4	3.9	100		100
Riboflavin (mg)	4.1	3.8	4.4	100		100
Niacin (mg)	87.0	82.6	90.7	100		100
Folate (mcg total)	920.5	857.1	996.7	NA		NA
Folate equivs (mcg)	1362.5	1253.2	1474.4	100		100
Vitamin C (mg)	204.4	169.2	242.9	100		100
Vitamin D (mcg)	4.5	3.8	5.5	NA		12
Vitamin E (mg)	22.8	20.6	25.7	NA		100
Calcium (mg)	1799.8	1664.4	1911.0	100		100
Iron (mg)	24.9	23.0	26.8	100		100
Iodine (mcg)	290.3	265.6	380.0	100		100
Magnesium (mg)	766.9	732.5	799.9	100		100
Phosphorus (mg)	3051.1	2940.6	3166.6	100		100
Potassium (mg)	5854.5	5657.6	6112.1	NA		100
Sodium (mg)	2644.0	2421.3	3009.1	NA		100
Zinc (mg)	29.0	21.4	103.2	100		100
Cholesterol (mg)	268.8	213.2	371.1	NA		NA
Selenium (mcg)	114.1	105.9	126.3	100		100
Vitamin B6 (mg)	2.7	2.4	3.1	100		100
Vitamin B12 (mcg)	8.4	7.8	10.0	100		100
Percent energy from fat	30.2					
Percent energy from protein	20.2					
Percent energy from carbohydrate	49.6					

Boys14to18.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	14
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	42
[9,] RefinedCereals	35
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	4
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	15039.7	14651.5	15365.0		NA		NA
Energy (kJ)	15576.4	15179.7	15949.2		NA		NA
Protein (g)	184.4	170.2	239.2		100		100
Fat (g)	121.7	114.6	129.0		NA		NA
Carbohydrate (g)	450.2	432.6	468.4		NA		NA
Sugars (g)	175.6	161.5	188.8		NA		NA
Starch (g)	272.7	253.1	287.8		NA		NA
Fibre (g)	68.8	64.5	75.1		NA		100
Saturated fat (g)	37.0	34.1	38.8		NA		NA
Monounsaturated fat (g)	43.0	40.1	45.5		NA		NA
Polyunsaturated fat (g)	33.1	31.1	36.5		NA		NA
Linoleic acid (g)	30.7	29.0	33.5		NA		100
Alpha linolenic acid (g)	2.0	1.8	2.5		NA		100
LC n3 fatty acids (mg)	191.6	89.4	537.2		NA		79
Vitamin A equivs (mcg)	1868.9	1673.8	2163.3		100		100
Retinol (mcg)	620.2	579.7	662.3		NA		NA
Provitamin A (mcg)	7436.3	6292.2	9157.4		NA		NA
Thiamin (mg)	3.5	3.3	3.8		100		100
Riboflavin (mg)	4.4	4.0	4.7		100		100
Niacin (mg)	86.7	82.5	89.9		100		100
Folate (mcg total)	953.0	876.3	1013.0		NA		NA
Folate equivs (mcg)	1358.7	1264.9	1484.6		100		100
Vitamin C (mg)	242.2	202.8	303.4		100		100
Vitamin D (mcg)	5.2	4.5	6.7		NA		72
Vitamin E (mg)	21.7	19.1	23.8		NA		100
Calcium (mg)	1929.2	1818.4	2024.0		100		100
Iron (mg)	24.6	23.1	27.2		100		100
Iodine (mcg)	313.9	283.5	378.1		100		100
Magnesium (mg)	780.1	754.3	811.9		100		100
Phosphorus (mg)	3149.9	3035.8	3243.2		100		100
Potassium (mg)	6606.9	6401.3	6828.1		NA		100
Sodium (mg)	2603.5	2279.7	2971.9		NA		100
Zinc (mg)	33.8	21.5	103.2		100		100
Cholesterol (mg)	285.5	227.4	348.7		NA		NA
Selenium (mcg)	112.7	104.9	123.8		100		100
Vitamin B6 (mg)	2.9	2.6	3.3		100		100
Vitamin B12 (mcg)	9.1	8.4	9.7		100		100

Percent energy from fat 29.3

Percent energy from protein 20.4

Percent energy from carbohydrate 50.3

Boys14to18.hitot5:

AllFoodGroups N.serves						
[1,]	StarchyVeg	14				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	14				
[5,]	NutsSeeds	14				
[6,]	OtherVeg	35				
[7,]	TotalFruit	21				
[8,]	WholegrainCereals	35				
[9,]	RefinedCereals	35				
[10,]	Poultryfishheggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	4				
[14,]	MidFatDairy	4				
[15,]	LoFatDairy	21				
[16,]	PolyMarg	28				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	17.5				
Daily intake minimum maximum met EAR met RDI/AI						
Energy excl fibre (kJ)		15007.0	14715.4	15301.3	NA	NA
Energy (kJ)		15539.5	15242.0	15836.6	NA	NA
Protein (g)		182.8	170.1	237.8	100	100
Fat (g)		124.1	117.3	131.0	NA	NA
Carbohydrate (g)		443.6	425.7	467.7	NA	NA
Sugars (g)		180.7	167.0	193.2	NA	NA
Starch (g)		261.0	247.2	275.9	NA	NA
Fibre (g)		68.4	62.7	76.9	NA	100
Saturated fat (g)		38.5	35.7	42.0	NA	NA
Monounsaturated fat (g)		43.8	40.8	46.9	NA	NA
Polyunsaturated fat (g)		33.0	30.4	35.6	NA	NA
Linoleic acid (g)		30.7	28.5	32.8	NA	100
Alpha linolenic acid (g)		2.0	1.7	2.5	NA	100
LC n3 fatty acids (mg)		209.2	94.5	433.6	NA	83
Vitamin A equivs (mcg)		1921.7	1651.4	2136.7	100	100
Retinol (mcg)		633.1	582.6	710.0	NA	NA
Provitamin A (mcg)		7673.7	6134.8	8916.0	NA	NA
Thiamin (mg)		3.3	3.1	3.6	100	100
Riboflavin (mg)		4.3	4.0	4.6	100	100
Niacin (mg)		85.6	80.5	90.0	100	100
Folate (mcg total)		940.1	874.1	997.8	NA	NA
Folate equivs (mcg)		1308.3	1227.3	1393.8	100	100
Vitamin C (mg)		265.3	221.9	328.2	100	100
Vitamin D (mcg)		5.3	4.7	6.4	NA	78
Vitamin E (mg)		21.9	19.5	24.4	NA	100
Calcium (mg)		1912.4	1775.1	2010.4	100	100
Iron (mg)		23.9	22.3	25.9	100	100
Iodine (mcg)		304.9	281.6	329.4	100	100
Magnesium (mg)		765.3	722.7	808.7	100	100
Phosphorus (mg)		3116.1	3004.3	3217.6	100	100
Potassium (mg)		6696.4	6497.2	6958.2	NA	100
Sodium (mg)		2598.8	2345.8	2895.9	NA	100
Zinc (mg)		32.0	21.4	107.9	100	100
Cholesterol (mg)		292.8	231.8	425.9	NA	NA
Selenium (mcg)		110.8	102.4	120.9	100	100
Vitamin B6 (mg)		2.9	2.6	3.4	100	100
Vitamin B12 (mcg)		9.1	8.3	10.9	100	100
Percent energy from fat 30.0						
Percent energy from protein 20.3						
Percent energy from carbohydrate 49.8						

Boys14to18.hitot6:

AllFoodGroups	N.serves						
[1,]	StarchyVeg	10					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	14					
[5,]	NutsSeeds	14					
[6,]	OtherVeg	28					
[7,]	TotalFruit	28					
[8,]	WholegrainCereals	35					
[9,]	RefinedCereals	35					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	4					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	28					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	17.5					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	15082.3	14724.4	15408.6		NA		NA
Energy (kJ)	15618.2	15254.5	15945.9		NA		NA
Protein (g)	180.0	166.4	233.9		100		100
Fat (g)	123.7	118.4	131.5		NA		NA
Carbohydrate (g)	451.6	430.0	471.0		NA		NA
Sugars (g)	194.8	178.1	209.6		NA		NA
Starch (g)	254.5	240.9	267.9		NA		NA
Fibre (g)	68.3	64.2	73.3		NA		100
Saturated fat (g)	38.2	36.2	41.0		NA		NA
Monounsaturated fat (g)	43.6	39.9	46.4		NA		NA
Polyunsaturated fat (g)	33.1	30.9	35.8		NA		NA
Linoleic acid (g)	30.7	28.6	32.9		NA		100
Alpha linolenic acid (g)	2.1	1.8	2.5		NA		100
LC n3 fatty acids (mg)	192.8	100.0	427.5		NA		75
Vitamin A equivs (mcg)	1893.6	1646.2	2155.1		100		100
Retinol (mcg)	633.1	580.8	687.0		NA		NA
Provitamin A (mcg)	7508.8	6085.4	9069.4		NA		NA
Thiamin (mg)	3.3	3.1	3.6		100		100
Riboflavin (mg)	4.3	3.9	4.5		100		100
Niacin (mg)	84.1	79.5	90.8		100		100
Folate (mcg total)	964.7	903.2	1027.7		NA		NA
Folate equivs (mcg)	1335.8	1252.7	1432.5		100		100
Vitamin C (mg)	263.9	216.1	329.5		100		100
Vitamin D (mcg)	5.3	4.5	6.3		NA		76
Vitamin E (mg)	22.1	19.5	23.9		NA		100
Calcium (mg)	1906.2	1805.2	2004.5		100		100
Iron (mg)	23.6	21.9	25.4		100		100
Iodine (mcg)	305.5	280.0	361.1		100		100
Magnesium (mg)	760.4	716.7	795.1		100		100
Phosphorus (mg)	3071.1	2981.4	3165.6		100		100
Potassium (mg)	6545.1	6365.6	6815.4		NA		100
Sodium (mg)	2574.8	2328.8	2868.7		NA		100
Zinc (mg)	31.0	20.7	103.1		100		100
Cholesterol (mg)	293.8	234.6	392.8		NA		NA
Selenium (mcg)	109.5	101.7	123.9		100		100
Vitamin B6 (mg)	2.9	2.6	3.3		100		100
Vitamin B12 (mcg)	9.1	8.3	10.4		100		100
Percent energy from fat	29.7						
Percent energy from protein	19.9						
Percent energy from carbohydrate	50.4						

A15.31 Sample 7-day *Total Diets* for Girls 2-3 years mid energy level

Average, aged 2.5y and energy at light to moderate activity

Public Consultation

Girls2to3.avtot1:

	AllFoodGroups	N.serves
[1,]	StarchyVeg	2.5
[2,]	GreenBrassicas	3.5
[3,]	OrangeVeg	3.5
[4,]	Legumes	2
[5,]	NutsSeeds	0
[6,]	OtherVeg	7
[7,]	TotalFruit	7
[8,]	WholegrainCereals	21
[9,]	RefinedCereals	14
[10,]	Poultryfishheggsleg	3.5
[11,]	RedMeats	3.5
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	1
[14,]	MidFatDairy	0
[15,]	LoFatDairy	9.5
[16,]	PolyMarg	10
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	4916.2	4697.2	5229.4		NA			NA
Energy (kJ)	5084.4	4856.5	5399.5		NA			NA
Protein (g)	62.4	59.7	65.5		100			100
Fat (g)	30.8	27.2	35.7		NA			NA
Carbohydrate (g)	161.6	150.1	173.4		NA			NA
Sugars (g)	55.1	49.3	60.1		NA			NA
Starch (g)	105.7	95.3	114.9		NA			NA
Fibre (g)	22.9	19.9	28.6		NA			100
Saturated fat (g)	10.1	8.9	11.5		NA			NA
Monounsaturated fat (g)	9.9	8.0	12.4		NA			NA
Polyunsaturated fat (g)	8.2	7.4	8.9		NA			NA
Linoleic acid (g)	7.4	6.7	8.1		NA			100
Alpha linolenic acid (g)	0.6	0.5	0.8		NA			100
LC n3 fatty acids (mg)	107.1	39.1	385.1		NA			99
Vitamin A equivs (mcg)	757.4	616.8	977.2		100			100
Retinol (mcg)	214.5	182.6	262.1		NA			NA
Provitamin A (mcg)	3217.2	2405.2	4560.9		NA			NA
Thiamin (mg)	1.1	0.9	1.2		100			100
Riboflavin (mg)	1.6	1.4	1.8		100			100
Niacin (mg)	30.4	27.1	33.2		100			100
Folate (mcg total)	291.5	238.6	338.9		NA			NA
Folate equivs (mcg)	479.7	414.4	545.8		100			100
Vitamin C (mg)	64.9	42.5	85.3		100			100
Vitamin D (mcg)	1.9	1.4	3.0		NA			0
Vitamin E (mg)	5.5	4.5	6.8		NA			88
Calcium (mg)	703.2	645.0	772.3		100			100
Iron (mg)	8.1	7.1	9.1		100			4
Iodine (mcg)	130.7	110.6	147.0		100			100
Magnesium (mg)	244.8	228.1	269.9		100			100
Phosphorus (mg)	1105.6	1048.9	1163.7		100			100
Potassium (mg)	2192.5	2000.9	2396.2		NA			100
Sodium (mg)	953.0	809.3	1133.4		NA			100
Zinc (mg)	8.0	7.4	13.4		100			100
Cholesterol (mg)	125.3	78.5	216.3		NA			NA
Selenium (mcg)	43.4	37.3	51.5		100			100
Vitamin B6 (mg)	1.1	0.8	1.6		100			100
Vitamin B12 (mcg)	3.8	3.3	4.6		100			100

Percent energy from fat 23.0

Percent energy from protein 21.4

Percent energy from carbohydrate 55.6

Girls2to3.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	4
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	4
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	10
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	4828.3	4615.0	5091.9	NA			NA
Energy (kJ)	5025.1	4811.7	5290.8	NA			NA
Protein (g)	61.4	58.6	65.1	100			100
Fat (g)	27.8	24.0	33.0	NA			NA
Carbohydrate (g)	164.5	155.5	178.1	NA			NA
Sugars (g)	72.3	65.3	78.9	NA			NA
Starch (g)	91.0	81.4	102.6	NA			NA
Fibre (g)	26.6	22.4	34.8	NA			100
Saturated fat (g)	9.2	7.9	10.6	NA			NA
Monounsaturated fat (g)	9.1	7.4	12.1	NA			NA
Polyunsaturated fat (g)	7.0	6.3	7.7	NA			NA
Linoleic acid (g)	6.2	5.6	6.9	NA			100
Alpha linolenic acid (g)	0.6	0.5	0.7	NA			94
LC n3 fatty acids (mg)	118.5	32.8	457.7	NA			97
Vitamin A equivs (mcg)	813.8	644.4	973.8	100			100
Retinol (mcg)	178.1	146.0	227.0	NA			NA
Provitamin A (mcg)	3778.3	2708.9	4767.0	NA			NA
Thiamin (mg)	1.1	1.0	1.3	100			100
Riboflavin (mg)	1.6	1.4	1.8	100			100
Niacin (mg)	30.3	27.6	32.8	100			100
Folate (mcg total)	337.9	291.6	384.9	NA			NA
Folate equivs (mcg)	503.4	446.8	584.3	100			100
Vitamin C (mg)	96.7	71.2	132.2	100			100
Vitamin D (mcg)	1.7	1.2	3.3	NA			0
Vitamin E (mg)	5.6	4.5	6.5	NA			92
Calcium (mg)	708.0	641.3	775.8	100			100
Iron (mg)	8.3	7.2	9.2	100			5
Iodine (mcg)	125.0	104.4	142.1	100			100
Magnesium (mg)	265.3	243.3	289.5	100			100
Phosphorus (mg)	1110.2	1039.8	1180.0	100			100
Potassium (mg)	2613.7	2396.8	2775.5	NA			100
Sodium (mg)	872.6	741.8	1007.6	NA			100
Zinc (mg)	8.1	7.4	8.9	100			100
Cholesterol (mg)	119.6	74.7	208.3	NA			NA
Selenium (mcg)	41.8	33.9	49.1	100			100
Vitamin B6 (mg)	1.3	0.9	1.8	100			100
Vitamin B12 (mcg)	3.6	3.2	4.2	100			100

Percent energy from fat 21.0

Percent energy from protein 21.3

Percent energy from carbohydrate 57.7

Girls2to3.avtot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	4
[2,] GreenBrassicas	4
[3,] OrangeVeg	4
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	7
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	4783.3	4602.4	5007.6	NA			NA
Energy (kJ)	4958.7	4761.4	5184.1	NA			NA
Protein (g)	64.0	58.2	121.0	100			100
Fat (g)	32.0	28.3	37.9	NA			NA
Carbohydrate (g)	152.0	140.8	163.5	NA			NA
Sugars (g)	61.7	54.5	68.1	NA			NA
Starch (g)	89.5	78.0	99.6	NA			NA
Fibre (g)	24.1	20.1	32.1	NA			100
Saturated fat (g)	11.3	9.5	12.7	NA			NA
Monounsaturated fat (g)	10.9	8.7	14.3	NA			NA
Polyunsaturated fat (g)	7.3	6.6	8.2	NA			NA
Linoleic acid (g)	6.5	5.9	7.4	NA			100
Alpha linolenic acid (g)	0.6	0.5	0.7	NA			94
LC n3 fatty acids (mg)	109.5	40.0	309.1	NA			99
Vitamin A equivs (mcg)	830.2	641.1	1061.7	100			100
Retinol (mcg)	196.4	167.1	231.4	NA			NA
Provitamin A (mcg)	3761.3	2734.9	4987.2	NA			NA
Thiamin (mg)	1.1	0.9	1.2	100			100
Riboflavin (mg)	1.6	1.4	1.8	100			100
Niacin (mg)	30.1	27.2	32.6	100			100
Folate (mcg total)	300.4	260.2	362.1	NA			NA
Folate equivs (mcg)	452.6	397.2	505.4	100			100
Vitamin C (mg)	88.3	68.2	117.1	100			100
Vitamin D (mcg)	1.7	1.3	2.5	NA			0
Vitamin E (mg)	5.6	4.4	6.9	NA			87
Calcium (mg)	702.1	619.2	779.0	100			100
Iron (mg)	8.1	7.0	9.3	100			4
Iodine (mcg)	123.3	109.8	138.4	100			100
Magnesium (mg)	250.3	228.1	271.4	100			100
Phosphorus (mg)	1112.0	1057.4	1184.2	100			100
Potassium (mg)	2480.3	2311.0	2663.4	NA			100
Sodium (mg)	927.4	765.2	1073.1	NA			100
Zinc (mg)	11.3	7.6	88.5	100			100
Cholesterol (mg)	133.4	83.7	207.0	NA			NA
Selenium (mcg)	42.6	33.0	51.6	100			100
Vitamin B6 (mg)	1.4	0.9	2.1	100			100
Vitamin B12 (mcg)	3.7	3.3	4.2	100			100

Percent energy from fat 24.3

Percent energy from protein 22.3

Percent energy from carbohydrate 53.4

Girls2to3.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	2.5
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	3
[5,] NutsSeeds	0
[6,] OtherVeg	7
[7,] TotalFruit	7
[8,] WholegrainCereals	21
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	7
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	4724.4	4480.8	5035.9	NA	NA		NA
Energy (kJ)	4891.1	4637.6	5218.6	NA	NA		NA
Protein (g)	61.5	58.5	65.5	100			100
Fat (g)	30.6	26.2	35.2	NA			NA
Carbohydrate (g)	151.9	142.1	168.5	NA			NA
Sugars (g)	60.0	53.0	66.0	NA			NA
Starch (g)	91.1	83.0	103.2	NA			NA
Fibre (g)	22.4	18.8	28.8	NA			100
Saturated fat (g)	11.0	9.5	13.2	NA			NA
Monounsaturated fat (g)	9.9	7.8	12.2	NA			NA
Polyunsaturated fat (g)	7.2	6.4	8.3	NA			NA
Linoleic acid (g)	6.4	5.7	7.3	NA			100
Alpha linolenic acid (g)	0.6	0.5	0.8	NA			97
LC n3 fatty acids (mg)	102.1	40.5	344.9	NA			100
Vitamin A equivs (mcg)	722.9	544.7	911.7	100			100
Retinol (mcg)	196.7	167.8	242.7	NA			NA
Provitamin A (mcg)	3117.9	2150.8	4225.5	NA			NA
Thiamin (mg)	1.1	0.9	1.2	100			100
Riboflavin (mg)	1.6	1.4	1.8	100			100
Niacin (mg)	29.7	27.0	32.2	100			100
Folate (mcg total)	292.6	233.4	346.9	NA			NA
Folate equivs (mcg)	458.9	392.4	530.4	100			100
Vitamin C (mg)	68.7	46.2	87.4	100			100
Vitamin D (mcg)	1.7	1.4	2.9	NA			0
Vitamin E (mg)	5.0	3.5	6.7	NA			53
Calcium (mg)	708.0	654.6	767.6	100			100
Iron (mg)	8.1	7.2	9.5	100			3
Iodine (mcg)	126.4	110.5	144.4	100			100
Magnesium (mg)	247.1	224.6	268.6	100			100
Phosphorus (mg)	1101.0	1049.0	1170.9	100			100
Potassium (mg)	2236.2	2030.7	2462.4	NA			100
Sodium (mg)	945.6	771.1	1100.3	NA			100
Zinc (mg)	8.0	7.3	13.6	100			100
Cholesterol (mg)	131.2	77.3	217.1	NA			NA
Selenium (mcg)	41.4	33.7	50.4	100			100
Vitamin B6 (mg)	1.1	0.8	1.5	100			100
Vitamin B12 (mcg)	3.7	3.2	4.4	100			100

Percent energy from fat 23.7

Percent energy from protein 21.9

Percent energy from carbohydrate 54.4

Girls2to3.avtot5:

AllFoodGroups N.serves							
[1,]	StarchyVeg	4					
[2,]	GreenBrassicas	3.5					
[3,]	OrangeVeg	3.5					
[4,]	Legumes	3.5					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	7					
[7,]	TotalFruit	10					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheggsleg	3.5					
[11,]	RedMeats	3.5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	9.5					
[16,]	PolyMarg	10					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	4665.7	4446.8	4857.4		NA		NA
Energy (kJ)	4842.7	4624.2	5050.5		NA		NA
Protein (g)	60.8	57.3	63.3		100		100
Fat (g)	30.4	25.9	34.7		NA		NA
Carbohydrate (g)	149.6	137.8	161.0		NA		NA
Sugars (g)	61.5	53.0	70.8		NA		NA
Starch (g)	87.1	76.2	100.3		NA		NA
Fibre (g)	24.4	20.0	29.5		NA		100
Saturated fat (g)	9.9	8.4	11.2		NA		NA
Monounsaturated fat (g)	9.7	7.7	12.0		NA		NA
Polyunsaturated fat (g)	8.3	7.3	8.9		NA		NA
Linoleic acid (g)	7.4	6.6	8.0		NA		100
Alpha linolenic acid (g)	0.6	0.5	0.8		NA		100
LC n3 fatty acids (mg)	116.4	36.4	341.3		NA		97
Vitamin A equivs (mcg)	770.8	600.0	960.7		100		100
Retinol (mcg)	211.1	181.2	237.4		NA		NA
Provitamin A (mcg)	3319.8	2362.8	4565.0		NA		NA
Thiamin (mg)	1.0	0.9	1.2		100		100
Riboflavin (mg)	1.5	1.4	1.8		100		100
Niacin (mg)	29.1	27.0	31.3		100		100
Folate (mcg total)	306.9	263.1	354.6		NA		NA
Folate equivs (mcg)	458.8	377.9	522.8		100		100
Vitamin C (mg)	76.7	53.4	104.0		100		100
Vitamin D (mcg)	1.9	1.5	3.0		NA		0
Vitamin E (mg)	5.6	4.6	6.8		NA		94
Calcium (mg)	686.5	629.4	759.0		100		100
Iron (mg)	7.9	7.1	8.8		100		0
Iodine (mcg)	120.3	102.7	135.0		100		100
Magnesium (mg)	248.7	229.8	267.1		100		100
Phosphorus (mg)	1076.5	1019.6	1137.2		100		100
Potassium (mg)	2385.8	2221.9	2558.4		NA		100
Sodium (mg)	851.1	683.7	1054.1		NA		100
Zinc (mg)	7.9	7.3	13.1		100		100
Cholesterol (mg)	120.9	73.4	180.5		NA		NA
Selenium (mcg)	40.9	34.2	49.1		100		100
Vitamin B6 (mg)	1.1	0.8	1.5		100		100
Vitamin B12 (mcg)	3.6	3.1	4.4		100		100
Percent energy from fat		23.8					
Percent energy from protein		21.9					
Percent energy from carbohydrate		54.4					

Girls2to3.avtot6:

AllFoodGroups N.serves							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	3.5					
[3,]	OrangeVeg	3.5					
[4,]	Legumes	2					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	7					
[7,]	TotalFruit	10					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheseggsleg	3.5					
[11,]	RedMeats	3.5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	9.5					
[16,]	PolyMarg	10					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		4619.1	4363.3	4821.5	NA	NA	NA
Energy (kJ)		4788.9	4534.4	5008.0	NA	NA	NA
Protein (g)		59.4	57.0	62.4	100	100	100
Fat (g)		29.6	26.6	33.6	NA	NA	NA
Carbohydrate (g)		149.8	140.7	161.1	NA	NA	NA
Sugars (g)		61.3	54.4	68.4	NA	NA	NA
Starch (g)		87.5	79.0	98.3	NA	NA	NA
Fibre (g)		24.4	20.0	33.3	NA	100	100
Saturated fat (g)		9.7	8.6	11.0	NA	NA	NA
Monounsaturated fat (g)		9.4	7.8	11.5	NA	NA	NA
Polyunsaturated fat (g)		7.9	7.2	8.8	NA	NA	NA
Linoleic acid (g)		7.2	6.6	7.8	NA	100	100
Alpha linolenic acid (g)		0.6	0.5	0.8	NA	99	99
LC n3 fatty acids (mg)		119.1	38.2	373.3	NA	98	98
Vitamin A equivs (mcg)		755.2	586.4	942.8	100	100	100
Retinol (mcg)		211.6	180.5	239.0	NA	NA	NA
Provitamin A (mcg)		3223.2	2254.9	4276.9	NA	NA	NA
Thiamin (mg)		1.0	0.9	1.2	100	100	100
Riboflavin (mg)		1.5	1.3	1.7	100	100	100
Niacin (mg)		29.0	27.0	31.1	100	100	100
Folate (mcg total)		297.2	250.4	354.9	NA	NA	NA
Folate equivs (mcg)		450.7	391.4	538.2	100	100	100
Vitamin C (mg)		79.2	61.7	96.4	100	100	100
Vitamin D (mcg)		1.9	1.4	2.9	NA	0	0
Vitamin E (mg)		5.5	4.0	6.7	NA	81	81
Calcium (mg)		678.7	614.5	726.5	100	100	100
Iron (mg)		7.7	6.9	9.3	100	1	1
Iodine (mcg)		120.3	103.9	137.0	100	100	100
Magnesium (mg)		242.7	220.7	271.9	100	100	100
Phosphorus (mg)		1063.8	986.6	1107.4	100	100	100
Potassium (mg)		2382.5	2199.2	2574.5	NA	100	100
Sodium (mg)		848.7	668.2	1028.2	NA	100	100
Zinc (mg)		7.8	7.1	12.8	100	100	100
Cholesterol (mg)		123.1	74.7	184.6	NA	NA	NA
Selenium (mcg)		40.2	31.0	48.7	100	100	100
Vitamin B6 (mg)		1.1	0.8	1.5	100	100	100
Vitamin B12 (mcg)		3.6	3.1	4.6	100	100	100
Percent energy from fat		23.4					
Percent energy from protein		21.6					
Percent energy from carbohydrate		54.9					

A15.32 Sample 7-day *Total Diets* for Girls 2-3 years higher energy level

High end, aged 3yrs and high activity PAL 2

Public Consultation

Girls2to3.hitot1:

AllFoodGroups	N.serves
[1,]	StarchyVeg 7
[2,]	GreenBrassicas 3.5
[3,]	OrangeVeg 3.5
[4,]	Legumes 7
[5,]	NutsSeeds 0
[6,]	OtherVeg 7
[7,]	TotalFruit 14
[8,]	WholegrainCereals 21
[9,]	RefinedCereals 21
[10,]	Poultryfisheseggsleg 3.5
[11,]	RedMeats 3.5
[12,]	EggsLegumesNutsSeeds 0
[13,]	HiFatDairy 1
[14,]	MidFatDairy 0
[15,]	LoFatDairy 9.5
[16,]	PolyMarg 10
[17,]	Pasta 0
[18,]	Rice 0
[19,]	Extras 0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6183.4	5953.2	6477.4	NA	NA			
Energy (kJ)	6427.2	6196.2	6709.9	NA	NA			
Protein (g)	73.5	69.5	76.8	100	100			
Fat (g)	33.1	28.0	38.1	NA	NA			
Carbohydrate (g)	220.6	209.6	235.3	NA	NA			
Sugars (g)	74.6	68.1	81.7	NA	NA			
Starch (g)	144.7	132.0	154.5	NA	NA			
Fibre (g)	34.9	28.8	45.3	NA	100			
Saturated fat (g)	10.4	8.9	12.0	NA	NA			
Monounsaturated fat (g)	10.4	8.0	12.8	NA	NA			
Polyunsaturated fat (g)	9.4	8.0	10.6	NA	NA			
Linoleic acid (g)	8.4	7.3	9.4	NA	100			
Alpha linolenic acid (g)	0.8	0.6	1.0	NA	100			
LC n3 fatty acids (mg)	104.1	42.1	371.1	NA	100			
Vitamin A equivs (mcg)	783.9	625.5	977.0	100	100			
Retinol (mcg)	215.4	183.4	272.1	NA	NA			
Provitamin A (mcg)	3370.0	2567.6	4527.4	NA	NA			
Thiamin (mg)	1.4	1.2	1.5	100	100			
Riboflavin (mg)	1.7	1.5	1.9	100	100			
Niacin (mg)	34.9	32.0	38.2	100	100			
Folate (mcg total)	389.6	345.3	445.7	NA	NA			
Folate equivs (mcg)	606.0	539.4	669.3	100	100			
Vitamin C (mg)	93.7	72.1	117.3	100	100			
Vitamin D (mcg)	1.8	1.5	2.7	NA	0			
Vitamin E (mg)	6.5	5.2	7.6	NA	100			
Calcium (mg)	755.0	691.5	828.6	100	100			
Iron (mg)	10.5	9.6	11.8	100	100			
Iodine (mcg)	139.1	123.4	159.0	100	100			
Magnesium (mg)	313.1	293.6	339.9	100	100			
Phosphorus (mg)	1286.9	1215.2	1352.3	100	100			
Potassium (mg)	2923.7	2731.4	3100.0	NA	100			
Sodium (mg)	1087.4	891.1	1288.6	NA	100			
Zinc (mg)	9.4	8.6	14.8	100	100			
Cholesterol (mg)	124.3	75.5	213.5	NA	NA			
Selenium (mcg)	50.4	41.4	61.4	100	100			
Vitamin B6 (mg)	1.4	1.0	1.7	100	100			
Vitamin B12 (mcg)	4.0	3.5	5.4	100	100			

Percent energy from fat 19.6

Percent energy from protein 20.0

Percent energy from carbohydrate 60.4

Girls2to3.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	3.5
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	18
[10,] Poultryfisheseggsleg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6115.2	5794.7	6391.5	NA			NA
Energy (kJ)	6358.3	6022.9	6653.2	NA			NA
Protein (g)	72.3	67.9	76.4	100			100
Fat (g)	37.5	31.4	42.9	NA			NA
Carbohydrate (g)	208.1	191.7	220.8	NA			NA
Sugars (g)	76.9	70.6	85.1	NA			NA
Starch (g)	129.9	117.8	141.9	NA			NA
Fibre (g)	34.2	28.2	42.9	NA			100
Saturated fat (g)	12.1	10.7	13.6	NA			NA
Monounsaturated fat (g)	12.7	9.5	16.1	NA			NA
Polyunsaturated fat (g)	9.5	8.3	10.8	NA			NA
Linoleic acid (g)	8.6	7.5	9.7	NA			100
Alpha linolenic acid (g)	0.7	0.6	0.9	NA			100
LC n3 fatty acids (mg)	121.6	34.6	327.8	NA			98
Vitamin A equivs (mcg)	881.1	695.8	1305.0	100			100
Retinol (mcg)	224.6	186.8	257.8	NA			NA
Provitamin A (mcg)	3896.5	2886.2	6310.4	NA			NA
Thiamin (mg)	1.3	1.2	1.5	100			100
Riboflavin (mg)	1.8	1.6	2.0	100			100
Niacin (mg)	35.5	33.2	38.0	100			100
Folate (mcg total)	392.7	341.4	440.1	NA			NA
Folate equivs (mcg)	598.1	505.9	662.2	100			100
Vitamin C (mg)	127.0	99.4	168.7	100			100
Vitamin D (mcg)	2.1	1.5	3.3	NA			0
Vitamin E (mg)	7.3	6.2	8.7	NA			100
Calcium (mg)	793.6	714.6	875.5	100			100
Iron (mg)	10.2	8.7	11.5	100			99
Iodine (mcg)	137.1	119.2	152.8	100			100
Magnesium (mg)	314.5	294.4	336.4	100			100
Phosphorus (mg)	1301.0	1225.0	1377.0	100			100
Potassium (mg)	3203.9	2976.8	3414.2	NA			100
Sodium (mg)	1106.1	911.5	1349.9	NA			100
Zinc (mg)	9.5	8.8	14.8	100			100
Cholesterol (mg)	124.2	86.3	188.6	NA			NA
Selenium (mcg)	51.5	45.1	64.7	100			100
Vitamin B6 (mg)	1.8	1.1	2.4	100			100
Vitamin B12 (mcg)	4.0	3.6	4.8	100			100

Percent energy from fat 22.4

Percent energy from protein 19.9

Percent energy from carbohydrate 57.7

Girls2to3.hitot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	3.5
[3,] OrangeVeg	3.5
[4,] Legumes	3.5
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	21
[9,] RefinedCereals	12
[10,] AllOtherMeatEggsLeg	3.5
[11,] RedMeats	3.5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	9.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6191.8	5853.6	6536.8	NA	NA			
Energy (kJ)	6455.9	6107.0	6801.8	NA	NA			
Protein (g)	70.5	66.7	130.0	100	100			
Fat (g)	38.2	31.3	45.0	NA	NA			
Carbohydrate (g)	214.3	199.5	227.2	NA	NA			
Sugars (g)	100.0	91.8	110.5	NA	NA			
Starch (g)	112.6	101.4	121.1	NA	NA			
Fibre (g)	37.0	30.7	48.3	NA	100			
Saturated fat (g)	12.6	10.1	15.0	NA	NA			
Monounsaturated fat (g)	12.9	9.5	16.4	NA	NA			
Polyunsaturated fat (g)	9.5	8.6	10.6	NA	NA			
Linoleic acid (g)	8.5	7.5	9.4	NA	100			
Alpha linolenic acid (g)	0.7	0.6	0.9	NA	100			
LC n3 fatty acids (mg)	119.5	40.4	315.6	NA	100			
Vitamin A equivs (mcg)	922.7	699.9	1163.1	100	100			
Retinol (mcg)	232.2	191.2	280.9	NA	NA			
Provitamin A (mcg)	4108.2	2848.3	5527.9	NA	NA			
Thiamin (mg)	1.3	1.2	1.5	100	100			
Riboflavin (mg)	1.8	1.6	2.0	100	100			
Niacin (mg)	34.7	31.9	37.8	100	100			
Folate (mcg total)	436.1	387.0	485.3	NA	NA			
Folate equivs (mcg)	616.2	548.3	694.3	100	100			
Vitamin C (mg)	150.2	121.1	193.0	100	100			
Vitamin D (mcg)	2.0	1.5	2.8	NA	0			
Vitamin E (mg)	7.9	6.7	9.5	NA	100			
Calcium (mg)	768.8	698.4	862.0	100	100			
Iron (mg)	10.3	8.8	11.6	100	99			
Iodine (mcg)	133.2	112.3	152.8	100	100			
Magnesium (mg)	327.6	304.2	359.0	100	100			
Phosphorus (mg)	1274.4	1201.1	1356.2	100	100			
Potassium (mg)	3478.4	3258.1	3712.9	NA	100			
Sodium (mg)	1054.3	890.6	1268.2	NA	100			
Zinc (mg)	10.1	8.6	89.2	100	100			
Cholesterol (mg)	132.1	70.6	214.8	NA	NA			
Selenium (mcg)	48.2	39.2	57.6	100	100			
Vitamin B6 (mg)	1.9	1.3	2.7	100	100			
Vitamin B12 (mcg)	3.8	3.3	5.7	100	100			

Percent energy from fat 22.4

Percent energy from protein 19.0

Percent energy from carbohydrate 58.6

Girls2to3.hitot4:

AllFoodGroups	N.serves								
[1,]	StarchyVeg	3.5							
[2,]	GreenBrassicas	3.5							
[3,]	OrangeVeg	3.5							
[4,]	Legumes	3.5							
[5,]	NutsSeeds	0							
[6,]	OtherVeg	21							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	28							
[9,]	RefinedCereals	13							
[10,]	AllOtherMeatEggsLeg	3.5							
[11,]	RedMeats	3.5							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	1							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	9.5							
[16,]	PolyMarg	10							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	3.5							
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI	
Energy excl fibre (kJ)		6239.6	6004.7	6543.4		NA			NA
Energy (kJ)		6487.2	6262.7	6799.3		NA			NA
Protein (g)		72.6	69.4	75.5		100			100
Fat (g)		39.7	35.1	46.4		NA			NA
Carbohydrate (g)		210.9	200.1	224.8		NA			NA
Sugars (g)		84.8	77.3	92.4		NA			NA
Starch (g)		124.7	115.4	137.5		NA			NA
Fibre (g)		33.1	27.8	41.1		NA			100
Saturated fat (g)		13.0	11.5	14.9		NA			NA
Monounsaturated fat (g)		13.5	11.1	17.6		NA			NA
Polyunsaturated fat (g)		9.9	9.0	11.3		NA			NA
Linoleic acid (g)		8.9	8.0	10.1		NA			100
Alpha linolenic acid (g)		0.8	0.6	0.9		NA			100
LC n3 fatty acids (mg)		122.8	36.8	362.8		NA			99
Vitamin A equivs (mcg)		881.2	693.0	1124.3		100			100
Retinol (mcg)		232.0	202.2	278.2		NA			NA
Provitamin A (mcg)		3852.8	2746.9	5366.5		NA			NA
Thiamin (mg)		1.4	1.3	1.7		100			100
Riboflavin (mg)		1.9	1.7	2.2		100			100
Niacin (mg)		36.7	33.4	39.7		100			100
Folate (mcg total)		406.3	355.1	460.5		NA			NA
Folate equiivs (mcg)		629.5	541.6	701.2		100			100
Vitamin C (mg)		119.9	90.2	170.0		100			100
Vitamin D (mcg)		2.0	1.6	2.9		NA			0
Vitamin E (mg)		7.6	6.4	8.8		NA			100
Calcium (mg)		809.3	756.3	891.3		100			100
Iron (mg)		10.8	9.4	12.2		100			100
Iodine (mcg)		145.6	130.2	164.9		100			100
Magnesium (mg)		329.4	312.5	353.8		100			100
Phosphorus (mg)		1333.5	1264.3	1421.6		100			100
Potassium (mg)		3112.0	2916.7	3365.6		NA			100
Sodium (mg)		1178.4	1018.7	1432.6		NA			100
Zinc (mg)		9.6	9.0	10.3		100			100
Cholesterol (mg)		129.0	87.2	218.2		NA			NA
Selenium (mcg)		50.8	44.0	61.1		100			100
Vitamin B6 (mg)		1.8	1.3	2.5		100			100
Vitamin B12 (mcg)		3.8	3.3	5.7		100			100
Percent energy from fat 23.2									
Percent energy from protein 19.5									
Percent energy from carbohydrate 57.3									

Girls2to3.hitot5:

AllFoodGroups	N.serves							
[1,] StarchyVeg	3.5							
[2,] GreenBrassicas	3.5							
[3,] OrangeVeg	3.5							
[4,] Legumes	3.5							
[5,] NutsSeeds	0							
[6,] OtherVeg	21							
[7,] TotalFruit	17							
[8,] WholegrainCereals	21							
[9,] RefinedCereals	15							
[10,] AllOtherMeatEggsLeg	3.5							
[11,] RedMeats	3.5							
[12,] EggsLegumesNutsSeeds	0							
[13,] HiFatDairy	1							
[14,] MidFatDairy	0							
[15,] LoFatDairy	9.5							
[16,] PolyMarg	10							
[17,] Pasta	0							
[18,] Rice	0							
[19,] Extras	3.5							
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6131.9	5827.8	6393.1	NA	NA	NA	NA	NA
Energy (kJ)	6377.5	6075.3	6632.4	NA	NA	NA	NA	NA
Protein (g)	72.0	67.2	128.2	100	100	100	100	100
Fat (g)	39.1	34.2	44.7	NA	NA	NA	NA	NA
Carbohydrate (g)	208.3	198.6	218.6	NA	NA	NA	NA	NA
Sugars (g)	89.4	82.8	98.5	NA	NA	NA	NA	NA
Starch (g)	117.4	108.8	127.3	NA	NA	NA	NA	NA
Fibre (g)	32.4	28.5	38.5	NA	100	100	100	100
Saturated fat (g)	12.8	11.5	14.7	NA	NA	NA	NA	NA
Monounsaturated fat (g)	13.4	11.1	16.0	NA	NA	NA	NA	NA
Polyunsaturated fat (g)	9.7	8.6	10.5	NA	NA	NA	NA	NA
Linoleic acid (g)	8.7	7.8	9.5	NA	100	100	100	100
Alpha linolenic acid (g)	0.8	0.6	0.9	NA	100	100	100	100
LC n3 fatty acids (mg)	124.2	36.3	359.2	NA	98	98	98	98
Vitamin A equivs (mcg)	886.2	729.9	1131.1	100	100	100	100	100
Retinol (mcg)	230.3	198.1	264.1	NA	NA	NA	NA	NA
Provitamin A (mcg)	3900.3	3088.2	5375.8	NA	NA	NA	NA	NA
Thiamin (mg)	1.3	1.2	1.5	100	100	100	100	100
Riboflavin (mg)	1.8	1.6	2.0	100	100	100	100	100
Niacin (mg)	34.8	32.0	37.2	100	100	100	100	100
Folate (mcg total)	401.0	354.7	452.4	NA	NA	NA	NA	NA
Folate equivs (mcg)	592.0	530.2	654.2	100	100	100	100	100
Vitamin C (mg)	128.1	83.6	155.0	100	100	100	100	100
Vitamin D (mcg)	2.0	1.4	3.0	NA	0	0	0	0
Vitamin E (mg)	7.6	6.3	9.3	NA	100	100	100	100
Calcium (mg)	771.1	697.9	833.8	100	100	100	100	100
Iron (mg)	10.1	9.1	11.4	100	100	100	100	100
Iodine (mcg)	135.2	116.8	159.8	100	100	100	100	100
Magnesium (mg)	312.6	291.7	348.3	100	100	100	100	100
Phosphorus (mg)	1266.7	1196.7	1375.2	100	100	100	100	100
Potassium (mg)	3145.2	2886.2	3376.1	NA	100	100	100	100
Sodium (mg)	1090.6	906.3	1266.9	NA	100	100	100	100
Zinc (mg)	11.7	8.7	89.5	100	100	100	100	100
Cholesterol (mg)	128.5	83.7	187.0	NA	NA	NA	NA	NA
Selenium (mcg)	48.7	41.3	56.9	100	100	100	100	100
Vitamin B6 (mg)	1.9	1.3	2.6	100	100	100	100	100
Vitamin B12 (mcg)	3.9	3.2	4.4	100	100	100	100	100
Percent energy from fat 23.2								
Percent energy from protein 19.6								
Percent energy from carbohydrate 57.3								

Girls2to3.hitot6:

	AllFoodGroups	N.serves							
[1,]	StarchyVeg	7							
[2,]	GreenBrassicas	3.5							
[3,]	OrangeVeg	3.5							
[4,]	Legumes	3.5							
[5,]	NutsSeeds	0							
[6,]	OtherVeg	21							
[7,]	TotalFruit	21							
[8,]	WholegrainCereals	19							
[9,]	RefinedCereals	13							
[10,]	AllOtherMeatEggsLeg	3.5							
[11,]	RedMeats	3.5							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	1							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	9.5							
[16,]	PolyMarg	10							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	3.5							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy	excl fibre (kJ)	6134.7	5827.8	6468.5	NA	NA	NA	NA	NA
Energy	(kJ)	6395.5	6070.3	6751.3	NA	NA	NA	NA	NA
Protein	(g)	70.0	65.8	127.9	100	100	100	100	100
Fat	(g)	37.6	32.3	46.2	NA	NA	NA	NA	NA
Carbohydrate	(g)	212.6	201.7	227.3	NA	NA	NA	NA	NA
Sugars	(g)	98.4	90.8	110.4	NA	NA	NA	NA	NA
Starch	(g)	112.6	104.3	124.1	NA	NA	NA	NA	NA
Fibre	(g)	36.6	30.0	47.0	NA	100	100	100	100
Saturated fat	(g)	12.4	10.9	15.2	NA	NA	NA	NA	NA
Monounsaturated fat	(g)	12.6	9.9	17.2	NA	NA	NA	NA	NA
Polyunsaturated fat	(g)	9.4	8.1	10.5	NA	NA	NA	NA	NA
Linoleic acid	(g)	8.4	7.3	9.5	NA	100	100	100	100
Alpha linolenic acid	(g)	0.7	0.6	0.9	NA	100	100	100	100
LC n3 fatty acids	(mg)	112.7	36.7	364.2	NA	99	99	99	99
Vitamin A equivs	(mcg)	920.3	739.4	1149.4	100	100	100	100	100
Retinol	(mcg)	227.6	195.9	282.6	NA	NA	NA	NA	NA
Provitamin A	(mcg)	4125.2	3155.5	5389.8	NA	NA	NA	NA	NA
Thiamin	(mg)	1.3	1.1	1.5	100	100	100	100	100
Riboflavin	(mg)	1.8	1.5	2.1	100	100	100	100	100
Niacin	(mg)	34.2	31.8	37.3	100	100	100	100	100
Folate (mcg total)		425.3	378.5	494.9	NA	NA	NA	NA	NA
Folate equivs	(mcg)	594.6	523.0	685.1	100	100	100	100	100
Vitamin C	(mg)	151.8	122.2	191.7	100	100	100	100	100
Vitamin D	(mcg)	1.9	1.4	2.8	NA	0	0	0	0
Vitamin E	(mg)	7.8	6.5	9.1	NA	100	100	100	100
Calcium	(mg)	761.2	697.2	819.2	100	100	100	100	100
Iron	(mg)	10.1	8.9	11.7	100	100	100	100	100
Iodine	(mcg)	129.3	113.2	147.9	100	100	100	100	100
Magnesium	(mg)	320.6	298.8	354.5	100	100	100	100	100
Phosphorus	(mg)	1260.1	1193.5	1339.6	100	100	100	100	100
Potassium	(mg)	3437.9	3210.8	3754.2	NA	100	100	100	100
Sodium	(mg)	1027.2	822.9	1198.7	NA	100	100	100	100
Zinc	(mg)	10.2	8.5	89.2	100	100	100	100	100
Cholesterol	(mg)	126.3	81.2	222.4	NA	NA	NA	NA	NA
Selenium	(mcg)	46.9	39.1	56.4	100	100	100	100	100
Vitamin B6	(mg)	1.9	1.4	2.7	100	100	100	100	100
Vitamin B12	(mcg)	3.8	3.2	5.1	100	100	100	100	100
Percent energy from fat 22.3									
Percent energy from protein 19.1									
Percent energy from carbohydrate 58.6									

A15.33 Sample 7-day *Total Diets* for Girls 4-8 years mid energy level

Average aged 6yrs and light to moderate activity PAL 1.7

Public Consultation

Girls4to8.avtot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	0
[6,] OtherVeg	10.5
[7,] TotalFruit	10.5
[8,] WholegrainCereals	28
[9,] RefinedCereals	17
[10,] Poultryfishheggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	10.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6264.1	6049.0	6495.3		NA			NA
Energy (kJ)	6509.5	6304.3	6736.4		NA			NA
Protein (g)	82.8	79.3	87.7		100			100
Fat (g)	37.0	33.4	42.9		NA			NA
Carbohydrate (g)	207.6	197.7	220.1		NA			NA
Sugars (g)	72.4	65.7	78.9		NA			NA
Starch (g)	134.3	121.7	145.0		NA			NA
Fibre (g)	32.8	29.1	39.1		NA			100
Saturated fat (g)	11.9	10.6	14.0		NA			NA
Monounsaturated fat (g)	12.1	10.3	15.1		NA			NA
Polyunsaturated fat (g)	9.6	8.9	10.7		NA			NA
Linoleic acid (g)	8.5	7.9	9.5		NA			95
Alpha linolenic acid (g)	0.8	0.6	1.0		NA			42
LC n3 fatty acids (mg)	167.9	71.9	351.9		NA			100
Vitamin A equivs (mcg)	1293.3	1020.0	1545.3		100			100
Retinol (mcg)	239.9	209.4	314.7		NA			NA
Provitamin A (mcg)	6281.1	4703.5	7622.4		NA			NA
Thiamin (mg)	1.6	1.4	1.8		100			100
Riboflavin (mg)	2.1	1.8	2.3		100			100
Niacin (mg)	41.3	36.9	44.5		100			100
Folate (mcg total)	401.1	334.1	460.1		NA			NA
Folate equivs (mcg)	654.6	559.9	726.5		100			100
Vitamin C (mg)	113.9	83.5	151.3		100			100
Vitamin D (mcg)	2.2	1.8	2.8		NA			0
Vitamin E (mg)	7.1	5.9	8.3		NA			99
Calcium (mg)	850.0	772.9	973.0		100			100
Iron (mg)	11.5	10.4	12.8		100			100
Iodine (mcg)	161.8	147.1	231.5		100			100
Magnesium (mg)	328.1	303.3	351.6		100			100
Phosphorus (mg)	1427.4	1367.2	1522.4		100			100
Potassium (mg)	3080.1	2879.9	3229.5		NA			100
Sodium (mg)	1282.1	1075.5	1473.5		NA			100
Zinc (mg)	10.7	10.0	11.4		100			100
Cholesterol (mg)	185.7	121.0	333.2		NA			NA
Selenium (mcg)	61.5	53.3	76.1		100			100
Vitamin B6 (mg)	1.7	1.1	2.3		100			100
Vitamin B12 (mcg)	4.7	4.1	6.2		100			100

Percent energy from fat 21.6
Percent energy from protein 22.2
Percent energy from carbohydrate 56.2

Girls4to8.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	10.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6148.2	5833.3	6402.4	NA	NA		NA
Energy (kJ)	6444.2	6113.7	6704.6	NA	NA		NA
Protein (g)	83.1	79.2	86.5	100			100
Fat (g)	39.4	33.6	44.6	NA			NA
Carbohydrate (g)	195.7	183.7	208.0	NA			NA
Sugars (g)	98.2	90.7	106.3	NA			NA
Starch (g)	96.0	86.1	107.5	NA			NA
Fibre (g)	40.0	34.3	46.6	NA			100
Saturated fat (g)	13.0	11.3	15.0	NA			NA
Monounsaturated fat (g)	12.9	9.7	16.0	NA			NA
Polyunsaturated fat (g)	10.0	8.9	11.4	NA			NA
Linoleic acid (g)	8.8	7.8	10.2	NA			96
Alpha linolenic acid (g)	0.8	0.7	1.0	NA			55
LC n3 fatty acids (mg)	174.9	65.3	405.0	NA			100
Vitamin A equivs (mcg)	1468.5	1221.1	1689.6	100			100
Retinol (mcg)	249.3	208.3	326.8	NA			NA
Provitamin A (mcg)	7275.7	5847.8	8527.7	NA			NA
Thiamin (mg)	1.4	1.3	1.6	100			100
Riboflavin (mg)	2.0	1.8	2.3	100			100
Niacin (mg)	39.8	37.2	42.8	100			100
Folate (mcg total)	495.8	440.1	550.9	NA			NA
Folate equivs (mcg)	659.6	582.2	750.8	100			100
Vitamin C (mg)	193.4	151.0	236.2	100			100
Vitamin D (mcg)	2.3	1.6	3.4	NA			0
Vitamin E (mg)	9.2	7.6	10.4	NA			100
Calcium (mg)	868.2	799.2	932.4	100			100
Iron (mg)	11.8	10.7	14.1	100			100
Iodine (mcg)	139.9	122.1	212.8	100			100
Magnesium (mg)	355.6	330.3	383.9	100			100
Phosphorus (mg)	1433.3	1374.7	1491.7	100			100
Potassium (mg)	3988.1	3727.4	4181.3	NA			100
Sodium (mg)	1090.3	925.6	1344.2	NA			100
Zinc (mg)	11.1	10.2	11.8	100			100
Cholesterol (mg)	191.2	109.8	335.4	NA			NA
Selenium (mcg)	59.0	49.6	66.6	100			100
Vitamin B6 (mg)	2.9	2.0	3.8	100			100
Vitamin B12 (mcg)	4.6	3.9	6.3	100			100

Percent energy from fat 23.1

Percent energy from protein 22.4

Percent energy from carbohydrate 54.4

Girls4to8.avtot3:

AllFoodGroups	N.serves					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	7					
[5,] NutsSeeds	0					
[6,] OtherVeg	21					
[7,] TotalFruit	17					
[8,] WholegrainCereals	19					
[9,] RefinedCereals	10					
[10,] AllOtherMeatEggsLeg	5.5					
[11,] RedMeats	5					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	1					
[14,] MidFatDairy	0					
[15,] LoFatDairy	10.5					
[16,] PolyMarg	10					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	3.5					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	6168.7	5890.6	6540.9	NA		NA
Energy (kJ)	6446.8	6160.1	6819.5	NA		NA
Protein (g)	84.4	79.1	142.4	100		100
Fat (g)	39.9	33.9	45.2	NA		NA
Carbohydrate (g)	196.3	184.5	207.0	NA		NA
Sugars (g)	92.7	85.3	101.0	NA		NA
Starch (g)	102.3	94.2	115.6	NA		NA
Fibre (g)	37.3	32.3	43.3	NA		100
Saturated fat (g)	13.3	11.5	15.3	NA		NA
Monounsaturated fat (g)	13.0	9.9	16.2	NA		NA
Polyunsaturated fat (g)	10.1	9.1	11.2	NA		NA
Linoleic acid (g)	8.9	8.0	9.9	NA		99
Alpha linolenic acid (g)	0.8	0.7	1.0	NA		75
LC n3 fatty acids (mg)	176.0	61.8	423.2	NA		100
Vitamin A equivs (mcg)	1417.1	1100.2	1623.7	100		100
Retinol (mcg)	247.6	196.0	296.3	NA		NA
Provitamin A (mcg)	6985.0	5113.1	8141.2	NA		NA
Thiamin (mg)	1.4	1.2	1.5	100		100
Riboflavin (mg)	2.0	1.7	2.1	100		100
Niacin (mg)	39.7	37.1	43.9	100		100
Folate (mcg total)	460.5	395.1	556.4	NA		NA
Folate equivs (mcg)	629.9	538.8	711.7	100		100
Vitamin C (mg)	163.1	123.6	198.7	100		100
Vitamin D (mcg)	2.2	1.6	3.4	NA		0
Vitamin E (mg)	8.4	7.1	10.1	NA		100
Calcium (mg)	825.6	758.7	889.3	100		100
Iron (mg)	11.6	10.6	13.0	100		100
Iodine (mcg)	139.9	116.2	160.9	100		100
Magnesium (mg)	343.0	317.0	367.4	100		100
Phosphorus (mg)	1409.5	1325.3	1480.3	100		100
Potassium (mg)	3713.8	3475.0	3929.4	NA		100
Sodium (mg)	1138.8	1010.2	1317.3	NA		100
Zinc (mg)	13.3	9.9	91.4	100		100
Cholesterol (mg)	185.2	124.9	282.8	NA		NA
Selenium (mcg)	59.4	51.2	69.0	100		100
Vitamin B6 (mg)	2.5	1.5	3.6	100		100
Vitamin B12 (mcg)	4.5	4.1	5.8	100		100
Percent energy from fat 23.3						
Percent energy from protein 22.7						
Percent energy from carbohydrate 54.0						

Girls4to8.avtot4:

AllFoodGroups	N.serves								
[1,] StarchyVeg	7								
[2,] GreenBrassicas	7								
[3,] OrangeVeg	7								
[4,] Legumes	7								
[5,] NutsSeeds	0								
[6,] OtherVeg	10.5								
[7,] TotalFruit	10.5								
[8,] WholegrainCereals	21								
[9,] RefinedCereals	15								
[10,] AllOtherMeatEggsLeg	5.5								
[11,] RedMeats	5								
[12,] EggsLegumesNutsSeeds	0								
[13,] HiFatDairy	1								
[14,] MidFatDairy	0								
[15,] LoFatDairy	10.5								
[16,] PolyMarg	10								
[17,] Pasta	0								
[18,] Rice	0								
[19,] Extras	3.5								
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI	
Energy excl fibre (kJ)	6264.3	5998.5	6480.8		NA			NA	
Energy (kJ)	6516.6	6235.6	6727.6		NA			NA	
Protein (g)	85.3	81.1	145.3		100			100	
Fat (g)	39.8	34.9	43.8		NA			NA	
Carbohydrate (g)	199.7	187.0	211.9		NA			NA	
Sugars (g)	75.6	69.0	82.4		NA			NA	
Starch (g)	123.1	114.5	134.0		NA			NA	
Fibre (g)	34.7	30.2	42.3		NA			100	
Saturated fat (g)	13.3	11.6	14.4		NA			NA	
Monounsaturated fat (g)	12.8	10.6	15.8		NA			NA	
Polyunsaturated fat (g)	10.1	8.8	11.4		NA			NA	
Linoleic acid (g)	9.0	7.8	9.9		NA			99	
Alpha linolenic acid (g)	0.9	0.7	1.0		NA			82	
LC n3 fatty acids (mg)	173.0	67.7	406.2		NA			100	
Vitamin A equivs (mcg)	1321.9	1118.4	1521.9		100			100	
Retinol (mcg)	249.5	208.7	296.7		NA			NA	
Provitamin A (mcg)	6397.3	5184.7	7743.5		NA			NA	
Thiamin (mg)	1.4	1.3	1.7		100			100	
Riboflavin (mg)	1.9	1.7	2.2		100			100	
Niacin (mg)	40.4	37.4	42.9		100			100	
Folate (mcg total)	411.9	368.2	459.8		NA			NA	
Folate equiivs (mcg)	618.7	542.9	700.9		100			100	
Vitamin C (mg)	118.0	93.6	164.7		100			100	
Vitamin D (mcg)	2.2	1.7	3.0		NA			0	
Vitamin E (mg)	7.4	5.8	9.1		NA			99	
Calcium (mg)	827.1	760.2	879.2		100			100	
Iron (mg)	11.5	10.6	13.0		100			100	
Iodine (mcg)	149.0	129.9	171.0		100			100	
Magnesium (mg)	328.8	306.7	351.9		100			100	
Phosphorus (mg)	1423.4	1345.5	1523.8		100			100	
Potassium (mg)	3261.3	3052.7	3457.4		NA			100	
Sodium (mg)	1247.6	1084.1	1435.8		NA			100	
Zinc (mg)	11.6	10.2	91.4		100			100	
Cholesterol (mg)	188.8	129.5	267.4		NA			NA	
Selenium (mcg)	61.7	52.1	70.9		100			100	
Vitamin B6 (mg)	1.8	1.2	2.4		100			100	
Vitamin B12 (mcg)	4.7	4.0	6.0		100			100	
Percent energy from fat 23.1									
Percent energy from protein 22.8									
Percent energy from carbohydrate 54.1									

Girls4to8.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	10.5
[7,] TotalFruit	10.5
[8,] WholegrainCereals	21
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	10.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	6280.5	6065.2	6525.9	NA	NA		NA
Energy (kJ)	6554.2	6327.7	6802.4	NA	NA		NA
Protein (g)	86.9	81.5	90.1	100			100
Fat (g)	39.5	35.5	44.9	NA			NA
Carbohydrate (g)	199.1	186.9	209.4	NA			NA
Sugars (g)	77.1	70.7	83.4	NA			NA
Starch (g)	121.0	109.0	130.3	NA			NA
Fibre (g)	37.8	31.8	45.6	NA			100
Saturated fat (g)	13.3	11.7	14.5	NA			NA
Monounsaturated fat (g)	12.6	10.7	15.2	NA			NA
Polyunsaturated fat (g)	10.2	9.2	11.9	NA			NA
Linoleic acid (g)	9.0	8.1	10.5	NA			100
Alpha linolenic acid (g)	0.9	0.7	1.1	NA			72
LC n3 fatty acids (mg)	169.3	65.0	479.6	NA			100
Vitamin A equivs (mcg)	1372.7	1100.2	1553.5	100			100
Retinol (mcg)	247.8	205.9	303.8	NA			NA
Provitamin A (mcg)	6705.7	5303.5	7810.3	NA			NA
Thiamin (mg)	1.5	1.4	1.7	100			100
Riboflavin (mg)	2.0	1.8	2.2	100			100
Niacin (mg)	41.2	38.6	43.4	100			100
Folate (mcg total)	446.8	403.9	517.4	NA			NA
Folate equivs (mcg)	646.2	585.5	722.7	100			100
Vitamin C (mg)	147.7	109.8	190.2	100			100
Vitamin D (mcg)	2.2	1.7	3.7	NA			0
Vitamin E (mg)	7.4	6.2	8.6	NA			100
Calcium (mg)	850.0	786.0	914.7	100			100
Iron (mg)	12.4	11.2	13.6	100			100
Iodine (mcg)	149.1	131.7	213.5	100			100
Magnesium (mg)	347.2	324.4	385.0	100			100
Phosphorus (mg)	1464.8	1407.7	1541.0	100			100
Potassium (mg)	3466.5	3304.7	3669.4	NA			100
Sodium (mg)	1244.6	1040.3	1467.5	NA			100
Zinc (mg)	11.3	10.7	11.9	100			100
Cholesterol (mg)	184.1	122.8	273.1	NA			NA
Selenium (mcg)	61.0	53.4	71.7	100			100
Vitamin B6 (mg)	1.9	1.4	2.8	100			100
Vitamin B12 (mcg)	4.7	3.9	7.7	100			100

Percent energy from fat 22.9

Percent energy from protein 23.1

Percent energy from carbohydrate 54.1

Girls4to8.avtot6:

AllFoodGroups N.serves							
[1,]	StarchyVeg	14					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	0					
[6,]	OtherVeg	10.5					
[7,]	TotalFruit	17					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheseggsleg	5.5					
[11,]	RedMeats	5					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	1					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	10.5					
[16,]	PolyMarg	10					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	3.5					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		6223.9	5935.8	6485.6	NA		NA
Energy (kJ)		6501.5	6208.1	6772.1	NA		NA
Protein (g)		85.2	79.0	142.9	100		100
Fat (g)		38.7	34.5	45.0	NA		NA
Carbohydrate (g)		201.8	192.4	212.6	NA		NA
Sugars (g)		90.9	78.9	101.8	NA		NA
Starch (g)		109.7	100.8	118.1	NA		NA
Fibre (g)		40.7	34.2	51.1	NA		100
Saturated fat (g)		13.0	11.3	15.0	NA		NA
Monounsaturated fat (g)		12.3	10.5	15.6	NA		NA
Polyunsaturated fat (g)		9.9	8.7	11.1	NA		NA
Linoleic acid (g)		8.8	7.7	9.8	NA		98
Alpha linolenic acid (g)		0.8	0.7	1.0	NA		67
LC n3 fatty acids (mg)		154.1	65.4	380.1	NA		100
Vitamin A equivs (mcg)		1370.2	1162.4	1658.2	100		100
Retinol (mcg)		247.7	202.7	333.1	NA		NA
Provitamin A (mcg)		6701.6	5479.3	7930.1	NA		NA
Thiamin (mg)		1.4	1.3	1.6	100		100
Riboflavin (mg)		1.9	1.7	2.1	100		100
Niacin (mg)		39.7	36.3	43.6	100		100
Folate (mcg total)		452.3	393.0	505.0	NA		NA
Folate equivs (mcg)		612.9	541.2	674.1	100		100
Vitamin C (mg)		149.4	109.5	198.6	100		100
Vitamin D (mcg)		2.1	1.7	3.1	NA		0
Vitamin E (mg)		7.6	6.6	8.8	NA		100
Calcium (mg)		819.1	763.8	894.8	100		100
Iron (mg)		11.6	10.8	13.2	100		100
Iodine (mcg)		137.2	119.6	161.3	100		100
Magnesium (mg)		347.0	323.8	370.7	100		100
Phosphorus (mg)		1426.5	1362.3	1508.3	100		100
Potassium (mg)		3848.2	3678.5	4082.3	NA		100
Sodium (mg)		1120.8	932.1	1306.3	NA		100
Zinc (mg)		14.0	10.0	91.2	100		100
Cholesterol (mg)		187.0	121.9	332.1	NA		NA
Selenium (mcg)		58.0	50.0	66.5	100		100
Vitamin B6 (mg)		2.0	1.6	2.8	100		100
Vitamin B12 (mcg)		4.5	3.8	6.0	100		100
Percent energy from fat		22.4					
Percent energy from protein		22.7					
Percent energy from carbohydrate		54.9					

A15.34 Sample 7-day *Total Diets* for Girls 4-8 years higher energy level

High end aged 8yrs and high activity PAL 2

Public Consultation

Girls4to8.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	21
[10,] Poultryfishheggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	0
[15,] LoFatDairy	10.5
[16,] PolyMarg	12
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8260.8	7983.7	8653.9	NA	NA			
Energy (kJ)	8623.3	8319.7	9034.2	NA	NA			
Protein (g)	100.4	96.8	103.5	100	100			
Fat (g)	45.4	39.8	50.4	NA	NA			
Carbohydrate (g)	290.1	277.0	307.4	NA	NA			
Sugars (g)	104.4	97.3	111.4	NA	NA			
Starch (g)	184.3	172.9	195.3	NA	NA			
Fibre (g)	51.3	45.6	59.2	NA	100			
Saturated fat (g)	14.4	12.7	15.7	NA	NA			
Monounsaturated fat (g)	14.4	11.7	16.6	NA	NA			
Polyunsaturated fat (g)	12.3	11.0	13.7	NA	NA			
Linoleic acid (g)	10.9	9.9	12.1	NA	100			
Alpha linolenic acid (g)	1.1	0.9	1.3	NA	100			
LC n3 fatty acids (mg)	161.3	51.6	387.3	NA	99			
Vitamin A equivs (mcg)	1432.1	1274.9	1637.1	100	100			
Retinol (mcg)	279.1	246.1	326.0	NA	NA			
Provitamin A (mcg)	6878.7	5898.7	8138.2	NA	NA			
Thiamin (mg)	2.1	1.9	2.2	100	100			
Riboflavin (mg)	2.4	2.1	2.7	100	100			
Niacin (mg)	50.3	47.0	53.6	100	100			
Folate (mcg total)	564.7	495.9	607.7	NA	NA			
Folate equivs (mcg)	878.6	801.5	957.4	100	100			
Vitamin C (mg)	172.6	141.0	223.1	100	100			
Vitamin D (mcg)	2.5	2.0	3.5	NA	0			
Vitamin E (mg)	9.3	7.7	10.6	NA	100			
Calcium (mg)	1004.1	934.5	1101.6	100	100			
Iron (mg)	15.4	14.3	16.7	100	100			
Iodine (mcg)	183.5	162.1	243.0	100	100			
Magnesium (mg)	447.3	416.8	483.8	100	100			
Phosphorus (mg)	1767.1	1688.2	1835.5	100	100			
Potassium (mg)	4403.4	4157.5	4727.7	NA	100			
Sodium (mg)	1570.1	1389.2	1779.3	NA	100			
Zinc (mg)	13.1	12.4	13.8	100	100			
Cholesterol (mg)	189.0	131.4	279.2	NA	NA			
Selenium (mcg)	72.9	64.6	84.8	100	100			
Vitamin B6 (mg)	2.4	1.8	3.1	100	100			
Vitamin B12 (mcg)	4.9	4.2	6.0	100	100			

Percent energy from fat 20.0

Percent energy from protein 20.3

Percent energy from carbohydrate 59.7

Girls4to8.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	28
[7,] TotalFruit	28
[8,] WholegrainCereals	21
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	2
[15,] LoFatDairy	10.5
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8217.1	7927.8	8568.9	NA			NA
Energy (kJ)	8583.7	8268.9	8957.6	NA			NA
Protein (g)	97.4	93.8	100.2	100			100
Fat (g)	49.8	44.1	55.5	NA			NA
Carbohydrate (g)	281.3	269.9	294.3	NA			NA
Sugars (g)	123.6	115.7	131.9	NA			NA
Starch (g)	155.9	146.2	169.2	NA			NA
Fibre (g)	51.3	43.0	60.9	NA			100
Saturated fat (g)	16.3	14.6	18.5	NA			NA
Monounsaturated fat (g)	15.9	13.1	19.1	NA			NA
Polyunsaturated fat (g)	13.2	11.9	14.5	NA			NA
Linoleic acid (g)	11.7	10.5	12.8	NA			100
Alpha linolenic acid (g)	1.1	0.9	1.3	NA			100
LC n3 fatty acids (mg)	165.4	66.0	566.0	NA			100
Vitamin A equivs (mcg)	1612.6	1290.3	1835.3	100			100
Retinol (mcg)	336.8	296.7	389.8	NA			NA
Provitamin A (mcg)	7613.1	5634.4	9000.7	NA			NA
Thiamin (mg)	1.8	1.6	2.0	100			100
Riboflavin (mg)	2.4	2.1	2.6	100			100
Niacin (mg)	47.4	44.5	50.9	100			100
Folate (mcg total)	592.7	524.0	635.0	NA			NA
Folate equivs (mcg)	824.7	747.6	900.5	100			100
Vitamin C (mg)	226.6	175.1	306.1	100			100
Vitamin D (mcg)	3.0	2.4	4.5	NA			0
Vitamin E (mg)	11.0	9.5	12.5	NA			100
Calcium (mg)	1005.2	921.9	1083.1	100			100
Iron (mg)	14.1	13.1	15.5	100			100
Iodine (mcg)	174.9	146.8	229.4	100			100
Magnesium (mg)	429.4	391.0	459.5	100			100
Phosphorus (mg)	1705.4	1631.1	1767.5	100			100
Potassium (mg)	4892.2	4622.2	5115.7	NA			100
Sodium (mg)	1408.0	1214.5	1646.3	NA			100
Zinc (mg)	12.7	11.9	13.4	100			100
Cholesterol (mg)	193.6	130.7	298.6	NA			NA
Selenium (mcg)	68.3	54.0	78.0	100			100
Vitamin B6 (mg)	3.2	2.2	4.1	100			100
Vitamin B12 (mcg)	5.3	4.6	6.7	100			100

Percent energy from fat 22.0

Percent energy from protein 19.8

Percent energy from carbohydrate 58.2

Girls4to8.hitot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	21
[7,] TotalFruit	28
[8,] WholegrainCereals	35
[9,] RefinedCereals	17
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	0
[15,] LoFatDairy	10.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8218.5	7901.7	8542.6	NA	NA			
Energy (kJ)	8597.7	8279.2	8947.0	NA	NA			
Protein (g)	99.9	93.3	155.2	100	100			
Fat (g)	45.1	40.5	52.4	NA	NA			
Carbohydrate (g)	291.6	277.0	309.4	NA	NA			
Sugars (g)	127.2	119.1	135.2	NA	NA			
Starch (g)	162.5	149.7	174.9	NA	NA			
Fibre (g)	50.4	45.3	58.9	NA	100			
Saturated fat (g)	14.5	12.9	16.7	NA	NA			
Monounsaturated fat (g)	14.7	12.5	18.3	NA	NA			
Polyunsaturated fat (g)	11.6	10.6	12.8	NA	NA			
Linoleic acid (g)	10.2	9.2	11.3	NA	100			
Alpha linolenic acid (g)	1.0	0.8	1.3	NA	100			
LC n3 fatty acids (mg)	157.9	64.9	351.9	NA	100			
Vitamin A equivs (mcg)	1444.3	1221.6	1681.4	100	100			
Retinol (mcg)	258.3	219.4	299.5	NA	NA			
Provitamin A (mcg)	7084.1	5734.8	8421.7	NA	NA			
Thiamin (mg)	2.0	1.9	2.2	100	100			
Riboflavin (mg)	2.4	2.2	2.8	100	100			
Niacin (mg)	49.5	46.6	54.8	100	100			
Folate (mcg total)	604.7	548.0	659.5	NA	NA			
Folate equivs (mcg)	907.0	837.7	979.5	100	100			
Vitamin C (mg)	195.3	146.8	237.3	100	100			
Vitamin D (mcg)	2.2	1.8	3.1	NA	0			
Vitamin E (mg)	9.8	8.7	11.6	NA	100			
Calcium (mg)	988.5	907.3	1071.5	100	100			
Iron (mg)	15.5	14.5	16.9	100	100			
Iodine (mcg)	180.1	159.4	200.5	100	100			
Magnesium (mg)	451.1	424.7	499.2	100	100			
Phosphorus (mg)	1722.4	1661.3	1807.2	100	100			
Potassium (mg)	4454.7	4213.9	4768.4	NA	100			
Sodium (mg)	1553.9	1324.6	1774.5	NA	100			
Zinc (mg)	15.4	12.2	93.5	100	100			
Cholesterol (mg)	190.9	119.0	293.9	NA	NA			
Selenium (mcg)	71.1	64.1	83.0	100	100			
Vitamin B6 (mg)	2.8	2.0	3.9	100	100			
Vitamin B12 (mcg)	4.7	4.2	5.6	100	100			

Percent energy from fat 19.8

Percent energy from protein 20.2

Percent energy from carbohydrate 60.0

Girls4to8.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	28
[7,] TotalFruit	14
[8,] WholegrainCereals	31
[9,] RefinedCereals	18
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	2
[14,] MidFatDairy	2
[15,] LoFatDairy	10.5
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8217.7	7907.8	8627.7	NA			NA
Energy (kJ)	8558.6	8247.2	8997.5	NA			NA
Protein (g)	101.5	95.6	157.8	100			100
Fat (g)	54.2	49.2	63.2	NA			NA
Carbohydrate (g)	267.6	252.8	281.9	NA			NA
Sugars (g)	99.2	90.7	108.1	NA			NA
Starch (g)	167.2	153.0	178.9	NA			NA
Fibre (g)	48.1	41.6	57.3	NA			100
Saturated fat (g)	18.4	16.9	20.5	NA			NA
Monounsaturated fat (g)	17.4	14.8	21.5	NA			NA
Polyunsaturated fat (g)	13.9	12.8	15.8	NA			NA
Linoleic acid (g)	12.4	11.4	14.1	NA			100
Alpha linolenic acid (g)	1.1	1.0	1.3	NA			100
LC n3 fatty acids (mg)	173.5	73.2	409.6	NA			100
Vitamin A equivs (mcg)	1585.8	1322.1	1888.1	100			100
Retinol (mcg)	355.5	304.7	406.9	NA			NA
Provitamin A (mcg)	7332.6	5811.4	8968.8	NA			NA
Thiamin (mg)	1.9	1.8	2.2	100			100
Riboflavin (mg)	2.5	2.2	2.7	100			100
Niacin (mg)	50.3	47.0	53.2	100			100
Folate (mcg total)	541.6	500.9	606.0	NA			NA
Folate equivs (mcg)	826.6	727.6	935.6	100			100
Vitamin C (mg)	185.1	139.6	233.3	100			100
Vitamin D (mcg)	3.1	2.6	4.0	NA			0
Vitamin E (mg)	10.6	9.3	12.4	NA			100
Calcium (mg)	1057.2	974.7	1140.8	100			100
Iron (mg)	14.9	13.9	16.5	100			100
Iodine (mcg)	191.1	173.4	257.2	100			100
Magnesium (mg)	436.7	412.3	464.4	100			100
Phosphorus (mg)	1800.4	1701.8	1875.5	100			100
Potassium (mg)	4542.6	4320.2	4760.6	NA			100
Sodium (mg)	1620.9	1402.9	1813.4	NA			100
Zinc (mg)	14.1	12.6	93.6	100			100
Cholesterol (mg)	204.5	129.5	300.6	NA			NA
Selenium (mcg)	72.7	63.3	81.7	100			100
Vitamin B6 (mg)	3.1	2.3	4.1	100			100
Vitamin B12 (mcg)	5.3	4.7	6.0	100			100

Percent energy from fat 24.0

Percent energy from protein 20.7

Percent energy from carbohydrate 55.3

Girls4to8.hitot5:

	AllFoodGroups	N.serves
[1,]	StarchyVeg	14
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	0
[6,]	OtherVeg	21
[7,]	TotalFruit	28
[8,]	WholegrainCereals	28
[9,]	RefinedCereals	14
[10,]	Poultryfisheseggsleg	5.5
[11,]	RedMeats	5
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	2
[14,]	MidFatDairy	0
[15,]	LoFatDairy	10.5
[16,]	PolyMarg	12
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8291.4	7993.1	8616.4		NA		NA
Energy (kJ)	8665.0	8367.6	8993.3		NA		NA
Protein (g)	101.8	93.7	158.5		100		100
Fat (g)	50.7	46.2	59.1		NA		NA
Carbohydrate (g)	284.0	269.9	298.3		NA		NA
Sugars (g)	130.6	122.9	139.8		NA		NA
Starch (g)	151.4	139.9	163.2		NA		NA
Fibre (g)	52.4	43.8	63.0		NA		100
Saturated fat (g)	17.5	15.5	19.6		NA		NA
Monounsaturated fat (g)	16.2	13.7	20.2		NA		NA
Polyunsaturated fat (g)	12.5	11.5	14.6		NA		NA
Linoleic acid (g)	11.0	10.2	12.9		NA		100
Alpha linolenic acid (g)	1.1	0.9	1.3		NA		100
LC n3 fatty acids (mg)	170.5	67.6	393.2		NA		100
Vitamin A equivs (mcg)	1529.6	1300.6	1744.0		100		100
Retinol (mcg)	305.2	262.9	361.2		NA		NA
Provitamin A (mcg)	7309.9	5994.1	8413.8		NA		NA
Thiamin (mg)	1.9	1.7	2.1		100		100
Riboflavin (mg)	2.3	2.2	2.6		100		100
Niacin (mg)	48.1	45.5	50.5		100		100
Folate (mcg total)	589.5	519.0	661.8		NA		NA
Folate equivs (mcg)	826.6	722.1	909.2		100		100
Vitamin C (mg)	215.0	175.3	269.7		100		100
Vitamin D (mcg)	2.6	2.2	3.5		NA		0
Vitamin E (mg)	10.3	8.6	11.7		NA		100
Calcium (mg)	992.5	911.3	1067.5		100		100
Iron (mg)	14.8	13.1	16.0		100		100
Iodine (mcg)	168.0	151.6	235.0		100		100
Magnesium (mg)	444.0	415.2	470.9		100		100
Phosphorus (mg)	1734.3	1671.6	1818.6		100		100
Potassium (mg)	4786.7	4569.5	5057.1		NA		100
Sodium (mg)	1538.7	1312.8	1860.0		NA		100
Zinc (mg)	18.6	12.3	93.3		100		100
Cholesterol (mg)	201.8	144.6	287.6		NA		NA
Selenium (mcg)	69.3	62.2	78.5		100		100
Vitamin B6 (mg)	2.8	2.1	3.9		100		100
Vitamin B12 (mcg)	4.8	4.2	5.5		100		100

Percent energy from fat 22.0

Percent energy from protein 20.3

Percent energy from carbohydrate 57.7

Girls4to8.hitot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	0
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	32
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	5.5
[11,] RedMeats	5
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	1
[14,] MidFatDairy	1
[15,] LoFatDairy	10.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8205.8	7986.9	8616.4		NA		NA
Energy (kJ)	8575.9	8343.3	9004.7		NA		NA
Protein (g)	103.3	95.3	219.3		100		100
Fat (g)	49.1	45.0	57.1		NA		NA
Carbohydrate (g)	280.6	269.4	296.7		NA		NA
Sugars (g)	119.9	111.7	127.6		NA		NA
Starch (g)	159.1	148.6	171.4		NA		NA
Fibre (g)	52.2	45.9	61.3		NA		100
Saturated fat (g)	16.9	15.2	19.4		NA		NA
Monounsaturated fat (g)	16.0	13.4	20.4		NA		NA
Polyunsaturated fat (g)	11.9	10.8	13.0		NA		NA
Linoleic acid (g)	10.5	9.5	11.5		NA		100
Alpha linolenic acid (g)	1.0	0.9	1.2		NA		100
LC n3 fatty acids (mg)	169.1	75.7	339.7		NA		100
Vitamin A equivs (mcg)	1543.3	1233.3	1768.2		100		100
Retinol (mcg)	290.5	251.4	339.3		NA		NA
Provitamin A (mcg)	7482.5	5801.1	8839.9		NA		NA
Thiamin (mg)	2.0	1.8	2.2		100		100
Riboflavin (mg)	2.5	2.2	2.7		100		100
Niacin (mg)	49.9	46.3	53.6		100		100
Folate (mcg total)	584.3	500.5	644.7		NA		NA
Folate equivs (mcg)	849.7	765.2	915.1		100		100
Vitamin C (mg)	213.0	172.8	254.9		100		100
Vitamin D (mcg)	2.5	2.0	3.2		NA		0
Vitamin E (mg)	10.3	8.8	12.4		NA		100
Calcium (mg)	1009.3	937.8	1083.1		100		100
Iron (mg)	15.4	14.4	16.7		100		100
Iodine (mcg)	181.9	167.8	251.4		100		100
Magnesium (mg)	453.0	426.5	484.1		100		100
Phosphorus (mg)	1786.5	1716.7	1878.6		100		100
Potassium (mg)	4797.2	4555.4	5044.2		NA		100
Sodium (mg)	1577.5	1324.9	1863.5		NA		100
Zinc (mg)	18.9	12.6	173.6		100		100
Cholesterol (mg)	204.8	133.3	294.7		NA		NA
Selenium (mcg)	72.2	62.9	83.6		100		100
Vitamin B6 (mg)	3.1	2.2	4.3		100		100
Vitamin B12 (mcg)	5.0	4.4	6.8		100		100

Percent energy from fat 21.6

Percent energy from protein 20.8

Percent energy from carbohydrate 57.6

A15.35 Sample 7-day *Total Diets* for Girls 9-11 years mid energy level

Average aged 10yrs and light to moderate activity PAL 1.7

Public Consultation

Girls9to11.avtot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	21
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	17.5
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	7675.2	7377.1	7895.3	NA	NA			
Energy (kJ)	7921.9	7612.0	8147.1	NA	NA			
Protein (g)	106.3	102.3	110.0	100	100			
Fat (g)	63.9	59.3	68.8	NA	NA			
Carbohydrate (g)	208.8	192.3	221.1	NA	NA			
Sugars (g)	92.6	85.9	99.7	NA	NA			
Starch (g)	115.1	103.0	128.4	NA	NA			
Fibre (g)	32.3	28.1	38.9	NA	100			
Saturated fat (g)	19.7	18.4	21.0	NA	NA			
Monounsaturated fat (g)	23.2	20.4	26.4	NA	NA			
Polyunsaturated fat (g)	16.3	14.9	18.7	NA	NA			
Linoleic acid (g)	15.1	13.6	16.9	NA	100			
Alpha linolenic acid (g)	1.0	0.8	1.7	NA	97			
LC n3 fatty acids (mg)	218.5	85.4	460.1	NA	100			
Vitamin A equivs (mcg)	1383.6	1149.5	1574.2	100	100			
Retinol (mcg)	360.5	324.4	428.4	NA	NA			
Provitamin A (mcg)	6087.7	4467.0	7252.3	NA	NA			
Thiamin (mg)	1.6	1.4	1.8	100	100			
Riboflavin (mg)	2.5	2.3	2.7	100	100			
Niacin (mg)	51.9	48.1	56.9	100	100			
Folate (mcg total)	499.2	434.5	552.3	NA	NA			
Folate equivs (mcg)	695.5	616.9	781.8	100	100			
Vitamin C (mg)	129.9	99.0	170.4	100	100			
Vitamin D (mcg)	3.4	2.7	4.5	NA	0			
Vitamin E (mg)	11.3	9.1	13.2	NA	100			
Calcium (mg)	1131.7	1036.5	1220.7	100	100			
Iron (mg)	11.7	10.6	13.0	100	100			
Iodine (mcg)	197.2	178.7	213.0	100	100			
Magnesium (mg)	399.1	375.5	422.6	100	100			
Phosphorus (mg)	1824.3	1730.9	1955.1	100	100			
Potassium (mg)	3717.4	3542.1	3876.1	NA	100			
Sodium (mg)	1331.2	1140.3	1513.6	NA	100			
Zinc (mg)	14.0	13.2	19.0	100	100			
Cholesterol (mg)	240.4	178.8	352.4	NA	NA			
Selenium (mcg)	74.2	66.3	85.3	100	100			
Vitamin B6 (mg)	2.0	1.6	3.1	100	100			
Vitamin B12 (mcg)	6.6	6.0	7.6	100	100			

Percent energy from fat 30.5

Percent energy from protein 23.3

Percent energy from carbohydrate 46.2

Girls9to11.avtot2:

AllFoodGroups N.serves							
[1,]	StarchyVeg	10					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	10					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	17.5					
[16,]	PolyMarg	12					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		7764.0	7524.1	8096.1	NA	NA	NA
Energy (kJ)		8039.2	7795.9	8385.3	NA	NA	NA
Protein (g)		111.5	107.3	116.0	100		100
Fat (g)		67.8	63.3	74.5	NA		NA
Carbohydrate (g)		200.1	187.6	210.7	NA		NA
Sugars (g)		93.3	86.7	102.6	NA		NA
Starch (g)		105.7	96.1	113.7	NA		NA
Fibre (g)		37.1	32.8	45.3	NA		100
Saturated fat (g)		20.0	18.7	21.8	NA		NA
Monounsaturated fat (g)		25.4	23.1	28.5	NA		NA
Polyunsaturated fat (g)		17.5	15.3	20.0	NA		NA
Linoleic acid (g)		16.3	14.2	18.5	NA		100
Alpha linolenic acid (g)		1.0	0.7	1.5	NA		96
LC n3 fatty acids (mg)		200.2	85.1	513.8	NA		100
Vitamin A equivalents (mcg)		1379.6	1123.2	1618.2	100		100
Retinol (mcg)		328.0	283.2	373.6	NA		NA
Provitamin A (mcg)		6255.3	4612.8	7660.0	NA		NA
Thiamin (mg)		1.7	1.5	1.9	100		100
Riboflavin (mg)		2.5	2.4	2.7	100		100
Niacin (mg)		54.3	51.2	57.8	100		100
Folate (mcg total)		551.3	494.4	608.5	NA		NA
Folate equivalents (mcg)		707.6	638.5	789.1	100		100
Vitamin C (mg)		138.8	112.9	174.8	100		100
Vitamin D (mcg)		3.1	2.6	4.2	NA		0
Vitamin E (mg)		11.8	10.1	13.9	NA		100
Calcium (mg)		1156.2	1089.0	1236.1	100		100
Iron (mg)		12.8	11.6	13.8	100		100
Iodine (mcg)		186.9	165.1	210.8	100		100
Magnesium (mg)		445.8	411.6	473.9	100		100
Phosphorus (mg)		1924.9	1849.2	1999.8	100		100
Potassium (mg)		4188.2	3949.2	4367.2	NA		100
Sodium (mg)		1230.6	1056.2	1445.5	NA		100
Zinc (mg)		14.9	13.8	20.8	100		100
Cholesterol (mg)		240.8	177.2	315.3	NA		NA
Selenium (mcg)		75.6	67.2	84.5	100		100
Vitamin B6 (mg)		2.2	1.7	3.0	100		100
Vitamin B12 (mcg)		6.6	5.9	8.1	100		100
Percent energy from fat		31.8					
Percent energy from protein		24.0					
Percent energy from carbohydrate		44.1					

Girls9tol1.avtot3:

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	21					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	17.5					
[16,]	PolyMarg	12					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	3.5					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	7794.1	7490.1	8248.4	NA	NA		
Energy (kJ)	8066.1	7753.6	8524.3	NA	NA		
Protein (g)	112.4	106.6	170.9	100	100		
Fat (g)	64.9	60.4	71.2	NA	NA		
Carbohydrate (g)	209.6	198.6	224.6	NA	NA		
Sugars (g)	99.8	91.2	108.9	NA	NA		
Starch (g)	108.6	99.3	119.3	NA	NA		
Fibre (g)	36.2	31.6	46.7	NA	100		
Saturated fat (g)	20.7	18.6	23.0	NA	NA		
Monounsaturated fat (g)	23.4	20.5	26.7	NA	NA		
Polyunsaturated fat (g)	15.9	14.0	18.5	NA	NA		
Linoleic acid (g)	14.6	12.8	17.0	NA	100		
Alpha linolenic acid (g)	1.0	0.8	1.6	NA	100		
LC n3 fatty acids (mg)	206.8	96.6	520.2	NA	100		
Vitamin A equivs (mcg)	1378.9	1160.7	1645.8	100	100		
Retinol (mcg)	341.3	285.5	401.9	NA	NA		
Provitamin A (mcg)	6162.3	4941.5	7890.7	NA	NA		
Thiamin (mg)	1.6	1.5	1.8	100	100		
Riboflavin (mg)	2.5	2.4	2.8	100	100		
Niacin (mg)	53.0	48.8	56.5	100	100		
Folate (mcg total)	535.0	483.5	590.1	NA	NA		
Folate equivs (mcg)	704.6	611.9	776.7	100	100		
Vitamin C (mg)	133.0	100.3	168.7	100	100		
Vitamin D (mcg)	3.2	2.5	4.4	NA	0		
Vitamin E (mg)	11.1	9.1	13.2	NA	100		
Calcium (mg)	1167.0	1091.9	1259.2	100	100		
Iron (mg)	12.6	11.8	13.7	100	100		
Iodine (mcg)	192.4	170.7	212.3	100	100		
Magnesium (mg)	427.1	400.6	463.9	100	100		
Phosphorus (mg)	1902.3	1825.0	1978.9	100	100		
Potassium (mg)	4013.0	3808.3	4188.3	NA	100		
Sodium (mg)	1360.0	1214.6	1633.4	NA	100		
Zinc (mg)	16.9	13.8	95.2	100	100		
Cholesterol (mg)	244.7	177.7	359.0	NA	NA		
Selenium (mcg)	75.5	68.0	83.7	100	100		
Vitamin B6 (mg)	2.2	1.6	3.0	100	100		
Vitamin B12 (mcg)	6.6	6.1	7.5	100	100		
Percent energy from fat	30.3						
Percent energy from protein	24.1						
Percent energy from carbohydrate	45.7						

Girls9to11.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	18
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	7736.2	7462.8	8047.1	NA	NA		NA
Energy (kJ)	8008.1	7725.0	8321.0	NA	NA		NA
Protein (g)	107.9	103.4	166.5	100			100
Fat (g)	61.1	56.8	65.9	NA			NA
Carbohydrate (g)	218.0	203.1	234.5	NA			NA
Sugars (g)	115.5	108.2	129.3	NA			NA
Starch (g)	100.9	92.0	112.5	NA			NA
Fibre (g)	36.3	31.4	42.5	NA			100
Saturated fat (g)	19.9	18.3	21.6	NA			NA
Monounsaturated fat (g)	22.3	19.8	24.8	NA			NA
Polyunsaturated fat (g)	14.2	12.9	15.6	NA			NA
Linoleic acid (g)	13.0	11.7	14.5	NA			100
Alpha linolenic acid (g)	0.9	0.7	1.4	NA			77
LC n3 fatty acids (mg)	206.5	91.6	526.6	NA			100
Vitamin A equivalents (mcg)	1372.7	1111.7	1608.2	100			100
Retinol (mcg)	316.3	270.3	365.9	NA			NA
Provitamin A (mcg)	6278.4	4684.4	7627.6	NA			NA
Thiamin (mg)	1.6	1.5	1.8	100			100
Riboflavin (mg)	2.6	2.3	2.8	100			100
Niacin (mg)	52.0	48.4	56.2	100			100
Folate (mcg total)	544.2	490.2	622.9	NA			NA
Folate equivalents (mcg)	700.9	642.8	775.8	100			100
Vitamin C (mg)	156.9	119.9	197.8	100			100
Vitamin D (mcg)	3.1	2.5	4.2	NA			0
Vitamin E (mg)	10.8	9.3	12.4	NA			100
Calcium (mg)	1169.2	1092.1	1253.8	100			100
Iron (mg)	11.9	10.8	12.9	100			100
Iodine (mcg)	191.2	173.9	209.9	100			100
Magnesium (mg)	415.5	388.1	446.6	100			100
Phosphorus (mg)	1858.9	1784.8	1926.6	100			100
Potassium (mg)	4136.8	3961.9	4394.5	NA			100
Sodium (mg)	1292.3	1116.6	1441.6	NA			100
Zinc (mg)	15.1	13.3	94.4	100			100
Cholesterol (mg)	239.2	175.0	343.3	NA			NA
Selenium (mcg)	72.6	63.0	83.4	100			100
Vitamin B6 (mg)	2.2	1.7	2.8	100			100
Vitamin B12 (mcg)	6.7	6.1	8.2	100			100

Percent energy from fat 28.8

Percent energy from protein 23.4

Percent energy from carbohydrate 47.9

Girls9to11.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	18
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	7752.4	7433.2	8042.5	NA			NA
Energy (kJ)	8001.6	7728.6	8300.6	NA			NA
Protein (g)	109.2	104.4	165.4	100			100
Fat (g)	65.0	60.3	70.4	NA			NA
Carbohydrate (g)	210.0	196.2	225.0	NA			NA
Sugars (g)	105.7	97.9	114.5	NA			NA
Starch (g)	103.1	93.6	112.8	NA			NA
Fibre (g)	33.7	29.6	40.6	NA			100
Saturated fat (g)	21.8	20.4	23.6	NA			NA
Monounsaturated fat (g)	23.7	21.9	26.5	NA			NA
Polyunsaturated fat (g)	14.6	12.9	17.1	NA			NA
Linoleic acid (g)	13.4	11.5	15.6	NA			100
Alpha linolenic acid (g)	0.9	0.7	1.5	NA			84
LC n3 fatty acids (mg)	215.2	80.6	439.4	NA			100
Vitamin A equivs (mcg)	1360.1	1119.3	1608.5	100			100
Retinol (mcg)	337.2	294.7	389.9	NA			NA
Provitamin A (mcg)	6081.0	4533.9	7692.8	NA			NA
Thiamin (mg)	1.6	1.4	1.9	100			100
Riboflavin (mg)	2.6	2.4	2.8	100			100
Niacin (mg)	52.2	47.0	57.4	100			100
Folate (mcg total)	506.9	452.5	555.8	NA			NA
Folate equivs (mcg)	665.3	577.5	736.8	100			100
Vitamin C (mg)	135.3	100.1	170.3	100			100
Vitamin D (mcg)	3.1	2.5	4.1	NA			0
Vitamin E (mg)	10.5	8.7	14.1	NA			100
Calcium (mg)	1172.2	1102.6	1251.8	100			100
Iron (mg)	11.9	10.9	13.1	100			100
Iodine (mcg)	194.9	175.9	214.3	100			100
Magnesium (mg)	406.7	380.0	442.6	100			100
Phosphorus (mg)	1876.2	1817.2	1960.5	100			100
Potassium (mg)	3946.6	3778.4	4181.7	NA			100
Sodium (mg)	1388.2	1160.0	1590.9	NA			100
Zinc (mg)	15.8	13.3	94.4	100			100
Cholesterol (mg)	258.2	185.8	367.7	NA			NA
Selenium (mcg)	73.9	64.6	84.3	100			100
Vitamin B6 (mg)	2.1	1.6	2.7	100			100
Vitamin B12 (mcg)	6.8	6.2	7.8	100			100

Percent energy from fat 30.6

Percent energy from protein 23.6

Percent energy from carbohydrate 45.9

Girls9to11.avtot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	5
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	19
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	17.5
[16,] PolyMarg	10
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	7814.2	7575.0	8145.0	NA	NA		NA
Energy (kJ)	8060.0	7811.2	8393.6	NA	NA		NA
Protein (g)	111.0	102.6	166.9	100			100
Fat (g)	60.9	56.4	66.6	NA			NA
Carbohydrate (g)	223.8	211.2	237.9	NA			NA
Sugars (g)	105.0	92.5	113.9	NA			NA
Starch (g)	117.5	104.1	127.0	NA			NA
Fibre (g)	32.3	28.2	39.3	NA			100
Saturated fat (g)	21.2	19.2	23.3	NA			NA
Monounsaturated fat (g)	21.8	19.5	23.8	NA			NA
Polyunsaturated fat (g)	13.3	11.9	15.2	NA			NA
Linoleic acid (g)	12.0	10.8	13.6	NA			100
Alpha linolenic acid (g)	0.9	0.7	1.3	NA			88
LC n3 fatty acids (mg)	221.0	81.5	495.6	NA			100
Vitamin A equivs (mcg)	1351.2	1115.7	1613.8	100			100
Retinol (mcg)	332.7	287.9	418.9	NA			NA
Provitamin A (mcg)	6054.7	4788.0	7508.6	NA			NA
Thiamin (mg)	1.6	1.4	1.7	100			100
Riboflavin (mg)	2.5	2.3	2.7	100			100
Niacin (mg)	50.9	46.0	54.8	100			100
Folate (mcg total)	479.7	428.8	555.1	NA			NA
Folate equivs (mcg)	658.1	596.3	755.6	100			100
Vitamin C (mg)	131.8	106.3	181.9	100			100
Vitamin D (mcg)	3.1	2.5	4.2	NA			0
Vitamin E (mg)	10.0	8.5	11.9	NA			100
Calcium (mg)	1150.0	1071.6	1236.7	100			100
Iron (mg)	11.7	10.6	12.8	100			100
Iodine (mcg)	197.8	179.1	250.9	100			100
Magnesium (mg)	388.4	364.5	413.1	100			100
Phosphorus (mg)	1831.9	1780.5	1919.2	100			100
Potassium (mg)	3763.9	3592.7	3998.6	NA			100
Sodium (mg)	1458.1	1240.5	1784.4	NA			100
Zinc (mg)	19.6	13.1	99.6	100			100
Cholesterol (mg)	252.8	189.3	376.8	NA			NA
Selenium (mcg)	74.0	61.4	81.6	100			100
Vitamin B6 (mg)	2.0	1.5	2.5	100			100
Vitamin B12 (mcg)	6.8	6.2	8.1	100			100

Percent energy from fat 28.3

Percent energy from protein 23.7

Percent energy from carbohydrate 48.0

A15.36 Sample 7-day *Total Diets* for Girls 9-11 years higher energy level

Average age 11yrs and high activity PAL 2

Public Consultation

Girls9to11.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	10
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	10
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	21
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	3
[15,] LoFatDairy	17.5
[16,] PolyMarg	12
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9788.1	9487.6	10050.5		NA		NA
Energy (kJ)	10108.0	9804.1	10370.2		NA		NA
Protein (g)	126.5	121.4	129.9		100		100
Fat (g)	75.0	70.9	81.1		NA		NA
Carbohydrate (g)	289.4	279.6	300.2		NA		NA
Sugars (g)	106.9	99.0	115.0		NA		NA
Starch (g)	181.4	170.6	196.3		NA		NA
Fibre (g)	43.4	38.3	50.4		NA		100
Saturated fat (g)	23.0	21.6	24.9		NA		NA
Monounsaturated fat (g)	27.7	25.4	30.6		NA		NA
Polyunsaturated fat (g)	18.7	16.5	21.0		NA		NA
Linoleic acid (g)	17.3	15.2	19.7		NA		100
Alpha linolenic acid (g)	1.1	0.9	1.7		NA		100
LC n3 fatty acids (mg)	211.4	67.0	442.7		NA		99
Vitamin A equivs (mcg)	1426.7	1147.0	1769.1		100		100
Retinol (mcg)	379.1	342.8	426.5		NA		NA
Provitamin A (mcg)	6225.7	4510.0	8318.5		NA		NA
Thiamin (mg)	2.3	2.1	2.5		100		100
Riboflavin (mg)	3.1	2.9	3.4		100		100
Niacin (mg)	64.0	61.0	67.9		100		100
Folate (mcg total)	596.9	533.5	678.4		NA		NA
Folate equivs (mcg)	904.6	813.6	1018.8		100		100
Vitamin C (mg)	138.5	107.1	190.0		100		100
Vitamin D (mcg)	3.7	3.1	4.7		NA		0
Vitamin E (mg)	12.5	10.7	14.6		NA		100
Calcium (mg)	1359.5	1270.2	1434.3		100		100
Iron (mg)	15.3	14.1	16.7		100		100
Iodine (mcg)	251.5	233.4	273.6		100		100
Magnesium (mg)	524.5	499.2	551.1		100		100
Phosphorus (mg)	2271.7	2177.1	2342.7		100		100
Potassium (mg)	4514.1	4350.8	4699.3		NA		100
Sodium (mg)	1735.6	1525.1	1999.4		NA		100
Zinc (mg)	16.7	15.7	17.6		100		100
Cholesterol (mg)	249.6	194.8	326.9		NA		NA
Selenium (mcg)	89.3	78.7	100.6		100		100
Vitamin B6 (mg)	2.4	2.0	3.0		100		100
Vitamin B12 (mcg)	7.5	7.0	8.1		100		100

Percent energy from fat 28.1

Percent energy from protein 21.8

Percent energy from carbohydrate 50.1

Girls9to11.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	10
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	14
[6,] OtherVeg	17
[7,] TotalFruit	21
[8,] WholegrainCereals	21
[9,] RefinedCereals	21
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	4
[15,] LoFatDairy	17.5
[16,] PolyMarg	12
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9784.1	9450.5	10138.7		NA		NA
Energy (kJ)	10105.6	9763.7	10469.3		NA		NA
Protein (g)	124.9	120.9	129.0		100		100
Fat (g)	82.7	78.0	86.7		NA		NA
Carbohydrate (g)	274.5	260.4	291.9		NA		NA
Sugars (g)	122.6	114.4	130.4		NA		NA
Starch (g)	150.4	136.8	161.7		NA		NA
Fibre (g)	43.1	38.6	50.0		NA		100
Saturated fat (g)	24.5	22.5	25.9		NA		NA
Monounsaturated fat (g)	31.5	29.2	34.8		NA		NA
Polyunsaturated fat (g)	20.6	18.4	22.9		NA		NA
Linoleic acid (g)	19.2	17.3	21.4		NA		100
Alpha linolenic acid (g)	1.1	0.8	2.1		NA		100
LC n3 fatty acids (mg)	209.6	85.8	450.1		NA		100
Vitamin A equivs (mcg)	1480.8	1247.6	1772.4		100		100
Retinol (mcg)	398.4	359.4	451.4		NA		NA
Provitamin A (mcg)	6437.9	5276.3	8072.1		NA		NA
Thiamin (mg)	2.1	1.9	2.3		100		100
Riboflavin (mg)	3.0	2.8	3.3		100		100
Niacin (mg)	62.5	58.3	67.0		100		100
Folate (mcg total)	637.4	589.1	725.8		NA		NA
Folate equivs (mcg)	863.5	764.6	1030.1		100		100
Vitamin C (mg)	168.0	133.1	216.2		100		100
Vitamin D (mcg)	3.8	3.3	5.0		NA		0
Vitamin E (mg)	14.0	12.1	17.1		NA		100
Calcium (mg)	1335.8	1241.7	1410.7		100		100
Iron (mg)	14.2	13.2	15.2		100		100
Iodine (mcg)	238.1	219.6	265.7		100		100
Magnesium (mg)	513.6	485.4	542.4		100		100
Phosphorus (mg)	2216.2	2135.9	2293.2		100		100
Potassium (mg)	4762.7	4616.8	5011.6		NA		100
Sodium (mg)	1512.8	1256.0	1747.2		NA		100
Zinc (mg)	16.3	15.3	21.5		100		100
Cholesterol (mg)	260.1	195.6	361.0		NA		NA
Selenium (mcg)	86.1	77.4	97.8		100		100
Vitamin B6 (mg)	2.6	2.1	3.2		100		100
Vitamin B12 (mcg)	7.7	7.1	8.9		100		100

Percent energy from fat 30.9

Percent energy from protein 21.5

Percent energy from carbohydrate 47.6

Girls9to11.hitot3:

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	12					
[6,]	OtherVeg	28					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	21					
[9,]	RefinedCereals	14					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3					
[14,]	MidFatDairy	4					
[15,]	LoFatDairy	17.5					
[16,]	PolyMarg	15					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	3.5					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9701.9	9266.2	10000.9	NA			NA
Energy (kJ)	10046.0	9605.4	10347.3	NA			NA
Protein (g)	127.2	121.6	187.9	100			100
Fat (g)	86.3	81.3	94.0	NA			NA
Carbohydrate (g)	261.0	239.9	276.6	NA			NA
Sugars (g)	130.2	120.2	139.7	NA			NA
Starch (g)	129.1	117.3	145.3	NA			NA
Fibre (g)	45.4	40.3	52.1	NA			100
Saturated fat (g)	26.5	24.8	29.0	NA			NA
Monounsaturated fat (g)	32.1	29.7	35.4	NA			NA
Polyunsaturated fat (g)	21.6	19.4	25.0	NA			NA
Linoleic acid (g)	20.0	18.2	23.3	NA			100
Alpha linolenic acid (g)	1.3	1.0	1.9	NA			100
LC n3 fatty acids (mg)	190.0	84.8	441.0	NA			100
Vitamin A equivs (mcg)	1591.5	1295.9	1858.3	100			100
Retinol (mcg)	440.9	402.8	497.3	NA			NA
Provitamin A (mcg)	6849.6	5267.5	8446.6	NA			NA
Thiamin (mg)	2.0	1.9	2.3	100			100
Riboflavin (mg)	3.1	2.9	3.4	100			100
Niacin (mg)	61.6	57.3	66.3	100			100
Folate (mcg total)	673.2	604.0	756.0	NA			NA
Folate equivs (mcg)	863.5	781.8	945.7	100			100
Vitamin C (mg)	188.8	149.2	227.7	100			100
Vitamin D (mcg)	4.0	3.5	4.9	NA			0
Vitamin E (mg)	15.2	13.1	17.8	NA			100
Calcium (mg)	1377.2	1300.8	1464.3	100			100
Iron (mg)	14.9	13.7	16.8	100			100
Iodine (mcg)	230.1	209.7	245.9	100			100
Magnesium (mg)	526.3	496.9	557.6	100			100
Phosphorus (mg)	2234.5	2147.2	2343.6	100			100
Potassium (mg)	4957.8	4727.5	5142.0	NA			100
Sodium (mg)	1526.8	1359.2	1770.1	NA			100
Zinc (mg)	18.3	15.7	97.2	100			100
Cholesterol (mg)	259.7	196.7	357.3	NA			NA
Selenium (mcg)	84.7	75.6	95.2	100			100
Vitamin B6 (mg)	3.0	2.3	4.0	100			100
Vitamin B12 (mcg)	7.5	6.9	8.9	100			100
Percent energy from fat	32.3						
Percent energy from protein	21.9						
Percent energy from carbohydrate	45.8						

Girls9to11.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	12
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	4
[15,] LoFatDairy	17.5
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	3.5

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9642.1	9362.7	10012.5		NA		NA
Energy (kJ)	9956.4	9668.3	10335.7		NA		NA
Protein (g)	129.4	123.0	186.3		100		100
Fat (g)	86.1	81.4	92.3		NA		NA
Carbohydrate (g)	256.6	243.7	274.3		NA		NA
Sugars (g)	112.7	105.1	127.0		NA		NA
Starch (g)	142.7	129.6	156.9		NA		NA
Fibre (g)	41.4	36.8	48.6		NA		100
Saturated fat (g)	26.6	24.3	28.5		NA		NA
Monounsaturated fat (g)	31.6	29.2	34.6		NA		NA
Polyunsaturated fat (g)	21.7	19.2	25.4		NA		NA
Linoleic acid (g)	20.1	17.7	23.3		NA		100
Alpha linolenic acid (g)	1.2	1.0	2.0		NA		100
LC n3 fatty acids (mg)	233.8	85.8	473.1		NA		100
Vitamin A equivs (mcg)	1493.2	1276.4	1782.2		100		100
Retinol (mcg)	446.4	378.0	514.1		NA		NA
Provitamin A (mcg)	6219.7	5091.8	7885.0		NA		NA
Thiamin (mg)	2.1	1.9	2.4		100		100
Riboflavin (mg)	3.1	2.8	3.3		100		100
Niacin (mg)	62.2	56.1	67.0		100		100
Folate (mcg total)	620.2	549.1	692.6		NA		NA
Folate equivs (mcg)	860.5	775.6	943.9		100		100
Vitamin C (mg)	136.4	89.3	172.9		100		100
Vitamin D (mcg)	4.2	3.5	5.1		NA		3
Vitamin E (mg)	13.9	11.5	16.0		NA		100
Calcium (mg)	1389.8	1323.3	1486.5		100		100
Iron (mg)	15.0	13.8	16.4		100		100
Iodine (mcg)	243.4	221.9	266.3		100		100
Magnesium (mg)	524.9	491.6	568.9		100		100
Phosphorus (mg)	2264.3	2160.0	2387.9		100		100
Potassium (mg)	4480.5	4275.9	4699.7		NA		100
Sodium (mg)	1651.9	1428.0	1840.0		NA		100
Zinc (mg)	19.9	16.1	97.1		100		100
Cholesterol (mg)	264.8	193.8	366.6		NA		NA
Selenium (mcg)	87.7	78.2	103.0		100		100
Vitamin B6 (mg)	2.5	1.9	3.1		100		100
Vitamin B12 (mcg)	7.6	6.9	8.7		100		100

Percent energy from fat 32.5

Percent energy from protein 22.4

Percent energy from carbohydrate 45.1

Girls9to11.hitot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	28
[9,] RefinedCereals	24
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	0
[15,] LoFatDairy	17.5
[16,] PolyMarg	12
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9719.9	9455.5	10087.6		NA		NA
Energy (kJ)	10045.3	9766.9	10425.5		NA		NA
Protein (g)	126.5	119.9	185.0		100		100
Fat (g)	72.0	66.7	78.0		NA		NA
Carbohydrate (g)	294.1	280.9	310.6		NA		NA
Sugars (g)	110.6	101.9	122.1		NA		NA
Starch (g)	182.2	171.4	196.2		NA		NA
Fibre (g)	42.7	37.9	51.6		NA		100
Saturated fat (g)	23.1	21.1	25.0		NA		NA
Monounsaturated fat (g)	25.8	23.5	28.9		NA		NA
Polyunsaturated fat (g)	17.5	16.0	20.1		NA		NA
Linoleic acid (g)	16.0	14.7	18.2		NA		100
Alpha linolenic acid (g)	1.2	0.9	1.8		NA		100
LC n3 fatty acids (mg)	212.4	87.2	573.4		NA		100
Vitamin A equivs (mcg)	1381.2	1087.8	1596.5		100		100
Retinol (mcg)	356.6	317.0	426.0		NA		NA
Provitamin A (mcg)	6091.2	4532.1	7428.2		NA		NA
Thiamin (mg)	2.1	1.9	2.3		100		100
Riboflavin (mg)	2.8	2.6	3.1		100		100
Niacin (mg)	60.4	56.6	64.5		100		100
Folate (mcg total)	588.0	531.5	643.0		NA		NA
Folate equivs (mcg)	870.3	758.4	975.5		100		100
Vitamin C (mg)	137.1	109.5	160.6		100		100
Vitamin D (mcg)	3.2	2.4	4.8		NA		0
Vitamin E (mg)	12.0	10.3	13.9		NA		100
Calcium (mg)	1277.4	1208.7	1384.0		100		100
Iron (mg)	15.5	14.1	17.0		100		100
Iodine (mcg)	225.3	202.7	249.5		100		100
Magnesium (mg)	494.1	465.5	529.2		100		100
Phosphorus (mg)	2155.9	2047.5	2245.0		100		100
Potassium (mg)	4291.2	4061.7	4507.5		NA		100
Sodium (mg)	1811.0	1569.7	2096.4		NA		100
Zinc (mg)	18.5	15.1	96.7		100		100
Cholesterol (mg)	251.7	200.4	379.8		NA		NA
Selenium (mcg)	88.2	80.4	101.2		100		100
Vitamin B6 (mg)	2.3	1.9	2.7		100		100
Vitamin B12 (mcg)	7.1	6.3	7.6		100		100

Percent energy from fat 27.1

Percent energy from protein 21.8

Percent energy from carbohydrate 51.1

Girls9to11.hitot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	10
[6,] OtherVeg	28
[7,] TotalFruit	28
[8,] WholegrainCereals	19
[9,] RefinedCereals	9
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3
[14,] MidFatDairy	2
[15,] LoFatDairy	17.5
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9597.8	9311.8	9932.4	NA			NA
Energy (kJ)	9964.0	9670.6	10301.7	NA			NA
Protein (g)	124.9	117.6	182.0	100			100
Fat (g)	81.2	74.8	87.1	NA			NA
Carbohydrate (g)	269.6	254.3	284.4	NA			NA
Sugars (g)	147.5	139.2	154.5	NA			NA
Starch (g)	120.0	108.8	131.7	NA			NA
Fibre (g)	49.8	42.1	57.1	NA			100
Saturated fat (g)	25.7	23.7	28.2	NA			NA
Monounsaturated fat (g)	29.5	26.7	32.7	NA			NA
Polyunsaturated fat (g)	20.0	18.4	21.7	NA			NA
Linoleic acid (g)	18.5	16.9	20.2	NA			100
Alpha linolenic acid (g)	1.2	1.0	2.2	NA			100
LC n3 fatty acids (mg)	216.6	85.4	485.1	NA			100
Vitamin A equivs (mcg)	1626.1	1376.8	1958.5	100			100
Retinol (mcg)	421.6	375.7	496.6	NA			NA
Provitamin A (mcg)	7174.0	5768.4	8865.4	NA			NA
Thiamin (mg)	1.9	1.8	2.2	100			100
Riboflavin (mg)	2.9	2.7	3.1	100			100
Niacin (mg)	60.0	55.8	63.9	100			100
Folate (mcg total)	696.5	659.8	749.5	NA			NA
Folate equivs (mcg)	855.9	786.8	922.0	100			100
Vitamin C (mg)	231.1	193.4	276.5	100			100
Vitamin D (mcg)	3.8	3.0	4.9	NA			0
Vitamin E (mg)	14.9	12.6	17.4	NA			100
Calcium (mg)	1317.2	1216.1	1417.9	100			100
Iron (mg)	14.9	13.8	16.4	100			100
Iodine (mcg)	211.0	191.3	234.6	100			100
Magnesium (mg)	526.0	492.2	556.5	100			100
Phosphorus (mg)	2182.5	2097.1	2256.2	100			100
Potassium (mg)	5465.7	5228.7	5700.4	NA			100
Sodium (mg)	1501.7	1306.6	1691.7	NA			100
Zinc (mg)	19.5	15.3	97.0	100			100
Cholesterol (mg)	258.8	198.6	381.9	NA			NA
Selenium (mcg)	82.2	70.4	92.5	100			100
Vitamin B6 (mg)	3.1	2.4	3.8	100			100
Vitamin B12 (mcg)	7.1	6.3	7.9	100			100

Percent energy from fat 30.6

Percent energy from protein 21.7

Percent energy from carbohydrate 47.7

A15.37 Sample 7-day *Total Diets* for Girls 12-13 years mid energy level

Public Consultation

Girls12to13.avtot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	10
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	24
[9,] RefinedCereals	14
[10,] Poultryfishheggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	24.5
[16,] PolyMarg	20
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8986.4	8662.6	9270.8	NA	NA	NA		
Energy (kJ)	9250.3	8917.7	9533.8	NA	NA	NA		
Protein (g)	121.7	117.1	126.7	100	100	100		
Fat (g)	80.3	75.5	86.3	NA	NA	NA		
Carbohydrate (g)	235.4	220.4	246.7	NA	NA	NA		
Sugars (g)	110.4	103.4	118.3	NA	NA	NA		
Starch (g)	123.8	112.4	134.1	NA	NA	NA		
Fibre (g)	34.6	30.7	41.0	NA	100	100		
Saturated fat (g)	24.8	23.0	26.8	NA	NA	NA		
Monounsaturated fat (g)	29.1	27.1	32.1	NA	NA	NA		
Polyunsaturated fat (g)	20.9	19.3	22.9	NA	NA	NA		
Linoleic acid (g)	19.4	18.0	21.3	NA	100	100		
Alpha linolenic acid (g)	1.2	0.9	1.8	NA	100	100		
LC n3 fatty acids (mg)	216.2	78.7	435.9	NA	100	100		
Vitamin A equivs (mcg)	1506.3	1254.5	1782.0	100	100	100		
Retinol (mcg)	467.2	427.5	537.6	NA	NA	NA		
Provitamin A (mcg)	6154.5	4679.8	7466.6	NA	NA	NA		
Thiamin (mg)	1.8	1.7	2.1	100	100	100		
Riboflavin (mg)	3.1	2.9	3.3	100	100	100		
Niacin (mg)	59.1	55.1	64.1	100	100	100		
Folate (mcg total)	579.5	524.8	637.2	NA	NA	NA		
Folate equivs (mcg)	792.1	711.1	867.0	100	100	100		
Vitamin C (mg)	127.5	100.1	156.2	100	100	100		
Vitamin D (mcg)	4.1	3.7	5.4	NA	2	2		
Vitamin E (mg)	13.5	11.0	15.4	NA	100	100		
Calcium (mg)	1471.5	1383.6	1573.5	100	100	100		
Iron (mg)	12.6	11.7	14.2	100	100	100		
Iodine (mcg)	250.3	232.8	307.9	100	100	100		
Magnesium (mg)	466.4	437.1	495.2	100	100	100		
Phosphorus (mg)	2187.1	2104.1	2303.8	100	100	100		
Potassium (mg)	4244.1	4049.4	4510.7	NA	100	100		
Sodium (mg)	1565.3	1389.1	1775.8	NA	100	100		
Zinc (mg)	15.8	14.6	21.1	100	100	100		
Cholesterol (mg)	257.0	190.3	394.9	NA	NA	NA		
Selenium (mcg)	81.2	71.5	91.9	100	100	100		
Vitamin B6 (mg)	2.3	1.8	3.0	100	100	100		
Vitamin B12 (mcg)	8.4	7.4	9.8	100	100	100		

Percent energy from fat 32.8

Percent energy from protein 22.8

Percent energy from carbohydrate 44.4

Girls12to13.avtot2:

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	14					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	7					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheseggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	24.5					
[16,]	PolyMarg	25					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	0					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8848.9	8623.2	9244.3	NA			NA
Energy (kJ)	9157.3	8944.8	9555.2	NA			NA
Protein (g)	122.2	118.4	126.3	100			100
Fat (g)	79.3	74.8	86.7	NA			NA
Carbohydrate (g)	229.2	217.7	241.8	NA			NA
Sugars (g)	125.4	117.8	135.3	NA			NA
Starch (g)	102.2	91.4	114.4	NA			NA
Fibre (g)	40.7	36.6	46.7	NA			100
Saturated fat (g)	25.0	23.6	27.0	NA			NA
Monounsaturated fat (g)	27.1	25.0	29.4	NA			NA
Polyunsaturated fat (g)	21.5	20.0	24.1	NA			NA
Linoleic acid (g)	19.9	18.5	22.1	NA			100
Alpha linolenic acid (g)	1.3	1.1	1.9	NA			100
LC n3 fatty acids (mg)	210.5	92.2	419.2	NA			100
Vitamin A equivs (mcg)	1659.6	1387.9	1898.8	100			100
Retinol (mcg)	522.6	470.4	581.7	NA			NA
Provitamin A (mcg)	6749.5	5116.5	8145.1	NA			NA
Thiamin (mg)	1.7	1.6	1.9	100			100
Riboflavin (mg)	3.1	2.9	3.4	100			100
Niacin (mg)	57.3	51.9	60.0	100			100
Folate (mcg total)	655.1	598.2	700.7	NA			NA
Folate equivs (mcg)	812.7	707.8	890.1	100			100
Vitamin C (mg)	180.1	142.2	236.8	100			100
Vitamin D (mcg)	4.5	3.9	5.5	NA			6
Vitamin E (mg)	14.1	12.5	16.6	NA			100
Calcium (mg)	1502.2	1413.5	1578.3	100			100
Iron (mg)	13.4	12.4	14.4	100			100
Iodine (mcg)	237.5	218.1	257.9	100			100
Magnesium (mg)	477.2	445.0	513.6	100			100
Phosphorus (mg)	2182.5	2093.3	2250.5	100			100
Potassium (mg)	4778.0	4560.8	4981.6	NA			100
Sodium (mg)	1470.1	1307.3	1642.0	NA			100
Zinc (mg)	15.9	15.0	21.4	100			100
Cholesterol (mg)	257.0	190.0	376.6	NA			NA
Selenium (mcg)	77.2	68.9	87.2	100			100
Vitamin B6 (mg)	2.4	1.9	2.9	100			100
Vitamin B12 (mcg)	8.2	7.5	9.5	100			100
Percent energy from fat	32.6						
Percent energy from protein	23.1						
Percent energy from carbohydrate	44.2						

Girls12to13.avtot3:

AllFoodGroups N.serves							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	14					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	24.5					
[16,]	PolyMarg	15					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	3.5					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	9016.5	8677.4	9346.9	NA		NA	
Energy (kJ)	9296.6	8970.4	9623.8	NA		NA	
Protein (g)	127.1	122.0	185.4	100		100	
Fat (g)	86.8	81.3	94.5	NA		NA	
Carbohydrate (g)	219.2	207.4	237.9	NA		NA	
Sugars (g)	116.0	108.9	127.4	NA		NA	
Starch (g)	102.0	90.5	110.5	NA		NA	
Fibre (g)	36.6	32.9	45.6	NA		100	
Saturated fat (g)	26.3	24.0	28.9	NA		NA	
Monounsaturated fat (g)	32.7	30.1	35.7	NA		NA	
Polyunsaturated fat (g)	22.0	18.9	24.8	NA		NA	
Linoleic acid (g)	20.5	17.7	22.9	NA		100	
Alpha linolenic acid (g)	1.2	0.9	1.7	NA		100	
LC n3 fatty acids (mg)	228.6	99.0	581.5	NA		100	
Vitamin A equivs (mcg)	1473.8	1163.3	1689.1	100		100	
Retinol (mcg)	430.1	388.7	486.8	NA		NA	
Provitamin A (mcg)	6190.2	4337.0	7281.0	NA		NA	
Thiamin (mg)	1.8	1.7	2.0	100		100	
Riboflavin (mg)	3.1	2.9	3.3	100		100	
Niacin (mg)	59.9	56.0	63.0	100		100	
Folate (mcg total)	622.5	579.5	673.0	NA		NA	
Folate equivs (mcg)	783.5	718.1	853.0	100		100	
Vitamin C (mg)	126.9	96.3	164.8	100		100	
Vitamin D (mcg)	4.0	3.3	5.6	NA		2	
Vitamin E (mg)	13.9	11.7	16.3	NA		100	
Calcium (mg)	1490.6	1406.2	1574.7	100		100	
Iron (mg)	13.3	11.9	14.4	100		100	
Iodine (mcg)	240.5	225.6	258.4	100		100	
Magnesium (mg)	502.0	476.6	526.1	100		100	
Phosphorus (mg)	2263.7	2199.4	2333.2	100		100	
Potassium (mg)	4422.0	4250.1	4589.6	NA		100	
Sodium (mg)	1484.4	1352.0	1700.3	NA		100	
Zinc (mg)	18.1	15.6	97.7	100		100	
Cholesterol (mg)	265.7	203.3	354.5	NA		NA	
Selenium (mcg)	82.8	73.4	95.6	100		100	
Vitamin B6 (mg)	2.3	1.9	3.0	100		100	
Vitamin B12 (mcg)	8.3	7.5	9.2	100		100	
Percent energy from fat		35.1					
Percent energy from protein		23.6					
Percent energy from carbohydrate		41.4					

Girls12to13.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	10
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	5
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	19
[9,] RefinedCereals	14
[10,] Poultryfisheseggsleg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	24.5
[16,] PolyMarg	20
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8971.3	8680.7	9332.9	NA			NA
Energy (kJ)	9227.8	8936.2	9592.4	NA			NA
Protein (g)	121.9	115.6	178.2	100			100
Fat (g)	75.9	69.6	82.0	NA			NA
Carbohydrate (g)	247.4	235.9	262.7	NA			NA
Sugars (g)	120.8	112.0	130.8	NA			NA
Starch (g)	125.2	113.5	138.2	NA			NA
Fibre (g)	34.8	30.4	43.2	NA			100
Saturated fat (g)	26.6	24.5	28.8	NA			NA
Monounsaturated fat (g)	25.8	23.4	28.7	NA			NA
Polyunsaturated fat (g)	18.0	16.6	19.7	NA			NA
Linoleic acid (g)	16.5	15.2	18.0	NA			100
Alpha linolenic acid (g)	1.2	0.9	1.8	NA			100
LC n3 fatty acids (mg)	213.2	93.3	447.2	NA			100
Vitamin A equivs (mcg)	1579.1	1269.1	1862.7	100			100
Retinol (mcg)	499.5	453.6	568.0	NA			NA
Provitamin A (mcg)	6401.3	4632.9	8223.5	NA			NA
Thiamin (mg)	1.6	1.5	1.9	100			100
Riboflavin (mg)	3.1	2.9	3.3	100			100
Niacin (mg)	56.4	52.3	60.0	100			100
Folate (mcg total)	547.1	480.1	627.1	NA			NA
Folate equivs (mcg)	724.7	585.8	827.9	100			100
Vitamin C (mg)	139.5	109.2	180.0	100			100
Vitamin D (mcg)	4.3	3.6	5.8	NA			4
Vitamin E (mg)	12.1	10.2	14.0	NA			100
Calcium (mg)	1465.8	1393.5	1569.4	100			100
Iron (mg)	12.2	10.2	13.8	100			100
Iodine (mcg)	245.6	222.9	262.2	100			100
Magnesium (mg)	431.8	402.0	460.2	100			100
Phosphorus (mg)	2138.6	2071.5	2194.0	100			100
Potassium (mg)	4449.7	4247.7	4683.5	NA			100
Sodium (mg)	1653.5	1409.7	1914.8	NA			100
Zinc (mg)	19.2	14.4	96.1	100			100
Cholesterol (mg)	276.5	205.0	374.8	NA			NA
Selenium (mcg)	78.1	70.2	88.6	100			100
Vitamin B6 (mg)	2.2	1.7	2.8	100			100
Vitamin B12 (mcg)	8.4	7.7	9.3	100			100

Percent energy from fat 30.9

Percent energy from protein 22.8

Percent energy from carbohydrate 46.3

Girls12to13.avtot5:

AllFoodGroups N.serves							
[1,]	StarchyVeg	5					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	2					
[5,]	NutsSeeds	10					
[6,]	OtherVeg	28					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	19					
[9,]	RefinedCereals	9					
[10,]	Poultryfisheggsleg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	4					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	24.5					
[16,]	PolyMarg	17					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	7					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	8952.8	8599.0	9234.8		NA		NA
Energy (kJ)	9223.7	8858.6	9505.6		NA		NA
Protein (g)	123.6	117.2	179.1	100			100
Fat (g)	83.9	77.8	89.8		NA		NA
Carbohydrate (g)	226.6	210.7	239.8		NA		NA
Sugars (g)	125.1	114.5	135.0		NA		NA
Starch (g)	100.1	90.8	110.5		NA		NA
Fibre (g)	35.8	31.8	43.7		NA		100
Saturated fat (g)	27.4	24.9	29.4		NA		NA
Monounsaturated fat (g)	30.6	27.3	34.2		NA		NA
Polyunsaturated fat (g)	20.1	18.2	23.0		NA		NA
Linoleic acid (g)	18.7	17.0	21.5		NA		100
Alpha linolenic acid (g)	1.1	0.9	1.6		NA		100
LC n3 fatty acids (mg)	224.0	96.8	435.5		NA		100
Vitamin A equivs (mcg)	1594.1	1344.9	1856.6	100			100
Retinol (mcg)	464.0	419.1	536.0		NA		NA
Provitamin A (mcg)	6700.1	5027.5	8132.2		NA		NA
Thiamin (mg)	1.7	1.6	1.9	100			100
Riboflavin (mg)	3.2	3.0	3.4	100			100
Niacin (mg)	58.7	55.0	62.2	100			100
Folate (mcg total)	600.1	535.2	661.0		NA		NA
Folate equivs (mcg)	757.1	686.7	829.3	100			100
Vitamin C (mg)	168.3	122.3	209.5	100			100
Vitamin D (mcg)	4.1	3.5	4.8		NA		0
Vitamin E (mg)	14.3	11.6	16.4		NA		100
Calcium (mg)	1483.7	1392.2	1570.5	100			100
Iron (mg)	12.6	11.1	14.6	100			100
Iodine (mcg)	240.7	221.6	261.8	100			100
Magnesium (mg)	466.0	443.3	502.1	100			100
Phosphorus (mg)	2195.5	2124.7	2270.2	100			100
Potassium (mg)	4593.0	4419.9	4796.0		NA		100
Sodium (mg)	1574.2	1390.9	1745.1		NA		100
Zinc (mg)	19.3	15.3	96.5	100			100
Cholesterol (mg)	272.4	210.6	343.9		NA		NA
Selenium (mcg)	79.4	69.3	91.5	100			100
Vitamin B6 (mg)	2.7	2.1	3.5	100			100
Vitamin B12 (mcg)	8.4	7.7	9.6	100			100
Percent energy from fat		34.1					
Percent energy from protein		23.1					
Percent energy from carbohydrate		42.8					

Girls12to13.avtot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	2
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	19
[9,] RefinedCereals	12
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	4
[14,] MidFatDairy	0
[15,] LoFatDairy	21.5
[16,] PolyMarg	20
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9052.4	8767.5	9455.2	NA	NA			
Energy (kJ)	9320.5	9037.6	9727.0	NA	NA			
Protein (g)	118.5	109.8	233.2	100	100			
Fat (g)	75.1	69.8	81.5	NA	NA			
Carbohydrate (g)	260.1	247.5	276.1	NA	NA			
Sugars (g)	141.1	130.7	156.6	NA	NA			
Starch (g)	117.3	104.8	130.3	NA	NA			
Fibre (g)	34.8	29.5	41.0	NA	100			
Saturated fat (g)	28.3	26.1	30.7	NA	NA			
Monounsaturated fat (g)	24.6	21.9	27.5	NA	NA			
Polyunsaturated fat (g)	16.5	15.3	18.0	NA	NA			
Linoleic acid (g)	14.9	14.0	16.3	NA	100			
Alpha linolenic acid (g)	1.2	1.1	1.8	NA	100			
LC n3 fatty acids (mg)	228.2	101.1	529.4	NA	100			
Vitamin A equivs (mcg)	1580.9	1270.8	1912.6	100	100			
Retinol (mcg)	512.0	463.3	574.4	NA	NA			
Provitamin A (mcg)	6344.6	4626.1	8014.0	NA	NA			
Thiamin (mg)	1.6	1.4	1.9	100	100			
Riboflavin (mg)	3.0	2.7	3.2	100	100			
Niacin (mg)	53.0	49.7	57.2	100	100			
Folate (mcg total)	546.6	486.0	592.6	NA	NA			
Folate equivs (mcg)	714.7	628.6	768.7	100	100			
Vitamin C (mg)	156.0	118.7	187.7	100	100			
Vitamin D (mcg)	4.3	3.5	5.5	NA	3			
Vitamin E (mg)	11.9	10.0	13.5	NA	100			
Calcium (mg)	1381.2	1305.3	1452.3	100	100			
Iron (mg)	12.1	10.9	13.3	100	100			
Iodine (mcg)	229.0	206.6	244.7	100	100			
Magnesium (mg)	406.5	374.4	432.4	100	100			
Phosphorus (mg)	2011.9	1916.6	2115.2	100	100			
Potassium (mg)	4259.6	4033.0	4541.3	NA	100			
Sodium (mg)	1749.1	1520.4	2040.0	NA	100			
Zinc (mg)	20.9	13.8	174.8	100	100			
Cholesterol (mg)	286.2	220.0	385.8	NA	NA			
Selenium (mcg)	76.2	66.3	84.3	100	100			
Vitamin B6 (mg)	2.2	1.7	3.2	100	100			
Vitamin B12 (mcg)	7.9	7.2	8.5	100	100			

Percent energy from fat 30.1

Percent energy from protein 21.8

Percent energy from carbohydrate 48.0

A15.38 Sample 7-day *Total Diets* for Girls 12-13 years higher energy level

High end aged 13yrs and high activity PAL 2

Public Consultation

Girls12to13.hitot1:

AllFoodGroups	N.serves					
[1,]	StarchyVeg	7				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	2				
[5,]	NutsSeeds	14				
[6,]	OtherVeg	14				
[7,]	TotalFruit	21				
[8,]	WholegrainCereals	35				
[9,]	RefinedCereals	18				
[10,]	Poultryfishheggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	4				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	24.5				
[16,]	PolyMarg	20				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	0				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10794.5	10463.2	11078.8	NA	NA	NA
Energy (kJ)	11141.3	10807.3	11424.3	NA	NA	NA
Protein (g)	135.7	132.6	139.3	100	100	100
Fat (g)	92.4	87.0	97.1	NA	NA	NA
Carbohydrate (g)	302.3	289.3	317.6	NA	NA	NA
Sugars (g)	133.2	125.7	141.6	NA	NA	NA
Starch (g)	167.6	154.3	181.3	NA	NA	NA
Fibre (g)	45.8	41.3	51.1	NA	100	100
Saturated fat (g)	26.8	24.6	28.5	NA	NA	NA
Monounsaturated fat (g)	34.3	31.7	37.2	NA	NA	NA
Polyunsaturated fat (g)	24.8	22.6	27.9	NA	NA	NA
Linoleic acid (g)	23.2	21.2	26.1	NA	100	100
Alpha linolenic acid (g)	1.4	1.1	2.0	NA	100	100
LC n3 fatty acids (mg)	198.1	90.0	401.0	NA	100	100
Vitamin A equivs (mcg)	1554.5	1339.0	1817.5	100	100	100
Retinol (mcg)	475.3	429.3	540.6	NA	NA	NA
Provitamin A (mcg)	6398.6	5261.7	7824.4	NA	NA	NA
Thiamin (mg)	2.4	2.3	2.6	100	100	100
Riboflavin (mg)	3.4	3.1	3.8	100	100	100
Niacin (mg)	68.4	64.9	73.0	100	100	100
Folate (mcg total)	708.4	637.4	775.3	NA	NA	NA
Folate equivs (mcg)	1001.9	913.2	1138.6	100	100	100
Vitamin C (mg)	153.5	126.2	193.0	100	100	100
Vitamin D (mcg)	4.2	3.6	5.1	NA	1	1
Vitamin E (mg)	15.9	13.8	18.5	NA	100	100
Calcium (mg)	1583.3	1514.1	1690.2	100	100	100
Iron (mg)	15.8	13.9	17.2	100	100	100
Iodine (mcg)	275.4	254.9	295.2	100	100	100
Magnesium (mg)	577.1	547.9	611.6	100	100	100
Phosphorus (mg)	2489.6	2413.7	2579.9	100	100	100
Potassium (mg)	4918.6	4702.1	5168.8	NA	100	100
Sodium (mg)	1818.8	1569.4	2051.6	NA	100	100
Zinc (mg)	18.0	16.8	23.8	100	100	100
Cholesterol (mg)	258.4	194.6	407.3	NA	NA	NA
Selenium (mcg)	91.1	80.8	103.7	100	100	100
Vitamin B6 (mg)	2.6	2.2	3.3	100	100	100
Vitamin B12 (mcg)	8.5	7.8	9.7	100	100	100
Percent energy from fat	31.3					
Percent energy from protein	21.1					
Percent energy from carbohydrate	47.5					

Girls12to13.hitot2:

AllFoodGroups	N.serves					
[1,]	StarchyVeg	5				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	2				
[5,]	NutsSeeds	5				
[6,]	OtherVeg	14				
[7,]	TotalFruit	14				
[8,]	WholegrainCereals	35				
[9,]	RefinedCereals	35				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	4				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	24.5				
[16,]	PolyMarg	20				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	0				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10849.4	10579.9	11237.0	NA		NA
Energy (kJ)	11174.0	10903.6	11576.5	NA		NA
Protein (g)	135.6	130.2	139.9	100		100
Fat (g)	75.7	70.2	82.6	NA		NA
Carbohydrate (g)	341.7	325.7	359.3	NA		NA
Sugars (g)	116.1	107.1	126.0	NA		NA
Starch (g)	224.5	208.9	240.5	NA		NA
Fibre (g)	42.3	38.7	49.0	NA		100
Saturated fat (g)	24.4	22.2	27.1	NA		NA
Monounsaturated fat (g)	25.9	23.3	29.1	NA		NA
Polyunsaturated fat (g)	19.5	18.2	21.0	NA		NA
Linoleic acid (g)	17.9	16.2	19.1	NA		100
Alpha linolenic acid (g)	1.4	1.1	1.9	NA		100
LC n3 fatty acids (mg)	203.0	93.0	411.3	NA		100
Vitamin A equivs (mcg)	1513.5	1235.9	1717.0	100		100
Retinol (mcg)	472.6	424.7	553.0	NA		NA
Provitamin A (mcg)	6169.9	4492.9	7318.8	NA		NA
Thiamin (mg)	2.3	2.1	2.6	100		100
Riboflavin (mg)	3.4	3.1	3.7	100		100
Niacin (mg)	65.9	62.6	69.4	100		100
Folate (mcg total)	617.1	560.4	668.0	NA		NA
Folate equivs (mcg)	992.4	855.5	1084.6	100		100
Vitamin C (mg)	130.0	101.9	172.2	100		100
Vitamin D (mcg)	4.2	3.6	5.2	NA		3
Vitamin E (mg)	12.9	10.9	14.9	NA		100
Calcium (mg)	1584.0	1482.8	1678.5	100		100
Iron (mg)	15.6	14.4	16.9	100		100
Iodine (mcg)	294.7	268.0	329.1	100		100
Magnesium (mg)	513.5	485.9	545.9	100		100
Phosphorus (mg)	2417.5	2343.3	2508.3	100		100
Potassium (mg)	4445.1	4263.8	4676.8	NA		100
Sodium (mg)	2109.3	1873.8	2365.7	NA		100
Zinc (mg)	17.2	16.3	22.6	100		100
Cholesterol (mg)	257.8	194.3	376.7	NA		NA
Selenium (mcg)	94.0	80.8	105.6	100		100
Vitamin B6 (mg)	2.3	1.8	3.0	100		100
Vitamin B12 (mcg)	8.9	8.1	10.1	100		100
Percent energy from fat	25.7					
Percent energy from protein	21.2					
Percent energy from carbohydrate	53.1					

Girls12to13.hitot3:

AllFoodGroups	N.serves					
[1,]	StarchyVeg	5				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	2				
[5,]	NutsSeeds	5				
[6,]	OtherVeg	28				
[7,]	TotalFruit	28				
[8,]	WholegrainCereals	35				
[9,]	RefinedCereals	21				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	4				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	24.5				
[16,]	PolyMarg	20				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	3.5				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10811.7	10500.1	11315.9	NA		NA
Energy (kJ)	11187.1	10850.3	11689.9	NA		NA
Protein (g)	134.7	129.0	190.5	100		100
Fat (g)	78.7	73.3	89.6	NA		NA
Carbohydrate (g)	336.7	319.7	356.3	NA		NA
Sugars (g)	157.2	147.7	165.9	NA		NA
Starch (g)	177.4	162.0	192.7	NA		NA
Fibre (g)	48.7	44.7	56.5	NA		100
Saturated fat (g)	26.1	23.9	30.4	NA		NA
Monounsaturated fat (g)	27.0	24.1	31.0	NA		NA
Polyunsaturated fat (g)	19.5	17.8	21.8	NA		NA
Linoleic acid (g)	17.9	16.4	20.1	NA		100
Alpha linolenic acid (g)	1.4	1.1	1.9	NA		100
LC n3 fatty acids (mg)	208.0	96.0	403.2	NA		100
Vitamin A equivs (mcg)	1665.2	1409.9	1908.4	100		100
Retinol (mcg)	489.4	443.0	561.5	NA		NA
Provitamin A (mcg)	6972.7	5523.4	8318.4	NA		NA
Thiamin (mg)	2.3	2.1	2.6	100		100
Riboflavin (mg)	3.5	3.3	3.8	100		100
Niacin (mg)	65.4	61.8	68.3	100		100
Folate (mcg total)	725.7	679.0	781.6	NA		NA
Folate equivs (mcg)	1035.7	962.9	1139.4	100		100
Vitamin C (mg)	210.8	167.5	262.2	100		100
Vitamin D (mcg)	4.3	3.7	5.1	NA		2
Vitamin E (mg)	15.0	13.1	17.1	NA		100
Calcium (mg)	1622.7	1518.8	1689.7	100		100
Iron (mg)	16.0	15.0	17.6	100		100
Iodine (mcg)	282.2	256.0	307.6	100		100
Magnesium (mg)	544.0	495.5	575.3	100		100
Phosphorus (mg)	2428.4	2343.4	2514.4	100		100
Potassium (mg)	5239.5	4974.6	5444.5	NA		100
Sodium (mg)	1991.1	1800.5	2208.7	NA		100
Zinc (mg)	19.8	16.6	98.0	100		100
Cholesterol (mg)	266.6	204.4	353.3	NA		NA
Selenium (mcg)	89.9	78.0	104.0	100		100
Vitamin B6 (mg)	3.0	2.4	3.6	100		100
Vitamin B12 (mcg)	8.6	7.8	9.9	100		100
Percent energy from fat	26.6					
Percent energy from protein	20.9					
Percent energy from carbohydrate	52.6					

Girls12to13.hitot4:

AllFoodGroups	N.serves					
[1,]	StarchyVeg	7				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	2				
[5,]	NutsSeeds	5				
[6,]	OtherVeg	14				
[7,]	TotalFruit	28				
[8,]	WholegrainCereals	32				
[9,]	RefinedCereals	21				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	4				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	24.5				
[16,]	PolyMarg	20				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	7				
Daily intake minimum maximum met EAR met RDI/AI						
Energy excl fibre (kJ)	10850.7	10602.3	11179.8	NA		NA
Energy (kJ)	11204.5	10951.7	11524.7	NA		NA
Protein (g)	135.0	125.7	248.2	100		100
Fat (g)	80.1	75.8	85.9	NA		NA
Carbohydrate (g)	337.6	323.6	353.1	NA		NA
Sugars (g)	157.4	148.5	169.3	NA		NA
Starch (g)	178.1	164.0	190.6	NA		NA
Fibre (g)	46.3	42.2	53.4	NA		100
Saturated fat (g)	27.4	25.8	29.6	NA		NA
Monounsaturated fat (g)	27.1	24.9	29.7	NA		NA
Polyunsaturated fat (g)	19.3	17.7	21.4	NA		NA
Linoleic acid (g)	17.7	16.1	19.6	NA		100
Alpha linolenic acid (g)	1.4	1.2	1.9	NA		100
LC n3 fatty acids (mg)	217.9	92.7	431.7	NA		100
Vitamin A equivs (mcg)	1601.0	1376.3	1842.3	100		100
Retinol (mcg)	505.0	456.4	581.7	NA		NA
Provitamin A (mcg)	6499.7	5107.5	8082.2	NA		NA
Thiamin (mg)	2.2	2.0	2.4	100		100
Riboflavin (mg)	3.4	3.2	3.8	100		100
Niacin (mg)	63.8	60.4	67.2	100		100
Folate (mcg total)	687.9	613.8	747.3	NA		NA
Folate equivs (mcg)	976.2	888.0	1082.0	100		100
Vitamin C (mg)	180.0	146.0	223.8	100		100
Vitamin D (mcg)	4.3	3.7	5.2	NA		5
Vitamin E (mg)	13.8	12.1	16.0	NA		100
Calcium (mg)	1593.3	1529.3	1697.4	100		100
Iron (mg)	15.4	14.0	16.8	100		100
Iodine (mcg)	279.0	260.2	301.0	100		100
Magnesium (mg)	526.1	490.4	558.9	100		100
Phosphorus (mg)	2389.0	2279.6	2478.1	100		100
Potassium (mg)	5030.3	4748.5	5252.6	NA		100
Sodium (mg)	1993.7	1755.8	2240.9	NA		100
Zinc (mg)	21.8	16.1	177.3	100		100
Cholesterol (mg)	277.6	213.9	376.6	NA		NA
Selenium (mcg)	88.8	80.2	99.9	100		100
Vitamin B6 (mg)	2.5	2.0	3.1	100		100
Vitamin B12 (mcg)	8.7	8.0	9.6	100		100
Percent energy from fat 26.9						
Percent energy from protein 20.8						
Percent energy from carbohydrate 52.3						

Girls12to13.hitot5:

AllFoodGroups	N.serves					
[1,]	StarchyVeg	5				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	2				
[5,]	NutsSeeds	5				
[6,]	OtherVeg	28				
[7,]	TotalFruit	17				
[8,]	WholegrainCereals	28				
[9,]	RefinedCereals	21				
[10,]	Poultryfisheseggsleg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	4				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	24.5				
[16,]	PolyMarg	20				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	14				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10814.6	10499.1	11198.5	NA		NA
Energy (kJ)	11141.0	10813.4	11531.8	NA		NA
Protein (g)	138.8	129.2	250.1	100		100
Fat (g)	87.1	81.4	93.8	NA		NA
Carbohydrate (g)	319.5	304.0	334.6	NA		NA
Sugars (g)	147.3	137.3	157.2	NA		NA
Starch (g)	170.6	156.1	182.5	NA		NA
Fibre (g)	42.3	37.8	47.8	NA		100
Saturated fat (g)	30.8	28.8	33.0	NA		NA
Monounsaturated fat (g)	29.9	27.4	33.4	NA		NA
Polyunsaturated fat (g)	19.9	18.3	21.9	NA		NA
Linoleic acid (g)	18.2	16.8	20.1	NA		100
Alpha linolenic acid (g)	1.4	1.2	1.9	NA		100
LC n3 fatty acids (mg)	210.4	89.2	399.7	NA		100
Vitamin A equivs (mcg)	1681.2	1369.6	1877.7	100		100
Retinol (mcg)	532.8	488.6	621.1	NA		NA
Provitamin A (mcg)	6809.6	5017.2	8172.7	NA		NA
Thiamin (mg)	2.1	1.9	2.3	100		100
Riboflavin (mg)	3.5	3.2	3.7	100		100
Niacin (mg)	64.0	60.5	67.4	100		100
Folate (mcg total)	642.7	577.2	703.6	NA		NA
Folate equivs (mcg)	912.1	804.4	1018.2	100		100
Vitamin C (mg)	180.4	143.0	227.4	100		100
Vitamin D (mcg)	4.4	3.7	5.3	NA		5
Vitamin E (mg)	14.4	12.8	16.9	NA		100
Calcium (mg)	1594.6	1513.8	1683.6	100		100
Iron (mg)	15.3	14.1	16.6	100		100
Iodine (mcg)	276.1	253.0	296.4	100		100
Magnesium (mg)	508.3	483.5	535.1	100		100
Phosphorus (mg)	2398.0	2302.8	2469.2	100		100
Potassium (mg)	4902.7	4692.9	5087.8	NA		100
Sodium (mg)	2110.1	1831.0	2391.9	NA		100
Zinc (mg)	25.9	16.3	176.8	100		100
Cholesterol (mg)	293.4	219.7	390.7	NA		NA
Selenium (mcg)	89.7	80.4	99.9	100		100
Vitamin B6 (mg)	2.8	2.0	3.7	100		100
Vitamin B12 (mcg)	8.8	8.1	9.7	100		100
Percent energy from fat	29.2					
Percent energy from protein	21.4					
Percent energy from carbohydrate	49.4					

Girls12to13.hitot6:

AllFoodGroups	N.serves					
[1,] StarchyVeg	7					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	2					
[5,] NutsSeeds	7					
[6,] OtherVeg	14					
[7,] TotalFruit	14					
[8,] WholegrainCereals	24					
[9,] RefinedCereals	24					
[10,] AllOtherMeatEggsLeg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	4					
[14,] MidFatDairy	0					
[15,] LoFatDairy	21.5					
[16,] PolyMarg	20					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	17.5					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	10883.1	10549.1	11241.2	NA		NA
Energy (kJ)	11186.6	10848.4	11526.8	NA		NA
Protein (g)	138.2	125.0	192.1	100		100
Fat (g)	91.3	86.0	98.6	NA		NA
Carbohydrate (g)	316.5	298.4	336.9	NA		NA
Sugars (g)	135.3	125.8	145.8	NA		NA
Starch (g)	179.7	165.7	191.9	NA		NA
Fibre (g)	39.7	35.3	50.1	NA		100
Saturated fat (g)	31.8	29.2	35.0	NA		NA
Monounsaturated fat (g)	31.8	29.3	34.7	NA		NA
Polyunsaturated fat (g)	21.2	19.3	23.3	NA		NA
Linoleic acid (g)	19.4	17.9	21.3	NA		100
Alpha linolenic acid (g)	1.4	1.2	2.3	NA		100
LC n3 fatty acids (mg)	209.7	85.4	488.7	NA		100
Vitamin A equivs (mcg)	1578.6	1392.0	1874.4	100		100
Retinol (mcg)	522.4	456.8	586.9	NA		NA
Provitamin A (mcg)	6268.9	5197.3	7914.6	NA		NA
Thiamin (mg)	2.1	1.9	2.2	100		100
Riboflavin (mg)	3.2	3.0	3.5	100		100
Niacin (mg)	62.0	58.6	64.8	100		100
Folate (mcg total)	582.6	529.4	639.6	NA		NA
Folate equivs (mcg)	838.7	752.1	951.9	100		100
Vitamin C (mg)	141.8	94.9	183.1	100		100
Vitamin D (mcg)	4.3	3.6	5.1	NA		2
Vitamin E (mg)	13.7	11.0	17.3	NA		100
Calcium (mg)	1463.7	1399.3	1578.8	100		100
Iron (mg)	14.8	13.4	16.1	100		100
Iodine (mcg)	253.8	228.8	279.1	100		100
Magnesium (mg)	487.6	464.3	527.8	100		100
Phosphorus (mg)	2302.3	2213.2	2415.1	100		100
Potassium (mg)	4461.8	4280.0	4697.7	NA		100
Sodium (mg)	2127.3	1843.4	2499.9	NA		100
Zinc (mg)	27.8	15.8	101.8	100		100
Cholesterol (mg)	288.2	224.5	372.0	NA		NA
Selenium (mcg)	89.3	79.6	101.1	100		100
Vitamin B6 (mg)	2.3	1.7	3.0	100		100
Vitamin B12 (mcg)	8.2	7.5	9.1	100		100
Percent energy from fat	30.5					
Percent energy from protein	21.2					
Percent energy from carbohydrate	48.4					

A15.39 Sample 7-day *Total Diets* for Girls 14-18 years mid energy level

Average age 16yrs and light to moderate activity PAL 1.7

Public Consultation

Girls14to18.avtot1:

AllFoodGroups	N.serves					
[1,] StarchyVeg	6					
[2,] GreenBrassicas	7					
[3,] OrangeVeg	7					
[4,] Legumes	7					
[5,] NutsSeeds	14					
[6,] OtherVeg	14					
[7,] TotalFruit	21					
[8,] WholegrainCereals	35					
[9,] RefinedCereals	14					
[10,] AllOtherMeatEggsLeg	7					
[11,] RedMeats	7					
[12,] EggsLegumesNutsSeeds	0					
[13,] HiFatDairy	3.5					
[14,] MidFatDairy	0					
[15,] LoFatDairy	21					
[16,] PolyMarg	14					
[17,] Pasta	0					
[18,] Rice	0					
[19,] Extras	0					
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	9680.7	9372.8	10017.7	NA	NA	NA
Energy (kJ)	10052.3	9717.0	10389.3	NA	NA	NA
Protein (g)	131.0	125.8	135.4	100	100	100
Fat (g)	76.5	69.3	83.8	NA	NA	NA
Carbohydrate (g)	275.6	258.9	290.6	NA	NA	NA
Sugars (g)	120.3	110.5	127.9	NA	NA	NA
Starch (g)	153.7	141.8	167.8	NA	NA	NA
Fibre (g)	47.8	43.1	55.3	NA	100	100
Saturated fat (g)	21.2	18.9	23.5	NA	NA	NA
Monounsaturated fat (g)	28.7	25.1	32.6	NA	NA	NA
Polyunsaturated fat (g)	20.9	18.6	23.6	NA	NA	NA
Linoleic acid (g)	19.2	17.1	21.9	NA	100	100
Alpha linolenic acid (g)	1.4	1.0	2.6	NA	100	100
LC n3 fatty acids (mg)	198.7	79.9	418.4	NA	99	99
Vitamin A equivs (mcg)	1391.3	1107.4	1639.1	100	100	100
Retinol (mcg)	342.6	292.4	402.1	NA	NA	NA
Provitamin A (mcg)	6215.2	4587.8	7918.2	NA	NA	NA
Thiamin (mg)	2.4	2.2	2.7	100	100	100
Riboflavin (mg)	3.1	2.8	3.4	100	100	100
Niacin (mg)	62.9	58.8	70.0	100	100	100
Folate (mcg total)	638.3	560.0	712.1	NA	NA	NA
Folate equivs (mcg)	938.7	864.0	1031.7	100	100	100
Vitamin C (mg)	164.9	132.8	206.5	100	100	100
Vitamin D (mcg)	3.2	2.7	4.1	NA	0	0
Vitamin E (mg)	16.1	13.6	18.8	NA	100	100
Calcium (mg)	1490.4	1404.9	1575.6	100	100	100
Iron (mg)	16.3	15.2	17.6	100	100	100
Iodine (mcg)	236.6	216.0	261.1	100	100	100
Magnesium (mg)	558.4	517.2	599.4	100	100	100
Phosphorus (mg)	2316.3	2228.4	2407.2	100	100	100
Potassium (mg)	4832.2	4648.8	5055.4	NA	100	100
Sodium (mg)	1769.8	1592.9	1949.9	NA	100	100
Zinc (mg)	16.8	15.8	17.7	100	100	100
Cholesterol (mg)	249.0	183.1	372.6	NA	NA	NA
Selenium (mcg)	93.0	81.8	104.4	100	100	100
Vitamin B6 (mg)	2.1	1.8	2.4	100	100	100
Vitamin B12 (mcg)	7.6	7.0	10.5	100	100	100
Percent energy from fat	28.8					
Percent energy from protein	22.6					
Percent energy from carbohydrate	48.6					

Girls14to18.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	6
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9692.8	9298.7	10081.4	NA	NA	NA	NA	NA
Energy (kJ)	10041.1	9649.9	10454.0	NA	NA	NA	NA	NA
Protein (g)	131.8	126.3	136.0	100	100	100	100	100
Fat (g)	79.7	70.2	86.8	NA	NA	NA	NA	NA
Carbohydrate (g)	268.6	251.5	286.0	NA	NA	NA	NA	NA
Sugars (g)	111.6	100.8	120.8	NA	NA	NA	NA	NA
Starch (g)	155.7	142.2	171.9	NA	NA	NA	NA	NA
Fibre (g)	45.4	40.7	51.9	NA	100	100	100	100
Saturated fat (g)	22.8	20.6	25.0	NA	NA	NA	NA	NA
Monounsaturated fat (g)	29.9	24.2	34.3	NA	NA	NA	NA	NA
Polyunsaturated fat (g)	21.1	18.5	24.8	NA	NA	NA	NA	NA
Linoleic acid (g)	19.5	17.2	22.1	NA	100	100	100	100
Alpha linolenic acid (g)	1.4	1.0	2.5	NA	100	100	100	100
LC n3 fatty acids (mg)	195.6	96.1	348.3	NA	100	100	100	100
Vitamin A equivs (mcg)	1391.8	1184.0	1612.4	100	100	100	100	100
Retinol (mcg)	352.5	305.2	420.0	NA	NA	NA	NA	NA
Provitamin A (mcg)	6147.3	4982.2	7369.1	NA	NA	NA	NA	NA
Thiamin (mg)	2.4	2.1	2.6	100	100	100	100	100
Riboflavin (mg)	3.1	2.9	3.4	100	100	100	100	100
Niacin (mg)	63.2	59.4	67.1	100	100	100	100	100
Folate (mcg total)	598.7	529.1	676.5	NA	NA	NA	NA	NA
Folate equivs (mcg)	905.6	797.7	1005.2	100	100	100	100	100
Vitamin C (mg)	145.3	112.7	176.3	100	100	100	100	100
Vitamin D (mcg)	3.2	2.6	4.1	NA	0	0	0	0
Vitamin E (mg)	15.4	12.9	19.2	NA	100	100	100	100
Calcium (mg)	1489.2	1405.7	1564.9	100	100	100	100	100
Iron (mg)	16.1	14.9	18.1	100	98	98	98	98
Iodine (mcg)	238.2	211.5	256.2	100	100	100	100	100
Magnesium (mg)	549.0	513.9	579.6	100	100	100	100	100
Phosphorus (mg)	2323.6	2220.1	2405.5	100	100	100	100	100
Potassium (mg)	4619.0	4430.5	4779.2	NA	100	100	100	100
Sodium (mg)	1848.9	1604.1	2097.4	NA	100	100	100	100
Zinc (mg)	16.9	15.9	17.9	100	100	100	100	100
Cholesterol (mg)	250.0	181.9	367.0	NA	NA	NA	NA	NA
Selenium (mcg)	93.4	84.5	101.3	100	100	100	100	100
Vitamin B6 (mg)	2.0	1.8	2.3	100	100	100	100	100
Vitamin B12 (mcg)	7.6	6.8	9.1	100	100	100	100	100

Percent energy from fat 30.0

Percent energy from protein 22.8

Percent energy from carbohydrate 47.2

Girls14to18.avtot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	14
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	3
[15,] LoFatDairy	21
[16,] PolyMarg	14
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9804.3	9504.1	10100.5		NA			NA
Energy (kJ)	10138.0	9832.1	10432.7		NA			NA
Protein (g)	128.6	123.4	133.5		100			100
Fat (g)	74.0	66.6	79.3		NA			NA
Carbohydrate (g)	291.5	275.9	307.5		NA			NA
Sugars (g)	138.1	127.9	151.7		NA			NA
Starch (g)	151.7	136.4	160.8		NA			NA
Fibre (g)	43.2	39.6	50.5		NA			100
Saturated fat (g)	25.4	23.4	27.4		NA			NA
Monounsaturated fat (g)	25.6	21.6	28.5		NA			NA
Polyunsaturated fat (g)	17.2	15.2	19.4		NA			NA
Linoleic acid (g)	15.6	13.7	17.4		NA			100
Alpha linolenic acid (g)	1.3	1.0	2.2		NA			100
LC n3 fatty acids (mg)	210.7	88.7	402.1		NA			100
Vitamin A equivs (mcg)	1505.6	1292.2	1711.0		100			100
Retinol (mcg)	424.2	382.5	492.6		NA			NA
Provitamin A (mcg)	6406.5	5131.1	7525.2		NA			NA
Thiamin (mg)	2.2	2.0	2.4		100			100
Riboflavin (mg)	3.3	3.0	3.5		100			100
Niacin (mg)	60.8	57.1	64.6		100			100
Folate (mcg total)	579.7	525.0	638.0		NA			NA
Folate equivs (mcg)	880.5	790.1	967.7		100			100
Vitamin C (mg)	173.1	136.1	223.5		100			100
Vitamin D (mcg)	3.9	3.2	4.7		NA			0
Vitamin E (mg)	13.2	11.2	16.1		NA			100
Calcium (mg)	1587.0	1476.5	1675.4		100			100
Iron (mg)	15.0	13.9	16.6		100			47
Iodine (mcg)	264.7	244.0	289.0		100			100
Magnesium (mg)	507.3	475.7	541.7		100			100
Phosphorus (mg)	2311.0	2235.3	2408.7		100			100
Potassium (mg)	4728.6	4537.8	4919.2		NA			100
Sodium (mg)	1943.3	1681.2	2196.4		NA			100
Zinc (mg)	16.3	15.5	21.6		100			100
Cholesterol (mg)	274.2	211.0	387.8		NA			NA
Selenium (mcg)	88.4	79.7	100.6		100			100
Vitamin B6 (mg)	2.0	1.8	2.3		100			100
Vitamin B12 (mcg)	8.4	7.6	10.0		100			100

Percent energy from fat 27.6
Percent energy from protein 22.0
Percent energy from carbohydrate 50.4

Girls14to18.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	3
[5,] NutsSeeds	7
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	18
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9845.6	9593.4	10146.6		NA		NA
Energy (kJ)	10188.6	9914.7	10482.4		NA		NA
Protein (g)	127.3	121.8	131.0		100		100
Fat (g)	71.5	66.4	78.6		NA		NA
Carbohydrate (g)	300.5	287.7	315.9		NA		NA
Sugars (g)	132.6	124.5	142.5		NA		NA
Starch (g)	166.2	153.2	180.0		NA		NA
Fibre (g)	44.2	40.3	51.1		NA		100
Saturated fat (g)	23.1	21.6	25.5		NA		NA
Monounsaturated fat (g)	25.1	22.6	28.5		NA		NA
Polyunsaturated fat (g)	17.7	16.0	21.3		NA		NA
Linoleic acid (g)	16.1	14.7	19.1		NA		100
Alpha linolenic acid (g)	1.3	1.0	2.2		NA		100
LC n3 fatty acids (mg)	209.8	99.0	482.6		NA		100
Vitamin A equivs (mcg)	1456.2	1188.6	1667.3		100		100
Retinol (mcg)	377.6	332.4	439.6		NA		NA
Provitamin A (mcg)	6391.5	4837.5	7561.1		NA		NA
Thiamin (mg)	2.3	2.1	2.7		100		100
Riboflavin (mg)	3.1	2.9	3.4		100		100
Niacin (mg)	60.4	56.7	63.8		100		100
Folate (mcg total)	577.3	512.7	635.4		NA		NA
Folate equivs (mcg)	902.6	803.9	992.2		100		100
Vitamin C (mg)	175.5	139.0	218.9		100		100
Vitamin D (mcg)	3.4	2.8	4.2		NA		0
Vitamin E (mg)	13.5	11.8	15.6		NA		100
Calcium (mg)	1491.3	1402.6	1597.5		100		100
Iron (mg)	15.6	14.3	17.4		100		84
Iodine (mcg)	246.3	221.6	272.9		100		100
Magnesium (mg)	506.9	464.6	536.3		100		100
Phosphorus (mg)	2250.2	2155.5	2326.8		100		100
Potassium (mg)	4617.5	4416.7	4787.6		NA		100
Sodium (mg)	1992.8	1711.3	2220.7		NA		100
Zinc (mg)	16.1	15.3	21.2		100		100
Cholesterol (mg)	258.4	191.9	348.7		NA		NA
Selenium (mcg)	89.9	79.0	100.0		100		100
Vitamin B6 (mg)	1.9	1.7	2.2		100		100
Vitamin B12 (mcg)	7.8	7.1	10.2		100		100

Percent energy from fat 26.6
Percent energy from protein 21.7
Percent energy from carbohydrate 51.7

Girls14to18.avtot5:

	AllFoodGroups	N.serves
[1,]	StarchyVeg	5
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	2
[5,]	NutsSeeds	2
[6,]	OtherVeg	21
[7,]	TotalFruit	14
[8,]	WholegrainCereals	35
[9,]	RefinedCereals	18
[10,]	AllOtherMeatEggsLeg	7
[11,]	RedMeats	7
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3.5
[14,]	MidFatDairy	0
[15,]	LoFatDairy	21
[16,]	PolyMarg	15
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	27

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	9757.5	9395.0	10169.6		NA		NA
Energy (kJ)	10072.8	9685.9	10493.9		NA		NA
Protein (g)	125.6	120.6	130.5		100		100
Fat (g)	70.0	63.7	78.6		NA		NA
Carbohydrate (g)	300.6	285.3	315.5		NA		NA
Sugars (g)	130.5	118.3	143.4		NA		NA
Starch (g)	168.7	158.2	179.5		NA		NA
Fibre (g)	41.1	37.4	47.5		NA		100
Saturated fat (g)	25.4	22.8	28.1		NA		NA
Monounsaturated fat (g)	23.4	20.5	27.5		NA		NA
Polyunsaturated fat (g)	15.6	14.2	17.1		NA		NA
Linoleic acid (g)	14.1	12.7	15.7		NA		100
Alpha linolenic acid (g)	1.2	1.0	1.8		NA		100
LC n3 fatty acids (mg)	214.9	88.1	534.3		NA		100
Vitamin A equivs (mcg)	1496.1	1269.2	1728.1		100		100
Retinol (mcg)	406.9	356.4	490.4		NA		NA
Provitamin A (mcg)	6450.8	5096.2	7942.8		NA		NA
Thiamin (mg)	2.2	2.0	2.4		100		100
Riboflavin (mg)	3.2	2.9	3.4		100		100
Niacin (mg)	58.9	50.6	61.7		100		100
Folate (mcg total)	518.0	458.4	581.0		NA		NA
Folate equivs (mcg)	838.4	759.3	926.7		100		100
Vitamin C (mg)	172.4	127.6	217.0		100		100
Vitamin D (mcg)	3.5	2.9	4.7		NA		0
Vitamin E (mg)	11.8	10.1	13.4		NA		100
Calcium (mg)	1498.5	1421.1	1572.5		100		100
Iron (mg)	15.2	13.8	16.6		100		60
Iodine (mcg)	249.5	225.6	281.2		100		100
Magnesium (mg)	472.9	445.3	497.7		100		100
Phosphorus (mg)	2224.4	2146.5	2313.8		100		100
Potassium (mg)	4469.0	4278.9	4660.8		NA		100
Sodium (mg)	2133.2	1897.2	2464.6		NA		100
Zinc (mg)	15.7	14.7	16.5		100		100
Cholesterol (mg)	271.3	204.1	390.0		NA		NA
Selenium (mcg)	87.2	78.1	94.8		100		100
Vitamin B6 (mg)	1.8	1.6	2.2		100		100
Vitamin B12 (mcg)	7.9	7.3	9.5		100		100

Percent energy from fat 26.3

Percent energy from protein 21.7

Percent energy from carbohydrate 52.0

Girls14to18.avtot6:

AllFoodGroups	N.serves								
[1,] StarchyVeg	5								
[2,] GreenBrassicas	7								
[3,] OrangeVeg	7								
[4,] Legumes	2								
[5,] NutsSeeds	2								
[6,] OtherVeg	14								
[7,] TotalFruit	17								
[8,] WholegrainCereals	35								
[9,] RefinedCereals	14								
[10,] AllOtherMeatEggsLeg	7								
[11,] RedMeats	7								
[12,] EggsLegumesNutsSeeds	0								
[13,] HiFatDairy	3.5								
[14,] MidFatDairy	0								
[15,] LoFatDairy	21								
[16,] PolyMarg	25								
[17,] Pasta	0								
[18,] Rice	0								
[19,] Extras	27								
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI	
Energy excl fibre (kJ)	9835.8	9533.7	10217.6		NA			NA	
Energy (kJ)	10140.7	9832.0	10522.3		NA			NA	
Protein (g)	122.3	117.6	125.5		100			100	
Fat (g)	78.4	71.5	84.5		NA			NA	
Carbohydrate (g)	290.3	274.7	306.1		NA			NA	
Sugars (g)	135.1	126.0	143.8		NA			NA	
Starch (g)	153.7	142.5	166.5		NA			NA	
Fibre (g)	39.6	35.0	45.7		NA			100	
Saturated fat (g)	27.5	25.0	29.7		NA			NA	
Monounsaturated fat (g)	25.4	22.2	29.5		NA			NA	
Polyunsaturated fat (g)	19.6	18.2	21.4		NA			NA	
Linoleic acid (g)	17.8	16.6	19.2		NA			100	
Alpha linolenic acid (g)	1.4	1.3	2.0		NA			100	
LC n3 fatty acids (mg)	226.8	98.4	518.9		NA			100	
Vitamin A equivs (mcg)	1585.6	1311.8	1784.5		100			100	
Retinol (mcg)	515.6	457.1	596.3		NA			NA	
Provitamin A (mcg)	6334.9	4756.9	7521.5		NA			NA	
Thiamin (mg)	2.1	1.9	2.4		100			100	
Riboflavin (mg)	3.1	2.9	3.4		100			100	
Niacin (mg)	57.1	53.8	61.2		100			100	
Folate (mcg total)	514.1	460.0	614.3		NA			NA	
Folate equivs (mcg)	820.1	698.4	908.9		100			100	
Vitamin C (mg)	162.5	126.8	209.3		100			100	
Vitamin D (mcg)	4.2	3.4	5.3		NA			2	
Vitamin E (mg)	13.2	11.6	14.7		NA			100	
Calcium (mg)	1482.9	1400.4	1569.4		100			100	
Iron (mg)	14.6	13.3	16.1		100			14	
Iodine (mcg)	244.3	225.8	265.6		100			100	
Magnesium (mg)	459.0	430.1	484.7		100			100	
Phosphorus (mg)	2171.1	2090.1	2242.4		100			100	
Potassium (mg)	4374.3	4169.6	4586.0		NA			100	
Sodium (mg)	2137.2	1938.2	2406.5		NA			100	
Zinc (mg)	15.3	14.4	16.0		100			100	
Cholesterol (mg)	269.0	208.8	395.0		NA			NA	
Selenium (mcg)	85.3	76.3	97.7		100			100	
Vitamin B6 (mg)	1.8	1.5	2.2		100			100	
Vitamin B12 (mcg)	7.9	7.2	9.3		100			100	
Percent energy from fat 29.2									
Percent energy from protein 20.9									
Percent energy from carbohydrate 49.8									

A15.40 Sample 7-day *Total Diets* for Girls 14-18 years higher energy level

High end age 18yrs and high activity PAL 2

Public Consultation

Girls14to18.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	6
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	21
[8,] WholegrainCereals	42
[9,] RefinedCereals	35
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	20
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	7

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11797.3	11348.5	12240.2		NA		NA
Energy (kJ)	12223.9	11764.8	12661.8		NA		NA
Protein (g)	144.9	140.8	149.4	100			100
Fat (g)	79.6	71.0	86.3		NA		NA
Carbohydrate (g)	380.0	361.6	395.7		NA		NA
Sugars (g)	132.6	122.3	142.6		NA		NA
Starch (g)	245.7	232.3	260.9		NA		NA
Fibre (g)	55.0	50.7	60.5		NA		100
Saturated fat (g)	23.9	21.3	26.2		NA		NA
Monounsaturated fat (g)	27.7	23.5	31.7		NA		NA
Polyunsaturated fat (g)	21.6	19.8	23.4		NA		NA
Linoleic acid (g)	19.7	18.0	21.7		NA		100
Alpha linolenic acid (g)	1.6	1.4	2.5		NA		100
LC n3 fatty acids (mg)	210.8	91.1	517.3		NA		100
Vitamin A equivs (mcg)	1537.9	1249.7	1771.8	100			100
Retinol (mcg)	424.9	379.5	498.0		NA		NA
Provitamin A (mcg)	6588.0	5018.8	8082.1		NA		NA
Thiamin (mg)	2.8	2.6	3.0	100			100
Riboflavin (mg)	3.4	3.1	3.7	100			100
Niacin (mg)	69.3	65.3	73.6	100			100
Folate (mcg total)	665.8	607.2	738.3		NA		NA
Folate equivs (mcg)	1112.5	970.9	1209.8	100			100
Vitamin C (mg)	192.9	154.1	235.0	100			100
Vitamin D (mcg)	3.7	3.1	4.7		NA		0
Vitamin E (mg)	15.7	12.9	18.6		NA		100
Calcium (mg)	1602.6	1538.1	1706.6	100			100
Iron (mg)	19.0	17.5	20.4	100			100
Iodine (mcg)	279.7	252.1	309.7	100			100
Magnesium (mg)	590.6	554.1	623.5	100			100
Phosphorus (mg)	2532.7	2441.2	2629.6	100			100
Potassium (mg)	5115.1	4884.4	5338.4		NA		100
Sodium (mg)	2361.4	2093.5	2580.8		NA		100
Zinc (mg)	18.1	17.1	23.9	100			100
Cholesterol (mg)	254.2	183.7	370.1		NA		NA
Selenium (mcg)	103.8	95.6	112.7	100			100
Vitamin B6 (mg)	2.2	1.9	2.7	100			100
Vitamin B12 (mcg)	8.2	7.5	9.9	100			100

Percent energy from fat 24.7

Percent energy from protein 20.7

Percent energy from carbohydrate 54.6

Girls14to18.hitot2:

AllFoodGroups	N.serves						
[1,] StarchyVeg	9						
[2,] GreenBrassicas	7						
[3,] OrangeVeg	7						
[4,] Legumes	7						
[5,] NutsSeeds	10						
[6,] OtherVeg	21						
[7,] TotalFruit	21						
[8,] WholegrainCereals	35						
[9,] RefinedCereals	32						
[10,] AllOtherMeatEggsLeg	7						
[11,] RedMeats	7						
[12,] EggsLegumesNutsSeeds	0						
[13,] HiFatDairy	3.5						
[14,] MidFatDairy	0						
[15,] LoFatDairy	21						
[16,] PolyMarg	15						
[17,] Pasta	0						
[18,] Rice	0						
[19,] Extras	14						
		Daily	intake	minimum	maximum	met	EAR met RDI/AI
Energy excl fibre (kJ)		11617.2	11274.9	12273.9		NA	NA
Energy (kJ)		12034.1	11704.2	12694.6		NA	NA
Protein (g)		143.7	139.1	150.0		100	100
Fat (g)		81.2	71.2	93.8		NA	NA
Carbohydrate (g)		367.4	347.5	381.9		NA	NA
Sugars (g)		137.1	124.2	149.2		NA	NA
Starch (g)		228.5	218.5	240.7		NA	NA
Fibre (g)		54.7	49.8	61.8		NA	100
Saturated fat (g)		24.6	21.9	28.2		NA	NA
Monounsaturated fat (g)		29.5	23.6	35.0		NA	NA
Polyunsaturated fat (g)		20.8	19.1	23.3		NA	NA
Linoleic acid (g)		19.0	17.6	21.4		NA	100
Alpha linolenic acid (g)		1.5	1.1	2.7		NA	100
LC n3 fatty acids (mg)		212.5	92.5	487.3		NA	100
Vitamin A equivs (mcg)		1493.8	1271.2	1710.9		100	100
Retinol (mcg)		377.0	329.4	422.4		NA	NA
Provitamin A (mcg)		6613.0	5303.9	7800.3		NA	NA
Thiamin (mg)		2.7	2.4	2.9		100	100
Riboflavin (mg)		3.3	3.0	3.6		100	100
Niacin (mg)		68.7	65.0	72.1		100	100
Folate (mcg total)		665.5	602.1	729.2		NA	NA
Folate equivs (mcg)		1053.9	940.2	1139.1		100	100
Vitamin C (mg)		203.5	161.0	291.5		100	100
Vitamin D (mcg)		3.4	2.7	4.6		NA	0
Vitamin E (mg)		15.6	13.5	18.3		NA	100
Calcium (mg)		1564.4	1479.0	1629.1		100	100
Iron (mg)		18.5	17.3	19.9		100	100
Iodine (mcg)		264.0	235.6	291.0		100	100
Magnesium (mg)		589.1	563.1	624.6		100	100
Phosphorus (mg)		2508.3	2435.3	2634.3		100	100
Potassium (mg)		5280.9	5093.6	5521.2		NA	100
Sodium (mg)		2241.3	1970.9	2471.2		NA	100
Zinc (mg)		18.0	17.1	19.0		100	100
Cholesterol (mg)		257.9	198.6	335.0		NA	NA
Selenium (mcg)		101.9	89.3	114.0		100	100
Vitamin B6 (mg)		2.2	1.9	2.7		100	100
Vitamin B12 (mcg)		8.1	7.4	9.6		100	100
Percent energy from fat		25.6					
Percent energy from protein		20.8					
Percent energy from carbohydrate		53.6					

Girls14to18.hitot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	9
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	14
[6,] OtherVeg	28
[7,] TotalFruit	7
[8,] WholegrainCereals	42
[9,] RefinedCereals	28
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	21

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11669.6	11318.1	12083.2		NA			NA
Energy (kJ)	12053.0	11689.3	12468.1		NA			NA
Protein (g)	145.3	140.1	149.6		100			100
Fat (g)	91.4	82.6	101.2		NA			NA
Carbohydrate (g)	346.5	330.7	369.9		NA			NA
Sugars (g)	118.1	105.3	131.1		NA			NA
Starch (g)	227.4	216.5	242.3		NA			NA
Fibre (g)	50.4	45.3	57.9		NA			100
Saturated fat (g)	27.4	24.6	31.7		NA			NA
Monounsaturated fat (g)	34.4	30.0	39.2		NA			NA
Polyunsaturated fat (g)	23.0	20.5	25.9		NA			NA
Linoleic acid (g)	21.2	19.1	24.2		NA			100
Alpha linolenic acid (g)	1.5	1.1	2.9		NA			100
LC n3 fatty acids (mg)	212.7	106.6	486.6		NA			100
Vitamin A equivs (mcg)	1510.7	1223.9	1792.7		100			100
Retinol (mcg)	395.8	343.3	484.6		NA			NA
Provitamin A (mcg)	6598.4	4764.4	7937.0		NA			NA
Thiamin (mg)	2.9	2.6	3.1		100			100
Riboflavin (mg)	3.4	3.2	3.7		100			100
Niacin (mg)	72.0	68.1	76.7		100			100
Folate (mcg total)	612.9	541.1	670.2		NA			NA
Folate equivs (mcg)	1031.4	922.6	1147.9		100			100
Vitamin C (mg)	180.1	146.7	231.9		100			100
Vitamin D (mcg)	3.5	2.9	4.5		NA			0
Vitamin E (mg)	17.0	14.5	19.4		NA			100
Calcium (mg)	1589.1	1496.4	1667.0		100			100
Iron (mg)	18.5	17.3	20.1		100			100
Iodine (mcg)	274.8	254.8	295.9		100			100
Magnesium (mg)	604.7	573.5	644.8		100			100
Phosphorus (mg)	2587.4	2494.4	2718.4		100			100
Potassium (mg)	5050.4	4871.5	5242.1		NA			100
Sodium (mg)	2374.3	2081.1	2638.1		NA			100
Zinc (mg)	18.3	17.2	19.4		100			100
Cholesterol (mg)	267.2	206.4	363.2		NA			NA
Selenium (mcg)	105.5	94.1	122.0		100			100
Vitamin B6 (mg)	2.2	1.8	2.6		100			100
Vitamin B12 (mcg)	8.1	7.3	9.6		100			100

Percent energy from fat 28.7

Percent energy from protein 21.0

Percent energy from carbohydrate 50.3

Girls14to18.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	6
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	7
[6,] OtherVeg	28
[7,] TotalFruit	21
[8,] WholegrainCereals	35
[9,] RefinedCereals	28
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	15
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	28

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11685.3	11304.4	12040.2		NA			NA
Energy (kJ)	12099.7	11720.0	12483.1		NA			NA
Protein (g)	142.8	138.2	147.5		100			100
Fat (g)	82.9	74.5	90.1		NA			NA
Carbohydrate (g)	369.3	345.2	388.4		NA			NA
Sugars (g)	151.9	136.2	164.9		NA			NA
Starch (g)	215.6	197.7	228.0		NA			NA
Fibre (g)	53.4	49.0	60.6		NA			100
Saturated fat (g)	27.4	25.1	30.3		NA			NA
Monounsaturated fat (g)	29.3	24.3	33.5		NA			NA
Polyunsaturated fat (g)	19.7	17.5	22.2		NA			NA
Linoleic acid (g)	17.9	16.0	20.0		NA			100
Alpha linolenic acid (g)	1.5	1.2	2.5		NA			100
LC n3 fatty acids (mg)	218.0	100.5	428.9		NA			100
Vitamin A equivs (mcg)	1580.0	1331.1	1855.5		100			100
Retinol (mcg)	411.2	350.9	490.9		NA			NA
Provitamin A (mcg)	6924.4	5614.0	8322.6		NA			NA
Thiamin (mg)	2.6	2.4	2.8		100			100
Riboflavin (mg)	3.4	3.1	3.7		100			100
Niacin (mg)	67.3	63.2	71.4		100			100
Folate (mcg total)	658.6	597.5	742.6		NA			NA
Folate equivs (mcg)	1025.2	923.1	1125.2		100			100
Vitamin C (mg)	224.4	183.1	261.9		100			100
Vitamin D (mcg)	3.5	2.8	4.5		NA			0
Vitamin E (mg)	15.4	12.4	18.3		NA			100
Calcium (mg)	1601.5	1488.9	1697.0		100			100
Iron (mg)	18.5	17.2	20.0		100			100
Iodine (mcg)	264.8	241.8	290.6		100			100
Magnesium (mg)	578.3	547.4	615.7		100			100
Phosphorus (mg)	2507.7	2425.3	2615.6		100			100
Potassium (mg)	5285.6	5096.0	5523.4		NA			100
Sodium (mg)	2348.5	2112.3	2667.1		NA			100
Zinc (mg)	17.9	17.1	18.7		100			100
Cholesterol (mg)	277.1	202.7	412.6		NA			NA
Selenium (mcg)	100.5	90.0	112.4		100			100
Vitamin B6 (mg)	2.2	1.9	2.8		100			100
Vitamin B12 (mcg)	8.2	7.4	11.2		100			100

Percent energy from fat 26.0
Percent energy from protein 20.5
Percent energy from carbohydrate 53.5

Girls14to18.hitot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	5
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	2
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	35
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	20
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	27

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11733.4	11409.9	12150.4		NA			NA
Energy (kJ)	12102.4	11777.2	12525.0		NA			NA
Protein (g)	139.4	134.1	144.2		100			100
Fat (g)	79.5	72.1	86.7		NA			NA
Carbohydrate (g)	382.7	365.8	399.4		NA			NA
Sugars (g)	135.0	125.0	146.2		NA			NA
Starch (g)	246.4	233.8	258.9		NA			NA
Fibre (g)	47.8	42.6	55.0		NA			100
Saturated fat (g)	27.5	25.4	29.8		NA			NA
Monounsaturated fat (g)	26.4	22.9	30.3		NA			NA
Polyunsaturated fat (g)	19.2	17.5	20.6		NA			NA
Linoleic acid (g)	17.4	15.8	18.8		NA			100
Alpha linolenic acid (g)	1.5	1.3	2.0		NA			100
LC n3 fatty acids (mg)	220.8	106.5	475.0		NA			100
Vitamin A equivs (mcg)	1566.7	1315.5	1867.7		100			100
Retinol (mcg)	467.5	409.6	524.9		NA			NA
Provitamin A (mcg)	6509.5	5231.5	8147.0		NA			NA
Thiamin (mg)	2.6	2.4	2.9		100			100
Riboflavin (mg)	3.4	3.1	3.7		100			100
Niacin (mg)	66.3	62.6	70.8		100			100
Folate (mcg total)	574.4	518.0	641.0		NA			NA
Folate equivs (mcg)	1021.3	943.9	1129.6		100			100
Vitamin C (mg)	175.9	133.1	228.6		100			100
Vitamin D (mcg)	3.8	3.1	5.1		NA			1
Vitamin E (mg)	13.5	11.5	15.6		NA			100
Calcium (mg)	1584.2	1501.8	1664.4		100			100
Iron (mg)	17.9	16.3	19.2		100			100
Iodine (mcg)	284.5	258.4	310.6		100			100
Magnesium (mg)	533.5	508.0	562.1		100			100
Phosphorus (mg)	2455.1	2374.0	2539.7		100			100
Potassium (mg)	4679.6	4480.8	4893.6		NA			100
Sodium (mg)	2559.0	2256.7	2918.9		NA			100
Zinc (mg)	17.4	16.1	22.5		100			100
Cholesterol (mg)	278.4	205.0	373.0		NA			NA
Selenium (mcg)	100.1	89.9	111.1		100			100
Vitamin B6 (mg)	2.0	1.7	2.4		100			100
Vitamin B12 (mcg)	8.4	7.7	9.9		100			100

Percent energy from fat 24.9
Percent energy from protein 20.1
Percent energy from carbohydrate 55.0

Girls14to18.hitot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	9
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	2
[5,] NutsSeeds	7
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	35
[9,] RefinedCereals	28
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	20
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	35

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11669.8	11246.4	12027.2			NA		NA
Energy (kJ)	12028.6	11593.7	12383.9			NA		NA
Protein (g)	138.4	133.7	143.1		100			100
Fat (g)	89.2	78.7	97.0			NA		NA
Carbohydrate (g)	359.1	345.2	375.2			NA		NA
Sugars (g)	140.8	127.5	155.4			NA		NA
Starch (g)	216.8	204.2	231.2			NA		NA
Fibre (g)	47.3	42.6	52.8			NA		100
Saturated fat (g)	30.0	26.9	33.4			NA		NA
Monounsaturated fat (g)	31.1	25.6	36.2			NA		NA
Polyunsaturated fat (g)	21.4	19.3	23.2			NA		NA
Linoleic acid (g)	19.6	17.4	21.3			NA		100
Alpha linolenic acid (g)	1.5	1.2	2.4			NA		100
LC n3 fatty acids (mg)	225.5	115.4	503.5			NA		100
Vitamin A equivs (mcg)	1595.4	1327.0	1848.1		100			100
Retinol (mcg)	479.1	416.2	547.1			NA		NA
Provitamin A (mcg)	6611.8	5092.3	7923.1			NA		NA
Thiamin (mg)	2.5	2.3	2.8		100			100
Riboflavin (mg)	3.3	3.0	3.6		100			100
Niacin (mg)	66.1	61.3	70.4		100			100
Folate (mcg total)	577.6	514.2	621.4			NA		NA
Folate equivs (mcg)	945.3	856.6	1029.9		100			100
Vitamin C (mg)	187.5	156.9	230.0		100			100
Vitamin D (mcg)	3.9	3.2	4.9			NA		0
Vitamin E (mg)	15.1	13.1	17.2			NA		100
Calcium (mg)	1551.7	1461.8	1648.5		100			100
Iron (mg)	17.1	16.0	18.4		100			100
Iodine (mcg)	266.2	238.0	292.4		100			100
Magnesium (mg)	541.0	515.7	579.7		100			100
Phosphorus (mg)	2446.8	2368.2	2537.2		100			100
Potassium (mg)	4945.7	4741.8	5212.2			NA		100
Sodium (mg)	2430.6	2219.7	2654.0			NA		100
Zinc (mg)	17.3	16.4	18.4		100			100
Cholesterol (mg)	280.2	214.1	407.6			NA		NA
Selenium (mcg)	99.0	88.9	109.3		100			100
Vitamin B6 (mg)	2.0	1.7	2.6		100			100
Vitamin B12 (mcg)	8.2	7.3	9.5		100			100

Percent energy from fat 28.1

Percent energy from protein 20.0

Percent energy from carbohydrate 51.9

A15. 41 Pregnant Girls 14-18 years mid energy level

Average age; 16yrs; light to moderate activity PAL 1.7

Public Consultation

Preg.avtot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	24.5
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12144.2	11738.3	12652.8		NA		NA
Energy (kJ)	12570.8	12154.1	13095.6		NA		NA
Protein (g)	175.3	168.8	180.0		100		100
Fat (g)	93.7	83.8	104.9		NA		NA
Carbohydrate (g)	338.7	325.9	361.8		NA		NA
Sugars (g)	113.9	106.9	120.3		NA		NA
Starch (g)	223.7	209.8	240.2		NA		NA
Fibre (g)	55.5	50.1	61.9		NA		100
Saturated fat (g)	26.1	24.1	29.1		NA		NA
Monounsaturated fat (g)	35.5	30.1	41.6		NA		NA
Polyunsaturated fat (g)	24.9	22.5	27.7		NA		NA
Linoleic acid (g)	22.6	19.9	25.4		NA		100
Alpha linolenic acid (g)	1.7	1.3	2.7		NA		100
LC n3 fatty acids (mg)	362.5	184.6	634.5		NA		100
Vitamin A equivs (mcg)	1497.7	1259.3	1773.4		100		100
Retinol (mcg)	407.6	340.9	502.8		NA		NA
Provitamin A (mcg)	6452.1	5077.1	8191.9		NA		NA
Thiamin (mg)	3.1	2.8	3.4		100		100
Riboflavin (mg)	3.7	3.4	4.0		100		100
Niacin (mg)	85.2	80.2	91.3		100		100
Folate (mcg total)	699.2	630.8	780.8		NA		NA
Folate equivs (mcg)	1144.4	1009.3	1252.2		100		100
Vitamin C (mg)	169.2	128.6	202.1		100		100
Vitamin D (mcg)	4.1	3.2	5.4		NA		2
Vitamin E (mg)	18.4	15.3	22.1		NA		100
Calcium (mg)	1633.9	1542.7	1715.5		100		100
Iron (mg)	21.4	19.7	23.1		1		0
Iodine (mcg)	285.6	257.7	321.2		100		100
Magnesium (mg)	668.7	626.5	698.4		100		100
Phosphorus (mg)	2871.7	2791.9	2952.3		100		100
Potassium (mg)	5462.6	5252.3	5610.3		NA		100
Sodium (mg)	2353.4	2065.6	2663.3		NA		100
Zinc (mg)	22.3	20.9	28.0		100		100
Cholesterol (mg)	377.7	262.9	555.6		NA		NA
Selenium (mcg)	134.8	124.6	152.3		100		100
Vitamin B6 (mg)	2.5	2.3	3.0		100		100
Vitamin B12 (mcg)	9.4	8.3	11.6		100		100

Percent energy from fat 28.2

Percent energy from protein 24.2

Percent energy from carbohydrate 47.6

Preg.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	21
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11890.2	11550.1	12400.4		NA			NA
Energy (kJ)	12297.3	11948.1	12822.7		NA			NA
Protein (g)	171.6	165.5	176.3		100			100
Fat (g)	96.0	89.4	105.4		NA			NA
Carbohydrate (g)	322.5	309.9	338.6		NA			NA
Sugars (g)	110.7	101.9	119.0		NA			NA
Starch (g)	210.6	199.4	223.5		NA			NA
Fibre (g)	52.9	48.5	61.9		NA			100
Saturated fat (g)	26.7	24.2	29.3		NA			NA
Monounsaturated fat (g)	35.8	31.9	40.6		NA			NA
Polyunsaturated fat (g)	26.3	23.8	30.4		NA			NA
Linoleic acid (g)	24.1	21.5	27.7		NA			100
Alpha linolenic acid (g)	1.7	1.3	2.9		NA			100
LC n3 fatty acids (mg)	348.8	188.5	812.3		NA			100
Vitamin A equivs (mcg)	1484.4	1247.3	1774.1		100			100
Retinol (mcg)	448.9	402.7	508.6		NA			NA
Provitamin A (mcg)	6132.3	4684.2	7635.6		NA			NA
Thiamin (mg)	3.0	2.8	3.3		100			100
Riboflavin (mg)	3.6	3.3	4.0		100			100
Niacin (mg)	83.2	78.5	88.4		100			100
Folate (mcg total)	681.9	613.3	758.2		NA			NA
Folate equivs (mcg)	1111.7	1015.0	1246.0		100			100
Vitamin C (mg)	148.9	112.2	181.1		100			100
Vitamin D (mcg)	4.2	3.5	6.1		NA			6
Vitamin E (mg)	18.9	15.8	23.1		NA			100
Calcium (mg)	1610.6	1512.2	1713.0		100			100
Iron (mg)	20.8	19.5	22.7		0			0
Iodine (mcg)	279.0	259.2	312.9		100			100
Magnesium (mg)	649.9	619.0	690.5		100			100
Phosphorus (mg)	2809.9	2717.2	2899.1		100			100
Potassium (mg)	5263.6	5054.9	5553.7		NA			100
Sodium (mg)	2316.5	2106.5	2532.4		NA			100
Zinc (mg)	21.8	20.5	27.5		100			100
Cholesterol (mg)	374.4	278.3	522.7		NA			NA
Selenium (mcg)	132.0	120.1	147.7		100			100
Vitamin B6 (mg)	2.4	2.1	3.0		100			100
Vitamin B12 (mcg)	9.3	8.3	11.4		100			100

Percent energy from fat 29.5

Percent energy from protein 24.2

Percent energy from carbohydrate 46.3

Preg.avtot3:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	11
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	21
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	14

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11667.3	11304.8	12247.4		NA			NA
Energy (kJ)	12048.8	11680.1	12652.0		NA			NA
Protein (g)	168.2	162.3	173.2		100			100
Fat (g)	91.5	84.9	99.0		NA			NA
Carbohydrate (g)	323.2	307.4	338.1		NA			NA
Sugars (g)	121.6	111.2	132.0		NA			NA
Starch (g)	200.2	188.2	212.3		NA			NA
Fibre (g)	49.7	44.2	56.8		NA			100
Saturated fat (g)	28.0	25.6	31.1		NA			NA
Monounsaturated fat (g)	33.5	30.1	37.7		NA			NA
Polyunsaturated fat (g)	23.0	21.2	26.8		NA			NA
Linoleic acid (g)	20.7	19.2	24.7		NA			100
Alpha linolenic acid (g)	1.6	1.2	2.7		NA			100
LC n3 fatty acids (mg)	366.5	161.6	675.7		NA			100
Vitamin A equivs (mcg)	1481.8	1237.3	1716.1		100			100
Retinol (mcg)	432.9	372.8	506.4		NA			NA
Provitamin A (mcg)	6207.6	4916.4	7931.0		NA			NA
Thiamin (mg)	2.8	2.5	3.0		100			100
Riboflavin (mg)	3.5	3.2	3.8		100			100
Niacin (mg)	79.7	74.1	84.1		100			100
Folate (mcg total)	641.3	588.3	717.1		NA			NA
Folate equivs (mcg)	1023.4	931.0	1156.4		100			100
Vitamin C (mg)	153.1	118.4	202.7		100			100
Vitamin D (mcg)	4.1	3.3	5.5		NA			3
Vitamin E (mg)	16.7	14.0	20.6		NA			100
Calcium (mg)	1592.5	1486.8	1679.7		100			100
Iron (mg)	19.7	17.8	21.0		0			0
Iodine (mcg)	273.3	250.9	297.2		100			100
Magnesium (mg)	610.7	574.9	656.2		100			100
Phosphorus (mg)	2736.4	2616.0	2858.7		100			100
Potassium (mg)	5189.7	4952.0	5404.8		NA			100
Sodium (mg)	2328.2	2073.7	2635.5		NA			100
Zinc (mg)	21.3	20.4	26.5		100			100
Cholesterol (mg)	391.2	275.4	524.5		NA			NA
Selenium (mcg)	128.5	115.9	141.1		100			100
Vitamin B6 (mg)	2.3	2.1	2.7		100			100
Vitamin B12 (mcg)	9.5	8.4	11.2		100			100

Percent energy from fat 28.7

Percent energy from protein 24.2

Percent energy from carbohydrate 47.1

Preg.avtot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	4
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	21
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	28

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11947.6	11505.0	12345.5		NA			NA
Energy (kJ)	12331.6	11884.0	12718.5		NA			NA
Protein (g)	168.4	163.3	173.7		100			100
Fat (g)	86.3	78.8	94.6		NA			NA
Carbohydrate (g)	351.4	335.8	365.8		NA			NA
Sugars (g)	134.6	125.3	147.3		NA			NA
Starch (g)	215.3	199.4	227.8		NA			NA
Fibre (g)	52.0	45.3	59.1		NA			100
Saturated fat (g)	29.8	27.3	32.5		NA			NA
Monounsaturated fat (g)	29.5	25.9	33.3		NA			NA
Polyunsaturated fat (g)	20.0	18.1	21.7		NA			NA
Linoleic acid (g)	17.8	16.0	19.5		NA			100
Alpha linolenic acid (g)	1.6	1.3	2.1		NA			100
LC n3 fatty acids (mg)	360.5	203.1	690.0		NA			100
Vitamin A equivs (mcg)	1546.1	1299.4	1774.0		100			100
Retinol (mcg)	461.2	410.9	550.3		NA			NA
Provitamin A (mcg)	6423.9	5013.4	7879.4		NA			NA
Thiamin (mg)	2.7	2.5	2.9		100			100
Riboflavin (mg)	3.5	3.3	3.8		100			100
Niacin (mg)	79.2	74.4	83.9		100			100
Folate (mcg total)	620.6	555.7	678.7		NA			NA
Folate equivs (mcg)	1002.8	898.5	1098.2		100			100
Vitamin C (mg)	174.7	140.8	230.2		100			100
Vitamin D (mcg)	4.2	3.4	5.6		NA			7
Vitamin E (mg)	14.3	12.4	17.1		NA			100
Calcium (mg)	1600.9	1492.6	1719.0		100			100
Iron (mg)	19.9	18.4	21.7		0			0
Iodine (mcg)	277.0	246.5	306.9		100			100
Magnesium (mg)	592.8	566.0	623.7		100			100
Phosphorus (mg)	2753.5	2663.3	2849.9		100			100
Potassium (mg)	5545.0	5361.5	5737.7		NA			100
Sodium (mg)	2480.2	2234.1	2804.6		NA			100
Zinc (mg)	21.0	19.9	22.1		100			100
Cholesterol (mg)	404.1	320.7	539.0		NA			NA
Selenium (mcg)	125.7	115.7	140.2		100			100
Vitamin B6 (mg)	2.3	2.1	2.9		100			100
Vitamin B12 (mcg)	9.5	8.6	11.4		100			100

Percent energy from fat 26.5
Percent energy from protein 23.7
Percent energy from carbohydrate 49.8

Preg.avtot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	14
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	2
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	42
[9,] RefinedCereals	21
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	21

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11970.4	11643.4	12294.4	NA			NA
Energy (kJ)	12362.9	12045.2	12686.3	NA			NA
Protein (g)	167.7	162.6	172.4	100			100
Fat (g)	91.4	85.8	97.5	NA			NA
Carbohydrate (g)	341.8	330.6	356.2	NA			NA
Sugars (g)	127.9	116.1	143.1	NA			NA
Starch (g)	212.4	204.4	226.4	NA			NA
Fibre (g)	52.6	47.4	61.1	NA			100
Saturated fat (g)	30.5	28.2	33.1	NA			NA
Monounsaturated fat (g)	30.1	28.2	32.6	NA			NA
Polyunsaturated fat (g)	23.5	22.3	25.0	NA			NA
Linoleic acid (g)	21.2	20.2	22.6	NA			100
Alpha linolenic acid (g)	1.7	1.5	2.2	NA			100
LC n3 fatty acids (mg)	352.1	167.0	714.8	NA			100
Vitamin A equivs (mcg)	1715.5	1494.3	2012.0	100			100
Retinol (mcg)	571.6	521.0	638.1	NA			NA
Provitamin A (mcg)	6781.4	5499.8	8590.7	NA			NA
Thiamin (mg)	2.7	2.4	2.9	100			100
Riboflavin (mg)	3.6	3.3	3.8	100			100
Niacin (mg)	78.4	73.4	83.9	100			100
Folate (mcg total)	633.0	572.9	693.5	NA			NA
Folate equivs (mcg)	1015.1	890.2	1130.1	100			100
Vitamin C (mg)	199.4	157.1	248.4	100			100
Vitamin D (mcg)	4.9	4.1	5.9	NA			31
Vitamin E (mg)	15.6	13.4	17.3	NA			100
Calcium (mg)	1605.3	1517.9	1713.7	100			100
Iron (mg)	20.2	18.9	21.8	0			0
Iodine (mcg)	276.4	257.8	305.3	100			100
Magnesium (mg)	586.9	555.6	635.3	100			100
Phosphorus (mg)	2733.5	2643.5	2859.0	100			100
Potassium (mg)	5628.2	5355.3	5846.5	NA			100
Sodium (mg)	2504.1	2134.7	2798.9	NA			100
Zinc (mg)	21.1	20.0	22.1	100			100
Cholesterol (mg)	399.7	305.4	530.7	NA			NA
Selenium (mcg)	124.4	114.0	137.9	100			100
Vitamin B6 (mg)	2.3	2.1	2.6	100			100
Vitamin B12 (mcg)	9.5	8.2	11.4	100			100

Percent energy from fat	28.0
Percent energy from protein	23.6
Percent energy from carbohydrate	48.5

Preg.avtot6:

	AllFoodGroups	N.serves
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	7
[5,]	NutsSeeds	2
[6,]	OtherVeg	14
[7,]	TotalFruit	14
[8,]	WholegrainCereals	42
[9,]	RefinedCereals	21
[10,]	AllOtherMeatEggsLeg	12
[11,]	RedMeats	12
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3.5
[14,]	MidFatDairy	0
[15,]	LoFatDairy	21
[16,]	PolyMarg	24
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	28

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11800.8	11488.9	12182.9		NA			NA
Energy (kJ)	12165.7	11837.5	12539.8		NA			NA
Protein (g)	164.5	158.8	169.3		100			100
Fat (g)	90.1	81.4	98.1		NA			NA
Carbohydrate (g)	338.4	317.2	355.5		NA			NA
Sugars (g)	133.1	121.1	143.4		NA			NA
Starch (g)	203.9	185.2	219.2		NA			NA
Fibre (g)	47.5	41.9	54.4		NA			100
Saturated fat (g)	31.2	28.1	34.2		NA			NA
Monounsaturated fat (g)	29.8	25.9	33.6		NA			NA
Polyunsaturated fat (g)	21.9	20.2	23.5		NA			NA
Linoleic acid (g)	19.6	18.2	21.1		NA			100
Alpha linolenic acid (g)	1.7	1.4	2.3		NA			100
LC n3 fatty acids (mg)	360.8	186.2	669.1		NA			100
Vitamin A equivs (mcg)	1608.3	1375.1	1889.3		100			100
Retinol (mcg)	540.4	457.4	612.6		NA			NA
Provitamin A (mcg)	6325.9	4938.6	7930.3		NA			NA
Thiamin (mg)	2.6	2.4	2.9		100			100
Riboflavin (mg)	3.5	3.2	3.7		100			100
Niacin (mg)	76.2	70.3	79.9		100			100
Folate (mcg total)	597.3	519.6	658.3		NA			NA
Folate equivs (mcg)	983.2	876.7	1100.5		100			100
Vitamin C (mg)	158.4	117.8	200.2		100			100
Vitamin D (mcg)	4.7	4.0	6.1		NA			22
Vitamin E (mg)	15.0	13.3	17.5		NA			100
Calcium (mg)	1587.9	1488.6	1693.8		100			100
Iron (mg)	19.3	17.6	20.7		0			0
Iodine (mcg)	278.6	256.6	304.6		100			100
Magnesium (mg)	560.9	534.4	597.6		100			100
Phosphorus (mg)	2666.7	2557.8	2741.8		100			100
Potassium (mg)	5061.6	4791.8	5270.2		NA			100
Sodium (mg)	2538.9	2228.2	2785.9		NA			100
Zinc (mg)	20.6	19.4	21.7		100			100
Cholesterol (mg)	401.9	288.1	534.6		NA			NA
Selenium (mcg)	123.3	113.5	139.9		100			100
Vitamin B6 (mg)	2.2	1.9	2.5		100			100
Vitamin B12 (mcg)	9.6	8.7	11.6		100			100

Percent energy from fat 28.0

Percent energy from protein 23.5

Percent energy from carbohydrate 48.5

A15.42 Pregnant Girls 14-18years higher energy level

Older age 18 yrs; high activity PAL 2.0

Public Consultation

Preg.hitot1:

	AllFoodGroups	N.serves
[1,]	StarchyVeg	7
[2,]	GreenBrassicas	7
[3,]	OrangeVeg	7
[4,]	Legumes	14
[5,]	NutsSeeds	21
[6,]	OtherVeg	21
[7,]	TotalFruit	28
[8,]	WholegrainCereals	49
[9,]	RefinedCereals	28
[10,]	AllOtherMeatEggsLeg	12
[11,]	RedMeats	12
[12,]	EggsLegumesNutsSeeds	0
[13,]	HiFatDairy	3.5
[14,]	MidFatDairy	0
[15,]	LoFatDairy	21
[16,]	PolyMarg	28
[17,]	Pasta	0
[18,]	Rice	0
[19,]	Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14343.5	13983.3	14793.8		NA		NA
Energy (kJ)	14886.2	14526.7	15340.4		NA		NA
Protein (g)	191.4	182.3	196.2		100		100
Fat (g)	119.3	110.2	130.9		NA		NA
Carbohydrate (g)	397.0	376.7	410.0		NA		NA
Sugars (g)	147.2	139.1	158.4		NA		NA
Starch (g)	247.6	232.4	258.0		NA		NA
Fibre (g)	70.0	65.3	77.1		NA		100
Saturated fat (g)	30.6	28.5	33.0		NA		NA
Monounsaturated fat (g)	45.2	40.5	51.3		NA		NA
Polyunsaturated fat (g)	34.8	32.0	38.1		NA		NA
Linoleic acid (g)	32.1	29.2	35.3		NA		100
Alpha linolenic acid (g)	2.2	1.7	3.4		NA		100
LC n3 fatty acids (mg)	335.2	151.7	563.7		NA		100
Vitamin A equivs (mcg)	1680.2	1482.1	1851.0		100		100
Retinol (mcg)	528.9	469.9	589.6		NA		NA
Provitamin A (mcg)	6822.5	5415.6	7981.7		NA		NA
Thiamin (mg)	3.5	3.2	3.8		100		100
Riboflavin (mg)	3.9	3.5	4.2		100		100
Niacin (mg)	92.8	87.3	98.0		100		100
Folate (mcg total)	887.7	808.1	995.0		NA		NA
Folate equivs (mcg)	1350.9	1250.3	1463.2		100		100
Vitamin C (mg)	217.3	168.1	262.4		100		100
Vitamin D (mcg)	4.7	3.9	5.9		NA		17
Vitamin E (mg)	25.2	21.4	28.7		NA		100
Calcium (mg)	1741.2	1640.4	1823.9		100		100
Iron (mg)	24.7	23.4	26.9		100		0
Iodine (mcg)	293.2	263.7	317.1		100		100
Magnesium (mg)	789.7	747.9	823.8		100		100
Phosphorus (mg)	3143.4	3035.8	3238.0		100		100
Potassium (mg)	6382.0	6193.5	6597.6		NA		100
Sodium (mg)	2524.5	2240.0	2810.8		NA		100
Zinc (mg)	24.5	22.9	29.8		100		100
Cholesterol (mg)	374.3	272.9	508.2		NA		NA
Selenium (mcg)	145.7	134.2	161.7		100		100
Vitamin B6 (mg)	3.0	2.7	3.5		100		100
Vitamin B12 (mcg)	9.4	8.3	11.2		100		100

Percent energy from fat 30.3

Percent energy from protein 22.3

Percent energy from carbohydrate 47.3

Preg.hitot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	49
[9,] RefinedCereals	35
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13604.1	13231.4	14084.9	NA	NA	NA		
Energy (kJ)	14098.3	13717.0	14581.8	NA	NA	NA		
Protein (g)	187.1	180.5	194.8	100	100	100		
Fat (g)	99.7	92.8	107.4	NA	NA	NA		
Carbohydrate (g)	400.4	385.8	417.0	NA	NA	NA		
Sugars (g)	128.6	121.3	139.6	NA	NA	NA		
Starch (g)	270.1	255.6	286.6	NA	NA	NA		
Fibre (g)	64.1	57.2	73.3	NA	100	100		
Saturated fat (g)	27.2	24.7	29.6	NA	NA	NA		
Monounsaturated fat (g)	36.6	33.1	41.6	NA	NA	NA		
Polyunsaturated fat (g)	28.1	25.5	31.0	NA	NA	NA		
Linoleic acid (g)	25.5	23.1	28.7	NA	100	100		
Alpha linolenic acid (g)	2.1	1.6	3.1	NA	100	100		
LC n3 fatty acids (mg)	345.9	135.4	772.9	NA	100	100		
Vitamin A equivs (mcg)	1539.4	1288.2	1791.7	100	100	100		
Retinol (mcg)	448.4	378.6	508.9	NA	NA	NA		
Provitamin A (mcg)	6460.1	4964.3	8067.6	NA	NA	NA		
Thiamin (mg)	3.3	3.0	3.6	100	100	100		
Riboflavin (mg)	3.7	3.4	4.2	100	100	100		
Niacin (mg)	89.1	83.3	94.0	100	100	100		
Folate (mcg total)	792.8	706.8	888.1	NA	NA	NA		
Folate equivs (mcg)	1284.7	1155.9	1412.7	100	100	100		
Vitamin C (mg)	169.6	132.2	220.1	100	100	100		
Vitamin D (mcg)	4.2	3.4	6.0	NA	3	3		
Vitamin E (mg)	20.2	17.8	23.0	NA	100	100		
Calcium (mg)	1699.8	1580.0	1780.2	100	100	100		
Iron (mg)	23.8	22.1	26.0	92	0	0		
Iodine (mcg)	300.8	267.7	334.7	100	100	100		
Magnesium (mg)	725.9	682.7	762.8	100	100	100		
Phosphorus (mg)	3039.2	2917.7	3191.0	100	100	100		
Potassium (mg)	5819.0	5596.8	6091.5	NA	100	100		
Sodium (mg)	2585.8	2334.2	2859.4	NA	100	100		
Zinc (mg)	23.7	22.7	24.5	100	100	100		
Cholesterol (mg)	371.3	278.7	490.5	NA	NA	NA		
Selenium (mcg)	142.8	127.5	157.6	100	100	100		
Vitamin B6 (mg)	2.7	2.5	3.2	100	100	100		
Vitamin B12 (mcg)	9.7	8.5	11.7	100	100	100		

Percent energy from fat 26.8

Percent energy from protein 23.1

Percent energy from carbohydrate 50.1

Preg.hitot3:

AllFoodGroups	N.serves								
[1,]	StarchyVeg	7							
[2,]	GreenBrassicas	7							
[3,]	OrangeVeg	7							
[4,]	Legumes	7							
[5,]	NutsSeeds	18							
[6,]	OtherVeg	14							
[7,]	TotalFruit	21							
[8,]	WholegrainCereals	49							
[9,]	RefinedCereals	28							
[10,]	AllOtherMeatEggsLeg	12							
[11,]	RedMeats	12							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3.5							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	21							
[16,]	PolyMarg	17							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	14							
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI	
Energy excl fibre (kJ)	13562.7	13171.9	14009.4		NA			NA	
Energy (kJ)	14025.9	13622.4	14461.1		NA			NA	
Protein (g)	183.1	178.8	188.8		100			100	
Fat (g)	106.1	99.0	115.4		NA			NA	
Carbohydrate (g)	388.7	368.7	410.3		NA			NA	
Sugars (g)	141.9	131.9	158.4		NA			NA	
Starch (g)	245.0	232.1	261.6		NA			NA	
Fibre (g)	60.1	53.8	71.3		NA			100	
Saturated fat (g)	30.0	26.6	33.0		NA			NA	
Monounsaturated fat (g)	40.4	36.2	46.5		NA			NA	
Polyunsaturated fat (g)	27.7	25.7	30.9		NA			NA	
Linoleic acid (g)	25.2	23.5	27.8		NA			100	
Alpha linolenic acid (g)	1.9	1.3	3.8		NA			100	
LC n3 fatty acids (mg)	370.1	169.3	680.1		NA			100	
Vitamin A equivs (mcg)	1514.0	1275.4	1812.6		100			100	
Retinol (mcg)	432.1	370.1	497.8		NA			NA	
Provitamin A (mcg)	6410.6	4976.8	8048.0		NA			NA	
Thiamin (mg)	3.3	3.1	3.6		100			100	
Riboflavin (mg)	3.8	3.4	4.1		100			100	
Niacin (mg)	89.2	84.5	94.6		100			100	
Folate (mcg total)	766.5	664.9	828.1		NA			NA	
Folate equivs (mcg)	1231.3	1131.6	1376.7		100			100	
Vitamin C (mg)	177.0	144.7	209.8		100			100	
Vitamin D (mcg)	4.2	3.4	5.2		NA			1	
Vitamin E (mg)	20.3	17.4	24.7		NA			100	
Calcium (mg)	1688.2	1606.6	1782.9		100			100	
Iron (mg)	22.6	21.0	23.9		26			0	
Iodine (mcg)	297.2	265.9	332.5		100			100	
Magnesium (mg)	716.6	683.2	762.4		100			100	
Phosphorus (mg)	3013.9	2901.5	3152.7		100			100	
Potassium (mg)	5777.2	5569.7	6027.7		NA			100	
Sodium (mg)	2589.0	2400.1	2889.1		NA			100	
Zinc (mg)	23.3	22.4	29.3		100			100	
Cholesterol (mg)	381.2	276.6	494.7		NA			NA	
Selenium (mcg)	140.9	126.2	154.9		100			100	
Vitamin B6 (mg)	2.7	2.3	3.1		100			100	
Vitamin B12 (mcg)	9.6	8.4	11.4		100			100	
Percent energy from fat 28.6									
Percent energy from protein 22.7									
Percent energy from carbohydrate 48.7									

Preg.hitot4:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	11
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	49
[9,] RefinedCereals	28
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	28

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13592.5	13194.0	14043.3	NA	NA		NA
Energy (kJ)	14039.2	13645.5	14502.9	NA	NA		NA
Protein (g)	180.7	175.0	185.3	100			100
Fat (g)	101.1	90.3	109.3	NA	NA		NA
Carbohydrate (g)	404.3	386.4	418.4	NA	NA		NA
Sugars (g)	154.2	143.5	167.9	NA	NA		NA
Starch (g)	248.2	236.0	259.9	NA	NA		NA
Fibre (g)	57.7	52.5	63.2	NA			100
Saturated fat (g)	32.0	29.6	34.6	NA	NA		NA
Monounsaturated fat (g)	36.7	30.8	41.5	NA	NA		NA
Polyunsaturated fat (g)	24.5	22.0	26.7	NA	NA		NA
Linoleic acid (g)	22.2	20.0	24.3	NA			100
Alpha linolenic acid (g)	1.8	1.4	2.7	NA			100
LC n3 fatty acids (mg)	357.7	178.9	645.9	NA			100
Vitamin A equivs (mcg)	1561.0	1257.9	1840.6	100			100
Retinol (mcg)	462.5	406.8	525.1	NA			NA
Provitamin A (mcg)	6504.8	4807.6	7867.4	NA			NA
Thiamin (mg)	3.2	2.9	3.4	100			100
Riboflavin (mg)	3.8	3.4	4.2	100			100
Niacin (mg)	86.7	81.4	90.6	100			100
Folate (mcg total)	730.0	662.3	808.4	NA			NA
Folate equivs (mcg)	1192.3	1058.0	1311.4	100			100
Vitamin C (mg)	183.1	133.8	237.0	100			100
Vitamin D (mcg)	4.2	3.4	5.2	NA			5
Vitamin E (mg)	18.1	15.5	20.4	NA			100
Calcium (mg)	1697.2	1584.5	1798.3	100			100
Iron (mg)	22.4	20.4	24.0	21			0
Iodine (mcg)	301.5	276.5	331.7	100			100
Magnesium (mg)	678.7	640.5	723.2	100			100
Phosphorus (mg)	2969.5	2846.8	3079.5	100			100
Potassium (mg)	5685.2	5415.1	5955.0	NA			100
Sodium (mg)	2748.8	2360.8	3056.5	NA			100
Zinc (mg)	23.0	21.7	28.5	100			100
Cholesterol (mg)	398.5	308.5	499.1	NA			NA
Selenium (mcg)	137.7	119.1	153.6	100			100
Vitamin B6 (mg)	2.5	2.3	3.1	100			100
Vitamin B12 (mcg)	9.8	8.9	11.8	100			100

Percent energy from fat 27.3

Percent energy from protein 22.4

Percent energy from carbohydrate 50.4

Preg.hitot5:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	14
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	9
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	49
[9,] RefinedCereals	28
[10,] AllOtherMeatEggsLeg	12
[11,] RedMeats	12
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	21
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	21

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13615.7	13202.5	14009.8		NA			NA
Energy (kJ)	14076.4	13646.2	14494.1		NA			NA
Protein (g)	179.6	174.1	184.6		100			100
Fat (g)	105.9	98.6	113.6		NA			NA
Carbohydrate (g)	396.0	375.3	409.9		NA			NA
Sugars (g)	148.2	133.4	158.3		NA			NA
Starch (g)	246.0	232.6	258.2		NA			NA
Fibre (g)	59.2	54.8	66.0		NA			100
Saturated fat (g)	32.5	30.1	35.1		NA			NA
Monounsaturated fat (g)	37.1	33.7	40.7		NA			NA
Polyunsaturated fat (g)	28.1	25.9	31.2		NA			NA
Linoleic acid (g)	25.6	23.4	28.5		NA			100
Alpha linolenic acid (g)	2.0	1.6	2.8		NA			100
LC n3 fatty acids (mg)	341.6	181.6	618.3		NA			100
Vitamin A equivs (mcg)	1723.2	1459.7	2014.4		100			100
Retinol (mcg)	574.2	520.2	643.5		NA			NA
Provitamin A (mcg)	6810.3	5395.8	8288.6		NA			NA
Thiamin (mg)	3.2	2.9	3.4		100			100
Riboflavin (mg)	3.8	3.4	4.2		100			100
Niacin (mg)	85.5	80.3	91.3		100			100
Folate (mcg total)	747.4	668.3	822.6		NA			NA
Folate equivs (mcg)	1216.2	1142.4	1342.9		100			100
Vitamin C (mg)	205.8	155.3	242.6		100			100
Vitamin D (mcg)	4.8	4.1	6.2		NA			27
Vitamin E (mg)	19.4	17.2	22.3		NA			100
Calcium (mg)	1702.4	1601.3	1788.1		100			100
Iron (mg)	22.7	21.6	25.1		31			0
Iodine (mcg)	302.1	278.7	328.0		100			100
Magnesium (mg)	677.4	644.7	715.5		100			100
Phosphorus (mg)	2948.8	2848.2	3087.3		100			100
Potassium (mg)	5810.7	5551.1	6065.6		NA			100
Sodium (mg)	2723.7	2483.8	3098.5		NA			100
Zinc (mg)	23.0	21.8	28.0		100			100
Cholesterol (mg)	404.0	317.6	538.4		NA			NA
Selenium (mcg)	134.5	125.2	147.1		100			100
Vitamin B6 (mg)	2.6	2.3	2.9		100			100
Vitamin B12 (mcg)	9.7	8.6	11.8		100			100

Percent energy from fat 28.5

Percent energy from protein 22.2

Percent energy from carbohydrate 49.4

Preg.hitot6:

AllFoodGroups N.serves							
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	9					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	49					
[9,]	RefinedCereals	28					
[10,]	AllOtherMeatEggsLeg	12					
[11,]	RedMeats	12					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3.5					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	21					
[16,]	PolyMarg	24					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	28					
		Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)		13688.6	13333.0	14119.7		NA	NA
Energy (kJ)		14131.1	13785.1	14561.4		NA	NA
Protein (g)		179.4	174.0	184.7		100	100
Fat (g)		105.5	97.8	113.9		NA	NA
Carbohydrate (g)		401.7	386.9	422.8		NA	NA
Sugars (g)		152.7	139.5	165.6		NA	NA
Starch (g)		247.1	232.5	269.3		NA	NA
Fibre (g)		57.4	52.3	65.7		NA	100
Saturated fat (g)		33.2	30.3	36.2		NA	NA
Monounsaturated fat (g)		37.3	34.2	42.1		NA	NA
Polyunsaturated fat (g)		26.9	24.7	29.2		NA	NA
Linoleic acid (g)		24.3	22.3	26.3		NA	100
Alpha linolenic acid (g)		2.0	1.6	3.0		NA	100
LC n3 fatty acids (mg)		359.1	157.3	677.7		NA	100
Vitamin A equivs (mcg)		1638.4	1390.7	1871.4		100	100
Retinol (mcg)		541.2	486.8	607.5		NA	NA
Provitamin A (mcg)		6498.6	4935.1	7733.9		NA	NA
Thiamin (mg)		3.2	2.9	3.4		100	100
Riboflavin (mg)		3.8	3.5	4.1		100	100
Niacin (mg)		85.8	82.0	89.5		100	100
Folate (mcg total)		715.5	650.6	801.0		NA	NA
Folate equivs (mcg)		1180.5	1076.2	1274.4		100	100
Vitamin C (mg)		182.1	131.8	224.1		100	100
Vitamin D (mcg)		4.7	4.1	5.8		NA	24
Vitamin E (mg)		18.8	16.1	22.3		NA	100
Calcium (mg)		1690.9	1585.9	1829.6		100	100
Iron (mg)		22.2	20.5	23.7		15	0
Iodine (mcg)		301.3	272.5	327.0		100	100
Magnesium (mg)		668.4	634.8	711.7		100	100
Phosphorus (mg)		2943.9	2839.8	3034.8		100	100
Potassium (mg)		5651.5	5468.0	5918.6		NA	100
Sodium (mg)		2782.7	2393.0	3079.7		NA	100
Zinc (mg)		22.6	21.6	27.7		100	100
Cholesterol (mg)		404.6	306.8	518.1		NA	NA
Selenium (mcg)		135.9	121.5	149.2		100	100
Vitamin B6 (mg)		2.5	2.2	2.9		100	100
Vitamin B12 (mcg)		9.8	8.6	11.3		100	100
Percent energy from fat		28.2					
Percent energy from protein		22.1					
Percent energy from carbohydrate		49.7					

A15.42 Lactation Girls 14-18 years mid energy level

Average age 16yrs; light to moderate activity PAL 1.7

Public Consultation

Lact.avtot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	21
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	30
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	17
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	12043.4	11640.1	12416.4		NA			NA
Energy (kJ)	12477.4	12043.5	12871.4		NA			NA
Protein (g)	154.7	149.3	160.5		100			100
Fat (g)	87.6	80.3	96.9		NA			NA
Carbohydrate (g)	367.1	353.3	383.8		NA			NA
Sugars (g)	121.9	108.8	132.3		NA			NA
Starch (g)	244.0	231.5	256.8		NA			NA
Fibre (g)	56.5	52.4	62.4		NA			100
Saturated fat (g)	24.0	21.8	26.8		NA			NA
Monounsaturated fat (g)	32.6	29.2	37.6		NA			NA
Polyunsaturated fat (g)	24.4	21.0	28.3		NA			NA
Linoleic acid (g)	22.5	19.5	26.2		NA			100
Alpha linolenic acid (g)	1.7	1.2	3.1		NA			97
LC n3 fatty acids (mg)	201.7	96.5	501.4		NA			79
Vitamin A equivs (mcg)	1471.7	1182.1	1673.5		100			100
Retinol (mcg)	392.0	338.2	444.6		NA			NA
Provitamin A (mcg)	6384.6	4717.8	7624.5		NA			NA
Thiamin (mg)	3.1	2.9	3.4		100			100
Riboflavin (mg)	3.7	3.5	4.1		100			100
Niacin (mg)	75.5	71.6	79.4		100			100
Folate (mcg total)	713.4	640.6	799.2		NA			NA
Folate equivs (mcg)	1181.1	1071.0	1295.7		100			100
Vitamin C (mg)	170.0	122.8	212.4		100			100
Vitamin D (mcg)	3.6	3.0	4.7		NA			0
Vitamin E (mg)	17.6	14.3	21.0		NA			100
Calcium (mg)	1784.9	1692.2	1880.3		100			100
Iron (mg)	20.1	18.9	22.0		100			100
Iodine (mcg)	306.5	281.9	339.1		100			100
Magnesium (mg)	663.3	605.3	699.6		100			100
Phosphorus (mg)	2783.7	2675.7	2876.9		100			100
Potassium (mg)	5359.0	5173.2	5610.6		NA			100
Sodium (mg)	2370.8	2052.3	2622.5		NA			100
Zinc (mg)	19.6	18.4	20.4		100			100
Cholesterol (mg)	250.3	183.0	366.3		NA			NA
Selenium (mcg)	109.8	99.4	121.4		100			100
Vitamin B6 (mg)	2.4	2.1	2.8		100			100
Vitamin B12 (mcg)	9.0	8.2	10.6		100			100

Percent energy from fat 26.6
Percent energy from protein 21.6
Percent energy from carbohydrate 51.8

Lact.avtot2:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	14
[6,] OtherVeg	14
[7,] TotalFruit	14
[8,] WholegrainCereals	49
[9,] RefinedCereals	26.5
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	21
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11790.2	11481.8	12180.6	NA	NA	NA		
Energy (kJ)	12202.2	11901.0	12595.8	NA	NA	NA		
Protein (g)	150.9	147.7	154.1	100	100	100		
Fat (g)	89.6	84.3	97.3	NA	NA	NA		
Carbohydrate (g)	351.5	336.8	368.7	NA	NA	NA		
Sugars (g)	119.8	112.4	130.3	NA	NA	NA		
Starch (g)	230.5	217.3	241.6	NA	NA	NA		
Fibre (g)	53.5	49.1	60.0	NA	100	100		
Saturated fat (g)	24.6	22.7	26.9	NA	NA	NA		
Monounsaturated fat (g)	33.0	29.8	38.1	NA	NA	NA		
Polyunsaturated fat (g)	25.5	23.3	28.0	NA	NA	NA		
Linoleic acid (g)	23.5	21.7	25.4	NA	100	100		
Alpha linolenic acid (g)	1.7	1.3	3.0	NA	100	100		
LC n3 fatty acids (mg)	199.1	82.6	424.1	NA	78	78		
Vitamin A equivs (mcg)	1469.4	1120.3	1769.0	100	100	100		
Retinol (mcg)	433.3	387.1	486.0	NA	NA	NA		
Provitamin A (mcg)	6120.8	4031.9	7813.3	NA	NA	NA		
Thiamin (mg)	3.0	2.6	3.2	100	100	100		
Riboflavin (mg)	3.7	3.4	4.0	100	100	100		
Niacin (mg)	73.9	69.6	77.6	100	100	100		
Folate (mcg total)	682.4	618.5	782.1	NA	NA	NA		
Folate equivs (mcg)	1139.3	1018.0	1239.7	100	100	100		
Vitamin C (mg)	148.0	113.0	187.9	100	100	100		
Vitamin D (mcg)	3.8	3.3	4.8	NA	0	0		
Vitamin E (mg)	17.7	14.8	20.9	NA	100	100		
Calcium (mg)	1751.5	1661.2	1834.9	100	100	100		
Iron (mg)	19.3	17.8	20.7	100	100	100		
Iodine (mcg)	300.5	275.7	333.8	100	100	100		
Magnesium (mg)	642.5	613.3	669.6	100	100	100		
Phosphorus (mg)	2715.3	2624.4	2806.8	100	100	100		
Potassium (mg)	5168.0	4976.6	5347.1	NA	100	100		
Sodium (mg)	2332.4	2050.8	2563.9	NA	100	100		
Zinc (mg)	19.0	18.1	20.4	100	100	100		
Cholesterol (mg)	250.2	189.8	329.1	NA	NA	NA		
Selenium (mcg)	107.7	99.5	119.6	100	100	100		
Vitamin B6 (mg)	2.3	2.0	2.5	100	100	100		
Vitamin B12 (mcg)	8.8	8.1	10.4	100	100	100		

Percent energy from fat 27.8

Percent energy from protein 21.5

Percent energy from carbohydrate 50.7

Lact.avtot3:

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	11					
[6,]	OtherVeg	14					
[7,]	TotalFruit	14					
[8,]	WholegrainCereals	42					
[9,]	RefinedCereals	26.5					
[10,]	AllOtherMeatEggsLeg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3.5					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	25					
[16,]	PolyMarg	17					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily	intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	11569.4	11235.8	11985.9		NA		NA
Energy (kJ)	11957.0	11613.0	12359.9		NA		NA
Protein (g)	147.7	142.6	152.6		100		100
Fat (g)	85.3	76.8	91.6		NA		NA
Carbohydrate (g)	351.5	336.1	365.8		NA		NA
Sugars (g)	129.3	114.5	139.0		NA		NA
Starch (g)	220.9	209.3	235.2		NA		NA
Fibre (g)	50.5	46.6	62.4		NA		100
Saturated fat (g)	26.0	23.6	28.5		NA		NA
Monounsaturated fat (g)	30.7	26.0	34.7		NA		NA
Polyunsaturated fat (g)	22.2	20.1	25.3		NA		NA
Linoleic acid (g)	20.4	18.3	23.6		NA		100
Alpha linolenic acid (g)	1.6	1.2	2.5		NA		100
LC n3 fatty acids (mg)	208.2	90.8	464.9		NA		80
Vitamin A equivs (mcg)	1478.0	1287.8	1715.7		100		100
Retinol (mcg)	417.0	360.8	472.6		NA		NA
Provitamin A (mcg)	6268.7	5131.0	7455.5		NA		NA
Thiamin (mg)	2.8	2.5	3.0		100		100
Riboflavin (mg)	3.6	3.4	3.9		100		100
Niacin (mg)	70.5	66.1	74.1		100		100
Folate (mcg total)	649.6	562.4	740.1		NA		NA
Folate equivs (mcg)	1060.4	964.4	1167.9		100		100
Vitamin C (mg)	152.0	116.1	189.2		100		100
Vitamin D (mcg)	3.7	3.1	4.7		NA		0
Vitamin E (mg)	15.8	12.9	19.0		NA		100
Calcium (mg)	1731.2	1641.4	1836.0		100		100
Iron (mg)	18.4	16.9	19.4		100		100
Iodine (mcg)	293.8	272.6	316.4		100		100
Magnesium (mg)	603.4	575.1	628.3		100		100
Phosphorus (mg)	2643.2	2539.5	2745.9		100		100
Potassium (mg)	5083.1	4856.4	5275.9		NA		100
Sodium (mg)	2345.6	2078.7	2592.9		NA		100
Zinc (mg)	18.5	17.6	19.4		100		100
Cholesterol (mg)	266.5	197.1	387.0		NA		NA
Selenium (mcg)	104.2	93.5	113.0		100		100
Vitamin B6 (mg)	2.2	2.0	2.5		100		95
Vitamin B12 (mcg)	8.9	8.2	10.3		100		100
Percent energy from fat 27.0							
Percent energy from protein 21.5							
Percent energy from carbohydrate 51.5							

Lact.avtot4:

AllFoodGroups	N.serves								
[1,]	StarchyVeg	14							
[2,]	GreenBrassicas	7							
[3,]	OrangeVeg	7							
[4,]	Legumes	7							
[5,]	NutsSeeds	4							
[6,]	OtherVeg	14							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	42							
[9,]	RefinedCereals	26.5							
[10,]	AllOtherMeatEggsLeg	7							
[11,]	RedMeats	7							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3.5							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	25							
[16,]	PolyMarg	17							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	28							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		11874.7	11454.6	12253.2		NA			NA
Energy (kJ)		12265.6	11845.4	12637.8		NA			NA
Protein (g)		147.8	142.4	151.6		100			100
Fat (g)		80.8	71.8	87.8		NA			NA
Carbohydrate (g)		379.9	364.4	404.5		NA			NA
Sugars (g)		143.7	132.1	158.3		NA			NA
Starch (g)		234.8	221.2	254.7		NA			NA
Fibre (g)		52.5	45.7	61.3		NA			100
Saturated fat (g)		28.0	24.9	31.1		NA			NA
Monounsaturated fat (g)		26.9	23.1	29.9		NA			NA
Polyunsaturated fat (g)		19.5	17.6	21.6		NA			NA
Linoleic acid (g)		17.6	16.0	19.4		NA			100
Alpha linolenic acid (g)		1.5	1.3	2.6		NA			100
LC n3 fatty acids (mg)		216.3	105.5	608.1		NA			81
Vitamin A equivs (mcg)		1516.7	1099.1	1752.2		100			99
Retinol (mcg)		449.7	379.8	523.8		NA			NA
Provitamin A (mcg)		6302.4	4018.7	7546.7		NA			NA
Thiamin (mg)		2.7	2.5	3.0		100			100
Riboflavin (mg)		3.6	3.4	3.9		100			100
Niacin (mg)		69.5	65.5	73.1		100			100
Folate (mcg total)		631.3	550.5	697.7		NA			NA
Folate equivs (mcg)		1039.5	928.2	1139.3		100			100
Vitamin C (mg)		174.0	130.4	213.4		100			100
Vitamin D (mcg)		3.8	3.2	5.5		NA			2
Vitamin E (mg)		13.6	11.1	15.7		NA			97
Calcium (mg)		1753.4	1661.1	1866.3		100			100
Iron (mg)		18.7	17.1	20.1		100			100
Iodine (mcg)		299.2	273.8	329.9		100			100
Magnesium (mg)		588.7	558.9	617.3		100			100
Phosphorus (mg)		2667.1	2535.5	2754.0		100			100
Potassium (mg)		5455.3	5230.9	5654.2		NA			100
Sodium (mg)		2534.1	2256.5	2944.6		NA			100
Zinc (mg)		18.4	17.5	23.1		100			100
Cholesterol (mg)		281.6	209.5	371.2		NA			NA
Selenium (mcg)		102.7	94.7	117.6		100			100
Vitamin B6 (mg)		2.2	1.9	2.5		100			93
Vitamin B12 (mcg)		9.1	8.1	10.6		100			100
Percent energy from fat 25									
Percent energy from protein 21									
Percent energy from carbohydrate 54									

Lact.avtot5:

AllFoodGroups	N.serves								
[1,]	StarchyVeg	14							
[2,]	GreenBrassicas	14							
[3,]	OrangeVeg	7							
[4,]	Legumes	7							
[5,]	NutsSeeds	2							
[6,]	OtherVeg	14							
[7,]	TotalFruit	14							
[8,]	WholegrainCereals	42							
[9,]	RefinedCereals	26.5							
[10,]	AllOtherMeatEggsLeg	7							
[11,]	RedMeats	7							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3.5							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	25							
[16,]	PolyMarg	28							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	21							
		Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)		11883.7	11573.8	12251.8			NA		NA
Energy (kJ)		12285.0	11968.5	12658.3			NA		NA
Protein (g)		147.0	140.8	152.3		100			100
Fat (g)		85.3	79.3	91.5			NA		NA
Carbohydrate (g)		370.9	355.0	386.0			NA		NA
Sugars (g)		137.5	123.8	150.6			NA		NA
Starch (g)		232.1	222.6	243.9			NA		NA
Fibre (g)		54.1	47.9	63.6			NA		100
Saturated fat (g)		28.5	25.7	30.4			NA		NA
Monounsaturated fat (g)		27.3	24.7	30.2			NA		NA
Polyunsaturated fat (g)		22.9	21.5	24.7			NA		NA
Linoleic acid (g)		20.9	19.7	22.5			NA		100
Alpha linolenic acid (g)		1.7	1.5	2.8			NA		100
LC n3 fatty acids (mg)		215.9	89.4	423.9			NA		80
Vitamin A equivs (mcg)		1690.0	1404.7	1973.5		100			100
Retinol (mcg)		557.4	495.9	657.0			NA		NA
Provitamin A (mcg)		6688.1	5207.5	8392.4			NA		NA
Thiamin (mg)		2.7	2.5	2.9		100			100
Riboflavin (mg)		3.7	3.3	3.9		100			100
Niacin (mg)		68.7	64.8	73.0		100			100
Folate (mcg total)		646.3	575.4	705.9			NA		NA
Folate equivs (mcg)		1054.3	957.9	1143.2		100			100
Vitamin C (mg)		201.3	162.5	244.5		100			100
Vitamin D (mcg)		4.5	3.8	5.4			NA		9
Vitamin E (mg)		14.8	12.5	16.5			NA		100
Calcium (mg)		1757.9	1669.1	1843.6		100			100
Iron (mg)		19.0	17.5	20.1		100			100
Iodine (mcg)		297.8	274.7	323.5		100			100
Magnesium (mg)		584.5	560.3	611.7		100			100
Phosphorus (mg)		2646.5	2535.5	2741.4		100			100
Potassium (mg)		5553.0	5379.5	5847.9			NA		100
Sodium (mg)		2535.9	2205.5	2839.5			NA		100
Zinc (mg)		18.3	17.2	19.3		100			100
Cholesterol (mg)		278.7	207.3	454.4			NA		NA
Selenium (mcg)		100.6	91.3	113.7		100			100
Vitamin B6 (mg)		2.2	1.9	2.7		100			97
Vitamin B12 (mcg)		9.0	8.3	10.9		100			100
Percent energy from fat		26.3							
Percent energy from protein		20.8							
Percent energy from carbohydrate		52.8							

Lact.avtot6:

AllFoodGroups	N.serves							
[1,] StarchyVeg	7							
[2,] GreenBrassicas	7							
[3,] OrangeVeg	7							
[4,] Legumes	7							
[5,] NutsSeeds	2							
[6,] OtherVeg	14							
[7,] TotalFruit	14							
[8,] WholegrainCereals	42							
[9,] RefinedCereals	26.5							
[10,] AllOtherMeatEggsLeg	7							
[11,] RedMeats	7							
[12,] EggsLegumesNutsSeeds	0							
[13,] HiFatDairy	3.5							
[14,] MidFatDairy	0							
[15,] LoFatDairy	25							
[16,] PolyMarg	24							
[17,] Pasta	0							
[18,] Rice	0							
[19,] Extras	28							
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	11688.9	11258.3	12114.3			NA		NA
Energy (kJ)	12055.9	11627.7	12484.1			NA		NA
Protein (g)	144.0	138.2	148.6		100			100
Fat (g)	83.4	77.3	90.1			NA		NA
Carbohydrate (g)	367.1	348.6	383.6			NA		NA
Sugars (g)	141.9	132.1	157.6			NA		NA
Starch (g)	223.8	210.7	240.4			NA		NA
Fibre (g)	47.7	44.3	56.5			NA		100
Saturated fat (g)	28.9	26.5	32.6			NA		NA
Monounsaturated fat (g)	26.9	24.6	29.6			NA		NA
Polyunsaturated fat (g)	21.1	19.7	22.3			NA		NA
Linoleic acid (g)	19.1	18.1	20.3			NA		100
Alpha linolenic acid (g)	1.6	1.4	2.2			NA		100
LC n3 fatty acids (mg)	198.3	96.4	436.4			NA		79
Vitamin A equivs (mcg)	1600.4	1326.7	1891.1		100			100
Retinol (mcg)	522.4	467.9	591.6			NA		NA
Provitamin A (mcg)	6372.1	4724.1	7901.5			NA		NA
Thiamin (mg)	2.6	2.4	2.8		100			100
Riboflavin (mg)	3.6	3.3	4.0		100			100
Niacin (mg)	66.8	63.7	71.2		100			100
Folate (mcg total)	603.5	522.1	670.7			NA		NA
Folate equivs (mcg)	1012.0	911.9	1156.2		100			100
Vitamin C (mg)	161.0	125.9	205.8		100			100
Vitamin D (mcg)	4.2	3.6	5.2			NA		1
Vitamin E (mg)	14.1	12.4	16.5			NA		100
Calcium (mg)	1740.5	1655.0	1889.7		100			100
Iron (mg)	17.8	16.3	19.1		100			100
Iodine (mcg)	298.3	276.8	328.2		100			100
Magnesium (mg)	551.9	526.5	575.1		100			100
Phosphorus (mg)	2573.7	2477.5	2695.9		100			100
Potassium (mg)	4970.2	4782.3	5172.7			NA		100
Sodium (mg)	2539.5	2128.5	2760.7			NA		100
Zinc (mg)	17.8	16.8	23.5		100			100
Cholesterol (mg)	280.2	213.5	379.3			NA		NA
Selenium (mcg)	99.6	88.8	110.8		100			100
Vitamin B6 (mg)	2.0	1.8	2.3		100			50
Vitamin B12 (mcg)	9.0	8.3	10.5		100			100

Percent energy from fat 26.2

Percent energy from protein 20.8

Percent energy from carbohydrate 53.0

A15.44 Lactation Girls *total* diets higher energy level

High activity PAL 2.0, older age 18years

Public Consultation

Lact.hitot1:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	14
[5,] NutsSeeds	21
[6,] OtherVeg	21
[7,] TotalFruit	28
[8,] WholegrainCereals	49
[9,] RefinedCereals	33.5
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	28
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	0

	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	14213.7	13833.2	14651.9		NA		NA
Energy (kJ)	14761.5	14377.0	15227.2		NA		NA
Protein (g)	170.5	164.4	176.2	100			100
Fat (g)	112.9	105.2	121.7		NA		NA
Carbohydrate (g)	424.8	410.2	443.2		NA		NA
Sugars (g)	155.8	147.0	165.5		NA		NA
Starch (g)	266.9	251.4	282.9		NA		NA
Fibre (g)	70.7	65.7	78.3		NA		100
Saturated fat (g)	28.6	26.9	30.7		NA		NA
Monounsaturated fat (g)	42.1	38.1	46.5		NA		NA
Polyunsaturated fat (g)	34.1	30.8	37.5		NA		NA
Linoleic acid (g)	31.6	28.0	34.2		NA		100
Alpha linolenic acid (g)	2.2	1.6	4.0		NA		100
LC n3 fatty acids (mg)	213.8	88.6	428.7		NA		82
Vitamin A equivs (mcg)	1675.1	1451.4	1945.2	100			100
Retinol (mcg)	513.8	469.7	545.8		NA		NA
Provitamin A (mcg)	6876.5	5681.5	8466.3		NA		NA
Thiamin (mg)	3.5	3.2	3.9	100			100
Riboflavin (mg)	4.0	3.6	4.3	100			100
Niacin (mg)	83.6	80.0	87.3	100			100
Folate (mcg total)	899.3	829.6	1004.2		NA		NA
Folate equivs (mcg)	1390.4	1281.6	1545.0	100			100
Vitamin C (mg)	217.5	167.4	284.0	100			100
Vitamin D (mcg)	4.3	3.8	5.6		NA		5
Vitamin E (mg)	24.2	19.5	27.5		NA		100
Calcium (mg)	1877.1	1785.9	1955.0	100			100
Iron (mg)	23.3	21.8	24.8	100			100
Iodine (mcg)	314.4	290.9	344.2	100			100
Magnesium (mg)	779.3	732.6	832.4	100			100
Phosphorus (mg)	3042.8	2910.6	3160.0	100			100
Potassium (mg)	6266.0	5941.8	6561.9		NA		100
Sodium (mg)	2561.0	2321.3	2892.8		NA		100
Zinc (mg)	21.7	20.8	27.7	100			100
Cholesterol (mg)	251.4	184.2	341.8		NA		NA
Selenium (mcg)	122.8	111.3	142.0	100			100
Vitamin B6 (mg)	2.8	2.5	3.3	100			100
Vitamin B12 (mcg)	9.0	8.2	10.8	100			100

Percent energy from fat 29.0

Percent energy from protein 20.1

Percent energy from carbohydrate 50.9

Lact.hitot2:

AllFoodGroups	N.serves							
[1,]	StarchyVeg	7						
[2,]	GreenBrassicas	7						
[3,]	OrangeVeg	7						
[4,]	Legumes	14						
[5,]	NutsSeeds	14						
[6,]	OtherVeg	14						
[7,]	TotalFruit	21						
[8,]	WholegrainCereals	49						
[9,]	RefinedCereals	40.5						
[10,]	AllOtherMeatEggsLeg	7						
[11,]	RedMeats	7						
[12,]	EggsLegumesNutsSeeds	0						
[13,]	HiFatDairy	3.5						
[14,]	MidFatDairy	0						
[15,]	LoFatDairy	25						
[16,]	PolyMarg	21						
[17,]	Pasta	0						
[18,]	Rice	0						
[19,]	Extras	0						
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13489.0	12994.1	13908.4		NA			NA
Energy (kJ)	13985.6	13486.7	14415.7		NA			NA
Protein (g)	166.4	160.4	172.0		100			100
Fat (g)	93.8	82.6	105.9		NA			NA
Carbohydrate (g)	427.4	407.8	444.3		NA			NA
Sugars (g)	137.5	127.4	147.9		NA			NA
Starch (g)	288.2	270.6	302.7		NA			NA
Fibre (g)	64.4	58.9	75.8		NA			100
Saturated fat (g)	25.3	22.3	28.1		NA			NA
Monounsaturated fat (g)	34.0	28.7	39.0		NA			NA
Polyunsaturated fat (g)	27.3	23.5	31.0		NA			NA
Linoleic acid (g)	25.1	21.8	28.9		NA			100
Alpha linolenic acid (g)	1.9	1.5	2.9		NA			100
LC n3 fatty acids (mg)	220.2	76.0	431.2		NA			88
Vitamin A equivs (mcg)	1518.0	1282.6	1753.7		100			100
Retinol (mcg)	439.4	386.0	490.6		NA			NA
Provitamin A (mcg)	6376.7	5005.4	7666.0		NA			NA
Thiamin (mg)	3.3	3.1	3.6		100			100
Riboflavin (mg)	3.8	3.6	4.2		100			100
Niacin (mg)	79.7	73.9	84.3		100			100
Folate (mcg total)	804.1	734.9	874.3		NA			NA
Folate equivs (mcg)	1324.5	1238.3	1456.3		100			100
Vitamin C (mg)	168.0	121.9	203.1		100			100
Vitamin D (mcg)	3.9	3.3	5.0		NA			0
Vitamin E (mg)	19.2	15.4	22.3		NA			100
Calcium (mg)	1844.8	1758.8	1964.1		100			100
Iron (mg)	22.3	20.9	24.2		100			100
Iodine (mcg)	323.5	302.7	358.0		100			100
Magnesium (mg)	713.6	674.4	757.5		100			100
Phosphorus (mg)	2941.9	2823.4	3046.3		100			100
Potassium (mg)	5714.0	5523.8	5916.0		NA			100
Sodium (mg)	2620.5	2336.0	2895.6		NA			100
Zinc (mg)	20.7	19.8	21.6		100			100
Cholesterol (mg)	254.2	191.0	363.9		NA			NA
Selenium (mcg)	120.3	111.7	128.9		100			100
Vitamin B6 (mg)	2.5	2.3	3.2		100			100
Vitamin B12 (mcg)	9.2	8.2	10.6		100			100
Percent energy from fat 25.5								
Percent energy from protein 20.7								
Percent energy from carbohydrate 53.8								

Lact.hitot3:

AllFoodGroups	N.serves						
[1,]	StarchyVeg	7					
[2,]	GreenBrassicas	7					
[3,]	OrangeVeg	7					
[4,]	Legumes	7					
[5,]	NutsSeeds	18					
[6,]	OtherVeg	14					
[7,]	TotalFruit	21					
[8,]	WholegrainCereals	49					
[9,]	RefinedCereals	33.5					
[10,]	AllOtherMeatEggsLeg	7					
[11,]	RedMeats	7					
[12,]	EggsLegumesNutsSeeds	0					
[13,]	HiFatDairy	3.5					
[14,]	MidFatDairy	0					
[15,]	LoFatDairy	25					
[16,]	PolyMarg	17					
[17,]	Pasta	0					
[18,]	Rice	0					
[19,]	Extras	14					
	Daily intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13471.8	13042.4	13905.2	NA			NA
Energy (kJ)	13939.9	13505.2	14377.4	NA			NA
Protein (g)	162.3	154.2	169.5	100			100
Fat (g)	99.8	91.9	109.7	NA			NA
Carbohydrate (g)	418.1	401.5	436.7	NA			NA
Sugars (g)	151.5	138.9	162.3	NA			NA
Starch (g)	264.9	250.9	281.9	NA			NA
Fibre (g)	60.6	56.6	68.2	NA			100
Saturated fat (g)	27.9	25.7	30.0	NA			NA
Monounsaturated fat (g)	37.6	33.2	43.1	NA			NA
Polyunsaturated fat (g)	27.0	24.0	30.2	NA			NA
Linoleic acid (g)	24.8	22.2	27.7	NA			100
Alpha linolenic acid (g)	1.8	1.3	2.9	NA			100
LC n3 fatty acids (mg)	214.7	95.7	461.8	NA			86
Vitamin A equivs (mcg)	1493.2	1271.1	1742.4	100			100
Retinol (mcg)	419.3	371.3	472.2	NA			NA
Provitamin A (mcg)	6343.2	4989.6	7783.6	NA			NA
Thiamin (mg)	3.3	3.0	3.5	100			100
Riboflavin (mg)	3.9	3.6	4.2	100			100
Niacin (mg)	79.8	74.8	84.3	100			100
Folate (mcg total)	773.7	699.9	843.9	NA			NA
Folate equivs (mcg)	1262.7	1167.3	1388.4	100			100
Vitamin C (mg)	177.1	144.1	232.8	100			100
Vitamin D (mcg)	3.7	3.1	4.9	NA			0
Vitamin E (mg)	19.6	15.0	23.2	NA			100
Calcium (mg)	1833.1	1745.0	1930.7	100			100
Iron (mg)	21.2	19.8	22.8	100			100
Iodine (mcg)	317.2	297.6	339.1	100			100
Magnesium (mg)	711.7	674.2	743.5	100			100
Phosphorus (mg)	2922.0	2807.4	3022.3	100			100
Potassium (mg)	5672.7	5438.5	5875.2	NA			100
Sodium (mg)	2606.1	2323.0	2907.5	NA			100
Zinc (mg)	20.5	19.2	21.8	100			100
Cholesterol (mg)	264.6	185.7	377.0	NA			NA
Selenium (mcg)	117.9	105.2	137.0	100			100
Vitamin B6 (mg)	2.5	2.3	2.9	100			100
Vitamin B12 (mcg)	9.2	8.3	11.0	100			100
Percent energy from fat	27.1						
Percent energy from protein	20.3						
Percent energy from carbohydrate	52.6						

Lact.hitot4:

AllFoodGroups	N.serves					
[1,]	StarchyVeg	7				
[2,]	GreenBrassicas	7				
[3,]	OrangeVeg	7				
[4,]	Legumes	7				
[5,]	NutsSeeds	11				
[6,]	OtherVeg	14				
[7,]	TotalFruit	21				
[8,]	WholegrainCereals	49				
[9,]	RefinedCereals	33.5				
[10,]	AllOtherMeatEggsLeg	7				
[11,]	RedMeats	7				
[12,]	EggsLegumesNutsSeeds	0				
[13,]	HiFatDairy	3.5				
[14,]	MidFatDairy	0				
[15,]	LoFatDairy	25				
[16,]	PolyMarg	17				
[17,]	Pasta	0				
[18,]	Rice	0				
[19,]	Extras	28				
	Daily intake	minimum	maximum	met	EAR	met RDI/AI
Energy excl fibre (kJ)	13494.7	13147.9	13844.1	NA		NA
Energy (kJ)	13948.1	13589.0	14289.1	NA		NA
Protein (g)	160.3	155.0	165.3	100		100
Fat (g)	94.8	86.8	103.7	NA		NA
Carbohydrate (g)	433.1	415.0	452.6	NA		NA
Sugars (g)	162.9	150.8	176.8	NA		NA
Starch (g)	268.3	252.4	278.6	NA		NA
Fibre (g)	58.7	54.2	66.1	NA		100
Saturated fat (g)	29.9	27.2	32.9	NA		NA
Monounsaturated fat (g)	33.8	29.8	37.4	NA		NA
Polyunsaturated fat (g)	23.7	21.6	27.2	NA		NA
Linoleic acid (g)	21.6	19.4	25.1	NA		100
Alpha linolenic acid (g)	1.8	1.4	3.0	NA		100
LC n3 fatty acids (mg)	230.8	117.4	397.8	NA		94
Vitamin A equivs (mcg)	1569.0	1278.4	1835.7	100		100
Retinol (mcg)	451.8	387.8	520.7	NA		NA
Provitamin A (mcg)	6600.8	5002.9	8053.3	NA		NA
Thiamin (mg)	3.2	3.0	3.4	100		100
Riboflavin (mg)	3.9	3.6	4.2	100		100
Niacin (mg)	77.2	71.3	81.6	100		100
Folate (mcg total)	733.7	667.0	810.8	NA		NA
Folate equivs (mcg)	1220.0	1123.2	1314.1	100		100
Vitamin C (mg)	181.4	142.1	220.4	100		100
Vitamin D (mcg)	3.9	3.2	4.8	NA		0
Vitamin E (mg)	17.2	14.5	19.4	NA		100
Calcium (mg)	1847.4	1769.5	1963.5	100		100
Iron (mg)	21.0	19.3	22.5	100		100
Iodine (mcg)	321.9	296.1	350.8	100		100
Magnesium (mg)	673.6	642.3	715.3	100		100
Phosphorus (mg)	2884.7	2753.2	3014.8	100		100
Potassium (mg)	5590.1	5424.8	5853.0	NA		100
Sodium (mg)	2772.0	2440.9	3078.6	NA		100
Zinc (mg)	20.1	18.9	25.4	100		100
Cholesterol (mg)	282.2	215.9	419.1	NA		NA
Selenium (mcg)	114.8	102.9	124.2	100		100
Vitamin B6 (mg)	2.4	2.1	2.8	100		100
Vitamin B12 (mcg)	9.3	8.5	10.7	100		100
Percent energy from fat	25.8					
Percent energy from protein	20.0					
Percent energy from carbohydrate	54.2					

Lact.hitot5:

AllFoodGroups	N.serves								
[1,]	StarchyVeg	7							
[2,]	GreenBrassicas	14							
[3,]	OrangeVeg	7							
[4,]	Legumes	7							
[5,]	NutsSeeds	9							
[6,]	OtherVeg	14							
[7,]	TotalFruit	21							
[8,]	WholegrainCereals	49							
[9,]	RefinedCereals	33.5							
[10,]	AllOtherMeatEggsLeg	7							
[11,]	RedMeats	7							
[12,]	EggsLegumesNutsSeeds	0							
[13,]	HiFatDairy	3.5							
[14,]	MidFatDairy	0							
[15,]	LoFatDairy	25							
[16,]	PolyMarg	28							
[17,]	Pasta	0							
[18,]	Rice	0							
[19,]	Extras	21							
	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI	
Energy excl fibre (kJ)	13488.7	13092.9	13921.4		NA			NA	
Energy (kJ)	13953.8	13536.2	14388.0		NA			NA	
Protein (g)	159.6	153.2	165.5		100			100	
Fat (g)	99.7	93.1	106.9		NA			NA	
Carbohydrate (g)	422.3	401.1	439.4		NA			NA	
Sugars (g)	156.3	144.7	167.6		NA			NA	
Starch (g)	264.2	250.9	279.2		NA			NA	
Fibre (g)	60.2	56.7	67.2		NA			100	
Saturated fat (g)	30.6	28.5	33.3		NA			NA	
Monounsaturated fat (g)	34.1	30.9	37.7		NA			NA	
Polyunsaturated fat (g)	27.5	25.5	29.3		NA			NA	
Linoleic acid (g)	25.1	23.0	27.1		NA			100	
Alpha linolenic acid (g)	2.0	1.5	2.9		NA			100	
LC n3 fatty acids (mg)	224.3	98.3	507.8		NA			85	
Vitamin A equivs (mcg)	1705.9	1459.0	1985.6		100			100	
Retinol (mcg)	559.9	508.8	617.7		NA			NA	
Provitamin A (mcg)	6783.5	5336.9	8283.0		NA			NA	
Thiamin (mg)	3.2	3.0	3.4		100			100	
Riboflavin (mg)	3.9	3.6	4.2		100			100	
Niacin (mg)	76.4	72.2	81.0		100			100	
Folate (mcg total)	754.2	682.3	824.4		NA			NA	
Folate equiys (mcg)	1242.5	1125.0	1348.3		100			100	
Vitamin C (mg)	212.3	175.3	273.1		100			100	
Vitamin D (mcg)	4.5	3.9	6.1		NA			9	
Vitamin E (mg)	18.4	16.4	21.4		NA			100	
Calcium (mg)	1853.0	1782.0	1929.6		100			100	
Iron (mg)	21.3	20.0	22.7		100			100	
Iodine (mcg)	321.6	300.7	345.4		100			100	
Magnesium (mg)	671.9	643.4	718.8		100			100	
Phosphorus (mg)	2868.1	2743.6	2968.2		100			100	
Potassium (mg)	5718.2	5507.7	6007.2		NA			100	
Sodium (mg)	2750.5	2409.5	3063.6		NA			100	
Zinc (mg)	20.1	19.1	25.4		100			100	
Cholesterol (mg)	277.7	197.2	394.1		NA			NA	
Selenium (mcg)	112.3	101.1	123.1		100			100	
Vitamin B6 (mg)	2.4	2.2	2.8		100			100	
Vitamin B12 (mcg)	9.2	8.3	11.5		100			100	
Percent energy from fat 27.1									
Percent energy from protein 19.9									
Percent energy from carbohydrate 53.0									

Lact.hitot6:

AllFoodGroups	N.serves
[1,] StarchyVeg	7
[2,] GreenBrassicas	7
[3,] OrangeVeg	7
[4,] Legumes	7
[5,] NutsSeeds	9
[6,] OtherVeg	14
[7,] TotalFruit	21
[8,] WholegrainCereals	49
[9,] RefinedCereals	33.5
[10,] AllOtherMeatEggsLeg	7
[11,] RedMeats	7
[12,] EggsLegumesNutsSeeds	0
[13,] HiFatDairy	3.5
[14,] MidFatDairy	0
[15,] LoFatDairy	25
[16,] PolyMarg	24
[17,] Pasta	0
[18,] Rice	0
[19,] Extras	28

	Daily	intake	minimum	maximum	met	EAR	met	RDI/AI
Energy excl fibre (kJ)	13569.1	13197.3	13968.2		NA			NA
Energy (kJ)	14017.4	13647.4	14422.9		NA			NA
Protein (g)	158.5	153.7	162.4		100			100
Fat (g)	99.1	92.8	106.3		NA			NA
Carbohydrate (g)	429.9	413.2	449.3		NA			NA
Sugars (g)	161.7	147.5	175.7		NA			NA
Starch (g)	266.3	248.7	279.7		NA			NA
Fibre (g)	58.4	53.8	66.9		NA			100
Saturated fat (g)	31.3	29.0	34.7		NA			NA
Monounsaturated fat (g)	34.3	30.7	37.2		NA			NA
Polyunsaturated fat (g)	25.9	24.4	28.1		NA			NA
Linoleic acid (g)	23.7	22.4	25.4		NA			100
Alpha linolenic acid (g)	1.9	1.6	2.9		NA			100
LC n3 fatty acids (mg)	211.5	99.8	487.6		NA			84
Vitamin A equivs (mcg)	1641.4	1434.4	1878.2		100			100
Retinol (mcg)	531.3	468.2	607.6		NA			NA
Provitamin A (mcg)	6564.4	5403.6	8031.8		NA			NA
Thiamin (mg)	3.1	2.9	3.4		100			100
Riboflavin (mg)	3.9	3.6	4.2		100			100
Niacin (mg)	76.1	71.7	81.2		100			100
Folate (mcg total)	728.4	666.2	812.9		NA			NA
Folate equivs (mcg)	1216.2	1117.7	1354.2		100			100
Vitamin C (mg)	184.7	146.4	225.0		100			100
Vitamin D (mcg)	4.3	3.5	5.6		NA			3
Vitamin E (mg)	17.8	15.0	20.2		NA			100
Calcium (mg)	1845.1	1736.2	1934.6		100			100
Iron (mg)	20.9	19.5	22.5		100			100
Iodine (mcg)	322.5	302.9	352.3		100			100
Magnesium (mg)	660.6	630.1	697.6		100			100
Phosphorus (mg)	2853.2	2732.4	2946.4		100			100
Potassium (mg)	5539.1	5324.5	5737.4		NA			100
Sodium (mg)	2810.3	2491.6	3084.7		NA			100
Zinc (mg)	19.8	19.1	20.8		100			100
Cholesterol (mg)	285.6	219.9	413.7		NA			NA
Selenium (mcg)	112.3	98.9	124.1		100			100
Vitamin B6 (mg)	2.3	2.1	2.7		100			100
Vitamin B12 (mcg)	9.2	8.6	10.6		100			100

Percent energy from fat 26.8

Percent energy from protein 19.7

Percent energy from carbohydrate 53.5

Appendix 16: Governance and Process

A16.1 Introduction

In 2006 the NHMRC published the *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes* (NRVs)³. The NRVs (2006) include the levels of intake of essential nutrients considered to be adequate to meet the known nutritional needs of practically all healthy people for prevention of deficiency states. The Department of Health and Ageing and the Defence Science Technology Organisation have provided funding to the NHMRC to revise the *Core Food Groups* (1994) to align with the NRVs (2006).

The NHMRC established the *Dietary Guidelines Working Committee* to oversee and provide advice on the revision of the *Core Food Groups* (1994), *Dietary Guidelines* and the *Australian Guide to Healthy Eating* (AGTHE) (1998). A consortium headed by the Dietitians Association of Australia (DAA) won the contract to revise the *Core Food Groups* (1994) through an open tender process.

A16.2 Terms of reference

The National Health and Medical Research Council have contracted the Dietitians Association of Australia and its specialist consultants to:

- (a) update a key nutritional analysis document, the *Core Food Groups* (1994) (CFG) (revoked 2000) to be aligned with the *Nutrient Reference Values for Australia and New Zealand* (NRVs) (2006), giving consideration to current food supply and food consumption patterns; and
- (b) provide a detailed qualitative and quantitative analysis of the types and amounts of core foods and any additional foods required to meet nutrient recommendations for different subgroups of the Australian population. This will involve developing the methodology to recommend an up-to-date core food grouping system, and additional food modelling as required to adjust the core foods to be suitable under specialised conditions, such as high energy needs due to increased physical activity.

A16.3 Members Dietary Guidelines Working Committee

Dr Amanda Lee (Chair), Queensland Health and University of Queensland
Professor Colin Binns (Deputy Chair), Curtin University of Technology
Professor Linda Tapsell, University of Wollongong
Professor Sandra Capra, AM, University of Queensland
Dr Karen Webb, University of Sydney
Professor Peter Davies, University of Queensland

A/Professor Mark Lawrence, Deakin University
Dr David C K Roberts
Dr Dorothy Mackerras, Food Standards Australia New Zealand
Dr Rosemary Stanton, OAM
Ms Clare Hughes, Choice
Associate Professor Sharon Friel, Australian National University (from 14 July 2008)

Observers

Dr Christine Booth, Defence Science Technology Organisation
Ms Leticia White, Department of Health and Ageing

Evidence Translation Section NHMRC

Mrs Vesna Cvjeticanin, Director
Dr Stuart Barrow, Assistant Director
Ms Cheryl Cooke, Assistant Director
Ms Marisa Bialowas, Senior Policy Officer

A16.4 Contractors and Expert Consultants

Contractor: Dietitians Association of Australia (DAA)

Project Manager, Ms Annette Byron

Expert consultants to DAA

Professor Katrine Baghurst
Associate Professor Peter Baghurst
Professor Lynne Cobiac, Flinders University
Dr Anthea Magarey, Flinders University

A16.5 Acknowledgements

This report has been prepared by consultants, Professor Katrine Baghurst, Associate Professor Peter Baghurst, Professor Lynne Cobiac and Dr Anthea Magarey; and DAA, Ms Annette Byron. We would like to thank the assistance of Ms Lily Chan and Ms Chelsea Moss, of Flinders University, for undertaking the analysis of the Children's data and contributing to the final report.

DAA would like to acknowledge the direction of the Dietary Guidelines Working Committee (DGWC) and the NHMRC at key points in the modelling process and the contribution of the DGWC to the editing of this report.

Special thanks to FSANZ for making the NUTTAB 2009 database available to the contractors ahead of its scheduled release date.

A16.6 Development of recommendations - process

After public tender, the project was awarded to the DAA and carried out by expert consultants contracted to the DAA. Oversight of the process of the program to revise and extend the *Dietary Guidelines* has been provided by the NHMRCs *Dietary*

Guidelines Working Committee. The recommendations were developed using a computer-based modelling process incorporating nutrient needs alongside consideration of chronic disease, social equity and environmental sustainability issues. The process was iterative in manner with ongoing contact between the consultants and the committee during the development phase.

After an initial draft, submitted in August 2008, the process was halted by NHMRC for a year to allow for a series of Systematic Literature Reviews to be carried out to further inform the modelling and provide updated evidence to inform drafting of the new Dietary Guidelines. The second draft incorporated advice from the NHMRC based on these reviews and was submitted for consideration in December 2009.

There were several inputs early in the project from consultation processes arranged by NHMRC and a public consultation when the draft recommendations were finalised.

A16.7 Evidence base

Systematic Literature Review

A systematic literature review was commissioned by the NHMRC to inform the modelling of the revision of the CFG94 and to guide the revision of the 2003 Dietary Guidelines, the writing of Dietary Guidelines for Pregnant and Breastfeeding Women and revision of the AGTHE98. The review was a complex undertaking which comprised systematic, umbrella and narrative reviews to identify issues of social equity, environmental implications and sustainability as well as the food-diet-health disease interrelationship for different population subgroups. Where possible the reviewers were asked to quantify the amount of food needed for an effect, in order to inform the number of serves required in the modelling of the revised CFG94.

Nutrient Reference Values (NRVs)

Modelling was performed with composite food groups using Recommended Dietary Intakes (RDI) for selected nutrients. The resulting diet patterns were cross-checked by modelling 100 7-day diets with individual foods with attainment of EAR for all nutrients for all diets as the benchmark for acceptability of patterns. RDIs and EARs for some other nutrients and some AIs, AMDRs, SDTs and ULs were used for output assessment of diets only. The NRVs (2006) used to assess nutritional adequacy of modelled dietary patterns are available at the NHMRC website <http://www.nhmrc.gov.au/publications/synopses/n35syn.htm>.

Australian Food Composition Tables

The foods and nutrients used in the dietary modelling were derived from AUSNUT07. AUSNUT07 is a nutrient database developed specifically for estimating nutrient intakes from foods, beverages and supplements consumed as part of the NCNPAS07. For more information about the database, refer to the FSANZ website <http://www.foodstandards.gov.au/>. Food descriptors used in the AUSNUT99 database developed for NNS05 were matched to most the more recent database using the 'AUSNUT07- AUSNUT99 matching file' developed by FSANZ.

The *NUTTAB 2009 Australian Food Composition Tables* were also made available to the contractors by FSANZ in order to supplement the AUSNUT07 database with the latest selenium, vitamin B6 and vitamin B12 values for key commonly consumed foods. However these data are preliminary and are incomplete.

Public Consultation

NNS05 and NCNPAS07

Australian food consumption patterns were identified from the NCNPAS07 for children aged 2-16 years and from the NNS05 for people 17 years and older. For children 12-24 months of age, food consumption patterns were based on children aged 2-3 years from the NCNPAS07. A study by Webb et al.¹ investigated the foods and nutrients consumed by a sample of Australian children aged 16-24 months (n=429). This study was used to cross-check the validity of using 2-3 year old intake patterns for 12-24 month old children. This cross-check found the dietary intakes of both groups of children to be similar.

1 Webb, K., Rutishauser, I. and Knezevic, N. 2008, Foods, nutrients and portions consumed by a sample of Australian children aged 16–24 months, *J Nutr Diet*, 65: 56-65

A16.8 Consultation Process

Conferences with APHNAC, AIFST, Nutrition Society

During the development of the recommendations, NHMRC held a number of workshops and the proposed approach was presented in 2008 at several professional conferences including APHNAC, AIFST and Nutrition Society by NHMRC and the consultants. Some questionnaire data were also available from a DAA conference and an online questionnaire conducted by the NHMRC.

A poster and brochure was produced and presented at these conferences (see Attachment 1) The abstract for the poster is included below.

Abstract for the *Public Health Nutrition in Australia: Principles to Practice, Rhetoric to Reality* conference

Title: Methodological consideration re. the update the *Core Food Groups* (1994)

The National Health and Medical Research Council (the NHMRC) has undertaken to update the NHMRC *Dietary Guidelines* to be aligned with the *Nutrient Reference Values for Australia and New Zealand* (NRVs) (2006). An NHMRC *Dietary Guidelines Working Committee* (the Working Committee) has been established to oversee the project. The first stage is the update of the NHMRC *Core Food Groups* (CFG) (1994). The tender for this stage was won by the Dietitians Association of Australia.

To revise the CFG, an evidence-based approach is required to translate scientifically based nutrient recommendations into recommended types and amounts of core foods, and additional non-core foods, to be consumed in order to meet the nutrient recommendations for various sub-groups of the Australian population. The resulting CFG recommendations will inform the education tools used to provide food and nutrition advice to the Australian population in order to address nutrition-related chronic disease, promote optimal nutritional status and prevent nutritional deficiencies.

Some of the considerations when preparing the CFG methodology include:

- the suitability of the current CFG;
- the inclusion of new categories into the CFG;
- the environmental and social aspects of nutrition;
- availability of current food databases and food and nutrient consumption patterns; and
- defining which NRV measure to use in the dietary modelling.

The methodology of the CFG analysis is currently being finalised by the Contractors and will be submitted to the Working Committee in late May. The final approved method would be ready for presentation in July 2008.

The NHMRC website forms the basis for dissemination of information to interested parties during the project and the progress of the project is updated online at http://www.nhmrc.gov.au/your_health/healthy/nutrition/review.htm. A brochure containing information on the proposed method to update the *Core Food Groups* (1994) is available on the website. Submissions received by the NHMRC on the addressing the proposed method to update the *Core Food Groups* (1994) are also available for viewing on the website.

The NHMRC will undertake public consultation on the draft *Foundation and Total Diet Food Groups* in April 2010. All submissions will be considered by the *Dietary Guidelines Working Committee* and will inform revisions of the draft *Foundation and Total Diet Food Groups*.

Information Dissemination: Brochure, Poster and Website

The NHMRC website forms the basis for dissemination of information to interested parties. Key documents relating to the project are available online at http://www.nhmrc.gov.au/your_health/healthy/nutrition/review.htm. A brochure containing information on the proposed method to update the *Core Food Groups* (1994) is available on the website, as well as submissions received by the NHMRC addressing the proposed method to update the *Core Food Groups* (1994).

Public Consultation Process for the Draft Report

The NHMRC will undertake public consultation on the draft *Foundation and Total Diet Food Groups* in April 2010. All submissions will be considered by the *Dietary Guidelines Working Committee* and will inform revisions of the draft *Foundation and Total Diet Food Groups*.

A16.9 Dissemination and implementation

The revised document on the *Foundation and Total Diet Food Groups* is due for release in August 2010 and will inform the revision of the AGTHE98, the *Dietary*

Guidelines and key Australian Defence Force catering policy manuals. The revised AGTHE98 will be the practical application of the *Foundation and Total Diet Food Groups* that communicates the amounts (serve sizes and number of serves) and types of foods to consume each day. Ideally, the development of an electronic version of the revised AGTHE98 would allow individuals to tailor their diet in line with dietary recommendations. The team being contracted to develop the revised AGTHE98 would benefit from liaising with the current contractors regarding the methodology and the outcomes of the development of the *Foundation and Total Diets*.

The *Foundation and Total Diets* should continue to be informed by and be periodically reviewed as further developments in the scientific literature and intake data become available.

A 16.10 Submissions from the consultation process

Submissions received by the NHMRC on the addressing the proposed method to update the *Core Food Groups* (1994) are available for viewing on the website at http://www.nhmrc.gov.au/your_health/healthy/nutrition/review.htm

A16.11 Evaluation plan to assess the effectiveness of the analysis for the revision of the core foods groups and the development of the Foundation Diets

Key documents that informed the development of the *Foundation Diets* included the following

1. Nutrient Reference values for Australia and New Zealand (2006)
2. National Nutrition Survey 1995 (to define the composition of serves of each food group for all groups aged 17 and older)
3. Children's Nutrition and Physical Activity Survey 2007 (to define the composition of serves of each food group for those aged 2 to 16 years)

In turn the energy and nutrient composition of the foods consumed in each of these surveys was based on food composition data available at the time.

The validity of the *Foundation Diets* analysis could be affected by the following

1. Changes in consumption patterns
 - Intake for any population sub-group is different from that used in the analysis with respect to the contribution of sub-groups of foods within a food group such as an increase/decrease in relative contribution of bread to cereal intake, beef to red meat intake)
 - This is potentially a greater risk for age groups 17 years and over as the data used in the modelling was from 1995.
2. Changes in the food supply due to
 - a. loss of availability of existing foods
 - b. development of new foods.
3. Changes in the nutrient composition of existing foods due to

- a. changes in fortification
 - b. more recent food composition analysis.
4. Changes to requirements as defined by NRVs.e.g. more recent data defining requirements for specific sub-groups

Quantitative evaluation

The forthcoming National Health Risk Factor survey provides an opportunity to test the validity of the new guide.

- a. Identify those participants whose food consumption pattern equate to that defined in the *Foundation Diets* and/or the revised AGTHE98 document and determine if the nutrient intake of these participants meets requirements.
- b. Check the composition of the food groups in the *Foundation Diets* as defined for adults using data from the new survey.
- c. Identify those sub-groups for whom energy requirements are low and thus for whom there is minimal flexibility in their food choice as defined by the *Foundation Diets*. Within these sub-groups of participants identify those who meet their nutrient requirements and compare their food pattern with that defined by *Foundation Diets*.

The limited data on intake of infants from 6 to 24 months has been identified.

Qualitative evaluation

The *Foundation Diets* will be used as the basis for the development of the revision of the food selection guide AGTHE98. Some key considerations for those developing the guide will be a thorough understanding of the analysis used in developing the guide. This understanding will need to be conveyed in supporting documents for the food guide (e.g. information for health professionals).

We recommend focus groups with key stakeholder users to ascertain understanding of the *Foundation Diets* analysis.

Those population sub-groups with high nutrient but low energy requirements are the most vulnerable with respect to achieving their recommended food intake pattern as there is limited flexibility in food selection. We recommend an investigation with such sub-groups to determine if the recommended meal pattern is acceptable.

Appendix 17: Abbreviations and acronyms

ABS	Australian Bureau of Statistics
AI	Adequate Intakes
AMDR	Acceptable Macronutrient Distribution Range
AGTHE98	Australian Guide to Healthy Eating 1998
AUSNUT07	Nutrient database prepared by FSANZ for National Children's Survey
CFG94	Core Food Groups 1994
DFE	Dietary Folate Equivalents
DGWC	Dietary Guidelines Working Committee
DRI	Dietary Reference Intakes (US; Canadian equivalent to NRVs (2006))
EAR	Estimated average requirement
EER	Estimated energy requirements
EPSFIZ	Energy Protein Starch Fibre Iron Zinc
FAO	Food and Agriculture Organisation
FDA	Food and Drug Administration
FSANZ	Food Standards Australia and New Zealand
kJ	kilojoule
LCn3	Long chain n-3 fatty acids (also referred to as Long chain omega3 fatty acids in food database)
MJ	megajoule
NCNPAS07	National Children's Nutrition and Physical Activity Survey: Kids Eat, Kids Play 2007
NHMRC	National Health and Medical Research Council
NNS95	National Nutrition Survey 1995
NUTTAB08	Nutrient Composition Tables prepared by FSANZ
PAL	Physical Activity Level
RDI	Recommended dietary intake (RDA in US and Canada)
SDT	Suggested Dietary Target
WCRF	World Cancer Research Fund
WHO	World Health Organisation
UK	United Kingdom
UL	Upper Limit
US	United States of America

Appendix 18: Glossary

AI Adequate Intake (used when an RDI cannot be determined)

The average daily nutrient intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people that are assumed to be adequate. They were sometimes based on limited experimental or physiological data or on the Australian/New Zealand population median intake for the highest consuming age group within each gender.

AMDR Acceptable Macronutrient Distribution Range

The range of intake for each macronutrient for individuals (expressed as % contribution to energy), that would allow for an adequate intake of all the other nutrients, whilst maximising general health outcome.

Composite food groups

The nature of the composite food groups was determined after preliminary modelling of a wide range of potential food groups, starting with the previous Core Food Groups and considering botanical, culinary and nutrient composition of the individual foods. Nutrient compositions were then devised using consumption relativities from NNS95 and NCNPA07 databases. Serve size for individual foods was based on the AGTHE98 as well as determined on the basis of energy density and key nutrients for that food group.

Core Food Groups

Those foods that form the basis of a healthy diet. Based on or developed with consideration of the RDI's and '*Dietary Guidelines for Australians*'. Used as the basis for developing nutrition education tools such as food selection guides e.g. AGTHE98.

EAR Estimated Average Requirement

A daily nutrient level estimated to meet the requirements of half the healthy individuals in a particular life stage and gender group.

EER Estimated Energy Requirement

The average dietary energy intake that is predicted to maintain energy balance in a healthy adult of defined age, gender, weight, height and level of physical activity, consistent with good health. In children and pregnant and lactating women, the EER is taken to include the needs associated with the deposition of tissues or the secretion of milk at rates consistent with good health.

Foundation Diet

The *Foundation Diet* was informed by current scientific evidence derived from the literature, the most current national intake data and the NHMRC's 2006 Nutrient Reference Values³. The diets were modelled to provide as close to 100% of the RDIs of 10 key nutrients as was feasible and to provide the estimated energy requirements of the smallest and very sedentary category (PAL 1.4) for each age and gender group. These *Foundation Diets* based on low energy requirements were then tested using 100 7-day simulations with the aim that all of the simulations would meet the EARs of the 10 key nutrients.

Nutrient Reference Values

Amounts of nutrients required on an average daily basis for adequate physiological function and prevention of deficiency disease (EAR, AI or RDI) or chronic disease prevention (AMDR or SDT). Include a UL.

'Other foods'

The foods in this category are generally higher in energy density, saturated fat and/or added sugars or alcohol with limited additional nutrient value. This category includes foods and drinks such as cakes, biscuits, confectionary, soft drinks, burgers and pizzas, cream and high saturated fat spreads, cordials and (for adults) alcoholic drinks. The category termed 'other foods' is similar to the 'extras' category of the AGTHE98 except that unsaturated fats and oils were excluded. These 'other foods' were not included in modelling of *Foundation Diets* but was later included for *Total Diet*.

RDI Recommended Dietary Intake

The average daily dietary intake level that is sufficient to meet the nutrient requirements of nearly all (97.7 per cent) healthy individuals in a particular life stage and gender group.

Sentinel foods

For the within group serve equivalents, a sentinel food and its serve size was identified (e.g. a bread serve of 40g or a reduced fat milk serve of 250g) and the other food serve sizes (e.g. for breakfast cereals, rice, pasta or for cheese and yoghurt) were determined based on equivalence for key nutrients.

SDT Suggested Dietary Targets

These targets relate to nutrients for which there is a reasonable body of evidence of a potential chronic disease preventive effect at levels substantially higher than the EAR/RDI or AI. As the evidence base for chronic disease prevention is mainly derived from studies and health outcomes in adults, these AMDRs and STs apply only to adults and older adolescents (14 yrs and over). They were often set at the 90th percentile level of current intake.

Total diet

Progression from *Foundation Diets* to *Total Diets* can occur when total energy needs are greater than the energy provided by a *Foundation Diet* for a particular age and gender group. General principles were determined to ensure that diets remained within acceptable limits for percentage of energy from fat and the various fat components, protein and carbohydrate (AMDRs), the Upper Levels (ULs) and Suggested Dietary Targets (SDTs) for chronic disease prevention. The principles allow free addition of vegetables (including legumes), fruits, nuts and seeds, and cereal foods and encourage a variety of choice of additional foods while limiting choices from the meat, dairy foods and unsaturated margarines and oils categories. 'Other foods' can be included but it is important to note that 'Other foods' are discretionary items only, and *Total Diets* containing no 'other foods' were also modelled for all age and gender groups.

UL Upper Level of Intake

- ✓ The highest average daily nutrient intake level likely to pose no adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects increases.

Appendix 19: Poster and Brochure of the methodology for modelling the revised CFG94

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Public Consultation and Timelines

The NHMRC will undertake public consultation on the draft *Foundation and Total Diet Food Groups* during the first quarter of 2009. All submissions will be considered by the *Dietary Guidelines Working Committee* and will inform revisions of the draft *Foundation and Total Diet Food Groups*.

The final report on the *Foundation and Total Diet Food Groups* is due mid-2009 and will inform the revision of the AGTHE (1998), the *Dietary Guidelines* and key Australian Defence Force catering policy manuals.

Figure 1 Schema showing the flexibility in food consumption patterns provided by the 'total' diet. Each coloured box represents a different major or sub-major food group. Some sub-major groups may be considered 'non-core' and be excluded from the 'base/foundation' diet, however these 'non-core' food groups may be included in some versions of the 'total' diet. The 'non-core' food groups in this example are represented as the pale blue coloured box.

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Updating the NHMRC
**Core Food
Groups (1994)**

Information for people working
in the field of nutrition

WORKING TO BUILD A HEALTHY AUSTRALIA



Updating the NHMRC Core Food Groups (1994)

Alignment with the NHMRC *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes* (2006) – from nutritional principles to dietary practice

Authors:
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Introduction

In 2006 the NHMRC published the *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes* (NRVs)¹⁰. The NRVs (2006) include the levels of intake of essential nutrients considered to be adequate to meet the known nutritional needs of practically all healthy people for prevention of deficiency states. The Department of Health and Ageing and the Defence Science Technology Organisation have provided funding to the NHMRC to revise the *Core Food Groups* (1994) to align with the NRVs (2006). The NHMRC has established the *Dietary Guidelines Working Committee* to oversee and provide advice on the revision of the *Core Food Groups* (1994). *Dietary Guidelines* and the *Australian Guide to Healthy Eating* (AGHE) (1998). A consortium headed by the Dietitians Association of Australia (DAA) won the contract to revise the *Core Food Groups* (1994) through an open tender process.

¹⁰ National Health and Medical Research Council (NHMRC) (2006) *Nutrient Reference Values for Australia and New Zealand Including Recommended Dietary Intakes*, Canberra.

Method

The goal is to translate the NRVs (2006) into the food consumption patterns that:

- deliver the nutrient requirements for individuals/ groups of both sexes and differing ages, activity levels and life-stages; and
- reflect current Australian food supply and food consumption patterns and consider social equity, ethnic diversity and environmental issues.

Separate modelling will be performed using Recommended Dietary Intake (RDI) or Adequate Intake (AI) to identify the pattern for individual-level advice and use Estimated Average Requirement (EAR) or AI for group-level advice.

Steps include:

- Using Australian food composition data and food consumption patterns, major food groups (for example vegetables), and sub-major food groups (for example legumes), will be identified on the basis of nutritional equivalence. Botanical origins and traditional culinary usage will also be taken into consideration.
- A generalised nutrient profile will be determined for composite food groupings within each of the major and sub-major food groups. Computer modelling will be used to identify the numbers of serves of each of the major and sub-major food groups needed each day to meet the nutritional requirements for individuals and/or groups of both sexes and differing ages, activity levels and life-stages within minimal energy levels. This will be termed the 'base'/'foundation' diet.
- Further modelling with the composite food groupings will develop a range of different food consumption patterns, to be consumed in addition to the 'base'/'foundation' diet, to meet the remaining energy needs.

This will be termed the 'total' diet and provides flexibility in total diet recommendations to individuals so that they can have variety, follow different cuisine options and meet specialised requirements (refer to *Figure 1*). For example members of the Australian Defence Force may benefit from a higher energy food consumption pattern.

The 'total' diet will be assessed against the Acceptable Macronutrient Distribution Ranges (AMDR) for percent energy as fat, protein and carbohydrate, the Suggested Dietary Targets (SDT) for chronic disease prevention and the Upper Level of Intakes (UL).

- The 'base'/'foundation' diet will be reality tested by designing and assessing 7-day menus that conform to the proposed food consumption pattern but use specific foods rather than the composite food groupings, eg carrots or pumpkin rather than the 'orange vegetable' food grouping.

- The 'base'/'foundation' diet and the 'total' diet will be compared to current Australian food consumption patterns and food availability, and its viability considered in the context of social equity, ethnic diversity and environmental issues.

