

On-line Supplemental Tables A: Micronutrient Intake Tables

**Table A1.** Calcium intake from the base diet and base diet with supplements

Nutrient: Calcium (mg); age group: 1-3 ys

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	857	377	0.0	1.5	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	595	166	7.6	13.6	597	166	6.8	13.6
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	751	411	0.1	0.5	757	416	0.1	0.5
UK	219	4.75	-	773	405	1.1	1.5	775	413	1.1	1.5

\*Age range for The Netherlands is 2-3 years

Nutrient: Calcium (mg); age group: 4-10 ys, females

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	805	353	1.8	4.4	-	-	-	-
Denmark	384	7.80	2.9	990	540	0.0	1.0	1026	570	0.0	0.3
France	271	6.63	4.4	761	479	0.7	2.2	761	479	0.7	2.2
Germany*	503	6.97	4.9	813	399	2.1	6.7	818	399	1.8	6.4
Poland	233	7.79	-	563	136	19.7	32.2	567	136	19.7	31.8
Spain	356	7.24	1.4	857	609	0.0	0.6	-	-	-	-
NL <sup>‡</sup> 4-6yrs	312	6.24	2.9	761	434	0.3	1.5	768	438	0.3	1.4
NL <sup>‡</sup> 7-10yrs	171	7.93	1.2	876	441	1.2	4.2	-	-	-	-
UK	213	6.40	-	767	411	1.8	4.4	768	411	1.8	4.4

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

Nutrient: Calcium (mg); age group: 4-10 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	876	426	0.4	2.6	-	-	-	-
Denmark	399	8.60	0.5	1106	648	0.3	0.3	1143	674	0.3	0.3
France	243	7.39	3.3	854	468	0.0	1.3	854	468	0.0	1.3
Germany*	526	7.71	3.8	901	490	0.5	2.1	903	490	0.5	2.1
Poland	222	8.83	-	628	223	15.3	27.9	632	231	14.9	26.6
Spain	361	7.99	1.7	937	779	0.0	0.0	-	-	-	-
NL <sup>‡</sup> 4-6yrs	327	6.71	1.8	843	468	0.2	1.0	854	479	0.2	0.8
NL <sup>‡</sup> 7-10yrs	141	9.25	0.7	966	477	0.8	2.9	-	-	-	-
UK	210	6.71	-	838	436	0.3	2.0	840	436	0.3	2.0

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Calcium (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean	P5	% <	% < EAR	Mean	P5	% <	% < EAR
				Intake	intake	LRNI intake	intake	Intake	intake	LRNI intake	intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	1015	473	2.9	14.2	1056	506	1.9	11.0
France	443	7.30	23.0	739	362	10.4	35.4	740	362	10.4	35.4
Germany*	650	9.69	10.2	1272	648	1.4	4.6	1286	656	1.1	4.1
Poland	285	9.74	-	651	136	38.1	53.5	655	136	38.1	53.1
Spain	562	7.87	7.8	811	558	0.9	11.6	-	-	-	-
Netherlands	300	8.46	0.7	901	458	4.6	18.3	-	-	-	-
UK	191	6.95	-	701	366	13.6	42.6	703	385	13.2	42.6

\*Age range for Germany is 12-17 years

**Nutrient: Calcium (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean	P5 intake	% <	% < EAR	Mean	P5 intake	% < LRNI	% < EAR
				Intake (mg)	(mg)	LRNI intake	intake	Intake (mg)	(mg)	intake	intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	1207	569	1.1	5.0	1250	593	1.1	4.7
France	393	8.84	20.6	879	460	6.0	31.5	879	460	6.0	31.5
Germany*	622	12.90	6.8	1487	741	1.0	5.3	1499	741	1.0	5.3
Poland	295	12.66	-	742	207	31.2	57.3	746	220	30.8	57.3
Spain	547	9.91	7.9	990	701	0.4	10.2	-	-	-	-
Netherlands	316	10.44	0.6	1013	508	3.8	23.9	-	-	-	-
UK	214	8.36	-	875	455	6.7	44.1	876	455	6.7	44.1

\*Age range for Germany is 12-17 years

**Nutrient: Calcium (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean	P5	% <	% < EAR	Mean	P5	% <	% < EAR
				Intake (mg)	intake (mg)	LRNI intake	intake	Intake (mg)	intake (mg)	LRNI intake	intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	1018	487	3.4	13.5	1083	515	2.7	10.4
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	1170	595	0.9	2.7	1185	596	0.8	2.6
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	785	550	0.3	5.0	-	-	-	-
Netherlands	1852	8.51	1.1	940	485	2.1	7.9	-	-	-	-
UK	459	6.92	-	709	357	10.7	31.7	721	361	10.1	30.8

\*Age range for Germany is 17-50 years

**Nutrient: Calcium (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	996	484	3.5	12.6	1077	510	2.7	9.3
France	1217	7.26	25.6	810	398	5.2	13.0	815	398	5.2	13.0
Germany	1850	8.22	16.2	1151	590	1.0	2.9	1171	593	0.9	2.7
Poland	1291	8.00	-	512	155	44.9	61.8	518	156	44.2	60.9
Spain	778	7.11	17.7	779	531	0.3	4.8	-	-	-	-
NL* 19-30yrs	398	8.32	0.5	958	501	1.5	6.4	985	515	1.2	5.5
NL* 31-60yrs	1432	8.25	1.5	960	497	1.7	6.4	-	-	-	-
UK	443	6.87	-	732	358	7.3	23.8	756	367	6.9	22.8

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Calcium (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	1077	472	2.6	7.1	1126	510	2.1	5.4
France	833	9.61	23.8	914	418	4.4	11.4	918	437	4.1	11.3
Germany	1405	11.49	11.9	1329	618	0.8	2.9	1341	618	0.8	2.9
Poland	1098	13.52	-	672	211	29.2	46.9	675	211	29.0	46.6
Spain	636	9.19	19.3	836	562	0.2	2.4	-	-	-	-
NL* 19-30yrs	352	11.92	0.0	1161	632	0.3	1.8	1175	631	0.4	1.9
NL* 31-60yrs	1264	10.91	0.1	1078	551	1.0	4.0	-	-	-	-
UK	339	9.34	-	917	442	3.9	32.5	926	442	3.9	31.9

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Calcium (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	885	382	6.6	15.4	994	410	4.6	10.3
France	266	6.92	19.2	803	420	4.6	15.1	832	420	4.6	14.9
Germany	396	7.04	18.9	1024	489	2.7	6.5	1089	514	2.1	5.9
Poland	365	8.26	-	529	167	37.5	55.9	539	169	36.2	54.0
Spain	194	5.86	27.8	720	554	0.0	3.6	-	-	-	-
Netherlands	557	7.18	0.4	989	516	1.4	5.4	-	-	-	-
UK	170	6.48	-	790	471	2.7	11.6	838	471	2.0	10.9

**Nutrient: Calcium (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	892	350	8.4	15.6	971	390	5.7	12.9
France	207	9.41	8.2	885	499	2.0	7.1	887	499	2.0	7.1
Germany	349	8.86	15.4	1014	514	0.5	6.0	1031	515	0.4	5.7
Poland	226	10.56	-	593	180	30.5	48.2	598	180	28.8	46.9
Spain	193	7.36	25.4	766	531	1.0	4.7	-	-	-	-
Netherlands	366	8.74	0.6	1031	527	1.3	4.9	-	-	-	-
UK	127	8.28	-	943	486	0.9	9.2	964	486	0.9	9.2

**Table A2.** Copper intake from the base diet and base diet with supplements**Nutrient: Copper (mg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	0.80	0.43	0.0	0.0	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	0.63	0.28	4.2	5.9	0.63	0.28	4.2	5.9
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	0.67	0.45	0.0	0.1	0.71	0.45	0.0	0.1
UK	219	4.75	-	0.56	0.29	1.1	6.5	0.57	0.29	1.1	6.5

\*Age range for The Netherlands is 2-3 years

**Nutrient: Copper (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	0.78	0.48	0.4	3.6	-	-	-	-
Denmark	-	--	-	-	-	-	-	-	-	-	-
France	271	6.63	4.4	0.89	0.61	0.0	0.5	0.89	0.61	0.0	0.5
Germany*	503	6.97	4.9	1.52	0.87	0.0	0.0	1.53	0.87	0.0	0.0
Poland	233	7.79	-	0.89	0.43	2.1	9.4	0.89	0.43	2.1	9.4
Spain	-	-	-	-	-	-	-	-	-	-	-
NL <sup>†</sup> 4-6yrs	312	6.24	2.9	0.71	0.49	0.1	2.1	0.76	0.48	0.3	3.2
NL <sup>†</sup> 7-10yrs	171	7.93	1.2	0.89	0.56	0.4	3.6	-	-	-	-
UK	213	6.40	-	0.79	0.48	1.6	8.8	0.79	0.48	1.6	8.8

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Copper (mg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	0.89	0.51	0.0	2.2	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	243	7.39	3.3	0.97	0.60	0.0	0.5	0.97	0.60	0.0	0.5
Germany*	526	7.71	3.8	1.63	1.00	0.0	0.0	1.63	1.00	0.0	0.0
Poland	222	8.83	-	1.00	0.48	1.8	6.8	1.01	0.48	1.8	6.8
Spain	-	-	-	-	-	-	-	-	-	-	-
NL <sup>†</sup> 4-6yrs	327	6.71	1.8	0.78	0.54	0.0	0.9	0.80	0.54	0.0	0.9
NL <sup>†</sup> 7-10yrs	141	9.25	0.7	1.04	0.64	0.1	1.3	-	-	-	-
UK	210	6.71	-	0.81	0.51	0.5	3.6	0.82	0.51	0.5	3.6

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Copper (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	443	7.30	23.0	1.00	0.59	0.5	9.6	1.00	0.67	0.5	9.6
Germany*	650	9.69	10.2	2.17	1.17	0.0	0.4	2.17	1.18	0.0	0.4
Poland	286	9.74	-	1.15	0.56	1.4	10.8	1.17	0.56	1.4	10.8
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	300	8.46	0.7	1.00	0.63	0.1	5.7	-	-	-	-
UK	191	6.95	-	0.82	0.50	1.2	24.1	0.83	0.50	1.2	23.7

\*Age range for Germany is 12-17 years

**Nutrient: Copper (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	393	8.84	20.6	1.19	0.67	0.0	3.6	1.19	0.67	0.0	3.6
Germany*	622	12.90	6.8	2.60	1.35	0.0	0.0	2.62	1.35	0.0	0.0
Poland	295	13.00	-	1.47	0.64	0.3	4.1	1.49	0.64	0.3	4.1
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	316	10.44	0.6	1.19	0.74	0.0	1.7	-	-	-	-
UK	214	8.36	-	1.04	0.54	1.3	10.9	1.04	0.54	1.3	10.9

\*Age range for Germany is 12-17 years

**Nutrient: Copper (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	2.24	1.34	0.0	0.1	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	1852	8.51	1.1	1.09	0.70	0.0	4.7	-	-	-	-
UK	459	6.92	-	0.97	0.52	1.4	19.2	1.01	0.52	1.4	18.7

\*Age range for Germany is 17-50 years

**Nutrient: Copper (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	1217	7.26	25.6	1.20	0.63	0.4	8.7	1.21	0.63	0.4	8.7
Germany	1850	8.22	16.2	2.22	1.32	0.0	0.2	-	-	-	-
Poland	1291	8.33	-	1.14	0.56	1.1	13.1	1.18	0.56	1.1	12.9
Spain	-	-	-	-	-	-	-	-	-	-	-
NL* 19-30yrs	398	8.32	0.5	1.06	0.70	0.0	4.7	1.23	0.67	0.1	6.5
NL* 31-60yrs	1432	8.25	1.5	1.09	0.71	0.0	4.6	-	-	-	-
UK	443	6.87	-	1.14	0.55	1.9	14.7	1.21	0.55	1.9	14.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Copper (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	833	9.61	23.8	1.38	0.76	0.1	2.7	1.38	0.76	0.1	2.7
Germany	1405	11.49	11.9	2.75	1.59	0.0	0.0	-	-	-	-
Poland	1098	13.52	-	1.64	0.83	0.5	2.6	1.66	0.83	0.5	2.6
Spain	-	-	-	-	-	-	-	-	-	-	-
NL* 19-30yrs	352	11.92	0.0	1.35	0.97	0.0	0.1	1.45	0.93	0.0	0.4
NL* 31-60yrs	1264	10.91	0.1	1.32	0.84	0.0	1.1	-	-	-	-
UK	339	9.34	-	1.27	0.67	1.5	8.5	1.31	0.68	1.5	8.1

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Copper (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	266	6.92	19.2	1.20	0.62	0.0	9.1	1.21	0.62	0.0	9.1
Germany	396	7.04	18.9	1.93	1.19	0.0	0.0	-	-	-	-
Poland	365	8.26	-	1.05	0.47	1.9	18.9	1.13	0.48	1.9	18.1
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	557	7.18	0.4	0.96	0.63	0.1	10.6	-	-	-	-
UK	170	6.48	-	1.11	0.59	0.6	16.0	1.19	0.59	0.6	15.3

**Nutrient: Copper (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	207	9.41	8.2	1.48	0.84	0.4	1.8	1.49	0.84	0.4	1.8
Germany	349	8.86	15.4	2.24	1.47	0,0	0,0	-	-	-	-
Poland	226	10.56	-	1.29	0.59	0.9	8.0	1.34	0.59	0.9	8.0
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	366	8.74	0.6	1.15	0.74	0.0	3.5	-	-	-	-
UK	127	8.28	-	1.32	0.60	1.1	8.6	1.36	0.60	1.1	8.6

**Table A3.** Iodine intake from the base diet and base diet with supplementsNutrient: Iodine ( $\mu\text{g}$ ); age group: 1-3 ys

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	71	28	10.2	33.1	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	-	-	-	-	-	-	-	-	-	-	-
UK	219	4.75	-	146	51	1.1	6.0	146	51	1.1	6.0

\*Age range for The Netherlands is 2-3 years

Nutrient: Iodine ( $\mu\text{g}$ ); age group: 4-10 ys, females

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	384	7.80	2.9	163	95	0.0	0.0	200	113	0.0	0.0
France	271	6.63	4.4	99	64	1.9	25.3	99	64	1.9	25.3
Germany*	503	6.97	4.9	78	39	20.2	60.8	78	39	20.2	60.8
Poland	233	7.79	-	86	34	19.7	45.5	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL† 4-6yrs	-	-	-	-	-	-	-	-	-	-	-
UK	213	6.40	-	133	58	2.9	16.3	134	58	2.9	15.8

\*Age range for Germany is 6-10 years

†Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

Nutrient: Iodine ( $\mu\text{g}$ ); age group: 4-10 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	399	8.60	0.5	186	115	0.0	0.0	223	135	0.0	0.0
France	243	7.39	3.3	111	67	0.6	11.8	111	67	0.6	11.8
Germany*	526	7.71	3.8	84	47	13.8	55.1	84	47	13.8	55.1
Poland	222	8.83	-	92	36	14.0	41.9	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
N†L 4-6yrs	-	-	-	-	-	-	-	-	-	-	-
UK	210	6.71	-	153	71	1.0	9.2	156	74	1.0	9.0

\*Age range for Germany is 6-10 years

†Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Iodine (µg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	170	83	0.3	4.2	213	94	0.3	3.6
France	443	7.30	23.0	97	52	16.3	57.7	97	52	16.3	57.7
Germany*	650	9.69	10.2	99	52	20.1	58.9	102	52	20.1	57.7
Poland	285	9.74	-	109	40	21.3	44.8	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	-	-	-	-	-	-	-	-	-	-	-
UK	191	6.95	-	112	52	15.8	50.1	114	53	15.8	48.8

\*Age range for Germany is 12-17 years

**Nutrient: Iodine (µg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	211	106	0.4	1.1	257	127	0.4	1.1
France	393	8.84	20.6	115	59	8.8	33.6	115	59	8.8	33.6
Germany*	622	12.90	6.8	116	58	10.6	39.7	118	58	10.6	39.2
Poland	295	12.66	-	144	52	12.9	26.8	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	-	-	-	-	-	-	-	-	-	-	-
UK	214	8.36	-	136	65	6.4	34.2	136	65	6.4	34.2

\*Age range for Germany is 12-17 years

**Nutrient: Iodine (µg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	174	91	0.9	6.5	232	102	0.7	4.4
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	105	58	13.7	52.2	107	58	13.5	51.6
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	-	-	-	-	-	-	-	-	-	-	-
UK	459	6.92	-	125	52	14.2	38.6	131	56	14.2	37.2

\*Age range for Germany is 17-50 years

**Nutrient: Iodine (µg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	173	91	1.0	6.9	235	105	0.6	4.2
France	1217	7.26	25.6	110	61	10.3	40.0	111	61	10.3	39.8
Germany	1850	8.22	16.2	105	58	13.9	52.0	107	59	13.8	51.5
Poland	1291	8.33	-	117	39	17.9	41.6	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL* 19-30yrs	-	-	-	-	-	-	-	-	-	-	-
NL* 31-60yrs	-	-	-	-	-	-	-	-	-	-	-
UK	443	6.87	-	137	60	10.6	28.4	147	61	10.6	26.9

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys



**Nutrient: Iodine (µg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	210	109	0.8	3.5	261	123	0.5	2.1
France	833	9.61	23.8	123	62	7.1	28.2	123	62	7.1	28.2
Germany	1405	11.49	11.9	121	68	5.5	33.2	122	68	5.5	33.0
Poland	1098	13.52	-	181	70	5.0	14.6	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL* 19-30ys	-	-	-	-	-	-	-	-	-	-	-
NL* 31-60yrs	-	-	-	-	-	-	-	-	-	-	-
UK	339	9.34	-	190	66	5.4	14.6	195	66	5.4	14.6

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Iodine (µg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	164	79	1.7	12.6	246	91	1.1	7.1
France	266	6.92	19.2	112	61	9.4	40.5	112	61	9.0	40.5
Germany	396	7.04	18.9	98	55	14.9	60.7	104	58	14.4	59.2
Poland	365	8.26	-	118	41	16.7	40.8	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	-	-	-	-	-	-	-	-	-	-	-
UK	170	6.48	-	169	86	1.1	14.8	175	86	1.1	14.8

**Nutrient: Iodine (µg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	192	93	1.9	6.7	257	107	1.1	3.8
France	207	9.41	8.2	122	67	5.3	25.0	122	67	5.3	24.0
Germany	349	8.86	15.4	110	63	9.9	47.2	110	63	9.9	47.2
Poland	226	10.56	-	155	58	8.0	23.5	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	-	-	-	-	-	-	-	-	-	-	-
UK	127	8.28	-	209	103	0.0	3.6	215	103	0.0	3.6

**Table A4.** Iron intake from the base diet and base diet with supplements

Nutrient: Iron (mg); age group: 1-3 ys

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	7.1	4.1	3.1	23.4	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	5.2	2.4	27.1	55.1	5.4	2.4	26.3	54.2
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	6.2	3.8	3.9	32.0	6.6	3.9	3.8	26.9
UK	219	4.75	-	6.3	3.4	7.9	32.3	6.4	3.4	7.9	32.3

\*Age range for The Netherlands is 2-3 years

Nutrient: Iron (mg); age group: 4-10 ys, females

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	6.9	4.1	1.3	10.2	-	-	-	-
Denmark	384	7.80	2.9	7.4	4.8	1.3	18.8	11.7	5.9	0.0	4.4
France	271	6.63	4.4	9.2	6.1	0.0	3.5	9.3	6.1	0.0	3.3
Germany*	503	6.97	4.9	10.1	6.2	0.4	5.5	10.1	6.2	0.4	5.5
Poland	223	7.79	-	8.2	4.0	5.6	28.3	8.2	4.0	5.6	27.9
Spain	356	7.24	1.4	11.0	7.9	0.0	0.3	-	-	-	-
NL <sup>†</sup> 4-6yrs	312	6.24	2.9	6.7	4.1	0.9	12.0	7.2	4.1	1.1	11.1
NL <sup>†</sup> 7-10yrs	171	7.93	1.2	8.1	5.0	3.2	25.9	-	-	-	-
UK	213	6.40	-	8.4	5.2	1.1	9.5	8.5	5.2	1.1	9.5

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

Nutrient: Iron (mg); age group: 4-10 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	7.6	4.9	0.4	3.5	-	-	-	-
Denmark	399	8.60	0.5	8.4	5.4	0.8	8.8	12.7	6.4	0.5	2.5
France	243	7.39	3.3	10.1	6.3	0.0	2.8	10.2	6.3	0.0	2.8
Germany*	526	7.71	3.8	11.1	6.8	0.4	2.4	11.1	6.8	0.4	2.4
Poland	222	8.83	-	9.2	4.7	3.2	16.2	9.3	4.7	3.2	16.2
Spain	361	7.99	1.7	12.5	8.7	0.3	0.3	-	-	-	-
NL <sup>†</sup> 4-6yrs	327	6.71	1.8	7.2	4.7	0.2	5.1	7.7	4.8	0.2	4.2
NL <sup>†</sup> 7-10yrs	141	9.25	0.7	9.2	5.6	1.4	14.8	-	-	-	-
UK	210	6.71	-	9.1	5.4	0.4	4.7	9.3	5.8	0.4	4.7

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Iron (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	7.7	4.3	55.0	93.9	11.4	4.7	34.3	59.5
France	443	7.30	23.0	10.1	5.9	21.4	73.6	10.1	5.9	21.4	73.6
Germany*	650	9.69	10.2	14.9	7.8	5.6	24.8	15.7	7.8	5.6	24.6
Poland	286	9.74	-	10.7	5.2	26.6	67.5	12.1	5.2	25.9	66.4
Spain	562	7.87	7.8	12.3	10.0	0.0	23.8	-	-	-	-
Netherlands	300	8.46	0.7	9.2	5.9	31.3	85.1	-	-	-	-
UK	191	6.95	-	8.7	4.8	41.9	67.0	9.0	4.8	41.2	66.6

\*Age range for Germany is 12-17 years

**Nutrient: Iron (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.0	34.1	9.7	5.4	2.5	10.8	13.5	5.8	1.8	8.2
France	393	8.84	20.6	11.9	7.3	2.3	14.3	12.0	7.3	2.3	14.3
Germany*	622	12.90	6.8	18.6	9.4	0.6	2.9	18.8	9.4	0.6	2.9
Poland	295	12.66	-	14.1	6.4	4.1	16.3	14.4	6.4	4.1	16.3
Spain	547	9.91	7.9	15.7	12.0	0.0	0.2	-	-	-	-
Netherlands	316	10.44	0.6	10.8	6.7	2.4	23.1	-	-	-	-
UK	214	8.36	-	10.7	6.2	4.7	25.0	10.8	6.2	4.7	25.0

\*Age range for Germany is 12-17 years

**Nutrient: Iron (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	8.8	5.0	40.3	86.0	14.2	5.4	22.9	47.1
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	13.9	8.6	3.2	26.3	14.5	8.6	3.2	25.4
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	10.6	8.3	3.0	74.8	-	-	-	-
Netherlands	1852	8.51	1.1	10.5	6.9	13.7	66.3	-	-	-	-
UK	459	6.92	-	9.2	4.4	35.2	75.6	10.4	4.5	32.7	70.4

\*Age range for Germany is 17-50 years

**Nutrient: Iron (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	8.9	5.2	30.4	69.1	14.6	5.8	16.9	36.7
France	1217	7.26	25.6	10.9	6.3	16.4	51.6	12.6	6.3	16.2	49.8
Germany	1850	8.22	16.2	13.8	8.5	2.5	21.0	14.3	8.6	2.4	20.3
Poland	1291	8.33	-	10.7	5.0	25.8	59.6	12.1	5.0	25.3	57.9
Spain	778	7.11	17.7	10.5	8.3	2.6	60.3	-	-	-	-
NL* 19-30ys	398	8.32	0.5	9.7	6.2	25.2	77.9	11.2	6.2	18.8	57.7
NL* 31-60ys	1432	8.25	1.5	10.8	7.2	7.8	46.1	-	-	-	-
UK	443	6.87	-	9.6	4.3	26.5	61.9	11.5	4.3	24.1	56.2

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Iron (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	11.2	6.4	1.1	6.3	15.3	7.1	0.5	3.6
France	833	9.61	23.8	13.3	7.4	0.2	2.8	13.3	7.4	0.2	2.8
Germany	1405	11.49	11.9	17.3	10.0	0.0	0.2	17.4	10.0	0.0	0.2
Poland	1098	13.52	-	17.2	8.4	0.6	2.0	17.5	8.4	0.6	2.0
Spain	636	9.19	19.3	13.0	10.4	0.0	0.2	-	-	-	-
NL* 19-30ys	352	11.92	0.0	12.6	9.3	0.0	0.1	13.4	9.2	0.0	0.2
NL* 31-60ys	1264	10.91	0.1	13.1	8.5	0.0	0.6	-	-	-	-
UK	339	9.34	-	11.9	6.0	2.2	10.7	12.6	6.0	2.2	10.7

**Nutrient: Iron (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	8.5	5.1	3.7	22.9	15.0	5.5	2.3	10.9
France	266	6.92	19.2	10.6	6.7	0.7	5.6	10.8	6.7	0.7	5.6
Germany	396	7.04	18.9	12.2	7.7	0.0	1.0	12.6	7.8	0.0	1.0
Poland	365	8.26	-	9.9	4.5	6.6	21.6	13.3	4.6	5.5	20.0
Spain	194	5.86	27.8	9.8	8.2	0.0	0.0	-	-	-	-
Netherlands	557	7.18	0.4	9.5	6.4	0.4	6.9	-	-	-	-
UK	170	6.48	-	9.7	5.7	1.1	12.7	10.8	5.7	1.1	11.6

**Nutrient: Iron (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	10.7	5.7	1.6	10.2	16.0	6.2	1.6	7.0
France	207	9.41	8.2	14.2	8.6	0.4	1.1	14.3	8.6	0.4	1.1
Germany	349	8.86	15.4	14.8	9.5	0.0	0.5	14.9	9.5	0.0	0.5
Poland	226	10.56	-	13.9	5.3	2.7	10.6	15.5	5.6	2.7	10.2
Spain	193	7.36	25.4	11.5	9.4	0.0	0.0	11.6	9.5	0.0	0.0
Netherlands	366	8.74	0.6	11.6	9.5	0.0	0.0	-	-	-	-
UK	127	8.28	-	11.5	5.6	2.4	8.0	11.8	5.6	2.4	8.0

**Table A5. Magnesium intake from the base diet and base diet with supplements****Nutrient: Magnesium (mg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	191	126	0.0	0.0	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	161	74	0.8	2.5	161	74	0.8	2.5
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	188	124	0.0	0.0	192	126	0.0	0.0
UK	219	4.75	-	154	89	1.1	1.1	154	89	1.1	1.1

\*Age range for The Netherlands is 2-3 years

**Nutrient: Magnesium (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	189	121	0.0	0.4	-	-	-	-
Denmark	384	7.80	2.9	253	163	0.0	0.5	259	168	0.0	0.3
France	271	6.63	4.4	190	141	0.7	4.7	192	142	0.7	4.4
Germany*	503	6.97	4.9	270	162	0.3	1.6	271	162	0.3	1.6
Poland	233	7.79	-	212	117	3.4	11.2	213	117	3.4	11.2
Spain	356	7.24	1.4	238	177	0.3	0.3	-	-	-	-
NL <sup>‡</sup> 4-6yrs	312	6.24	2.9	192	130	0.0	0.2	197	132	0.0	0.2
NL <sup>‡</sup> 7-10yrs	171	7.93	1.2	238	147	0.9	5.6	-	-	-	-
UK	213	6.40	-	185	119	2.1	8.6	185	119	2.1	8.6

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Magnesium (mg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	203	134	0.0	0.0	-	-	-	-
Denmark	399	8.60	0.5	284	185	0.3	0.3	291	191	0.3	0.3
France	243	7.39	3.3	207	136	0.0	2.6	207	136	0.0	2.6
Germany	526	7.71	3.8	290	185	0.2	0.6	290	185	0.2	0.6
Poland	222	8.83	-	236	112	3.6	8.6	238	112	3.6	8.6
Spain	361	7.99	1.7	256	203	0.3	0.6	-	-	-	-
NL <sup>‡</sup> 4-6yrs	327	6.71	1.8	216	146	0.0	0.0	221	148	0.0	0.0
NL <sup>‡</sup> 7-10yrs	141	9.25	0.7	268	160	0.5	3.3	-	-	-	-
UK	210	6.71	-	201	135	0.0	5.1	202	135	0.0	5.1

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Magnesium (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	259	146	19.7	38.5	282	153	14.9	31.7
France	443	7.30	23.0	209	125	28.4	70.6	210	125	28.2	70.3
Germany*	650	9.69	10.2	442	235	1.6	5.7	449	238	1.6	5.6
Poland	286	9.74	-	264	132	19.2	44.1	267	132	18.9	43.7
Spain	562	7.87	7.8	251	204	1.6	29.4	-	-	-	-
Netherlands	300	8.46	0.7	264	168	9.1	36.0	-	-	-	-
UK	191	6.95	-	190	118	46.6	85.6	193	118	45.9	84.0

\*Age range for Germany is 12-17 years

**Nutrient: Magnesium (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10	34.1	317	171	7.2	19.4	341	185	5.4	15.1
France	393	8.84	20.6	246	164	11.5	45.4	246	164	11.2	45.4
Germany*	622	12.90	6.8	531	270	0.4	1.7	538	270	0.4	1.7
Poland	295	12.66	-	335	160	8.1	18.6	339	160	8.1	18.6
Spain	547	9.91	7.9	306	236	0.4	4.6	-	-	-	-
Netherlands	316	10.44	0.6	313	193	3.5	17.3	-	-	-	-
UK	214	8.36	-	227	135	27.1	58.1	227	135	26.6	58.1

\*Age range for Germany is 12-17 years

**Nutrient: Magnesium (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	316	178	3.8	10.0	346	188	2.9	7.8
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	423	254	0.4	1.3	430	256	0.4	1.3
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	265	198	0.8	7.4	-	-	-	-
Netherlands	1852	8.51	1.1	300	197	1.1	7.7	-	-	-	-
UK	459	6.92	-	209	120	26.0	58.5	215	120	25.6	56.6

\*Age range for Germany is 17-50 years

**Nutrient: Magnesium (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	324	195	1.5	5.7	357	208	0.9	4.1
France	1217	7.26	25.6	247	141	7.3	27.3	250	142	7.3	26.4
Germany	1850	8.22	16.2	418	252	0.5	1.5	428	254	0.5	1.3
Poland	1291	8.33	-	264	134	8.5	25.4	273	135	8.2	24.3
Spain	778	7.11	17.7	261	267	0.6	5.0	-	-	-	-
NL* 19-30ys	398	8.32	0.5	293	185	0.9	8.4	300	188	0.8	7.5
NL*31-60ys	1432	8.25	1.5	312	208	0.3	3.7	-	-	-	-
UK	443	6.87	-	223	115	14.0	40.0	230	115	13.8	38.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Magnesium (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	397	233	1.6	7.4	424	248	1.1	5.2
France	833	9.61	23.8	297	168	8.8	32.4	299	168	8.8	32.3
Germany	1405	11.49	11.9	522	316	0.2	0.7	527	318	0.2	0.7
Poland	1098	13.52	-	396	209	2.9	11.7	400	213	2.9	11.7
Spain	636	9.19	19.3	309	231	0.3	10.7	-	-	-	-
NL* 19-30ys	352	11.92	0.0	407	273	0.2	2.4	410	275	0.2	2.3
NL* 31-60ys	1264	10.91	0.1	395	258	0.3	3.9	-	-	-	-
UK	339	9.34	-	294	154	15.3	35.8	298	154	15.0	35.1

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Magnesium (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.65	11.3	316	193	1.4	5.4	360	210	1.1	3.7
France	266	6.92	19.2	244	148	6.1	26.0	248	148	6.1	25.8
Germany	396	7.04	18.9	373	235	0.0	1.6	394	235	0.0	1.6
Poland	365	8.26	-	244	123	12.3	34.5	258	126	11.5	31.5
Spain	194	5.86	27.8	274	205	0.0	7.7	-	-	-	-
Netherlands	557	7.18	0.4	274	185	1.0	8.5	-	-	-	-
UK	170	6.48	-	227	134	8.2	35.8	236	134	8.2	35.8

**Nutrient: Magnesium (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	364	206	2.7	12.7	400	219	1.6	9.2
France	207	9.41	8.2	300	195	3.4	26.6	304	195	3.4	25.2
Germany	349	8.86	15.4	421	266	0.0	3.5	433	272	0.0	3.2
Poland	226	10.56	-	308	152	9.3	30.5	312	152	8.8	29.6
Spain	193	7.36	25.4	292	213	2.1	20.2	-	-	-	-
Netherlands	366	8.74	0.6	325	212	2.3	13.7	-	-	-	-
UK	127	8.28	-	274	141	18.6	43.8	277	141	18.6	43.8

**Table A6.** Potassium intake from the base diet and base diet with supplements**Nutrient: Potassium (mg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	2322	1449	0.0	0.0	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	1933	802	0.8	1.7	1933	802	0.8	1.7
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	2015	1346	0.0	0.0	2015	1346	0.0	0.0
UK	219	4.75	-	1807	1056	1.1	1.1	1808	1056	1.1	1.1

\*Age range for The Netherlands is 2-3 years

**Nutrient: Potassium (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	2325	1447	0.0	-	-	-	-	-
Denmark	384	7.80-	2.9-	2504	1594	0.0	0.5	2504	1594	0.0	0.5
France	271	6.63	4.4	2078	1468	0.0	3.9	2078	1468	0.0	3.9
Germany*	503	6.97	4.9	2211	1282	0.3	11.2	2211	1282	0.3	11.2
Poland	233	7.79	-	2453	1227	0.4	8.6	2453	1227	0.4	8.6
Spain	356	7.244	1.4	2440	1710	0.3	0.8	-	-	-	-
NL <sup>†</sup> 4-6yrs	312	6.24	2.9	2077	1433	0.0	0.0	2077	1433	0.0	0.0
NL <sup>†</sup> 7-10yrs	171	7.93	1.2	2651	1687	0.1	2.2	-	-	-	-
UK	213	6.40	-	2083	1356	0.0	5.3	2083	1356	0.0	5.3

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Potassium (mg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.4681	0.9	2483	1589	0.0	0.0	-	-	-	-
Denmark	399	8.60-	0.5-	2778	1737	0.0	0.5	2778	1737	0.0	0.5
France	243	7.39	3.3	2246	1497	0.0	1.6	2246	1497	0.0	1.6
Germany*	526	7.71	3.8	2328	1465	0.2	5.3	2328	1465	0.2	5.3
Poland	222	8.8831	-	2652	1312	0.9	6.3	2652	1312	0.9	6.3
Spain	361	7.992	1.7	2651	2034	0.0	0.3	-	-	-	-
NL <sup>†</sup> 4-6yrs	327	6.71	2.9	2272	1555	0.0	0.0	2272	1556	0.0	0.0
NL <sup>†</sup> 7-10yrs	141	9.25	0.7	3004	1875	0.0	1.0	-	-	-	-
UK	210	6.71	-	2222	1483	0.0	2.2	2222	1483	0.0	2.2

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys



**Nutrient: Potassium (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00-	18.1-	2586	1420	15.2	45.6	2588	1420	15.2	45.6
France	443	7.30	23.0	2223	1368	22.5	68.9	2223	1368	22.5	68.9
Germany*	650	9.69	10.2	3301	1688	7.4	26.7	3302	1688	7.3	26.7
Poland	286	9.74	-	3103	1227	11.5	30.4	3103	1227	11.5	30.4
Spain	562	7.87	7.8	2458	2010	2.3	75.3	-	-	-	-
Netherlands	300	8.46	0.7	2912	1910	3.2	24.3	-	-	-	-
UK	191	6.95	-	2148	1327	29.7	74.0	2148	1327	29.7	74.0

\*Age range for Germany is 12-17 years

**Nutrient: Potassium (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00-	34.1-	3139	1771	4.7	21.1	3141	1771	4.7	21.1
France	393	8.84	20.6	2590	1674	9.9	43.5	2590	1674	9.9	43.5
Germany*	622	12.90	6.8	3899	2023	3.4	13.2	3900	2023	3.4	13.2
Poland	295	12.66	-	3800	1563	6.1	17.3	3800	1563	6.1	17.3
Spain	547	9.91	7.9	3032	2297	0.4	16.6	-	-	-	-
Netherlands	316	10.44	0.6	3436	2227	0.9	9.5	-	-	-	-
UK	214	8.36	-	2529	1497	14.6	49.6	2529	1497	14.6	49.6

\*Age range for Germany is 12-17 years

**Nutrient: Potassium (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30-	12.0-	3072	1752	9.3	31.6	3074	1758	9.3	31.5
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	3326	2026	4.6	23.2	3328	2027	4.5	23.2
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.3	2639	1959	5.9	51.4	-	-	-	-
Netherlands	1852	8.51	1.1	3290	2229	2.0	15.6	-	-	-	-
UK	459	6.92	-	2339	1313	31.4	67.0	2340	1313	31.4	67.0

\*Age range for Germany is 17-50 years

**Nutrient: Potassium (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	3185	1899	6.8	27.3	3187	1901	6.8	27.2
France	1217	7.26	25.6	2494	1482	23.2	62.6	2495	1482	23.2	62.2
Germany*	1850	8.22	16.2	3321	2015	4.8	23.0	3323	2021	4.8	22.9
Poland	1291	8.33	-	3095	1470	16.7	35.2	3096	1470	16.7	35.2
Spain	778	7.10	17.7	2686	1981	5.3	47.4	-	-	-	-
NL* 19-30ys	398	8.33	0.5	-	-	-	-	-	-	-	-
NL* 31-60ys	1432	8.25	1.5	3433	2362	1.1	11.4	-	-	-	-
UK	443	6.87	-	2485	1286	24.1	58.4	2486	1286	24.1	58.4

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Potassium (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	3795	2261	2.4	12.5	3797	2263	2.4	12.5
France	833	9.61	23.8	2952	1690	11.8	36.5	2953	1690	11.8	36.3
Germany	1405	11.49	11.9	4097	2542	1.5	6.1	4098	2542	1.5	6.1
Poland	1098	13.52	-	4447	2214	3.6	9.7	4447	2214	3.6	9.7
Spain	636	9.19	19.3	3025	2183	1.9	21.7	-	-	-	-
NL* 19-30ys	352	11.92	0.0	-	-	-	-	-	-	-	-
NL* 31-60ys	1264	10.91	0.1	4111	2807	0.2	2.8	-	-	-	-
UK	339	9.34	-	3159	1610	10.8	32.3	3160	1610	10.5	32.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Potassium (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	3273	1915	6.3	24.0	3277	1917	6.3	23.4
France	266	6.92	19.2	2669	1679	15.5	49.8	2671	1680	15.5	49.8
Germany	396	7.04	18.9	3048	1774	7.9	32.8	3050	1819	7.4	32.8
Poland	365	8.26	-	2911	1345	18.6	43.0	2913	1345	18.6	42.7
Spain	194	5.86	27.8	2666	2004	4.0	50.5	-	-	-	-
Netherlands	557	7.18	0.4	3199	2242	1.9	15.5	-	-	-	-
UK	170	6.48	-	2659	1552	15.8	52.0	2660	1552	15.8	51.3

**Nutrient: Potassium (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	3645	1923	5.1	15.9	3649	1923	5.1	15.9
France	207	9.41	8.2	3184	2182	2.3	25.5	3188	2182	2.3	25.5
Germany	349	8.86	15.4	3514	2189	3.3	14.7	3515	2189	3.3	14.7
Poland	226	10.56	-	3555	1590	10.6	25.2	3556	1590	10.6	25.2
Spain	193	7.36	25.4	2917	2196	0.5	26.4	-	-	-	-
Netherlands	366	8.74	0.6	3748	2564	0.6	6.0	-	-	-	-
UK	127	8.28	-	3122	1713	12.5	29.7	3125	1713	12.5	29.7

**Table A7.** Selenium intake from the base diet and base diet with supplementsNutrient: Selenium ( $\mu\text{g}$ ); age group: 1-3 ys

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	15.8	6.6	6.1	25.4	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	23.2	15.0	0.0	0.3	25.1	14.9	0.0	0.6
UK	219	4.75	-	24.5	12.8	1.1	3.4	24.6	12.8	1.1	3.4

\*Age range for The Netherlands is 2-3 years

Nutrient: Selenium ( $\mu\text{g}$ ); age group: 4-10 ys, females

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	15.9	6.8	19.1	50.2	-	-	-	-
Denmark	384	7.80	2.9	29.6	17.2	1.6	9.4	40.9	22.5	0.5	2.3
France	271	6.63	4.4	34.1	23.1	0.0	1.8	34.1	23.1	0.0	1.8
Germany*	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	24.7	16.2	0.0	2.6	27.1	16.2	0.0	3.0
NL <sup>†</sup> 7-10ys	171	7.93	1.2	30.4	19.3	1.0	14.3	-	-	-	-
UK	213	6.40	-	32.1	18.4	1.5	5.2	32.1	18.4	1.5	5.2

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveysNutrient: Selenium ( $\mu\text{g}$ ); age group: 4-10 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	18.1	6.3	14.7	41.6	-	-	-	-
Denmark	399	8.60	0.5	33.5	20.8	0.5	4.3	44.9	24.7	0.0	1.0
France	243	7.39	3.3	38.0	26.4	0.0	0.0	38.0	26.4	0.0	0.0
Germany*	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL <sup>†</sup> 4-6ys	327	6.71	1.8	26.5	17.2	0.0	1.4	28.3	17.3	0.0	2.0
NL <sup>†</sup> 7-10ys	141	9.25	0.7	34.8	21.2	0.4	7.5	-	-	-	-
UK	210	6.71	-	34.3	20.4	0.0	1.6	34.5	20.4	0.0	1.6

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Selenium (µg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	29.4	14.8	59.5	79.6	48.5	16.1	37.5	48.2
France	443	7.30	23.2	38.1	24.3	31.5	54.1	38.2	24.3	31.5	54.1
Germany*	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	300	8.46	0.7	34.6	22.3	38.3	67.9	-	-	-	-
UK	191	6.95	-	36.2	18.6	44.1	60.8	36.4	18.6	43.6	59.7

\*Age range for Germany is 12-17 years

**Nutrient: Selenium (µg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	37.6	20.1	26.9	57.3	57.9	21.3	16.1	35.5
France	393	8.84	20.6	45.9	29.4	17.6	37.6	46.1	29.4	17.6	37.6
Germany*	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	316	10.44	0.6	41.5	25.5	21.3	52.0	-	-	-	-
UK	214	8.36	-	44.8	24.3	20.0	48.8	44.8	24.3	20.0	48.8

\*Age range for Germany is 12-17 years

**Nutrient: Selenium (µg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	33.4	18.3	76.1	87.2	58.8	19.9	41.6	47.0
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	1852	8.51	1.1	40.1	26.1	51.3	70.5	-	-	-	-
UK	459	6.92	-	39.0	18.6	58.7	70.9	40.7	18.9	56.5	68.3

\*Age range for Germany is 17-50 years

**Nutrient: Selenium (µg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	33.8	18.8	76.0	87.1	61.2	20.7	39.7	45.0
France	1217	7.26	25.6	44.7	26.5	36.2	55.0	46.8	26.5	35.0	53.4
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL* 19-30ys	398	8.32	0.5	39.9	27.6	53.6	75.2	45.7	28.1	35.0	52.2
NL* 31-60ys	1432	8.25	1.5	41.8	27.4	46.5	66.2	-	-	-	-
UK	443	6.87	-	41.4	19.9	55.1	67.7	44.4	19.9	52.1	63.9

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Selenium (µg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	42.7	23.2	46.6	86.0	65.4	25.6	26.9	50.8
France	833	9.61	23.8	53.6	30.7	18.3	58.8	53.8	30.7	18.2	58.6
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*19-30ys	352	11.92	0.0	53.8	38.1	8.0	62.1	58.8	33.4	13.8	49.9
NL* 31-60ys	1264	10.91	0.1	53.4	33.4	16.4	62.4	-	-	-	-
UK	339	9.34	-	53.9	26.5	25.4	63.0	56.2	26.5	25.1	61.7

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Selenium (µg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	33.3	18.4	76.0	85.4	69.6	21.1	34.6	38.0
France	266	6.92	19.2	46.2	29.8	30.7	50.0	48.1	29.8	30.2	49.5
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	557	7.18	0.4	40.1	26.7	50.6	69.8	-	-	-	-
UK	170	6.48	-	42.0	22.9	50.1	61.1	44.7	22.9	47.7	57.2

**Nutrient: Selenium (µg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	39.2	20.0	54.4	90.0	68.6	23.4	28.8	46.9
France	207	9.41	8.2	54.8	36.2	13.6	59.4	54.8	36.2	13.5	58.6
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	366	8.74	0.6	47.1	30.1	27.2	74.8	-	-	-	-
UK	127	8.28	-	49.9	24.9	27.8	68.7	55.8	24.9	27.8	65.7

**Table A8.** Zinc intake from the base diet and base diet with supplements**Nutrient: Zinc (mg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	7.9	4.4	0.5	1.5	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	123	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	5.3	2.2	10.2	20.0	5.3	2.2	12.9	20.0
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.61	1.7	5.2	3.3	2.0	12.0	5.5	3.4	2.0	11.0
UK	219	4.75	-	5.2	2.9	6.4	17.2	5.2	2.9	6.4	17.2

\*Age range for The Netherlands is 2-3 years

**Nutrient: Zinc (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	8.2	4.7	2.2	7.6	-	-	-	-
Denmark	384	7.80	2.9	8.4	5.1	0.5	4.9	11.2	6.3	0.0	1.0
France	271	6.63	4.4	7.5	5.2	0.0	4.6	7.5	5.2	0.0	4.4
Germany*	503	6.97	4.9	7.8	5.2	2.2	13.8	7.8	5.2	2.2	13.8
Poland	233	7.79	-	6.9	3.6	7.3	27.0	7.0	3.6	7.3	27.0
Spain	-	-	-	-	-	-	-	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	5.4	3.7	9.0	39.0	5.7	3.7	9.0	32.0
NL <sup>†</sup> 7-10ys	171	7.93	1.2	7.2	6.1	1.0	13.0	-	-	-	-
UK	213	6.40	-	6.3	3.8	9.8	27.1	6.4	3.8	9.8	27.1

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Zinc (mg); age group: 4-10, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake (mg)	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	8.8	4.7	0.9	6.1	-	-	-	-
Denmark	399	8.60	0.5	9.6	6.1	0.3	1.5	12.4	7.1	0.0	0.0
France	243	7.39	3.3	8.2	5.4	0.5	3.6	8.2	5.4	0.5	3.6
Germany*	526	7.71	3.8	8.5	5.5	1.7	9.5	8.5	5.5	1.7	9.5
Poland	222	8.83	-	7.8	3.9	5.4	14.9	7.9	3.9	5.4	14.9
Spain	-	-	-	-	-	-	-	-	-	-	-
NL <sup>†</sup> 4-6ys	327	6710	1.8	5.9	3.8	7.0	26.0	6.2	3.9	6.0	22.0
NL <sup>†</sup> 7-10ys	141	9247	0.7	8.3	6.8	1.0	6.0	-	-	-	-
UK	210	6.71	-	6.7	4.1	4.4	17.6	6.9	4.1	4.4	17.1

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Zinc (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	8.6	4.8	6.5	23.0	13.0	5.2	3.2	14.6
France	443	7.30	23.0	8.0	5.2	3.3	18.4	8.1	5.2	3.3	18.4
Germany*	650	9.69	10.2	11.2	6.0	1.4	6.0	11.3	6.0	1.4	6.0
Poland	286	9.74	-	9.4	4.8	5.9	19.2	9.5	4.8	5.9	19.2
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	300	8.46	0.7	8.0	5.3	3.0	21.0	-	-	-	-
UK	191	6.95	-	6.6	4.0	19.4	47.5	6.8	4.0	18.	46.8

\*Age range for Germany is 12-17 years

**Nutrient: Zinc (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	11.3	6.3	2.9	7.2	16.0	7.3	1.8	4.3
France	393	8.84	20.6	10.0	6.2	2.2	9.5	10.1	6.2	2.2	9.5
Germany*	622	12.90	6.8	14.7	7.9	0.9	3.0	14.9	7.9	0.9	3.0
Poland	295	12.66	-	12.1	5.2	5.4	11.9	12.2	5.2	5.4	11.9
Spain	-	-	-	-	-	-	-	-	-	-	-
Netherlands	316	10.44	0.6	9.6	6.1	2.0	13.0	-	-	-	-
UK	214	8.36	-	8.4	4.5	11.4	39.2	8.5	4.5	11.1	39.2

\*Age range for Germany is 12-17 years

**Nutrient: Zinc (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	9.7	5.5	1.1	5.5	15.5	6.1	0.7	3.7
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	11.3	6.6	0.6	2.0	-	-	-	-
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	8.0	6.1	0.5	2.0	-	-	-	-
Netherlands	1852	8.51	1.1	8.9	6.1	0.0	3.0	-	-	-	-
UK	459	6.92	-	7.3	4.1	6.7	25.4	8.1	4.1	6.5	24.1

\*Age range for Germany is 17-50 years

**Nutrient: Zinc (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	9.7	5.8	0.6	3.9	16.0	6.4	0.4	2.1
France	1217	7.26	25.6	8.7	5.4	1.0	5.5	9.0	5.4	1.0	5.4
Germany	1850	8.22	16.2	11.2	6.5	0.6	2.4	-	-	-	-
Poland	1291	8.33	-	8.8	4.1	4.6	16.6	9.1	4.1	4.5	16.3
Spain	778	7.11	17.7	7.8	6.0	0.5	2.2	-	-	-	-
NL* 19-30ys	398	8.33	0.5	8.6	5.6	0.0	4.0	10.0	5.5	1.0	5.0
NL* 31-60ys	1432	8.25	1.5	9.2	6.3	0.0	1.0	-	-	-	-
UK	443	6.87	-	7.6	4.2	4.1	20.4	8.8	4.2	4.1	19.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Zinc (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	12.5	7.3	1.0	5.1	17.7	8.3	0.8	-
France	833	9.61	23.8	11.5	7.1	1.5	6.1	11.5	7.1	1.3	6.0
Germany	1405	11.49	11.9	15.1	8.5	0.3	1.8	-	-	-	-
Poland	1098	13.52	-	14.7	7.3	1.5	4.9	14.8	7.3	1.5	4.8
Spain	636	9.19	19.3	9.5	7.5	0.2	2.7	-	-	-	-
NL* 19-30ys	352	11.92	0.0	11.6	8.3	0.0	1.0	12.4	7.8	0.0	3.0
NL* 31-60ys	1264	10.91	0.1	11.5	7.6	0.0	4.0	-	-	-	-
UK	339	9.34	-	10.0	4.9	9.1	20.8	10.6	4.9	8.9	20.1

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Zinc (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	9.1	5.5	0.6	5.7	17.4	5.8	0.6	3.4
France	266	6.92	19.2	8.5	5.5	0.4	4.4	9.0	5.5	0.4	4.4
Germany	396	7.04	18.9	10.0	6.0	0.3	3.3	-	-	-	-
Poland	365	8.26	-	8.6	4.2	4.4	15.9	9.2	4.4	4.4	15.1
Spain	194	5.86	27.8	6.9	5.8	0.0	2.6	-	-	-	-
Netherlands	557	7.18	0.4	8.9	6.1	0.0	2.0	-	-	-	-
UK	170	6.48	-	7.7	4.6	0.9	15.1	9.1	4.6	0.9	14.0

**Nutrient: Zinc (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	11.1	6.3	2.2	12.7	17.9	6.7	1.6	7.3
France	207	9.41	8.2	11.1	6.9	0.4	6.5	11.2	6.9	0.4	6.5
Germany	349	8.86	15.4	12.4	7.6	0.0	4.4	-	-	-	-
Poland	226	10.56	-	11.3	4.8	6.6	17.3	11.7	4.8	6.6	16.8
Spain	193	7.36	25.4	7.8	6.0	2.8	38.9	-	-	-	-
Netherlands	366	8.74	0.6	9.8	6.7	1.0	9.0	-	-	-	-
UK	127	8.28	-	9.5	4.8	8.9	23.6	10.4	4.8	8.9	23.6



**Table A9.** Vitamin A intake from the base diet and base diet with supplements**Nutrient: Vitamin A (µg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	560	135	11.2	23.4	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	971	180	9.3	18.6	1083	182	5.7	17.1
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	568	239	2.2	12.1	568	239	2.2	12.1
UK	219	4.75	-	545	163	8.5	21.6	596	163	8.2	19.4

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin A (µg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	496	157	11.1	30.2	-	-	-	-
Denmark	384	7.80	2.9	924	356	0.3	2.9	1150	498	0.3	0.8
France	271	6.63	4.4	735	421	0.0	1.4	792	420	0.0	1.4
Germany*	503	6.97	4.9	866	256	1.5	8.9	866	256	1.5	8.9
Poland	233	7.79	-	946	250	4.3	13.3	1022	250	4.3	12.0
Spain	356	7.24	1.4	448	293	0.3	8.4	-	-	-	-
NL <sup>‡</sup> 4-6ys	312	6.24	2.9	572	262	1.2	9.0	572	262	1.2	9.0
NL <sup>‡</sup> 7-10ys	171	7.93	1.2	744	325	1.4	6.9	-	-	-	-
UK	213	6.40	-	666	232	5.0	18.1	734	234	4.5	17.1

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin A (µg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	571	199	4.8	19.9	-	-	-	-
Denmark	399	8.60	0.5	1019	412	0.8	2.3	1245	511	0.0	0.8
France	243	7.39	3.3	753	416	0.0	1.2	753	416	0.0	1.2
Germany*	526	7.71	3.8	947	343	0.7	5.5	947	343	0.7	5.5
Poland	222	8.83	-	1179	252	4.1	13.1	1295	252	4.1	11.7
Spain	361	7.99	1.7	507	373	0.3	2.5	-	-	-	-
NL <sup>‡</sup> 4-6ys	327	6.71	1.8	630	235	2.5	12.4	630	235	2.5	12.4
NL <sup>‡</sup> 7-10ys	141	9.25	0.7	870	349	1.1	5.0	-	-	-	-
UK	210	6.71	-	675	236	3.3	14.5	767	241	2.8	11.0

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin A (µg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.60	18.1	712	270	3.6	16.2	961	296	2.3	11.0
France	443	7.30	23.0	715	338	0.3	8.5	716	338	0.3	8.5
Germany*	650	9.69	10.2	1507	563	0.4	1.2	1519	563	0.4	1.2
Poland	286	9.74	-	1442	276	2.5	10.8	1519	276	2.5	10.5
Spain	562	7.87	7.8	418	273	3.7	39.0	-	-	-	-
Netherlands	300	8.46	0.7	802	352	0.9	8.5	-	-	-	-
UK	191	6.95	-	633	184	12.4	32.6	675	184	11.9	30.4

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin A (µg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	8.60	34.1	941	334	2.9	11.5	1201	397	1.4	6.8
France	393	8.84	20.6	772	363	1.5	15.2	773	363	1.5	15.2
Germany*	622	12.90	6.8	1606	600	0.4	2.1	1621	600	0.4	2.1
Poland	295	12.66	-	1804	416	1.7	5.4	1844	416	1.7	4.8
Spain	547	9.91	7.9	528	346	1.1	23.9	-	-	-	-
Netherlands	316	10.44	0.6	966	391	0.9	8.2	-	-	-	-
UK	214	8.36	-	729	223	10.6	29.9	742	223	10.6	29.4

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin A (µg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	917	331	1.9	9.6	1255	382	1.2	5.6
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	1754	719	0.0	0.6	1777	728	0.0	0.6
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.31	13.5	504	378	0.3	7.9	-	-	-	-
Netherlands	1852	8.51	1.1	900	400	0.4	5.0	-	-	-	-
UK	459	6.92	-	809	189	9.7	25.8	897	192	9.0	23.3

\*Age range for Germany is 17-50 years

**Nutrient: Vitamin A (µg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	970	354	1.5	8.0	1340	428	0.8	4.2
France	1217	7.26	25.6	961	510	0.1	1.1	978	520	0.1	1.0
Germany	1850	8.22	16.2	1756	728	0.0	0.7	1777	731	0.0	0.7
Poland	1291	8.33	-	1215	231	6.3	17.7	1463	233	6.0	16.9
Spain	778	7.11	17.7	507	370	0.5	9.4	-	-	-	-
NL* 19-30ys	398	8.32	0.5	839	395	0.4	5.0	932	386	1.0	6.0
NL* 31-60ys	1432	8.25	1.5	954	423	0.3	3.9	-	-	-	-
UK	443	6.87	-	929	209	7.2	21.6	1047	219	6.5	19.6

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin A (µg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	1194	419	1.3	9.9	1494	490	0.9	5.5
France	833	9.61	23.8	1019	495	0.3	5.1	1022	495	0.3	5.1
Germany	1405	11.49	11.9	1991	814	0.0	0.5	2005	824	0.0	0.5
Poland	1098	13.52	-	1846	342	4.3	10.7	1876	343	4.2	10.6
Spain	636	9.19	19.3	547	380	0.8	36.2	-	-	-	-
NL* 19-30ys	352	11.92	0.0	1160	483	0.5	5.8	1225	494	0.5	5.2
NL* 31-60ys	1264	10.91	0.1	1232	504	0.4	4.8	-	-	-	-
UK	339	9.34	-	975	257	10.3	28.9	1080	263	8.7	26.1

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin A (µg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	1029	367	0.9	7.7	1525	448	0.3	2.9
France	266	6.92	19.2	1060	578	0.0	1.7	1073	578	0.0	1.9
Germany	396	7.04	18.9	1574	675	0.0	0.7	1629	677	0.0	0.7
Poland	365	8.26	-	1122	268	3.8	18.1	1513	271	3.7	15.3
Spain	194	5.86	27.8	413	343	0.0	50.0	-	-	-	-
Netherlands	557	7.18	0.4	1035	460	0.2	2.6	-	-	-	-
UK	170	6.48	-	1169	323	1.1	7.6	1375	369	1.1	6.2

**Nutrient: Vitamin A (µg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.6	1220	395	2.2	12.1	1617	462	1.1	6.2
France	207	9.41	8.2	1149	596	0.0	1.9	1143	596	0.0	1.9
Germany	349	8.86	15.4	1827	830	0.0	0.0	1874	853	0.0	0.0
Poland	226	10.56	-	1511	229	8.4	17.7	1704	229	8.0	17.3
Spain	193	7.34	25.4	482	297	5.7	61.7	-	-	-	-
Netherlands	366	8.74	0.6	1368	562	0.2	3.0	-	-	-	-
UK	127	8.28	-	1454	310	3.7	16.6	1612	337	2.6	11.3

**Table A10.** Vitamin B1 intake from the base diet and base diet with supplements**Nutrient: Vitamin B1 (mg); age group: 1-3 years**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	0.77	0.46	0.0	0.0	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	0.45	0.25	2.5	6.8	1.17	0.29	2.5	5.9
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	0.57	0.37	0.0	0.6	0.64	0.37	0.1	1.0
UK	219	4.75	-	0.85	0.58	0.0	0.0	0.93	0.58	0.0	0.0

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin B1 (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	0.70	0.58	0.0	0.0	-	-	-	-
Denmark	384	7.80	2.9	0.58	0.41	0.0	0.0	0.82	0.49	-	0.0
France	271	6.63	4.4	0.64	0.47	0.0	0.0	0.65	0.47	0.0	0.0
Germany*	503	6.97	4.9	0.70	0.42	0.0	0.0	0.70	0.42	0.0	0.0
Poland	233	7.79	-	0.47	0.28	0.9	7.7	0.61	0.28	0.9	7.3
Spain	356	7.24	1.4	0.67	0.50	0.0	0.2	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	0.53	0.34	0.1	1.4	0.60	0.33	0.0	3.0
NL <sup>†</sup> 7-10ys	171	7.93	1.2	0.53	0.34	0.0	1.4	-	-	-	-
UK	213	6.40	-	0.83	0.58	0.0	0.0	0.85	0.58	0.0	0.0

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin B1 (mg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	0.71	0.44	0.0	0.0	-	-	-	-
Denmark	399	8.60	0.5	0.59	0.43	0.0	0.0	0.79	0.50	0.0	0.0
France	243	7.39	3.3	0.64	0.46	0.0	0.0	0.64	0.46	0.0	0.0
Germany*	526	7.71	3.8	0.73	0.44	0.0	0.0	0.73	0.44	0.0	0.0
Poland	222	8.83	-	0.48	0.30	0.0	5.4	0.61	0.30	0.0	5.4
Spain	361	7.99	1.7	0.70	0.52	0.0	0.2	-	-	-	-
NL <sup>‡</sup> 4-6ys	327	6.71	1.8	0.54	0.36	0.0	0.7	0.61	0.36	0.0	1.0
NL <sup>‡</sup> 7-10ys	141	9.25	0.7	0.49	0.32	0.1	2.8	-	-	-	-
UK	210	6.71	-	0.84	0.60	0.0	0.0	0.87	0.60	0.0	0.0

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin B1 (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00-	18.1	0.55	0.37	0.3	1.0	0.95	0.41	-	0.3
France	443	7.30	23.0	0.64	0.43	0.0	0.0	0.64	0.43	0.0	0.0
Germany*	650	9.69	10.2	0.80	0.44	0.0	0.0	0.80	0.44	0.0	0.0
Poland	286	9.74	-	0.51	0.32	0.3	3.1	0.70	0.32	0.0	2.8
Spain	562	7.87	7.8	0.67	0.54	0.0	0.0	-	-	-	-
Netherlands	300	8.46	0.7	0.55	0.35	0.0	1.0	-	-	-	-
UK	191	6.95	-	0.78	0.52	0.0	0.0	0.81	0.52	0.0	0.0

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B1 (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	0.58	0.43	0.0	0.0	0.88	0.45	0.0	0.0
France	393	8.84	20.6	0.63	0.44	0.0	0.4	0.64	0.44	0.0	0.4
Germany*	622	12.90	6.8	0.79	0.40	0.0	0.5	0.79	0.40	0.0	0.5
Poland	295	12.66	-	0.51	0.32	0.3	3.4	0.61	0.33	0.3	3.1
Spain	547	9.91	7.9	0.67	0.52	0.0	0.0	-	-	-	-
Netherlands	316	10.44	0.6	0.51	0.33	0.1	2.1	-	-	-	-
UK	214	8.36	-	0.82	0.47	0.0	0.0	0.83	0.47	0.0	0.4

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B1 (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	0.56	0.39	0.1	0.6	1.04	0.41	0.0	0.4
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	0.61	0.43	0.2	0.4	0.74	0.44	0.2	0.4
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	0.68	0.52	0.0	0.0	-	-	-	-
Netherlands	1852	8.51	1.1	0.62	0.39	0.0	0.3	-	-	-	-
UK	459	6.92	-	0.80	0.48	0.0	0.2	1.01	0.49	0.0	0.2

\*Age range for Germany is 17-50 years

**Nutrient: Vitamin B1 (mg); age group: 18-60ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	0.56	0.40	0.0	0.4	1.09	0.42	0.0	0.2
France	1217	7.26	25.6	0.63	0.42	0.0	0.0	0.69	0.43	0.0	0.0
Germany	1850	8.22	16.2	0.61	0.44	0.1	0.3	0.76	0.44	0.1	0.3
Poland	1291	8.33	-	0.55	0.31	0.9	3.9	0.70	0.31	0.8	3.6
Spain	778	7.11	17.7	0.69	0.52	0.0	0.0	-	-	-	-
NL* 19-30ys	398	8.32	0.5	0.63	0.35	0.2	1.8	0.77	0.34	0.3	2.3
NL* 31-60ys	1432	8.25	1.5	0.67	0.42	0.0	0.1	-	-	-	-
UK	443	6.87	-	0.81	0.46	0.2	0.5	1.15	0.47	0.2	0.5

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin B1 (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	0.55	0.37	0.1	0.8	0.89	0.40	0.1	0.6
France	833	9.61	23.8	0.56	0.40	0.0	0.1	0.57	0.40	0.0	0.1
Germany	1405	11.49	11.9	0.61	0.42	0.0	0.4	0.74	0.43	0.0	0.4
Poland	1098	13.52	-	0.58	0.34	0.4	2.3	0.60	0.34	0.4	2.1
Spain	636	9.19	19.3	0.64	0.50	0.0	0.0	-	-	-	-
NL* 19-30ys	352	11.92	0.0	0.57	0.37	0.0	0.5	0.67	0.35	0.1	1.4
NL* 31-60ys	1264	10.91	0.1	0.61	0.38	0.0	0.4	-	-	-	-
UK	339	9.34	-	0.76	0.42	0.0	0.3	1.00	0.42	0.0	0.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin B1 (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	0.57	0.39	0.0	0.0	1.40	0.44	0.0	0.0
France	266	6.92	17.2	0.61	0.43	0.0	0.0	0.63	0.43	0.0	0.0
Germany	396	7.04	18.9	0.63	0.45	0.0	0.4	1.13	0.47	0.0	0.4
Poland	365	8.26	-	0.52	0.30	0.5	5.8	0.78	0.30	0.5	5.2
Spain	194	5.86	27.8	0.71	0.54	0.0	0.0	-	-	-	-
Netherlands	557	7.18	0.4	0.69	0.45	0.0	0.0	-	-	-	-
UK	170	6.48	-	0.88	0.56	0.0	0.0	1.26	0.61	0.0	0.0

**Nutrient: Vitamin B1 (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	0.55	0.37	0.8	1.1	1.06	0.41	0.5	0.8
France	207	9.41	8.2	0.54	0.39	0.0	0.0	0.56	0.39	0.0	0.0
Germany	349	8.86	15.4	0.64	0.48	0.0	0.0	0.80	0.49	0.0	0.0
Poland	226	10.56	-	0.55	0.32	0.4	3.5	0.64	0.32	0.4	3.5
Spain	193	7.36	25.4	0.63	0.46	0.0	0.0	-	-	-	-
Netherlands	366	8.74	0.6	0.61	0.39	0.0	0.0	-	-	-	-
UK	127	8.28	-	0.81	0.50	0.0	0.0	1.08	0.52	0.0	0.0

**Table A11.** Vitamin B2 intake from the base diet and base diet with supplements**Nutrient: Vitamin B2 (mg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	1.5	0.6	0.0	1.5	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	1.2	0.5	0.9	5.1	2.2	0.5	0.9	4.2
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	1.2	0.7	0.9	1.0	1.3	0.7	0.0	1.0
UK	219	4.75	-	1.4	0.7	1.1	1.9	1.5	0.7	1.1	1.9

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin B2 (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	1.4	0.7	0.0	3.1	-	-	-	-
Denmark	384	7.8	2.9	1.5	0.8	0.0	2.1	2.0	1.0	0.0	1.3
France	271	6.63	4.4	1.5	1.0	0.0	1.6	1.5	1.0	0.0	1.6
Germany*	503	6.97	4.9	1.4	0.7	0.4	8.3	1.4	0.7	0.4	8.3
Poland	233	7.79	-	1.3	0.5	2.6	12.0	1.5	0.5	2.6	11.2
Spain	356	7.24	1.4	1.6	1.2	0.0	0.6	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	1.2	0.7	0.1	1.8	1.3	0.7	0.2	2.5
NL <sup>†</sup> 7-10ys	171	7.93	1.2	1.4	0.7	0.6	7.2	-	-	-	-
UK	213	6.40	-	1.4	0.7	0.2	6.9	1.5	0.7	0.2	6.9

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin B2 (mg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	1.5	0.8	0.0	0.4	-	-	-	-
Denmark	399	8.60	0.5	1.7	1.0	0.3	0.8	2.1	1.2	0.0	0.0
France	243	7.39	3.3	1.7	1.0	0.0	0.4	1.7	1.0	0.0	0.4
Germany*	526	7.71	3.8	1.6	0.8	0.4	3.4	1.6	0.8	0.4	3.4
Poland	222	8.83	-	1.5	0.7	0.9	5.9	2.0	0.7	0.9	5.0
Spain	361	7.99	1.7	1.8	1.4	0.0	0.0	-	-	-	-
NL <sup>†</sup> 4-6ys	327	6.71	1.8	1.4	0.8	0.1	1.3	1.5	0.8	0.1	1.2
NL <sup>†</sup> 7-10ys	141	9.25	0.7	1.5	0.8	0.2	4.6	-	-	-	-
UK	210	6.71	-	1.6	0.8	0.0	3.7	1.6	0.8	0.0	3.7

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin B2 (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	1.5	0.8	0.0	0.4	-	-	-	-
Denmark	309	8.00	18.1	1.4	0.6	13.3	18.1	2.1	0.7	9.1	12.0
France	243	7.39	3.3	1.5	0.8	5.0	10.4	1.5	0.8	5.0	10.4
Germany*	650	9.69	10.2	2.1	0.8	5.6	8.7	2.2	0.8	5.0	8.1
Poland	222	8.83	-	1.5	0.6	10.5	16.4	2.0	0.6	9.8	15.7
Spain	562	7.87	7.8	1.5	1.1	0.5	1.0	-	-	-	-
Netherlands	300	8.46	0.7	1.4	0.8	6.5	11.5	-	-	-	-
UK	191	6.95	-	1.3	0.6	16.6	26.2	1.3	0.7	15.8	25.4

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B2 (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	1.8	1.0	2.9	6.1	2.5	1.0	2.9	4.7
France	393	8.84	20.6	1.8	1.0	1.2	4.9	1.8	1.0	1.2	4.9
Germany*	622	12.90	6.8	2.6	1.0	1.6	4.0	2.7	1.0	1.4	4.0
Poland	295	12.66	-	2.0	0.8	4.1	8.1	2.2	0.8	4.1	8.1
Spain	547	9.91	7.9	1.9	1.3	0.4	1.1	-	-	-	-
Netherlands	316	10.44	0.6	1.6	0.9	3.0	10.0	-	-	-	-
UK	214	8.36	-	1.6	0.7	8.2	16.9	1.6	0.7	8.2	16.9

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B2 (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	1.5	0.7	7.0	10.9	2.4	0.8	4.4	7.2
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	1.6	0.9	3.1	5.0	1.8	0.9	2.6	4.2
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	1.5	1.0	1.1	1.5	-	-	-	-
Netherlands	1852	8.51	1.1	1.4	0.8	5.3	9.5	-	-	-	-
UK	459	6.92	-	1.3	0.6	14.3	21.6	1.6	0.6	12.9	19.9

\*Age range for Germany is 17-50 years

**Nutrient: Vitamin B2 (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	1.5	0.8	6.5	10.4	2.4	0.9	3.7	6.4
France	1217	7.26	25.6	1.6	0.9	2.4	5.0	1.8	0.9	2.2	5.0
Germany	1850	8.22	16.2	1.6	0.9	3.1	5.4	1.8	0.9	2.7	4.4
Poland	1291	8.33	-	1.4	0.6	14.9	21.0	1.7	0.6	13.8	19.1
Spain	778	7.11	17.7	1.4	1.0	1.0	1.5	-	-	-	-
NL* 19-30ys	398	8.32	0.5	1.5	0.8	6.0	10.6	1.9	0.8	5.6	9.1
NL* 31-60ys	1432	8.25	1.5	1.5	0.8	4.7	8.6	-	-	-	-
UK	443	6.87	-	1.4	0.6	12.1	16.7	1.8	0.6	10.9	15.3



**Nutrient: Vitamin B2 (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	2.6	1.0	2.4	8.0	1.8	0.9	1.6	4.7
France	833	9.61	23.8	1.9	0.9	1.6	6.2	1.9	1.0	1.5	5.8
Germany	1405	11.49	11.9	2.1	1.2	0.2	1.7	2.2	1.2	0.2	1.6
Poland	1098	13.52	-	2.1	1.0	1.9	5.2	2.2	1.0	1.9	5.1
Spain	636	9.19	19.3	1.6	1.2	0.0	0.8	-	-	-	-
NL* 19-30ys	352	11.92	0.0	1.9	1.1	0.8	3.2	2.2	1.0	2.2	6.0
NL* 31-60ys	1264	10.91	0.1	1.8	1.0	1.3	5.2	-	-	-	-
UK	339	9.34	-	1.8	0.9	3.2	10.2	2.1	0.9	2.7	9.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin B2 (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.54	-	1.4	0.7	10.9	14.6	2.8	0.8	6.0	8.3
France	266	6.92	19.2	1.6	1.0	2.8	4.5	1.6	1.0	2.8	4.5
Germany	396	7.04	18.9	1.4	0.8	3.9	16.8	2.2	0.8	2.8	15.4
Poland	365	8.26	-	1.5	0.6	10.7	16.7	1.8	0.7	9.3	14.5
Spain	194	5.86	27.8	1.3	1.0	0.5	0.2	-	-	-	-
Netherlands	557	7.18	0.4	1.5	0.8	3.8	7.1	-	-	-	-
UK	170	6.48	-	1.6	0.9	2.8	4.8	2.4	0.9	2.8	4.4

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin B2 (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.6	14.7	1.7	0.7	5.7	12.1	2.7	0.9	3.8	6.7
France	207	9.41	8.2	1.9	1.1	0.9	2.0	1.9	1.1	0.9	2.0
Germany	349	8.86	15.4	1.7	1.0	1.3	5.5	1.9	1.0	1.3	5.1
Poland	226	10.56	-	1.8	0.7	7.1	13.3	2.1	0.8	6.6	12.8
Spain	193	7.36	25.4	1.4	1.0	1.0	7.3	-	-	-	-
Netherlands	366	8.74	0.6	1.6	0.9	2.1	7.6	-	-	-	-
UK	127	8.28	-	1.8	0.9	1.6	8.8	2.1	0.9	1.6	8.2

**Table A12.** Vitamin B6 intake from the base diet and base diet with supplements**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	18.2	45.4	0.0	0.0	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	23.3	12.5	1.7	7.6	51.7	12.8	0.8	5.9
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	27.0	17.3	0.0	0.4	30.7	16.3	0.4	1.2
UK	219	4.75	-	33.9	19.1	0.0	0.0	38.6	21.0	0.0	0.0

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	18.0	10.6	0.1	0.5	-	-	-	-
Denmark	384	7.80	2.9	17.7	13.9	0.3	1.8	26.8	15.6	0.0	0.3
France	271	6.63	4.4	22.8	16.8	0.0	0.0	23.1	16.9	0.0	0.0
Germany*	503	6.97	4.9	27.6	16.3	0.0	0.0	27.6	16.3	0.0	0.0
Poland	233	7.79	-	25.7	13.3	1.3	4.3	29.3	13.3	1.3	4.3
Spain	356	7.24	1.4	19.7	15.2	0.0	0.6	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	26.4	16.7	0.1	0.6	30.5	16.0	0.5	1.4
NL <sup>†</sup> 7-10ys	171	7.93	1.2	20.7	15.6	0.0	0.3	-	-	-	-
UK	213	6.40	-	33.2	20.6	0.0	0.0	34.0	20.7	0.0	0.0

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	18.4	10.3	0.1	0.6	-	-	-	-
Denmark	399	8.60	0.5	17.5	13.7	0.0	2.0	25.0	15.0	0.0	1.0
France	243	7.39	3.3	22.6	16.0	0.0	0.0	22.7	16.0	0.0	0.0
Germany*	526	7.71	3.8	29.3	16.8	0.0	0.3	29.3	16.8	0.0	0.3
Poland	222	8.83	-	25.5	14.6	0.9	2.3	30.4	14.6	0.9	2.3
Spain	361	7.99	1.7	20.6	15.5	0.0	0.0	-	-	-	-
NL <sup>†</sup> 4-6ys	327	6.71	1.8	26.9	17.4	0.0	0.2	31.0	17.2	0.0	0.0
NL <sup>†</sup> 7-10ys	141	9.25	0.7	20.6	15.6	0.0	0.3	-	-	-	-
UK	210	6.71	-	32.6	21.9	0.0	0.0	34.3	22.3	0.0	0.0

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	17.7	13.4	0.0	2.3	35.7	13.6	0.0	1.6
France	443	7.30	23.0	22.7	16.0	0.0	0.0	23.0	16.0	0.0	0.0
Germany*	650	9.69	10.2	35.3	18.1	0.0	0.3	35.3	18.1	0.0	0.3
Poland	286	9.74	-	25.7	13.3	2.1	4.5	34.4	13.7	1.7	3.8
Spain	562	7.87	7.8	18.6	16.0	0.0	0.0	-	-	-	-
Netherlands	300	8.46	0.7	20.7	15.6	0.0	0.3	-	-	-	-
UK	191	6.95	-	36.0	18.5	0.0	0.0	37.4	18.5	0.0	0.0

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	17.3	13.4	0.0	2.5	29.9	14.1	0.0	1.4
France	393	8.84	20.6	21.4	15.4	0.1	0.4	21.5	15.5	0.1	0.4
Germany*	622	12.90	6.8	31.5	16.0	0.2	1.3	31.5	16.0	0.2	1.3
Poland	295	12.66	-	25.0	12.7	1.7	5.4	28.3	13.4	1.7	4.7
Spain	547	9.91	7.9	18.9	15.4	0.2	0.5	-	-	-	-
Netherlands	316	10.44	0.6	20.7	15.6	0.0	0.3	-	-	-	-
UK	214	8.36	-	32.2	18.5	0.4	0.4	32.6	18.5	0.4	0.4

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	18.6	13.7	0.1	2.7	39.1	14.7	0.0	1.4
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	23.2	16.7	0.2	0.5	26.8	16.9	0.2	0.5
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	20.9	17.3	0.0	0.0	-	-	-	-
Netherlands	1852	8.51	1.1	20.7	15.6	0.0	0.3	-	-	-	-
UK	459	6.92	-	34.0	18.5	0.0	0.0	40.9	19.0	0.0	0.0

\*Age range for Germany is 17-50 years

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.2	11.9	19.1	14.1	0.1	2.2	41.1	15.0	0.0	1.0
France	1217	7.26	25.6	21.1	15.7	0.1	0.4	25.4	15.7	0.1	0.4
Germany	1850	8.22	16.2	23.4	16.9	0.2	0.5	29.5	17.1	0.2	0.4
Poland	1291	8.33	-	26.2	13.7	1.5	4.0	33.1	13.9	1.4	3.5
Spain	778	7.11	17.7	21.2	17.5	0.0	0.0	-	-	-	-
NL* 19-30ys	398	8.32	0.5	24.8	15.7	0.1	1.7	29.6	15.9	0.1	1.9
NL* 31-60ys	1432	8.25	1.5	20.7	15.6	0.0	0.3	-	-	-	-
UK	443	6.87	-	32.3	18.4	0.0	0.0	43.4	19.0	0.0	0.0

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	18.8	14.3	0.0	1.3	33.2	14.9	0.0	0.8
France	833	9.61	23.8	19.0	14.0	0.2	1.7	19.6	14.0	0.2	1.7
Germany	1405	11.49	11.9	22.1	15.3	0.2	1.1	25.4	15.5	0.1	1.0
Poland	1098	13.52	-	25.3	15.3	0.8	2.0	26.2	15.5	0.8	1.9
Spain	636	9.19	19.3	20.3	16.1	0.0	0.2	-	-	-	-
NL* 19-30ys	352	11.91	0.0	23.4	18.0	0.0	0.0	26.7	15.0	0.0	2.0
NL* 31-60ys	1264	10.91	0.1	21.2	16.0	0.0	0.2	-	-	-	-
UK	339	9.34	-	33.2	18.4	0.7	0.7	36.0	18.4	0.7	0.7

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	20.2	15.3	0.0	0.3	55.3	16.0	0.0	0.0
France	266	6.92	19.2	21.4	15.5	0.0	0.0	22.6	15.5	0.0	0.0
Germany	396	7.04	18.9	23.9	18.2	0.0	0.0	42.3	18.4	0.0	0.0
Poland	365	8.26	-	24.9	12.3	3.3	6.6	31.1	12.5	3.0	6.0
Spain	194	5.86	27.8	22.8	19.5	0.0	0.0	-	-	-	-
Netherlands	557	7.18	0.4	20.7	15.6	0.0	0.3	-	-	-	-
UK	170	6.48	-	30.1	18.7	0.0	2.0	41.0	18.7	0.0	2.0

**Nutrient: Vitamin B6 ( $\mu\text{g/g prot}$ ); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g/g pr}$ )	P5 intake ( $\mu\text{g/g pr}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	20.0	15.1	0.0	0.0	42.9	15.6	0.0	0.0
France	207	9.41	8.2	20.6	15.5	0.0	1.0	21.0	15.5	0.0	1.0
Germany	349	8.86	15.4	23.8	18.2	0.0	0.0	28.0	18.4	0.0	0.0
Poland	226	10.56	-	24.9	14.4	0.9	2.7	33.3	14.8	0.9	2.7
Spain	193	7.36	25.4	21.9	17.8	0.0	1.0	-	-	-	-
Netherlands	366	8.74	0.6	21.7	16.3	0.0	0.1	-	-	-	-
UK	127	8.28	-	31.4	19.4	0.0	0.0	39.0	19.4	0.0	0.0

**Table A13.** Vitamin B12 intake from the base diet and base diet with supplements**Nutrient: Vitamin B12 (µg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	2.3	0.6	0.8	1.7	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	2.6	1.3	0.0	0.0	2.8	1.4	0.0	0.0
UK	219	4.75	-	3.9	1.8	0.0	1.1	4.0	1.8	0.0	1.1

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin B12 (µg); age group: 4-10ys,females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	384	7.8	2.9	4.5	2.1	0.0	0.3	5.1	2.4	0.0	0.0
France	271	6.63	4.4	3.5	2.3	0.0	0.0	3.5	2.4	0.0	0.0
Germany*	503	6.97	4.9	3.4	1.4	0.2	2.2	3.4	1.4	0.2	2.2
Poland	233	7.79	-	2.8	0.7	2.6	6.4	-	-	-	-
Spain	356	7.24	1.4	6.0	4.7	0.0	0.0	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	2.6	1.4	0.0	0.1	2.7	1.5	0.0	0.1
NL <sup>†</sup> 7-10ys	171	7.93	1.2	3.3	1.6	0.0	0.1	-	-	-	-
UK	213	6.40	-	3.8	1.6	0.0	0.0	3.8	1.6	0.0	0.0

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin B12 (µg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	399	8.6	0.5	5.2	2.6	0.0	0.0	5.7	3.0	0.0	0.0
France	243	7.39	3.3	3.7	2.4	0.0	0.0	3.9	2.4	0.0	0.0
Germany	526	7.71	3.8	4.0	2.0	0.3	0.3	4.1	2.0	0.3	0.3
Poland	222	8.83	-	3.5	0.8	2.3	5.0	-	-	-	-
Spain	361	7.99	1.7	6.9	4.6	0.0	0.0	-	-	-	-
NL <sup>†</sup> 4-6ys	327	6.71	1.8	2.9	1.3	0.0	0.3	3.1	1.4	0.0	0.2
NL <sup>†</sup> 7-10ys	141	9.25	0.7	3.8	1.7	0.0	0.1	-	-	-	-
UK	210	6.71	-	4.2	1.9	0.0	0.0	4.3	1.9	0.0	1.1

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin B12 (µg);age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	3.8	1.4	0.3	2.3	4.5	1.6	0.0	1.6
France	443	7.30	23.0	3.6	2.2	0.5	0.9	3.6	2.2	0.5	0.9
Germany*	650	9.69	10.2	4.8	1.7	0.2	1.1	4.9	1.7	0.0	0.7
Poland	286	9.74	-	3.5	0.9	7.3	10.5	-	-	-	-
Spain	562	7.87	7.8	6.9	5.2	0.0	0.0	-	-	-	-
Netherlands	300	8.46	0.7	3.8	1.6	0.2	0.7	-	-	-	-
UK	191	6.95	-	3.6	1.4	1.2	1.9	3.6	1.4	1.2	1.2

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B12 (µg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	6.0	2.5	0.0	0.0	5.3	2.3	0.0	0.0
France	393	8.84	20.6	4.5	2.3	0.0	0.2	4.5	2.3	0.0	0.2
Germany*	622	12.90	6.8	7.0	2.8	0.0	0.0	7.1	2.8	0.0	0.0
Poland	295	12.66	-	5.1	0.9	5.8	8.5	-	-	-	-
Spain	547	9.91	7.9	8.6	6.6	0.0	0.0	-	-	-	-
Netherlands	316	10.44	0.6	4.1	1.8	0.1	0.5	-	-	-	-
UK	214	8.36	-	4.6	1.9	1.8	2.3	4.6	1.9	1.8	2.3

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin B12 (µg);age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	4.2	1.7	0.8	1.8	5.2	1.9	0.5	1.1
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	5.2	2.0	0.9	1.3	6.4	2.1	0.7	1.0
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	4.0	3.0	0.6	0.6	-	-	-	-
Netherlands	1850	8.51	1.1	3.6	1.8	0.2	0.7	-	-	-	-
UK	459	6.92	-	4.1	1.4	1.6	4.0	4.4	1.4	1.1	3.0

\*Age range for Germany is 17-50

**Nutrient: Vitamin B12 (µg);age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	4.4	1.8	0.7	1.5	5.4	2.0	0.4	0.9
France	1217	7.26	25.6	4.5	2.7	0.0	0.1	4.7	2.7	0.0	0.1
Germany*	1850	8.22	16.2	5.2	2.0	1.0	1.4	6.3	2.1	0.9	1.2
Poland	1291	8.33	-	3.5	0.5	15.3	22.2	-	-	-	-
Spain	778	7.11	17.7	4.1	3.1	0.5	0.6	-	-	-	-
NL 19-30yrs	398	8.32	0.5	3.5	1.8	0.3	0.9	4.0	1.8	0.4	1.2
NL 31-60yrs	1432	8.25	1.5	3.8	1.9	0.1	0.5	-	-	-	-
UK	443	6.87	-	4.5	1.3	1.5	4.4	5.0	1.4	0.9	3.6

Nutrient: Vitamin B12 (µg); age group: 18-60 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	5.9	2.4	0.2	0.5	6.7	2.7	0.2	0.4
France	8.33	9.61	23.8	5.5	2.9	0.0	0.0	5.5	2.9	0.0	0.0
Germany*	1405	11.49	11.9	7.9	3.5	0.1	0.1	8.2	3.5	0.1	0.1
Poland	1098	13.52	-	5.7	1.1	4.2	6.6	-	-	-	-
Spain	636	9.19	19.3	5.0	3.8	0.0	0.0	-	-	-	-
NL 19-30yrs	352	11.92	0.0	5.0	3.0	0.0	0.0	5.8	2.8	0.0	0.0
NL 31-60yrs	1264	10.91	0.1	4.9	2.2	0.1	0.3	-	-	-	-
UK	339	9.34	-	5.9	1.9	0.8	1.3	6.2	1.9	0.8	1.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

Nutrient: Vitamin B12 (µg); age group: > 60 ys, females

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.54	-	4.7	1.8	0.0	1.1	6.1	2.2	0.0	0.6
France	266	6.92	19.2	4.4	2.5	0.0	0.0	4.4	2.5	0.0	0.0
Germany	396	7.04	18.9	5.0	2.0	0.4	1.7	5.5	2.0	0.4	1.5
Poland	365	8.26	-	3.3	0.6	12.1	16.7	-	-	-	-
Spain	194	5.86	27.8	3.5	2.8	1.0	1.0	-	-	-	-
Netherlands	557	7.18	0.4	4.1	2.1	0.1	0.3	-	-	-	-
UK	170	6.48	-	6.0	1.9	1.1	2.0	6.9	1.9	1.1	2.0

Nutrient: Vitamin B12 (µg); age group: > 60 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.6	14.7	5.9	2.2	0.5	1.1	7.0	2.7	0.3	0.8
France	207	9.41	8.2	5.4	2.8	0.0	0.0	5.4	2.8	0.0	0.0
Germany	349	8.86	15.4	6.7	2.9	0.0	0.0	6.9	3.0	0.0	0.0
Poland	226	10.56	-	5.1	0.8	5.8	12.4	-	-	-	-
Spain	193	7.36	25.4	4.1	3.1	0.0	0.0	-	-	-	-
Netherlands	366	8.74	0.6	5.0	2.3	0.0	0.2	-	-	-	-
UK	127	8.28	-	7.1	3.2	0.5	0.5	7.7	3.2	0.5	0.5

**Table A14.** Folate intake from the base diet and base diet with supplements**Nutrient: Folate ( $\mu\text{g}$ ); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	126	51	0.0	4.2	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	105	64	0.0	0.8	140	57	0.5	2.9
UK	219	4.75	-	156	83	1.1	1.1	156	83.00	1.1	1.1

\*Age range for The Netherlands is 2-3 years

**Nutrient: Folate ( $\mu\text{g}$ ); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	384	7.80	2.9	248	145	0.0	0.0	288	172	0.0	0.0
France	271	6.63	4.4	209	120	0.0	0.3	210	120	0.0	0.3
Germany*	503	6.97	4.9	205	99	0.7	6.9	205	99	0.7	6.9
Poland	233	7.79	-	181	90	1.7	6.9	-	-	-	-
Spain	356	7.24	1.4	129	82	1.1	9.3	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	109	68	0.5	9.6	146	57	2.9	12.9
NL <sup>†</sup> 7-10ys	171	7.93	1.2	144	85	2.1	20.3	-	-	-	-
UK	213	6.40	-	189	105	0.0	2.6	192	105	0.0	2.6

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Folate ( $\mu\text{g}$ ); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	399	8.60	0.5	272	150	0.0	0.3	312	187	0.0	0.0
France	243	7.39	3.3	226	134	0.0	0.7	227	134	0.0	0.7
Germany*	526	7,71	3,9	226	109	0.4	3.9	226	109	0.4	3.9
Poland	222	8.83	-	199	103	0.9	3.6	-	-	-	-
Spain	361	7.99	1.7	142	91	0.3	7.2	-	-	-	-
NL <sup>†</sup> 4-6ys	327	6.71	1.8	121	76	0.1	4.6	165	73	0.4	5.7
NL <sup>†</sup> 7-10ys	141	9.25	0.7	158	96	0.7	12.3	-	-	-	-
UK	210	6.71	-	209	123	0.0	1.0	219	123	0.0	1.0

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys



**Nutrient: Folate (µg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.0	247	125	1.3	10.0	320	140	0.3	7.4
France	443	7.30	23.0	223	119	1.5	13.5	223	119	1.5	13.5
Germany*	650	9.69	10.2	329	124	1.2	8.2	346	128	1.0	7.7
Poland	286	9.74	-	243	117	2.8	15.4	-	-	-	-
Spain	562	7.87	7.8	141	103	3.9	63.3	-	-	-	-
Netherlands	300	8.46	0.7	156	94	7.6	48.4	-	-	-	-
UK	191	6.95	-	193	102	3.8	23.7	199	109	3.4	23.3

\*Age range for Germany is 12-17 years

**Nutrient: Folate (µg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	305	150	0.4	4.7	381	176	0.4	3.2
France	393	8.84	20.6	259	150	0.9	4.8	259	150	0.9	4.8
Germany*	622	12.90	6.8	381	143	0.9	5.7	397	148	0.8	5.3
Poland	295	12.66	-	301	139	1.4	7.8	-	-	-	-
Spain	547	9.91	7.9	166	105	3.7	38.0	-	-	-	-
Netherlands	316	10.44	0.6	179	109	2.5	29.9	-	-	-	-
UK	214	8.36	-	230	115	1.3	14.5	232	115	1.3	14.5

\*Age range for Germany is 12-17 years

**Nutrient: Folate (µg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	291	148	0.7	2.0	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	246	141	0.9	7.4	278	144	0.8	6.6
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	213	144	0.5	7.1	-	-	-	-
Netherlands	1852	8.51	1.1	169	103	4.1	36.4	-	-	-	-
UK	459	6.92	-	213	105	4.0	20.6	234	106	3.6	19.2

\*Age range for Germany is 17-50 years

**Nutrient: Folate (µg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	299	154	0.7	3.7	404	174	0.4	2.3
France	1217	7.26	25.6	247	126	1.8	10.1	254	126	1.8	9.9
Germany	1850	8.22	16.2	247	141	1.0	7.5	277	144	1.0	6.6
Poland	1291	8.33	-	221	99	5.5	21.5	-	-	-	-
Spain	778	7.11	17.7	219	146	0.4	6.2	-	-	-	-
NL* 19-30ys	398	8.32	0.5	156	101	4.8	46.0	250	83	9.5	27.8
NL* 31-60ys	1432	8.25	1.5	174	106	3.3	32.8	-	-	-	-
UK	443	6.87	-	226	106	4.1	16.9	256	106	4.0	15.4

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Folate (µg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	323	167	0.3	2.2	409	189	0.3	1.7
France	833	9.61	23.8	272	139	0.4	7.5	273	139	0.4	7.5
Germany	1405	11.49	11.9	294	171	0.1	2.0	315	177	0.1	1.8
Poland	1098	13.52	-	333	157	1.1	3.8	-	-	-	-
Spain	636	9.19	19.3	237	162	0.2	3.0	-	-	-	-
NL* 19-30ys	352	11.92	0.0	224	144	0.2	6.9	260	122	2.0	11.8
NL* 31-60ys	1264	10.91	0.1	216	134	0.4	10.7	-	-	-	-
UK	339	9.34	-	306	132	2.1	8.1	320	132	2.1	7.4

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Folate (µg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	297	141	1.4	4.9	437	153	0.9	3.1
France	266	6.92	19.2	263	141	0.0	7.6	298	141	0.0	7.3
Germany	396	7.04	18.9	225	137	1.0	9.6	290	145	1.0	8.4
Poland	365	8.26	-	216	106	3.8	21.1	-	-	-	-
Spain	194	5.86	27.8	221	171	0.0	0.0	-	-	-	-
Netherlands	557	7.18	0.4	179	110	2.6	29.1	-	-	-	-
UK	170	6.48	-	241	129	3.5	12.8	272	129	3.5	11.9

Nutrient: Folate ( $\mu\text{g}$ ); age group: > 60 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	308	133	1.6	5.1	419	158	1.3	4.3
France	207	9.41	8.2	307	168	0.0	1.8	309	168	0.0	1.8
Germany	349	8,86	15.4	263	156	0.6	3.2	274	156	0.6	3.2
Poland	226	10.56	-	264	123	2.2	10.6	-	-	-	-
Spain	193	7.36	25.4	237	165	0.0	1.6	-	-	-	-
Netherlands	366	8.74	0.6	199	125	0.7	15.7	-	-	-	-
UK	127	8.28	-	297	140	0.5	5.9	314	149	0.5	5.3

**Table A15. Vitamin C intake from the base diet and base diet with supplements****Nutrient: Vitamin C (mg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	81	22	0.0	3.6	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	50	8	3.4	21.4	118	13	0.9	14.3
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	65	30	0.0	0.8	73	32	0.0	0.7
UK	219	4.75	-	67	23	1.1	2.9	73	23	1.1	2.3

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin C (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	82	21	0.0	3.6	-	-	-	-
Denmark	384	7.80	2.9	89	35	0.0	0.3	112	51	0.0	0.0
France	259	6.71	4.4	75	33	0.0	0.4	75	33	0.0	0.4
Germany*	503	6.97	4.9	106	28	0.0	2.3	106	28	0.0	2.3
Poland	233	7.79	-	68	13	2.2	9.0	95	16	0.9	6.9
Spain	356	7.24	1.4	71	33	0.0	0.0	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	65	29	0.0	0.9	72	30	0.0	0.9
NL <sup>†</sup> 7-10ys	171	7.93	1.2	68	26	0.0	1.9	-	-	-	-
UK	213	6.40	-	86	20	0.0	4.6	92	22	0.0	4.4

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin C (mg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	84	26	0.0	1.7	-	-	-	-
Denmark	399	8.60	0.5	93	33	0.0	0.3	116	47	0.0	0.3
France	243	7.39	3.3	73	31	0.0	0.0	74	31	0.0	0.0
Germany*	526	7.71	3.8	108	32	0.0	1.4	108	32	0.0	1.4
Poland	222	8.83	-	70	14	2.7	7.2	129	19	1.8	6.3
Spain	361	7.99	1.7	75	30	0.0	1.7	-	-	-	-
NL <sup>†</sup> 4-6ys	327	6.71	1.8	71	34	0.0	0.3	81	36	0.0	0.2
NL <sup>†</sup> 7-10ys	141	9.25	0.7	67	30	0.0	1.5	-	-	-	-
UK	210	6.71	-	87	28	0.0	1.3	96	28	0.0	1.3

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin C (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	99	29	0.3	2.3	119	37	0.0	1.6
France	443	7.30	23.0	83	28	0.0	2.7	85	28	0.0	2.7
Germany*	650	9.69	10.2	201	55	0.0	0.2	212	58	0.0	0.0
Poland	286	9.74	-	94	19	2.5	8.0	109	19	2.1	7.0
Spain	562	7.87	7.8	69	27	0.0	3.2	-	-	-	-
Netherlands	300	8.46	0.7	72	28	0.0	2.4	-	-	-	-
UK	191	6.95	-	80	21	0.3	7.1	85	21	0.3	7.1

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin C (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	102	34	0.4	1.8	122	41	0.0	1.1
France	393	8.84	20.6	83	31	0.0	2.1	88	31	0.0	2.1
Germany*	622	12.90	6.8	203	56	0.0	0.4	210	57	0.0	0.4
Poland	295	12.66	-	99	19	1.0	7.5	125	20	1.0	6.8
Spain	547	9.90	7.9	72	33	0.0	0.7	-	-	-	-
Netherlands	316	10.44	0.6	71	29	0.0	2.0	-	-	-	-
UK	214	8.36	-	87	20	1.0	7.2	90	21	1.0	6.6

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin C (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	105	35	0.1	1.7	132	42	0.0	1.0
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	152	57	0.0	0.2	174	59	0.0	0.2
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	97	49	0.0	0.0	-	-	-	-
Netherlands	1852	8.51	1.1	81	33	0.0	1.7	-	-	-	-
UK	459	6.92	-	82	21	0.9	9.8	106	21	0.9	2.2

\*Age range for Germany is 17-50 years

**Nutrient: Vitamin C (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	108	37	0.0	1.5	138	45	0.0	0.8
France	1217	7.26	25.6	86	28	0.0	2.1	96	28	0.0	2.1
Germany	1850	8.22	16.2	152	55	0.0	0.2	175	59	0.0	0.2
Poland	1291	8.33	-	81	15	2.7	13.2	102	16	2.2	12.2
Spain	778	7.11	17.7	106	55	0.0	0.0	-	-	-	-
NL* 19-30ys	398	8.32	0.5	93	40	0.0	0.7	132	40	0.0	1.0
NL* 31-60ys	1432	8.25	1.5	86	35	0.0	1.2	-	-	-	-
UK	443	6.87	-	84	21	1.3	9.8	117	21	1.3	9.1

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin C (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	101	35	0.1	1.6	125	43	0.1	1.1
France	833	9.61	23.8	81	28	0.1	2.7	87	28	0.1	2.6
Germany	1405	11.49	11.9	152	56	0.2	0.3	173	59	0.2	0.3
Poland	1098	13.52	-	100	17	2.6	8.2	107	17	2.6	8.0
Spain	636	9.19	19.3	95	49	0.0	0.2	-	-	-	-
NL*19-30ys	352	11.92	0.0	99	42	0.0	0.5	117	43	0.0	0.6
NL* 31-60ys	1264	10.91	0.1	81	35	0.0	1.3	-	-	-	-
UK	339	9.34	-	93	20	0.5	8.0	104	21	0.5	7.3

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin C (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	114	36	0.3	1.4	154	46	0.0	0.9
France	266	6.92	19.2	94	31	0.0	1.5	111	31	0.0	1.5
Germany	396	7.04	18.9	132	56	0.0	0.4	167	56	0.0	0.4
Poland	365	8.26	-	69	12	4.1	14.8	91	12	3.8	13.4
Spain	194	5.86	27.8	121	64	0.0	0.0	-	-	-	-
Netherlands	557	7.18	0.4	104	43	0.0	0.5	-	-	-	-
UK	170	6.48	-	88	19	0.5	6.9	108	19	0.5	2.9

**Nutrient: Vitamin C (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	--	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	96	33	0.3	2.2	127	39	0.3	1.9
France	207	9.41	8.2	93	34	0.0	2.1	100	36	0.0	1.6
Germany	349	8.86	15.4	142	59	0.0	0.0	157	62	0.0	0.0
Poland	226	10.56	-	77	12	3.1	12.8	91	12	3.1	12.8
Spain	193	7.36	25.4	123	56	0.0	0.0	-	-	-	-
Netherlands	366	8.74	0.6	87	37	0.0	0.9	-	-	-	-
UK	127	8.28	-	88	21	0.5	6.8	107	21	0.5	6.8

**Table A16.** Vitamin D intake from the base diet and base diet with supplements**Nutrient: Vitamin D (µg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	2.3	0.5	78.2	92.9	-	-	-	-
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	-	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	1.3	0.1	90.7	100.0	-	-	-	-
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	1.8	0.9	84.4	100	4.2	1.2	26.3	76.5
UK	219	4.75	-	1.9	0.3	83.2	96.2	2.3	0.3	73.9	92.5

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin D (µg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	1.7	0.5	85.8	98.2	-	-	-	-
Denmark	384	7.79	2.9	2.1	1.0	76.6	97.7	7.4	1.4	20.3	32.3
France	271	6.63	4.4	1.8	1.1	93.8	100.0	1.8	1.1	92.2	100.0
Germany*	503	6.97	4.9	1.6	0.3	84.3	97.8	1.7	0.3	82.2	96.3
Poland	233	7.79	-	2.1	0.4	72.1	95.3	-	-	-	-
Spain	356	7.24	1.4	1.6	0.8	90.2	100.0	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	2.0	1.0	78.9	97.0	2.9	0.7	51.1	91.9
NL <sup>†</sup> 7-10ys	171	7.93	1.2	2.9	1.3	41.6	96.5	-	-	-	-
UK	213	6.40	-	1.9	0.7	80.5	99.0	2.4	0.7	68.9	92.0

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin D (µg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	2.0	0.6	82.3	94.8	-	-	-	-
Denmark	399	8.64	0.5	2.5	1.1	67.7	95.0	7.8	1.4	19.8	31.1
France	243	7.39	3.3	1.9	1.1	87.3	100.0	2.0	1.1	84.7	99.7
Germany	526	7.71	3.8	1.9	0.3	82.9	96.1	1.9	0.3	81.4	95.1
Poland	222	8.83	-	2.5	0.5	65.3	92.3	-	-	-	-
Spain	361	7.99	1.7	1.9	1.1	88.9	100.0	-	-	-	-
NL <sup>†</sup> 4-6yrs	327	6.71	1.8	2.1	1.0	71.9	99.9	3.1	0.8	46.8	90.1
NL <sup>†</sup> 7-10yrs	141	9.25	0.7	3.5	1.5	27.7	90.7	-	-	-	-
UK	210	6.71	-	1.9	0.7	75.5	99.7	2.7	0.8	60.1	88.4

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin D (µg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	9.5	2.0	0.7	80.3	96.1	3.8	0.7	46.0	76.7
France	443	7.30	23.0	1.8	0.9	92.1	100.0	1.8	0.9	91.0	99.9
Germany*	650	9.69	10.2	2.0	0.6	77.0	97.8	2.1	0.6	76.2	96.4
Poland	286	9.74	-	3.2	0.6	48.6	88.5	-	-	-	-
Spain	562	7.87	7.8	1.5	0.9	97.9	100.0	-	-	-	-
Netherlands	300	8.46	0.7	3.1	1.3	36.6	95.4	-	-	-	-
UK	191	6.95	-	1.9	0.5	75.5	98.9	2.2	0.5	71.8	95.2

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin D (µg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	9.92	10.6	2.6	1.1	62.4	95.0	4.4	1.2	32.3	71.7
France	393	8.84	20.6	1.9	0.9	81.7	100.0	1.9	0.9	81.1	99.9
Germany*	622	12.90	6.8	2.8	0.9	60.9	92.9	2.9	0.9	59.5	91.3
Poland	295	12.66	-	4.8	1.0	32.5	72.2	-	-	-	-
Spain	547	9.91	7.9	2.3	1.5	66.4	100.0	-	-	-	-
Netherlands	316	10.44	0.6	4.1	1.8	17.1	83.3	-	-	-	-
UK	214	8.36	-	2.4	0.9	63.0	96.5	2.5	0.9	61.9	95.1

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin D (µg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	2.7	0.8	65.5	90.8	5.3	1.0	34.2	59.9
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	2.6	0.8	59.5	93.2	2.8	0.8	58.2	92.1
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	1.4	0.7	93.3	100.0	-	-	-	-
Netherlands	1852	8.51	1.1	3.3	1.5	30.0	93.2	-	-	-	-
UK	459	6.92	-	2.2	0.6	67.9	96.3	2.8	0.6	60.0	88.0

\*Age range for Germany is 17-50 years



**Nutrient: Vitamin D (µg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
				Belgium	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	2.9	0.9	61.3	88.9	5.8	1.1	30.5	54.8
France	1217	7.26	25.6	2.2	1.1	71.5	99.6	2.6	1.1	67.5	96.9
Germany	1850	8.22	16.2	2.7	0.8	57.1	92.7	2.8	0.8	55.9	91.7
Poland	1291	8,33	-	3.4	0.5	51.7	89.5	-	-	-	-
Spain	788	7.11	17.7	1.3	0.5	94.7	100.0	-	-	-	-
NL*19-30ys	398	8.32	0.5	2.7	1.2	49.0	98.5	3.3	1.2	36.6	90.8
NL*31-60ys	1432	8.25	1.5	3.5	1.6	26.8	92.0	-	-	-	-
UK	443	6.87	-	2.5	0.7	60.3	93.7	3.4	0.7	50.6	81.6

Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin D (µg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
				Belgium	-	-	-	-	-	-	-
Denmark	1733	10.70	12.7	3.7	1.2	41.3	85.7	5.8	1.5	23.7	58.2
France	833	9.61	23.8	2.4	1.1	63.0	99.6	2.4	1.1	61.5	99.2
Germany	1405	11.49	11.9	3.5	1.1	42.5	86.9	3.6	1.1	42.2	86.1
Poland	1098	13.52	-	6.0	1.2	19.1	62.8	-	-	-	-
Spain	636	9.19	19.3	1.7	0.7	87.4	100.0	-	-	-	-
NL*19-30ys	352	11.92	0.0	3.9	2.0	14.3	89.3	4.3	1.9	14.3	78.5
NL*31-60ys	1264	10.91	0.1	5.0	2.3	7.3	67.8	-	-	-	-
UK	339	9.34	-	3.0	0.9	51.1	91.2	3.6	0.9	46.4	85.1

Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin D (µg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake	Mean Intake (µg)	P5 intake (µg)	% < LRNI intake	% < EAR intake
				Belgium	-	-	-	-	-	-	-
Denmark	350	7.70	11.3	3.2	1.1	50.6	95.7	7.1	1.5	19.1	50.9
France	266	6.92	19.2	2.1	1.0	75.4	99.7	2.3	1.0	72.4	97.7
Germany	396	7.04	18.9	2.9	0.8	53.8	94.7	3.3	0.8	51.9	92.3
Poland	365	8.26	-	2.9	0.5	55.9	95.6	-	-	-	-
Spain	194	5.86	27.8	0.7	0.5	100.0	100.0	-	-	-	-
Netherlands	557	7.18	0.4	4.1	1.8	17.4	97.2	-	-	-	-
UK	170	6.48	-	2.9	0.9	52.6	97.4	4.6	1.1	40.2	80.8

Nutrient: Vitamin D ( $\mu\text{g}$ ); age group: > 60 ys, males

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake	Mean Intake ( $\mu\text{g}$ )	P5 intake ( $\mu\text{g}$ )	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	3.8	1.3	34.0	92.7	6.8	1.7	17.5	59.0
France	207	9.41	8.2	2.3	0.8	65.7	99.3	2.5	0.8	62.5	97.7
Germany	349	8.86	15.4	3.7	1.0	44.6	92.1	3.8	1.0	44.5	91.7
Poland	226	10.56	-	4.4	0.6	33.2	88.9	-	-	-	-
Spain	193	7.36	25.4	0.8	0.5	100.0	100.0	-	-	-	-
Netherlands	366	8.74	0.6	5.2	2.4	5.7	86.8	-	-	-	-
UK	127	8.28	-	3.9	1.3	38.4	91.2	5.0	1.3	28.7	81.2

**Table A17.** Vitamin E intake from the base diet and base diet with supplements**Nutrient: Vitamin E (mg); age group: 1-3 ys**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	197	5.89	0.6	6.3	1.4	23.9	42.6	-	-	-	--
Denmark	-	-	-	-	-	-	-	-	-	-	-
France	-	-	-	--	-	-	-	-	-	-	-
Germany	-	-	-	-	-	-	-	-	-	-	-
Poland	118	5.68	-	4.9	1.3	27.1	39.8	11.2	1.5	22.0	29.7
Spain	-	-	-	-	-	-	-	-	-	-	-
NL*	640	5.62	1.7	7.1	3.6	1.3	6.4	8.0	3.5	1.9	6.9
UK	219	4.75	-	4.9	2.4	11.0	30.3	5.3	2.4	10.4	27.5

\*Age range for The Netherlands is 2-3 years

**Nutrient: Vitamin E (mg); age group: 4-10 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	225	5.95	2.9	6.6	1.8	20.4	35.1	-	-	-	-
Denmark	384	7.80	2.9	6.3	3.5	2.6	12.8	9.4	4.5	1.0	3.6
France	271	6.63	4.4	8.7	5.1	0.5	1.5	8.8	5.1	0.5	1.5
Germany*	503	6.97	4.9	9.4	4.4	1.2	4.2	9.4	4.4	1.2	4.2
Poland	233	7.79	-	9.1	3.0	5.2	13.7	9.6	3.1	4.3	12.9
Spain	356	7.24	1.4	5.8	3.8	3.1	21.3	-	-	-	-
NL <sup>†</sup> 4-6ys	312	6.24	2.9	7.5	4.2	0.4	2.9	8.6	4.0	0.9	4.0
NL <sup>†</sup> 7-10ys	171	7.93	1.2	10.8	5.5	0.1	1.8	-	-	-	-
UK	213	6.40	-	6.9	3.9	3.0	4.2	7.6	4.1	3.0	3.8

\*Age range for Germany is 6-10 years

<sup>†</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys**Nutrient: Vitamin E (mg); age group: 4-10 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	231	6.47	0.9	6.0	1.6	24.2	40.7	-	-	-	--
Denmark	399	8.60	0.5	6.7	3.9	1.0	9.0	10.0	4.7	0.3	2.5
France	243	7.39	3.3	9.3	5.2	0.0	0.3	9.4	5.3	0.0	0.3
Germany*	526	7.71	3.8	10.5	4.9	0.4	2.5	10.5	4.9	0.4	2.5
Poland	222	8.83	-	10.0	3.8	2.7	8.1	11.2	4.0	2.3	6.8
Spain	361	7.99	1.7	5.9	4.0	0.8	6.4	-	-	-	-
NL <sup>‡</sup> 4-6ys	327	6.71	1.8	8.6	4.5	0.3	2.1	9.7	4.4	0.6	2.6
NL <sup>‡</sup> 7-10ys	141	9.25	0.7	11.9	5.8	0.2	1.3	-	-	-	-
UK	210	6.71	-	7.0	4.2	0.4	3.2	8.1	4.5	0.4	2.7

\*Age range for Germany is 6-10 years

<sup>‡</sup>Age range is presented as 4-6 and 7-10 years for The Netherlands because of different surveys

**Nutrient: Vitamin E (mg); age group: 11-17 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	309	8.00	18.1	5.8	2.7	8.7	37.2	11.7	2.9	5.5	23.3
France	443	7.30	23.0	9.0	4.7	0.1	6.2	9.0	4.7	0.1	6.2
Germany*	650	9.69	10.2	16.4	6.4	0.1	1.6	17.0	6.5	0.1	1.4
Poland	286	9.74	-	13.4	4.1	2.5	9.1	13.9	4.2	2.1	8.7
Spain	562	7.87	7.8	6.4	4.2	0.4	16.4	-	-	-	-
Netherlands	300	8.46	0.7	11.4	5.9	0.1	2.1	-	-	-	-
UK	191	6.95	-	7.8	3.9	1.8	25.3	8.6	3.9	1.8	25.1

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin E (mg); age group: 11-17 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	279	10.00	34.1	6.9	3.0	10.4	38.0	12.8	3.8	5.0	19.0
France	393	8.84	20.6	10.2	5.0	1.5	13.9	10.2	5.0	1.5	13.9
Germany*	622	12.90	6.8	18.6	7.4	0.4	1.8	19.1	7.4	0.4	1.8
Poland	295	12.66	-	17.4	5.3	3.4	6.4	18.2	5.7	3.1	5.8
Spain	547	9.91	7.9	7.6	5.7	0.0	9.0	-	-	-	-
Netherlands	316	10.44	0.6	13.6	6.9	0.2	2.5	-	-	-	-
UK	214	8.36	-	8.7	4.4	3.8	15.8	8.9	4.4	3.8	15.8

\*Age range for Germany is 12-17 years

**Nutrient: Vitamin E (mg); age group: 14-50 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
Belgium	-	-	-	-	-	-	-	-	-	-	-
Denmark	1713	8.30	12.0	6.6	3.3	3.2	26.6	15.6	3.7	2.2	14.7
France	-	-	-	-	-	-	-	-	-	-	-
Germany*	1478	8.40	14.1	11.5	5.7	0.3	2.7	16.8	5.8	0.3	2.5
Poland	-	-	-	-	-	-	-	-	-	-	-
Spain	660	7.34	13.5	8.3	5.5	0.3	2.1	-	-	-	-
Netherlands	1852	8.51	1.1	11.9	6.2	0.0	1.6	-	-	-	-
UK	459	6.92	-	8.0	3.3	3.4	29.6	9.6	3.3	3.4	26.3

\*Age range for Germany is 17-50 years

**Nutrient: Vitamin E (mg); age group: 18-60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
				Belgium	-	-	-	-	-	-	-
Denmark	2025	8.20	11.9	6.7	3.4	3.0	25.1	17.1	3.9	1.8	12.7
France	1217	7.26	25.6	10.1	4.3	1.3	8.6	11.1	4.3	1.2	8.5
Germany	1850	8.22	16.2	11.3	5.7	0.5	3.0	18.3	5.8	0.5	2.6
Poland	1291	8.33	-	11.2	3.4	3.7	14.7	15.1	3.4	3.6	13.7
Spain	778	7.11	17.7	8.4	5.7	0.3	1.9	-	-	-	-
NL*19-30ys	398	8.32	0.5	10.0	4.9	0.4	5.6	11.7	4.7	0.8	6.5
NL*31-60ys	1432	8.25	1.5	11.9	6.1	0.1	1.6	-	-	-	-
UK	443	6.87	-	8.0	3.3	3.2	29.6	10.0	3.3	3.2	25.2

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin E (mg); age group: 18-60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
				Belgium	-	-	-	-	-	-	-
Denmark	1733	10.7	12.7	7.7	3.6	8.1	30.9	16.3	4.1	4.4	15.9
France	833	9.61	23.8	10.5	4.7	2.3	12.9	10.7	4.7	2.2	12.8
Germany	1405	11.49	11.9	13.5	6.7	0.5	2.9	17.3	6.8	0.3	2.6
Poland	1098	13.52	-	17.1	5.2	3.0	7.3	18.0	5.2	3.0	7.3
Spain	636	9.19	19.3	9.5	6.6	0.5	2.5	-	-	-	-
NL 19-30yrs	352	11.92	0.0	13.7	7.2	0.1	1.8	14.6	7.0	0.3	2.4
NL 31-60yrs	1264	10.91	0.1	15.4	8.0	0.1	1.0	-	-	-	-
UK	339	9.34	-	9.7	4.3	2.9	16.0	11.4	4.3	2.9	15.9

\*Age range is presented as 19-30 and 31-60 years for The Netherlands because of different surveys

**Nutrient: Vitamin E (mg); age group: > 60 ys, females**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
				Belgium	-	-	-	-	-	-	-
Denmark	350	7.7	11.3	6.5	3.2	4.3	29.1	22.5	3.9	1.7	8.9
France	266	6.92	19.2	10.8	4.7	0.3	5.5	11.5	4.7	0.3	5.5
Germany	396	7.04	18.9	10.0	4.7	0.3	6.4	27.9	5.0	0.3	5.0
Poland	365	8.26	-	9.6	3.2	4.1	16.4	21.2	3.3	3.6	14.8
Spain	194	5.86	27.8	7.8	4.8	0.0	5.7	-	-	-	-
Netherlands	557	7.18	0.4	11.9	6.2	0.0	2.0	-	-	-	-
UK	170	6.48	-	7.8	3.8	1.2	28.0	16.4	4.0	1.2	23.5

**Nutrient: Vitamin E (mg); age group: > 60 ys, males**

	No of subjects	Mean energy intake (MJ)	% Under-reporting	Base Diet Only				Base Diet + Supplements			
				Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake	Mean Intake (mg)	P5 intake (mg)	% < LRNI intake	% < EAR intake
				Belgium	-	-	-	-	-	-	-
Denmark	371	9.60	14.7	7.2	3.0	12.7	38.5	21.8	3.8	6.5	18.1
France	207	9.41	8.2	12.1	5.1	1.5	9.6	12.1	5.1	1.3	9.6
Germany	349	8.86	15.4	11.2	5.4	0.8	6.7	19.0	5.4	0.8	5.7
Poland	226	10.56	-	11.9	3.5	6.6	15.0	20.4	3.6	6.2	13.7
Spain	193	7.36	25.4	8.7	5.4	1.0	10.9	-	-	-	-
Netherlands	366	8.74	0.6	13.7	7.1	0.2	2.0	-	-	-	-
UK	127	8.28	-	9.3	3.6	7.5	22.1	10.8	3.6	6.6	21.2