# Appendix

**Appendix I: List of major food groups**

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| 1. Cereals, Cereal Products, Potatoes |
| 1. Fruits |
| 1. Vegetables |
| 1. Meat, Sausages |
| 1. Fish, Fish Products |
| 1. Egg |
| 1. Milk, Dairy Products |
| 1. Fat, Oil |
| 1. Sweets, Snacks |
| 1. Beverages (without milk and milk drinks) |
| 1. Others |

**Appendix II: List and descriptive statistic of food subgroups**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Quantity [g/day]** | | **% zero observ.** | **Quantity [g/day]** | |
| **Food-Groups** | **mean** | **standard dev.** | **10th percentile** | **95th percentile** |
| **1. Cereals, cereal products, potatoes** | | | | | | |
| white bread | 27,34 | 36,52 | 9,4 | 0,36 | 96,33 |
| mixed bread | 38,26 | 54,01 | 14,1 | 0,00 | 140,56 |
| wholegrain bread | 14,03 | 27,32 | 32,3 | 0,00 | 66,61 |
| multigrain bread | 12,67 | 25,22 | 30,9 | 0,00 | 56,58 |
| other bread | 10,81 | 23,41 | 31,3 | 0,00 | 47,13 |
| muesli, cereals | 6,67 | 15,28 | 46,7 | 0,00 | 34,44 |
| doughs | 1,25 | 3,38 | 69,5 | 0,00 | 6,58 |
| flour | 12,01 | 25,15 | 38,6 | 0,00 | 53,11 |
| potatoes | 57,35 | 82,42 | 23,8 | 0,00 | 200,66 |
| potato products | 7,88 | 13,73 | 35,2 | 0,00 | 32,48 |
| noodles | 11,15 | 16,33 | 20,5 | 0,00 | 38,67 |
| rice | 3,29 | 6,38 | 49,9 | 0,00 | 13,16 |
| **2. Fruits** | | | | | | |
| fruit - fresh | 155,33 | 174,56 | 6,7 | 3,71 | 481,82 |
| fruit - frozen | 0,96 | 5,37 | 85,7 | 0,00 | 4,93 |
| fruit - preserved | 13,70 | 23,93 | 25,0 | 0,00 | 51,47 |
| nuts | 4,89 | 8,38 | 30,8 | 0,00 | 20,19 |
| seeds, grains | 0,37 | 1,90 | 86,1 | 0,00 | 1,64 |
| pure fruit juice | 37,99 | 81,20 | 35,0 | 0,00 | 170,64 |
| **3. Vegetables** | | | | | | |
| vegetables - fresh | 111,65 | 118,87 | 5,7 | 3,82 | 331,69 |
| vegetables - frozen | 4,32 | 10,08 | 56,8 | 0,00 | 20,35 |
| vegetables - preserved | 29,38 | 36,84 | 10,4 | 0,00 | 94,22 |
| pure vegetable juices | 3,81 | 17,68 | 81,0 | 0,00 | 19,74 |
| **4. Meat, Sausages** | | | | | | |
| beef | 6,74 | 12,55 | 40,2 | 0,00 | 28,94 |
| pork | 22,01 | 31,09 | 20,6 | 0,00 | 86,52 |
| beef, pig - mixed | 4,01 | 7,54 | 48,4 | 0,00 | 18,98 |
| poultry | 14,71 | 22,44 | 24,8 | 0,00 | 56,25 |
| other meat | 0,93 | 6,10 | 85,3 | 0,00 | 4,98 |
| soy meat substitute | 0,34 | 2,81 | 91,8 | 0,00 | 1,15 |
| sausage | 53,60 | 50,41 | 3,4 | 4,37 | 148,04 |
| **5. Fish, Fish Products** | | | | | | |
| fish | 8,12 | 13,11 | 21,9 | 0,00 | 30,51 |
| canned fish | 5,04 | 8,64 | 31,9 | 0,00 | 19,69 |
| **6. Egg** | | | | | | |
| eggs | 20,23 | 22,99 | 14,9 | 0,00 | 65,13 |
| **7. Milk, Dairy Products** | | | | | | |
| hard cheese | 3,18 | 6,06 | 35,9 | 0,00 | 13,16 |
| sliced cheese | 12,95 | 15,16 | 9,6 | 0,39 | 41,74 |
| soft cheese, mozzarella | 9,52 | 12,06 | 14,8 | 0,00 | 30,88 |
| cooked, processed cheese | 2,30 | 5,03 | 44,8 | 0,00 | 9,86 |
| cream cheese, herb quark, spicy yoghurt | 8,69 | 13,10 | 19,5 | 0,00 | 31,21 |
| yoghurt with additives | 23,10 | 45,67 | 31,8 | 0,00 | 105,12 |
| yoghurt with additives - lactose-free | 0,05 | 1,65 | 99,3 | 0,00 | 0,00 |
| plain yoghurt | 13,02 | 35,36 | 46,8 | 0,00 | 62,50 |
| plain yoghurt - lactose-free | 0,19 | 3,97 | 98,9 | 0,00 | 0,00 |
| plain yoghurt - soya | 0,23 | 3,38 | 98,1 | 0,00 | 0,00 |
| quark with additives | 4,12 | 13,74 | 61,1 | 0,00 | 21,49 |
| quark with additives - lactose-free | 0,01 | 0,16 | 99,5 | 0,00 | 0,00 |
| plain quark | 9,49 | 23,42 | 42,0 | 0,00 | 41,12 |
| plain quark - lactose-free | 0,07 | 1,21 | 98,7 | 0,00 | 0,00 |
| milk | 118,15 | 172,20 | 13,8 | 0,00 | 434,21 |
| milk - lactose-free | 2,14 | 19,71 | 94,7 | 0,00 | 3,29 |
| soy milk, soy beverages | 1,50 | 12,44 | 94,4 | 0,00 | 3,29 |
| milkshakes | 10,06 | 31,31 | 59,9 | 0,00 | 58,47 |
| mixed milk beverages - lactose-free | 0,03 | 0,91 | 99,3 | 0,00 | 0,00 |
| kefir, buttermilk | 8,77 | 38,32 | 63,1 | 0,00 | 37,83 |
| kefir, buttermilk - lactose-free | 0,01 | 0,27 | 99,7 | 0,00 | 0,00 |
| condensed milk | 12,10 | 29,42 | 44,6 | 0,00 | 64,87 |
| **8. Fat, Oil** | | | | | | |
| oils | 6,48 | 9,65 | 30,0 | 0,00 | 23,03 |
| margarine | 11,89 | 17,69 | 30,4 | 0,00 | 45,23 |
| butter | 12,75 | 17,23 | 21,1 | 0,00 | 46,88 |
| other fats | 2,62 | 6,30 | 47,1 | 0,00 | 12,34 |
| sour cream, cream fraiche | 2,91 | 6,10 | 47,6 | 0,00 | 13,16 |
| sour cream, cream fraiche - lactose-free | 0,01 | 0,30 | 99,5 | 0,00 | 0,00 |
| mayonnaise, remoulade | 1,55 | 3,44 | 58,8 | 0,00 | 7,33 |
| salad dressings, sauces | 1,20 | 4,39 | 74,8 | 0,00 | 6,58 |
| sweet cream | 6,43 | 12,22 | 34,4 | 0,00 | 26,32 |
| sweet cream - lactose-free | 0,10 | 1,50 | 98,0 | 0,00 | 0,00 |
| sweet cream - soy imitate | 0,03 | 0,52 | 99,2 | 0,00 | 0,00 |
| **9. Sweets, Snacks** | | | | | | |
| sweet spreads | 10,82 | 14,79 | 21,8 | 0,00 | 41,33 |
| sweet sauces | 0,54 | 2,45 | 84,7 | 0,00 | 3,29 |
| desserts | 13,90 | 30,45 | 35,8 | 0,00 | 62,81 |
| desserts - lactose-free | 0,03 | 1,11 | 99,4 | 0,00 | 0,00 |
| desserts - soya | 0,05 | 1,08 | 99,1 | 0,00 | 0,00 |
| ketchup | 1,98 | 5,11 | 60,3 | 0,00 | 9,17 |
| chocolate | 18,84 | 21,32 | 7,8 | 0,66 | 60,25 |
| other sweets | 11,28 | 16,91 | 12,7 | 0,00 | 41,93 |
| chips, snacks | 4,74 | 9,34 | 33,2 | 0,00 | 20,15 |
| cakes | 10,15 | 19,11 | 32,3 | 0,00 | 45,23 |
| biscuits | 16,79 | 20,04 | 10,9 | 0,00 | 54,66 |
| ice | 14,84 | 30,87 | 37,2 | 0,00 | 63,42 |
| sugar | 14,13 | 24,67 | 32,3 | 0,00 | 57,57 |
| **10. Beverages (without milk and milk drinks)** | | | | | | |
| coffee - bean | 347,24 | 454,33 | 26,7 | 0,00 | 1238,42 |
| coffee - other | 56,66 | 161,35 | 58,4 | 0,00 | 285,21 |
| tea | 51,95 | 234,27 | 69,5 | 0,00 | 248,68 |
| herbal and fruit tea | 57,43 | 145,19 | 43,1 | 0,00 | 241,31 |
| mineral water | 291,51 | 443,21 | 23,6 | 0,00 | 1194,82 |
| fruit juice with added sugar | 20,85 | 66,57 | 53,4 | 0,00 | 98,68 |
| lemonades - normal | 76,05 | 192,62 | 40,9 | 0,00 | 409,75 |
| lemonades - light | 16,71 | 86,16 | 80,6 | 0,00 | 69,08 |
| cola drinks - normal | 35,00 | 132,76 | 61,2 | 0,00 | 177,63 |
| cola drinks - light | 39,17 | 186,30 | 72,7 | 0,00 | 191,61 |
| **11. Others** | | | | | | |
| delicatessen salad | 5,81 | 9,57 | 30,7 | 0,00 | 23,61 |
| soy spread | 0,02 | 0,35 | 98,5 | 0,00 | 0,00 |
| savoury sauces | 1,25 | 3,10 | 62,9 | 0,00 | 6,25 |
| horseradish | 0,23 | 0,65 | 76,8 | 0,00 | 1,28 |
| mustard | 1,39 | 2,24 | 38,9 | 0,00 | 5,43 |
| vinegar | 2,97 | 6,90 | 55,5 | 0,00 | 13,16 |
| herbs | 0,35 | 0,90 | 53,9 | 0,00 | 1,77 |
| spices | 0,42 | 0,89 | 43,0 | 0,00 | 1,74 |
| salt | 2,68 | 4,51 | 42,0 | 0,00 | 10,20 |
| broth | 28,67 | 60,38 | 54,1 | 0,00 | 125,05 |
| seasonings | 0,34 | 0,98 | 77,3 | 0,00 | 1,64 |
| sweeteners | 1,00 | 5,24 | 84,5 | 0,00 | 5,92 |
| **Ready products and ready meals1)** | | | | | | |
| cereal products | 1,71 | 5,94 | 61,9 | 0,00 | 7,40 |
| potato products | 4,28 | 9,13 | 48,7 | 0,00 | 20,50 |
| vegetable products | 6,01 | 11,84 | 36,3 | 0,00 | 24,16 |
| meat products | 2,72 | 8,59 | 67,7 | 0,00 | 14,32 |
| fish products | 3,29 | 7,28 | 51,4 | 0,00 | 14,44 |
| other products | 9,66 | 16,83 | 23,2 | 0,00 | 36,08 |
| soy products | 0,02 | 0,32 | 99,0 | 0,00 | 0,00 |
| ready-to-eat cereal dishes | 9,15 | 29,96 | 31,5 | 0,00 | 37,32 |
| ready-made meals –vegetable | 12,78 | 23,52 | 32,8 | 0,00 | 52,65 |
| ready-made meals – meat | 17,08 | 29,75 | 24,7 | 0,00 | 68,76 |
| ready-made meals – fish | 0,82 | 3,07 | 83,3 | 0,00 | 4,88 |
| ready-made meals – others | 2,50 | 6,39 | 61,3 | 0,00 | 11,89 |
| ready-made meals - soy | 0,01 | 0,11 | 99,5 | 0,00 | 0,00 |

1) Allocated to the eleven major groups according to their shares