

Table 1a Mean daily intake of total fat (as a % of total daily energy intake) by centre ordered from South to North, gender, and age group [adjusted for age (not when stratified for age) and weighted by weekday and season]

| Country and Centre | MEN | | | | | | | | | | | WOMEN | | | | | | | | | | |
|--------------------|------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | |
| | | M | SE | M | SE | M | SE | M | SE | M | SE | | M | SE | M | SE | M | SE | M | SE | M | SE |
| Greece | 1311 | 40.7 | 0.2 | 40.2 | 0.7 | 40.5 | 0.5 | 40.2 | 0.5 | 41.4 | 0.4 | 1373 | 42.2 | 0.2 | 42.4 | 0.6 | 43.0 | 0.4 | 41.9 | 0.4 | 41.1 | 0.5 |
| Spain | | | | | | | | | | | | | | | | | | | | | | |
| Granada | 214 | 38.5 | 0.6 | 35.5 | 2.8 | 39.6 | 1.3 | 37.6 | 0.8 | 40.6 | 1.3 | 300 | 37.6 | 0.5 | 38.5 | 1.3 | 38.8 | 0.8 | 37.0 | 0.8 | 35.2 | 1.6 |
| Murcia | 243 | 36.6 | 0.6 | 37.6 | 1.7 | 35.4 | 1.0 | 37.4 | 0.8 | 35.0 | 1.9 | 304 | 38.1 | 0.5 | 39.6 | 1.0 | 37.8 | 0.8 | 37.6 | 0.8 | 39.7 | 2.3 |
| Navarra | 444 | 37.9 | 0.4 | 40.9 | 1.8 | 38.1 | 0.7 | 37.5 | 0.6 | 37.7 | 1.3 | 271 | 40.9 | 0.5 | 41.0 | 1.4 | 41.4 | 0.9 | 40.4 | 0.8 | 41.3 | 2.1 |
| San Sebastian | 490 | 36.5 | 0.4 | 38.8 | 0.9 | 36.3 | 0.5 | 36.2 | 0.7 | 31.6 | 2.0 | 244 | 36.9 | 0.6 | 40.0 | 1.2 | 37.3 | 0.9 | 35.1 | 0.9 | 36.3 | 2.3 |
| Asturias | 386 | 33.7 | 0.4 | 32.7 | 1.7 | 33.6 | 0.7 | 34.1 | 0.7 | 32.9 | 1.2 | 324 | 34.5 | 0.5 | 35.3 | 1.2 | 36.3 | 0.8 | 33.2 | 0.8 | 31.6 | 1.8 |
| Italy | | | | | | | | | | | | | | | | | | | | | | |
| Ragusa | 168 | 29.3 | 0.7 | 31.2 | 2.0 | 28.8 | 1.0 | 29.7 | 1.0 | 24.1 | 3.7 | 138 | 35.3 | 0.7 | 41.2 | 1.2 | 31.0 | 1.4 | 33.6 | 1.3 | 33.5 | 3.5 |
| Naples | | | | | | | | | | | | 403 | 33.3 | 0.4 | 36.4 | 1.4 | 33.6 | 0.7 | 31.9 | 0.7 | 35.8 | 1.4 |
| Florence | 271 | 29.9 | 0.5 | 32.1 | 1.7 | 31.1 | 0.9 | 29.2 | 0.8 | 26.4 | 2.0 | 784 | 32.2 | 0.3 | 33.8 | 1.0 | 32.5 | 0.5 | 31.8 | 0.4 | 32.1 | 1.2 |
| Turin | 676 | 28.2 | 0.3 | 28.6 | 1.1 | 28.4 | 0.6 | 28.2 | 0.5 | 26.8 | 1.3 | 392 | 31.3 | 0.4 | 34.1 | 1.4 | 32.0 | 0.7 | 30.7 | 0.6 | 28.0 | 2.5 |
| Varese | 327 | 29.6 | 0.5 | 26.6 | 3.0 | 29.6 | 1.1 | 29.6 | 0.6 | 30.2 | 1.6 | 794 | 31.8 | 0.3 | 33.7 | 1.0 | 32.7 | 0.5 | 31.2 | 0.5 | 29.4 | 0.9 |
| France | | | | | | | | | | | | | | | | | | | | | | |
| South coast | | | | | | | | | | | | 620 | 38.8 | 0.3 | . | . | 38.5 | 0.6 | 38.7 | 0.5 | 39.2 | 0.7 |
| South | | | | | | | | | | | | 1425 | 36.5 | 0.2 | . | . | 36.8 | 0.4 | 36.3 | 0.4 | 36.1 | 0.5 |
| North-East | | | | | | | | | | | | 2059 | 37.6 | 0.2 | . | . | 38.3 | 0.3 | 37.2 | 0.3 | 36.7 | 0.4 |
| North-West | | | | | | | | | | | | 631 | 36.4 | 0.3 | . | . | 37.1 | 0.5 | 35.7 | 0.5 | 36.2 | 0.8 |
| Germany | | | | | | | | | | | | | | | | | | | | | | |
| Heidelberg | 1034 | 36.2 | 0.3 | 35.6 | 0.7 | 36.4 | 0.4 | 36.4 | 0.4 | 32.9 | 2.3 | 1087 | 36.6 | 0.3 | 36.7 | 0.4 | 37.3 | 0.5 | 36.6 | 0.4 | 37.9 | 3.2 |
| Potsdam | 1233 | 39.3 | 0.2 | 40.4 | 0.7 | 38.0 | 0.5 | 39.6 | 0.3 | 39.0 | 1.0 | 1061 | 36.2 | 0.3 | 36.1 | 0.5 | 36.6 | 0.5 | 36.4 | 0.4 | 38.4 | 1.7 |
| The Netherlands | | | | | | | | | | | | | | | | | | | | | | |
| Bilthoven | 1024 | 35.1 | 0.3 | 35.9 | 0.5 | 35.1 | 0.4 | 34.7 | 0.5 | 32.0 | 3.1 | 1086 | 34.4 | 0.3 | 35.1 | 0.5 | 34.9 | 0.4 | 34.0 | 0.5 | 33.5 | 3.0 |
| Utrecht | | | | | | | | | | | | 1870 | 33.8 | 0.2 | . | . | 33.9 | 0.3 | 33.6 | 0.3 | 33.5 | 0.4 |
| United Kingdom | | | | | | | | | | | | | | | | | | | | | | |
| General population | 402 | 32.9 | 0.4 | 33.2 | 1.4 | 32.2 | 0.8 | 32.5 | 0.8 | 33.9 | 0.8 | 570 | 31.4 | 0.4 | 31.6 | 1.1 | 31.4 | 0.6 | 30.9 | 0.7 | 32.0 | 0.8 |
| Health conscious | 114 | 32.7 | 0.8 | 32.7 | 2.6 | 31.6 | 1.3 | 33.5 | 1.3 | 33.1 | 2.4 | 197 | 33.9 | 0.6 | 33.1 | 2.0 | 34.3 | 1.0 | 33.8 | 1.0 | 33.3 | 1.7 |
| Denmark | | | | | | | | | | | | | | | | | | | | | | |
| Copenhagen | 1356 | 36.3 | 0.2 | . | . | 36.2 | 0.4 | 36.3 | 0.3 | 37.2 | 1.2 | 1484 | 34.3 | 0.2 | . | . | 34.2 | 0.4 | 34.3 | 0.3 | 33.7 | 1.1 |
| Aarhus | 567 | 37.0 | 0.4 | . | . | 37.6 | 0.5 | 36.5 | 0.5 | 34.8 | 2.6 | 510 | 35.1 | 0.4 | . | . | 34.6 | 0.5 | 35.5 | 0.6 | 36.4 | 2.5 |
| Sweden | | | | | | | | | | | | | | | | | | | | | | |
| Malmo | 1421 | 37.3 | 0.2 | . | . | 36.7 | 0.7 | 37.3 | 0.4 | 37.4 | 0.3 | 1711 | 37.1 | 0.2 | . | . | 36.3 | 0.4 | 37.1 | 0.3 | 36.8 | 0.3 |
| Umeå | 1344 | 37.3 | 0.2 | 38.5 | 0.8 | 37.1 | 0.4 | 37.1 | 0.3 | 37.8 | 0.7 | 1574 | 35.0 | 0.2 | 35.2 | 0.5 | 35.1 | 0.4 | 34.9 | 0.3 | 35.3 | 0.7 |
| Norway | | | | | | | | | | | | | | | | | | | | | | |
| South & East | | | | | | | | | | | | 1004 | 34.4 | 0.3 | 34.6 | 0.7 | 34.5 | 0.3 | 35.3 | 0.7 | . | . |
| North & West | | | | | | | | | | | | 793 | 34.3 | 0.3 | 36.2 | 0.7 | 34.2 | 0.4 | 34.6 | 0.8 | . | . |

M= Mean, SE = standard error.

Table 1b Mean daily intake of saturated fatty acids (as a % of total daily energy intake) by centre ordered from South to North, gender, and age group [adjusted for age (not when stratified for age) and weighted by weekday and season]

| Country and Centre | MEN | | | | | | | | | | | WOMEN | | | | | | | | | | |
|--------------------|------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | |
| | | M | SE | M | SE | M | SE | M | SE | M | SE | | M | SE | M | SE | M | SE | M | SE | M | SE |
| Greece | 1311 | 11.9 | 0.1 | 12.8 | 0.4 | 12.7 | 0.2 | 11.4 | 0.2 | 11.6 | 0.2 | 1373 | 12.7 | 0.1 | 14.1 | 0.3 | 13.5 | 0.2 | 12.0 | 0.2 | 11.6 | 0.2 |
| Spain | | | | | | | | | | | | | | | | | | | | | | |
| Granada | 214 | 11.5 | 0.3 | 10.1 | 1.4 | 11.3 | 0.6 | 11.7 | 0.4 | 11.4 | 0.7 | 300 | 11.4 | 0.3 | 12.4 | 0.7 | 11.7 | 0.4 | 11.0 | 0.4 | 10.3 | 0.8 |
| Murcia | 243 | 10.0 | 0.3 | 10.8 | 0.9 | 9.5 | 0.5 | 10.4 | 0.4 | 8.9 | 1.0 | 304 | 10.6 | 0.3 | 11.5 | 0.5 | 10.8 | 0.4 | 10.1 | 0.4 | 10.2 | 1.2 |
| Navarra | 444 | 10.3 | 0.2 | 11.3 | 0.9 | 10.5 | 0.3 | 10.0 | 0.3 | 10.0 | 0.6 | 271 | 12.0 | 0.3 | 13.3 | 0.7 | 12.3 | 0.4 | 11.3 | 0.4 | 12.6 | 1.1 |
| San Sebastian | 490 | 10.3 | 0.2 | 11.1 | 0.5 | 10.7 | 0.3 | 9.6 | 0.4 | 9.5 | 1.0 | 244 | 10.6 | 0.3 | 11.5 | 0.6 | 11.0 | 0.5 | 9.8 | 0.5 | 11.3 | 1.2 |
| Asturias | 386 | 10.7 | 0.2 | 10.5 | 0.8 | 10.4 | 0.4 | 10.8 | 0.3 | 11.3 | 0.6 | 324 | 11.3 | 0.2 | 11.5 | 0.6 | 11.7 | 0.4 | 11.0 | 0.4 | 11.2 | 0.9 |
| Italy | | | | | | | | | | | | | | | | | | | | | | |
| Ragusa | 168 | 9.3 | 0.3 | 11.3 | 1.0 | 9.3 | 0.5 | 9.0 | 0.5 | 8.6 | 1.8 | 138 | 11.2 | 0.4 | 13.9 | 0.6 | 10.1 | 0.7 | 9.3 | 0.7 | 12.6 | 1.8 |
| Naples | | | | | | | | | | | | 403 | 11.5 | 0.2 | 11.4 | 0.7 | 11.8 | 0.4 | 11.0 | 0.3 | 13.4 | 0.7 |
| Florence | 271 | 9.6 | 0.3 | 10.8 | 0.8 | 10.1 | 0.4 | 9.2 | 0.4 | 8.5 | 1.0 | 784 | 10.8 | 0.2 | 11.7 | 0.5 | 10.9 | 0.3 | 10.6 | 0.2 | 11.3 | 0.6 |
| Turin | 676 | 9.2 | 0.2 | 9.2 | 0.5 | 9.4 | 0.3 | 9.1 | 0.2 | 8.7 | 0.6 | 392 | 10.4 | 0.2 | 11.7 | 0.7 | 10.6 | 0.4 | 10.1 | 0.3 | 8.6 | 1.3 |
| Varese | 327 | 9.9 | 0.2 | 10.1 | 1.5 | 10.0 | 0.5 | 9.9 | 0.3 | 9.7 | 0.8 | 794 | 10.9 | 0.2 | 11.5 | 0.5 | 11.3 | 0.3 | 10.6 | 0.2 | 10.0 | 0.5 |
| France | | | | | | | | | | | | | | | | | | | | | | |
| South coast | | | | | | | | | | | | 620 | 15.8 | 0.2 | . | . | 16.4 | 0.3 | 15.3 | 0.3 | 15.7 | 0.4 |
| South | | | | | | | | | | | | 1425 | 15.3 | 0.1 | . | . | 15.6 | 0.2 | 15.0 | 0.2 | 15.2 | 0.3 |
| North-East | | | | | | | | | | | | 2059 | 16.1 | 0.1 | . | . | 16.5 | 0.2 | 15.7 | 0.2 | 15.6 | 0.2 |
| North-West | | | | | | | | | | | | 631 | 15.8 | 0.2 | . | . | 16.0 | 0.3 | 15.2 | 0.3 | 16.6 | 0.4 |
| Germany | | | | | | | | | | | | | | | | | | | | | | |
| Heidelberg | 1034 | 14.6 | 0.1 | 14.7 | 0.4 | 14.6 | 0.2 | 14.8 | 0.2 | 13.0 | 1.1 | 1087 | 15.1 | 0.1 | 15.1 | 0.2 | 15.4 | 0.2 | 15.3 | 0.2 | 15.5 | 1.7 |
| Potsdam | 1233 | 15.8 | 0.1 | 16.0 | 0.4 | 15.2 | 0.2 | 16.1 | 0.2 | 16.0 | 0.5 | 1061 | 14.7 | 0.1 | 14.7 | 0.3 | 15.0 | 0.3 | 14.7 | 0.2 | 15.5 | 0.9 |
| The Netherlands | | | | | | | | | | | | | | | | | | | | | | |
| Bilthoven | 1024 | 13.7 | 0.1 | 13.7 | 0.3 | 13.8 | 0.2 | 13.7 | 0.2 | 12.0 | 1.5 | 1086 | 14.0 | 0.1 | 14.2 | 0.2 | 14.4 | 0.2 | 13.9 | 0.3 | 14.0 | 1.6 |
| Utrecht | | | | | | | | | | | | 1870 | 14.2 | 0.1 | . | . | 13.9 | 0.2 | 14.2 | 0.2 | 14.0 | 0.2 |
| United Kingdom | | | | | | | | | | | | | | | | | | | | | | |
| General population | 402 | 13.0 | 0.2 | 12.6 | 0.7 | 12.4 | 0.4 | 13.1 | 0.4 | 13.5 | 0.4 | 570 | 12.5 | 0.2 | 12.4 | 0.6 | 12.5 | 0.3 | 12.3 | 0.3 | 12.9 | 0.4 |
| Health conscious | 114 | 10.0 | 0.4 | 10.9 | 1.3 | 8.2 | 0.7 | 10.8 | 0.6 | 12.8 | 1.2 | 197 | 11.4 | 0.3 | 12.5 | 1.0 | 11.2 | 0.5 | 11.2 | 0.5 | 11.7 | 0.9 |
| Denmark | | | | | | | | | | | | | | | | | | | | | | |
| Copenhagen | 1356 | 14.8 | 0.1 | . | . | 14.6 | 0.2 | 14.9 | 0.2 | 14.9 | 0.6 | 1484 | 14.3 | 0.1 | . | . | 14.2 | 0.2 | 14.3 | 0.1 | 14.4 | 0.5 |
| Aarhus | 567 | 15.7 | 0.2 | . | . | 16.1 | 0.3 | 15.4 | 0.3 | 13.4 | 1.3 | 510 | 14.8 | 0.2 | . | . | 14.7 | 0.3 | 14.7 | 0.3 | 16.5 | 1.3 |
| Sweden | | | | | | | | | | | | | | | | | | | | | | |
| Malmo | 1421 | 16.1 | 0.1 | . | . | 15.7 | 0.3 | 16.1 | 0.2 | 16.0 | 0.2 | 1711 | 16.2 | 0.1 | . | . | 15.6 | 0.2 | 16.1 | 0.2 | 16.1 | 0.2 |
| Umeå | 1344 | 16.5 | 0.1 | 17.1 | 0.4 | 16.4 | 0.2 | 16.4 | 0.2 | 16.5 | 0.4 | 1574 | 15.4 | 0.1 | 15.5 | 0.3 | 15.5 | 0.2 | 15.3 | 0.2 | 15.7 | 0.4 |
| Norway | | | | | | | | | | | | | | | | | | | | | | |
| South & East | | | | | | | | | | | | 1004 | 14.4 | 0.1 | 14.1 | 0.3 | 14.5 | 0.2 | 14.9 | 0.3 | . | . |
| North & West | | | | | | | | | | | | 793 | 14.3 | 0.2 | 15.4 | 0.4 | 14.2 | 0.2 | 14.4 | 0.4 | . | . |

M= Mean, SE = standard error.

Table 1c Mean daily intake of monounsaturated fatty acids (as a % of total daily energy intake) by centre ordered from South to North, gender, and age group [adjusted for age (not when stratified for age) and weighted by weekday and season]

| Country and Centre | MEN | | | | | | | | | | | WOMEN | | | | | | | | | | |
|--------------------|------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | |
| | | M | SE | M | SE | M | SE | M | SE | M | SE | | M | SE | M | SE | M | SE | M | SE | M | SE |
| Greece | 1311 | 20.6 | 0.1 | 19.1 | 0.4 | 19.9 | 0.3 | 20.7 | 0.2 | 21.3 | 0.2 | 1373 | 20.9 | 0.1 | 19.6 | 0.3 | 21.3 | 0.2 | 21.0 | 0.2 | 20.9 | 0.2 |
| Spain | | | | | | | | | | | | | | | | | | | | | | |
| Granada | 214 | 18.8 | 0.3 | 18.2 | 1.5 | 20.1 | 0.6 | 17.7 | 0.4 | 20.2 | 0.7 | 300 | 17.8 | 0.3 | 17.9 | 0.6 | 18.6 | 0.4 | 17.4 | 0.4 | 16.8 | 0.8 |
| Murcia | 243 | 18.1 | 0.3 | 17.6 | 0.9 | 17.6 | 0.5 | 18.7 | 0.4 | 17.1 | 1.0 | 304 | 17.9 | 0.2 | 18.3 | 0.5 | 17.9 | 0.4 | 17.6 | 0.4 | 19.5 | 1.2 |
| Navarra | 444 | 18.6 | 0.2 | 19.3 | 0.9 | 18.3 | 0.4 | 18.6 | 0.3 | 18.7 | 0.6 | 271 | 19.5 | 0.3 | 18.7 | 0.7 | 19.6 | 0.4 | 19.7 | 0.4 | 19.8 | 1.1 |
| San Sebastian | 490 | 16.6 | 0.2 | 17.4 | 0.5 | 16.4 | 0.3 | 16.7 | 0.4 | 14.1 | 1.0 | 244 | 16.6 | 0.3 | 18.1 | 0.6 | 16.8 | 0.5 | 15.8 | 0.5 | 15.2 | 1.2 |
| Asturias | 386 | 15.1 | 0.2 | 13.6 | 0.9 | 15.3 | 0.4 | 15.3 | 0.3 | 14.4 | 0.6 | 324 | 14.7 | 0.2 | 15.3 | 0.6 | 15.6 | 0.4 | 14.2 | 0.4 | 12.7 | 0.9 |
| Italy | | | | | | | | | | | | | | | | | | | | | | |
| Ragusa | 168 | 14.3 | 0.3 | 13.9 | 1.0 | 13.9 | 0.5 | 15.0 | 0.5 | 10.2 | 1.9 | 138 | 16.9 | 0.4 | 19.5 | 0.6 | 14.7 | 0.7 | 16.8 | 0.7 | 14.3 | 1.7 |
| Naples | | | | | | | | | | | | 403 | 15.3 | 0.2 | 18.4 | 0.7 | 15.0 | 0.3 | 14.8 | 0.3 | 15.8 | 0.7 |
| Florence | 271 | 14.6 | 0.3 | 15.0 | 0.9 | 15.3 | 0.5 | 14.3 | 0.4 | 13.0 | 1.0 | 784 | 15.2 | 0.2 | 15.9 | 0.5 | 15.4 | 0.3 | 14.9 | 0.2 | 14.8 | 0.6 |
| Turin | 676 | 13.2 | 0.2 | 13.3 | 0.6 | 13.2 | 0.3 | 13.3 | 0.2 | 12.7 | 0.7 | 392 | 14.4 | 0.2 | 15.4 | 0.7 | 14.9 | 0.4 | 13.9 | 0.3 | 12.8 | 1.2 |
| Varese | 327 | 13.9 | 0.2 | 11.6 | 1.5 | 14.0 | 0.5 | 13.9 | 0.3 | 14.9 | 0.8 | 794 | 14.6 | 0.2 | 15.1 | 0.5 | 15.0 | 0.3 | 14.4 | 0.2 | 13.2 | 0.5 |
| France | | | | | | | | | | | | | | | | | | | | | | |
| South coast | | | | | | | | | | | | 620 | 13.5 | 0.2 | . | . | 12.9 | 0.3 | 13.7 | 0.3 | 13.9 | 0.4 |
| South | | | | | | | | | | | | 1425 | 12.3 | 0.1 | . | . | 12.4 | 0.2 | 12.2 | 0.2 | 12.1 | 0.3 |
| North-East | | | | | | | | | | | | 2059 | 12.6 | 0.1 | . | . | 12.8 | 0.1 | 12.5 | 0.2 | 12.3 | 0.2 |
| North-West | | | | | | | | | | | | 631 | 11.8 | 0.2 | . | . | 12.4 | 0.3 | 11.4 | 0.3 | 11.3 | 0.4 |
| Germany | | | | | | | | | | | | | | | | | | | | | | |
| Heidelberg | 1034 | 12.7 | 0.1 | 12.6 | 0.4 | 12.9 | 0.2 | 12.6 | 0.2 | 11.1 | 1.2 | 1087 | 12.7 | 0.1 | 12.8 | 0.2 | 12.8 | 0.2 | 12.6 | 0.2 | 14.0 | 1.6 |
| Potsdam | 1233 | 13.3 | 0.1 | 13.9 | 0.4 | 12.8 | 0.3 | 13.2 | 0.2 | 13.5 | 0.5 | 1061 | 12.2 | 0.1 | 12.1 | 0.3 | 12.3 | 0.3 | 12.3 | 0.2 | 12.0 | 0.8 |
| The Netherlands | | | | | | | | | | | | | | | | | | | | | | |
| Bilthoven | 1024 | 10.8 | 0.1 | 11.2 | 0.3 | 10.7 | 0.2 | 10.5 | 0.2 | 8.9 | 1.6 | 1086 | 10.3 | 0.1 | 10.6 | 0.2 | 10.5 | 0.2 | 10.1 | 0.3 | 10.1 | 1.5 |
| Utrecht | | | | | | | | | | | | 1870 | 10.0 | 0.1 | . | . | 10.3 | 0.2 | 9.8 | 0.2 | 9.8 | 0.2 |
| United Kingdom | | | | | | | | | | | | | | | | | | | | | | |
| General population | 402 | 11.6 | 0.2 | 11.8 | 0.7 | 11.4 | 0.4 | 11.4 | 0.4 | 11.9 | 0.4 | 570 | 10.9 | 0.2 | 11.4 | 0.5 | 10.9 | 0.3 | 10.7 | 0.3 | 10.8 | 0.4 |
| Health conscious | 114 | 12.4 | 0.4 | 12.1 | 1.3 | 12.4 | 0.7 | 12.7 | 0.6 | 11.6 | 1.2 | 197 | 12.7 | 0.3 | 12.0 | 1.0 | 13.3 | 0.5 | 12.3 | 0.5 | 12.8 | 0.9 |
| Denmark | | | | | | | | | | | | | | | | | | | | | | |
| Copenhagen | 1356 | 12.8 | 0.1 | . | . | 12.8 | 0.2 | 12.8 | 0.2 | 12.9 | 0.6 | 1484 | 11.7 | 0.1 | . | . | 11.7 | 0.2 | 11.6 | 0.1 | 11.4 | 0.5 |
| Aarhus | 567 | 12.7 | 0.2 | . | . | 12.9 | 0.3 | 12.5 | 0.3 | 12.2 | 1.4 | 510 | 11.8 | 0.2 | . | . | 11.6 | 0.3 | 12.1 | 0.3 | 12.3 | 1.3 |
| Sweden | | | | | | | | | | | | | | | | | | | | | | |
| Malmo | 1421 | 13.4 | 0.1 | . | . | 13.3 | 0.4 | 13.4 | 0.2 | 13.6 | 0.2 | 1711 | 13.2 | 0.1 | . | . | 13.0 | 0.2 | 13.2 | 0.2 | 13.0 | 0.2 |
| Umeå | 1344 | 13.2 | 0.1 | 13.7 | 0.4 | 13.2 | 0.2 | 13.1 | 0.2 | 13.6 | 0.4 | 1574 | 12.3 | 0.1 | 12.4 | 0.3 | 12.3 | 0.2 | 12.2 | 0.2 | 12.3 | 0.4 |
| Norway | | | | | | | | | | | | | | | | | | | | | | |
| South & East | | | | | | | | | | | | 1004 | 10.9 | 0.1 | 11.3 | 0.3 | 10.9 | 0.2 | 11.1 | 0.3 | . | . |
| North & West | | | | | | | | | | | | 793 | 10.6 | 0.2 | 11.2 | 0.4 | 10.7 | 0.2 | 10.4 | 0.4 | . | . |

M= Mean, SE = standard error.

Table 1d Mean daily intake of polyunsaturated fatty acids (as a % of total daily energy intake) by centre ordered from South to North, gender, and age group [adjusted for age (not when stratified for age) and weighted by weekday and season]

| Country and Centre | MEN | | | | | | | | | | | WOMEN | | | | | | | | | | |
|--------------------|------|-----|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | |
| | | M | SE | M | SE | M | SE | M | SE | M | SE | | M | SE | M | SE | M | SE | M | SE | M | SE |
| Greece | 1311 | 5.4 | 0.1 | 5.5 | 0.2 | 5.0 | 0.2 | 5.2 | 0.1 | 5.6 | 0.1 | 1373 | 5.7 | 0.1 | 5.8 | 0.2 | 5.2 | 0.1 | 6.1 | 0.1 | 5.7 | 0.2 |
| Spain | | | | | | | | | | | | | | | | | | | | | | |
| Granada | 214 | 5.4 | 0.2 | 4.3 | 0.9 | 5.3 | 0.4 | 5.2 | 0.3 | 6.1 | 0.4 | 300 | 5.4 | 0.2 | 5.2 | 0.4 | 5.4 | 0.3 | 5.5 | 0.3 | 5.1 | 0.5 |
| Murcia | 243 | 5.6 | 0.2 | 6.3 | 0.6 | 5.4 | 0.3 | 5.4 | 0.2 | 6.1 | 0.6 | 304 | 6.6 | 0.2 | 6.9 | 0.3 | 6.1 | 0.3 | 6.8 | 0.3 | 6.7 | 0.7 |
| Navarra | 444 | 6.1 | 0.1 | 7.2 | 0.6 | 6.2 | 0.2 | 5.9 | 0.2 | 6.2 | 0.4 | 271 | 6.1 | 0.2 | 6.0 | 0.4 | 6.3 | 0.3 | 6.1 | 0.3 | 5.6 | 0.7 |
| San Sebastian | 490 | 6.6 | 0.1 | 7.3 | 0.3 | 6.3 | 0.2 | 6.9 | 0.2 | 5.2 | 0.6 | 244 | 6.8 | 0.2 | 7.4 | 0.4 | 6.5 | 0.3 | 6.6 | 0.3 | 7.0 | 0.7 |
| Asturias | 386 | 5.1 | 0.1 | 5.8 | 0.5 | 5.2 | 0.2 | 5.1 | 0.2 | 4.7 | 0.4 | 324 | 5.5 | 0.2 | 5.5 | 0.4 | 6.0 | 0.3 | 5.2 | 0.2 | 4.9 | 0.6 |
| Italy | | | | | | | | | | | | | | | | | | | | | | |
| Ragusa | 168 | 4.0 | 0.2 | 4.0 | 0.6 | 3.9 | 0.3 | 4.2 | 0.3 | 3.6 | 1.2 | 138 | 5.2 | 0.2 | 5.6 | 0.4 | 4.4 | 0.4 | 5.5 | 0.4 | 4.2 | 1.1 |
| Naples | | | | | | | | | | | | 403 | 4.5 | 0.1 | 4.8 | 0.4 | 4.8 | 0.2 | 4.1 | 0.2 | 4.2 | 0.4 |
| Florence | 271 | 3.9 | 0.2 | 4.4 | 0.5 | 4.0 | 0.3 | 3.9 | 0.2 | 3.4 | 0.6 | 784 | 4.2 | 0.1 | 4.1 | 0.3 | 4.2 | 0.2 | 4.2 | 0.1 | 4.1 | 0.4 |
| Turin | 676 | 4.1 | 0.1 | 4.4 | 0.3 | 4.1 | 0.2 | 4.0 | 0.2 | 3.8 | 0.4 | 392 | 4.5 | 0.1 | 4.8 | 0.4 | 4.4 | 0.2 | 4.6 | 0.2 | 4.5 | 0.8 |
| Varese | 327 | 3.9 | 0.2 | 3.3 | 0.9 | 3.7 | 0.3 | 4.0 | 0.2 | 3.8 | 0.5 | 794 | 4.3 | 0.1 | 4.8 | 0.3 | 4.3 | 0.2 | 4.1 | 0.1 | 4.2 | 0.3 |
| France | | | | | | | | | | | | | | | | | | | | | | |
| South coast | | | | | | | | | | | | 620 | 5.9 | 0.1 | . | . | 5.6 | 0.2 | 6.0 | 0.2 | 6.1 | 0.2 |
| South | | | | | | | | | | | | 1425 | 5.4 | 0.1 | . | . | 5.2 | 0.1 | 5.5 | 0.1 | 5.5 | 0.2 |
| North-East | | | | | | | | | | | | 2059 | 5.3 | 0.1 | . | . | 5.2 | 0.1 | 5.3 | 0.1 | 5.3 | 0.1 |
| North-West | | | | | | | | | | | | 631 | 5.1 | 0.1 | . | . | 5.1 | 0.2 | 5.3 | 0.2 | 4.6 | 0.3 |
| Germany | | | | | | | | | | | | | | | | | | | | | | |
| Heidelberg | 1034 | 6.3 | 0.1 | 5.8 | 0.2 | 6.4 | 0.1 | 6.4 | 0.1 | 6.5 | 0.7 | 1087 | 6.3 | 0.1 | 6.2 | 0.1 | 6.5 | 0.2 | 6.2 | 0.1 | 5.6 | 1.0 |
| Potsdam | 1233 | 7.6 | 0.1 | 7.9 | 0.2 | 7.5 | 0.2 | 7.6 | 0.1 | 6.8 | 0.3 | 1061 | 6.8 | 0.1 | 6.7 | 0.2 | 6.8 | 0.2 | 6.8 | 0.1 | 8.4 | 0.5 |
| The Netherlands | | | | | | | | | | | | | | | | | | | | | | |
| Bilthoven | 1024 | 7.0 | 0.1 | 7.2 | 0.2 | 7.0 | 0.1 | 7.0 | 0.2 | 7.7 | 1.0 | 1086 | 6.3 | 0.1 | 6.5 | 0.1 | 6.2 | 0.1 | 6.3 | 0.2 | 6.2 | 1.0 |
| Utrecht | | | | | | | | | | | | 1870 | 6.0 | 0.1 | . | . | 5.9 | 0.1 | 5.9 | 0.1 | 6.1 | 0.1 |
| United Kingdom | | | | | | | | | | | | | | | | | | | | | | |
| General population | 402 | 5.7 | 0.1 | 6.4 | 0.5 | 5.7 | 0.2 | 5.4 | 0.3 | 5.8 | 0.2 | 570 | 5.4 | 0.1 | 5.3 | 0.3 | 5.4 | 0.2 | 5.3 | 0.2 | 5.7 | 0.2 |
| Health conscious | 114 | 7.7 | 0.3 | 7.2 | 0.8 | 8.6 | 0.4 | 7.6 | 0.4 | 6.0 | 0.8 | 197 | 7.2 | 0.2 | 6.0 | 0.6 | 7.3 | 0.3 | 7.8 | 0.3 | 6.2 | 0.5 |
| Denmark | | | | | | | | | | | | | | | | | | | | | | |
| Copenhagen | 1356 | 5.3 | 0.1 | . | . | 5.4 | 0.1 | 5.3 | 0.1 | 5.8 | 0.4 | 1484 | 5.0 | 0.1 | . | . | 4.9 | 0.1 | 5.1 | 0.1 | 4.7 | 0.3 |
| Aarhus | 567 | 5.1 | 0.1 | . | . | 5.1 | 0.2 | 5.2 | 0.2 | 5.8 | 0.8 | 510 | 5.0 | 0.1 | . | . | 4.9 | 0.2 | 5.1 | 0.2 | 4.4 | 0.8 |
| Sweden | | | | | | | | | | | | | | | | | | | | | | |
| Malmo | 1421 | 5.1 | 0.1 | . | . | 5.1 | 0.2 | 5.1 | 0.1 | 5.1 | 0.1 | 1711 | 4.9 | 0.1 | . | . | 5.0 | 0.1 | 5.0 | 0.1 | 4.9 | 0.1 |
| Umeå | 1344 | 4.8 | 0.1 | 4.9 | 0.3 | 4.8 | 0.1 | 4.8 | 0.1 | 5.0 | 0.2 | 1574 | 4.7 | 0.1 | 4.7 | 0.2 | 4.6 | 0.1 | 4.7 | 0.1 | 4.6 | 0.2 |
| Norway | | | | | | | | | | | | | | | | | | | | | | |
| South & East | | | | | | | | | | | | 1004 | 5.9 | 0.1 | 6.0 | 0.2 | 5.8 | 0.1 | 5.8 | 0.2 | . | . |
| North & West | | | | | | | | | | | | 793 | 6.1 | 0.1 | 6.3 | 0.2 | 6.0 | 0.1 | 6.2 | 0.3 | . | . |

M= Mean, SE = standard error.

Table 1e Mean daily intake of fat of animal origin (g/d) by centre ordered from South to North, gender, and age group [adjusted for age (not when stratified for age) and weighted by weekday and season]

| Country and Centre | MEN | | | | | | | | | | | WOMEN | | | | | | | | | | |
|--------------------|------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | |
| | | M | SE | M | SE | M | SE | M | SE | M | SE | | M | SE | M | SE | M | SE | M | SE | M | SE |
| Greece | 1311 | 32.8 | 0.9 | 41.4 | 2.6 | 37.2 | 1.8 | 29.0 | 1.6 | 29.0 | 1.4 | 1373 | 24.1 | 0.6 | 29.7 | 1.7 | 27.8 | 1.1 | 20.8 | 1.1 | 19.6 | 1.3 |
| Spain | | | | | | | | | | | | | | | | | | | | | | |
| Granada | 214 | 44.6 | 2.1 | - | - | 45.8 | 4.5 | 46.6 | 2.9 | 38.8 | 4.8 | 300 | 26.4 | 1.3 | 30.8 | 3.4 | 30.6 | 2.2 | 23.0 | 2.1 | 20.8 | 4.2 |
| Murcia | 243 | 39.0 | 2.0 | 44.3 | 6.2 | 37.3 | 3.6 | 41.6 | 2.8 | 26.8 | 7.0 | 304 | 28.5 | 1.3 | 31.6 | 2.6 | 29.3 | 2.2 | 27.7 | 2.2 | - | - |
| Navarra | 444 | 42.9 | 1.5 | 60.7 | 6.5 | 48.0 | 2.5 | 39.3 | 2.1 | 34.1 | 4.5 | 271 | 32.7 | 1.4 | 36.7 | 3.6 | 33.9 | 2.3 | 30.5 | 2.1 | - | - |
| San Sebastian | 490 | 49.5 | 1.4 | 51.6 | 3.4 | 54.0 | 2.0 | 44.7 | 2.7 | 43.9 | 7.1 | 244 | 29.2 | 1.5 | 35.4 | 3.1 | 31.7 | 2.4 | 24.6 | 2.4 | - | - |
| Asturias | 386 | 47.7 | 1.6 | 48.6 | 6.0 | 46.3 | 2.7 | 47.6 | 2.4 | 52.3 | 4.3 | 324 | 31.8 | 1.3 | 34.2 | 3.1 | 33.8 | 2.0 | 29.5 | 2.0 | 33.7 | 4.6 |
| Italy | | | | | | | | | | | | | | | | | | | | | | |
| Ragusa | 168 | 31.1 | 2.4 | - | - | 33.1 | 3.6 | 26.5 | 3.8 | - | - | 138 | 29.0 | 1.9 | 47.0 | 3.2 | 19.1 | 3.6 | 20.9 | 3.4 | - | - |
| Naples | | | | | | | | | | | | 403 | 27.8 | 1.1 | 31.0 | 3.7 | 28.7 | 1.8 | 25.8 | 1.7 | 31.4 | 3.7 |
| Florence | 271 | 32.6 | 1.9 | 43.4 | 6.0 | 34.8 | 3.2 | 31.6 | 2.7 | - | - | 784 | 25.4 | 0.8 | 29.7 | 2.7 | 26.0 | 1.4 | 24.0 | 1.1 | 27.9 | 3.2 |
| Turin | 676 | 31.8 | 1.2 | 33.4 | 3.9 | 32.8 | 2.0 | 32.3 | 1.7 | 27.8 | 4.6 | 392 | 24.6 | 1.1 | 29.4 | 3.6 | 24.2 | 1.9 | 24.5 | 1.6 | - | - |
| Varese | 327 | 40.7 | 1.7 | - | - | 36.0 | 3.8 | 41.6 | 2.1 | 41.5 | 5.8 | 794 | 26.6 | 0.8 | 27.3 | 2.6 | 27.6 | 1.3 | 26.3 | 1.2 | 24.6 | 2.4 |
| France | | | | | | | | | | | | | | | | | | | | | | |
| South coast | | | | | | | | | | | | 620 | 47.1 | 0.9 | | | 49.7 | 1.5 | 44.0 | 1.4 | 46.3 | 1.9 |
| South | | | | | | | | | | | | 1425 | 45.3 | 0.6 | | | 45.3 | 0.9 | 45.2 | 1.0 | 43.8 | 1.4 |
| North-East | | | | | | | | | | | | 2059 | 47.7 | 0.5 | | | 49.1 | 0.8 | 47.1 | 0.8 | 43.9 | 1.2 |
| North-West | | | | | | | | | | | | 631 | 47.4 | 0.9 | | | 48.8 | 1.4 | 44.3 | 1.4 | 49.9 | 2.2 |
| Germany | | | | | | | | | | | | | | | | | | | | | | |
| Heidelberg | 1034 | 62.5 | 1.0 | 63.0 | 2.6 | 63.4 | 1.5 | 63.2 | 1.4 | - | - | 1087 | 44.9 | 0.7 | 47.2 | 1.2 | 47.5 | 1.3 | 43.3 | 1.1 | - | - |
| Potsdam | 1233 | 66.8 | 0.9 | 72.7 | 2.6 | 64.6 | 1.8 | 67.1 | 1.2 | 65.3 | 3.5 | 1061 | 40.8 | 0.7 | 41.1 | 1.4 | 42.3 | 1.4 | 41.4 | 1.0 | 34.9 | 4.4 |
| The Netherlands | | | | | | | | | | | | | | | | | | | | | | |
| Bilthoven | 1024 | 46.2 | 1.0 | 49.5 | 1.9 | 47.2 | 1.5 | 47.4 | 1.7 | - | - | 1086 | 31.5 | 0.7 | 33.0 | 1.2 | 33.5 | 1.1 | 30.9 | 1.3 | - | - |
| Utrecht | | | | | | | | | | | | 1870 | 34.7 | 0.5 | | | 34.9 | 0.9 | 34.3 | 0.8 | 32.7 | 1.1 |
| United Kingdom | | | | | | | | | | | | | | | | | | | | | | |
| General population | 402 | 39.0 | 1.6 | 37.9 | 5.1 | 38.7 | 2.8 | 38.7 | 2.8 | 39.3 | 2.8 | 570 | 26.2 | 0.9 | 26.6 | 2.9 | 27.3 | 1.6 | 24.6 | 1.7 | 26.0 | 2.0 |
| Health conscious | 114 | 23.1 | 2.9 | - | - | 14.8 | 4.8 | 24.6 | 4.5 | - | - | 197 | 19.0 | 1.6 | 22.9 | 5.1 | 17.2 | 2.6 | 18.6 | 2.5 | 22.8 | 4.5 |
| Denmark | | | | | | | | | | | | | | | | | | | | | | |
| Copenhagen | 1356 | 53.8 | 0.8 | | | 50.7 | 1.4 | 55.8 | 1.1 | 51.7 | 4.3 | 1484 | 36.1 | 0.6 | | | 35.4 | 1.0 | 36.1 | 0.8 | 34.3 | 2.8 |
| Aarhus | 567 | 54.3 | 1.3 | | | 57.7 | 1.9 | 52.3 | 1.9 | - | - | 510 | 38.4 | 1.0 | | | 38.1 | 1.4 | 38.8 | 1.4 | - | - |
| Sweden | | | | | | | | | | | | | | | | | | | | | | |
| Malmo | 1421 | 43.8 | 0.9 | | | 46.9 | 2.5 | 42.8 | 1.3 | 40.6 | 1.2 | 1711 | 34.1 | 0.6 | | | 33.0 | 1.1 | 32.8 | 0.9 | 33.2 | 0.9 |
| Umeå | 1344 | 46.3 | 0.9 | 51.5 | 2.9 | 47.1 | 1.6 | 44.8 | 1.2 | 45.2 | 2.5 | 1574 | 32.2 | 0.6 | 33.7 | 1.4 | 32.6 | 1.0 | 31.3 | 0.9 | 31.2 | 1.8 |
| Norway | | | | | | | | | | | | | | | | | | | | | | |
| South & East | | | | | | | | | | | | 1004 | 37.3 | 0.7 | 38.9 | 1.7 | 37.4 | 0.9 | 41.9 | 1.8 | | |
| North & West | | | | | | | | | | | | 793 | 36.9 | 0.8 | 40.2 | 1.8 | 37.3 | 1.0 | 38.3 | 2.1 | | |

M= Mean, SE = standard error.

Table 1f Mean daily intake of fat of plant origin (g/d) by centre ordered from South to North, gender, and age group [adjusted for age (not when stratified for age) and weighted by weekday and season]

| Country and Centre | MEN | | | | | | | | | | | WOMEN | | | | | | | | | | |
|--------------------|------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | |
| | | M | SE | M | SE | M | SE | M | SE | M | SE | | M | SE | M | SE | M | SE | M | SE | M | SE |
| Greece | 1311 | 62.1 | 0.7 | 61.3 | 2.2 | 61.7 | 1.5 | 62.2 | 1.3 | 61.3 | 1.2 | 1373 | 45.4 | 0.6 | 40.9 | 1.5 | 47.3 | 1.0 | 46.2 | 1.0 | 44.1 | 1.1 |
| Spain | | | | | | | | | | | | | | | | | | | | | | |
| Granada | 214 | 59.3 | 1.8 | - | - | 66.1 | 3.7 | 54.1 | 2.4 | 65.6 | 4.0 | 300 | 41.8 | 1.2 | 39.6 | 3.0 | 47.4 | 2.0 | 39.4 | 1.8 | 36.1 | 3.8 |
| Murcia | 243 | 63.2 | 1.7 | 72.0 | 5.2 | 60.2 | 3.0 | 62.9 | 2.3 | 67.9 | 5.8 | 304 | 49.3 | 1.2 | 50.7 | 2.4 | 48.4 | 2.0 | 49.9 | 1.9 | - | - |
| Navarra | 444 | 62.8 | 1.2 | 74.7 | 5.4 | 66.1 | 2.1 | 61.1 | 1.8 | 54.4 | 3.8 | 271 | 47.3 | 1.2 | 43.4 | 3.3 | 46.9 | 2.0 | 49.5 | 1.9 | - | - |
| San Sebastian | 490 | 60.4 | 1.2 | 69.3 | 2.8 | 59.6 | 1.6 | 62.1 | 2.2 | 44.4 | 5.9 | 244 | 45.5 | 1.3 | 49.8 | 2.8 | 49.1 | 2.1 | 39.5 | 2.2 | - | - |
| Asturias | 386 | 46.0 | 1.3 | 38.6 | 5.0 | 48.9 | 2.2 | 46.3 | 2.0 | 42.2 | 3.6 | 324 | 35.1 | 1.1 | 34.9 | 2.8 | 37.4 | 1.8 | 35.2 | 1.8 | 25.8 | 4.2 |
| Italy | | | | | | | | | | | | | | | | | | | | | | |
| Ragusa | 168 | 43.9 | 2.0 | - | - | 45.6 | 3.0 | 45.1 | 3.1 | - | - | 138 | 38.9 | 1.7 | 42.4 | 2.9 | 28.2 | 3.2 | 48.5 | 3.1 | - | - |
| Naples | | | | | | | | | | | | 403 | 34.1 | 1.0 | 46.6 | 3.3 | 32.6 | 1.6 | 30.7 | 1.6 | 43.2 | 3.3 |
| Florence | 271 | 44.2 | 1.6 | 47.8 | 5.0 | 44.8 | 2.7 | 46.4 | 2.2 | - | - | 784 | 31.6 | 0.7 | 34.1 | 2.4 | 32.0 | 1.3 | 31.3 | 1.0 | 29.3 | 2.8 |
| Turin | 676 | 39.0 | 1.0 | 41.4 | 3.2 | 39.7 | 1.7 | 39.2 | 1.4 | 36.2 | 3.8 | 392 | 30.6 | 1.0 | 31.6 | 3.3 | 31.1 | 1.7 | 30.4 | 1.4 | - | - |
| Varese | 327 | 42.0 | 1.4 | - | - | 41.9 | 3.2 | 40.7 | 1.7 | 53.6 | 4.8 | 794 | 29.8 | 0.7 | 31.4 | 2.3 | 30.7 | 1.2 | 29.6 | 1.1 | 26.7 | 2.2 |
| France | | | | | | | | | | | | | | | | | | | | | | |
| South coast | | | | | | | | | | | | 620 | 34.1 | 0.8 | | | 30.5 | 1.3 | 38.1 | 1.3 | 31.9 | 1.7 |
| South | | | | | | | | | | | | 1425 | 28.9 | 0.5 | | | 28.6 | 0.8 | 29.0 | 0.9 | 28.7 | 1.2 |
| North-East | | | | | | | | | | | | 2059 | 29.1 | 0.5 | | | 29.3 | 0.7 | 28.3 | 0.7 | 29.5 | 1.0 |
| North-West | | | | | | | | | | | | 631 | 25.5 | 0.8 | | | 27.0 | 1.3 | 25.5 | 1.2 | 21.5 | 2.0 |
| Germany | | | | | | | | | | | | | | | | | | | | | | |
| Heidelberg | 1034 | 29.8 | 0.8 | 29.7 | 2.2 | 31.7 | 1.3 | 29.5 | 1.2 | - | - | 1087 | 25.1 | 0.6 | 27.2 | 1.1 | 25.7 | 1.1 | 23.5 | 1.0 | - | - |
| Potsdam | 1233 | 38.4 | 0.7 | 44.4 | 2.1 | 39.5 | 1.5 | 37.6 | 1.0 | 34.8 | 2.9 | 1061 | 26.2 | 0.6 | 26.5 | 1.2 | 27.3 | 1.2 | 25.6 | 0.9 | 31.0 | 4.0 |
| The Netherlands | | | | | | | | | | | | | | | | | | | | | | |
| Bilthoven | 1024 | 40.2 | 0.8 | 46.1 | 1.6 | 41.0 | 1.3 | 38.5 | 1.4 | - | - | 1086 | 27.6 | 0.6 | 31.0 | 1.1 | 27.0 | 1.0 | 26.1 | 1.2 | - | - |
| Utrecht | | | | | | | | | | | | 1870 | 25.6 | 0.5 | | | 25.4 | 0.8 | 25.5 | 0.7 | 25.1 | 1.0 |
| United Kingdom | | | | | | | | | | | | | | | | | | | | | | |
| General population | 402 | 25.0 | 1.3 | 31.8 | 4.3 | 23.4 | 2.3 | 23.8 | 2.4 | 25.1 | 2.4 | 570 | 18.8 | 0.9 | 22.8 | 2.6 | 18.7 | 1.4 | 19.3 | 1.5 | 16.1 | 1.8 |
| Health conscious | 114 | 42.6 | 2.4 | - | - | 44.6 | 4.0 | 46.6 | 3.8 | - | - | 197 | 38.3 | 1.5 | 30.9 | 4.6 | 41.1 | 2.4 | 39.2 | 2.3 | 33.7 | 4.0 |
| Denmark | | | | | | | | | | | | | | | | | | | | | | |
| Copenhagen | 1356 | 18.3 | 0.7 | | | 18.4 | 1.1 | 18.3 | 0.9 | 16.5 | 3.6 | 1484 | 16.6 | 0.5 | | | 16.6 | 0.9 | 16.5 | 0.7 | 14.1 | 2.5 |
| Aarhus | 567 | 19.4 | 1.1 | | | 19.1 | 1.5 | 19.7 | 1.6 | - | - | 510 | 19.5 | 0.9 | | | 20.5 | 1.3 | 18.6 | 1.3 | - | - |
| Sweden | | | | | | | | | | | | | | | | | | | | | | |
| Malmo | 1421 | 27.6 | 0.7 | | | 29.1 | 2.1 | 26.4 | 1.1 | 25.6 | 1.0 | 1711 | 21.6 | 0.5 | | | 21.4 | 1.0 | 21.2 | 0.8 | 21.0 | 0.8 |
| Umeå | 1344 | 26.4 | 0.7 | 30.0 | 2.4 | 26.5 | 1.3 | 25.5 | 1.0 | 25.9 | 2.1 | 1574 | 20.6 | 0.5 | 21.7 | 1.2 | 20.4 | 0.9 | 20.2 | 0.8 | 21.1 | 1.6 |
| Norway | | | | | | | | | | | | | | | | | | | | | | |
| South & East | | | | | | | | | | | | 1004 | 20.0 | 0.7 | 21.7 | 1.5 | 21.0 | 0.8 | 17.0 | 1.6 | | |
| North & West | | | | | | | | | | | | 793 | 19.7 | 0.7 | 21.9 | 1.7 | 19.9 | 0.9 | 18.5 | 1.9 | | |

M= Mean, SE = standard error.

Table 1g Mean daily intake of fat of mixed/unknown origin (g/d) by centre ordered from South to North, gender, and age group [adjusted for age (not when stratified for age) and weighted by weekday and season]

| Country and Centre | MEN | | | | | | | | | | | WOMEN | | | | | | | | | | |
|--------------------|------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|
| | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | | N | All | | 35-44 | | 45-54 | | 55-64 | | 65-74 | |
| | | M | SE | M | SE | M | SE | M | SE | M | SE | | M | SE | M | SE | M | SE | M | SE | M | SE |
| Greece | 1311 | 4.6 | 0.6 | 7.0 | 1.9 | 6.0 | 1.3 | 3.7 | 1.1 | 2.6 | 1.0 | 1373 | 4.7 | 0.4 | 5.8 | 1.1 | 5.3 | 0.7 | 4.0 | 0.7 | 3.7 | 0.9 |
| Spain | | | | | | | | | | | | | | | | | | | | | | |
| Granada | 214 | 4.9 | 1.5 | - | - | 2.8 | 3.2 | 5.4 | 2.0 | 5.3 | 3.4 | 300 | 4.5 | 0.9 | 5.3 | 2.3 | 4.6 | 1.5 | 3.6 | 1.4 | 8.1 | 2.9 |
| Murcia | 243 | 6.4 | 1.4 | 4.9 | 4.4 | 10.4 | 2.5 | 4.8 | 2.0 | 5.3 | 4.9 | 304 | 5.7 | 0.9 | 7.9 | 1.8 | 6.1 | 1.5 | 5.3 | 1.5 | - | - |
| Navarra | 444 | 5.7 | 1.0 | 7.4 | 4.6 | 7.5 | 1.7 | 4.8 | 1.5 | 3.5 | 3.2 | 271 | 5.8 | 0.9 | 9.1 | 2.5 | 6.1 | 1.5 | 4.1 | 1.4 | - | - |
| San Sebastian | 490 | 6.1 | 1.0 | 8.0 | 2.4 | 7.5 | 1.4 | 5.5 | 1.9 | 5.0 | 5.0 | 244 | 6.3 | 1.0 | 9.6 | 2.1 | 7.0 | 1.6 | 4.7 | 1.7 | - | - |
| Asturias | 386 | 6.9 | 1.1 | 11.4 | 4.2 | 7.4 | 1.9 | 6.8 | 1.7 | 4.3 | 3.0 | 324 | 5.3 | 0.9 | 7.6 | 2.1 | 5.7 | 1.4 | 5.1 | 1.4 | 3.0 | 3.2 |
| Italy | | | | | | | | | | | | | | | | | | | | | | |
| Ragusa | 168 | 12.3 | 1.7 | - | - | 11.3 | 2.5 | 13.8 | 2.6 | - | - | 138 | 7.1 | 1.3 | 8.1 | 2.2 | 8.6 | 2.5 | 7.5 | 2.3 | - | - |
| Naples | | | | | | | | | | | | 403 | 7.1 | 0.8 | 8.3 | 2.5 | 7.8 | 1.2 | 6.6 | 1.2 | 6.4 | 2.5 |
| Florence | 271 | 10.5 | 1.3 | 16.9 | 4.2 | 10.1 | 2.3 | 10.5 | 1.9 | - | - | 784 | 8.6 | 0.6 | 9.6 | 1.9 | 8.6 | 1.0 | 8.5 | 0.8 | 8.1 | 2.2 |
| Turin | 676 | 9.1 | 0.8 | 12.1 | 2.7 | 10.5 | 1.4 | 8.0 | 1.2 | 10.8 | 3.2 | 392 | 7.9 | 0.8 | 12.8 | 2.5 | 9.6 | 1.3 | 6.2 | 1.1 | - | - |
| Varese | 327 | 9.6 | 1.2 | - | - | 11.2 | 2.7 | 9.2 | 1.5 | 5.6 | 4.1 | 794 | 9.2 | 0.5 | 13.3 | 1.8 | 10.0 | 0.9 | 8.3 | 0.8 | 7.0 | 1.7 |
| France | | | | | | | | | | | | | | | | | | | | | | |
| South coast | | | | | | | | | | | | 620 | 7.4 | 0.6 | | | 6.2 | 1.0 | 7.2 | 1.0 | 7.9 | 1.3 |
| South | | | | | | | | | | | | 1425 | 6.8 | 0.4 | | | 7.2 | 0.6 | 6.6 | 0.7 | 5.0 | 0.9 |
| North-East | | | | | | | | | | | | 2059 | 9.9 | 0.3 | | | 11.6 | 0.5 | 8.7 | 0.5 | 7.3 | 0.8 |
| North-West | | | | | | | | | | | | 631 | 8.6 | 0.6 | | | 8.5 | 1.0 | 8.6 | 0.9 | 7.5 | 1.5 |
| Germany | | | | | | | | | | | | | | | | | | | | | | |
| Heidelberg | 1034 | 9.2 | 0.7 | 12.6 | 1.8 | 9.9 | 1.1 | 9.0 | 1.0 | - | - | 1087 | 7.9 | 0.5 | 8.3 | 0.8 | 8.5 | 0.9 | 8.8 | 0.8 | - | - |
| Potsdam | 1233 | 8.1 | 0.6 | 9.8 | 1.8 | 7.3 | 1.3 | 8.2 | 0.8 | 9.8 | 2.4 | 1061 | 7.3 | 0.5 | 7.6 | 0.9 | 8.5 | 0.9 | 7.1 | 0.7 | 11.0 | 3.0 |
| The Netherlands | | | | | | | | | | | | | | | | | | | | | | |
| Bilthoven | 1024 | 17.6 | 0.7 | 20.3 | 1.3 | 19.5 | 1.1 | 16.4 | 1.2 | - | - | 1086 | 14.9 | 0.5 | 17.7 | 0.8 | 15.9 | 0.7 | 13.0 | 0.9 | - | - |
| Utrecht | | | | | | | | | | | | 1870 | 15.1 | 0.4 | | | 14.6 | 0.6 | 15.6 | 0.5 | 13.1 | 0.7 |
| United Kingdom | | | | | | | | | | | | | | | | | | | | | | |
| General population | 402 | 24.5 | 1.1 | 29.4 | 3.6 | 28.0 | 2.0 | 21.8 | 2.0 | 21.5 | 2.0 | 570 | 17.1 | 0.6 | 16.7 | 1.9 | 19.9 | 1.1 | 15.2 | 1.2 | 14.9 | 1.4 |
| Health conscious | 114 | 18.8 | 2.1 | - | - | 16.4 | 3.4 | 16.4 | 3.2 | - | - | 197 | 16.2 | 1.1 | 16.7 | 3.5 | 14.7 | 1.8 | 17.7 | 1.7 | 15.9 | 3.0 |
| Denmark | | | | | | | | | | | | | | | | | | | | | | |
| Copenhagen | 1356 | 36.9 | 0.6 | | | 37.6 | 1.0 | 36.3 | 0.8 | 39.6 | 3.0 | 1484 | 22.7 | 0.4 | | | 23.4 | 0.7 | 22.3 | 0.5 | 18.9 | 1.9 |
| Aarhus | 567 | 40.5 | 0.9 | | | 40.6 | 1.3 | 41.2 | 1.3 | - | - | 510 | 25.4 | 0.7 | | | 26.0 | 1.0 | 24.5 | 1.0 | - | - |
| Sweden | | | | | | | | | | | | | | | | | | | | | | |
| Malmo | 1421 | 29.3 | 0.6 | | | 27.9 | 1.8 | 27.9 | 0.9 | 28.4 | 0.8 | 1711 | 21.1 | 0.4 | | | 22.6 | 0.8 | 20.8 | 0.6 | 18.5 | 0.6 |
| Umeå | 1344 | 34.3 | 0.6 | 44.3 | 2.0 | 33.6 | 1.1 | 32.8 | 0.8 | 33.3 | 1.8 | 1574 | 21.4 | 0.4 | 22.2 | 0.9 | 22.4 | 0.7 | 20.5 | 0.6 | 20.9 | 1.3 |
| Norway | | | | | | | | | | | | | | | | | | | | | | |
| South & East | | | | | | | | | | | | 1004 | 14.7 | 0.5 | 15.5 | 1.2 | 15.6 | 0.6 | 15.0 | 1.2 | | |
| North & West | | | | | | | | | | | | 793 | 14.1 | 0.6 | 18.9 | 1.3 | 14.0 | 0.7 | 14.0 | 1.4 | | |

M= Mean, SE = standard error.

Table 2a Mean contribution of major food groups and selected sub-groups* to saturated fatty acid (SFA) intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | South Coast France | South France | North East France | North West France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umeå | South East Norway | North West Norway |
|----------------------------|---------------------------------|--------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|--------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|
| Males | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 2 | 1 | 4 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| | <i>nuts (-spread) and seeds</i> | 38 | 69 | 71 | 71 | 71 | 72 | 40 | 24 | 28 | 44 | 24 | 28 | 44 | 24 | 28 | 44 | 24 | 28 | 44 | 24 | 28 | 44 | 24 | 28 | 44 | 24 | 28 |
| DAIRY PRODUCTS | | 40 | 32 | 22 | 20 | 23 | 30 | 33 | 31 | 35 | 34 | 31 | 35 | 34 | 24 | 21 | 29 | 24 | 21 | 29 | 24 | 21 | 29 | 24 | 21 | 29 | 24 | 21 |
| | <i>milk</i> | 22 | 45 | 41 | 50 | 47 | 49 | 10 | 22 | 14 | 22 | 20 | 14 | 15 | 20 | 14 | 15 | 20 | 14 | 15 | 38 | 30 | 21 | 21 | 21 | 23 | 23 | |
| | <i>cheese</i> | 73 | 46 | 53 | 37 | 37 | 41 | 88 | 70 | 79 | 71 | 55 | 54 | 64 | 55 | 54 | 64 | 41 | 48 | 53 | 41 | 48 | 53 | 51 | 58 | 45 | 45 | |
| CEREAL AND CEREAL PRODUCTS | | 4 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 5 | 3 | 4 | 5 | 3 | 3 | 1 | 4 | 6 | 7 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 |
| MEAT AND MEAT PRODUCTS | | 14 | 23 | 23 | 32 | 32 | 28 | 16 | 15 | 15 | 17 | 15 | 15 | 17 | 22 | 21 | 21 | 22 | 21 | 21 | 12 | 3 | 21 | 18 | 17 | 16 | 16 | 16 |
| | <i>processed meat</i> | 21 | 64 | 57 | 58 | 48 | 64 | 57 | 51 | 57 | 56 | 73 | 76 | 60 | 73 | 76 | 60 | 53 | 49 | 50 | 52 | 54 | 58 | 58 | 58 | 58 | 58 | |
| FISH AND SHELLFISH | | 1 | 2 | 2 | 2 | 3 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 4 | 3 | 2 | 1 | 1 | 1 | 1 |
| EGG AND EGG PRODUCTS | | 2 | 2 | 2 | 4 | 4 | 3 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| FAT | | 26 | 20 | 20 | 21 | 16 | 14 | 16 | 21 | 19 | 15 | 27 | 38 | 22 | 27 | 38 | 22 | 26 | 33 | 28 | 28 | 30 | 32 | 30 | 32 | 30 | 32 | |
| | <i>vegetable oils</i> | 83 | 78 | 81 | 96 | 93 | 82 | 88 | 74 | 79 | 54 | 4 | 2 | 4 | 4 | 2 | 4 | 6 | 12 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| | <i>butter</i> | 3 | 14 | 9 | 1 | 2 | 3 | 6 | 23 | 16 | 39 | 76 | 62 | 27 | 76 | 62 | 27 | 47 | 37 | 28 | 22 | 10 | 12 | 12 | 12 | 12 | 12 | |
| | <i>margarine</i> | 10 | 8 | 6 | 3 | 6 | 13 | 1 | 0 | 1 | 1 | 11 | 31 | 55 | 11 | 31 | 55 | 35 | 49 | 62 | 72 | 85 | 84 | 84 | 84 | 84 | 84 | |
| SUGAR AND CONFECTIONARY | | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 7 | 5 | 3 | 3 | 3 | 5 | 4 | 4 | 4 | 4 | |
| CAKES | | 4 | 8 | 14 | 10 | 9 | 9 | 10 | 14 | 12 | 12 | 10 | 8 | 7 | 10 | 8 | 7 | 14 | 14 | 8 | 11 | 9 | 10 | 10 | 10 | 10 | 10 | |
| CONDIMENTS AND SAUCES | | 3 | 2 | 1 | 1 | 2 | 1 | 10 | 5 | 4 | 9 | 5 | 3 | 5 | 5 | 3 | 5 | 3 | 4 | 6 | 6 | 6 | 5 | 4 | 4 | 4 | 4 | |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| | <i>nuts (-spread) and seeds</i> | 46 | 66 | 59 | 74 | 69 | 78 | 28 | 34 | 42 | 24 | 43 | 62 | 59 | 68 | 71 | 54 | 38 | 87 | 89 | 76 | 87 | 20 | 16 | 34 | 25 | 74 | 76 |
| DAIRY PRODUCTS | | 42 | 34 | 27 | 27 | 34 | 33 | 39 | 34 | 37 | 35 | 35 | 34 | 32 | 30 | 30 | 28 | 30 | 34 | 24 | 21 | 29 | 29 | 30 | 33 | 34 | 32 | |
| | <i>milk</i> | 30 | 49 | 43 | 54 | 53 | 54 | 11 | 17 | 22 | 17 | 26 | 8 | 9 | 8 | 9 | 20 | 14 | 15 | 16 | 36 | 29 | 14 | 19 | 18 | 12 | 13 | |
| | <i>cheese</i> | 63 | 41 | 50 | 35 | 28 | 30 | 83 | 77 | 68 | 75 | 65 | 67 | 62 | 63 | 59 | 52 | 46 | 64 | 62 | 38 | 46 | 50 | 54 | 54 | 48 | 66 | |
| CEREAL AND CEREAL PRODUCTS | | 4 | 3 | 3 | 2 | 3 | 3 | 5 | 3 | 5 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 4 | 4 | 6 | 7 | 3 | 3 | 3 | 5 | 5 | 5 | |
| MEAT AND MEAT PRODUCTS | | 9 | 15 | 17 | 23 | 21 | 19 | 17 | 11 | 13 | 12 | 12 | 15 | 16 | 16 | 16 | 15 | 16 | 15 | 10 | 2 | 16 | 15 | 14 | 13 | 17 | 19 | |
| | <i>processed meat</i> | 19 | 61 | 54 | 57 | 47 | 57 | 56 | 52 | 42 | 47 | 60 | 38 | 40 | 36 | 41 | 70 | 70 | 55 | 54 | 51 | 55 | 39 | 46 | 55 | 56 | 61 | |
| FISH AND SHELLFISH | | 1 | 3 | 2 | 2 | 3 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 3 | 2 | 2 | 2 | 3 | |
| EGG AND EGG PRODUCTS | | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | |
| FAT | | 25 | 21 | 22 | 19 | 19 | 13 | 16 | 15 | 20 | 19 | 18 | 20 | 21 | 23 | 26 | 31 | 20 | 18 | 22 | 27 | 23 | 20 | 23 | 24 | 16 | 15 | |
| | <i>vegetable oils</i> | 84 | 74 | 78 | 85 | 84 | 69 | 92 | 84 | 75 | 78 | 58 | 18 | 13 | 10 | 5 | 3 | 5 | 4 | 8 | 12 | 3 | 3 | 2 | 2 | 6 | 4 | |
| | <i>butter</i> | 3 | 9 | 7 | 7 | 4 | 13 | 6 | 12 | 23 | 19 | 39 | 59 | 66 | 68 | 79 | 80 | 65 | 37 | 41 | 50 | 46 | 29 | 25 | 11 | 10 | 36 | |
| | <i>margarine</i> | 10 | 16 | 7 | 7 | 12 | 17 | 1 | 0 | 1 | 1 | 9 | 6 | 9 | 9 | 9 | 27 | 46 | 47 | 30 | 40 | 61 | 65 | 84 | 85 | 53 | 63 | |
| SUGAR AND CONFECTIONARY | | 4 | 3 | 3 | 3 | 2 | 4 | 5 | 5 | 5 | 6 | 4 | 4 | 4 | 3 | 3 | 2 | 7 | 6 | 9 | 7 | 4 | 5 | 7 | 5 | 8 | 6 | |
| CAKES | | 7 | 10 | 15 | 16 | 14 | 13 | 13 | 14 | 15 | 13 | 14 | 13 | 12 | 13 | 12 | 12 | 11 | 11 | 15 | 16 | 11 | 16 | 12 | 12 | 9 | 11 | |
| CONDIMENTS AND SAUCES | | 3 | 2 | 1 | 1 | 2 | 1 | 7 | 5 | 3 | 3 | 9 | 5 | 5 | 4 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 6 | 6 | 5 | 4 | 4 |

* % of corresponding food group

Table 2b Mean contribution of major food groups and selected sub-groups* to monounsaturated fatty acid (MUFA) intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | South Coast France | South France | North East France | North West France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General Population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umeå | South East Norway | North West Norway |
|----------------------------|---------------------------------|--------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|--------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|
| Males | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 5 | 3 | 8 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | | | | | 3 | 2 | 7 | | 2 | 14 | 2 | 1 | 1 | 1 | | | |
| | <i>nuts (-spread) and seeds</i> | 33 | 72 | 71 | 66 | 76 | 83 | 50 | | 45 | 35 | 60 | | | | 73 | 71 | 92 | | 94 | 95 | 54 | 69 | 66 | 65 | | | |
| DAIRY PRODUCTS | | 9 | 9 | 6 | 5 | 7 | 10 | 9 | | 10 | 12 | 13 | | | | 14 | 13 | 13 | | 11 | 6 | 11 | 13 | 11 | 12 | | | |
| | <i>milk</i> | 26 | 47 | 41 | 52 | 50 | 50 | 12 | | 24 | 15 | 23 | | | | 20 | 14 | 14 | | 35 | 28 | 18 | 18 | 20 | 22 | | | |
| | <i>cheese</i> | 68 | 43 | 52 | 33 | 33 | 39 | 85 | | 68 | 78 | 69 | | | | 54 | 53 | 64 | | 41 | 48 | 55 | 54 | 58 | 45 | | | |
| CEREAL AND CEREAL PRODUCTS | | 3 | 1 | 2 | 1 | 1 | 1 | 4 | | 4 | 7 | 4 | | | | 3 | 1 | 5 | | 8 | 8 | 4 | 4 | 5 | 6 | | | |
| MEAT AND MEAT PRODUCTS | | 8 | 17 | 15 | 20 | 22 | 23 | 9 | | 11 | 11 | 14 | | | | 32 | 33 | 30 | | 16 | 3 | 27 | 26 | 23 | 22 | | | |
| | <i>processed meat</i> | 24 | 67 | 61 | 61 | 51 | 67 | 55 | | 54 | 59 | 59 | | | | 74 | 77 | 65 | | 54 | 49 | 50 | 52 | 58 | 63 | | | |
| FISH AND SHELLFISH | | 1 | 2 | 2 | 1 | 2 | 3 | 1 | | 1 | 1 | 1 | | | | 1 | 3 | 2 | | 3 | 0 | 5 | 4 | 3 | 3 | | | |
| EGG AND EGG PRODUCTS | | 1 | 2 | 2 | 3 | 4 | 4 | 2 | | 1 | 2 | 1 | | | | 1 | 2 | 2 | | 2 | 1 | 2 | 2 | 2 | 2 | | | |
| FAT | | 64 | 51 | 49 | 56 | 46 | 42 | 43 | | 51 | 48 | 31 | | | | 21 | 32 | 21 | | 30 | 38 | 24 | 26 | 30 | 32 | | | |
| | <i>vegetable oils</i> | 97 | 96 | 96 | 99 | 98 | 95 | 96 | | 95 | 95 | 86 | | | | 18 | 6 | 13 | | 22 | 33 | 13 | 8 | 6 | 5 | | | |
| | <i>butter</i> | 0 | 2 | 1 | 0 | 0 | 0 | 1 | | 3 | 2 | 7 | | | | 55 | 44 | 14 | | 19 | 11 | 17 | 13 | 4 | 5 | | | |
| | <i>margarine</i> | 2 | 3 | 2 | 1 | 2 | 4 | 0 | | 0 | 0 | 0 | | | | 16 | 42 | 61 | | 49 | 55 | 61 | 73 | 85 | 85 | | | |
| SUGAR AND CONFECTIONARY | | 1 | 0 | 2 | 1 | 1 | 1 | 1 | | 2 | 2 | 2 | | | | 2 | 1 | 3 | | 4 | 2 | 2 | 2 | 3 | 3 | | | |
| CAKES | | 3 | 4 | 9 | 4 | 4 | 6 | 5 | | 8 | 7 | 7 | | | | 9 | 7 | 6 | | 15 | 11 | 7 | 10 | 11 | 12 | | | |
| CONDIMENTS AND SAUCES | | 4 | 4 | 2 | 2 | 5 | 4 | 20 | | 8 | 7 | 24 | | | | 9 | 4 | 9 | | 4 | 7 | 14 | 10 | 9 | 7 | | | |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 4 | 3 | 5 | 4 | 2 | 4 | 1 | 2 | 2 | 2 | 4 | 3 | 4 | 4 | 4 | 2 | 5 | 7 | 2 | 11 | 3 | 2 | 1 | 1 | 4 | 3 | |
| | <i>nuts (-spread) and seeds</i> | 40 | 74 | 64 | 80 | 72 | 86 | 42 | 45 | 65 | 34 | 56 | 67 | 74 | 79 | 86 | 77 | 68 | 84 | 87 | 87 | 94 | 46 | 44 | 72 | 51 | 81 | 91 |
| DAIRY PRODUCTS | | 10 | 10 | 7 | 8 | 8 | 12 | 10 | 14 | 12 | 13 | 13 | 17 | 18 | 17 | 18 | 17 | 15 | 17 | 12 | 8 | 15 | 15 | 13 | 14 | 19 | 19 | |
| | <i>milk</i> | 35 | 51 | 43 | 56 | 54 | 55 | 14 | 19 | 24 | 18 | 27 | 10 | 10 | 9 | 10 | 20 | 14 | 13 | 14 | 34 | 27 | 12 | 12 | 19 | 18 | 12 | 13 |
| | <i>cheese</i> | 58 | 38 | 49 | 32 | 26 | 28 | 80 | 75 | 65 | 73 | 63 | 65 | 61 | 61 | 58 | 51 | 45 | 64 | 62 | 38 | 46 | 52 | 56 | 54 | 48 | 66 | 63 |
| CEREAL AND CEREAL PRODUCTS | | 2 | 2 | 2 | 1 | 1 | 2 | 5 | 5 | 5 | 7 | 5 | 3 | 3 | 3 | 3 | 2 | 6 | 6 | 8 | 8 | 5 | 4 | 5 | 6 | 6 | 6 | |
| MEAT AND MEAT PRODUCTS | | 6 | 11 | 12 | 16 | 15 | 17 | 10 | 8 | 10 | 9 | 11 | 19 | 21 | 22 | 24 | 23 | 25 | 23 | 23 | 13 | 2 | 22 | 22 | 19 | 18 | 24 | 26 |
| | <i>processed meat</i> | 22 | 63 | 58 | 61 | 50 | 61 | 52 | 51 | 46 | 51 | 65 | 44 | 45 | 41 | 46 | 72 | 70 | 60 | 59 | 52 | 55 | 40 | 47 | 59 | 61 | 61 | 60 |
| FISH AND SHELLFISH | | 1 | 2 | 2 | 1 | 2 | 3 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | 5 | 4 | 4 | 4 | 4 | 6 |
| EGG AND EGG PRODUCTS | | 1 | 2 | 2 | 3 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 1 | 3 | 3 | 3 | 2 | 3 | 3 | |
| FAT | | 64 | 52 | 52 | 54 | 51 | 37 | 43 | 40 | 50 | 48 | 30 | 22 | 21 | 20 | 18 | 22 | 28 | 20 | 18 | 26 | 32 | 22 | 20 | 24 | 26 | 18 | 16 |
| | <i>vegetable oils</i> | 97 | 93 | 95 | 97 | 95 | 91 | 98 | 97 | 95 | 96 | 91 | 61 | 52 | 44 | 33 | 23 | 13 | 19 | 16 | 28 | 38 | 19 | 17 | 8 | 12 | 29 | 18 |
| | <i>butter</i> | 0 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 3 | 3 | 7 | 17 | 22 | 25 | 39 | 57 | 45 | 20 | 23 | 19 | 14 | 17 | 14 | 5 | 4 | 18 | 15 |
| | <i>margarine</i> | 2 | 5 | 2 | 2 | 4 | 6 | 0 | 0 | 0 | 0 | 0 | 13 | 12 | 18 | 20 | 12 | 36 | 50 | 54 | 42 | 47 | 58 | 62 | 84 | 81 | 48 | 61 |
| SUGAR AND CONFECTIONARY | | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 6 | 5 | 3 | 4 | 5 | 4 | 6 | 5 | |
| CAKES | | 5 | 5 | 10 | 8 | 7 | 12 | 9 | 9 | 8 | 9 | 7 | 7 | 8 | 8 | 11 | 11 | 9 | 10 | 15 | 12 | 11 | 14 | 14 | 15 | 8 | 10 | |
| CONDIMENTS AND SAUCES | | 4 | 4 | 2 | 2 | 5 | 5 | 16 | 14 | 5 | 6 | 24 | 16 | 16 | 14 | 14 | 11 | 6 | 9 | 7 | 5 | 6 | 11 | 10 | 10 | 8 | 5 | 5 |

* % of corresponding food group

Table 2c Mean contribution of major food groups and selected sub-groups* to polyunsaturated fatty acid (PUFA) intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | South Coast France | South France | North East France | North West France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umeå | South East Norway | North West Norway |
|----------------------------|---------------------------------|--------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|--------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|
| Males | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 8 | 6 | 12 | 9 | 8 | 5 | 7 | 5 | 7 | 9 | | | | | 5 | 3 | 8 | | 3 | 15 | 3 | 3 | 2 | 2 | | | |
| | <i>nuts (-spread) and seeds</i> | 70 | 83 | 84 | 92 | 89 | 82 | 56 | | 38 | 48 | 65 | | | | | 65 | 46 | 95 | | 83 | 95 | 45 | 36 | 67 | 65 | | |
| DAIRY PRODUCTS | | 4 | 5 | 2 | 3 | 2 | 4 | 4 | | 5 | 5 | 5 | | | | 4 | 3 | 3 | | 3 | 2 | 3 | 3 | 3 | 3 | 3 | | |
| | <i>milk</i> | 20 | 34 | 36 | 34 | 48 | 42 | 15 | | 25 | 17 | 25 | | | | 20 | 13 | 6 | | 27 | 20 | 18 | 18 | 19 | 21 | | | |
| | <i>cheese</i> | 74 | 58 | 58 | 53 | 34 | 47 | 78 | | 64 | 72 | 64 | | | | 52 | 51 | 60 | | 33 | 33 | 54 | 52 | 56 | 43 | | | |
| CEREAL AND CEREAL PRODUCTS | | 13 | 7 | 6 | 4 | 4 | 6 | 10 | | 11 | 12 | 10 | | | | 8 | 5 | 11 | | 14 | 13 | 13 | 14 | 12 | 14 | | | |
| MEAT AND MEAT PRODUCTS | | 8 | 18 | 15 | 17 | 16 | 20 | 17 | | 18 | 17 | 21 | | | | 17 | 14 | 11 | | 9 | 1 | 14 | 14 | 15 | 14 | | | |
| | <i>processed meat</i> | 27 | 66 | 60 | 59 | 53 | 66 | 50 | | 46 | 54 | 54 | | | | 73 | 76 | 64 | | 57 | 51 | 52 | 53 | 61 | 63 | | | |
| FISH AND SHELLFISH | | 2 | 6 | 6 | 5 | 6 | 9 | 4 | | 4 | 5 | 4 | | | | 2 | 3 | 2 | | 4 | 0 | 7 | 7 | 7 | 7 | | | |
| EGG AND EGG PRODUCTS | | 1 | 3 | 2 | 4 | 4 | 4 | 2 | | 2 | 2 | 1 | | | | 1 | 1 | 1 | | 1 | 1 | 3 | 3 | 3 | 3 | | | |
| FAT | | 47 | 35 | 36 | 44 | 45 | 35 | 26 | | 29 | 30 | 21 | | | | 27 | 54 | 44 | | 37 | 36 | 22 | 28 | 30 | 32 | | | |
| | <i>vegetable oils</i> | 83 | 89 | 93 | 98 | 97 | 89 | 92 | | 90 | 90 | 83 | | | | 31 | 10 | 13 | | 28 | 37 | 16 | 12 | 10 | 9 | | | |
| | <i>butter</i> | 0 | 1 | 0 | 0 | 0 | 0 | 1 | | 2 | 1 | 4 | | | | 11 | 6 | 1 | | 4 | 3 | 3 | 2 | 1 | 1 | | | |
| | <i>margarine</i> | 11 | 10 | 6 | 2 | 3 | 11 | 2 | | 1 | 3 | 4 | | | | 48 | 81 | 81 | | 64 | 60 | 74 | 81 | 83 | 85 | | | |
| SUGAR AND CONFECTIONARY | | 3 | 0 | 1 | 0 | 0 | 0 | 1 | | 2 | 1 | 1 | | | | 1 | 0 | 1 | | 1 | 1 | 1 | 1 | 2 | 2 | | | |
| CAKES | | 5 | 3 | 6 | 3 | 3 | 4 | 6 | | 9 | 7 | 9 | | | | 6 | 5 | 4 | | 11 | 7 | 7 | 9 | 9 | 11 | | | |
| CONDIMENTS AND SAUCES | | 4 | 8 | 5 | 5 | 5 | 4 | 11 | | 8 | 9 | 13 | | | | 25 | 9 | 13 | | 10 | 9 | 22 | 15 | 14 | 10 | | | |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 9 | 8 | 7 | 9 | 10 | 11 | 6 | 6 | 8 | 7 | 10 | 8 | 7 | 7 | 7 | 6 | 5 | 6 | 8 | 5 | 16 | 6 | 6 | 3 | 3 | 5 | 4 |
| | <i>nuts (-spread) and seeds</i> | 75 | 84 | 81 | 87 | 87 | 88 | 49 | 51 | 55 | 41 | 62 | 78 | 71 | 76 | 76 | 65 | 46 | 89 | 91 | 81 | 93 | 39 | 29 | 62 | 59 | 82 | 84 |
| DAIRY PRODUCTS | | 4 | 4 | 2 | 3 | 2 | 4 | 4 | 6 | 5 | 5 | 6 | 5 | 5 | 5 | 5 | 4 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 |
| | <i>milk</i> | 27 | 44 | 37 | 43 | 53 | 48 | 18 | 20 | 27 | 21 | 29 | 9 | 9 | 9 | 10 | 19 | 13 | 3 | 4 | 24 | 19 | 12 | 12 | 17 | 16 | 11 | 13 |
| | <i>cheese</i> | 65 | 46 | 53 | 45 | 24 | 34 | 76 | 71 | 60 | 68 | 58 | 65 | 61 | 59 | 54 | 50 | 43 | 60 | 62 | 30 | 34 | 51 | 54 | 52 | 46 | 66 | 63 |
| CEREAL AND CEREAL PRODUCTS | | 11 | 7 | 5 | 4 | 4 | 6 | 9 | 9 | 11 | 11 | 11 | 7 | 8 | 8 | 8 | 5 | 14 | 13 | 13 | 12 | 15 | 15 | 12 | 15 | 14 | 13 | |
| MEAT AND MEAT PRODUCTS | | 6 | 11 | 10 | 15 | 11 | 13 | 17 | 12 | 16 | 14 | 15 | 12 | 12 | 12 | 13 | 12 | 11 | 9 | 9 | 8 | 1 | 11 | 12 | 12 | 11 | 10 | 10 |
| | <i>processed meat</i> | 25 | 63 | 58 | 57 | 51 | 60 | 54 | 52 | 38 | 43 | 57 | 43 | 48 | 45 | 49 | 70 | 67 | 59 | 60 | 53 | 56 | 39 | 43 | 62 | 61 | 61 | 59 |
| FISH AND SHELLFISH | | 2 | 6 | 5 | 5 | 5 | 7 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 5 | 2 | 3 | 2 | 2 | 5 | 2 | 8 | 6 | 7 | 8 | 7 | 9 |
| EGG AND EGG PRODUCTS | | 1 | 3 | 2 | 3 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | |
| FAT | | 44 | 40 | 43 | 42 | 47 | 35 | 28 | 34 | 28 | 33 | 21 | 27 | 22 | 21 | 17 | 24 | 44 | 38 | 37 | 28 | 26 | 19 | 18 | 25 | 26 | 26 | 27 |
| | <i>vegetable oils</i> | 82 | 81 | 92 | 93 | 92 | 86 | 95 | 95 | 92 | 91 | 88 | 79 | 75 | 61 | 47 | 38 | 16 | 17 | 13 | 34 | 43 | 26 | 23 | 14 | 19 | 9 | 7 |
| | <i>butter</i> | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 3 | 1 | 4 | 3 | 5 | 6 | 10 | 13 | 6 | 2 | 2 | 5 | 4 | 4 | 3 | 1 | 1 | 1 | 2 | 1 |
| | <i>margarine</i> | 14 | 19 | 6 | 7 | 8 | 13 | 3 | 2 | 1 | 3 | 3 | 16 | 14 | 27 | 37 | 42 | 75 | 77 | 81 | 57 | 52 | 64 | 68 | 81 | 77 | 87 | 88 |
| SUGAR AND CONFECTIONARY | | 4 | 0 | 0 | 1 | 0 | 1 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 2 | 1 | |
| CAKES | | 10 | 5 | 13 | 7 | 4 | 8 | 15 | 10 | 12 | 10 | 11 | 6 | 5 | 7 | 5 | 7 | 7 | 7 | 8 | 12 | 8 | 10 | 14 | 12 | 13 | 12 | 14 |
| CONDIMENTS AND SAUCES | | 4 | 6 | 4 | 5 | 7 | 5 | 8 | 8 | 5 | 7 | 13 | 20 | 27 | 26 | 28 | 29 | 14 | 14 | 12 | 13 | 9 | 17 | 15 | 15 | 11 | 17 | 15 |

* % of corresponding food group

Table 2d Mean contribution of major food groups and selected sub-groups* to dietary cholesterol intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | South Coast France | South France | North East France | North West France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umeå | South East Norway | North West Norway |
|------------------------|-----------------------|--------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|--------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|
| Males | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DAIRY PRODUCTS | | 21 | 15 | 9 | 8 | 8 | 11 | 13 | . | 15 | 16 | 18 | . | . | . | . | 14 | 14 | 20 | . | 16 | 13 | 13 | 15 | 14 | 15 | . | . |
| | <i>milk</i> | 26 | 52 | 49 | 54 | 50 | 56 | 15 | . | 26 | 17 | 26 | . | . | . | . | 24 | 17 | 14 | . | 38 | 34 | 23 | 23 | 24 | 28 | . | . |
| | <i>cheese</i> | 68 | 32 | 41 | 23 | 26 | 29 | 83 | . | 61 | 72 | 62 | . | . | . | . | 45 | 45 | 67 | . | 31 | 41 | 49 | 47 | 50 | 40 | . | . |
| MEAT AND MEAT PRODUCTS | | 35 | 28 | 29 | 33 | 37 | 33 | 30 | . | 30 | 31 | 39 | . | . | . | . | 37 | 35 | 40 | . | 30 | 12 | 28 | 26 | 29 | 27 | . | . |
| | <i>processed meat</i> | 8 | 37 | 31 | 29 | 19 | 29 | 15 | . | 24 | 22 | 22 | . | . | . | . | 42 | 51 | 42 | . | 25 | 21 | 37 | 36 | 43 | 46 | . | . |
| FISH AND SHELLFISH | | 16 | 19 | 18 | 16 | 15 | 18 | 10 | . | 11 | 10 | 6 | . | . | . | . | 4 | 5 | 5 | . | 6 | 3 | 10 | 8 | 9 | 7 | . | . |
| EGG AND EGG PRODUCTS | | 18 | 26 | 24 | 34 | 33 | 29 | 23 | . | 19 | 19 | 9 | . | . | . | . | 13 | 14 | 19 | . | 16 | 18 | 24 | 24 | 25 | 25 | . | . |
| FAT | | 1 | 0 | 0 | 0 | 0 | 0 | 1 | . | 2 | 1 | 3 | . | . | . | . | 12 | 15 | 4 | . | 12 | 26 | 10 | 11 | 9 | 12 | . | . |
| | <i>butter</i> | 37 | 97 | 63 | 93 | 88 | 52 | 80 | . | 97 | 91 | 96 | . | . | . | . | 93 | 93 | 93 | . | 48 | 31 | 33 | 26 | 19 | 19 | . | . |
| | <i>margarine</i> | 0 | 3 | 11 | 7 | 12 | 21 | 0 | . | 0 | 0 | 0 | . | . | . | . | 1 | 3 | 4 | . | 31 | 65 | 61 | 71 | 77 | 78 | . | . |
| CAKES | | 4 | 6 | 15 | 5 | 5 | 5 | 12 | . | 16 | 14 | 17 | . | . | . | . | 11 | 10 | 6 | . | 14 | 20 | 7 | 9 | 7 | 9 | . | . |
| CONDIMENTS AND SAUCES | | 1 | 1 | 1 | 1 | 1 | 0 | 2 | . | 2 | 2 | 2 | . | . | . | . | 2 | 2 | 1 | . | 1 | 2 | 7 | 6 | 5 | 3 | . | . |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DAIRY PRODUCTS | | 24 | 17 | 12 | 12 | 11 | 15 | 14 | 20 | 17 | 17 | 18 | 22 | 21 | 21 | 19 | 18 | 17 | 20 | 23 | 15 | 18 | 16 | 16 | 16 | 17 | 21 | 20 |
| | <i>milk</i> | 35 | 57 | 53 | 60 | 56 | 57 | 16 | 20 | 25 | 21 | 29 | 9 | 9 | 8 | 8 | 23 | 16 | 13 | 16 | 38 | 32 | 17 | 17 | 23 | 22 | 16 | 18 |
| | <i>cheese</i> | 58 | 29 | 36 | 23 | 19 | 19 | 78 | 70 | 56 | 66 | 54 | 59 | 54 | 53 | 47 | 43 | 36 | 67 | 64 | 29 | 39 | 46 | 50 | 47 | 43 | 62 | 59 |
| MEAT AND MEAT PRODUCTS | | 27 | 24 | 26 | 28 | 29 | 29 | 25 | 19 | 31 | 28 | 27 | 30 | 29 | 30 | 28 | 26 | 33 | 30 | 28 | 9 | 23 | 22 | 24 | 24 | 26 | 24 | 24 |
| | <i>processed meat</i> | 8 | 37 | 25 | 29 | 20 | 24 | 19 | 22 | 19 | 18 | 26 | 24 | 25 | 24 | 25 | 40 | 43 | 37 | 39 | 22 | 23 | 26 | 29 | 42 | 45 | 38 | 44 |
| FISH AND SHELLFISH | | 16 | 21 | 15 | 16 | 15 | 15 | 13 | 9 | 6 | 6 | 7 | 9 | 8 | 7 | 11 | 4 | 5 | 5 | 5 | 7 | 6 | 11 | 8 | 9 | 9 | 10 | 13 |
| EGG AND EGG PRODUCTS | | 20 | 25 | 27 | 28 | 32 | 29 | 23 | 21 | 19 | 23 | 20 | 17 | 18 | 16 | 16 | 15 | 19 | 22 | 22 | 19 | 18 | 27 | 28 | 29 | 26 | 22 | 22 |
| FAT | | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 2 | 6 | 7 | 7 | 9 | 12 | 12 | 5 | 4 | 9 | 21 | 8 | 7 | 6 | 8 | 4 | 3 |
| | <i>butter</i> | 59 | 94 | 41 | 91 | 89 | 76 | 95 | 91 | 98 | 97 | 98 | 91 | 90 | 92 | 95 | 96 | 94 | 96 | 96 | 52 | 38 | 34 | 30 | 21 | 16 | 68 | 57 |
| | <i>margarine</i> | 0 | 1 | 4 | 0 | 11 | 11 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 2 | 2 | 2 | 28 | 58 | 60 | 66 | 75 | 82 | 28 | 37 |
| CAKES | | 8 | 8 | 17 | 11 | 9 | 8 | 18 | 20 | 18 | 15 | 17 | 13 | 14 | 15 | 14 | 14 | 13 | 9 | 9 | 14 | 20 | 8 | 12 | 9 | 10 | 10 | 11 |
| CONDIMENTS AND SAUCES | | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 3 | 1 | 1 | 1 | 2 | 5 | 5 | 5 | 4 | 2 | 3 |

* % of corresponding food group

Table 3a Mean daily intake of total fat (g/d; M(SE)) by centre ordered from South to North, gender, and BMI groups (adjusted for age and weighted by weekday and season)

| CENTER | Men | | | | | Women | | | | |
|------------------------|------|--------------|-------------|-------------|---------|-------|------------|------------|-------------|---------|
| | N | BMI <25 | BMI 25-30 | BMI >30 | P trend | N | BMI <25 | BMI 25-30 | BMI >30 | P trend |
| Greece | 1311 | 99.9 (3.0) | 101.5 (1.7) | 95.0 (2.5) | 0.489 | 1373 | 76.0 (2.0) | 75.3 (1.5) | 71.8 (1.6) | 0.234 |
| Granada | 214 | 120.8 (12.2) | 108.2 (3.9) | 106.8 (6.3) | 0.273 | 300 | 78.3 (4.0) | 70.7 (3.0) | 71.0 (3.9) | 0.361 |
| Murcia | 243 | 98.0 (6.3) | 113.4 (4.0) | 107.4 (6.3) | 0.588 | 304 | 84.6 (3.6) | 84.6 (3.2) | 81.5 (3.8) | 0.327 |
| Navarra | 444 | 110.6 (5.5) | 110.3 (2.9) | 114.5 (4.4) | 0.376 | 271 | 90.8 (3.5) | 83.5 (3.3) | 81.6 (4.9) | 0.212 |
| San Sebastian | 490 | 121.3 (4.5) | 116.9 (2.7) | 105.9 (5.2) | 0.158 | 244 | 80.8 (3.2) | 83.6 (3.8) | 75.6 (6.3) | 0.563 |
| Asturias | 386 | 97.6 (5.7) | 100.8 (3.1) | 102.5 (4.9) | 0.110 | 324 | 76.1 (3.4) | 72.3 (2.8) | 65.1 (4.8) | 0.111 |
| Ragusa | 168 | 101.8 (8.1) | 84.5 (4.5) | 81.3 (8.6) | 0.239 | 138 | 87.8 (4.2) | 58.7 (5.1) | 68.7 (8.1) | 0.553 |
| Naples | . | . | . | . | . | 403 | 72.3 (3.1) | 61.6 (2.8) | 75.6 (3.3) | 0.855 |
| Florence | 271 | 90.4 (4.7) | 83.0 (4.0) | 95.2 (7.8) | 0.748 | 784 | 66.8 (1.8) | 64.6 (2.1) | 64.3 (3.5) | 0.263 |
| Turin | 676 | 80.8 (3.2) | 78.8 (2.4) | 82.6 (5.1) | 0.694 | 392 | 65.9 (2.5) | 61.4 (3.1) | 57.0 (4.6) | 0.009 |
| Varese | 327 | 85.0 (4.2) | 96.7 (3.5) | 96.5 (9.1) | 0.340 | 794 | 65.8 (1.8) | 65.2 (2.1) | 66.3 (3.3) | 0.706 |
| South coast of France | . | . | . | . | . | 620 | 84.9 (1.6) | 96.5 (3.6) | 115.8 (6.0) | 0.091 |
| South of France | . | . | . | . | . | 1425 | 81.2 (1.1) | 80.4 (2.1) | 77.0 (4.9) | 0.223 |
| North-East of France | . | . | . | . | . | 2059 | 87.5 (0.9) | 83.6 (1.6) | 86.8 (3.3) | 0.897 |
| North-West of France | . | . | . | . | . | 631 | 81.5 (1.6) | 80.9 (3.1) | 85.0 (7.4) | 0.415 |
| Heidelberg | 1034 | 103.2 (2.6) | 102.0 (2.1) | 97.0 (3.4) | 0.212 | 1087 | 79.0 (1.4) | 72.7 (2.1) | 85.2 (2.9) | 0.666 |
| Potsdam | 1233 | 116.9 (2.5) | 111.5 (1.8) | 112.9 (3.0) | 0.492 | 1061 | 76.9 (1.6) | 72.2 (1.8) | 72.2 (2.5) | 0.342 |
| Bilthoven | 1024 | 101.8 (2.5) | 105.8 (2.1) | 102.7 (3.9) | 0.856 | 1086 | 77.1 (1.5) | 71.9 (1.8) | 69.1 (2.8) | 0.103 |
| Utrecht | . | . | . | . | . | 1870 | 77.0 (1.2) | 75.7 (1.3) | 69.5 (2.0) | 0.229 |
| UK General population | 402 | 87.6 (4.0) | 90.0 (3.2) | 84.7 (6.6) | 0.628 | 570 | 63.9 (2.1) | 58.8 (2.5) | 63.5 (4.0) | 0.948 |
| UK Health conscious | 114 | 85.0 (5.0) | 81.1 (9.5) | 98.7 (26.0) | 0.470 | 197 | 74.6 (2.8) | 66.1 (6.1) | 83.0 (11.9) | 0.670 |
| Copenhagen | 1356 | 105.6 (2.1) | 110.1 (1.8) | 113.5 (3.2) | 0.051 | 1484 | 76.5 (1.3) | 73.4 (1.6) | 75.5 (2.4) | 0.782 |
| Aarhus | 567 | 114.4 (3.4) | 110.4 (2.7) | 128.9 (5.3) | 0.465 | 510 | 83.4 (2.0) | 85.1 (2.9) | 78.1 (4.6) | 0.479 |
| Malmo | 1421 | 107.9 (2.2) | 98.9 (1.8) | 88.4 (3.4) | 0.029 | 1711 | 78.2 (1.3) | 75.0 (1.4) | 75.3 (2.1) | 0.389 |
| Umea | 1344 | 114.2 (2.1) | 102.6 (1.8) | 103.3 (3.7) | 0.364 | 1574 | 77.7 (1.3) | 72.3 (1.5) | 67.1 (2.4) | 0.007 |
| South & East of Norway | . | . | . | . | . | 1004 | 74.4 (1.3) | 67.6 (2.3) | 66.1 (4.7) | 0.228 |
| North & West of Norway | . | . | . | . | . | 793 | 72.1 (1.6) | 66.7 (2.4) | 76.4 (4.6) | 0.716 |

M = Mean, SE = standard error.

Table 3b Mean daily intake of total fat (g/d; M(SE)) by centre ordered from South to North, gender, and smoking status (adjusted for age and weighted by weekday and season)

| CENTER | N | Men | | | | P trend | Women | | | | P trend |
|------------------------|------|-------------|-------------|-------------|-------|---------|------------|------------|-------------|-------|---------|
| | | Never | Former | Smoker | N | | Never | Former | Smoker | | |
| Greece | 1311 | 101.0 (2.4) | 98.7 (2.2) | 97.4 (2.3) | 0.104 | 1373 | 74.6 (1.1) | 66.9 (3.9) | 75.7 (2.3) | 0.926 | |
| Granada | 214 | 110.5 (5.5) | 107.7 (4.9) | 108.1 (6.5) | 0.409 | 300 | 72.2 (2.2) | 60.4 (9.1) | 83.3 (6.5) | 0.675 | |
| Murcia | 243 | 114.4 (5.5) | 103.3 (5.5) | 108.2 (4.7) | 0.623 | 304 | 82.1 (2.3) | 91.3 (7.5) | 85.1 (5.1) | 0.792 | |
| Navarra | 444 | 111.9 (3.7) | 111.3 (5.1) | 111.0 (3.3) | 0.110 | 271 | 88.4 (2.5) | 71.6 (6.4) | 84.6 (5.1) | 0.862 | |
| San Sebastian | 490 | 121.4 (3.7) | 113.9 (4.2) | 113.2 (3.3) | 0.286 | 244 | 80.1 (2.7) | 73.6 (6.0) | 93.0 (6.1) | 0.546 | |
| Asturias | 386 | 104.2 (4.0) | 96.0 (4.1) | 101.1 (4.2) | 0.757 | 324 | 72.6 (2.3) | 65.1 (7.5) | 73.4 (4.7) | 0.945 | |
| Ragusa | 168 | 88.0 (6.6) | 90.4 (5.2) | 80.3 (7.6) | 0.476 | 138 | 65.6 (4.6) | 68.6 (6.7) | 88.8 (4.9) | 0.258 | |
| Naples | . | . | . | . | . | 403 | 68.0 (2.5) | 64.9 (3.9) | 73.3 (3.2) | 0.568 | |
| Florence | 271 | 92.6 (5.5) | 85.1 (4.1) | 87.0 (5.8) | 0.483 | 784 | 64.3 (1.8) | 70.0 (2.6) | 64.3 (2.4) | 0.997 | |
| Turin | 676 | 82.2 (3.4) | 77.9 (2.7) | 80.2 (3.5) | 0.685 | 392 | 64.8 (2.3) | 62.8 (3.8) | 57.0 (4.4) | 0.175 | |
| Varese | 327 | 95.1 (4.3) | 92.6 (4.1) | 87.2 (5.3) | 0.133 | 794 | 66.1 (1.5) | 64.0 (3.4) | 65.1 (3.2) | 0.664 | |
| South coast of France | . | . | . | . | . | 620 | 89.1 (1.7) | 84.1 (3.5) | 79.8 (5.7) | 0.029 | |
| South of France | . | . | . | . | . | 1425 | 81.4 (1.1) | 80.1 (2.1) | 82.3 (3.7) | 0.720 | |
| North-East of France | . | . | . | . | . | 2059 | 86.7 (0.9) | 87.8 (1.8) | 84.9 (3.0) | 0.579 | |
| North-West of France | . | . | . | . | . | 631 | 81.8 (1.7) | 82.2 (3.0) | 79.2 (5.1) | 0.411 | |
| Heidelberg | 1034 | 103.2 (2.6) | 102.2 (2.1) | 97.8 (3.1) | 0.216 | 1087 | 78.9 (1.6) | 78.8 (1.9) | 73.9 (2.4) | 0.323 | |
| Potsdam | 1233 | 108.2 (2.5) | 113.4 (1.9) | 119.6 (2.8) | 0.032 | 1061 | 76.6 (1.4) | 71.1 (2.2) | 69.3 (2.9) | 0.181 | |
| Bilthoven | 1024 | 99.1 (3.0) | 104.1 (2.3) | 107.0 (2.5) | 0.101 | 1086 | 71.9 (1.9) | 73.4 (1.9) | 76.2 (1.9) | 0.119 | |
| Utrecht | . | . | . | . | . | 1870 | 75.1 (1.2) | 74.4 (1.4) | 78.1 (1.9) | 0.444 | |
| UK General population | 402 | 87.4 (3.9) | 87.5 (3.5) | 93.5 (5.6) | 0.323 | 570 | 63.2 (1.9) | 59.0 (2.8) | 61.8 (4.7) | 0.785 | |
| UK Health conscious | 114 | 75.6 (6.9) | 89.5 (6.8) | 93.1 (10.1) | 0.207 | 197 | 75.3 (3.1) | 69.9 (4.5) | 77.2 (16.7) | 0.841 | |
| Copenhagen | 1356 | 106.9 (2.3) | 105.9 (2.1) | 115.1 (2.2) | 0.396 | 1484 | 75.2 (1.3) | 72.4 (1.8) | 79.1 (1.9) | 0.612 | |
| Aarhus | 567 | 111.1 (3.8) | 112.4 (3.2) | 118.4 (3.3) | 0.228 | 510 | 83.8 (2.3) | 79.7 (3.0) | 86.3 (3.1) | 0.754 | |
| Malmo | 1421 | 102.8 (2.3) | 95.9 (1.9) | 106.0 (2.5) | 0.801 | 1711 | 79.1 (1.3) | 72.7 (1.6) | 77.3 (1.8) | 0.825 | |
| Umea | 1344 | 105.1 (1.8) | 104.5 (2.3) | 117.3 (3.1) | 0.357 | 1574 | 74.3 (1.1) | 72.9 (2.2) | 75.2 (2.2) | 0.740 | |
| South & East of Norway | . | . | . | . | . | 1004 | 73.3 (1.9) | 70.9 (1.9) | 72.4 (2.2) | 0.755 | |
| North & West of Norway | . | . | . | . | . | 793 | 70.8 (2.2) | 65.7 (2.2) | 76.4 (2.4) | 0.651 | |

M = Mean, SE = standard error.

Table 3c Mean daily intake of total fat (g/d; M(SE)) by centre ordered from South to North, gender, and educational level (adjusted for age and weighted by weekday and season)

| CENTER | Men | | | | | Women | | | | |
|------------------------|------|-------------|-------------|-------------|---------|-------|------------|------------|-------------|---------|
| | N | Low | Medium | High | P trend | N | Low | Medium | High | P trend |
| Greece | 1311 | 95.2 (1.9) | 100.7 (2.8) | 105.6 (2.3) | 0.022 | 1373 | 72.2 (1.3) | 76.3 (2.0) | 77.1 (2.0) | 0.237 |
| Granada | 214 | 105.6 (4.3) | 122.1 (8.1) | 107.6 (6.1) | 0.929 | 300 | 71.2 (2.2) | 83.4 (7.5) | 73.2 (9.5) | 0.903 |
| Murcia | 243 | 109.8 (3.5) | 113.8 (9.5) | 101.2 (7.0) | 0.537 | 304 | 82.8 (2.4) | 91.3 (6.5) | 83.0 (5.1) | 0.986 |
| Navarra | 444 | 112.3 (2.6) | 111.0 (4.8) | 103.7 (8.3) | 0.246 | 271 | 83.3 (2.4) | 88.8 (7.2) | 110.0 (7.8) | 0.210 |
| San Sebastian | 490 | 117.1 (2.7) | 117.4 (3.9) | 105.5 (7.0) | 0.348 | 244 | 80.2 (2.7) | 85.4 (5.1) | 78.9 (8.3) | 0.882 |
| Asturias | 386 | 103.5 (3.0) | 96.9 (5.0) | 91.4 (6.4) | 0.036 | 324 | 72.9 (2.2) | 69.6 (5.8) | 71.0 (7.0) | 0.620 |
| Ragusa | 168 | 84.3 (5.3) | 88.3 (5.8) | 93.7 (9.2) | 0.056 | 138 | 57.9 (4.3) | 89.4 (4.8) | 98.0 (8.8) | 0.203 |
| Naples | . | . | . | . | . | 403 | 70.6 (2.7) | 67.0 (2.7) | 70.3 (4.4) | 0.960 |
| Florence | 271 | 87.1 (4.6) | 85.4 (4.3) | 93.9 (6.9) | 0.456 | 784 | 65.5 (1.8) | 65.8 (2.1) | 66.3 (3.2) | 0.094 |
| Turin | 676 | 76.4 (2.9) | 81.6 (2.5) | 85.1 (5.9) | 0.071 | 392 | 61.4 (2.4) | 62.3 (3.2) | 74.5 (5.4) | 0.294 |
| Varese | 327 | 98.8 (3.7) | 85.7 (3.8) | 91.6 (12.3) | 0.629 | 794 | 65.3 (1.6) | 66.1 (2.4) | 67.8 (4.6) | 0.145 |
| South coast of France | . | . | . | . | . | 620 | 82.8 (3.9) | 89.9 (2.0) | 87.0 (2.5) | 0.593 |
| South of France | . | . | . | . | . | 1425 | 75.7 (2.9) | 81.3 (1.3) | 81.1 (1.6) | 0.354 |
| North-East of France | . | . | . | . | . | 2059 | 82.3 (2.3) | 84.6 (1.1) | 90.1 (1.3) | 0.151 |
| North-West of France | . | . | . | . | . | 631 | 81.2 (3.9) | 79.6 (1.9) | 84.1 (2.6) | 0.559 |
| Heidelberg | 1034 | 103.6 (2.5) | 98.1 (2.5) | 103.4 (2.6) | 0.981 | 1087 | 76.9 (2.1) | 76.6 (1.5) | 82.2 (2.3) | 0.368 |
| Potsdam | 1233 | 119.0 (2.9) | 117.5 (2.4) | 108.1 (1.9) | 0.251 | 1061 | 78.3 (2.1) | 71.4 (1.6) | 76.1 (2.2) | 0.798 |
| Bilthoven | 1024 | 107.0 (4.0) | 105.2 (1.9) | 100.2 (2.8) | 0.164 | 1086 | 69.0 (2.9) | 73.8 (1.4) | 78.0 (2.3) | 0.017 |
| Utrecht | . | . | . | . | . | 1870 | 77.9 (1.7) | 73.5 (1.1) | 78.3 (2.1) | 0.954 |
| UK General population | 402 | 88.7 (6.4) | 87.2 (3.4) | 86.7 (4.8) | 0.174 | 570 | 61.0 (3.5) | 61.3 (2.2) | 64.6 (3.6) | 0.286 |
| UK Health conscious | 114 | . (.) | 92.4 (8.6) | 76.1 (6.1) | . | 197 | . (.) | 73.3 (4.3) | 76.0 (3.6) | . |
| Copenhagen | 1356 | 113.5 (2.4) | 107.1 (2.0) | 107.4 (2.3) | 0.367 | 1484 | 76.6 (1.8) | 74.9 (1.2) | 74.8 (2.6) | 0.309 |
| Aarhus | 567 | 114.4 (3.5) | 115.6 (3.0) | 111.7 (3.9) | 0.527 | 510 | 81.1 (2.9) | 85.1 (2.0) | 78.1 (5.3) | 0.725 |
| Malmo | 1421 | 101.6 (1.9) | 101.1 (2.2) | 98.5 (2.6) | 0.236 | 1711 | 76.1 (1.4) | 78.4 (1.4) | 74.9 (1.8) | 0.782 |
| Umea | 1344 | 111.4 (2.1) | 105.5 (2.0) | 102.6 (2.7) | 0.125 | 1574 | 73.3 (1.7) | 74.0 (1.3) | 75.6 (1.7) | 0.143 |
| South & East of Norway | . | . | . | . | . | 1004 | 67.5 (2.8) | 72.9 (1.4) | 74.4 (2.8) | 0.197 |
| North & West of Norway | . | . | . | . | . | 793 | 72.8 (2.7) | 69.5 (1.6) | 74.4 (3.6) | 0.798 |

Education level low, none or primary school; medium, technical or professional or secondary school; high, university degree.
M = Mean, SE = standard error.

Table 3d Mean daily intake of total fat (g/d; M(SE)) by centre ordered from South to North, gender, and physical activity (adjusted for age and weighted by weekday and season)

| CENTER | Men | | | | | Women | | | | |
|-----------------------|-------------|---------------------|-------------------|--------------|---------|--------------|---------------------|-------------------|-------------|---------|
| | Inactive | Moderately inactive | Moderately active | Active | P trend | Inactive | Moderately inactive | Moderately active | Active | P trend |
| Greece | 95.9 (3.3) | 97.2 (2.1) | 102.4 (2.1) | 103.4 (4.7) | 0.041 | 81.4 (3.8) | 70.7 (2.2) | 74.2 (1.2) | 74.0 (3.1) | 0.460 |
| Granada | 103.5 (7.0) | 120.1 (5.8) | 97.6 (5.2) | 124.2 (9.1) | 0.600 | 73.5 (14.1) | 66.9 (7.5) | 73.0 (2.2) | 71.1 (11.1) | 0.957 |
| Murcia | 111.0 (5.8) | 101.7 (5.4) | 114.6 (5.5) | 107.0 (8.0) | 0.977 | 97.9 (8.6) | 76.7 (5.2) | 83.3 (2.4) | 87.6 (8.4) | 0.645 |
| Navarra | 101.6 (5.1) | 109.5 (4.1) | 118.5 (3.6) | 110.3 (5.6) | 0.342 | 84.5 (9.2) | 87.3 (6.3) | 85.3 (2.5) | 89.1 (10.0) | 0.273 |
| San Sebastian | 113.8 (4.4) | 107.5 (4.3) | 120.5 (3.4) | 121.2 (5.3) | 0.294 | 76.7 (8.4) | 75.2 (5.3) | 83.0 (2.9) | 81.1 (6.9) | 0.259 |
| Asturias | 104.5 (5.7) | 92.7 (4.2) | 105.0 (4.2) | 103.2 (5.5) | 0.811 | 65.5 (8.7) | 67.8 (5.6) | 73.9 (2.3) | 66.4 (6.8) | 0.705 |
| Ragusa | 89.0 (6.7) | 85.2 (6.5) | 86.9 (6.4) | 90.8 (11.8) | 0.615 | 108.5 (10.5) | 87.2 (7.1) | 69.0 (3.8) | 59.5 (9.9) | 0.013 |
| Naples | | | | | . | 68.4 (4.9) | 69.2 (2.9) | 68.5 (2.8) | 69.0 (6.9) | 0.632 |
| Florence | 94.9 (5.4) | 88.5 (4.9) | 82.4 (5.1) | 77.3 (9.5) | 0.001 | 69.4 (4.0) | 69.4 (2.6) | 63.5 (1.7) | 63.2 (4.6) | 0.091 |
| Turin | 78.0 (3.5) | 77.3 (3.1) | 82.0 (3.2) | 88.1 (5.6) | 0.090 | 65.9 (5.3) | 66.0 (4.1) | 63.0 (2.4) | 54.7 (5.1) | 0.114 |
| Varese | 81.9 (6.7) | 96.3 (4.2) | 92.3 (4.1) | 93.2 (8.6) | 0.382 | 57.7 (4.1) | 68.0 (3.0) | 65.5 (1.6) | 67.7 (4.2) | 0.266 |
| South coast of France | | | | | . | 95.6 (3.8) | 86.5 (1.8) | 89.8 (3.3) | 81.9 (9.1) | 0.152 |
| South of France | | | | | . | 76.2 (2.4) | 80.1 (1.2) | 85.5 (2.3) | 94.6 (6.7) | 0.018 |
| North-East of France | | | | | . | 88.9 (1.9) | 86.4 (1.0) | 83.5 (1.9) | 88.8 (6.5) | 0.834 |
| North-West of France | | | | | . | 78.8 (3.8) | 82.7 (1.7) | 79.4 (3.5) | 67.3 (11.3) | 0.276 |
| Heidelberg | 94.3 (3.2) | 102.0 (2.6) | 106.1 (2.3) | 96.8 (4.5) | 0.717 | 79.5 (2.8) | 76.2 (2.0) | 77.9 (1.7) | 78.9 (3.4) | 0.999 |
| Potsdam | 104.4 (3.5) | 116.2 (2.8) | 113.8 (1.8) | 117.0 (4.1) | 0.213 | 73.2 (2.4) | 74.7 (2.0) | 73.1 (1.6) | 82.8 (5.3) | 0.241 |
| Bilthoven | 104.7 (4.2) | 104.1 (3.1) | 101.6 (2.2) | 109.0 (3.3) | 0.561 | 77.8 (3.9) | 71.6 (2.4) | 73.0 (1.5) | 77.1 (2.8) | 0.960 |
| Utrecht | | | | | . | 70.5 (3.5) | 75.4 (1.7) | 74.6 (1.2) | 78.0 (1.9) | 0.096 |
| UK General population | 83.8 (5.9) | 86.2 (4.4) | 91.3 (3.7) | 92.1 (5.8) | 0.034 | 63.3 (3.7) | 59.6 (2.7) | 60.6 (2.3) | 67.6 (4.5) | 0.497 |
| UK Health conscious | 85.1 (11.2) | 77.5 (8.2) | 82.2 (6.7) | 108.3 (11.4) | 0.302 | 60.9 (5.3) | 76.8 (5.0) | 80.2 (3.7) | 46.2 (12.2) | 0.664 |
| Copenhagen | 104.6 (2.4) | 109.8 (2.4) | 112.5 (2.3) | 108.9 (3.2) | 0.388 | 75.0 (1.7) | 75.9 (1.6) | 74.7 (1.7) | 74.3 (3.7) | 0.396 |
| Aarhus | 103.0 (3.9) | 112.6 (3.6) | 118.9 (3.4) | 127.7 (5.5) | 0.003 | 84.3 (3.2) | 79.5 (2.6) | 84.4 (2.8) | 93.2 (6.2) | 0.287 |
| Malmo | 100.1 (2.9) | 100.5 (1.9) | 99.9 (2.2) | 114.3 (6.3) | 0.235 | 76.0 (2.1) | 75.9 (1.4) | 77.6 (1.4) | 75.5 (4.1) | 0.968 |
| Umea | 95.9 (3.3) | 97.2 (2.1) | 102.4 (2.1) | 103.4 (4.7) | 0.041 | 81.4 (3.8) | 70.7 (2.2) | 74.2 (1.2) | 74.0 (3.1) | 0.460 |
| South & East, Norway | | | | | | 73.5 (14.1) | 66.9 (7.5) | 73.0 (2.2) | 71.1 (11.1) | 0.957 |
| North & West, Norway | | | | | | 97.9 (8.6) | 76.7 (5.2) | 83.3 (2.4) | 87.6 (8.4) | 0.645 |

M = Mean, SE = standard error.

Table 3e Mean daily intake of total fat (g/d; M(SE)) by centre ordered from South to North, gender, and season (adjusted for age and weighted by weekday and season)

| CENTER | Men | | | | | Women | | | | |
|-----------------------|-------------|-------------|--------------|-------------|---------|------------|------------|------------|------------|---------|
| | Spring | Summer | Fall | Winter | P trend | Spring | Summer | Fall | Winter | P trend |
| Greece | 98.2 (2.1) | 96.7 (5.9) | 105.1 (2.6) | 98.6 (2.2) | 0.671 | 71.0 (1.6) | 72.3 (3.4) | 77.2 (1.9) | 75.1 (1.8) | 0.204 |
| Granada | 108.4 (6.7) | 109.9 (4.9) | 108.3 (8.3) | 110.7 (7.0) | 0.417 | 69.8 (3.5) | 72.1 (3.6) | 74.7 (5.9) | 75.2 (4.6) | 0.033 |
| Murcia | 112.9 (5.4) | 116.2 (6.8) | 98.4 (6.0) | 107.7 (5.9) | 0.443 | 82.0 (4.0) | 86.3 (4.2) | 86.4 (4.0) | 78.8 (4.0) | 0.667 |
| Navarra | 105.4 (4.1) | 113.4 (4.7) | 110.4 (4.5) | 116.0 (4.4) | 0.184 | 79.0 (3.8) | 95.3 (4.7) | 89.1 (4.7) | 80.0 (4.2) | 0.946 |
| San Sebastian | 112.3 (4.1) | 118.2 (3.8) | 114.2 (4.9) | 118.5 (4.2) | 0.378 | 81.1 (4.6) | 88.3 (3.8) | 75.3 (6.3) | 78.6 (4.5) | 0.522 |
| Asturias | 107.1 (4.3) | 100.5 (5.4) | 91.3 (4.9) | 102.1 (4.5) | 0.529 | 71.7 (3.6) | 73.5 (4.3) | 71.9 (3.9) | 70.9 (4.1) | 0.546 |
| Ragusa | 95.1 (5.3) | 84.4 (11.2) | 83.5 (6.3) | 93.4 (10.6) | 0.871 | 69.3 (4.1) | 63.9 (9.6) | 77.4 (7.0) | 76.3 (7.3) | 0.294 |
| Naples | | | | | | 61.6 (3.8) | 72.2 (6.3) | 65.1 (4.5) | 72.1 (2.4) | 0.401 |
| Florence | 90.6 (5.1) | 79.6 (6.2) | 83.6 (5.2) | 92.9 (6.4) | 0.773 | 63.5 (2.3) | 68.5 (3.2) | 63.8 (2.3) | 67.3 (2.7) | 0.660 |
| Turin | 81.6 (3.1) | 78.4 (3.7) | 81.7 (3.9) | 77.2 (3.8) | 0.442 | 69.3 (3.2) | 60.4 (4.0) | 59.5 (4.3) | 62.2 (3.2) | 0.356 |
| Varese | 86.2 (8.3) | 100.9 (9.0) | 85.9 (5.1) | 89.3 (3.4) | 0.894 | 63.4 (2.2) | 68.1 (2.5) | 65.9 (2.3) | 65.7 (3.7) | 0.699 |
| South coast of France | | | | | | 85.2 (2.5) | 98.7 (6.6) | 84.7 (2.8) | 84.6 (2.4) | 0.706 |
| South of France | | | | | | 83.4 (1.5) | 84.5 (2.3) | 76.0 (2.0) | 79.8 (2.0) | 0.348 |
| North-East of France | | | | | | 83.8 (1.3) | 82.9 (2.1) | 89.3 (1.6) | 90.9 (1.5) | 0.099 |
| North-West of France | | | | | | 77.3 (2.6) | 82.5 (5.2) | 84.0 (3.3) | 82.7 (2.1) | 0.232 |
| Heidelberg | 105.8 (3.2) | 96.8 (2.3) | 96.2 (3.4) | 105.9 (3.2) | 0.999 | 81.8 (2.2) | 77.7 (1.8) | 77.5 (2.7) | 74.3 (2.2) | 0.044 |
| Potsdam | 114.8 (2.3) | 112.1 (2.8) | 115.2 (3.2) | 111.2 (2.5) | 0.514 | 76.1 (1.7) | 76.8 (1.9) | 72.3 (2.9) | 72.0 (3.0) | 0.132 |
| Bilthoven | 103.7 (2.9) | 95.3 (2.7) | 110.5 (2.9) | 105.1 (3.4) | 0.602 | 72.7 (2.1) | 70.9 (2.1) | 72.7 (2.2) | 79.2 (2.3) | 0.246 |
| Utrecht | | | | | | 72.8 (1.7) | 74.1 (1.4) | 80.1 (1.8) | 74.6 (1.7) | 0.551 |
| UK General population | 90.7 (4.5) | 86.7 (5.1) | 90.8 (4.3) | 90.9 (4.8) | 0.701 | 60.2 (2.5) | 66.3 (3.1) | 64.5 (3.1) | 60.3 (3.3) | 0.938 |
| UK Health conscious | 82.3 (6.3) | 66.3 (9.4) | 100.9 (12.7) | 92.8 (9.9) | 0.428 | 71.0 (4.6) | 79.3 (5.7) | 67.6 (5.1) | 70.2 (5.0) | 0.645 |
| Copenhagen | 109.0 (2.6) | 112.6 (3.5) | 112.9 (2.5) | 102.0 (2.0) | 0.469 | 73.3 (1.9) | 82.7 (2.4) | 74.9 (2.0) | 71.2 (1.5) | 0.636 |
| Aarhus | 104.9 (5.1) | 117.9 (6.0) | 121.0 (3.3) | 113.8 (3.1) | 0.451 | 82.4 (4.1) | 88.7 (4.3) | 82.7 (2.7) | 79.8 (2.6) | 0.523 |
| Malmo | 99.1 (2.7) | 100.1 (3.0) | 104.5 (2.6) | 100.1 (2.1) | 0.608 | 77.3 (1.6) | 74.9 (1.9) | 76.1 (1.7) | 78.3 (1.7) | 0.631 |
| Umea | 102.4 (2.3) | 103.6 (2.3) | 118.1 (3.5) | 104.5 (2.4) | 0.637 | 74.6 (1.7) | 75.2 (1.6) | 76.8 (2.5) | 70.3 (1.7) | 0.473 |
| South & East, Norway | | | | | | 72.2 (2.2) | 70.6 (3.2) | 71.1 (2.0) | 74.7 (2.0) | 0.438 |
| North & West, Norway | | | | | | 71.7 (2.5) | 71.4 (3.4) | 74.2 (2.3) | 65.6 (2.3) | 0.449 |

M = Mean, SE = standard error.

Table 4a Mean contribution of major food groups and selected sub-groups* to saturated fatty acid (SFA) intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | SouthCoast_France | South_France | North_East_France | North_West_France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umeå | South_East_Norway | North_West_Norway | |
|----------------------------|---------------------------------|--------------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|-------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|---|
| | | Males | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 2 | 1 | 4 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| | <i>nuts (-spread) and seeds</i> | 38 | 69 | 71 | 71 | 71 | 72 | 40 | 24 | 28 | 44 | 24 | 28 | 44 | 55 | 42 | 93 | 86 | 93 | 26 | 31 | 41 | 35 | 27 | 27 | 27 | 27 | 27 | |
| DAIRY PRODUCTS | | 40 | 32 | 22 | 20 | 23 | 30 | 33 | 31 | 35 | 34 | 31 | 35 | 34 | 24 | 21 | 29 | 24 | 16 | 24 | 25 | 26 | 27 | 27 | 27 | 27 | 27 | 27 | |
| | <i>milk</i> | 22 | 45 | 41 | 50 | 47 | 49 | 10 | 22 | 14 | 22 | 22 | 14 | 22 | 20 | 14 | 15 | 38 | 30 | 21 | 21 | 21 | 21 | 23 | 23 | 23 | 23 | 23 | |
| | <i>cheese</i> | 73 | 46 | 53 | 37 | 37 | 41 | 88 | 70 | 79 | 71 | 70 | 79 | 71 | 55 | 54 | 64 | 41 | 48 | 53 | 51 | 58 | 45 | 45 | 45 | 45 | 45 | 45 | |
| CEREAL AND CEREAL PRODUCTS | | 4 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 5 | 3 | 4 | 5 | 3 | 3 | 1 | 4 | 6 | 7 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | |
| MEAT AND MEAT PRODUCTS | | 14 | 23 | 23 | 32 | 32 | 28 | 16 | 15 | 15 | 17 | 15 | 17 | 17 | 22 | 21 | 21 | 12 | 3 | 21 | 18 | 17 | 16 | 16 | 16 | 16 | 16 | 16 | |
| | <i>processed meat</i> | 21 | 64 | 57 | 58 | 48 | 64 | 57 | 51 | 57 | 56 | 51 | 57 | 56 | 73 | 76 | 60 | 53 | 49 | 50 | 52 | 54 | 58 | 58 | 58 | 58 | 58 | 58 | |
| FISH AND SHELLFISH | | 1 | 2 | 2 | 2 | 3 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 4 | 3 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | |
| EGG AND EGG PRODUCTS | | 2 | 2 | 2 | 4 | 4 | 3 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| FAT | | 26 | 20 | 20 | 21 | 16 | 14 | 16 | 21 | 19 | 15 | 19 | 19 | 15 | 27 | 38 | 22 | 26 | 33 | 28 | 28 | 30 | 32 | 32 | 32 | 32 | 32 | 32 | |
| | <i>vegetable oils</i> | 83 | 78 | 81 | 96 | 93 | 82 | 88 | 74 | 79 | 54 | 74 | 79 | 54 | 4 | 2 | 4 | 6 | 12 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| | <i>butter</i> | 3 | 14 | 9 | 1 | 2 | 3 | 6 | 23 | 16 | 39 | 23 | 16 | 39 | 76 | 62 | 27 | 47 | 37 | 28 | 22 | 10 | 12 | 12 | 12 | 12 | 12 | 12 | |
| | <i>margarine</i> | 10 | 8 | 6 | 3 | 6 | 13 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 11 | 31 | 55 | 35 | 49 | 62 | 72 | 85 | 84 | 84 | 84 | 84 | 84 | 84 | |
| SUGAR AND CONFECTIONARY | | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 7 | 5 | 3 | 3 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | |
| CAKES | | 4 | 8 | 14 | 10 | 9 | 9 | 10 | 14 | 12 | 12 | 12 | 12 | 12 | 10 | 8 | 7 | 14 | 14 | 8 | 11 | 9 | 10 | 10 | 10 | 10 | 10 | 10 | |
| CONDIMENTS AND SAUCES | | 3 | 2 | 1 | 1 | 2 | 1 | 10 | 5 | 4 | 9 | 4 | 4 | 9 | 5 | 3 | 5 | 3 | 4 | 6 | 6 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| | <i>nuts (-spread) and seeds</i> | 46 | 66 | 59 | 74 | 69 | 78 | 28 | 34 | 42 | 24 | 43 | 62 | 59 | 68 | 71 | 54 | 38 | 87 | 89 | 76 | 87 | 20 | 16 | 34 | 25 | 74 | 76 | |
| DAIRY PRODUCTS | | 42 | 34 | 27 | 27 | 34 | 33 | 39 | 34 | 37 | 35 | 35 | 34 | 32 | 30 | 30 | 28 | 30 | 34 | 24 | 21 | 29 | 29 | 30 | 33 | 34 | 32 | 32 | |
| | <i>milk</i> | 30 | 49 | 43 | 54 | 53 | 54 | 11 | 17 | 22 | 17 | 26 | 8 | 9 | 8 | 9 | 20 | 14 | 15 | 16 | 36 | 29 | 14 | 19 | 18 | 12 | 13 | 13 | |
| | <i>cheese</i> | 63 | 41 | 50 | 35 | 28 | 30 | 83 | 77 | 68 | 75 | 65 | 67 | 62 | 63 | 59 | 52 | 46 | 64 | 62 | 38 | 46 | 50 | 54 | 48 | 66 | 64 | 64 | |
| CEREAL AND CEREAL PRODUCTS | | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 5 | 3 | 5 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 4 | 4 | 6 | 7 | 3 | 3 | 3 | 5 | 5 | 5 | |
| MEAT AND MEAT PRODUCTS | | 9 | 15 | 17 | 23 | 21 | 19 | 17 | 11 | 13 | 12 | 12 | 15 | 16 | 16 | 16 | 15 | 16 | 15 | 10 | 2 | 16 | 14 | 13 | 17 | 19 | 19 | 19 | |
| | <i>processed meat</i> | 19 | 61 | 54 | 57 | 47 | 57 | 56 | 52 | 42 | 47 | 60 | 38 | 40 | 36 | 41 | 70 | 55 | 54 | 51 | 39 | 46 | 55 | 56 | 61 | 62 | 62 | 62 | |
| FISH AND SHELLFISH | | 1 | 3 | 2 | 2 | 3 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| EGG AND EGG PRODUCTS | | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| FAT | | 25 | 21 | 22 | 19 | 19 | 13 | 16 | 15 | 20 | 19 | 14 | 18 | 20 | 21 | 23 | 26 | 31 | 20 | 18 | 22 | 27 | 23 | 20 | 23 | 24 | 16 | 15 | |
| | <i>vegetable oils</i> | 84 | 74 | 78 | 85 | 84 | 69 | 92 | 84 | 75 | 78 | 58 | 18 | 13 | 10 | 5 | 3 | 5 | 4 | 8 | 12 | 3 | 3 | 2 | 2 | 6 | 4 | 4 | |
| | <i>butter</i> | 3 | 9 | 7 | 7 | 4 | 13 | 6 | 12 | 23 | 19 | 39 | 59 | 66 | 68 | 79 | 80 | 65 | 37 | 41 | 50 | 46 | 29 | 11 | 10 | 36 | 27 | 27 | |
| | <i>margarine</i> | 10 | 16 | 7 | 7 | 12 | 17 | 1 | 1 | 0 | 1 | 9 | 6 | 9 | 9 | 9 | 27 | 46 | 47 | 30 | 40 | 61 | 65 | 84 | 85 | 53 | 63 | 63 | |
| SUGAR AND CONFECTIONARY | | 4 | 3 | 3 | 3 | 2 | 4 | 5 | 5 | 5 | 6 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 7 | 6 | 9 | 7 | 4 | 5 | 7 | 5 | 8 | 6 | |
| CAKES | | 7 | 10 | 15 | 16 | 14 | 13 | 13 | 14 | 15 | 13 | 14 | 13 | 12 | 13 | 12 | 12 | 11 | 11 | 15 | 16 | 11 | 16 | 12 | 12 | 9 | 11 | 11 | |
| CONDIMENTS AND SAUCES | | 3 | 2 | 1 | 1 | 2 | 1 | 7 | 5 | 3 | 3 | 9 | 5 | 5 | 4 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 6 | 6 | 5 | 4 | 4 | |

* % of corresponding food group

Table 4b Mean contribution of major food groups and selected sub-groups* to monounsaturated fatty acid (MUFA) intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | SouthCoast_France | South_France | North_East_France | North_West_France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umea | South_East_Norway | North_West_Norway |
|----------------------------|---------------------------------|--------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|-------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|
| Males | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 5 | 3 | 8 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | | | | 3 | 2 | 7 | | 2 | 14 | 2 | 1 | 1 | 1 | | | | |
| | <i>nuts (-spread) and seeds</i> | 33 | 72 | 71 | 66 | 76 | 83 | 50 | | 45 | 35 | 60 | | | | 73 | 71 | 92 | | 94 | 95 | 54 | 69 | 66 | 65 | | | |
| DAIRY PRODUCTS | | 9 | 9 | 6 | 5 | 7 | 10 | 9 | | 10 | 12 | 13 | | | | 14 | 13 | 13 | | 11 | 6 | 11 | 13 | 11 | 12 | | | |
| | <i>milk</i> | 26 | 47 | 41 | 52 | 50 | 50 | 12 | | 24 | 15 | 23 | | | | 20 | 14 | 14 | | 35 | 28 | 18 | 18 | 20 | 22 | | | |
| | <i>cheese</i> | 68 | 43 | 52 | 33 | 33 | 39 | 85 | | 68 | 78 | 69 | | | | 54 | 53 | 64 | | 41 | 48 | 55 | 54 | 58 | 45 | | | |
| CEREAL AND CEREAL PRODUCTS | | 3 | 1 | 2 | 1 | 1 | 1 | 4 | | 4 | 7 | 4 | | | | 3 | 1 | 5 | | 8 | 8 | 4 | 4 | 5 | 6 | | | |
| MEAT AND MEAT PRODUCTS | | 8 | 17 | 15 | 20 | 22 | 23 | 9 | | 11 | 11 | 14 | | | | 32 | 33 | 30 | | 16 | 3 | 27 | 26 | 23 | 22 | | | |
| | <i>processed meat</i> | 24 | 67 | 61 | 61 | 51 | 67 | 55 | | 54 | 59 | 59 | | | | 74 | 77 | 65 | | 54 | 49 | 50 | 52 | 58 | 63 | | | |
| FISH AND SHELLFISH | | 1 | 2 | 2 | 1 | 2 | 3 | 1 | | 1 | 1 | 1 | | | | 1 | 3 | 2 | | 3 | 0 | 5 | 4 | 3 | 3 | | | |
| EGG AND EGG PRODUCTS | | 1 | 2 | 2 | 3 | 4 | 4 | 2 | | 1 | 2 | 1 | | | | 1 | 2 | 2 | | 2 | 1 | 2 | 2 | 2 | 2 | | | |
| FAT | | 64 | 51 | 49 | 56 | 46 | 42 | 43 | | 51 | 48 | 31 | | | | 21 | 32 | 21 | | 30 | 38 | 24 | 26 | 30 | 32 | | | |
| | <i>vegetable oils</i> | 97 | 96 | 96 | 99 | 98 | 95 | 96 | | 95 | 95 | 86 | | | | 18 | 6 | 13 | | 22 | 33 | 13 | 8 | 6 | 5 | | | |
| | <i>butter</i> | 0 | 2 | 1 | 0 | 0 | 0 | 1 | | 3 | 2 | 7 | | | | 55 | 44 | 14 | | 19 | 11 | 17 | 13 | 4 | 5 | | | |
| | <i>margarine</i> | 2 | 3 | 2 | 1 | 2 | 4 | 0 | | 0 | 0 | 0 | | | | 16 | 42 | 61 | | 49 | 55 | 61 | 73 | 85 | 85 | | | |
| SUGAR AND CONFECTIONARY | | 1 | 0 | 2 | 1 | 1 | 1 | 1 | | 2 | 2 | 2 | | | | 2 | 1 | 3 | | 4 | 2 | 2 | 2 | 3 | 3 | | | |
| CAKES | | 3 | 4 | 9 | 4 | 4 | 6 | 5 | | 8 | 7 | 7 | | | | 9 | 7 | 6 | | 15 | 11 | 7 | 10 | 11 | 12 | | | |
| CONDIMENTS AND SAUCES | | 4 | 4 | 2 | 2 | 5 | 4 | 20 | | 8 | 7 | 24 | | | | 9 | 4 | 9 | | 4 | 7 | 14 | 10 | 9 | 7 | | | |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 4 | 3 | 5 | 4 | 2 | 4 | 1 | 2 | 2 | 2 | 4 | 3 | 4 | 4 | 4 | 2 | 5 | 7 | 2 | 11 | 3 | 2 | 1 | 1 | 4 | 3 | |
| | <i>nuts (-spread) and seeds</i> | 40 | 74 | 64 | 80 | 72 | 86 | 42 | 45 | 65 | 34 | 56 | 67 | 74 | 79 | 86 | 77 | 68 | 84 | 87 | 87 | 94 | 46 | 44 | 72 | 51 | 81 | 91 |
| DAIRY PRODUCTS | | 10 | 10 | 7 | 8 | 8 | 12 | 10 | 14 | 12 | 13 | 13 | 17 | 18 | 17 | 18 | 17 | 15 | 17 | 12 | 8 | 15 | 15 | 13 | 14 | 19 | 19 | |
| | <i>milk</i> | 35 | 51 | 43 | 56 | 54 | 55 | 14 | 19 | 24 | 18 | 27 | 10 | 10 | 9 | 10 | 20 | 14 | 13 | 14 | 34 | 27 | 12 | 12 | 19 | 18 | 12 | 13 |
| | <i>cheese</i> | 58 | 38 | 49 | 32 | 26 | 28 | 80 | 75 | 65 | 73 | 63 | 65 | 61 | 61 | 58 | 51 | 45 | 64 | 62 | 38 | 46 | 52 | 56 | 54 | 48 | 66 | 63 |
| CEREAL AND CEREAL PRODUCTS | | 2 | 2 | 2 | 1 | 1 | 2 | 5 | 5 | 7 | 5 | 3 | 3 | 3 | 3 | 3 | 2 | 6 | 6 | 8 | 8 | 5 | 4 | 5 | 6 | 6 | 6 | |
| MEAT AND MEAT PRODUCTS | | 6 | 11 | 12 | 16 | 15 | 17 | 10 | 8 | 10 | 9 | 11 | 19 | 21 | 22 | 24 | 23 | 25 | 23 | 23 | 13 | 2 | 22 | 22 | 19 | 18 | 24 | 26 |
| | <i>processed meat</i> | 22 | 63 | 58 | 61 | 50 | 61 | 52 | 51 | 46 | 51 | 65 | 44 | 45 | 41 | 46 | 72 | 70 | 60 | 59 | 52 | 55 | 40 | 47 | 59 | 61 | 61 | 60 |
| FISH AND SHELLFISH | | 1 | 2 | 2 | 1 | 2 | 3 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | 5 | 4 | 4 | 4 | 4 | 6 |
| EGG AND EGG PRODUCTS | | 1 | 2 | 2 | 3 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 1 | 3 | 3 | 3 | 2 | 3 | 3 |
| FAT | | 64 | 52 | 52 | 54 | 51 | 37 | 43 | 40 | 50 | 48 | 30 | 22 | 21 | 20 | 18 | 22 | 28 | 20 | 18 | 26 | 32 | 22 | 20 | 24 | 26 | 18 | 16 |
| | <i>vegetable oils</i> | 97 | 93 | 95 | 97 | 95 | 91 | 98 | 97 | 95 | 96 | 91 | 61 | 52 | 44 | 33 | 23 | 13 | 19 | 16 | 28 | 38 | 19 | 17 | 8 | 12 | 29 | 18 |
| | <i>butter</i> | 0 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 3 | 3 | 7 | 17 | 22 | 25 | 39 | 57 | 45 | 20 | 23 | 19 | 14 | 17 | 14 | 5 | 4 | 18 | 15 |
| | <i>margarine</i> | 2 | 5 | 2 | 2 | 4 | 6 | 0 | 0 | 0 | 0 | 0 | 13 | 12 | 18 | 20 | 12 | 36 | 50 | 54 | 42 | 47 | 58 | 62 | 84 | 81 | 48 | 61 |
| SUGAR AND CONFECTIONARY | | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 6 | 5 | 3 | 4 | 5 | 4 | 6 | 5 | |
| CAKES | | 5 | 5 | 10 | 8 | 7 | 12 | 9 | 9 | 9 | 8 | 9 | 7 | 7 | 8 | 8 | 11 | 11 | 9 | 10 | 15 | 12 | 11 | 14 | 14 | 15 | 8 | 10 |
| CONDIMENTS AND SAUCES | | 4 | 4 | 2 | 2 | 5 | 5 | 16 | 14 | 5 | 6 | 24 | 16 | 16 | 14 | 14 | 11 | 6 | 9 | 7 | 5 | 6 | 11 | 10 | 10 | 8 | 5 | 5 |

* % of corresponding food group

Table 4c Mean contribution of major food groups and selected sub-groups* to polyunsaturated fatty acid (PUFA) intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | SouthCoast_France | South_France | North_East_France | North_West_France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umeå | South_East_Norway | North_West_Norway |
|----------------------------|---------------------------------|--------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|-------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|
| Males | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 8 | 6 | 12 | 9 | 8 | 5 | 7 | | 5 | 7 | 9 | | | | | 5 | 3 | 8 | | 3 | 15 | 3 | 3 | 2 | 2 | | |
| | <i>nuts (-spread) and seeds</i> | 70 | 83 | 84 | 92 | 89 | 82 | 56 | | 38 | 48 | 65 | | | | | 65 | 46 | 95 | | 83 | 95 | 45 | 36 | 67 | 65 | | |
| DAIRY PRODUCTS | | 4 | 5 | 2 | 3 | 2 | 4 | 4 | | 5 | 5 | 5 | | | | 4 | 3 | 3 | | 3 | 2 | 3 | 3 | 3 | 3 | | | |
| | <i>milk</i> | 20 | 34 | 36 | 34 | 48 | 42 | 15 | | 25 | 17 | 25 | | | | | 20 | 13 | 6 | | 27 | 20 | 18 | 18 | 19 | 21 | | |
| | <i>cheese</i> | 74 | 58 | 58 | 53 | 34 | 47 | 78 | | 64 | 72 | 64 | | | | | 52 | 51 | 60 | | 33 | 33 | 54 | 52 | 56 | 43 | | |
| CEREAL AND CEREAL PRODUCTS | | 13 | 7 | 6 | 4 | 4 | 6 | 10 | | 11 | 12 | 10 | | | | | 8 | 5 | 11 | | 14 | 13 | 13 | 14 | 12 | 14 | | |
| MEAT AND MEAT PRODUCTS | | 8 | 18 | 15 | 17 | 16 | 20 | 17 | | 18 | 17 | 21 | | | | | 17 | 14 | 11 | | 9 | 1 | 14 | 14 | 15 | 14 | | |
| | <i>processed meat</i> | 27 | 66 | 60 | 59 | 53 | 66 | 50 | | 46 | 54 | 54 | | | | | 73 | 76 | 64 | | 57 | 51 | 52 | 53 | 61 | 63 | | |
| FISH AND SHELLFISH | | 2 | 6 | 6 | 5 | 6 | 9 | 4 | | 4 | 5 | 4 | | | | | 2 | 3 | 2 | | 4 | 0 | 7 | 7 | 7 | 7 | | |
| EGG AND EGG PRODUCTS | | 1 | 3 | 2 | 4 | 4 | 4 | 2 | | 2 | 2 | 1 | | | | | 1 | 1 | 1 | | 1 | 1 | 3 | 3 | 3 | 3 | | |
| FAT | | 47 | 35 | 36 | 44 | 45 | 35 | 26 | | 29 | 30 | 21 | | | | | 27 | 54 | 44 | | 37 | 36 | 22 | 28 | 30 | 32 | | |
| | <i>vegetable oils</i> | 83 | 89 | 93 | 98 | 97 | 89 | 92 | | 90 | 90 | 83 | | | | | 31 | 10 | 13 | | 28 | 37 | 16 | 12 | 10 | 9 | | |
| | <i>butter</i> | 0 | 1 | 0 | 0 | 0 | 0 | 1 | | 2 | 1 | 4 | | | | | 11 | 6 | 1 | | 4 | 3 | 3 | 2 | 1 | 1 | | |
| | <i>margarine</i> | 11 | 10 | 6 | 2 | 3 | 11 | 2 | | 1 | 3 | 4 | | | | | 48 | 81 | 81 | | 64 | 60 | 74 | 81 | 83 | 85 | | |
| SUGAR AND CONFECTIONARY | | 3 | 0 | 1 | 0 | 0 | 0 | 1 | | 2 | 1 | 1 | | | | | 1 | 0 | 1 | | 1 | 1 | 1 | 1 | 2 | 2 | | |
| CAKES | | 5 | 3 | 6 | 3 | 3 | 4 | 6 | | 9 | 7 | 9 | | | | | 6 | 5 | 4 | | 11 | 7 | 7 | 9 | 9 | 11 | | |
| CONDIMENTS AND SAUCES | | 4 | 8 | 5 | 5 | 5 | 4 | 11 | | 8 | 9 | 13 | | | | | 25 | 9 | 13 | | 10 | 9 | 22 | 15 | 14 | 10 | | |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| FRUIT | | 9 | 8 | 7 | 9 | 10 | 11 | 6 | 6 | 8 | 7 | 10 | 8 | 7 | 7 | 7 | 6 | 5 | 6 | 8 | 5 | 16 | 6 | 6 | 3 | 3 | 5 | 4 |
| | <i>nuts (-spread) and seeds</i> | 75 | 84 | 81 | 87 | 87 | 88 | 49 | 51 | 55 | 41 | 62 | 78 | 71 | 76 | 76 | 65 | 46 | 89 | 91 | 81 | 93 | 39 | 29 | 62 | 59 | 82 | 84 |
| DAIRY PRODUCTS | | 4 | 4 | 2 | 3 | 2 | 4 | 4 | 6 | 5 | 5 | 6 | 5 | 5 | 5 | 5 | 4 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | |
| | <i>milk</i> | 27 | 44 | 37 | 43 | 53 | 48 | 18 | 20 | 27 | 21 | 29 | 9 | 9 | 9 | 10 | 19 | 13 | 3 | 4 | 24 | 19 | 12 | 12 | 17 | 16 | 11 | 13 |
| | <i>cheese</i> | 65 | 46 | 53 | 45 | 24 | 34 | 76 | 71 | 60 | 68 | 58 | 65 | 61 | 59 | 54 | 50 | 43 | 60 | 62 | 30 | 34 | 51 | 54 | 52 | 46 | 66 | 63 |
| CEREAL AND CEREAL PRODUCTS | | 11 | 7 | 5 | 4 | 4 | 6 | 9 | 9 | 11 | 11 | 11 | 7 | 8 | 8 | 8 | 5 | 14 | 13 | 13 | 12 | 15 | 15 | 12 | 15 | 14 | 13 | |
| MEAT AND MEAT PRODUCTS | | 6 | 11 | 10 | 15 | 11 | 13 | 17 | 12 | 16 | 14 | 15 | 12 | 12 | 12 | 13 | 12 | 11 | 9 | 9 | 8 | 1 | 11 | 12 | 12 | 11 | 10 | 10 |
| | <i>processed meat</i> | 25 | 63 | 58 | 57 | 51 | 60 | 54 | 52 | 38 | 43 | 57 | 43 | 48 | 45 | 49 | 70 | 67 | 59 | 60 | 53 | 56 | 39 | 43 | 62 | 61 | 61 | 59 |
| FISH AND SHELLFISH | | 2 | 6 | 5 | 5 | 5 | 7 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 5 | 2 | 3 | 2 | 2 | 5 | 2 | 8 | 6 | 7 | 8 | 7 | 9 |
| EGG AND EGG PRODUCTS | | 1 | 3 | 2 | 3 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 3 | 2 | 2 |
| FAT | | 44 | 40 | 43 | 42 | 47 | 35 | 28 | 34 | 28 | 33 | 21 | 27 | 22 | 21 | 17 | 24 | 44 | 38 | 37 | 28 | 26 | 19 | 18 | 25 | 26 | 26 | 27 |
| | <i>vegetable oils</i> | 82 | 81 | 92 | 93 | 92 | 86 | 95 | 95 | 92 | 91 | 88 | 79 | 75 | 61 | 47 | 38 | 16 | 17 | 13 | 34 | 43 | 26 | 23 | 14 | 19 | 9 | 7 |
| | <i>butter</i> | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 3 | 1 | 4 | 3 | 5 | 6 | 10 | 13 | 6 | 2 | 2 | 5 | 4 | 4 | 3 | 1 | 1 | 2 | 1 |
| | <i>margarine</i> | 14 | 19 | 6 | 7 | 8 | 13 | 3 | 2 | 1 | 3 | 3 | 16 | 14 | 27 | 37 | 42 | 75 | 77 | 81 | 57 | 52 | 64 | 68 | 81 | 77 | 87 | 88 |
| SUGAR AND CONFECTIONARY | | 4 | 0 | 0 | 1 | 0 | 1 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 2 | 1 |
| CAKES | | 10 | 5 | 13 | 7 | 4 | 8 | 15 | 10 | 12 | 10 | 11 | 6 | 5 | 7 | 5 | 7 | 7 | 8 | 12 | 8 | 10 | 14 | 12 | 13 | 12 | 14 | |
| CONDIMENTS AND SAUCES | | 4 | 6 | 4 | 5 | 7 | 5 | 8 | 8 | 5 | 7 | 13 | 20 | 27 | 26 | 28 | 29 | 14 | 14 | 12 | 13 | 9 | 17 | 15 | 15 | 11 | 17 | 15 |

* % of corresponding food group

Table 4d Mean contribution of major food groups and selected sub-groups* to dietary cholesterol intake (%) by centre ordered from South to North, and gender

| Food group | sub-group | Greece | Granada | Murcia | Navarra | San Sebastian | Asturias | Ragusa | Naples | Florence | Turin | Varese | SouthCoast_France | South_France | North_East_France | North_West_France | Heidelberg | Potsdam | Bilthoven | Utrecht | UK General population | UK Health conscious | Copenhagen | Aarhus | Malmö | Umea | South_East_Norway | North_West_Norway | |
|------------------------|-----------------------|--------|---------|--------|---------|---------------|----------|--------|--------|----------|-------|--------|-------------------|--------------|-------------------|-------------------|------------|---------|-----------|---------|-----------------------|---------------------|------------|--------|-------|------|-------------------|-------------------|--|
| Males | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DAIRY PRODUCTS | | 21 | 15 | 9 | 8 | 8 | 11 | 13 | . | 15 | 16 | 18 | . | . | . | . | 14 | 14 | 20 | . | 16 | 13 | 13 | 15 | 14 | 15 | . | . | |
| | <i>milk</i> | 26 | 52 | 49 | 54 | 50 | 56 | 15 | . | 26 | 17 | 26 | . | . | . | . | 24 | 17 | 14 | . | 38 | 34 | 23 | 23 | 24 | 28 | . | . | |
| | <i>cheese</i> | 68 | 32 | 41 | 23 | 26 | 29 | 83 | . | 61 | 72 | 62 | . | . | . | . | 45 | 45 | 67 | . | 31 | 41 | 49 | 47 | 50 | 40 | . | . | |
| MEAT AND MEAT PRODUCTS | | 35 | 28 | 29 | 33 | 37 | 33 | 30 | . | 30 | 31 | 39 | . | . | . | . | 37 | 35 | 40 | . | 30 | 12 | 28 | 26 | 29 | 27 | . | . | |
| | <i>processed meat</i> | 8 | 37 | 31 | 29 | 19 | 29 | 15 | . | 24 | 22 | 22 | . | . | . | . | 42 | 51 | 42 | . | 25 | 21 | 37 | 36 | 43 | 46 | . | . | |
| FISH AND SHELLFISH | | 16 | 19 | 18 | 16 | 15 | 18 | 10 | . | 11 | 10 | 6 | . | . | . | . | 4 | 5 | 5 | . | 6 | 3 | 10 | 8 | 9 | 7 | . | . | |
| EGG AND EGG PRODUCTS | | 18 | 26 | 24 | 34 | 33 | 29 | 23 | . | 19 | 19 | 9 | . | . | . | . | 13 | 14 | 19 | . | 16 | 18 | 24 | 24 | 25 | 25 | . | . | |
| FAT | | 1 | 0 | 0 | 0 | 0 | 0 | 1 | . | 2 | 1 | 3 | . | . | . | . | 12 | 15 | 4 | . | 12 | 26 | 10 | 11 | 9 | 12 | . | . | |
| | <i>butter</i> | 37 | 97 | 63 | 93 | 88 | 52 | 80 | . | 97 | 91 | 96 | . | . | . | . | 93 | 93 | 93 | . | 48 | 31 | 33 | 26 | 19 | 19 | . | . | |
| | <i>margarine</i> | 0 | 3 | 11 | 7 | 12 | 21 | 0 | . | 0 | 0 | 0 | . | . | . | . | 1 | 3 | 4 | . | 31 | 65 | 61 | 71 | 77 | 78 | . | . | |
| CAKES | | 4 | 6 | 15 | 5 | 5 | 5 | 12 | . | 16 | 14 | 17 | . | . | . | . | 11 | 10 | 6 | . | 14 | 20 | 7 | 9 | 7 | 9 | . | . | |
| CONDIMENTS AND SAUCES | | 1 | 1 | 1 | 1 | 1 | 0 | 2 | . | 2 | 2 | 2 | . | . | . | . | 2 | 2 | 1 | . | 1 | 2 | 7 | 6 | 5 | 3 | . | . | |
| Females | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DAIRY PRODUCTS | | 24 | 17 | 12 | 12 | 11 | 15 | 14 | 20 | 17 | 18 | 22 | 21 | 21 | 19 | 18 | 17 | 20 | 23 | 15 | 18 | 16 | 16 | 16 | 17 | 21 | 20 | | |
| | <i>milk</i> | 35 | 57 | 53 | 60 | 56 | 57 | 16 | 20 | 25 | 21 | 29 | 9 | 9 | 8 | 8 | 23 | 16 | 13 | 16 | 38 | 32 | 17 | 17 | 23 | 22 | 16 | 18 | |
| | <i>cheese</i> | 58 | 29 | 36 | 23 | 19 | 19 | 78 | 70 | 56 | 66 | 54 | 59 | 54 | 53 | 47 | 43 | 36 | 67 | 64 | 29 | 39 | 46 | 50 | 47 | 43 | 62 | 59 | |
| MEAT AND MEAT PRODUCTS | | 27 | 24 | 26 | 28 | 29 | 29 | 25 | 19 | 31 | 28 | 27 | 30 | 29 | 30 | 28 | 28 | 26 | 33 | 30 | 28 | 9 | 23 | 22 | 24 | 24 | 26 | 24 | |
| | <i>processed meat</i> | 8 | 37 | 25 | 29 | 20 | 24 | 19 | 22 | 19 | 18 | 26 | 24 | 25 | 24 | 25 | 40 | 43 | 37 | 39 | 22 | 23 | 26 | 29 | 42 | 45 | 38 | 44 | |
| FISH AND SHELLFISH | | 16 | 21 | 15 | 16 | 15 | 15 | 13 | 9 | 6 | 7 | 9 | 8 | 7 | 11 | 4 | 5 | 5 | 5 | 5 | 7 | 6 | 11 | 8 | 9 | 9 | 10 | 13 | |
| EGG AND EGG PRODUCTS | | 20 | 25 | 27 | 28 | 32 | 29 | 23 | 21 | 19 | 23 | 20 | 17 | 18 | 16 | 15 | 19 | 22 | 22 | 19 | 18 | 27 | 28 | 29 | 26 | 22 | 22 | | |
| FAT | | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 2 | 1 | 2 | 6 | 7 | 7 | 9 | 12 | 12 | 5 | 4 | 9 | 21 | 8 | 7 | 6 | 8 | 4 | 3 | |
| | <i>butter</i> | 59 | 94 | 41 | 91 | 89 | 76 | 95 | 91 | 98 | 97 | 98 | 91 | 90 | 92 | 95 | 96 | 94 | 96 | 96 | 52 | 38 | 34 | 30 | 21 | 16 | 68 | 57 | |
| | <i>margarine</i> | 0 | 1 | 4 | 0 | 11 | 11 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 1 | 1 | 0 | 2 | 2 | 2 | 28 | 58 | 60 | 66 | 75 | 82 | 28 | 37 | |
| CAKES | | 8 | 8 | 17 | 11 | 9 | 8 | 18 | 20 | 18 | 15 | 17 | 13 | 14 | 15 | 14 | 14 | 13 | 9 | 9 | 14 | 20 | 8 | 12 | 9 | 10 | 10 | 11 | |
| CONDIMENTS AND SAUCES | | 1 | 1 | 0 | 1 | 1 | 0 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 3 | 1 | 1 | 1 | 2 | 5 | 5 | 5 | 4 | 2 | 3 | |

* % of corresponding food group