

Table 1 Minimally adjusted* mean daily intakes of total fat, total carbohydrates, protein, and alcohol in % of total daily energy intake excluding extreme energy reporters** by centre ordered from south to north, and gender

Country and centre	Men										Women							
	N	Fat		Carbohydrates		Protein		Alcohol		N	Fat		Carbohydrates		Protein		Alcohol	
		Mean	SE	Mean	SE	Mean	SE	Mean	SE		Mean	SE	Mean	SE	Mean	SE	Mean	SE
Greece	1050	41.3	0.3	36.2	0.3	16.0	0.1	6.5	0.2	929	43.0	0.3	39.6	0.3	15.7	0.1	1.7	0.2
Spain																		
Granada	193	38.8	0.6	37.4	0.6	17.9	0.3	5.9	0.5	231	38.7	0.5	42.2	0.6	17.8	0.3	1.3	0.4
Murcia	213	36.5	0.6	40.1	0.6	16.5	0.3	6.9	0.5	252	38.7	0.5	41.8	0.6	16.9	0.3	2.6	0.3
Navarra	417	38.1	0.4	35.2	0.4	18.5	0.2	8.3	0.4	235	41.3	0.5	38.6	0.6	18.6	0.3	1.5	0.4
San Sebastian	455	36.7	0.4	34.7	0.4	20.5	0.2	8.1	0.3	216	37.4	0.6	40.8	0.6	19.5	0.3	2.3	0.4
Asturias	346	33.8	0.4	38.5	0.5	20.1	0.2	7.6	0.4	265	35.1	0.5	43.2	0.6	19.8	0.3	1.9	0.3
Italy																		
Ragusa	143	29.1	0.7	49.4	0.8	17.3	0.3	4.2	0.6	106	35.5	0.8	46.1	0.9	16.6	0.4	1.8	0.5
Naples										321	33.9	0.5	47.1	0.5	16.1	0.2	2.9	0.3
Florence	251	29.6	0.5	47.6	0.6	16.7	0.3	6.2	0.5	641	32.8	0.3	47.3	0.4	17.0	0.2	3.0	0.2
Turin	609	28.0	0.3	47.6	0.4	15.9	0.2	8.5	0.3	316	31.8	0.5	47.5	0.5	16.6	0.2	4.1	0.3
Varese	301	29.4	0.5	46.6	0.5	15.9	0.2	8.0	0.4	686	32.2	0.3	48.9	0.4	16.1	0.2	2.9	0.2
France																		
South coast										559	38.8	0.4	39.8	0.4	17.3	0.2	4.0	0.2
South										1272	36.7	0.2	42.4	0.3	17.1	0.1	3.7	0.2
North-East										1864	37.7	0.2	41.0	0.2	17.0	0.1	4.2	0.1
North-West										585	36.7	0.3	41.1	0.4	17.6	0.2	4.4	0.2
Germany																		
Heidelberg	863	36.9	0.3	39.9	0.3	14.9	0.1	8.3	0.3	903	37.3	0.3	43.1	0.3	14.6	0.1	5.0	0.2
Potsdam	1097	39.7	0.3	39.9	0.3	14.1	0.1	6.3	0.2	881	36.8	0.3	46.0	0.3	13.8	0.1	3.3	0.2
The Netherlands																		
Bilthoven	901	35.3	0.3	42.7	0.3	15.9	0.1	6.2	0.3	906	35.3	0.3	45.2	0.3	15.8	0.1	3.8	0.2
Utrecht										1629	34.5	0.2	44.7	0.2	16.6	0.1	4.2	0.1
United Kingdom																		
General population	356	33.2	0.4	45.2	0.5	15.6	0.2	5.9	0.4	467	31.8	0.4	46.5	0.4	16.3	0.2	5.2	0.3
Health-conscious	96	33.8	0.9	49.1	0.9	12.9	0.4	4.1	0.7	172	34.1	0.6	49.8	0.7	12.8	0.3	3.3	0.4
Denmark																		
Copenhagen	1205	36.7	0.2	39.2	0.3	14.7	0.1	9.4	0.2	1245	35.0	0.2	42.7	0.3	15.1	0.1	7.2	0.2
Aarhus	522	37.4	0.4	40.0	0.4	14.5	0.2	8.1	0.3	444	35.3	0.4	44.3	0.4	15.0	0.2	5.3	0.3
Sweden																		
Malmö	1198	38.1	0.3	41.8	0.3	15.6	0.1	4.5	0.2	1424	37.9	0.2	43.6	0.3	15.5	0.1	3.0	0.1
Umeå	1199	37.6	0.2	44.7	0.3	15.1	0.1	2.5	0.2	1359	35.8	0.2	46.8	0.3	15.6	0.1	1.9	0.1
Norway																		
South & East										838	35.1	0.3	45.7	0.3	16.4	0.1	2.9	0.2
North & West										662	35.0	0.3	46.1	0.4	16.7	0.2	2.2	0.2

* Adjusted for age and weighed by season and day of recall

** EI/BMR, 0.88 or >2.72

SE = standard error

Table 2a Sources of energy intake (E%), adjusted for age and weighted for day of 24-h recall and season, by centre ordered from south to north, in men

Country and centre	Potatoes and other tubers	Vegetables	Legumes, dried	Fruit	Dairy products	Cereal and cereal products	Meat and meat products	Fish and shellfish	Egg and egg products	Fat	Sugar and confectionary	Cakes	Non alcoholic beverages	Alcoholic beverages	Condiments and sauces	Soups, bouillons	Miscellaneous
Greece	1.6	3.7	1.5	8.2	14.1	23.8	6.5	2.4	0.9	20.3	4.7	6.9	1.3	1.7	1.8	0.5	0.1
Spain																	
Granada	3.4	3.9	1.2	10.4	15.4	17.2	9.5	4.0	1.5	15.2	4.3	5.8	2.0	1.3	1.6	3.2	0.1
Murcia	3.8	6.9	1.1	10.2	11.6	14.6	9.9	3.4	1.6	15.8	3.6	10.3	1.3	2.9	1.0	1.4	0.7
Navarra	2.8	2.3	1.3	9.3	13.4	15.0	13.6	4.2	2.1	16.6	4.6	9.0	1.1	1.8	1.1	1.5	0.4
San Sebastian	3.4	3.0	1.9	10.0	12.8	14.0	12.8	4.5	2.5	14.9	4.9	7.1	1.2	2.8	1.8	2.1	0.2
Asturias	4.2	1.6	2.1	9.7	16.9	15.3	12.5	4.5	2.2	9.6	5.0	8.5	1.5	2.7	1.4	2.2	0.2
Italy																	
Ragusa	1.3	2.1	0.9	8.5	10.3	30.4	9.6	2.2	1.1	10.1	4.0	11.0	1.4	2.1	4.5	0.1	0.4
Naples	1.6	2.3	0.8	7.6	12.8	30.4	7.3	1.9	1.0	9.5	5.1	10.0	1.4	2.9	3.7	0.1	1.5
Florence	1.7	2.5	0.7	8.7	11.6	28.9	9.9	1.3	0.9	11.2	4.1	10.3	1.6	3.2	1.9	0.2	1.3
Turin	1.6	3.1	0.2	9.2	11.7	27.8	9.5	1.5	1.1	10.6	5.3	9.2	1.7	4.4	2.1	0.2	0.7
Varese	1.7	2.1	0.4	9.2	12.4	26.8	9.6	1.5	1.0	7.2	5.8	10.9	1.7	3.0	5.9	0.4	0.5
France																	
South coast	1.8	3.2	0.5	7.6	16.6	18.8	11.7	2.6	1.1	8.2	5.8	8.0	2.0	4.5	4.7	1.9	1.2
South	2.5	2.8	0.4	7.9	15.5	21.0	11.7	2.3	1.1	7.5	5.8	8.0	2.1	4.0	4.9	1.6	0.9
North-East	2.6	2.8	0.3	7.3	15.8	18.5	12.2	2.3	1.1	7.9	5.9	9.2	2.3	4.6	4.4	1.6	1.0
North-West	3.3	2.6	0.3	7.3	15.1	19.2	12.5	3.1	1.1	7.6	5.5	8.4	2.4	4.8	4.2	1.7	0.9
Germany																	
Heidelberg	2.9	2.0	0.2	7.5	14.0	18.6	11.4	1.0	0.9	8.9	5.4	8.9	5.8	6.0	5.0	1.2	0.5
Potsdam	3.6	2.1	0.1	8.7	14.1	16.5	11.3	1.6	1.1	12.0	4.8	8.8	6.6	4.3	2.8	1.2	0.4
The Netherlands																	
Bilthoven	4.3	1.6	0.2	5.9	14.8	20.3	11.3	1.0	1.1	8.2	7.9	9.6	3.8	4.9	3.2	1.1	1.0
Utrecht	4.0	1.5	0.2	7.9	17.5	18.6	10.9	1.1	1.1	7.2	6.8	10.2	3.2	5.1	2.8	1.1	0.8
United Kingdom																	
General population	3.9	2.7	0.4	6.7	13.3	20.8	8.4	2.4	1.0	7.8	7.0	11.9	2.8	5.2	2.8	1.0	1.9
Health-conscious	3.6	4.0	1.0	13.2	8.9	22.8	1.6	1.3	0.6	9.6	6.1	11.3	3.3	3.3	2.9	1.3	5.2
Denmark																	
Copenhagen	3.1	2.7	0.1	6.5	13.0	22.3	10.7	3.7	1.3	7.4	5.5	7.7	4.0	7.7	3.5	0.4	0.4
Aarhus	3.2	2.6	0.0	7.1	12.8	22.1	10.4	2.9	1.3	6.8	6.2	10.8	3.4	6.5	3.4	0.4	0.2
Sweden																	
Malmö	4.0	2.1	0.2	6.1	14.5	17.0	10.9	2.9	1.4	9.0	7.6	11.4	2.9	4.0	4.4	1.3	0.4
Umeå	3.8	2.0	0.2	5.8	15.9	20.6	9.7	2.6	1.2	9.0	6.5	11.5	3.5	2.8	3.5	1.3	0.2
Norway																	
South & East	2.8	2.0	0.0	5.9	15.5	22.7	11.5	3.2	1.2	6.5	7.0	8.0	5.5	3.8	3.2	1.0	0.1
North & West	3.3	1.9	0.0	5.5	15.2	21.8	11.8	4.3	1.2	6.1	6.3	9.2	5.6	3.3	3.0	1.3	0.0

Table 2b Sources of energy intake (E%), adjusted for age and weighted for day of 24-h recall and season, by centre ordered from south to north, in women

Country and centre	Potatoes and other tubers	Vegetables	Legumes, dried	Fruit	Dairy products	Cereal and cereal products	Meat and meat products	Fish and shellfish	Egg and egg products	Fat	Sugar and confectionary	Cakes	Non alcoholic beverages	Alcoholic beverages	Condiments and sauces	Soups, bouillons	Miscellaneous
Greece	1.6	3.3	1.8	6.7	11.9	25.9	8.3	2.5	0.8	19.9	3.3	3.7	0.8	7.0	1.9	0.6	0.1
Spain																	
Granada	3.4	2.4	1.7	7.9	12.5	18.4	12.7	4.2	1.6	14.8	3.5	4.4	1.5	6.1	1.7	3.2	0.1
Murcia	3.7	3.5	1.5	10.4	7.9	18.5	11.9	3.6	1.4	13.8	3.9	7.7	1.4	7.6	1.0	1.9	0.5
Navarra	2.9	2.2	1.9	6.7	7.7	18.2	15.9	3.9	2.4	16.2	3.5	4.5	1.0	9.7	1.1	2.1	0.1
San Sebastian	3.5	2.1	2.0	7.4	8.6	14.7	17.5	5.1	2.7	13.2	3.6	4.3	0.8	10.0	1.7	2.8	0.0
Asturias	4.3	1.4	2.7	6.8	11.6	16.3	15.7	5.1	2.2	10.2	4.3	4.9	1.4	9.4	1.1	2.4	0.1
Italy																	
Ragusa	2.1	1.7	0.6	7.1	8.8	34.3	9.4	1.7	1.0	9.3	3.8	6.6	1.5	4.5	5.4	0.1	2.1
Naples																	
Florence	1.8	1.9	0.8	6.5	9.1	32.8	9.8	1.6	0.8	10.9	3.3	8.7	1.4	6.3	2.5	0.2	1.6
Turin	1.8	2.3	0.3	7.5	9.5	32.2	9.5	1.8	0.8	9.5	4.3	6.9	1.9	9.0	2.1	0.2	0.5
Varese	1.8	1.7	0.3	6.4	10.1	29.9	11.3	1.2	0.3	6.8	5.2	8.4	1.9	8.7	5.5	0.3	0.3
France																	
South coast																	
South																	
North-East																	
North-West																	
Germany																	
Heidelberg	2.9	1.6	0.2	5.1	10.7	19.3	15.5	1.0	0.8	9.0	4.5	7.3	5.7	10.6	4.3	1.2	0.5
Potsdam	3.4	1.3	0.2	6.3	10.8	16.6	15.5	1.6	0.8	15.4	3.9	6.7	5.0	8.7	2.2	1.3	0.3
The Netherlands																	
Bilthoven	4.4	1.2	0.2	5.3	13.0	20.1	14.2	1.0	0.9	9.2	7.3	6.0	3.3	8.8	3.2	1.0	0.9
Utrecht																	
United Kingdom																	
General population	4.1	2.1	0.4	4.3	11.8	21.6	9.6	2.1	0.8	9.9	7.4	11.8	2.2	7.1	2.5	0.7	1.6
Health-conscious	3.9	2.9	1.2	11.3	6.2	26.5	1.9	0.4	0.5	11.8	4.2	10.1	3.1	5.5	3.1	1.2	6.3
Denmark																	
Copenhagen	3.4	2.0	0.1	3.7	11.1	20.0	13.7	3.6	1.1	9.3	5.6	6.1	4.0	11.1	4.8	0.3	0.3
Aarhus	3.7	1.9	0.0	4.1	11.5	20.7	12.9	3.3	1.1	10.1	5.4	7.8	3.4	9.7	3.8	0.3	0.2
Sweden																	
Malmö	4.8	1.7	0.3	4.0	12.7	18.2	13.0	2.8	1.2	11.6	7.1	8.8	2.6	5.8	4.1	1.2	0.3
Umeå	4.7	1.2	0.1	3.4	14.4	20.6	12.0	2.3	1.1	12.3	6.6	9.9	3.0	4.0	3.1	1.2	0.1
Norway																	
South & East																	
North & West																	