

**Table 1a** Mean total sugars intakes according to carbohydrate-rich food groups, presented as minimally-adjusted means, standard errors and proportion of total sugars derived from the food (*sub*)groups, in men

Country and Centre	Total g/d	Cereals & cereal products			<i>Pasta, rice, other grain</i>			<i>Bread</i>			<i>Crispbread, rusks</i>			<i>Breakfast cereals</i>			<i>Salty biscuits, crackers</i>			<i>Dough and pastry</i>			Potatoes			Vegetables			
	M	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	
Greece	78.4	6.6	0.1	8.4	0.2	0.0	0.3	5.2	0.1	6.7	0.6	0.0	0.7	0.2	0.1	0.2	0.0	0.0	0.0	0.3	0.0	0.4	0.4	0.0	0.5	10.5	0.2	13.5	
Spain																													
Granada	101.8	1.4	0.3	1.4	0.1	0.0	0.1	1.0	0.2	1.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.7	0.1	0.7	7.7	0.5	7.5
Murcia	116.5	1.3	0.3	1.1	0.1	0.0	0.1	0.9	0.2	0.8	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.9	0.1	0.8	15.9	0.5	13.7
Navarra	95.9	1.2	0.2	1.2	0.1	0.0	0.1	1.0	0.2	1.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.1	0.7	7.4	0.3	7.7
San Sebastian	112.4	1.2	0.2	1.1	0.1	0.0	0.1	0.8	0.2	0.7	0.2	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.1	0.8	8.2	0.3	7.3
Asturias	118.2	1.7	0.2	1.4	0.1	0.0	0.1	0.9	0.2	0.7	0.3	0.0	0.3	0.2	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	1.0	0.1	0.9	5.4	0.4	4.6
Italy																													
Ragusa	95.4	5.5	0.4	5.8	2.0	0.1	2.1	2.7	0.3	2.8	0.2	0.1	0.2	0.1	0.2	0.1	0.1	0.1	0.1	0.3	0.1	0.3	0.3	0.1	0.3	4.9	0.5	5.1	
Florence	98.7	6.3	0.3	6.4	2.0	0.0	2.0	3.2	0.2	3.2	0.3	0.1	0.3	0.4	0.1	0.4	0.3	0.1	0.3	0.1	0.1	0.1	0.2	0.1	0.2	6.2	0.4	6.3	
Turin	109.7	5.2	0.2	4.7	1.6	0.0	1.5	2.8	0.1	2.5	0.5	0.0	0.5	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.2	7.4	0.3	6.8	
Varese	114.1	5.3	0.3	4.7	1.9	0.0	1.7	2.8	0.2	2.4	0.2	0.0	0.2	0.2	0.1	0.2	0.1	0.1	0.1	0.1	0.0	0.1	0.2	0.1	0.2	5.6	0.4	4.9	
Germany																													
Heidelberg	106.9	4.2	0.1	3.9	0.2	0.0	0.2	3.1	0.1	2.9	0.1	0.0	0.0	0.7	0.1	0.7	0.0	0.0	0.0	0.1	0.0	0.1	0.9	0.1	0.9	4.1	0.2	3.9	
Potsdam	118.0	4.1	0.1	3.5	0.0	0.0	0.0	3.6	0.1	3.0	0.1	0.0	0.1	0.4	0.1	0.3	0.0	0.0	0.0	0.1	0.0	0.1	1.0	0.0	0.8	4.1	0.2	3.5	
The Netherlands																													
Bilthoven	133.0	8.8	0.1	6.6	0.4	0.0	0.3	7.5	0.1	5.6	0.2	0.0	0.2	0.5	0.1	0.3	0.2	0.0	0.2	0.0	0.0	0.0	1.5	0.1	1.1	3.3	0.2	2.5	
United Kingdom																													
General population	127.9	8.2	0.2	6.4	0.1	0.0	0.1	3.8	0.2	3.0	0.2	0.0	0.1	3.9	0.1	3.0	0.1	0.1	0.0	0.1	0.0	0.1	1.0	0.1	0.8	5.3	0.4	4.1	
Health conscious	125.5	9.2	0.4	7.3	0.2	0.1	0.1	4.3	0.3	3.4	0.1	0.1	0.1	4.5	0.2	3.6	0.0	0.1	0.0	0.0	0.1	0.0	0.9	0.2	0.7	7.1	0.7	5.6	
Denmark																													
Copenhagen	114.6	6.4	0.1	5.6	0.0	0.0	0.0	5.2	0.1	4.6	0.0	0.0	0.0	0.9	0.1	0.8	0.0	0.0	0.0	0.2	0.0	0.2	1.2	0.0	1.1	6.0	0.2	5.3	
Aarhus	115.6	6.7	0.2	5.8	0.0	0.0	0.0	5.1	0.2	4.4	0.0	0.0	0.0	1.4	0.1	1.2	0.0	0.0	0.0	0.1	0.0	0.1	1.4	0.1	1.2	6.1	0.3	5.3	
Sweden																													
Malmo	105.8	6.1	0.1	5.7	0.1	0.0	0.1	4.4	0.1	4.1	0.3	0.0	0.2	0.8	0.1	0.7	0.4	0.0	0.4	0.2	0.0	0.2	2.2	0.0	2.1	5.0	0.2	4.8	
Umeå	114.9	6.4	0.1	5.6	0.1	0.0	0.1	3.3	0.1	2.9	1.1	0.0	0.9	1.1	0.1	0.9	0.6	0.0	0.5	0.2	0.0	0.2	2.2	0.0	2.0	4.1	0.2	3.6	

**Table 1a** continued

Country and Centre	Legumes			Fruits			Dairy products			Sugar & confectionary			Cakes			Non-alcoholic beverages			Fruit & veg juices			Carbonated drinks, diluted syrups			Alcoholic beverages		
	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%
Greece	0.3	0.0	0.3	27.4	0.8	34.9	7.8	0.5	10.0	13.5	0.8	17.3	5.3	0.5	6.7	3.1	0.8	4.0	2.0	0.5	2.6	0.9	0.6	1.1	2.3	0.3	2.9
Spain																											
Granada	0.3	0.0	0.3	34.0	1.9	33.4	20.6	1.2	20.3	20.0	2.0	19.6	4.9	1.2	4.8	7.7	1.9	7.6	3.7	1.2	3.6	3.2	1.4	3.1	1.5	0.8	1.5
Murcia	0.3	0.0	0.3	43.7	1.8	37.5	14.2	1.1	12.2	19.2	1.9	16.5	9.0	1.1	7.8	7.5	1.7	6.5	2.0	1.1	1.7	4.3	1.4	3.7	1.8	0.7	1.5
Navarra	0.4	0.0	0.4	31.3	1.3	32.6	15.8	0.8	16.5	19.6	1.4	20.4	5.2	0.8	5.4	5.7	1.3	5.9	2.3	0.8	2.4	3.0	1.0	3.1	6.2	0.5	6.4
San Sebastian	0.4	0.0	0.4	40.7	1.2	36.2	19.1	0.8	16.9	21.8	1.4	19.4	6.0	0.8	5.3	3.1	1.2	2.7	1.0	0.8	0.9	2.1	1.0	1.8	8.1	0.5	7.2
Asturias	0.5	0.0	0.5	35.1	1.4	29.7	22.5	0.9	19.1	24.2	1.5	20.5	7.0	0.9	5.9	8.2	1.4	6.9	2.6	0.9	2.2	5.1	1.1	4.3	10.2	0.6	8.6
Italy																											
Ragusa	0.1	0.0	0.2	38.9	2.1	40.8	6.5	1.3	6.8	17.9	2.3	18.8	11.5	1.3	12.1	4.7	2.1	5.0	0.2	1.3	0.2	2.6	1.6	2.8	1.7	0.9	1.8
Florence	0.2	0.0	0.2	38.2	1.7	38.6	9.2	1.0	9.3	14.8	1.8	15.0	12.6	1.0	12.8	5.7	1.6	5.8	1.5	1.1	1.5	2.3	1.3	2.3	2.0	0.7	2.0
Turin	0.1	0.0	0.1	41.1	1.1	37.5	8.5	0.7	7.7	21.0	1.1	19.1	10.9	0.7	9.9	10.0	1.0	9.1	1.9	0.7	1.7	2.9	0.8	2.6	2.6	0.4	2.4
Varese	0.1	0.0	0.1	33.3	1.5	29.2	11.2	0.9	9.8	30.1	1.6	26.4	13.0	1.0	11.4	9.1	1.5	8.0	2.0	1.0	1.8	3.6	1.2	3.2	3.1	0.6	2.7
Germany																											
Heidelberg	0.0	0.0	0.0	20.6	0.9	19.3	12.1	0.5	11.4	21.9	0.9	20.5	12.3	0.5	11.5	24.3	0.9	22.7	15.1	0.5	14.2	7.9	0.7	7.4	4.1	0.4	3.8
Potsdam	0.0	0.0	0.0	31.3	0.8	26.5	15.1	0.5	12.8	20.7	0.8	17.5	11.5	0.5	9.8	24.7	0.8	20.9	18.9	0.5	16.0	4.7	0.6	4.0	2.8	0.3	2.4
The Netherlands																											
Bilthoven	0.1	0.0	0.1	20.3	0.9	15.3	20.3	0.5	15.3	38.1	1.0	28.7	10.8	0.6	8.1	16.8	0.9	12.7	5.5	0.6	4.2	10.6	0.7	8.0	8.8	0.4	6.6
United Kingdom																											
General population	0.1	0.0	0.1	19.8	1.4	15.5	19.9	0.8	15.6	33.0	1.5	25.8	19.6	0.9	15.3	11.8	1.4	9.2	6.1	0.9	4.8	5.4	1.1	4.2	4.8	0.6	3.7
Health conscious	0.2	0.1	0.2	38.1	2.6	30.3	11.1	1.6	8.9	15.4	2.8	12.3	15.4	1.6	12.3	15.5	2.5	12.3	9.4	1.6	7.5	5.2	2.0	4.2	5.1	1.1	4.1
Denmark																											
Copenhagen	0.0	0.0	0.0	15.0	0.7	13.1	15.0	0.5	13.1	27.2	0.8	23.7	9.1	0.5	7.9	18.4	0.7	16.1	5.1	0.5	4.4	13.3	0.6	11.6	11.0	0.3	9.6
Aarhus	0.0	0.0	0.0	17.5	1.1	15.1	14.7	0.7	12.7	25.0	1.2	21.7	12.5	0.7	10.8	15.5	1.1	13.4	4.7	0.7	4.0	10.9	0.9	9.4	11.5	0.5	10.0
Sweden																											
Malmo	0.1	0.0	0.1	14.1	0.8	13.3	15.1	0.5	14.3	29.6	0.8	28.0	11.6	0.5	11.0	11.3	0.8	10.7	4.2	0.5	4.0	6.8	0.6	6.5	3.8	0.3	3.6
Umeå	0.1	0.0	0.0	13.8	0.7	12.1	22.0	0.5	19.1	30.5	0.8	26.5	12.3	0.5	10.7	13.6	0.7	11.8	3.5	0.5	3.0	9.9	0.6	8.6	2.7	0.3	2.4

M= Mean adjusted by age and weighted by season and day of recall. SE = standard error

**Table 1b** Mean total sugars intakes according to carbohydrate-rich food groups, presented as minimally-adjusted means, standard errors and proportion of total sugars derived from the food (*sub*)groups, in women

Country and Centre	Total g/d	Cereals & cereal products			<i>Pasta, rice, other grain</i>			<i>Bread</i>			<i>Crispbread, rusks</i>			<i>Breakfast cereals</i>			<i>Salty biscuits, crackers</i>			<i>Dough and pastry</i>			Potatoes			Vegetables		
	M	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%
Greece	70.6	4.2	0.1	5.9	0.2	0.0	0.2	3.1	0.1	4.4	0.5	0.0	0.7	0.2	0.1	0.3	0.0	0.0	0.0	0.2	0.0	0.3	0.3	0.0	0.4	8.1	0.2	11.4
Spain																												
Granada	92.8	1.1	0.2	1.2	0.0	0.0	0.0	0.7	0.2	0.7	0.2	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.1	0.6	7.4	0.4	8.0
Murcia	108.6	1.1	0.2	1.0	0.0	0.0	0.0	0.5	0.2	0.5	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.7	0.1	0.6	21.3	0.4	19.6
Navarra	91.0	1.0	0.2	1.2	0.0	0.0	0.1	0.6	0.2	0.7	0.3	0.0	0.3	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.4	0.1	0.5	5.5	0.4	6.0
San Sebastian	105.1	1.3	0.3	1.2	0.0	0.0	0.0	0.6	0.2	0.5	0.4	0.0	0.4	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.6	0.1	0.6	7.5	0.5	7.1
Asturias	103.0	1.4	0.2	1.4	0.0	0.0	0.0	0.6	0.2	0.6	0.4	0.0	0.4	0.2	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.1	0.7	3.7	0.4	3.6
Italy																												
Ragusa	83.8	2.9	0.3	3.5	0.8	0.0	1.0	1.4	0.3	1.6	0.2	0.1	0.2	0.0	0.2	0.0	0.0	0.1	0.0	0.4	0.1	0.5	0.1	0.1	0.1	4.0	0.6	4.8
Naples	79.7	3.3	0.2	4.1	1.1	0.0	1.4	1.3	0.2	1.7	0.3	0.0	0.4	0.2	0.1	0.3	0.2	0.0	0.2	0.1	0.0	0.2	0.1	0.1	0.2	5.1	0.4	6.5
Florence	81.0	3.8	0.1	4.7	1.0	0.0	1.3	1.9	0.1	2.4	0.3	0.0	0.4	0.2	0.1	0.3	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.0	0.2	5.7	0.3	7.0
Turin	93.1	3.2	0.2	3.4	0.9	0.0	0.9	1.5	0.2	1.6	0.5	0.0	0.5	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.2	7.4	0.4	8.0
Varese	94.0	3.5	0.1	3.7	1.1	0.0	1.2	1.5	0.1	1.6	0.3	0.0	0.3	0.4	0.1	0.4	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.0	0.2	4.7	0.3	5.0
France																												
South coast	95.9	5.1	0.2	5.4	0.2	0.0	0.2	3.8	0.1	3.9	0.3	0.0	0.3	0.8	0.1	0.8	0.0	0.0	0.0	0.1	0.0	0.1	0.3	0.0	0.3	7.3	0.3	7.6
South	99.3	5.6	0.1	5.6	0.2	0.0	0.2	4.2	0.1	4.2	0.3	0.0	0.3	0.9	0.1	0.9	0.0	0.0	0.0	0.1	0.0	0.1	0.5	0.0	0.5	6.2	0.2	6.2
North-East	100.7	4.9	0.1	4.8	0.2	0.0	0.2	3.8	0.1	3.8	0.2	0.0	0.2	0.6	0.1	0.6	0.0	0.0	0.0	0.1	0.0	0.1	0.5	0.0	0.5	6.2	0.2	6.2
North-West	96.7	5.2	0.2	5.4	0.1	0.0	0.1	4.2	0.1	4.3	0.1	0.0	0.1	0.8	0.1	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.6	6.2	0.3	6.4
Germany																												
Heidelberg	100.6	3.0	0.1	3.0	0.1	0.0	0.1	2.0	0.1	2.0	0.1	0.0	0.1	0.6	0.1	0.6	0.0	0.0	0.0	0.1	0.0	0.1	0.7	0.0	0.7	4.2	0.2	4.2
Potsdam	114.7	2.8	0.1	2.4	0.0	0.0	0.0	2.1	0.1	1.9	0.1	0.0	0.1	0.4	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.6	4.6	0.2	4.0
The Netherlands																												
Bilthoven	108.9	6.9	0.1	6.4	0.3	0.0	0.3	5.7	0.1	5.2	0.2	0.0	0.2	0.5	0.1	0.4	0.2	0.0	0.2	0.0	0.0	0.0	1.0	0.0	0.9	3.3	0.2	3.0
Utrecht	115.8	7.1	0.1	6.2	0.2	0.0	0.2	5.7	0.1	5.0	0.4	0.0	0.3	0.6	0.1	0.5	0.2	0.0	0.2	0.0	0.0	0.0	1.0	0.0	0.9	2.9	0.2	2.5
United Kingdom																												
General population	103.6	5.9	0.2	5.7	0.1	0.0	0.1	2.6	0.1	2.5	0.1	0.0	0.1	3.0	0.1	2.9	0.0	0.0	0.0	0.1	0.0	0.1	0.7	0.1	0.7	5.1	0.3	4.9
Health conscious	117.9	6.8	0.3	5.8	0.2	0.0	0.2	2.9	0.2	2.5	0.2	0.0	0.2	3.4	0.2	2.9	0.0	0.1	0.0	0.0	0.0	0.0	0.9	0.1	0.8	6.8	0.5	5.8
Denmark																												
Copenhagen	90.3	4.9	0.1	5.4	0.0	0.0	0.0	4.0	0.1	4.4	0.0	0.0	0.0	0.7	0.1	0.7	0.0	0.0	0.0	0.2	0.0	0.2	0.9	0.0	0.9	5.9	0.2	6.5
Aarhus	100.3	5.6	0.2	5.6	0.0	0.0	0.0	4.2	0.1	4.2	0.0	0.0	0.0	1.0	0.1	1.0	0.0	0.0	0.0	0.3	0.0	0.3	0.9	0.1	0.9	6.0	0.3	6.0
Sweden																												
Malmö	92.6	4.3	0.1	4.6	0.1	0.0	0.1	2.8	0.1	3.0	0.3	0.0	0.3	0.5	0.1	0.6	0.4	0.0	0.5	0.1	0.0	0.1	1.4	0.0	1.5	4.9	0.2	5.3
Umeå	95.4	5.0	0.1	5.2	0.1	0.0	0.1	2.6	0.1	2.7	0.7	0.0	0.8	0.8	0.1	0.9	0.5	0.0	0.5	0.2	0.0	0.2	1.3	0.0	1.4	4.8	0.2	5.0
Norway																												
South & East	98.6	3.6	0.1	3.6	0.0	0.0	0.0	2.7	0.1	2.8	0.2	0.0	0.2	0.3	0.1	0.3	0.3	0.0	0.3	0.0	0.0	0.0	1.7	0.0	1.7	4.7	0.2	4.8
North & West	98.5	3.2	0.1	3.3	0.0	0.0	0.0	2.4	0.1	2.5	0.2	0.0	0.2	0.2	0.1	0.2	0.3	0.0	0.3	0.0	0.0	0.0	2.1	0.0	2.1	5.2	0.3	5.3

**Table 1b** continued

Country & Centre	Legumes			Fruits			Dairy products			Sugar & confectionary			Cakes			Non-alcoholic beverages			Fruit & veg juices			Carbonated drinks, diluted syrups			Alcoholic beverages				
	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE
Greece	0.2	0.0	0.2	24.0	0.7	34.0	8.8	0.4	12.4	13.0	0.6	18.4	6.9	0.4	9.8	4.0	0.5	5.7	3.3	0.4	4.6	0.7	0.3	1.0	0.4	0.2	0.6		
Spain																													
Granada	0.1	0.0	0.1	32.5	1.4	35.0	21.0	0.9	22.6	15.5	1.4	16.7	4.7	0.9	5.0	7.6	1.1	8.2	2.6	0.9	2.8	4.3	0.7	4.6	0.6	0.4	0.6		
Murcia	0.1	0.0	0.1	36.9	1.4	34.0	17.8	0.9	16.4	14.0	1.4	12.9	9.6	0.9	8.8	4.5	1.1	4.2	1.8	0.8	1.7	1.7	0.7	1.6	1.1	0.4	1.0		
Navarra	0.2	0.0	0.2	32.6	1.5	35.8	20.0	0.9	21.9	17.4	1.4	19.1	7.8	0.9	8.6	3.5	1.2	3.8	2.1	0.9	2.3	1.2	0.8	1.4	1.1	0.4	1.2		
San Sebastian	0.2	0.0	0.2	38.8	1.5	36.9	22.1	1.0	21.0	21.3	1.5	20.3	6.3	1.0	6.0	3.3	1.3	3.1	1.1	0.9	1.1	2.1	0.8	2.0	1.5	0.4	1.4		
Asturias	0.3	0.0	0.3	33.7	1.3	32.8	27.0	0.9	26.2	18.9	1.3	18.4	7.5	0.9	7.3	5.1	1.1	4.9	2.6	0.8	2.5	2.0	0.7	2.0	2.9	0.3	2.8		
Italy																													
Ragusa	0.2	0.0	0.2	33.8	2.1	40.4	7.3	1.3	8.7	16.3	2.0	19.4	12.7	1.3	15.1	4.0	1.7	4.7	0.2	1.3	0.2	2.6	1.1	3.1	0.5	0.5	0.6		
Naples	0.1	0.0	0.2	27.1	1.2	33.9	8.8	0.8	11.0	17.8	1.2	22.3	10.3	0.8	12.9	4.5	1.0	5.6	1.8	0.7	2.2	1.5	0.6	1.9	0.8	0.3	1.0		
Florence	0.1	0.0	0.2	31.5	0.9	38.9	10.0	0.6	12.3	12.4	0.8	15.3	9.8	0.6	12.1	4.3	0.7	5.4	1.9	0.5	2.3	0.9	0.4	1.1	1.0	0.2	1.3		
Turin	0.0	0.0	0.0	34.7	1.2	37.3	9.0	0.8	9.7	18.2	1.2	19.6	10.4	0.8	11.2	6.3	1.0	6.7	2.1	0.7	2.3	2.3	0.6	2.5	1.5	0.3	1.6		
Varese	0.1	0.0	0.1	34.0	0.9	36.2	11.0	0.5	11.7	19.3	0.8	20.5	12.2	0.6	13.0	5.8	0.7	6.2	1.6	0.5	1.7	1.7	0.4	1.8	0.9	0.2	0.9		
France																													
South coast	0.1	0.0	0.1	28.4	1.0	29.6	15.5	0.6	16.2	20.5	0.9	21.4	7.6	0.6	7.9	5.7	0.8	6.0	4.7	0.6	4.9	0.8	0.5	0.8	2.0	0.2	2.1		
South	0.1	0.0	0.1	30.2	0.6	30.4	14.5	0.4	14.6	21.9	0.6	22.1	8.4	0.4	8.4	6.8	0.5	6.8	5.2	0.4	5.3	1.3	0.3	1.3	1.9	0.2	1.9		
North-East	0.0	0.0	0.0	27.5	0.5	27.3	16.3	0.3	16.2	22.2	0.5	22.1	9.6	0.3	9.5	7.6	0.4	7.5	6.4	0.3	6.4	0.9	0.3	0.9	2.8	0.1	2.8		
North-West	0.0	0.0	0.0	27.5	1.0	28.4	15.8	0.6	16.3	21.1	0.9	21.8	7.4	0.6	7.7	7.2	0.8	7.4	6.4	0.6	6.6	0.6	0.5	0.6	2.9	0.2	3.0		
Germany																													
Heidelberg	0.0	0.0	0.0	26.0	0.7	25.8	12.6	0.5	12.5	19.5	0.7	19.4	11.2	0.5	11.2	18.5	0.6	18.4	14.4	0.5	14.3	2.9	0.4	2.9	2.9	0.2	2.9		
Potsdam	0.0	0.0	0.0	32.8	0.7	28.6	17.1	0.5	14.9	17.8	0.7	15.5	10.4	0.5	9.1	23.7	0.6	20.6	19.6	0.5	17.1	1.9	0.4	1.7	2.9	0.2	2.5		
The Netherlands																													
Bilthoven	0.1	0.0	0.1	20.3	0.7	18.6	17.7	0.5	16.3	25.5	0.7	23.4	12.9	0.5	11.9	15.2	0.6	13.9	8.8	0.5	8.1	5.7	0.4	5.3	3.2	0.2	3.0		
Utrecht	0.1	0.0	0.1	25.3	0.6	21.9	22.1	0.4	19.1	22.7	0.6	19.6	14.0	0.4	12.0	14.2	0.5	12.3	9.5	0.3	8.2	4.0	0.3	3.5	4.0	0.1	3.4		
United Kingdom																													
General population	0.1	0.0	0.1	22.7	1.0	21.9	18.7	0.6	18.0	19.3	1.0	18.6	15.2	0.7	14.7	10.7	0.8	10.4	6.1	0.6	5.9	4.5	0.5	4.4	1.8	0.3	1.7		
Health conscious	0.2	0.0	0.2	42.6	1.7	36.1	9.5	1.1	8.0	16.1	1.7	13.7	15.2	1.1	12.9	13.1	1.4	11.1	7.4	1.1	6.3	4.1	0.9	3.5	1.1	0.4	0.9		
Denmark																													
Copenhagen	0.0	0.0	0.0	18.6	0.6	20.6	13.0	0.4	14.4	18.1	0.6	20.0	8.3	0.4	9.2	13.7	0.5	15.1	4.5	0.4	5.0	9.1	0.3	10.1	3.7	0.2	4.1		
Aarhus	0.0	0.0	0.0	22.9	1.1	22.9	12.2	0.7	12.1	20.6	1.0	20.5	13.2	0.7	13.2	11.4	0.9	11.4	4.8	0.7	4.7	6.7	0.6	6.6	3.9	0.3	3.9		
Sweden																													
Malmo	0.1	0.0	0.1	17.5	0.6	18.9	13.6	0.4	14.7	22.4	0.6	24.2	11.8	0.4	12.7	8.5	0.5	9.2	4.3	0.4	4.7	4.0	0.3	4.3	2.2	0.2	2.4		
Umeå	0.1	0.0	0.1	17.8	0.6	18.7	17.1	0.4	17.9	19.3	0.6	20.2	11.7	0.4	12.3	11.2	0.5	11.7	3.5	0.4	3.7	7.5	0.3	7.9	1.7	0.2	1.7		
Norway																													
South & East	0.1	0.0	0.1	19.4	0.8	19.7	17.1	0.5	17.3	19.4	0.8	19.6	9.6	0.5	9.8	18.1	0.6	18.4	8.6	0.5	8.7	8.9	0.4	9.1	1.2	0.2	1.2		
North & West	0.0	0.0	0.0	18.8	0.9	19.1	17.3	0.6	17.5	18.5	0.8	18.8	10.3	0.6	10.5	18.0	0.7	18.2	7.0	0.5	7.1	10.4	0.5	10.6	0.9	0.2	0.9		

M= Mean adjusted by age and weighted by season and day of recall. SE = standard error

**Table 1c** Mean total starch intakes according to carbohydrate-rich food groups, presented as minimally-adjusted means, standard errors and proportion of total starch derived from the food (*sub*)groups, in men

Country and Centre	Total g/d	Cereals & cereal products			<i>Pasta, rice, other grain</i>			<i>Bread</i>			<i>Crispbread, rusks</i>			<i>Breakfast cereals</i>			<i>Salty biscuits, crackers</i>			<i>Dough and pastry</i>			Potatoes			Vegetables		
	M	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%
Greece	119.1	98.4	1.6	82.6	17.9	0.8	15.0	62.9	1.3	52.8	9.8	0.4	8.2	0.5	0.3	0.5	0.6	0.2	0.5	6.1	0.4	5.2	5.8	0.6	4.9	1.0	0.1	0.9
Spain																												
Granada	130.4	91.2	3.8	70.0	15.8	1.9	12.1	70.3	3.2	53.9	2.5	1.0	2.0	0.0	0.8	0.0	0.7	0.5	0.6	0.3	0.9	0.2	16.7	1.6	12.8	1.5	0.2	1.2
Murcia	142.9	93.7	3.6	65.6	13.3	1.8	9.3	73.0	3.0	51.1	4.2	0.9	2.9	0.5	0.7	0.3	0.6	0.5	0.4	0.1	0.9	0.1	18.7	1.5	13.1	1.4	0.2	1.0
Navarra	132.5	92.5	2.7	69.8	7.3	1.3	5.5	82.7	2.2	62.4	1.8	0.7	1.4	0.2	0.5	0.2	0.1	0.3	0.1	0.0	0.6	0.0	14.3	1.1	10.8	1.4	0.1	1.0
San Sebastian	130.2	78.8	2.5	60.5	7.1	1.3	5.4	68.0	2.1	52.2	3.4	0.6	2.6	0.5	0.5	0.4	0.0	0.3	0.0	0.0	0.6	0.0	18.9	1.0	14.5	1.8	0.1	1.4
Asturias	136.0	83.5	2.8	61.4	11.6	1.4	8.6	63.3	2.4	46.5	4.5	0.7	3.3	0.9	0.6	0.7	0.2	0.4	0.2	0.6	0.7	0.5	21.6	1.2	15.9	1.0	0.1	0.7
Italy																												
Ragusa	215.6	180.3	4.3	83.6	61.2	2.2	28.4	96.7	3.6	44.9	5.2	1.1	2.4	0.4	0.9	0.2	1.4	0.5	0.7	13.0	1.0	6.0	10.3	1.8	4.8	1.1	0.2	0.5
Florence	208.2	168.5	3.4	80.9	62.5	1.7	30.0	91.2	2.8	43.8	4.8	0.9	2.3	1.1	0.7	0.5	2.3	0.4	1.1	5.0	0.8	2.4	9.1	1.4	4.4	1.0	0.2	0.5
Turin	192.0	161.9	2.2	84.3	54.4	1.1	28.3	87.7	1.8	45.7	12.6	0.5	6.6	0.5	0.4	0.2	3.4	0.3	1.8	3.1	0.5	1.6	8.8	0.9	4.6	1.1	0.1	0.5
Varese	203.5	168.0	3.1	82.6	73.7	1.5	36.2	82.5	2.6	40.6	5.1	0.8	2.5	0.3	0.6	0.2	2.3	0.4	1.2	4.0	0.8	2.0	8.0	1.3	3.9	1.9	0.1	0.9
Germany																												
Heidelberg	123.1	86.4	1.8	70.2	16.2	0.9	13.1	60.8	1.5	49.4	1.0	0.4	0.8	3.0	0.3	2.4	1.7	0.2	1.3	2.0	0.4	1.6	15.7	0.7	12.8	0.5	0.1	0.4
Potsdam	118.5	79.9	1.6	67.4	5.3	0.8	4.5	68.9	1.3	58.1	1.8	0.4	1.5	1.4	0.3	1.2	0.9	0.2	0.8	0.5	0.4	0.5	18.0	0.7	15.1	0.7	0.1	0.6
The Netherlands																												
Bilthoven	140.1	86.8	1.8	61.9	11.0	0.9	7.9	68.2	1.5	48.7	2.4	0.5	1.7	1.8	0.4	1.3	2.7	0.2	1.9	0.1	0.4	0.1	23.7	0.7	16.9	1.6	0.1	1.2
United Kingdom																												
General population	137.5	85.2	2.8	62.0	8.0	1.4	5.8	51.2	2.3	37.2	2.1	0.7	1.5	15.4	0.6	11.2	3.3	0.4	2.4	3.5	0.7	2.5	19.3	1.1	14.0	1.6	0.1	1.1
Health conscious	150.9	95.6	5.2	63.4	11.5	2.6	7.6	56.2	4.4	37.3	1.9	1.3	1.3	20.8	1.0	13.8	2.8	0.7	1.8	1.0	1.3	0.6	19.9	2.1	13.2	1.8	0.3	1.2
Denmark																												
Copenhagen	128.5	93.7	1.5	73.0	10.1	0.8	7.8	71.4	1.3	55.6	1.1	0.4	0.9	7.5	0.3	5.9	0.8	0.2	0.6	1.5	0.4	1.1	19.7	0.6	15.3	0.9	0.1	0.7
Aarhus	139.2	100.2	2.3	72.0	8.4	1.2	6.0	78.7	2.0	56.5	0.8	0.6	0.6	8.0	0.5	5.7	0.6	0.3	0.5	1.9	0.6	1.3	22.0	1.0	15.8	0.6	0.1	0.4
Sweden																												
Malmo	141.9	78.1	1.6	55.0	9.3	0.8	6.6	50.2	1.3	35.4	5.3	0.4	3.8	6.5	0.3	4.6	1.4	0.2	1.0	3.7	0.4	2.6	20.9	0.6	14.7	1.9	0.1	1.4
Umeå	163.3	92.2	1.5	56.5	10.8	0.8	6.6	34.7	1.3	21.3	26.6	0.4	16.3	10.2	0.3	6.3	1.6	0.2	1.0	3.4	0.4	2.1	23.9	0.6	14.6	1.5	0.1	0.9

**Table 1c** continued

Country and Centre	Legumes			Fruits			Dairy products			Sugar & confectionary			Cakes			Non-alcoholic beverages			Fruit & veg juices			Carbonated drinks, diluted syrups			Alcoholic beverages				
	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE
Greece	5.2	0.2	4.4	0.4	0.1	0.3	0.2	0.1	0.2	0.3	0.1	0.3	5.2	0.5	4.3	0.5	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Spain																													
Granada	5.5	0.6	4.2	0.5	0.3	0.4	0.6	0.3	0.5	0.1	0.2	0.1	8.3	1.3	6.4	0.5	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.3	0.0	0.0	
Murcia	5.7	0.5	4.0	1.2	0.2	0.9	0.8	0.3	0.6	0.3	0.2	0.2	13.5	1.2	9.5	0.5	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.3	0.0	0.0	
Navarra	6.8	0.4	5.1	0.5	0.2	0.4	0.7	0.2	0.5	0.2	0.2	0.2	8.8	0.9	6.6	0.4	0.2	0.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	
San Sebastian	8.5	0.4	6.6	0.7	0.2	0.5	0.7	0.2	0.6	0.0	0.1	0.0	9.1	0.9	7.0	0.5	0.2	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	
Asturias	9.6	0.4	7.0	1.4	0.2	1.0	1.3	0.2	0.9	0.2	0.2	0.2	8.8	1.0	6.5	0.5	0.2	0.4	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	
Italy																													
Ragusa	2.5	0.6	1.2	0.7	0.3	0.3	0.1	0.3	0.1	0.5	0.2	0.2	14.0	1.4	6.5	0.2	0.3	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.4	0.0	0.0	
Florence	2.7	0.5	1.3	1.0	0.2	0.5	0.3	0.2	0.2	0.5	0.2	0.2	18.7	1.1	9.0	1.4	0.2	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	
Turin	1.2	0.3	0.6	0.5	0.1	0.3	0.3	0.2	0.1	0.5	0.1	0.2	14.5	0.7	7.6	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	
Varese	0.9	0.5	0.5	1.3	0.2	0.6	0.2	0.2	0.1	0.4	0.2	0.2	19.4	1.0	9.5	0.6	0.2	0.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	
Germany																													
Heidelberg	0.7	0.3	0.6	1.3	0.1	1.1	0.7	0.1	0.6	0.4	0.1	0.3	12.4	0.6	10.1	0.5	0.1	0.4	0.4	0.0	0.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Potsdam	0.6	0.2	0.5	1.5	0.1	1.3	1.3	0.1	1.1	0.2	0.1	0.2	11.6	0.5	9.8	0.4	0.1	0.3	0.3	0.0	0.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
The Netherlands																													
Bilthoven	0.8	0.3	0.6	1.8	0.1	1.3	1.8	0.1	1.3	2.0	0.1	1.4	11.2	0.6	8.0	1.2	0.1	0.9	0.1	0.0	0.0	0.1	0.1	0.1	3.6	0.2	2.6	0.0	
United Kingdom																													
General population	1.3	0.4	1.0	0.7	0.2	0.5	2.8	0.2	2.0	1.0	0.2	0.7	17.9	0.9	13.0	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	
Health conscious	4.1	0.8	2.7	1.5	0.3	1.0	0.8	0.4	0.5	0.4	0.3	0.3	16.0	1.8	10.6	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.4	0.0	0.0	
Denmark																													
Copenhagen	0.2	0.2	0.1	0.8	0.1	0.6	0.6	0.1	0.5	0.5	0.1	0.4	8.9	0.5	6.9	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Aarhus	0.1	0.4	0.1	0.7	0.2	0.5	0.3	0.2	0.2	0.5	0.1	0.3	11.8	0.8	8.5	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	
Sweden																													
Malmo	0.9	0.2	0.6	3.7	0.1	2.6	1.6	0.1	1.1	2.6	0.1	1.9	14.3	0.5	10.1	5.0	0.1	3.5	0.8	0.0	0.6	1.1	0.1	0.8	5.7	0.1	4.0	0.0	
Umeå	0.2	0.2	0.2	4.1	0.1	2.5	2.2	0.1	1.4	2.5	0.1	1.5	20.0	0.5	12.3	4.9	0.1	3.0	0.6	0.0	0.4	1.4	0.1	0.8	4.7	0.1	2.9	0.0	

M= Mean adjusted by age and weighted by season and day of recall. SE = standard error

**Table 1d** Mean total starch intakes according to carbohydrate-rich food groups, presented as minimally-adjusted means, standard errors and proportion of total starch derived from the food (*sub*)groups, in women

Country and Centre	Total g/d	Cereals & cereal products			<i>Pasta, rice, other grain</i>			<i>Bread</i>			<i>Crispbread, rusks</i>			<i>Breakfast cereals</i>			<i>Salty biscuits, crackers</i>			<i>Dough and pastry</i>			Potatoes			Vegetables		
	M	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%
Greece	82.3	64.1	1.1	77.8	11.8	0.5	14.3	37.3	0.9	45.3	7.8	0.3	9.5	0.6	0.2	0.8	0.8	0.2	0.9	4.8	0.3	5.8	4.4	0.4	5.3	0.9	0.1	1.1
Spain																												
Granada	85.1	57.2	2.4	67.2	5.8	1.2	6.9	45.9	2.0	53.9	3.3	0.6	3.8	0.2	0.5	0.2	0.6	0.3	0.7	0.5	0.6	0.6	11.4	1.0	13.3	1.0	0.2	1.2
Murcia	90.4	53.7	2.4	59.4	7.4	1.1	8.1	35.9	2.0	39.7	4.3	0.6	4.8	0.2	0.5	0.2	0.7	0.3	0.7	1.1	0.6	1.2	14.3	0.9	15.9	1.5	0.2	1.6
Navarra	85.5	52.5	2.5	61.5	6.5	1.2	7.7	40.7	2.1	47.6	4.6	0.6	5.4	0.1	0.5	0.2	0.2	0.4	0.2	0.0	0.7	0.0	10.4	1.0	12.1	0.8	0.2	1.0
San Sebastian	90.2	52.1	2.7	57.7	6.7	1.3	7.5	36.8	2.2	40.7	6.5	0.6	7.2	1.0	0.5	1.1	0.1	0.4	0.1	0.0	0.7	0.0	13.3	1.1	14.7	1.8	0.2	1.9
Asturias	92.0	52.7	2.3	57.3	8.4	1.1	9.1	34.0	1.9	37.0	6.8	0.6	7.4	0.5	0.4	0.5	0.4	0.3	0.4	0.4	0.6	0.4	14.9	0.9	16.2	0.7	0.2	0.7
Italy																												
Ragusa	127.9	101.4	3.5	79.3	28.0	1.7	21.9	50.0	3.0	39.1	3.9	0.9	3.0	0.1	0.7	0.1	1.3	0.5	1.0	16.2	0.9	12.7	4.5	1.4	3.5	0.9	0.2	0.7
Naples	131.5	106.2	2.1	80.8	33.8	1.0	25.7	56.3	1.7	42.8	5.4	0.5	4.1	0.6	0.4	0.5	4.6	0.3	3.5	5.5	0.5	4.2	5.8	0.8	4.4	0.8	0.1	0.6
Florence	131.8	102.1	1.5	77.4	33.6	0.7	25.5	54.1	1.2	41.0	5.4	0.4	4.1	0.9	0.3	0.7	1.9	0.2	1.4	4.9	0.4	3.7	5.6	0.6	4.2	1.0	0.1	0.7
Turin	119.4	96.1	2.1	80.5	29.9	1.0	25.0	48.0	1.8	40.2	10.7	0.5	8.9	0.7	0.4	0.6	2.5	0.3	2.1	3.3	0.6	2.8	5.2	0.8	4.4	0.9	0.1	0.7
Varese	129.6	98.5	1.5	76.0	41.5	0.7	32.0	44.1	1.2	34.1	4.8	0.4	3.7	1.2	0.3	0.9	2.5	0.2	1.9	4.3	0.4	3.3	6.3	0.6	4.9	0.6	0.1	0.4
France																												
South coast	98.8	70.4	1.7	71.2	10.3	0.8	10.4	48.3	1.4	48.8	4.9	0.4	5.0	2.5	0.3	2.6	0.3	0.2	0.4	2.5	0.4	2.5	5.8	0.7	5.8	1.7	0.1	1.8
South	105.6	73.6	1.1	69.7	10.2	0.5	9.6	53.3	0.9	50.5	4.8	0.3	4.6	2.5	0.2	2.3	0.3	0.2	0.3	2.1	0.3	2.0	9.3	0.4	8.8	1.4	0.1	1.4
North-East	103.3	67.2	0.9	65.0	9.5	0.4	9.2	49.2	0.8	47.6	3.0	0.2	2.9	2.1	0.2	2.0	0.2	0.1	0.2	2.8	0.2	2.7	10.7	0.4	10.3	1.5	0.1	1.5
North-West	105.5	69.0	1.7	65.4	9.2	0.8	8.8	53.1	1.4	50.4	2.1	0.4	2.0	2.6	0.3	2.5	0.2	0.2	0.2	1.4	0.4	1.4	13.3	0.7	12.6	1.5	0.1	1.4
Germany																												
Heidelberg	94.4	64.4	1.3	68.2	11.8	0.6	12.5	44.0	1.1	46.6	1.9	0.3	2.1	2.3	0.2	2.5	1.4	0.2	1.5	1.0	0.3	1.1	12.1	0.5	12.8	0.4	0.1	0.5
Potsdam	88.9	57.9	1.3	65.1	6.5	0.6	7.3	44.8	1.1	50.3	2.9	0.3	3.3	1.7	0.2	1.9	0.8	0.2	0.9	0.3	0.3	0.4	13.3	0.5	15.0	0.6	0.1	0.6
The Netherlands																												
Bilthoven	103.7	62.9	1.3	60.7	8.3	0.6	8.0	45.9	1.1	44.2	3.0	0.3	2.9	1.7	0.2	1.6	2.9	0.2	2.8	0.8	0.3	0.7	16.0	0.5	15.4	1.3	0.1	1.3
Utrecht	99.5	59.3	1.0	59.6	6.3	0.5	6.3	43.6	0.8	43.9	3.7	0.2	3.7	2.0	0.2	2.0	2.4	0.1	2.4	1.0	0.3	1.0	14.8	0.4	14.8	1.5	0.1	1.6
United Kingdom																												
General population	98.5	59.2	1.7	60.2	6.4	0.8	6.5	34.5	1.5	35.0	2.0	0.4	2.0	11.1	0.3	11.3	2.7	0.2	2.7	1.6	0.5	1.6	12.8	0.7	13.0	1.2	0.1	1.3
Health conscious	118.5	70.2	3.0	59.2	10.5	1.4	8.9	40.1	2.5	33.8	4.1	0.7	3.4	10.4	0.6	8.8	2.9	0.4	2.4	1.1	0.8	0.9	16.0	1.2	13.5	1.9	0.2	1.6
Denmark																												
Copenhagen	100.9	74.0	1.1	73.4	7.8	0.5	7.7	57.3	0.9	56.8	1.3	0.3	1.2	4.8	0.2	4.7	0.8	0.2	0.8	1.3	0.3	1.2	13.1	0.4	13.0	0.7	0.1	0.7
Aarhus	110.9	80.2	1.8	72.3	7.2	0.9	6.5	64.5	1.5	58.2	0.9	0.4	0.8	4.6	0.4	4.2	0.4	0.3	0.4	1.3	0.5	1.2	13.7	0.7	12.4	1.0	0.1	0.9
Sweden																												
Malmö	105.1	54.2	1.0	51.6	7.1	0.5	6.7	31.9	0.9	30.3	5.6	0.2	5.3	4.2	0.2	4.0	1.7	0.1	1.7	2.4	0.3	2.2	13.4	0.4	12.7	2.0	0.1	1.9
Umeå	120.7	66.7	1.0	55.3	7.6	0.5	6.3	25.9	0.9	21.4	16.3	0.3	13.5	8.0	0.2	6.7	1.6	0.1	1.3	3.0	0.3	2.5	14.6	0.4	12.1	1.7	0.1	1.4
Norway																												
South & East	100.6	71.6	1.3	71.2	4.7	0.6	4.6	55.5	1.1	55.2	4.3	0.3	4.3	2.3	0.3	2.3	2.3	0.2	2.2	1.6	0.4	1.6	10.0	0.5	9.9	1.2	0.1	1.2
North & West	98.6	67.9	1.5	68.9	3.3	0.7	3.4	52.4	1.3	53.2	4.9	0.4	4.9	1.8	0.3	1.9	2.0	0.2	2.0	2.4	0.4	2.4	11.9	0.6	12.1	0.8	0.1	0.8

**Table 1d** continued

Country & Centre	Legumes			Fruits			Dairy products			Sugar & confectionary			Cakes			Non-alcoholic beverages			Fruit & veg juices			Carbonated drinks, diluted syrups			Alcoholic beverages				
	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE
Greece	3.2	0.1	3.8	0.4	0.1	0.5	0.2	0.1	0.2	0.3	0.1	0.4	7.3	0.4	8.8	0.4	0.1	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Spain																													
Granada	2.6	0.3	3.0	0.8	0.2	0.9	0.6	0.2	0.7	0.0	0.2	0.0	7.4	1.0	8.7	0.4	0.2	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Murcia	2.9	0.3	3.2	0.7	0.2	0.8	0.3	0.2	0.4	0.1	0.2	0.1	12.8	1.0	14.2	0.3	0.2	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Navarra	3.4	0.3	3.9	0.4	0.2	0.5	0.6	0.2	0.7	0.3	0.2	0.3	12.2	1.0	14.3	0.6	0.2	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
San Sebastian	5.0	0.3	5.6	0.5	0.2	0.5	0.4	0.2	0.5	0.1	0.2	0.1	10.5	1.1	11.6	1.0	0.3	1.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Asturias	5.5	0.3	6.0	0.8	0.2	0.9	1.1	0.2	1.2	0.1	0.2	0.2	10.1	0.9	11.0	0.7	0.2	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Italy																													
Ragusa	2.5	0.4	1.9	0.5	0.3	0.4	0.0	0.3	0.0	0.0	0.3	0.0	14.6	1.4	11.4	0.0	0.3	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	
Naples	1.7	0.3	1.3	0.8	0.2	0.6	0.1	0.2	0.1	0.4	0.2	0.3	12.9	0.8	9.8	0.2	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Florence	1.7	0.2	1.3	0.8	0.1	0.6	0.3	0.1	0.2	0.5	0.1	0.4	15.2	0.6	11.5	1.7	0.1	1.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Turin	0.5	0.3	0.4	0.9	0.2	0.8	0.2	0.2	0.2	0.3	0.2	0.3	13.1	0.8	11.0	0.3	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Varese	1.2	0.2	0.9	0.9	0.1	0.7	0.3	0.1	0.2	0.7	0.1	0.5	18.7	0.6	14.4	0.6	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
France																													
South coast	1.5	0.2	1.5	0.6	0.1	0.6	0.5	0.1	0.5	0.4	0.1	0.4	10.1	0.7	10.2	1.8	0.2	1.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
South	1.0	0.1	1.0	0.7	0.1	0.7	0.3	0.1	0.3	0.3	0.1	0.3	11.6	0.4	11.0	1.8	0.1	1.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
North-East	0.9	0.1	0.9	0.7	0.1	0.7	0.7	0.1	0.6	0.4	0.1	0.4	13.4	0.4	13.0	2.2	0.1	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
North-West	0.8	0.2	0.7	0.6	0.1	0.6	0.6	0.1	0.6	0.3	0.1	0.3	12.2	0.7	11.6	2.7	0.2	2.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Germany																													
Heidelberg	0.5	0.2	0.6	1.4	0.1	1.5	0.5	0.1	0.6	0.4	0.1	0.4	10.9	0.5	11.6	0.4	0.1	0.4	0.3	0.0	0.4	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Potsdam	0.4	0.2	0.5	1.5	0.1	1.6	1.3	0.1	1.5	0.3	0.1	0.4	10.2	0.5	11.5	0.8	0.1	0.9	0.3	0.0	0.4	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
The Netherlands																													
Bilthoven	0.5	0.2	0.5	1.4	0.1	1.3	1.0	0.1	1.0	2.3	0.1	2.2	13.3	0.5	12.8	0.3	0.1	0.3	0.1	0.0	0.1	0.0	0.1	0.0	0.5	0.1	0.5		
Utrecht	0.5	0.1	0.6	1.4	0.1	1.5	1.3	0.1	1.3	2.2	0.1	2.2	14.2	0.4	14.2	0.4	0.1	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.2	0.1	0.2		
United Kingdom																													
General population	1.2	0.2	1.2	0.9	0.1	0.9	2.4	0.2	2.4	0.8	0.1	0.8	14.4	0.7	14.6	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Health conscious	2.9	0.4	2.4	1.6	0.2	1.3	1.6	0.3	1.3	1.5	0.2	1.2	15.6	1.2	13.1	0.2	0.3	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	
Denmark																													
Copenhagen	0.1	0.1	0.1	1.0	0.1	1.0	0.6	0.1	0.5	0.5	0.1	0.5	8.3	0.4	8.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	
Aarhus	0.1	0.2	0.1	0.8	0.2	0.7	0.3	0.2	0.3	0.5	0.1	0.4	11.8	0.7	10.7	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	
Sweden																													
Malmo	0.3	0.1	0.3	4.7	0.1	4.5	1.5	0.1	1.5	2.6	0.1	2.5	14.1	0.4	13.4	4.8	0.1	4.5	0.9	0.0	0.8	1.0	0.0	0.9	2.2	0.1	2.1		
Umeå	0.4	0.1	0.3	5.2	0.1	4.3	2.0	0.1	1.7	2.3	0.1	1.9	16.7	0.4	13.8	4.6	0.1	3.8	0.7	0.0	0.5	1.4	0.0	1.2	1.7	0.1	1.4		
Norway																													
South & East	0.2	0.2	0.2	1.5	0.1	1.5	0.7	0.1	0.7	0.6	0.1	0.6	9.1	0.5	9.1	0.4	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.0	1.4	0.1	1.4		
North & West	0.1	0.2	0.1	1.5	0.1	1.5	1.0	0.1	1.0	0.4	0.1	0.4	9.8	0.6	10.0	0.2	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.7	0.1	0.7		

M= Mean adjusted by age and weighted by season and day of recall. SE = standard error



**Table 1e** Mean total fibre intakes according to carbohydrate-rich food groups, presented as minimally-adjusted means, standard errors and proportion of total fibre derived from the food (*sub*)groups, in men

Country and Centre	Total g/d	Cereals & cereal products			<i>Pasta, rice, other grain</i>			<i>Bread</i>			<i>Crispbread, rusks</i>			<i>Breakfast cereals</i>			<i>Salty biscuits, crackers</i>			<i>Dough and pastry</i>			Potatoes			Vegetables			
	M	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	
Greece	24.3	11.8	0.2	48.5	0.9	0.0	3.7	9.3	0.2	38.4	1.0	0.1	4.0	0.1	0.1	0.5	0.1	0.0	0.4	0.4	0.0	1.5	0.5	0.1	2.2	4.8	0.1	20.0	
Spain																													
Granada	23.3	6.5	0.5	28.0	0.4	0.1	1.6	5.8	0.4	24.8	0.2	0.1	0.7	0.0	0.1	0.0	0.1	0.1	0.3	0.0	0.1	0.1	0.1	1.6	0.2	6.7	4.3	0.3	18.3
Murcia	28.5	6.6	0.4	23.2	0.3	0.1	1.1	5.8	0.4	20.4	0.2	0.1	0.9	0.0	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	1.8	0.2	6.3	6.7	0.2	23.6	
Navarra	24.9	6.9	0.3	27.5	0.2	0.1	0.9	6.5	0.3	25.9	0.1	0.1	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.1	5.3	5.7	0.2	22.7	
San Sebastian	27.8	6.0	0.3	21.5	0.2	0.1	0.7	5.4	0.3	19.6	0.3	0.1	0.9	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.1	6.4	5.1	0.2	18.2	
Asturias	25.3	6.2	0.3	24.3	0.3	0.1	1.3	5.2	0.3	20.4	0.4	0.1	1.5	0.1	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.1	2.2	0.1	8.6	3.3	0.2	13.1	
Italy																													
Ragusa	25.5	8.9	0.5	35.0	2.2	0.1	8.4	5.5	0.5	21.4	0.4	0.2	1.4	0.2	0.1	0.7	0.1	0.1	0.3	0.5	0.1	2.1	1.1	0.2	4.1	4.0	0.3	15.7	
Florence	27.4	9.9	0.4	36.1	2.3	0.1	8.2	6.5	0.4	23.6	0.4	0.1	1.5	0.3	0.1	1.0	0.2	0.0	0.8	0.2	0.0	0.8	0.9	0.2	3.3	4.8	0.2	17.6	
Turin	26.1	8.9	0.3	34.1	1.9	0.0	7.4	5.6	0.2	21.5	0.8	0.1	3.1	0.1	0.1	0.5	0.3	0.0	1.0	0.1	0.0	0.5	0.9	0.1	3.4	5.4	0.1	20.8	
Varese	24.2	8.2	0.4	33.7	2.4	0.1	10.0	4.8	0.3	19.9	0.4	0.1	1.5	0.2	0.1	0.6	0.2	0.0	1.0	0.2	0.0	0.7	0.8	0.1	3.3	5.1	0.2	21.0	
Germany																													
Heidelberg	22.7	9.3	0.2	41.1	1.1	0.0	4.8	7.3	0.2	32.2	0.2	0.1	0.7	0.4	0.1	2.0	0.0	0.0	0.1	0.2	0.0	0.7	2.3	0.1	10.3	3.8	0.1	16.7	
Potsdam	23.6	8.8	0.2	37.2	0.3	0.0	1.4	7.8	0.2	33.0	0.3	0.1	1.4	0.2	0.1	0.8	0.0	0.0	0.1	0.0	0.0	0.2	2.8	0.1	11.9	3.5	0.1	14.9	
The Netherlands																													
Bilthoven	25.4	10.4	0.2	40.7	0.2	0.0	0.9	9.4	0.2	36.8	0.3	0.1	1.0	0.2	0.1	0.9	0.3	0.0	1.0	0.0	0.0	0.0	4.3	0.1	17.0	3.6	0.1	14.2	
United Kingdom																													
General population	21.1	9.3	0.3	44.3	0.3	0.1	1.4	5.1	0.3	24.2	0.2	0.1	1.1	2.9	0.1	13.6	0.4	0.0	2.0	0.2	0.0	1.0	2.1	0.1	10.1	3.3	0.2	15.8	
Health conscious	32.1	12.9	0.6	40.1	0.6	0.1	1.8	8.3	0.6	25.8	0.2	0.2	0.7	3.2	0.2	9.9	0.4	0.1	1.2	0.1	0.1	0.2	2.2	0.2	6.9	4.4	0.4	13.8	
Denmark																													
Copenhagen	25.9	15.6	0.2	60.4	0.3	0.0	1.2	13.6	0.2	52.4	0.3	0.1	1.3	1.2	0.1	4.6	0.1	0.0	0.2	0.1	0.0	0.3	1.7	0.1	6.5	3.3	0.1	12.6	
Aarhus	27.4	16.3	0.3	59.5	0.3	0.1	1.0	14.2	0.3	51.9	0.3	0.1	1.1	1.3	0.1	4.6	0.1	0.0	0.2	0.1	0.0	0.4	1.9	0.1	7.0	3.1	0.2	11.1	
Sweden																													
Malmo	17.7	7.8	0.2	44.4	0.3	0.0	1.5	5.0	0.2	28.2	1.2	0.1	6.6	0.9	0.1	4.9	0.3	0.0	1.5	0.2	0.0	1.1	2.0	0.1	11.6	2.4	0.1	13.8	
Umeå	20.9	10.7	0.2	51.2	0.3	0.0	1.3	3.4	0.2	16.3	4.7	0.1	22.3	1.5	0.1	7.0	0.4	0.0	1.7	0.2	0.0	0.8	2.5	0.1	11.9	1.9	0.1	9.2	

**Table 1e** continued

Country and Centre	Legumes			Fruits			Dairy products			Sugar & confectionary			Cakes			Non-alcoholic beverages			Fruit & veg juices			Carbonated drinks, diluted syrups			Alcoholic beverages			
	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	
Greece	2.2	0.1	9.3	3.4	0.1	14.0	0.0	0.0	0.1	0.1	0.0	0.6	0.4	0.1	1.5	0.6	0.0	2.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Spain																												
Granada	2.8	0.3	11.9	5.9	0.3	25.3	0.2	0.0	0.7	0.1	0.1	0.3	0.8	0.1	3.2	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1
Murcia	2.5	0.3	8.9	8.3	0.3	29.3	0.1	0.0	0.3	0.2	0.0	0.6	1.2	0.1	4.2	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Navarra	3.7	0.2	14.9	5.3	0.2	21.3	0.2	0.0	0.7	0.1	0.0	0.5	0.7	0.1	2.9	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
San Sebastian	4.8	0.2	17.2	7.5	0.2	26.9	0.0	0.0	0.2	0.2	0.0	0.6	0.9	0.1	3.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Asturias	4.7	0.2	18.7	6.3	0.2	24.9	0.2	0.0	0.9	0.2	0.0	0.9	1.1	0.1	4.3	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Italy																												
Ragusa	0.9	0.3	3.4	8.6	0.4	33.5	0.0	0.0	0.1	0.1	0.1	0.3	1.0	0.1	3.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Florence	1.3	0.2	4.7	7.5	0.3	27.5	0.0	0.0	0.1	0.2	0.0	0.8	1.3	0.1	4.9	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Turin	0.6	0.2	2.4	8.2	0.2	31.2	0.0	0.0	0.1	0.2	0.0	0.7	1.1	0.1	4.3	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Varese	0.6	0.2	2.7	6.9	0.3	28.7	0.0	0.0	0.1	0.2	0.0	0.7	1.6	0.1	6.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Germany																												
Heidelberg	0.3	0.1	1.2	3.7	0.2	16.4	0.3	0.0	1.5	0.4	0.0	1.8	1.5	0.1	6.5	0.1	0.0	0.5	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Potsdam	0.2	0.1	0.9	5.0	0.1	21.1	0.6	0.0	2.4	0.4	0.0	1.6	1.4	0.1	6.1	0.1	0.0	0.4	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
The Netherlands																												
Bilthoven	0.5	0.1	1.8	4.0	0.2	15.8	0.1	0.0	0.6	0.5	0.0	2.0	0.9	0.1	3.4	0.2	0.0	0.7	0.2	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
United Kingdom																												
General population	0.7	0.2	3.4	2.4	0.2	11.5	0.4	0.0	1.7	0.3	0.0	1.3	1.5	0.1	7.1	0.1	0.0	0.3	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Health conscious	2.0	0.4	6.2	5.4	0.5	16.9	0.2	0.1	0.7	0.1	0.1	0.4	1.4	0.2	4.5	0.1	0.1	0.4	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Denmark																												
Copenhagen	0.1	0.1	0.2	3.2	0.1	12.3	0.0	0.0	0.2	0.2	0.0	0.9	0.8	0.1	3.3	0.3	0.0	1.1	0.1	0.0	0.5	0.1	0.0	0.4	0.0	0.0	0.0	0.0
Aarhus	0.0	0.2	0.1	3.9	0.2	14.4	0.0	0.0	0.1	0.2	0.0	0.8	1.1	0.1	4.1	0.2	0.0	0.8	0.1	0.0	0.4	0.1	0.0	0.3	0.0	0.0	0.0	0.0
Sweden																												
Malmo	0.4	0.1	2.2	2.4	0.1	13.6	0.1	0.0	0.5	0.3	0.0	1.8	1.1	0.1	6.2	0.1	0.0	0.5	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Umeå	0.1	0.1	0.5	2.6	0.1	12.5	0.1	0.0	0.4	0.5	0.0	2.2	1.3	0.1	6.4	0.1	0.0	0.3	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0

M= Mean adjusted by age and weighted by season and day of recall. SE = standard error

**Table 1f** Mean total fibre intakes according to carbohydrate-rich food groups, presented as minimally-adjusted means, standard errors and proportion of total fibre derived from the food (*sub*)groups, in women

Country and Centre	Total g/d	Cereals & cereal products			<i>Pasta, rice, other grain</i>			<i>Bread</i>			<i>Crispbread, rusks</i>			<i>Breakfast cereals</i>			<i>Salty biscuits, crackers</i>			<i>Dough and pastry</i>			Potatoes			Vegetables		
	M	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%
Greece	17.5	7.5	0.1	43.1	0.6	0.0	3.4	5.5	0.1	31.5	0.8	0.0	4.6	0.2	0.0	1.3	0.1	0.0	0.4	0.3	0.0	1.6	0.4	0.1	2.4	3.7	0.1	21.0
Spain																												
Granada	18.1	4.4	0.3	24.1	0.2	0.1	0.9	3.8	0.3	20.7	0.2	0.1	1.3	0.1	0.1	0.4	0.1	0.0	0.3	0.0	0.0	0.2	1.1	0.1	6.1	4.1	0.2	22.7
Murcia	23.9	3.8	0.3	15.8	0.2	0.1	0.7	2.9	0.3	12.2	0.3	0.1	1.3	0.0	0.1	0.1	0.0	0.0	0.2	0.1	0.0	0.2	1.3	0.1	5.6	8.5	0.2	35.6
Navarra	19.0	4.0	0.3	21.1	0.2	0.1	0.9	3.4	0.3	17.7	0.4	0.1	1.9	0.1	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.9	0.1	4.8	4.6	0.2	23.9
San Sebastian	22.3	4.0	0.3	17.9	0.2	0.1	0.8	3.1	0.3	14.0	0.5	0.1	2.3	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.1	5.5	5.0	0.2	22.3
Asturias	19.6	4.1	0.3	20.7	0.2	0.1	1.0	2.9	0.2	14.9	0.5	0.1	2.6	0.2	0.1	0.8	0.0	0.0	0.1	0.0	0.0	0.1	1.5	0.1	7.5	2.2	0.2	11.1
Italy																												
Ragusa	18.6	5.0	0.4	26.6	1.0	0.1	5.5	2.8	0.4	14.8	0.3	0.1	1.5	0.0	0.1	0.0	0.1	0.1	0.6	0.7	0.0	3.6	0.5	0.2	2.4	3.2	0.3	17.2
Naples	18.4	5.5	0.2	29.7	1.2	0.0	6.6	3.0	0.2	16.6	0.4	0.1	2.4	0.3	0.1	1.5	0.2	0.0	1.3	0.2	0.0	1.3	0.6	0.1	3.1	4.2	0.2	22.6
Florence	20.5	6.4	0.2	31.2	1.2	0.0	6.1	3.8	0.2	18.6	0.4	0.1	2.1	0.3	0.1	1.6	0.2	0.0	1.0	0.2	0.0	1.0	0.6	0.1	2.7	4.3	0.1	21.2
Turin	20.5	5.6	0.2	27.4	1.1	0.0	5.2	3.3	0.2	16.1	0.7	0.1	3.6	0.2	0.1	0.9	0.2	0.0	0.8	0.1	0.0	0.7	0.5	0.1	2.5	5.0	0.2	24.3
Varese	19.0	5.3	0.2	27.6	1.4	0.0	7.6	2.6	0.2	13.7	0.4	0.1	2.2	0.4	0.1	2.2	0.2	0.0	1.0	0.2	0.0	0.9	0.6	0.1	3.3	3.6	0.1	18.9
France																												
South coast	20.9	5.5	0.2	26.5	0.5	0.0	2.4	3.9	0.2	18.9	0.4	0.1	2.1	0.3	0.1	1.3	0.1	0.0	0.3	0.1	0.0	0.6	0.6	0.1	2.7	5.7	0.1	27.3
South	20.5	5.8	0.1	28.4	0.5	0.0	2.3	4.3	0.1	20.9	0.5	0.0	2.4	0.3	0.0	1.7	0.1	0.0	0.3	0.1	0.0	0.5	0.9	0.1	4.5	4.8	0.1	23.4
North-East	20.2	5.7	0.1	28.3	0.4	0.0	2.2	4.3	0.1	21.4	0.3	0.0	1.7	0.3	0.0	1.5	0.1	0.0	0.5	0.1	0.0	0.7	1.0	0.0	5.0	4.7	0.1	23.2
North-West	19.2	5.3	0.2	27.4	0.4	0.0	2.0	4.1	0.2	21.5	0.2	0.1	0.8	0.4	0.1	2.0	0.1	0.0	0.4	0.1	0.0	0.4	1.2	0.1	6.4	4.4	0.1	22.8
Germany																												
Heidelberg	20.5	7.4	0.2	35.9	0.8	0.0	4.1	5.6	0.1	27.6	0.3	0.0	1.3	0.3	0.0	1.7	0.0	0.0	0.1	0.1	0.0	0.5	1.8	0.1	8.7	3.7	0.1	18.1
Potsdam	21.3	6.9	0.2	32.4	0.4	0.0	2.1	5.6	0.1	26.4	0.5	0.0	2.4	0.2	0.0	1.0	0.0	0.0	0.1	0.0	0.0	0.2	2.0	0.1	9.6	3.7	0.1	17.6
The Netherlands																												
Bilthoven	20.7	7.8	0.2	37.4	0.2	0.0	1.0	6.7	0.1	32.3	0.3	0.0	1.5	0.2	0.0	1.2	0.3	0.0	1.2	0.0	0.0	0.1	2.9	0.1	13.9	3.2	0.1	15.5
Utrecht	21.7	7.8	0.1	36.1	0.2	0.0	0.8	6.8	0.1	31.4	0.3	0.0	1.5	0.2	0.0	1.0	0.2	0.0	0.8	0.0	0.0	0.2	2.8	0.0	12.9	3.4	0.1	15.5
United Kingdom																												
General population	17.4	7.2	0.2	41.0	0.3	0.0	1.6	3.8	0.2	21.8	0.3	0.1	1.5	2.3	0.1	12.9	0.3	0.0	1.9	0.1	0.0	0.5	1.4	0.1	8.2	3.0	0.2	17.4
Health conscious	26.8	9.6	0.4	35.8	0.6	0.1	2.1	5.5	0.3	20.7	0.6	0.1	2.2	2.3	0.1	8.5	0.4	0.0	1.4	0.1	0.0	0.2	1.8	0.1	6.9	4.3	0.3	16.1
Denmark																												
Copenhagen	22.5	12.4	0.1	54.9	0.3	0.0	1.2	10.7	0.1	47.4	0.5	0.0	2.1	0.8	0.0	3.4	0.1	0.0	0.3	0.1	0.0	0.3	1.1	0.1	5.0	3.3	0.1	14.9
Aarhus	25.0	13.1	0.2	52.5	0.2	0.0	0.8	11.6	0.2	46.6	0.4	0.1	1.4	0.7	0.1	2.9	0.0	0.0	0.2	0.1	0.0	0.3	1.2	0.1	4.8	3.3	0.2	13.0
Sweden																												
Malmo	15.1	5.7	0.1	37.7	0.2	0.0	1.1	3.3	0.1	21.6	1.1	0.0	7.5	0.6	0.0	3.9	0.3	0.0	2.1	0.1	0.0	0.8	1.3	0.0	8.8	2.6	0.1	16.9
Umeå	17.7	7.8	0.1	44.2	0.2	0.0	1.1	2.7	0.1	15.3	2.9	0.0	16.7	1.2	0.0	7.0	0.3	0.0	1.7	0.2	0.0	0.9	1.5	0.1	8.8	2.3	0.1	13.3
Norway																												
South & East	19.3	8.7	0.2	45.0	0.2	0.0	1.3	6.8	0.1	35.4	0.9	0.0	4.4	0.4	0.0	2.1	0.2	0.0	1.0	0.0	0.0	0.2	1.3	0.1	6.6	2.9	0.1	14.8
North & West	19.2	8.6	0.2	44.7	0.2	0.0	0.9	6.9	0.2	35.8	0.9	0.1	4.5	0.3	0.1	1.6	0.2	0.0	0.9	0.1	0.0	0.3	1.5	0.1	7.8	2.8	0.1	14.4

**Table 1f** continued

Country & Centre	Legumes			Fruits			Dairy products			Sugar & confectionary			Cakes			Non-alcoholic beverages			Fruit & veg juices			Carbonated drinks, diluted syrups			Alcoholic beverages					
	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%	M	SE	%
Greece	1.3	0.1	7.4	3.1	0.1	17.7	0.0	0.0	0.0	0.2	0.0	1.2	0.5	0.0	3.0	0.6	0.0	3.3	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Spain																														
Granada	1.2	0.1	6.9	5.6	0.3	30.8	0.2	0.0	0.9	0.1	0.0	0.5	0.6	0.1	3.4	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	
Murcia	1.4	0.1	5.8	6.6	0.3	27.5	0.2	0.0	0.7	0.1	0.0	0.5	1.4	0.1	6.0	0.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Navarra	1.9	0.1	9.8	5.7	0.3	29.7	0.2	0.0	0.9	0.1	0.1	0.7	1.1	0.1	5.8	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
San Sebastian	2.8	0.1	12.4	6.9	0.3	31.1	0.1	0.0	0.2	0.2	0.1	0.7	1.1	0.1	5.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Asturias	2.9	0.1	14.6	6.3	0.3	31.9	0.4	0.0	2.1	0.3	0.0	1.3	1.4	0.1	7.0	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Italy																														
Ragusa	0.9	0.2	5.0	7.0	0.4	37.7	0.0	0.0	0.0	0.1	0.1	0.6	1.1	0.1	5.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Naples	0.8	0.1	4.5	5.7	0.2	31.1	0.0	0.0	0.2	0.1	0.0	0.5	0.9	0.1	5.0	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Florence	0.8	0.1	3.9	6.2	0.2	30.4	0.1	0.0	0.3	0.1	0.0	0.7	1.2	0.1	6.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Turin	0.2	0.1	1.2	7.3	0.2	35.7	0.0	0.0	0.2	0.1	0.0	0.7	1.0	0.1	5.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Varese	0.5	0.1	2.6	6.7	0.2	35.2	0.1	0.0	0.3	0.1	0.0	0.8	1.6	0.1	8.2	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
France																														
South coast	0.5	0.1	2.6	5.7	0.2	27.2	0.1	0.0	0.6	0.5	0.0	2.5	0.8	0.1	4.1	0.4	0.0	1.7	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
South	0.4	0.1	1.8	5.8	0.1	28.4	0.2	0.0	0.8	0.6	0.0	2.7	0.9	0.0	4.3	0.3	0.0	1.3	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
North-East	0.3	0.0	1.5	5.4	0.1	26.8	0.2	0.0	1.2	0.6	0.0	2.7	1.1	0.0	5.4	0.3	0.0	1.7	0.1	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
North-West	0.3	0.1	1.7	5.4	0.2	28.1	0.2	0.0	0.9	0.5	0.0	2.8	0.9	0.1	4.5	0.3	0.0	1.5	0.1	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Germany																														
Heidelberg	0.2	0.1	1.0	4.6	0.1	22.5	0.3	0.0	1.6	0.4	0.0	1.7	1.3	0.0	6.6	0.1	0.0	0.5	0.1	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Potsdam	0.2	0.1	0.7	5.4	0.1	25.5	0.7	0.0	3.3	0.4	0.0	1.8	1.3	0.0	5.9	0.1	0.0	0.6	0.1	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	
The Netherlands																														
Bilthoven	0.3	0.1	1.5	3.8	0.1	18.4	0.1	0.0	0.6	0.4	0.0	2.1	1.0	0.0	4.9	0.3	0.0	1.6	0.3	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Utrecht	0.3	0.1	1.5	4.7	0.1	21.9	0.1	0.0	0.7	0.4	0.0	1.7	1.1	0.0	5.0	0.3	0.0	1.5	0.3	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
United Kingdom																														
General population	0.6	0.1	3.4	2.7	0.2	15.6	0.3	0.0	1.8	0.2	0.0	1.3	1.1	0.1	6.4	0.1	0.0	0.4	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Health conscious	1.3	0.2	4.9	5.3	0.3	19.8	0.3	0.0	1.0	0.4	0.1	1.5	1.4	0.1	5.1	0.1	0.1	0.3	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Denmark																														
Copenhagen	0.0	0.1	0.2	3.9	0.1	17.2	0.0	0.0	0.2	0.2	0.0	0.9	0.8	0.0	3.5	0.2	0.0	1.1	0.1	0.0	0.5	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	
Aarhus	0.0	0.1	0.1	5.2	0.2	20.7	0.0	0.0	0.1	0.2	0.0	0.9	1.1	0.1	4.6	0.2	0.0	0.9	0.1	0.0	0.4	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	
Sweden																														
Malmo	0.1	0.1	0.9	3.1	0.1	20.4	0.1	0.0	0.8	0.3	0.0	1.7	1.0	0.0	6.9	0.1	0.0	0.6	0.1	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Umeå	0.2	0.1	1.0	3.4	0.1	19.2	0.1	0.0	0.5	0.3	0.0	2.0	1.2	0.0	6.6	0.1	0.0	0.4	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Norway																														
South & East	0.1	0.1	0.6	3.9	0.1	20.1	0.1	0.0	0.4	0.8	0.0	4.1	0.9	0.1	4.4	0.2	0.0	1.2	0.1	0.0	0.6	0.1	0.0	0.3	0.0	0.0	0.0	0.0	0.0	
North & West	0.1	0.1	0.4	3.8	0.2	20.0	0.1	0.0	0.3	0.7	0.0	3.9	0.9	0.1	4.6	0.2	0.0	0.9	0.1	0.0	0.5	0.1	0.0	0.4	0.0	0.0	0.0	0.0	0.0	

M= Mean adjusted by age and weighted by season and day of recall. SE = standard error

**Table 2a** Fully-adjusted total carbohydrate mean intakes by centre and gender, according to alcohol intake

Country and Centre	MEN										WOMEN									
	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>		
	M	SE	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	M	SE			
Greece	257.3	2.6	246.0	4.1	224.2	3.2	190.8	3.1	0.02	197.0	1.5	187.0	2.2	165.6	3.4	107.1	7.2	0.07		
Spain																				
Granada	253.9	8.8	243.6	7.6	237.8	6.7	203.7	7.8	0.07	206.6	3.3	193.4	4.1	174.9	9.8			0.00		
Murcia	276.1	8.4	274.2	8.2	248.4	6.7	219.9	6.1	0.05	206.8	4.2	198.2	3.9	184.5	5.1			0.08		
Navarra	251.6	6.2	245.7	6.7	221.1	5.3	191.3	4.1	0.03	181.7	3.3	183.5	4.9	171.5	7.6			0.15		
San Sebastian	252.3	6.4	240.6	6.4	222.2	5.2	182.6	3.8	0.04	198.3	4.4	188.9	4.3	174.2	6.5			0.01		
Asturias	259.4	5.8	257.7	7.2	250.0	5.8	215.9	4.7	0.12	208.7	3.3	193.4	4.2	191.8	6.4			0.08		
Italy																				
Ragusa	324.8	7.9	319.2	8.9	281.9	8.3	285.7	9.6	0.10	204.2	5.0	227.3	6.4	218.2	9.0			0.75		
Naples										222.7	3.4	230.3	3.8	205.0	4.0			0.11		
Florence	314.2	7.9	306.9	8.3	304.2	5.7	272.8	6.2	0.11	223.7	2.5	226.2	2.5	210.0	3.3	185.0	5.6	0.10		
Turin	305.5	5.7	329.8	6.0	310.1	4.0	275.9	3.2	0.37	229.0	4.0	224.8	3.6	213.1	4.1	194.6	6.2	0.04		
Varese	313.2	8.7	335.9	7.6	295.1	5.8	263.7	4.7	0.20	238.0	2.6	227.5	2.3	218.4	3.2	196.7	6.4	0.02		
France																				
South coast										191.8	2.8	184.3	3.1	177.5	3.5	122.6	5.1	0.12		
South										207.7	1.8	202.0	2.1	181.2	2.3	143.8	3.5	0.05		
North-East										201.9	1.6	197.0	1.8	180.1	1.8	138.7	2.6	0.07		
North-West										205.2	3.0	194.9	3.2	184.2	3.1	145.0	4.8	0.06		
Germany																				
Heidelberg	267.9	4.4	282.2	3.9	264.2	3.5	213.9	2.7	0.22	214.0	2.8	215.9	2.1	191.3	2.5	154.8	3.1	0.08		
Potsdam	260.4	3.5	282.4	3.5	249.9	3.0	214.7	2.9	0.22	217.5	2.4	226.4	2.0	204.0	2.9	172.2	4.0	0.14		
The Netherlands																				
Bilthoven	289.2	3.0	286.4	5.9	265.1	3.5	221.2	3.1	0.07	221.8	1.8	224.4	3.3	199.6	2.9	162.9	3.4	0.09		
Utrecht										221.6	1.4	219.4	2.6	194.5	2.0	164.7	2.6	0.05		
United Kingdom																				
General population	294.5	4.6	296.3	7.2	283.2	5.9	236.0	5.4	0.14	226.5	2.6	222.9	3.9	200.1	4.3	182.3	4.3	0.03		
Health conscious			294.7	14.0	280.8	12.3	255.5	11.1	0.01	238.5	4.4	247.0	6.5	216.8	6.2			0.12		
Denmark																				
Copenhagen	284.9	3.2	275.6	6.3	250.9	3.1	214.3	2.2	0.03	222.1	1.8	218.1	3.4	192.6	2.3	159.7	2.0	0.05		
Aarhus	283.6	4.3	278.0	11.6	254.1	4.8	215.2	3.6	0.05	227.3	2.9	204.5	5.7	204.2	3.9	159.8	3.7	0.07		
Sweden																				
Malmo	275.8	2.4	267.2	3.1	252.1	3.2	214.8	3.8	0.05	209.9	1.4	207.3	2.0	185.3	2.6	158.4	3.6	0.05		
Umeå	282.9	2.1	278.3	3.4	268.0	4.1	231.2	4.7	0.09	223.9	1.3	213.4	2.3	201.8	4.0	167.5	4.0	0.05		
Norway																				
South & East										217.6	1.7	215.6	4.0	192.1	3.7	169.4	4.0	0.04		
North & West										216.7	1.8	215.1	4.9	195.5	4.8	171.3	4.8	0.05		

M= Mean adjusted by age and total energy intake, and weighted by season and day of recall. SE = standard error. Data are not reported if the number of subjects per stratum is less than 20. 10 g/d of alcohol is equivalent to approximately one standard drink.

**Table 2b** Fully-adjusted total carbohydrate mean intakes by centre and gender, according to highest level of education

Country and Centre	MEN							WOMEN						
	Primary		Secondary/Tech		University		P <sub>trend</sub>	Primary		Secondary/Tech		University		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	229.7	2.5	229.1	3.7	227.7	3.1	0.14	187.1	1.7	181.7	2.6	185.1	2.6	0.75
Spain														
Granada	236.3	5.6	231.6	10.5	235.7	8.0	0.93	198.7	2.8	182.0	9.6			0.76
Murcia	244.9	4.6	246.0	12.3	270.5	9.0	0.31	198.9	3.0	172.7	8.3	189.9	6.5	0.78
Navarra	219.0	3.4	221.0	6.3	219.7	10.8	0.79	180.4	3.0	168.8	9.2	169.3	10.0	0.36
San Sebastian	213.8	3.5	215.3	5.1	223.0	9.1	0.23	191.3	3.4	180.7	6.5			0.73
Asturias	242.7	3.9	239.4	6.5	242.8	8.3	0.99	199.0	2.8	195.8	7.5	193.1	9.0	0.03
Italy														
Ragusa	309.4	7.0	306.5	7.5	290.1	11.9	0.24	224.3	5.6	199.9	6.2	217.3	11.2	0.82
Naples								221.3	3.5	215.0	3.5	212.9	5.6	0.18
Florence	301.5	6.0	299.5	5.5	285.6	9.0	0.26	218.6	2.4	219.1	2.7	216.1	4.1	0.44
Turin	303.5	3.8	295.2	3.2	284.4	7.7	0.05	218.3	3.0	218.9	4.1	221.2	6.9	0.20
Varese	280.4	4.8	303.7	4.9			0.35	225.1	2.0	229.5	3.1	232.4	5.9	0.08
France														
South coast								179.5	5.0	182.1	2.6	178.3	3.1	0.80
South								185.4	3.7	196.1	1.7	195.5	2.0	0.37
North-East								188.4	2.9	191.5	1.5	184.5	1.6	0.62
North-West								192.0	5.0	190.8	2.4	187.6	3.4	0.17
Germany														
Heidelberg	247.3	3.2	255.0	3.2	242.1	3.4	0.74	204.0	2.7	198.5	2.0	196.2	2.9	0.15
Potsdam	249.7	3.8	249.4	3.1	247.8	2.5	0.24	211.9	2.8	215.8	2.0	211.6	2.8	0.96
The Netherlands														
Bilthoven	266.0	5.2	263.2	2.5	262.0	3.7	0.15	210.7	3.7	210.8	1.8	210.1	2.9	0.42
Utrecht								207.5	2.1	208.5	1.4	202.3	2.7	0.43
United Kingdom														
General population	279.9	8.4	271.8	4.4	278.2	6.2	0.88	218.1	4.5	214.6	2.8	209.2	4.6	0.08
Health conscious			275.7	11.2	297.6	7.9				236.4	5.5	220.8	4.7	
Denmark														
Copenhagen	242.6	3.1	242.6	2.6	244.3	3.0	0.33	196.6	2.3	196.9	1.5	201.1	3.3	0.30
Aarhus	252.6	4.5	248.0	3.9	246.6	5.1	0.19	204.7	3.7	205.2	2.6	203.8	6.8	0.56
Sweden														
Malmo	255.9	2.5	256.3	2.9	259.8	3.4	0.26	198.5	1.8	201.6	1.8	203.3	2.3	0.10
Umeå	269.3	2.8	276.3	2.6	279.2	3.6	0.15	214.0	2.2	216.1	1.7	217.9	2.2	0.02
Norway														
South & East								209.5	3.5	208.5	1.8	215.2	3.6	0.42
North & West								204.4	3.5	211.8	2.0	215.3	4.6	0.13

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2c** Fully-adjusted total sugars mean intakes by centre and gender, according to body mass index categories

Country and Centre	MEN							WOMEN						
	<25		25-<30		30+		P <sub>trend</sub>	<25		25-<30		30+		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	89.0	3.3	91.2	1.9	88.0	2.6	0.81	93.5	2.1	82.8	1.6	78.8	1.7	0.16
Spain														
Granada			102.0	4.1	98.1	6.7	0.04	103.8	4.3	99.9	3.2	98.3	4.1	0.15
Murcia	119.6	6.7	108.0	4.3	112.6	6.7	0.59	107.3	3.8	107.2	3.4	102.1	4.0	0.31
Navarra	94.1	5.9	91.5	3.1	88.0	4.7	0.06	91.9	3.7	92.4	3.5	88.2	5.2	0.40
San Sebastian	102.7	4.8	99.0	2.9	101.4	5.5	0.77	101.2	3.4	102.3	4.0	102.2	6.6	0.41
Asturias	115.8	6.0	115.3	3.3	101.8	5.2	0.31	104.7	3.6	104.8	2.9	100.7	5.1	0.35
Italy														
Ragusa	87.3	8.7	92.3	4.8	99.3	9.2	0.06	83.5	4.4	87.0	5.4	80.5	8.6	0.70
Naples								81.4	3.3	85.1	3.0	76.7	3.5	0.62
Florence	92.9	5.0	95.0	4.3	101.7	8.3	0.19	81.6	1.9	85.7	2.2	83.6	3.7	0.67
Turin	111.2	3.4	106.7	2.6	104.8	5.4	0.14	98.9	2.6	91.0	3.3	95.3	4.9	0.70
Varese	112.8	4.5	98.7	3.7	92.3	9.8	0.14	97.0	1.9	95.1	2.3	88.7	3.5	0.19
France														
South coast								92.8	1.7	79.1	3.8	60.4	6.4	0.06
South								95.8	1.1	88.9	2.2	93.8	5.2	0.82
North-East								94.7	1.0	89.3	1.7	79.8	3.5	0.10
North-West								93.0	1.7	85.0	3.3	73.5	7.9	0.07
Germany														
Heidelberg	115.7	2.7	104.4	2.2	102.9	3.7	0.26	102.6	1.5	100.4	2.2	89.9	3.1	0.23
Potsdam	114.2	2.7	117.4	2.0	113.9	3.2	0.95	118.4	1.7	117.3	2.0	112.1	2.6	0.23
The Netherlands														
Bilthoven	141.8	2.7	127.1	2.2	105.9	4.1	0.07	113.0	1.6	104.8	2.0	96.8	3.0	0.01
Utrecht								115.8	1.3	107.9	1.4	106.6	2.1	0.25
United Kingdom														
General population	141.9	4.2	130.1	3.4	117.3	7.0	0.01	110.0	2.2	106.5	2.7	108.4	4.3	0.70
Health conscious	134.0	5.3	138.5	10.1			0.43	116.9	3.0	114.3	6.5			0.27
Denmark														
Copenhagen	112.9	2.2	108.5	1.9	104.5	3.5	0.02	87.7	1.4	88.2	1.7	83.1	2.5	0.39
Aarhus	108.1	3.6	107.8	2.9	98.2	5.6	0.32	90.5	2.2	85.5	3.1	94.6	4.9	0.70
Sweden														
Malmo	109.7	2.3	112.2	1.9	103.0	3.6	0.50	96.7	1.3	92.3	1.5	87.6	2.3	0.01
Umeå	115.6	2.2	113.5	1.9	110.2	4.0	0.07	97.5	1.4	93.5	1.5	92.5	2.5	0.20
Norway														
South & East								100.3	1.4	98.5	2.4	91.7	5.0	0.20
North & West								101.8	1.7	101.3	2.5	89.4	4.8	0.31

M= Mean adjusted by age and total energy intake, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2d** Fully-adjusted total sugars mean intakes by centre and gender, according to physical activity level

Country and Centre	MEN										WOMEN									
	Inactive		Mod inactive		Mod active		Active		P <sub>trend</sub>	Inactive		Mod inactive		Mod active		Active		P <sub>trend</sub>		
	M	SE	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	M	SE			
Greece	90.0	3.6	92.5	2.3	92.6	2.3	84.5	5.1	0.44	91.1	4.0	88.9	2.4	87.4	1.3	78.6	3.2	0.08		
Spain																				
Granada	108.5	7.6	100.2	6.3	108.2	5.7	88.5	9.9	0.28			104.6	8.0	103.8	2.4			0.54		
Murcia	119.9	6.4	107.4	5.8	113.7	6.0	110.1	8.7	0.45			125.0	5.5	105.9	2.6			0.74		
Navarra	98.1	5.5	89.6	4.5	93.5	3.9	88.9	6.1	0.28			96.2	6.7	93.1	2.6			0.72		
San Sebastian	107.1	4.8	101.7	4.7	98.6	3.7	95.7	5.8	0.01			102.5	5.6	103.2	3.1	103.0	7.3	0.15		
Asturias	114.3	6.2	115.2	4.5	112.1	4.6	113.3	6.0	0.41			105.8	5.9	105.5	2.5	112.5	7.2	0.09		
Italy																				
Ragusa	96.7	7.3	97.3	7.0	84.3	6.9			0.99			81.1	7.5	93.5	4.1			0.16		
Naples										89.4	5.2	88.0	3.1	79.9	2.9	80.0	7.3	0.08		
Florence	92.1	5.9	94.4	5.3	93.6	5.5	108.5	10.3	0.18	81.9	4.2	83.5	2.8	83.7	1.8	89.4	4.8	0.11		
Turin	106.8	3.8	107.0	3.3	111.3	3.5	102.5	6.1	0.69	100.9	5.6	94.5	4.3	95.6	2.5	99.6	5.4	0.89		
Varese	103.6	7.2	100.8	4.5	105.1	4.5	102.8	9.3	0.86	96.1	4.4	99.6	3.1	95.6	1.7	93.5	4.5	0.40		
France																				
South coast										87.8	4.0	88.4	1.9	83.5	3.5			0.54		
South										91.9	2.6	93.8	1.3	91.0	2.4	81.6	7.1	0.20		
North-East										87.3	2.0	92.0	1.1	93.9	2.1	91.1	6.9	0.39		
North-West										91.1	4.0	89.9	1.8	85.4	3.7			0.51		
Germany																				
Heidelberg	101.9	3.5	106.4	2.9	107.4	2.5	122.7	4.9	0.10	96.9	2.9	100.9	2.1	97.2	1.8	110.9	3.6	0.25		
Potsdam	113.8	3.8	113.5	3.1	117.4	2.0	117.5	4.5	0.12	116.1	2.5	114.8	2.1	118.6	1.7	134.2	5.6	0.16		
The Netherlands																				
Bilthoven	124.7	4.5	129.7	3.4	127.7	2.4	130.9	3.6	0.21	108.8	4.1	106.5	2.5	108.0	1.6	108.6	2.9	0.90		
Utrecht										115.4	3.7	110.7	1.8	110.6	1.2	112.3	2.0	0.47		
United Kingdom																				
General population	134.3	6.4	128.5	4.7	130.2	4.0	141.9	6.3	0.47	114.5	4.0	105.9	2.9	107.7	2.4	111.9	4.8	0.81		
Health conscious			133.5	8.9	131.0	7.3			0.28	111.1	5.6	124.6	5.3	108.4	4.0			0.95		
Denmark																				
Copenhagen	104.0	2.6	106.5	2.6	110.4	2.5	118.5	3.5	0.04	86.4	1.8	85.7	1.7	89.8	1.8	81.1	3.9	0.58		
Aarhus	103.4	4.3	106.1	3.9	111.7	3.7	94.9	5.9	0.63	80.1	3.4	90.0	2.7	91.9	2.9	103.2	6.6	0.03		
Sweden																				
Malmo	108.0	3.1	108.7	2.1	111.7	2.4	101.1	6.9	0.49	92.3	2.2	93.4	1.5	93.3	1.5	99.8	4.3	0.16		

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error. Mod = moderately.

Data are not reported if the number of subjects per stratum is less than 20. Umeå and Norway are not included as they did not have comparable physical activity data.



**Table 2e** Fully-adjusted total sugars mean intakes by centre and gender, according to cigarette smoking status

Country and Centre	MEN							WOMEN						
	Never		Former		Current		P <sub>trend</sub>	Never		Former		Current		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	99.1	2.6	91.5	2.3	84.6	2.5	0.02	85.5	1.2	93.8	4.1	89.8	2.4	0.66
Spain														
Granada	103.6	5.8	105.6	5.3	98.6	6.9	0.52	104.1	2.4	100.2	9.6	99.0	6.9	0.18
Murcia	116.9	5.8	118.4	5.9	105.5	5.0	0.40	111.1	2.5	125.5	8.0	88.0	5.4	0.58
Navarra	96.9	4.0	101.5	5.5	85.3	3.5	0.51	94.9	2.7	92.6	6.8	86.8	5.4	0.15
San Sebastian	102.6	4.0	112.6	4.4	91.9	3.5	0.65	103.3	2.8	103.4	6.4	98.3	6.5	0.34
Asturias	112.9	4.3	116.8	4.4	110.4	4.5	0.74	107.3	2.4	107.1	7.9	99.2	5.0	0.32
Italy														
Ragusa	93.1	7.0	88.6	5.6	102.8	8.1	0.54	88.5	4.9	87.7	7.1	82.7	5.2	0.25
Naples								90.0	2.7	80.2	4.2	77.7	3.4	0.21
Florence	100.0	5.8	93.9	4.4	90.2	6.1	0.09	85.8	1.9	85.5	2.7	79.5	2.5	0.30
Turin	110.0	3.7	110.2	2.9	100.1	3.7	0.34	95.6	2.4	97.4	4.0	98.6	4.6	0.06
Varese	105.6	4.6	98.6	4.3	105.7	5.7	0.99	97.7	1.6	91.8	3.6	93.2	3.4	0.47
France														
South coast								88.0	1.8	89.2	3.7	85.4	6.1	0.53
South								93.7	1.2	89.4	2.2	87.8	3.9	0.16
North-East								94.4	1.0	84.5	1.9	82.8	3.2	0.25
North-West								89.0	1.8	88.4	3.2	94.8	5.4	0.39
Germany														
Heidelberg	114.1	2.8	105.8	2.3	102.5	3.3	0.15	100.8	1.6	93.7	2.0	105.3	2.5	0.75
Potsdam	127.1	2.6	111.2	2.0	112.8	3.0	0.39	120.4	1.5	110.7	2.3	116.7	3.0	0.76
The Netherlands														
Bilthoven	134.9	3.2	125.2	2.5	127.2	2.6	0.46	111.6	2.0	106.7	2.0	104.2	2.0	0.12
Utrecht								115.9	1.3	109.3	1.5	103.9	2.0	0.04
United Kingdom														
General population	135.5	4.1	125.4	3.7	138.0	6.0	0.88	111.6	2.0	104.6	2.9	103.5	5.0	0.25
Health conscious	141.8	7.3	125.2	7.3			0.19	113.2	3.3	114.6	4.7			0.40
Denmark														
Copenhagen	115.1	2.5	108.1	2.2	104.7	2.4	0.12	87.8	1.4	89.8	1.9	81.5	2.0	0.48
Aarhus	107.4	4.1	108.5	3.4	102.7	3.5	0.44	93.4	2.4	88.2	3.2	82.0	3.3	0.04
Sweden														
Malmo	114.0	2.4	109.1	2.1	105.1	2.7	0.04	96.2	1.3	94.6	1.7	87.7	1.9	0.22
Umeå	117.8	1.9	110.8	2.5	104.1	3.3	0.01	95.9	1.2	96.0	2.3	91.6	2.3	0.34
Norway														
South & East								100.6	2.0	95.6	2.1	95.3	2.3	0.31
North & West								106.2	2.3	97.5	2.3	91.6	2.6	0.07

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2f** Fully-adjusted total sugars mean intakes by centre and gender, according to alcohol intake

Country and Centre	MEN										WOMEN									
	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>		
	M	SE	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	M	SE			
Greece	102.9	2.2	106.1	3.5	89.8	2.7	73.7	2.6	0.09	93.5	1.3	89.4	1.9	73.9	3.0	47.8	6.2	0.05		
Spain																				
Granada	106.0	7.5	119.3	6.5	105.0	5.7	81.8	6.7	0.28	110.4	2.8	99.9	3.5	80.5	8.5			0.39		
Murcia	126.3	7.2	128.4	7.0	117.2	5.7	91.8	5.2	0.12	122.4	3.6	111.1	3.4	91.0	4.4			0.01		
Navarra	107.2	5.3	110.2	5.7	92.5	4.5	77.9	3.5	0.08	96.6	2.9	94.5	4.2	82.9	6.5			0.05		
San Sebastian	121.6	5.5	119.8	5.5	99.9	4.4	83.8	3.2	0.04	110.9	3.8	100.5	3.7	91.6	5.6			0.04		
Asturias	123.8	5.0	121.4	6.1	116.2	4.9	99.9	4.0	0.08	109.6	2.8	106.7	3.6	105.6	5.5			0.17		
Italy																				
Ragusa	100.7	6.7	97.7	7.6	91.7	7.1	76.4	8.1	0.06	83.6	4.3	93.2	5.5	83.5	7.7			0.35		
Naples										89.5	2.9	90.8	3.3	75.2	3.5			0.07		
Florence	106.8	6.7	102.0	7.1	95.8	4.9	80.8	5.3	0.04	94.4	2.2	84.8	2.1	77.7	2.8	53.3	4.8	0.04		
Turin	118.1	4.8	123.3	5.1	116.0	3.4	94.2	2.7	0.21	108.3	3.4	99.6	3.1	86.8	3.6	84.1	5.3	0.03		
Varese	110.2	7.4	128.5	6.4	102.3	4.9	89.7	4.0	0.30	106.3	2.3	97.0	2.0	85.5	2.8	77.9	5.5	0.00		
France																				
South coast										93.7	2.4	91.2	2.7	83.1	3.0	61.0	4.4	0.08		
South										97.8	1.6	97.4	1.8	87.9	2.0	68.8	3.0	0.08		
North-East										98.4	1.4	95.9	1.6	87.6	1.5	66.5	2.3	0.07		
North-West										101.4	2.6	88.7	2.8	85.6	2.7	63.3	4.1	0.04		
Germany																				
Heidelberg	120.8	3.8	142.0	3.3	117.2	3.0	79.1	2.3	0.26	106.2	2.4	115.0	1.8	91.9	2.2	69.0	2.6	0.13		
Potsdam	124.8	3.0	149.3	3.0	118.0	2.5	84.8	2.4	0.27	116.7	2.1	129.6	1.7	108.1	2.5	90.8	3.5	0.21		
The Netherlands																				
Bilthoven	142.1	2.5	136.8	5.0	124.9	3.0	110.6	2.7	0.02	113.9	1.5	118.7	2.9	99.6	2.5	80.5	3.0	0.10		
Utrecht										117.0	1.2	117.8	2.2	105.1	1.8	93.6	2.2	0.06		
United Kingdom																				
General population	141.1	3.9	149.6	6.2	133.6	5.1	110.8	4.6	0.17	113.6	2.2	112.6	3.3	103.1	3.7	99.7	3.7	0.04		
Health conscious			145.4	11.9	120.5	10.5	104.6	9.4	0.05	121.0	3.8	127.7	5.6	97.7	5.4			0.10		
Denmark																				
Copenhagen	131.1	2.7	125.8	5.4	113.5	2.6	93.4	1.9	0.03	99.2	1.5	102.8	3.0	83.7	2.0	66.5	1.8	0.09		
Aarhus	123.7	3.7	127.9	9.9	103.1	4.1	90.7	3.1	0.09	103.3	2.5	84.4	4.9	86.0	3.4	65.1	3.2	0.07		
Sweden																				
Malmo	124.1	2.1	112.0	2.6	101.1	2.8	87.7	3.2	0.00	98.9	1.2	96.4	1.8	82.7	2.3	75.3	3.1	0.03		
Umeå	120.4	1.8	112.1	2.9	100.3	3.5	91.6	4.0	0.00	100.5	1.1	91.2	2.0	80.7	3.4	73.9	3.4	0.00		
Norway																				
South & East										101.5	1.4	98.4	3.5	87.0	3.2	77.8	3.5	0.02		
North & West										101.2	1.5	111.2	4.2	90.9	4.1	78.0	4.1	0.18		

M= Mean adjusted by age and total energy intake, and weighted by season and day of recall. SE = standard error. Data are not reported if the number of subjects per stratum is less than 20. 10 g/d of alcohol is equivalent to approximately one standard drink.

**Table 2g** Fully-adjusted total sugars mean intakes by centre and gender, according to highest level of education

Country and Centre	MEN							WOMEN						
	Primary		Secondary/Tech		University		P <sub>trend</sub>	Primary		Secondary/Tech		University		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	83.6	2.1	89.0	3.0	104.2	2.5	0.17	79.8	1.4	95.7	2.1	94.8	2.1	0.36
Spain														
Granada	99.0	4.6	104.4	8.6	110.3	6.5	0.02	103.4	2.4	96.9	7.9			0.70
Murcia	112.3	3.8	106.7	10.1	116.8	7.4	0.71	108.8	2.5	96.1	6.9	112.0	5.4	0.88
Navarra	90.7	2.8	94.8	5.2	101.4	8.9	0.08	94.0	2.5	91.9	7.6	81.7	8.3	0.23
San Sebastian	97.2	2.9	105.3	4.2	114.9	7.4	0.03	104.8	2.8	93.0	5.4			0.82
Asturias	111.0	3.2	117.8	5.4	112.8	6.8	0.83	105.0	2.4	108.9	6.2	108.1	7.4	0.47
Italy														
Ragusa	88.0	5.7	94.4	6.2	106.3	9.8	0.11	95.3	4.6	79.7	5.1	70.9	9.3	0.10
Naples								82.1	2.9	86.7	2.9	82.0	4.6	0.99
Florence	87.1	4.9	99.8	4.5	99.8	7.4	0.33	83.8	1.9	85.0	2.2	81.8	3.4	0.57
Turin	105.0	3.1	110.6	2.7	105.2	6.3	0.98	94.1	2.5	100.8	3.4	96.4	5.7	0.78
Varese	98.2	4.0	107.1	4.0			0.28	95.1	1.7	97.7	2.6	98.0	4.9	0.26
France														
South coast								91.3	4.2	90.3	2.1	82.9	2.6	0.26
South								85.6	3.1	93.3	1.4	94.9	1.7	0.23
North-East								87.2	2.4	93.9	1.2	90.5	1.4	0.67
North-West								90.4	4.1	89.6	2.0	87.8	2.8	0.15
Germany														
Heidelberg	107.5	2.6	113.1	2.6	102.8	2.8	0.70	103.1	2.2	100.1	1.6	96.4	2.4	0.03
Potsdam	114.8	3.1	115.9	2.5	117.0	2.0	0.03	118.0	2.3	116.4	1.6	120.0	2.3	0.63
The Netherlands														
Bilthoven	126.3	4.3	130.5	2.1	128.3	3.0	0.69	106.0	3.1	107.4	1.5	110.7	2.4	0.14
Utrecht								109.0	1.8	112.4	1.1	109.6	2.3	0.89
United Kingdom														
General population	131.3	6.9	131.2	3.6	134.9	5.1	0.36	108.9	3.7	110.1	2.3	109.8	3.8	0.49
Health conscious			135.0	9.1	132.3	6.5				110.7	4.5	115.2	3.9	
Denmark														
Copenhagen	111.9	2.5	107.7	2.2	108.6	2.4	0.46	85.6	1.9	87.2	1.3	87.7	2.7	0.17
Aarhus	111.8	3.7	103.5	3.2	104.0	4.2	0.37	89.3	3.1	89.5	2.1	84.8	5.6	0.36
Sweden														
Malmo	107.7	2.0	107.8	2.4	112.4	2.8	0.32	90.4	1.5	95.0	1.5	95.8	1.9	0.25
Umeå	108.0	2.3	114.4	2.1	118.8	2.9	0.06	93.4	1.8	95.9	1.4	96.0	1.8	0.30
Norway														
South & East								99.1	2.9	97.2	1.5	98.9	3.0	0.95
North & West								96.0	2.9	100.5	1.7	101.5	3.8	0.23

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2h** Fully-adjusted total starch mean intakes by centre and gender, according to body mass index categories

Country and Centre	MEN							WOMEN						
	<25		25-<30		30+		P <sub>trend</sub>	<25		25-<30		30+		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	136.7	3.1	132.2	1.8	135.5	2.5	0.83	87.7	1.9	97.4	1.5	101.7	1.5	0.14
Spain														
Granada			128.7	3.9	132.4	6.3	0.94	86.1	4.0	96.1	2.9	95.2	3.8	0.39
Murcia	144.9	6.4	135.6	4.1	130.8	6.4	0.12	85.7	3.5	85.2	3.2	91.1	3.8	0.38
Navarra	127.7	5.6	130.2	2.9	116.2	4.5	0.44	83.9	3.5	83.7	3.2	93.7	4.8	0.34
San Sebastian	116.1	4.5	117.1	2.7	103.4	5.2	0.37	86.9	3.2	87.9	3.7	79.7	6.2	0.41
Asturias	129.5	5.7	129.1	3.1	125.9	5.0	0.28	92.4	3.4	92.6	2.8	95.2	4.7	0.29
Italy														
Ragusa	204.8	8.2	217.8	4.6	198.7	8.7	0.80	120.8	4.1	133.0	5.1	142.2	8.0	0.05
Naples								131.0	3.1	135.1	2.8	133.4	3.2	0.60
Florence	218.1	4.7	198.4	4.0	183.3	7.8	0.05	141.1	1.8	129.8	2.1	121.8	3.4	0.06
Turin	191.7	3.2	191.0	2.4	179.4	5.2	0.30	124.5	2.4	117.5	3.1	124.7	4.6	0.99
Varese	198.2	4.2	184.2	3.5	192.8	9.2	0.75	130.0	1.7	130.3	2.1	134.8	3.3	0.29
France														
South coast								93.6	1.6	82.5	3.6	86.2	6.0	0.55
South								103.0	1.1	91.7	2.0	92.9	4.8	0.39
North-East								94.8	0.9	93.1	1.6	98.3	3.3	0.54
North-West								98.9	1.6	99.7	3.1	98.9	7.3	0.95
Germany														
Heidelberg	125.7	2.6	123.3	2.1	124.2	3.5	0.60	92.8	1.4	92.6	2.0	98.3	2.9	0.35
Potsdam	121.1	2.6	114.3	1.8	112.3	3.0	0.20	90.5	1.6	91.7	1.8	90.8	2.5	0.84
The Netherlands														
Bilthoven	135.5	2.6	133.5	2.1	139.7	3.9	0.54	101.0	1.5	102.2	1.8	104.6	2.8	0.11
Utrecht								93.3	1.2	96.0	1.3	97.0	2.0	0.17
United Kingdom														
General population	144.3	4.0	142.1	3.2	147.0	6.6	0.63	102.0	2.0	104.5	2.5	110.0	4.0	0.14
Health conscious	161.7	5.1	166.2	9.6			0.44	116.4	2.8	113.5	6.0			0.47
Denmark														
Copenhagen	128.6	2.1	119.2	1.8	115.2	3.3	0.15	98.4	1.3	97.3	1.5	96.0	2.4	0.03
Aarhus	127.8	3.4	128.2	2.7	125.1	5.4	0.41	100.1	2.0	94.5	2.9	106.1	4.5	0.65
Sweden														
Malmo	150.1	2.2	146.9	1.8	143.1	3.4	0.03	107.3	1.2	107.9	1.4	102.9	2.1	0.40
Umeå	164.1	2.1	161.6	1.8	156.6	3.8	0.12	119.7	1.3	120.4	1.4	123.7	2.3	0.22
Norway														
South & East								101.3	1.3	98.0	2.3	109.3	4.7	0.52
North & West								100.9	1.6	99.9	2.3	99.8	4.5	0.26

M= Mean adjusted by age and total energy intake, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2i** Fully-adjusted total starch mean intakes by centre and gender, according to physical activity level

Country and Centre	MEN										WOMEN									
	Inactive		Mod inactive		Mod active		Active		P <sub>trend</sub>	Inactive		Mod inactive		Mod active		Active		P <sub>trend</sub>		
	M	SE	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	M	SE			
Greece	138.2	3.4	132.0	2.2	137.1	2.2	132.3	4.9	0.49	87.5	3.8	93.2	2.2	96.7	1.2	104.0	3.1	0.01		
Spain																				
Granada	130.3	7.3	126.3	6.0	131.3	5.4	146.1	9.5	0.22			87.9	7.5	93.7	2.2			0.45		
Murcia	124.9	6.1	138.9	5.6	148.7	5.7	133.8	8.3	0.53			82.4	5.2	88.3	2.4			0.04		
Navarra	129.9	5.2	125.3	4.3	129.7	3.8	122.5	5.8	0.36			87.0	6.3	85.7	2.5			0.18		
San Sebastian	110.8	4.6	122.3	4.5	114.0	3.5	113.1	5.5	0.97			80.1	5.3	87.9	2.9	77.1	6.9	0.23		
Asturias	119.9	5.9	131.1	4.3	132.6	4.3	130.3	5.7	0.27			89.1	5.6	92.1	2.3	100.6	6.8	0.44		
Italy																				
Ragusa	195.4	6.9	207.0	6.7	235.8	6.6			0.61			147.9	7.0	116.1	3.8			0.92		
Naples										123.4	4.9	133.6	2.9	133.0	2.8	145.0	6.9	0.06		
Florence	200.6	5.6	200.3	5.0	212.7	5.3	191.9	9.8	0.79	129.3	4.0	131.7	2.6	135.5	1.7	138.1	4.6	0.00		
Turin	187.4	3.7	191.5	3.2	185.6	3.4	201.8	5.8	0.34	115.5	5.3	127.5	4.1	122.8	2.4	115.1	5.1	0.87		
Varese	190.0	6.9	180.4	4.3	202.7	4.3	174.8	8.9	0.76	133.4	4.1	125.7	3.0	132.1	1.6	123.7	4.2	0.38		
France																				
South coast										90.5	3.8	91.6	1.8	90.1	3.3			0.30		
South										101.0	2.4	100.3	1.2	100.2	2.3	86.4	6.7	0.20		
North-East										91.3	1.9	94.3	1.0	99.6	1.9	85.4	6.5	0.73		
North-West										100.6	3.8	97.6	1.7	102.5	3.5	99.2	11.3	0.96		
Germany																				
Heidelberg	124.8	3.4	125.1	2.7	123.3	2.4	123.2	4.7	0.13	94.0	2.8	95.1	2.0	93.4	1.7	91.0	3.4	0.20		
Potsdam	114.3	3.6	115.5	2.9	115.8	1.9	120.5	4.3	0.10	89.9	2.4	91.5	2.0	91.9	1.6	84.9	5.3	0.42		
The Netherlands																				
Bilthoven	128.9	4.3	130.3	3.2	137.8	2.3	135.8	3.4	0.15	95.2	3.9	100.5	2.4	103.7	1.5	103.3	2.8	0.09		
Utrecht										91.5	3.5	93.6	1.7	95.8	1.2	97.4	1.9	0.00		
United Kingdom																				
General population	141.5	6.1	141.6	4.5	144.6	3.8	143.6	6.0	0.22	103.5	3.7	105.2	2.7	102.8	2.3	105.6	4.5	0.63		
Health conscious			142.3	8.5	171.7	7.0			0.22	115.7	5.3	111.0	5.0	118.1	3.7			0.24		
Denmark																				
Copenhagen	119.7	2.5	122.0	2.5	122.2	2.4	124.1	3.3	0.04	97.8	1.7	96.0	1.6	99.5	1.7	103.4	3.7	0.17		
Aarhus	129.8	4.1	122.8	3.8	130.2	3.5	125.1	5.7	0.76	100.1	3.2	98.8	2.6	99.0	2.8	102.7	6.2	0.42		
Sweden																				
Malmo	146.2	3.0	147.2	2.0	147.6	2.3	147.8	6.5	0.05	105.2	2.1	106.5	1.4	108.1	1.4	110.1	4.1	0.00		

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error. Mod = moderately.

Data are not reported if the number of subjects per stratum is less than 20. Umeå and Norway are not included as they did not have comparable physical activity data.

**Table 2j** Fully-adjusted total starch mean intakes by centre and gender, according to cigarette smoking status

Country and Centre	MEN							WOMEN						
	Never		Former		Current		P <sub>trend</sub>	Never		Former		Current		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	133.5	2.5	133.7	2.2	138.4	2.4	0.31	100.1	1.2	96.6	3.8	83.3	2.3	0.21
Spain														
Granada	142.2	5.5	125.3	5.0	126.8	6.5	0.38	95.0	2.2	85.2	8.9	77.3	6.5	0.04
Murcia	131.7	5.5	144.0	5.6	136.8	4.7	0.73	87.7	2.3	69.0	7.4	89.3	5.0	0.96
Navarra	130.0	3.8	128.6	5.2	124.8	3.3	0.17	85.1	2.5	86.8	6.3	85.2	5.0	0.97
San Sebastian	117.5	3.7	110.1	4.2	116.0	3.3	0.88	89.7	2.6	83.8	5.9	68.4	6.0	0.16
Asturias	141.7	4.1	126.9	4.1	118.8	4.2	0.11	92.3	2.2	87.4	7.4	95.6	4.7	0.73
Italy														
Ragusa	219.9	6.6	208.6	5.3	211.4	7.6	0.49	141.0	4.6	140.3	6.6	104.2	4.9	0.32
Naples								131.0	2.5	138.3	3.9	132.0	3.2	0.92
Florence	203.3	5.5	201.6	4.1	209.9	5.8	0.46	134.9	1.8	136.2	2.5	130.9	2.4	0.48
Turin	190.5	3.5	185.7	2.7	194.1	3.5	0.72	121.9	2.3	120.7	3.7	123.3	4.3	0.66
Varese	175.9	4.4	199.5	4.1	193.8	5.4	0.48	130.2	1.5	131.6	3.3	129.6	3.1	0.84
France														
South coast								92.9	1.6	88.8	3.5	85.9	5.6	0.06
South								101.1	1.1	96.1	2.0	103.0	3.6	0.83
North-East								95.2	0.9	93.6	1.8	88.9	3.0	0.18
North-West								102.4	1.7	92.5	3.0	85.8	5.1	0.07
Germany														
Heidelberg	129.5	2.6	128.0	2.2	109.1	3.1	0.29	96.9	1.5	93.1	1.9	85.9	2.4	0.11
Potsdam	120.0	2.5	117.1	1.9	108.7	2.9	0.17	90.1	1.4	92.9	2.2	90.6	2.8	0.89
The Netherlands														
Bilthoven	138.4	3.0	139.1	2.4	127.9	2.5	0.37	104.5	1.8	105.3	1.9	96.1	1.8	0.39
Utrecht								98.5	1.2	94.3	1.4	90.0	1.8	0.01
United Kingdom														
General population	145.7	3.9	144.3	3.5	136.0	5.6	0.25	104.7	1.9	104.0	2.7	98.7	4.7	0.27
Health conscious	162.4	6.9	160.1	6.9			0.22	113.5	3.1	121.4	4.4			0.58
Denmark														
Copenhagen	127.8	2.3	123.8	2.1	113.7	2.3	0.16	99.7	1.3	98.5	1.8	93.9	1.9	0.21
Aarhus	132.8	3.8	133.3	3.2	117.0	3.3	0.35	104.3	2.3	99.9	2.9	89.8	3.0	0.14
Sweden														
Malmo	149.7	2.3	148.4	2.0	142.3	2.5	0.23	107.5	1.2	109.8	1.6	103.7	1.7	0.58
Umeå	162.8	1.8	162.7	2.3	153.1	3.2	0.33	121.3	1.1	122.6	2.1	116.8	2.1	0.48
Norway														
South & East								104.8	1.9	102.2	1.9	94.4	2.2	0.18
North & West								104.4	2.1	102.6	2.1	94.2	2.4	0.22

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2k** Fully-adjusted total starch mean intakes by centre and gender, according to alcohol intake

Country and Centre	MEN										WOMEN									
	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>		
	M	SE	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	M	SE			
Greece	152.3	2.1	137.6	3.3	131.9	2.6	115.2	2.5	0.02	101.6	1.2	96.0	1.7	90.1	2.8	58.0	5.8	0.10		
Spain																				
Granada	147.9	7.2	124.2	6.2	133.1	5.5	122.6	6.4	0.26	95.7	2.7	93.1	3.3	94.3	7.9			0.21		
Murcia	149.7	6.9	145.7	6.7	131.6	5.5	129.0	5.0	0.04	84.1	3.4	87.2	3.2	93.7	4.1			0.48		
Navarra	144.5	5.1	135.8	5.5	128.8	4.4	114.1	3.4	0.01	85.1	2.7	88.9	4.0	88.6	6.1			0.28		
San Sebastian	131.0	5.3	120.9	5.3	122.7	4.3	100.0	3.1	0.11	87.3	3.5	88.4	3.5	83.2	5.3			0.15		
Asturias	135.8	4.8	136.5	5.9	134.1	4.7	117.0	3.9	0.18	98.8	2.7	86.8	3.4	86.2	5.2			0.14		
Italy																				
Ragusa	224.0	6.5	221.6	7.3	190.4	6.8	210.3	7.8	0.39	120.3	4.1	133.9	5.2	134.7	7.3			0.06		
Naples										132.7	2.7	139.3	3.1	129.8	3.3			0.21		
Florence	207.0	6.5	204.8	6.8	208.4	4.7	192.6	5.1	0.30	128.8	2.1	141.3	2.0	132.4	2.6	132.1	4.5	0.97		
Turin	186.9	4.7	206.4	4.9	193.9	3.3	182.1	2.6	0.67	120.1	3.2	124.8	3.0	126.2	3.4	111.3	5.0	0.52		
Varese	202.9	7.1	207.3	6.2	192.8	4.7	174.8	3.9	0.12	131.2	2.1	130.2	1.9	132.9	2.6	119.2	5.2	0.30		
France																				
South coast										96.9	2.3	92.6	2.5	93.8	2.8	58.5	4.2	0.18		
South										109.3	1.5	103.1	1.7	92.3	1.8	72.7	2.8	0.03		
North-East										102.4	1.3	99.5	1.5	90.1	1.4	67.9	2.1	0.07		
North-West										103.2	2.4	105.3	2.6	95.8	2.5	76.9	3.9	0.12		
Germany																				
Heidelberg	142.8	3.6	133.1	3.2	133.9	2.9	106.4	2.2	0.11	104.0	2.2	96.2	1.7	92.7	2.0	75.4	2.5	0.05		
Potsdam	131.1	2.9	126.6	2.8	117.2	2.4	96.7	2.4	0.05	96.9	2.0	92.7	1.6	88.6	2.4	72.8	3.2	0.06		
The Netherlands																				
Bilthoven	146.4	2.5	148.7	4.8	139.8	2.9	111.4	2.6	0.15	107.1	1.5	104.7	2.7	99.3	2.3	82.3	2.8	0.08		
Utrecht										103.5	1.1	100.5	2.1	88.8	1.6	71.0	2.1	0.04		
United Kingdom																				
General population	153.0	3.8	146.4	5.9	149.1	4.9	124.7	4.4	0.16	112.4	2.1	110.1	3.1	96.8	3.5	82.8	3.5	0.04		
Health conscious			148.6	11.5	160.0	10.1	150.8	9.1	0.41	117.0	3.6	119.3	5.2	119.2	5.1			0.27		
Denmark																				
Copenhagen	142.4	2.6	137.8	5.2	125.5	2.5	107.5	1.8	0.03	110.3	1.4	103.4	2.8	96.8	1.8	79.8	1.7	0.03		
Aarhus	142.3	3.5	135.1	9.5	137.4	3.9	108.3	2.9	0.16	106.4	2.3	105.3	4.6	103.2	3.2	77.3	3.0	0.17		
Sweden																				
Malmo	151.1	2.0	154.8	2.5	150.7	2.7	127.3	3.1	0.22	110.6	1.2	110.7	1.7	102.6	2.1	83.7	2.9	0.10		
Umeå	162.2	1.7	165.9	2.7	167.8	3.4	140.0	3.9	0.35	123.0	1.1	122.3	1.8	121.3	3.2	94.3	3.2	0.20		
Norway																				
South & East										105.8	1.4	106.0	3.3	93.6	3.0	76.6	3.2	0.07		
North & West										105.9	1.4	94.5	4.0	92.0	3.9	77.9	3.9	0.03		

M= Mean adjusted by age and total energy intake, and weighted by season and day of recall. SE = standard error. Data are not reported if the number of subjects per stratum is less than 20. 10 g/d of alcohol is equivalent to approximately one standard drink.

**Table 21** Fully-adjusted total starch mean intakes by centre and gender, according to highest level of education

Country and Centre	MEN							WOMEN						
	Primary		Secondary/Tech		University		P <sub>trend</sub>	Primary		Secondary/Tech		University		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	143.4	2.0	138.1	2.8	121.3	2.4	0.19	105.2	1.3	84.4	2.0	88.7	2.0	0.46
Spain														
Granada	137.7	4.3	127.6	8.1	125.3	6.2	0.22	94.9	2.2	85.0	7.4			0.25
Murcia	133.1	3.6	139.7	9.5	154.0	7.0	0.13	90.0	2.3	76.9	6.4	77.9	5.0	0.38
Navarra	128.9	2.7	126.7	4.9	118.5	8.4	0.20	86.3	2.3	77.0	7.1	88.6	7.7	0.88
San Sebastian	117.6	2.7	111.0	3.9	108.4	7.0	0.16	86.5	2.7	88.0	5.0			0.41
Asturias	132.4	3.0	122.1	5.1	130.2	6.5	0.87	94.0	2.2	86.5	5.8	85.0	6.9	0.23
Italy														
Ragusa	221.7	5.4	212.5	5.8	183.9	9.2	0.18	128.4	4.3	120.2	4.8	146.7	8.7	0.53
Naples								139.1	2.7	128.1	2.7	130.6	4.3	0.47
Florence	214.7	4.6	199.8	4.3	185.9	7.0	0.01	134.6	1.8	133.9	2.1	134.1	3.1	0.52
Turin	198.6	2.9	184.7	2.5	179.4	5.9	0.16	123.9	2.3	117.7	3.1	124.9	5.4	0.92
Varese	182.7	3.8	196.8	3.8			0.38	129.7	1.5	131.7	2.4	134.0	4.6	0.03
France														
South coast								87.5	3.9	91.0	2.0	93.9	2.4	0.04
South								98.7	2.9	101.7	1.3	99.4	1.6	0.85
North-East								99.5	2.2	95.7	1.1	92.1	1.3	0.01
North-West								100.4	3.8	99.3	1.9	97.7	2.6	0.07
Germany														
Heidelberg	121.1	2.5	125.5	2.5	124.8	2.7	0.42	94.2	2.1	92.8	1.5	93.7	2.2	0.78
Potsdam	118.7	3.0	115.2	2.4	115.2	1.9	0.33	89.2	2.1	94.0	1.5	86.5	2.2	0.77
The Netherlands														
Bilthoven	139.9	4.0	132.9	2.0	133.4	2.8	0.38	103.6	2.9	102.7	1.4	98.6	2.3	0.22
Utrecht								97.8	1.7	95.4	1.0	91.2	2.1	0.10
United Kingdom														
General population	147.9	6.5	139.9	3.4	142.8	4.8	0.57	109.0	3.5	104.2	2.2	99.2	3.5	0.01
Health conscious			139.7	8.6	164.0	6.1				125.6	4.2	105.4	3.6	
Denmark														
Copenhagen	120.4	2.4	122.3	2.0	121.6	2.3	0.55	99.5	1.8	96.9	1.2	99.2	2.6	0.93
Aarhus	126.1	3.5	129.5	3.0	123.9	3.9	0.75	99.2	2.9	99.0	2.0	101.1	5.2	0.37
Sweden														
Malmo	147.5	1.9	148.0	2.2	146.8	2.6	0.60	107.8	1.4	106.5	1.4	107.4	1.8	0.77
Umeå	161.1	2.1	161.8	2.0	160.2	2.8	0.59	120.5	1.7	120.1	1.3	121.8	1.7	0.48
Norway														
South & East								100.7	2.7	100.2	1.4	104.4	2.8	0.40
North & West								98.5	2.7	100.8	1.6	102.8	3.5	0.02

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.



**Table 2m** Fully-adjusted total fibre mean intakes by centre and gender, according to body mass index categories

Country and Centre	MEN							WOMEN						
	<25		25-<30		30+		P <sub>trend</sub>	<25		25-<30		30+		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	26.4	0.6	25.9	0.4	26.5	0.5	0.90	17.9	0.4	19.9	0.3	20.1	0.3	0.28
Spain														
Granada			23.2	0.8	23.8	1.3	0.15	19.6	0.9	19.5	0.6	18.5	0.8	0.26
Murcia	27.6	1.3	27.5	0.8	28.2	1.3	0.45	22.4	0.8	24.4	0.7	23.4	0.8	0.65
Navarra	25.7	1.2	24.4	0.6	22.6	0.9	0.07	19.1	0.8	18.8	0.7	19.8	1.1	0.51
San Sebastian	27.4	0.9	25.7	0.6	24.4	1.1	0.05	22.7	0.7	20.7	0.8	21.2	1.4	0.49
Asturias	24.2	1.2	24.9	0.6	23.0	1.0	0.56	20.6	0.7	19.5	0.6	19.1	1.0	0.18
Italy														
Ragusa	23.7	1.7	25.2	0.9	26.2	1.8	0.06	17.8	0.9	20.3	1.1	17.8	1.8	0.99
Naples								18.9	0.7	19.9	0.6	16.7	0.7	0.53
Florence	27.8	1.0	26.4	0.8	25.9	1.6	0.16	20.9	0.4	20.7	0.5	20.8	0.8	0.64
Turin	26.2	0.7	25.7	0.5	25.5	1.1	0.18	21.3	0.5	20.0	0.7	21.1	1.0	0.91
Varese	22.0	0.9	22.9	0.7	21.7	1.9	0.87	19.2	0.4	19.6	0.5	18.4	0.7	0.56
France														
South coast								20.4	0.3	18.0	0.8	17.0	1.3	0.14
South								20.1	0.2	19.1	0.4	18.1	1.1	0.02
North-East								19.2	0.2	18.7	0.3	17.6	0.7	0.12
North-West								18.3	0.4	18.2	0.7	19.5	1.6	0.38
Germany														
Heidelberg	23.3	0.5	22.5	0.4	22.6	0.7	0.35	21.0	0.3	19.4	0.4	19.7	0.6	0.41
Potsdam	23.8	0.5	23.0	0.4	22.9	0.6	0.27	21.4	0.4	21.8	0.4	21.5	0.5	0.93
The Netherlands														
Bilthoven	26.1	0.5	24.1	0.4	23.9	0.8	0.28	20.7	0.3	19.9	0.4	21.0	0.6	0.87
Utrecht								21.5	0.3	20.9	0.3	20.1	0.4	0.05
United Kingdom														
General population	22.7	0.8	21.9	0.7	19.6	1.4	0.16	17.8	0.5	18.9	0.5	17.7	0.9	0.95
Health conscious	34.8	1.0	29.6	2.0			0.34	27.3	0.6	24.0	1.3			0.00
Denmark														
Copenhagen	26.7	0.4	24.4	0.4	23.4	0.7	0.15	22.4	0.3	21.9	0.3	21.1	0.5	0.10
Aarhus	26.9	0.7	25.5	0.6	25.1	1.1	0.19	22.9	0.4	23.8	0.6	24.7	1.0	0.01
Sweden														
Malmo	18.6	0.5	18.3	0.4	18.2	0.7	0.21	15.6	0.3	15.2	0.3	14.8	0.5	0.00
Umeå	21.4	0.4	20.6	0.4	19.2	0.8	0.12	18.0	0.3	17.3	0.3	17.3	0.5	0.27
Norway														
South & East								19.3	0.3	19.3	0.5	21.0	1.0	0.33
North & West								19.9	0.3	18.8	0.5	18.4	1.0	0.15

M= Mean adjusted by age and total energy intake, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2n** Fully-adjusted total fibre mean intakes by centre and gender, according to physical activity level

Country and Centre	MEN										WOMEN									
	Inactive		Mod inactive		Mod active		Active		P <sub>trend</sub>	Inactive		Mod inactive		Mod active		Active		P <sub>trend</sub>		
	M	SE	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	M	SE			
Greece	27.3	0.7	25.1	0.5	27.4	0.4	27.0	1.0	0.85	17.9	0.8	19.5	0.5	19.9	0.3	21.4	0.7	0.02		
Spain																				
Granada	23.8	1.5	22.3	1.2	24.6	1.1	23.7	2.0	0.74			20.8	1.7	19.6	0.5			0.92		
Murcia	29.6	1.3	26.7	1.1	28.5	1.2	26.3	1.7	0.31			27.1	1.1	23.2	0.5			0.84		
Navarra	24.9	1.1	23.2	0.9	24.8	0.8	25.6	1.2	0.54			16.2	1.4	19.6	0.5			0.11		
San Sebastian	24.8	0.9	27.1	0.9	25.6	0.7	26.7	1.1	0.48			19.7	1.2	22.0	0.6	21.8	1.5	0.47		
Asturias	23.5	1.2	24.7	0.9	24.2	0.9	26.2	1.2	0.14			18.3	1.2	20.3	0.5	20.0	1.5	0.54		
Italy																				
Ragusa	26.7	1.4	25.7	1.4	23.7	1.4			0.30			18.8	1.6	18.7	0.8			0.08		
Naples										18.5	1.1	19.2	0.6	19.0	0.6	18.3	1.5	0.72		
Florence	27.5	1.2	26.4	1.0	26.8	1.1	26.6	2.0	0.38	19.4	0.9	20.6	0.6	21.4	0.4	20.1	1.0	0.54		
Turin	24.6	0.8	27.0	0.7	25.9	0.7	25.3	1.2	0.87	19.6	1.2	20.8	0.9	21.5	0.5	20.0	1.1	0.71		
Varese	22.3	1.4	21.4	0.9	22.1	0.9	29.2	1.8	0.25	18.5	0.9	19.2	0.7	19.5	0.4	19.1	0.9	0.34		
France																				
South coast										20.2	0.8	19.7	0.4	19.5	0.7			0.74		
South										19.9	0.5	19.7	0.3	20.1	0.5	15.4	1.5	0.25		
North-East										19.1	0.4	18.6	0.2	19.9	0.4	20.1	1.4	0.21		
North-West										18.6	0.8	18.2	0.4	18.4	0.8			0.21		
Germany																				
Heidelberg	21.6	0.7	22.8	0.6	23.1	0.5	22.9	1.0	0.22	19.4	0.6	21.2	0.4	20.1	0.4	20.4	0.7	0.69		
Potsdam	23.1	0.8	22.7	0.6	23.4	0.4	23.4	0.9	0.34	20.7	0.5	21.4	0.4	22.2	0.4	22.3	1.2	0.04		
The Netherlands																				
Bilthoven	23.2	0.9	24.3	0.7	24.9	0.5	24.6	0.7	0.17	20.7	0.9	20.5	0.5	20.4	0.3	20.5	0.6	0.27		
Utrecht										21.7	0.8	21.0	0.4	21.0	0.3	21.1	0.4	0.31		
United Kingdom																				
General population	21.2	1.3	21.6	0.9	22.1	0.8	21.4	1.2	0.59	19.2	0.8	18.4	0.6	17.6	0.5	19.2	1.0	0.86		
Health conscious			28.8	1.8	35.9	1.4			0.02	25.8	1.2	24.4	1.1	27.7	0.8			0.60		
Denmark																				
Copenhagen	24.1	0.5	25.3	0.5	24.8	0.5	25.7	0.7	0.20	22.4	0.4	21.1	0.3	22.6	0.4	23.2	0.8	0.41		
Aarhus	26.8	0.8	24.7	0.8	26.5	0.7	24.3	1.2	0.42	22.5	0.7	22.9	0.6	23.9	0.6	26.4	1.4	0.07		
Sweden																				
Malmo	17.9	0.6	17.9	0.4	18.8	0.5	18.3	1.3	0.33	15.2	0.5	15.3	0.3	15.4	0.3	16.2	0.9	0.15		

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error. Mod = moderately.

Data are not reported if the number of subjects per stratum is less than 20. Umeå and Norway are not included as they did not have comparable physical activity data.

**Table 2o** Fully-adjusted total fibre mean intakes by centre and gender, according to cigarette smoking status

Country and Centre	MEN							WOMEN						
	Never		Former		Current		P <sub>trend</sub>	Never		Former		Current		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	27.4	0.5	26.2	0.5	26.1	0.5	0.28	20.6	0.3	19.2	0.8	17.3	0.5	0.05
Spain														
Granada	25.0	1.1	24.0	1.0	21.3	1.3	0.17	19.8	0.5	16.9	2.0	18.7	1.4	0.74
Murcia	28.9	1.1	31.0	1.1	25.1	1.0	0.56	24.3	0.5	25.4	1.6	20.3	1.1	0.46
Navarra	25.9	0.8	26.2	1.1	22.7	0.7	0.38	19.9	0.6	18.4	1.4	17.2	1.1	0.02
San Sebastian	27.3	0.8	27.5	0.9	23.9	0.7	0.36	22.0	0.6	22.6	1.3	20.1	1.3	0.47
Asturias	25.6	0.8	25.1	0.9	22.9	0.9	0.21	20.7	0.5	18.5	1.6	17.2	1.0	0.09
Italy														
Ragusa	25.7	1.4	24.9	1.1	25.6	1.6	0.89	21.3	1.0	18.2	1.5	16.4	1.1	0.11
Naples								19.4	0.5	19.7	0.9	17.7	0.7	0.43
Florence	26.2	1.1	26.2	0.8	28.5	1.2	0.31	21.6	0.4	21.1	0.6	19.4	0.5	0.17
Turin	27.0	0.7	25.7	0.6	24.6	0.7	0.04	21.3	0.5	20.9	0.8	19.5	0.9	0.20
Varese	22.2	0.9	23.6	0.8	20.5	1.1	0.64	19.8	0.3	19.1	0.7	17.6	0.7	0.14
France														
South coast								20.0	0.4	20.0	0.8	16.3	1.2	0.33
South								19.8	0.2	18.9	0.4	19.8	0.8	0.98
North-East								19.1	0.2	18.8	0.4	17.2	0.7	0.23
North-West								18.2	0.4	18.3	0.7	18.2	1.1	0.66
Germany														
Heidelberg	23.2	0.5	24.3	0.4	19.0	0.6	0.46	21.5	0.3	19.9	0.4	18.0	0.5	0.02
Potsdam	24.7	0.5	23.2	0.4	21.5	0.6	0.02	21.9	0.3	21.8	0.5	20.2	0.6	0.30
The Netherlands														
Bilthoven	27.3	0.6	25.2	0.5	22.2	0.5	0.06	21.2	0.4	21.6	0.4	18.5	0.4	0.41
Utrecht								22.0	0.3	21.1	0.3	18.8	0.4	0.16
United Kingdom														
General population	22.5	0.8	21.8	0.7	20.7	1.2	0.09	18.1	0.4	18.8	0.6	16.7	1.0	0.54
Health conscious	33.9	1.4	33.7	1.4			0.31	26.3	0.7	26.5	1.0			0.35
Denmark														
Copenhagen	26.4	0.5	25.6	0.4	22.9	0.5	0.20	22.6	0.3	23.0	0.4	19.9	0.4	0.41
Aarhus	26.2	0.8	27.9	0.7	23.3	0.7	0.57	25.4	0.5	22.5	0.6	20.5	0.7	0.06
Sweden														
Malmo	18.8	0.5	18.9	0.4	16.5	0.5	0.35	15.6	0.3	16.2	0.4	14.0	0.4	0.51
Umeå	21.0	0.4	20.8	0.5	18.5	0.6	0.29	17.9	0.2	17.6	0.5	16.4	0.5	0.22
Norway														
South & East								19.5	0.4	19.4	0.4	18.1	0.5	0.30
North & West								20.3	0.5	19.6	0.5	17.6	0.5	0.16

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.

**Table 2p** Fully-adjusted total fibre mean intakes by centre and gender, according to alcohol intake

Country and Centre	MEN										WOMEN									
	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>	None		0-10 g/d		>10-30 g/d		>30 g/d		P <sub>trend</sub>		
	M	SE	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	M	SE			
Greece	29.4	0.4	27.0	0.7	26.7	0.5	22.7	0.5	0.05	21.4	0.3	18.6	0.4	19.1	0.6	13.1	1.3	0.10		
Spain																				
Granada	25.5	1.5	25.0	1.3	24.5	1.1	19.5	1.3	0.14	20.9	0.6	19.1	0.7	16.9	1.8			0.01		
Murcia	32.4	1.4	29.3	1.4	26.3	1.1	25.9	1.0	0.04	26.2	0.7	24.3	0.7	20.7	0.9			0.01		
Navarra	29.4	1.0	28.9	1.1	25.3	0.9	19.9	0.7	0.05	20.6	0.6	19.1	0.9	16.0	1.4			0.04		
San Sebastian	31.1	1.1	28.4	1.1	26.8	0.9	22.3	0.6	0.02	24.4	0.8	22.6	0.8	17.4	1.2			0.02		
Asturias	27.2	1.0	28.0	1.2	25.2	1.0	20.8	0.8	0.12	21.2	0.6	19.7	0.8	17.8	1.1			0.00		
Italy																				
Ragusa	26.4	1.3	24.5	1.5	24.2	1.4	25.6	1.6	0.65	17.8	0.9	20.4	1.1	21.0	1.6			0.41		
Naples										19.9	0.6	18.3	0.7	18.4	0.7			0.87		
Florence	30.8	1.3	25.5	1.4	27.3	1.0	24.3	1.0	0.19	22.5	0.5	21.0	0.4	19.6	0.6	17.3	1.0	0.01		
Turin	28.8	1.0	27.2	1.0	26.5	0.7	24.1	0.5	0.02	22.7	0.7	21.7	0.7	20.0	0.7	17.4	1.1	0.02		
Varese	26.5	1.5	27.9	1.3	22.7	1.0	18.6	0.8	0.11	21.3	0.5	19.2	0.4	18.1	0.6	14.3	1.1	0.03		
France																				
South coast										21.6	0.5	18.8	0.6	20.0	0.6	14.4	0.9	0.14		
South										21.5	0.3	19.7	0.4	18.4	0.4	15.1	0.6	0.02		
North-East										20.8	0.3	19.4	0.3	17.5	0.3	14.8	0.5	0.01		
North-West										21.0	0.5	18.2	0.6	16.8	0.6	13.3	0.9	0.01		
Germany																				
Heidelberg	26.3	0.7	26.0	0.7	24.1	0.6	18.9	0.5	0.09	22.3	0.5	21.4	0.4	20.1	0.5	15.8	0.5	0.07		
Potsdam	25.5	0.6	26.3	0.6	23.6	0.5	19.2	0.5	0.12	23.5	0.4	21.8	0.4	21.3	0.5	16.9	0.7	0.07		
The Netherlands																				
Bilthoven	27.6	0.5	27.6	1.0	25.6	0.6	19.2	0.5	0.12	21.7	0.3	20.3	0.6	19.9	0.5	16.3	0.6	0.07		
Utrecht										22.6	0.3	21.2	0.5	20.1	0.4	16.7	0.5	0.04		
United Kingdom																				
General population	23.2	0.8	23.4	1.2	22.0	1.0	19.0	0.9	0.10	19.4	0.5	19.1	0.7	16.9	0.8	15.9	0.8	0.04		
Health conscious			27.0	2.4	31.4	2.1	29.3	1.9	0.42	27.8	0.8	27.2	1.2	24.0	1.1			0.03		
Denmark																				
Copenhagen	29.1	0.5	28.0	1.1	25.5	0.5	22.1	0.4	0.02	24.2	0.3	23.8	0.6	20.7	0.4	19.4	0.4	0.04		
Aarhus	29.8	0.7	29.2	2.0	26.4	0.8	22.0	0.6	0.05	25.7	0.5	22.5	1.0	23.7	0.7	18.3	0.7	0.13		
Sweden																				
Malmo	20.5	0.4	18.8	0.5	17.1	0.5	14.5	0.6	0.01	16.2	0.3	15.4	0.4	14.4	0.5	11.9	0.6	0.04		
Umeå	21.3	0.3	20.8	0.6	19.5	0.7	17.4	0.8	0.04	18.6	0.2	16.7	0.4	16.3	0.7	13.4	0.7	0.04		
Norway																				
South & East										20.4	0.3	19.7	0.7	16.1	0.7	14.4	0.7	0.03		
North & West										20.0	0.3	19.7	0.9	17.3	0.9	15.9	0.9	0.03		

M= Mean adjusted by age and total energy intake, and weighted by season and day of recall. SE = standard error. Data are not reported if the number of subjects per stratum is less than 20. 10 g/d of alcohol is equivalent to approximately one standard drink.

**Table 2q** Fully-adjusted total fibre mean intakes by centre and gender, according to highest level of education

Country and Centre	MEN							WOMEN						
	Primary		Secondary/Tech		University		P <sub>trend</sub>	Primary		Secondary/Tech		University		P <sub>trend</sub>
	M	SE	M	SE	M	SE		M	SE	M	SE	M	SE	
Greece	27.7	0.4	27.0	0.6	24.3	0.5	0.22	21.0	0.3	18.0	0.4	18.4	0.4	0.41
Spain														
Granada	23.3	0.9	25.7	1.7	23.1	1.3	0.97	19.4	0.5	20.6	1.6			0.56
Murcia	27.5	0.7	28.9	2.0	29.1	1.5	0.25	24.5	0.5	17.3	1.4	24.0	1.1	0.97
Navarra	24.7	0.6	24.0	1.0	24.0	1.7	0.30	19.3	0.5	19.1	1.6	18.1	1.7	0.21
San Sebastian	26.3	0.6	25.9	0.8	24.6	1.5	0.18	22.0	0.6	20.9	1.1			0.58
Asturias	25.4	0.6	23.0	1.0	23.9	1.3	0.57	20.2	0.5	19.1	1.3	18.1	1.5	0.01
Italy														
Ragusa	24.3	1.1	26.1	1.2	26.2	1.9	0.28	20.7	0.9	16.9	1.0	18.3	1.9	0.57
Naples								17.9	0.6	19.6	0.6	19.7	1.0	0.29
Florence	26.4	1.0	27.0	0.9	27.8	1.4	0.05	21.1	0.4	20.7	0.5	20.8	0.7	0.46
Turin	26.6	0.6	25.8	0.5	23.6	1.2	0.18	20.9	0.5	21.3	0.7	20.5	1.2	0.70
Varese	22.3	0.8	22.7	0.8			0.96	19.2	0.3	19.5	0.5	19.6	1.0	0.26
France														
South coast								18.5	0.9	20.6	0.4	18.9	0.5	0.89
South								18.0	0.6	19.6	0.3	20.4	0.3	0.13
North-East								18.4	0.5	18.8	0.3	19.4	0.3	0.09
North-West								18.2	0.8	18.1	0.4	18.8	0.6	0.42
Germany														
Heidelberg	21.7	0.5	23.1	0.5	23.5	0.6	0.21	19.2	0.5	20.3	0.3	22.0	0.5	0.09
Potsdam	23.6	0.6	22.9	0.5	23.3	0.4	0.72	20.9	0.5	22.1	0.3	21.6	0.5	0.57
The Netherlands														
Bilthoven	23.1	0.8	24.2	0.4	26.3	0.6	0.12	19.2	0.6	20.1	0.3	22.4	0.5	0.16
Utrecht								19.9	0.4	21.2	0.2	22.3	0.5	0.02
United Kingdom														
General population	20.3	1.3	21.5	0.7	23.5	1.0	0.09	17.2	0.8	18.5	0.5	18.5	0.8	0.30
Health conscious			34.5	1.8	31.8	1.3				27.7	0.9	24.5	0.8	
Denmark														
Copenhagen	24.0	0.5	25.3	0.4	25.3	0.5	0.32	21.4	0.4	22.1	0.3	22.9	0.6	0.03
Aarhus	25.9	0.7	25.5	0.6	26.3	0.8	0.63	22.5	0.6	23.5	0.4	24.8	1.1	0.04
Sweden														
Malmo	17.9	0.4	18.3	0.5	18.6	0.5	0.02	14.8	0.3	15.2	0.3	16.2	0.4	0.16
Umeå	19.5	0.4	20.8	0.4	21.8	0.6	0.04	16.7	0.4	17.6	0.3	18.6	0.4	0.03
Norway														
South & East								18.5	0.6	19.1	0.3	20.8	0.6	0.16
North & West								18.5	0.6	19.6	0.3	19.9	0.8	0.22

M= Mean adjusted by age, total energy intake, weight and height, and weighted by season and day of recall. SE = standard error.

Data are not reported if the number of subjects per stratum is less than 20.