**Appendices**

|  |  |
| --- | --- |
| **Table A1. Food Standards Australia New Zealand (FSANZ) AUSNUT 2007 Food Coding System(**[**1**](#_ENREF_1)**)** | |
|  |  |
| **Food Group** | **FSANZ Food Group Number and Name** |
| Infant & toddler formulaea | 321 Infant Formulae And Human Breast Milk |
| Breast milk | Separate categories were created for intakes of breast milk and infant/toddler formulae |
| Other infant & toddler productsa |  |
| infant & toddler cereal | 322 Infant Cereal Products |
| infant & toddler food | 323 Infant Foods |
| infant & toddler drinkb | 324 Infant Drinks |
| Cereals |  |
| flours, grains | 121 Flours And Other Cereal Grains And Starches |
| regular breads, rolls | 122 Regular Breads, And Bread Rolls (Plain/Unfilled/Untopped Varieties) |
| English muffins; flat, sweet, or savoury breads | 123 English-Style Muffins, Flat Breads, And Savoury and Sweet Breads |
| pasta | 124 Pasta And Pasta Products |
| breakfast cereals, bars | 125 Breakfast Cereals and Bars, Unfortified and Fortified Varieties |
| porridge breakfasts | 126 Breakfast Cereal, Hot Porridge Type |
| Other cereal products |  |
| sweet biscuits | 131 Sweet Biscuits |
| savoury biscuits | 132 Savoury Biscuits |
| cakes, buns, muffins | 133 Cakes, Buns, Muffins, Scones, Cake-Type Desserts |
| pastries | 134 Pastries |
| mixed cereal-based dishes | 135 Mixed Dishes Where Cereal Is The Major Ingredient |
| batter-based products | 136 Batter-Based Products |
| Meat, meat products and dishes |  |
| animal tissue | 151 Fin Fish (Excluding Commercially Sterile) |
|  | 152 Crustacea And Molluscs (Excluding Commercially Sterile) |
|  | 153 Other Sea And Freshwater Foods |
|  | 154 Packed (Commercially Sterile) Fish And Seafood |
|  | 181 Muscle Meat |
|  | 182 Game And Other Carcase Meats |
|  | 183 Poultry And Feathered Game |
|  | 184 Organ Meats And Offal, Products And Dishes |
| processed meat | 155 Fish And Seafood Products (Homemade and Takeaway) |
|  | 185 Sausages, Frankfurts And Saveloys |
|  | 186 Processed Meat |
| meat dishes | 156 Mixed Dishes With Fish Or Seafood As The Major Component |
|  | 187 Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component |
|  | 188 Mixed Dishes Where Pork, Bacon, Ham Is The Major Component |
|  | 189 Mixed Dishes Where Poultry Or Game Is The Major Component |
| Dairy |  |
| cow's milk | 191 Dairy Milk (cow, sheep and goat) |
| yoghurt | 192 Yoghurt |
| cream | 193 Cream |
| cheese | 194 Cheese |
| frozen milk products | 195 Frozen Milk Products |
| custards | 196 Custards |
| other milk products | 197 Other Dishes Where Milk Or A Milk Product Is The Major Component |
| flavoured milks | 198 Flavoured Milks |
| Fruits | 161 Pome Fruit |
|  | 162 Berry Fruit |
|  | 163 Citrus Fruit |
|  | 164 Stone Fruit |
|  | 165 Tropical Fruit |
|  | 166 Other Fruit |
|  | 167 Mixtures Of Two Or More Groups Of Fruit |
|  | 168 Dried Fruit, Preserved Fruit |
|  | 169 Mixed Dishes Where Fruit Is The Major Component |
| Vegetables | 241 Potatoes |
|  | 242 Cabbage, Cauliflower And Similar Brassica Vegetables |
|  | 243 Carrot And Similar Root Vegetables |
|  | 244 Leaf And Stalk Vegetables |
|  | 245 Peas And Beans |
|  | 246 Tomato And Tomato Products |
|  | 247 Other Fruiting Vegetables |
|  | 248 Other Vegetables And Vegetable Combinations |
|  | 249 Dishes Where Vegetable Is The Major Component |
| Legumes | 251 Mature Legumes And Pulses |
|  | 252 Mature Legume And Pulse Products And Dishes |
| Other |  |
| eggs | 171 Eggs |
|  | 172 Dishes Where Egg Is The Major Ingredient |
| nuts & seeds | 221 Seeds And Seed Products |
|  | 222 Nuts And Nut Products |
| fruits & vegetable juices | 113 Fruit And Vegetable Juices, And Drinks |
| water & mineral waters | 117 Mineral Waters And Water |
| non-core extras/miscellaneous items | 111 Tea |
|  | 112 Coffee And Coffee Substitutes |
|  | 115 Soft Drinks, And Flavoured Mineral Waters |
|  | 114 Cordials |
|  | 118 Other Beverage Flavourings and Prepared Beverages |
|  | 141 Butters |
|  | 142 Dairy Blends |
|  | 143 Margarine and Table Spreads |
|  | 144 Vegetable/Nut Oil |
|  | 146 Unspecified Fats |
|  | 201 Dairy Milk Substitutes, Unflavoured |
|  | 203 Cheese Substitute |
|  | 204 Soy-Based Ice Confection |
|  | 205 Soy-Based Yoghurts |
|  | 211 Soup (Prepared, Ready to Eat) |
|  | 212 Dry Soup Mix |
|  | 213 Canned Condensed Soup (Unprepared) |
|  | 231 Gravies And Savoury Sauces |
|  | 232 Pickles, Chutneys And Relishes |
|  | 233 Salad Dressings |
|  | 234 Stuffings |
|  | 261 Potato Snacks |
|  | 262 Corn Snacks |
|  | 263 Extruded Or Reformed Snacks |
|  | 264 Pretzels |
|  | 265 Other Snacks |
|  | 271 Sugar, Honey and Syrups |
|  | 272 Jam and Lemon Spreads, Chocolate Spreads, Sauces |
|  | 273 Dishes & products other than confectionery where sugar is the major component |
|  | 281 Chocolate and Chocolate-Based Confectionery |
|  | 282 Cereal-, Fruit-, Nut- And Seed-Bars |
|  | 283 Other Confectionery |
|  | 301 Formula Dietary Foods |
|  | 311 Yeast, Yeast, Vegetable And Meat Extracts |
|  | 313 Herbs, Spices, Seasonings And Stock Cubes |
|  |  |
| a Iron-fortified products. |  |
| b Fruit juices marketed towards infants and toddlers. | |
|  | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Table A2. Contribution of iron from food groups in the diets of 9 month old children by breastfeeding status** | | | | | | | |
|  | **Infants (n=461)** | | | | | | |
|  | **Currently breastfeeding (n=211)** | | |  | **Currently not breastfeeding (n=250)** | | |
| **Food group** | **Mean (mg/d)** | **SD** | **%** |  | **Mean (mg/d)** | **SD** | **%** |
|  |  |  |  |  |  |  |  |
| Infant & toddler formulaea | 1.0 | 1.9 | 15.8 |  | 6.2 | 2.1 | 55.3 |
| Breast milk | 0.1 | 0.0 | 1.6 |  | 0.0 | 0.0 | 0.0 |
| Other infant & toddler productsa | 2.7 | 3.2 | 42.6 |  | 2.2 | 2.9 | 19.6 |
| infant & toddler cereal | 2.4 | 3.1 | 37.9 |  | 1.9 | 2.8 | 16.9 |
| infant & toddler food | 0.3 | 0.4 | 4.7 |  | 0.3 | 0.4 | 2.7 |
| infant & toddler drinkb | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Cereals | 1.0 | 1.0 | 15.9 |  | 1.3 | 1.2 | 11.5 |
| flours, grains | 0.1 | 0.2 | 1.2 |  | 0.0 | 0.1 | 0.3 |
| regular breads, rolls | 0.2 | 0.3 | 3.6 |  | 0.2 | 0.3 | 2.1 |
| English muffins; flat, sweet, or savoury breads | 0.0 | 0.1 | 0.3 |  | 0.0 | 0.1 | 0.1 |
| pasta | 0.1 | 0.1 | 0.9 |  | 0.0 | 0.1 | 0.4 |
| breakfast cereals, barsc | 0.6 | 0.9 | 9.6 |  | 0.9 | 1.1 | 8.4 |
| porridge breakfasts | 0.0 | 0.1 | 0.2 |  | 0.0 | 0.1 | 0.1 |
| Other cereal products | 0.1 | 0.2 | 1.4 |  | 0.1 | 0.2 | 0.7 |
| sweet biscuits | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.1 |
| savoury biscuits | 0.0 | 0.1 | 0.4 |  | 0.0 | 0.0 | 0.1 |
| cakes, buns, muffins | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| pastries | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| mixed cereal-based dishes | 0.0 | 0.1 | 0.6 |  | 0.0 | 0.2 | 0.4 |
| batter-based products | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| Meat, meat products and dishes | 0.4 | 0.5 | 6.7 |  | 0.5 | 0.7 | 4.6 |
| meatd | 0.2 | 0.3 | 2.9 |  | 0.2 | 0.4 | 1.9 |
| processed meate | 0.0 | 0.1 | 0.3 |  | 0.0 | 0.0 | 0.1 |
| meat dishesf | 0.2 | 0.4 | 3.5 |  | 0.3 | 0.6 | 2.5 |
| Dairy | 0.1 | 0.1 | 0.9 |  | 0.1 | 0.1 | 0.7 |
| cow's milk | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.1 | 0.1 |
| yoghurt | 0.0 | 0.0 | 0.7 |  | 0.1 | 0.1 | 0.5 |
| cream | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| cheese | 0.0 | 0.0 | 0.2 |  | 0.0 | 0.0 | 0.1 |
| frozen milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| custards | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| other milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| flavoured milks | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Fruits | 0.3 | 0.2 | 4.5 |  | 0.2 | 0.2 | 1.9 |
| Vegetables | 0.5 | 0.4 | 7.7 |  | 0.4 | 0.5 | 3.9 |
| Legumes | 0.1 | 0.2 | 1.3 |  | 0.1 | 0.2 | 0.5 |
| Other | 0.1 | 0.2 | 1.7 |  | 0.2 | 0.3 | 1.4 |
| eggs | 0.0 | 0.1 | 0.4 |  | 0.0 | 0.1 | 0.3 |
| nuts & seeds | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| fruits & vegetable juices | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| water & mineral waters | 0.0 | 0.2 | 0.2 |  | 0.0 | 0.0 | 0.1 |
| non-core extras/miscellaneous itemsg | 0.1 | 0.2 | 1.1 |  | 0.1 | 0.3 | 1.0 |
| a Iron-fortified products. |  |  |  |  |  |  |  |
| b Fruit juices marketed towards infants and toddlers. | |  |  |  |  |  |  |
| c Includes unfortified and fortified varieties. |  |  |  |  |  |  |  |
| d Flesh from all meats, poultry, game, finfish, crustacea, molluscs and organs. | | | |  |  |  |  |
| e Includes sausages, ham, bacon, canned meat and seafood products. | | | |  |  |  |  |
| f Dishes where meat is the predominant ingredient. | |  |  |  |  |  |  |
| g Tea, cordial, other beverage flavourings and prepared beverages, spreads, herbs, spices, snacks, confectionary. | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Table A3. Contribution of iron from food groups in the diets of 20 month old children by breastfeeding status** | | | | | | | |
|  | **Toddlers (n=400)** | | | | | | |
|  | **Currently breastfeeding (n=34)** | | |  | **Currently not breastfeeding (n=366)** | | |
| **Food group** | **Mean (mg/d)** | **SD** | **%** |  | **Mean (mg/d)** | **SD** | **%** |
|  |  |  |  |  |  |  |  |
| Infant & toddler formulaea | 0.0 | 0.0 | 0.0 |  | 0.6 | 1.7 | 8.9 |
| Breast milk | 0.1 | 0.1 | 1.0 |  | 0.0 | 0.0 | 0.0 |
| Other infant & toddler productsa | 0.2 | 0.4 | 3.1 |  | 0.2 | 0.6 | 3.8 |
| infant & toddler cereal | 0.1 | 0.3 | 1.2 |  | 0.1 | 0.6 | 2.1 |
| infant & toddler food | 0.1 | 0.3 | 1.9 |  | 0.1 | 0.3 | 1.6 |
| infant & toddler drinkb | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Cereals | 2.6 | 1.6 | 43.3 |  | 2.9 | 1.6 | 44.3 |
| flours, grains | 0.1 | 0.3 | 1.5 |  | 0.1 | 0.5 | 1.5 |
| regular breads, rolls | 0.6 | 0.5 | 10.9 |  | 0.6 | 0.4 | 9.0 |
| English muffins; flat, sweet, or savoury breads | 0.1 | 0.2 | 2.1 |  | 0.1 | 0.2 | 1.8 |
| pasta | 0.1 | 0.2 | 2.4 |  | 0.1 | 0.2 | 1.6 |
| breakfast cereals, barsc | 1.4 | 1.5 | 24.1 |  | 1.9 | 1.6 | 29.2 |
| porridge breakfasts | 0.1 | 0.4 | 2.3 |  | 0.1 | 0.2 | 1.1 |
| Other cereal products | 0.46 | 0.5 | 7.8\* |  | 0.3 | 0.3 | 4.7\* |
| sweet biscuits | 0.04 | 0.1 | 0.6 |  | 0.1 | 0.1 | 0.9 |
| savoury biscuits | 0.06 | 0.1 | 1.1 |  | 0.1 | 0.1 | 0.8 |
| cakes, buns, muffins | 0.10 | 0.3 | 1.7 |  | 0.0 | 0.1 | 0.6 |
| pastries | 0.06 | 0.1 | 1.0 |  | 0.0 | 0.1 | 0.5 |
| mixed cereal-based dishes | 0.20 | 0.3 | 3.4 |  | 0.1 | 0.3 | 1.9 |
| batter-based products | 0.09 | 0.2 | 1.5 |  | 0.0 | 0.1 | 0.5 |
| Meat, meat products and dishes | 0.6 | 0.6 | 10.5 |  | 0.7 | 0.6 | 9.9 |
| meatd | 0.3 | 0.3 | 4.5 |  | 0.2 | 0.3 | 3.3 |
| processed meate | 0.1 | 0.1 | 1.2 |  | 0.1 | 0.2 | 1.6 |
| meat dishesf | 0.3 | 0.5 | 4.8 |  | 0.3 | 0.5 | 5.1 |
| Dairy | 0.2 | 0.2 | 2.8 |  | 0.3 | 0.7 | 4.2 |
| cow's milk | 0.1 | 0.2 | 0.9 |  | 0.2 | 0.6 | 2.6 |
| yoghurt | 0.1 | 0.1 | 1.1 |  | 0.1 | 0.1 | 1.1 |
| cream | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| cheese | 0.0 | 0.0 | 0.5 |  | 0.0 | 0.0 | 0.4 |
| frozen milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| custards | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| other milk products | 0.0 | 0.1 | 0.2 |  | 0.0 | 0.0 | 0.0 |
| flavoured milks | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Fruits | 0.7 | 0.4 | 12.4 |  | 0.6 | 0.3 | 8.3 |
| Vegetables | 0.5 | 0.3 | 9.1 |  | 0.4 | 0.4 | 6.0 |
| Legumes | 0.1 | 0.5 | 2.1 |  | 0.1 | 0.4 | 2.1 |
| Other | 0.5 | 0.4 | 8.0 |  | 0.5 | 0.6 | 7.8 |
| eggs | 0.1 | 0.2 | 2.4 |  | 0.1 | 0.2 | 1.4 |
| nuts & seeds | 0.0 | 0.0 | 0.2 |  | 0.0 | 0.1 | 0.3 |
| fruits & vegetable juices | 0.0 | 0.0 | 0.2 |  | 0.0 | 0.0 | 0.1 |
| water & mineral waters | 0.0 | 0.0 | 0.7 |  | 0.0 | 0.0 | 0.6 |
| non-core extras/miscellaneous itemsg | 0.3 | 0.4 | 4.6 |  | 0.4 | 0.6 | 5.4 |
| a Iron-fortified products. |  |  |  |  |  |  |  |
| b Fruit juices marketed towards infants and toddlers. | |  |  |  |  |  |  |
| c Includes unfortified and fortified varieties. |  |  |  |  |  |  |  |
| d Flesh from all meats, poultry, game, finfish, crustacea, molluscs and organs. | | | |  |  |  |  |
| e Includes sausages, ham, bacon, canned meat and seafood products. | | | |  |  |  |  |
| f Dishes where meat is the predominant ingredient. | |  |  |  |  |  |  |
| g Tea, cordial, other beverage flavourings and prepared beverages, spreads, herbs, spices, snacks, confectionary. | | | | | | | |
| \* Subcategories and categories do not appear to tally due to rounding. | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Table A4. Contribution of iron from food groups in the diets of 9 month old children by age of introduction to solid foods** | | | | | | | |
|  | **Infants (n=458)** | | | | | | |
|  | **Introduced to solid foods before  6 months (n=319)** | | |  | **Introduced to solid foods at or after 6 months (n=139)** | | |
| **Food group** | **Mean (mg/d)** | **SD** | **%** |  | **Mean (mg/d)** | **SD** | **%** |
|  |  |  |  |  |  |  |  |
| Infant & toddler formulaea | 3.8 | 3.2 | 41.7 |  | 3.8 | 3.4 | 43.6 |
| Breast milk | 0.0 | 0.1 | 0.5 |  | 0.1 | 0.1 | 0.6 |
| Other infant & toddler productsa | 2.4 | 3.1 | 26.3 |  | 2.6 | 3.1 | 29.5 |
| infant & toddler cereal | 2.1 | 3.0 | 22.8 |  | 2.3 | 3.0 | 26.6 |
| infant & toddler food | 0.3 | 0.4 | 3.3 |  | 0.2 | 0.4 | 2.8 |
| infant & toddler drinkb | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Cereals | 1.3 | 1.2 | 14.0 |  | 0.9 | 1.0 | 10.2 |
| flours, grains | 0.1 | 0.2 | 0.5 |  | 0.1 | 0.2 | 0.6 |
| regular breads, rolls | 0.3 | 0.3 | 2.8 |  | 0.2 | 0.2 | 2.0 |
| English muffins; flat, sweet, or savoury breads | 0.0 | 0.1 | 0.1 |  | 0.0 | 0.1 | 0.3 |
| pasta | 0.1 | 0.1 | 0.6 |  | 0.0 | 0.1 | 0.5 |
| breakfast cereals, barsc | 0.9 | 1.1 | 9.7 |  | 0.6 | 0.9 | 6.5 |
| porridge breakfasts | 0.0 | 0.1 | 0.2 |  | 0.0 | 0.1 | 0.2 |
| Other cereal products | 0.1 | 0.2 | 0.9 |  | 0.1 | 0.1 | 0.8 |
| sweet biscuits | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.1 |
| savoury biscuits | 0.0 | 0.1 | 0.2 |  | 0.0 | 0.0 | 0.2 |
| cakes, buns, muffins | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| pastries | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| mixed cereal-based dishes | 0.0 | 0.1 | 0.4 |  | 0.0 | 0.1 | 0.4 |
| batter-based products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.1 |
| Meat, meat products and dishes | 0.5 | 0.5 | 5.2 |  | 0.5 | 0.7 | 5.5 |
| meatd | 0.2 | 0.3 | 2.4 |  | 0.2 | 0.3 | 1.9 |
| processed meate | 0.0 | 0.1 | 0.2 |  | 0.0 | 0.1 | 0.1 |
| meat dishesf | 0.2 | 0.5 | 2.6 |  | 0.3 | 0.6 | 3.3 |
| Dairy | 0.1 | 0.1 | 0.9 |  | 0.1 | 0.0 | 0.6 |
| cow's milk | 0.0 | 0.1 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| yoghurt | 0.1 | 0.1 | 0.6 |  | 0.0 | 0.0 | 0.5 |
| cream | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| cheese | 0.0 | 0.0 | 0.2 |  | 0.0 | 0.0 | 0.0 |
| frozen milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| custards | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| other milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| flavoured milks | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Fruits | 0.3 | 0.2 | 2.8 |  | 0.2 | 0.2 | 2.5 |
| Vegetables | 0.5 | 0.5 | 5.4 |  | 0.4 | 0.4 | 4.6 |
| Legumes | 0.1 | 0.2 | 0.7 |  | 0.1 | 0.2 | 0.9 |
| Other | 0.2 | 0.3 | 1.7 |  | 0.1 | 0.2 | 1.3 |
| eggs | 0.0 | 0.1 | 0.3 |  | 0.0 | 0.1 | 0.3 |
| nuts & seeds | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| fruits & vegetable juices | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.1 |
| water & mineral waters | 0.0 | 0.0 | 0.2 |  | 0.0 | 0.0 | 0.1 |
| non-core extras/miscellaneous itemsg | 0.1 | 0.2 | 1.2 |  | 0.1 | 0.2 | 0.7 |
| a Iron-fortified products. |  |  |  |  |  |  |  |
| b Fruit juices marketed towards infants and toddlers. | |  |  |  |  |  |  |
| c Includes unfortified and fortified varieties. |  |  |  |  |  |  |  |
| d Flesh from all meats, poultry, game, finfish, crustacea, molluscs and organs. | | | |  |  |  |  |
| e Includes sausages, ham, bacon, canned meat and seafood products. | | | |  |  |  |  |
| f Dishes where meat is the predominant ingredient. | |  |  |  |  |  |  |
| g Tea, cordial, other beverage flavourings and prepared beverages, spreads, herbs, spices, snacks, confectionary. | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Table A5. Contribution of iron from food groups in the diets of 20 month old children by age of introduction to solid foods** | | | | | | | |
|  | **Toddlers (n=403)** | | | | | | |
|  | **Introduced to solid foods before  6 months (n=282)** | | |  | **Introduced to solid foods at or after 6 months (n=121)** | | |
| **Food group** | **Mean (mg/d)** | **SD** | **%** |  | **Mean (mg/d)** | **SD** | **%** |
|  |  |  |  |  |  |  |  |
| Infant & toddler formulaea | 0.5 | 1.7 | 8.1 |  | 0.5 | 1.6 | 8.9 |
| Breast milk | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.1 |
| Other infant & toddler productsa | 0.2 | 0.5 | 3.1 |  | 0.3 | 0.8 | 4.6 |
| infant & toddler cereal | 0.1 | 0.4 | 1.5 |  | 0.2 | 0.7 | 3.2 |
| infant & toddler food | 0.1 | 0.3 | 1.6 |  | 0.1 | 0.3 | 1.4 |
| infant & toddler drinkb | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Cereals | 3.0 | 1.5 | 44.1 |  | 2.7 | 1.6 | 43.4 |
| flours, grains | 0.1 | 0.3 | 1.2 |  | 0.1 | 0.7 | 2.1 |
| regular breads, rolls | 0.6 | 0.4 | 9.1 |  | 0.6 | 0.4 | 9.4 |
| English muffins; flat, sweet, or savoury breads | 0.1 | 0.2 | 1.7 |  | 0.1 | 0.2 | 2.3 |
| pasta | 0.1 | 0.2 | 1.5 |  | 0.1 | 0.2 | 1.9 |
| breakfast cereals, barsc | 2.0 | 1.6 | 29.5 |  | 1.6 | 1.5 | 26.7 |
| porridge breakfasts | 0.1 | 0.2 | 1.1 |  | 0.1 | 0.2 | 1.0 |
| Other cereal products | 0.4 | 0.4 | 5.2\* |  | 0.3 | 0.3 | 4.4\* |
| sweet biscuits | 0.1 | 0.1 | 0.9 |  | 0.0 | 0.1 | 0.7 |
| savoury biscuits | 0.1 | 0.1 | 0.8 |  | 0.1 | 0.1 | 0.8 |
| cakes, buns, muffins | 0.1 | 0.0 | 0.8 |  | 0.0 | 0.1 | 0.6 |
| pastries | 0.0 | 0.1 | 0.6 |  | 0.0 | 0.1 | 0.5 |
| mixed cereal-based dishes | 0.1 | 0.3 | 2.1 |  | 0.1 | 0.2 | 1.8 |
| batter-based products | 0.0 | 0.1 | 0.5 |  | 0.0 | 0.1 | 0.8 |
| Meat, meat products and dishes | 0.7 | 0.7 | 10.5 |  | 0.6 | 0.5 | 9.3 |
| meatd | 0.2 | 0.3 | 3.4 |  | 0.2 | 0.3 | 3.1 |
| processed meate | 0.1 | 0.2 | 1.6 |  | 0.1 | 0.2 | 1.4 |
| meat dishesf | 0.4 | 0.6 | 5.6 |  | 0.3 | 0.4 | 4.7 |
| Dairy | 0.3 | 0.7 | 4.3 |  | 0.2 | 0.5 | 3.8 |
| cow's milk | 0.2 | 0.7 | 2.6 |  | 0.1 | 0.5 | 2.1 |
| yoghurt | 0.1 | 0.1 | 1.1 |  | 0.1 | 0.1 | 1.2 |
| cream | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| cheese | 0.0 | 0.0 | 0.4 |  | 0.0 | 0.0 | 0.4 |
| frozen milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.1 |
| custards | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| other milk products | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| flavoured milks | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Fruits | 0.6 | 0.4 | 8.5 |  | 0.6 | 0.4 | 9.1 |
| Vegetables | 0.4 | 0.4 | 6.4 |  | 0.4 | 0.4 | 6.2 |
| Legumes | 0.1 | 0.4 | 2.0 |  | 0.1 | 0.4 | 2.3 |
| Other | 0.5 | 0.6 | 7.7 |  | 0.5 | 0.6 | 7.9 |
| eggs | 0.1 | 0.2 | 1.5 |  | 0.1 | 0.2 | 1.5 |
| nuts & seeds | 0.0 | 0.1 | 0.4 |  | 0.0 | 0.1 | 0.2 |
| fruits & vegetable juices | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.1 |
| water & mineral waters | 0.0 | 0.0 | 0.6 |  | 0.0 | 0.0 | 0.5 |
| non-core extras/miscellaneous itemsg | 0.3 | 0.6 | 5.1 |  | 0.3 | 0.6 | 5.6 |
| a Iron-fortified products. |  |  |  |  |  |  |  |
| b Fruit juices marketed towards infants and toddlers. | |  |  |  |  |  |  |
| c Includes unfortified and fortified varieties. |  |  |  |  |  |  |  |
| d Flesh from all meats, poultry, game, finfish, crustacea, molluscs and organs. | | | |  |  |  |  |
| e Includes sausages, ham, bacon, canned meat and seafood products. | | | |  |  |  |  |
| f Dishes where meat is the predominant ingredient. | |  |  |  |  |  |  |
| g Tea, cordial, other beverage flavourings and prepared beverages, spreads, herbs, spices, snacks, confectionary. | | | | | | | |
| \* Subcategories and categories do not appear to tally due to rounding. | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Table A6. Contribution of iron from food groups in the diets of 9 month old children by sex** | | | | | | | |
|  | **Infants (n=485)** | | | | | | |
|  | **Female (n=229)** | | |  | **Male (n=256)** | | |
| **Food group** | **Mean (mg/d)** | **SD** | **%** |  | **Mean (mg/d)** | **SD** | **%** |
|  |  |  |  |  |  |  |  |
| Infant & toddler formulaea | 3.7 | 3.1 | 43.6 |  | 4.0 | 3.4 | 41.9 |
| Breast milk | 0.0 | 0.1 | 0.5 |  | 0.0 | 0.1 | 0.5 |
| Other infant & toddler productsa | 2.3 | 2.7 | 26.6 |  | 2.6 | 3.3 | 27.5 |
| infant & toddler cereal | 2.0 | 2.7 | 23.6 |  | 2.3 | 3.2 | 24.1 |
| infant & toddler food | 0.3 | 0.4 | 3.0 |  | 0.3 | 0.5 | 3.4 |
| infant & toddler drinkb | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Cereals | 1.0 | 1.0 | 12.0 |  | 1.3 | 1.2 | 13.5 |
| flours, grains | 0.1 | 0.1 | 0.6 |  | 0.1 | 0.2 | 0.6 |
| regular breads, rolls | 0.2 | 0.3 | 2.3 |  | 0.3 | 0.3 | 2.7 |
| English muffins; flat, sweet, or savoury breads | 0.0 | 0.1 | 0.2 |  | 0.0 | 0.1 | 0.2 |
| pasta | 0.0 | 0.1 | 0.5 |  | 0.1 | 0.1 | 0.6 |
| breakfast cereals, barsc | 0.7 | 0.9 | 8.3 |  | 0.9 | 1.1 | 9.2 |
| porridge breakfasts | 0.0 | 0.1 | 0.2 |  | 0.0 | 0.1 | 0.2 |
| Other cereal products | 0.1 | 0.2 | 0.9\* |  | 0.1 | 0.2 | 0.8 |
| sweet biscuits | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.1 |
| savoury biscuits | 0.0 | 0.1 | 0.3 |  | 0.0 | 0.0 | 0.1 |
| cakes, buns, muffins | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.1 | 0.1 |
| pastries | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| mixed cereal-based dishes | 0.0 | 0.0 | 0.4 |  | 0.0 | 0.2 | 0.4 |
| batter-based products | 0.0 | 0.1 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| Meat, meat products and dishes | 0.4 | 0.6 | 5.2 |  | 0.5 | 0.6 | 5.2 |
| meatd | 0.2 | 0.3 | 2.2 |  | 0.2 | 0.3 | 2.1 |
| processed meate | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.1 | 0.2 |
| meat dishesf | 0.2 | 0.5 | 2.8 |  | 0.3 | 0.5 | 2.8 |
| Dairy | 0.1 | 0.1 | 0.8 |  | 0.1 | 0.1 | 0.8 |
| cow's milk | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.1 | 0.1 |
| yoghurt | 0.0 | 0.1 | 0.6 |  | 0.0 | 0.1 | 0.5 |
| cream | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| cheese | 0.0 | 0.0 | 0.2 |  | 0.0 | 0.0 | 0.1 |
| frozen milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| custards | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| other milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.1 | 0.0 |
| flavoured milks | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Fruits | 0.2 | 0.2 | 2.6 |  | 0.3 | 0.2 | 2.7 |
| Vegetables | 0.4 | 0.4 | 5.2 |  | 0.5 | 0.5 | 5.0 |
| Legumes | 0.1 | 0.2 | 0.8 |  | 0.1 | 0.2 | 0.7 |
| Other | 0.1 | 0.3 | 1.7 |  | 0.1 | 0.2 | 1.5 |
| eggs | 0.0 | 0.1 | 0.3 |  | 0.0 | 0.1 | 0.4 |
| nuts & seeds | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| fruits & vegetable juices | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.1 |
| water & mineral waters | 0.0 | 0.0 | 0.2 |  | 0.0 | 0.0 | 0.1 |
| non-core extras/miscellaneous itemsg | 0.1 | 0.3 | 1.2 |  | 0.1 | 0.2 | 0.9 |
| a Iron-fortified products. |  |  |  |  |  |  |  |
| b Fruit juices marketed towards infants and toddlers. | |  |  |  |  |  |  |
| c Includes unfortified and fortified varieties. |  |  |  |  |  |  |  |
| d Flesh from all meats, poultry, game, finfish, crustacea, molluscs and organs. | | | |  |  |  |  |
| e Includes sausages, ham, bacon, canned meat and seafood products. | | | |  |  |  |  |
| f Dishes where meat is the predominant ingredient. | |  |  |  |  |  |  |
| g Tea, cordial, other beverage flavourings and prepared beverages, spreads, herbs, spices, snacks, confectionary. | | | | | | | |
| \* Subcategories and categories do not appear to tally due to rounding. | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Table A7. Contribution of iron from food groups in the diets of 20 month old children by sex** | | | | | | | |
|  | **Toddlers (n=423)** | | | | | | |
|  | **Female (n=191)** | | |  | **Male (n=232)** | | |
| **Food group** | **Mean (mg/d)** | **SD** | **%** |  | **Mean (mg/d)** | **SD** | **%** |
|  |  |  |  |  |  |  |  |
| Infant & toddler formulaea | 0.6 | 1.7 | 10.0 |  | 0.5 | 1.6 | 7.5 |
| Breast milk | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Other infant & toddler productsa | 0.2 | 0.6 | 3.4 |  | 0.3 | 0.7 | 4.0 |
| infant & toddler cereal | 0.1 | 0.5 | 1.9 |  | 0.2 | 0.6 | 2.4 |
| infant & toddler food | 0.1 | 0.3 | 1.6 |  | 0.1 | 0.3 | 1.5 |
| infant & toddler drinkb | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Cereals | 2.7 | 1.5 | 42.9 |  | 3.0 | 1.7 | 44.1 |
| flours, grains | 0.1 | 0.3 | 1.3 |  | 0.1 | 0.6 | 1.6 |
| regular breads, rolls | 0.6 | 0.4 | 9.1 |  | 0.6 | 0.4 | 9.2 |
| English muffins; flat, sweet, or savoury breads | 0.1 | 0.2 | 2.1 |  | 0.1 | 0.2 | 1.7 |
| pasta | 0.1 | 0.2 | 1.7 |  | 0.1 | 0.2 | 1.6 |
| breakfast cereals, barsc | 1.8 | 1.4 | 27.7 |  | 1.9 | 1.6 | 28.7 |
| porridge breakfasts | 0.1 | 0.2 | 1.0 |  | 0.1 | 0.3 | 1.3 |
| Other cereal products | 0.3 | 0.3 | 4.9\* |  | 0.3 | 0.4 | 5.0\* |
| sweet biscuits | 0.0 | 0.1 | 0.7 |  | 0.1 | 0.1 | 0.9 |
| savoury biscuits | 0.0 | 0.1 | 0.8 |  | 0.1 | 0.1 | 0.8 |
| cakes, buns, muffins | 0.0 | 0.1 | 0.6 |  | 0.1 | 0.1 | 0.8 |
| pastries | 0.0 | 0.1 | 0.4 |  | 0.0 | 0.2 | 0.7 |
| mixed cereal-based dishes | 0.2 | 0.3 | 2.4 |  | 0.1 | 0.2 | 1.7 |
| batter-based products | 0.0 | 0.1 | 0.8 |  | 0.0 | 0.1 | 0.5 |
| Meat, meat products and dishes | 0.6 | 0.5 | 9.2 |  | 0.7 | 0.7 | 11.0 |
| meatd | 0.2 | 0.3 | 3.3 |  | 0.2 | 0.3 | 3.5 |
| processed meate | 0.1 | 0.2 | 1.6 |  | 0.1 | 0.2 | 1.5 |
| meat dishesf | 0.3 | 0.4 | 4.3 |  | 0.4 | 0.6 | 6.0 |
| Dairy | 0.3 | 0.6 | 3.9 |  | 0.3 | 0.7 | 4.2 |
| cow's milk | 0.1 | 0.6 | 2.3 |  | 0.2 | 0.7 | 2.5 |
| yoghurt | 0.1 | 0.1 | 1.0 |  | 0.1 | 0.1 | 1.2 |
| cream | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| cheese | 0.0 | 0.0 | 0.5 |  | 0.0 | 0.0 | 0.3 |
| frozen milk products | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.0 | 0.0 |
| custards | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| other milk products | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| flavoured milks | 0.0 | 0.0 | 0.0 |  | 0.0 | 0.0 | 0.0 |
| Fruits | 0.6 | 0.4 | 8.7 |  | 0.6 | 0.4 | 8.5 |
| Vegetables | 0.4 | 0.4 | 6.8 |  | 0.4 | 0.4 | 6.2 |
| Legumes | 0.2 | 0.5 | 2.4 |  | 0.1 | 0.3 | 2.0 |
| Other | 0.5 | 0.6 | 7.9 |  | 0.5 | 0.6 | 7.6 |
| eggs | 0.1 | 0.2 | 1.6 |  | 0.1 | 0.2 | 1.3 |
| nuts & seeds | 0.0 | 0.1 | 0.3 |  | 0.0 | 0.1 | 0.3 |
| fruits & vegetable juices | 0.0 | 0.0 | 0.1 |  | 0.0 | 0.1 | 0.2 |
| water & mineral waters | 0.0 | 0.0 | 0.6 |  | 0.0 | 0.0 | 0.6 |
| non-core extras/miscellaneous itemsg | 0.3 | 0.6 | 5.4 |  | 0.3 | 0.5 | 5.1 |
| a Iron-fortified products. |  |  |  |  |  |  |  |
| b Fruit juices marketed towards infants and toddlers. | |  |  |  |  |  |  |
| c Includes unfortified and fortified varieties. |  |  |  |  |  |  |  |
| d Flesh from all meats, poultry, game, finfish, crustacea, molluscs and organs. | | | |  |  |  |  |
| e Includes sausages, ham, bacon, canned meat and seafood products. | | | |  |  |  |  |
| f Dishes where meat is the predominant ingredient. | |  |  |  |  |  |  |
| g Tea, cordial, other beverage flavourings and prepared beverages, spreads, herbs, spices, snacks, confectionary. | | | | | | | |
| \* Subcategories and categories do not appear to tally due to rounding. | | | | | | | |

**References**

1. Food Standards Australia New Zealand (2008) AUSNUT 2007- Australian Food, Supplement and Nutrient Database for Estimation of Population Nutrient Intakes. Canberra: FSANZ.