Supplementary material

**Trends in food consumption and nutrient intake in Germany between 2006 and 2012 –**

**Results of the German National Nutrition Monitoring (NEMONIT)**

Gose M, Krems C, Heuer T, Hoffmann I

Department of Nutritional Behaviour, Max Rubner-Institut,

Federal Research Institute of Nutrition and Food, Karlsruhe,

Haid-und-Neu-Straße 9, 76131 Karlsruhe, Germany

**Table S1a** Median food consumption (g/d, 95% confidence interval) and HEI-NVS II score

in men (n=778) over study period p. 2

**Table S1b** Median food consumption (g/d, 95% confidence interval) and HEI-NVS II score

in women (n=1062) over study period p. 3

**Table S2** Median energy and macronutrient intake (95% confidence interval) in men

(n=778) and women (n=1062) over study periodp. 4

**Table S3a** Median micronutrient intake (95% confidence interval) in men (n=1062)

over study period p. 5

**Table S3b** Median micronutrient intake (95% confidence interval) in women (n=1062)

over study period p. 6

**Table S1a** Median food consumption (g/d, 95% confidence interval) and HEI-NVS II score in **men** (n=778) over study period

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** (NVS II) | | | **Follow-up periods** (NEMONIT) | | | | | | | | | | |
|  | Nov. 2005 –  Jan. 2007 | |  | July 2008 –  Aug. 2009 | |  | Aug. 2009 – Aug. 2010 | |  | Aug. 2010 –  Sep. 2011 | |  | Jan. 2012 –  Feb. 2013 | |
|  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |
| Bread | 152 | 146, 160 |  | 155 | 147, 165 |  | 149 | 143, 156 |  | 146 | 138, 152 |  | 152 | 145, 161 |
| Cereals and cereal products | 55 | 40, 56 |  | 55 | 37, 60 |  | 56 | 47, 60 |  | 54 | 40, 58 |  | 55 | 45, 60 |
| Pastries | 50 | 42, 56 |  | 46 | 32, 52 |  | 50 | 40, 52 |  | 50 | 46, 59 |  | 46 | 36, 50 |
| Vegetables | 116 | 108, 126 |  | 105 | 97, 115 |  | 116 | 108, 125 |  | 113 | 107, 121 |  | 117 | 110, 123 |
| Potatoes and potato products | 71 | 57, 71 |  | 71 | 54, 71 |  | 71 | 68, 71 |  | 70 | 51, 71 |  | 68 | 50, 71 |
| Fruit and fruit products | 128 | 115, 143 |  | 125 | 96, 135 |  | 127 | 104, 146 |  | 116 | 96, 132 |  | 96 | 87, 111 |
| Fats and oils | 25 | 23, 26 |  | 26 | 24, 28 |  | 25 | 22, 27 |  | 27 | 25, 30 |  | 26 | 24, 27 |
| Animal fats | 8 | 7, 10 |  | 8 | 7, 11 |  | 8 | 7, 10 |  | 9 | 8, 12 |  | 11 | 9, 13 |
| Vegetable fats | 8 | 7, 9 |  | 8 | 8, 10 |  | 8 | 7, 9 |  | 8 | 7, 9 |  | 6 | 5, 8 |
| Milk, dairy products and cheese | 154 | 140, 171 |  | 128 | 116, 149 |  | 141 | 123, 157 |  | 146 | 133, 155 |  | 151 | 136, 160 |
| Eggs | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Meat, meat products and sausages | 129 | 120, 137 |  | 132 | 122, 140 |  | 144 | 135, 152 |  | 134 | 124, 145 |  | 130 | 118, 138 |
| Fish, fish products and seafood | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Confectionery | 40 | 36, 44 |  | 45 | 41, 52 |  | 44 | 39, 50 |  | 44 | 40, 50 |  | 42 | 36, 48 |
| Non-alcoholic beverages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Water | 749 | 675, 800 |  | 720 | 650, 800 |  | 815 | 750, 900 |  | 850 | 775, 950 |  | 897 | 825, 1000 |
| Coffee/tea (black/green) | 558 | 525, 578 |  | 650 | 600, 681 |  | 640 | 600, 680 |  | 660 | 600, 695 |  | 600 | 590, 650 |
| Herbal tea/fruit tea | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Fruit juice and nectar | 49 | 0, 88 |  | 0 | 0, 50 |  | 24 | 0, 83 |  | 0 | 0, 50 |  | 0 | 0, 1 |
| Soft drinks | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Alcoholic beverages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beer | 0 | 0, 165 |  | 0 | 0, 83 |  | 0 | 0, 165 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Wine and sparkling wine | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| HEI-NVS II score | 67 | 66, 68 |  | 66 | 65, 68 |  | 67 | 66, 68 |  | 67 | 65, 68 |  | 66 | 65, 68 |

NVS II, German National Nutrition Survey II. NEMONIT, German National Nutrition Monitoring. HEI-NVS II, Healthy Eating Index-NVS II.

**Table S1b** Median food consumption (g/d, 95% confidence interval) and HEI-NVS II score in **women** (n=1062) over study period

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** (NVS II) | | | **Follow-up periods** (NEMONIT) | | | | | | | | | | |
|  | Nov. 2005 –  Jan. 2007 | |  | July 2008 –  Aug. 2009 | |  | Aug. 2009 – Aug. 2010 | |  | Aug. 2010 –  Sep. 2011 | |  | Jan. 2012 –  Feb. 2013 | |
|  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |
| Bread | 111 | 107, 115 |  | 115 | 109, 120 |  | 112 | 107, 118 |  | 111 | 107, 116 |  | 108 | 104, 112 |
| Cereals and cereal products | 40 | 30, 53 |  | 41 | 31, 51 |  | 55 | 43, 56 |  | 43 | 32, 52 |  | 40 | 30, 50 |
| Pastries | 40 | 35, 50 |  | 45 | 38, 50 |  | 47 | 40, 50 |  | 44 | 38, 50 |  | 40 | 33, 46 |
| Vegetables | 126 | 118, 132 |  | 120 | 113, 127 |  | 132 | 123, 140 |  | 127 | 120, 136 |  | 122 | 115, 128 |
| Potatoes and potato products | 49 | 39, 56 |  | 64 | 50, 71 |  | 50 | 42, 58 |  | 50 | 47, 62 |  | 53 | 45, 67 |
| Fruit and fruit products | 160 | 146, 177 |  | 157 | 143, 176 |  | 151 | 135, 173 |  | 147 | 136, 162 |  | 136 | 125, 150 |
| Fats and oils | 15 | 14, 16 |  | 16 | 15, 18 |  | 17 | 16, 18 |  | 19 | 18, 20 |  | 17 | 17, 18 |
| Animal fats | 4 | 4, 5 |  | 6 | 5, 7 |  | 6 | 5, 8 |  | 8 | 7, 9 |  | 8 | 7, 8 |
| Vegetable fats | 6 | 5, 6 |  | 6 | 5, 7 |  | 5 | 4, 6 |  | 5 | 4, 6 |  | 5 | 4, 6 |
| Milk, dairy products and cheese | 160 | 149, 173 |  | 162 | 148, 171 |  | 172 | 162, 186 |  | 165 | 152, 178 |  | 137 | 130, 152 |
| Eggs | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Meat, meat products and sausages | 75 | 70, 79 |  | 80 | 74, 88 |  | 83 | 78, 91 |  | 88 | 82, 92 |  | 79 | 72, 84 |
| Fish, fish products and seafood | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Confectionery | 37 | 34, 40 |  | 39 | 36, 42 |  | 42 | 38, 46 |  | 43 | 39, 47 |  | 39 | 35, 42 |
| Non-alcoholic beverages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Water | 850 | 800, 900 |  | 900 | 850, 967 |  | 950 | 900, 1000 |  | 959 | 900, 1000 |  | 925 | 875, 977 |
| Coffee/tea (black/green) | 531 | 500, 550 |  | 600 | 570, 600 |  | 600 | 580, 605 |  | 600 | 575, 618 |  | 600 | 570, 600 |
| Herbal tea/fruit tea | 0 | 0, 0 |  | 0 | 0, 95 |  | 0 | 0, 100 |  | 0 | 0, 88 |  | 95 | 0, 150 |
| Fruit juice and nectar | 88 | 40, 100 |  | 4 | 0, 50 |  | 0 | 0, 50 |  | 0 | 0, 8 |  | 0 | 0, 5 |
| Soft drinks | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Alcoholic beverages |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beer | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| Wine and sparkling wine | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |  | 0 | 0, 0 |
| HEI-NVS II score | 69 | 68, 70 |  | 70 | 69, 71 |  | 70 | 69, 71 |  | 69 | 69, 70 |  | 69 | 68, 69 |

NVS II, German National Nutrition Survey II. NEMONIT, German National Nutrition Monitoring. HEI-NVS II, Healthy Eating Index-NVS II.

**Table S2** Medianenergy and macronutrient intake (95% confidence interval) in **men** (n=778) and **women** (n=1062) over study period

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** (NVS II) | |  | **Follow-up periods** (NEMONIT) | | | | | | | | | | |
|  | Nov. 2005 –  Jan. 2007 | |  | July 2008 –  Aug. 2009 | |  | Aug. 2009 –  Aug. 2010 | |  | Aug. 2010 –  Sep. 2011 | |  | Jan. 2012 –  Feb. 2013 | |
|  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |
| **Men** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Energy intake (kJ/d) | 9923 | 9784, 10159 |  | 9859 | 9570, 10214 |  | 10106 | 9753, 10404 |  | 9975 | 9725, 10206 |  | 9629 | 9332,  9860 |
| Carbohydrate (% energy/d) | 45·2 | 44·5, 45·9 |  | 44·4 | 43·4, 45·2 |  | 43·5 | 42·5, 44·3 |  | 43·3 | 42·5, 44·3 |  | 43·2 | 42·4, 44·3 |
| Mono-/disaccharides (g/d) | 113 | 107, 119 |  | 114 | 106, 119 |  | 110 | 105, 117 |  | 113 | 106, 118 |  | 102 | 98, 107 |
| Polysaccharides (g/d) | 122 | 117, 125 |  | 122 | 118, 126 |  | 120 | 116, 124 |  | 119 | 116, 123 |  | 118 | 116, 122 |
| Fibre (g/d) | 20·8 | 20·1, 21·5 |  | 21·3 | 20·6, 22·5 |  | 21·9 | 21·2, 22·8 |  | 20·8 | 20·0, 21·6 |  | 21·0 | 20·3, 21·8 |
| Protein (% energy/d) | 14·1 | 13·8, 14·4 |  | 14·1 | 13·9, 14·5 |  | 14·0 | 13·7, 14·4 |  | 14·2 | 13·8, 14·5 |  | 14·4 | 14·1, 14·7 |
| Fat (% energy/d) | 34·9 | 33·9, 35·5 |  | 36·1 | 35·2, 37·0 |  | 36·3 | 35·3, 37·0 |  | 36·5 | 35·9, 37·2 |  | 37·1 | 36·2, 38·0 |
| SFA (g/d) | 39·3 | 37·6, 40·9 |  | 39·2 | 37·7, 40·9 |  | 40·6 | 39·0, 42·3 |  | 41·9 | 40·7, 43·7 |  | 40·9 | 39·4, 42·4 |
| MUFA (g/d) | 29·4 | 28·3, 30·3 |  | 31·3 | 30·1, 32·5 |  | 31·9 | 30·9, 33·3 |  | 31·4 | 30·3, 32·7 |  | 30·3 | 29·2, 31·8 |
| PUFA (g/d) | 11·4 | 11·0, 11·9 |  | 12·3 | 11·9, 12·9 |  | 12·4 | 11·7, 12·9 |  | 12·2 | 11·5, 12·9 |  | 11·9 | 11·5, 12·4 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Women** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Energy intake (kJ/d) | 7684 | 7486, 7832 |  | 7573 | 7397, 7770 |  | 7946 | 7768, 8125 |  | 7812 | 7685, 7979 |  | 7542 | 7387, 7732 |
| Carbohydrate (% energy/d) | 48·6 | 47·9, 49·1 |  | 47·3 | 46·7, 48·1 |  | 46·6 | 45·7, 47·1 |  | 46·6 | 45·8, 47·2 |  | 45·9 | 45·2, 46·6 |
| Mono-/disaccharides (g/d) | 106 | 102, 110 |  | 101 | 97, 105 |  | 104 | 99, 109 |  | 100 | 97, 106 |  | 94·1 | 91·2, 97·8 |
| Polysaccharides (g/d) | 96·6 | 93·7, 98·8 |  | 94·3 | 91·8, 97·9 |  | 95·9 | 93·4, 99·0 |  | 94·5 | 92·0, 97·4 |  | 93·4 | 90·4, 95·6 |
| Fibre (g/d) | 18·5 | 18·1, 19·2 |  | 18·9 | 18·4, 19·3 |  | 19·1 | 18·5, 20·0 |  | 18·8 | 18·3, 19·3 |  | 18·5 | 18·0, 19·3 |
| Protein (% energy/d) | 13·9 | 13·7, 14·2 |  | 14·0 | 13·7, 14·4 |  | 14·3 | 13·9, 14·4 |  | 14·2 | 14·0, 14·5 |  | 14·3 | 14·0, 14·5 |
| Fat (% energy/d) | 33·9 | 33·3, 34·5 |  | 35·5 | 34·8, 35·9 |  | 35·7 | 34·9, 36·4 |  | 36·1 | 35·5, 36·6 |  | 36·8 | 36·2, 37·4 |
| SFA (g/d) | 29·4 | 27·7, 30·5 |  | 30·3 | 29·1, 31·6 |  | 32·1 | 31·1, 33·4 |  | 32·6 | 31·5, 33·4 |  | 31·6 | 30·7, 32·8 |
| MUFA (g/d) | 21·3 | 20·6, 21·8 |  | 22·5 | 21·7, 23·7 |  | 23·6 | 22·9, 24·4 |  | 23·7 | 23·0, 24·5 |  | 23·3 | 22·6, 24·2 |
| PUFA (g/d) | 8·7 | 8·4, 9·0 |  | 9·2 | 8·8, 9·7 |  | 9·9 | 9·5, 10·3 |  | 9·4 | 9·0, 9·9 |  | 9·4 | 9·1, 9·6 |

NVS II, German National Nutrition Survey II. NEMONIT, German National Nutrition Monitoring.

**Table S3a** Median micronutrient intake (95% confidence interval) in **men** (n=1062)over study period

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** (NVS II) | |  | **Follow-up periods** (NEMONIT) | | | | | | | | | | |
|  | Nov. 2005 –  Jan. 2007 | |  | July 2008 –  Aug. 2009 | |  | Aug. 2009 – Aug. 2010 | |  | Aug. 2010 –  Sep. 2011 | |  | Jan. 2012 –  Feb. 2013 | |
|  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |
| Vitamin A (mg/d RE) | 1·07 | 0·98, 1·13 |  | 0·99 | 0·94, 1·06 |  | 1·01 | 0·94, 1·10 |  | 1·07 | 1·01, 1·17 |  | 0·98 | 0·93, 1·03 |
| Vitamin D (µg/d) | 1·86 | 1·77, 1·97 |  | 2·03 | 1·90, 2·18 |  | 1·99 | 1·84, 2·18 |  | 2·21 | 2·06, 2·32 |  | 1·88 | 1·76, 2·09 |
| Vitamin E (mg/d TE) | 9·9 | 9·5, 10·4 |  | 10·2 | 9·7, 10·9 |  | 10·6 | 10·1, 11·0 |  | 10·4 | 9·8, 10·8 |  | 10·0 | 9·7, 10·6 |
| Thiamin (mg/d) | 1·31 | 1·27, 1·35 |  | 1·29 | 1·26, 1·34 |  | 1·32 | 1·26, 1·37 |  | 1·24 | 1·20, 1·31 |  | 1·25 | 1·22, 1·30 |
| Riboflavin (mg/d) | 1·47 | 1·42, 1·52 |  | 1·37 | 1·32, 1·43 |  | 1·40 | 1·35, 1·45 |  | 1·36 | 1·32, 1·41 |  | 1·35 | 1·31, 1·40 |
| Niacin (mg/d NE) | 34·0 | 32·8, 34·9 |  | 35·5 | 34·4, 36·5 |  | 36·0 | 34·9, 37·3 |  | 35·0 | 33·9, 36·2 |  | 34·6 | 33·6, 36·0 |
| Vitamin B6 (mg/d) | 1·65 | 1·60, 1·69 |  | 1·64 | 1·59, 1·69 |  | 1·66 | 1·59, 1·72 |  | 1·58 | 1·51, 1·66 |  | 1·57 | 1·52, 1·63 |
| Folate (µg/d FE) | 215 | 206, 225 |  | 219 | 212, 225 |  | 218 | 208, 226 |  | 215 | 208, 222 |  | 215 | 207, 223 |
| Vitamin B12 (µg/d) | 4·89 | 4·67, 5·12 |  | 5·05 | 4·77, 5·37 |  | 5·09 | 4·95, 5·37 |  | 5·17 | 4·90, 5·46 |  | 4·78 | 4·63, 4·97 |
| Vitamin C (mg/d) | 98 | 93, 104 |  | 98 | 93, 103 |  | 100 | 94, 106 |  | 96 | 91, 102 |  | 87·8 | 83·4, 95·1 |
| Ca (mg/d) | 830 | 803, 860 |  | 784 | 753, 820 |  | 820 | 798, 855 |  | 834 | 797, 877 |  | 838 | 808, 885 |
| Mg (mg/d) | 362 | 352, 372 |  | 373 | 362, 385 |  | 377 | 367, 386 |  | 380 | 369, 389 |  | 369 | 359, 381 |
| Fe (mg/d) | 12·5 | 11·9, 12·9 |  | 13·0 | 12·7, 13·4 |  | 12·9 | 12·5, 13·5 |  | 12·8 | 12·5, 13·3 |  | 12·6 | 12·3, 13·0 |
| I (µg/d) † | 84·6 | 81·2, 88·1 |  | 90·0 | 85·1, 94·2 |  | 87·8 | 84·5, 92·2 |  | 85·2 | 82·1, 88·7 |  | 84·3 | 80·4, 88·2 |
| Zn (mg/d) | 11·3 | 10·9, 11·5 |  | 11·4 | 11·1, 11·9 |  | 11·9 | 11·5, 12·2 |  | 11·3 | 10·9, 11·8 |  | 11·2 | 10·9, 11·6 |

NVS II, German National Nutrition Survey II. NEMONIT, German National Nutrition Monitoring. RE, retinol equivalents

(retinol + 1/6 beta-carotene). TE, tocopherol equivalents (mainly based on alpha-tocopherol without considering further

vitamin E vitamers). NE, niacin equivalents. FE, folate equivalents (to calculate folate equivalents for enriched foods the

factor 1.7 was used).

† Iodised salt and foods made with it were not taken into account.

**Table S3b** Medianmicronutrient intake (95% confidence interval) in **women** (n=1062)over study period

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** (NVS II) | |  | **Follow-up periods** (NEMONIT) | | | | | | | | | | |
|  | Nov. 2005 –  Jan. 2007 | |  | July 2008 –  Aug. 2009 | |  | Aug. 2009 – Aug. 2010 | |  | Aug. 2010 –  Sep. 2011 | |  | Jan. 2012 –  Feb. 2013 | |
|  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |  | Median | 95% CI |
| Vitamin A (mg/d RE) | 0·95 | 0·90, 1·00 |  | 0·92 | 0·86, 0·99 |  | 0·98 | 0·91, 1·03 |  | 0·94 | 0·89, 1·00 |  | 0·90 | 0·85, 0·94 |
| Vitamin D (µg/d) | 1·60 | 1·52, 1·70 |  | 1·60 | 1·51, 1·73 |  | 1·66 | 1·57, 1·78 |  | 1·68 | 1·59, 1·79 |  | 1·68 | 1·57, 1·80 |
| Vitamin E (mg/d TE) | 8·80 | 8·48, 9·11 |  | 9·30 | 9·06, 9·73 |  | 9·7 | 9·3, 10·1 |  | 8·94 | 8·65, 9·37 |  | 9·27 | 8·93, 9·70 |
| Thiamin (mg/d) | 1·02 | 1·00, 1·04 |  | 1·00 | 0·97, 1·04 |  | 1·02 | 0·99, 1·07 |  | 1·02 | 0·99, 1·05 |  | 0·99 | 0·96, 1·02 |
| Riboflavin (mg/d) | 1·22 | 1·19, 1·26 |  | 1·11 | 1·07, 1·14 |  | 1·16 | 1·13, 1·19 |  | 1·14 | 1·11, 1·18 |  | 1·09 | 1·06, 1·13 |
| Niacin (mg/d NE) | 25·4 | 24·7, 25·9 |  | 26·5 | 25·6, 27·3 |  | 27·4 | 26·6, 27·9 |  | 27·1 | 26·4, 27·7 |  | 25·9 | 25·3, 26·5 |
| Vitamin B6 (mg/d) | 1·24 | 1·20, 1·27 |  | 1·25 | 1·21, 1·28 |  | 1·27 | 1·24, 1·31 |  | 1·26 | 1·23, 1·29 |  | 1·22 | 1·19, 1·25 |
| Folate (µg/d FE) | 194 | 188, 200 |  | 195 | 187, 200 |  | 197 | 190, 203 |  | 193 | 185, 200 |  | 195 | 190, 201 |
| Vitamin B12 (µg/d) | 3·58 | 3·44, 3·73 |  | 3·69 | 3·46, 3·84 |  | 3·76 | 3·61, 3·95 |  | 3·79 | 3·65, 3·94 |  | 3·56 | 3·40, 3·74 |
| Vitamin C (mg/d) | 100 | 94, 104 |  | 98 | 93, 104 |  | 100 | 94, 103 |  | 100 | 95, 105 |  | 94·4 | 89·8, 99·9 |
| Ca (mg/d) | 770 | 752, 797 |  | 755 | 728, 776 |  | 779 | 758, 807 |  | 780 | 756, 801 |  | 767 | 747, 791 |
| Mg (mg/d) | 302 | 296, 309 |  | 311 | 307, 317 |  | 316 | 309, 323 |  | 308 | 301, 316 |  | 308 | 300, 314 |
| Fe (mg/d) | 10·3 | 10·0, 10·6 |  | 10·5 | 10·2, 10·8 |  | 10·7 | 10·5, 11·1 |  | 10·8 | 10·5, 11·1 |  | 11·0 | 10·7, 11·2 |
| I (µg/d) † | 73·3 | 71·3, 75·5 |  | 76·2 | 73·2, 79·4 |  | 77·8 | 75·2, 80·9 |  | 76·5 | 73·7, 78·9 |  | 74·3 | 71·4, 76·3 |
| Zn (mg/d) | 8·80 | 8·64, 8·98 |  | 9·00 | 8·70, 9·21 |  | 9·12 | 8·87, 9·34 |  | 9·14 | 8·89, 9·37 |  | 8·90 | 8·66, 9·12 |

NVS II, German National Nutrition Survey II. NEMONIT, German National Nutrition Monitoring. RE, retinol equivalents

(retinol + 1/6 beta-carotene). TE, tocopherol equivalents (mainly based on alpha-tocopherol without considering further

vitamin E vitamers). NE, niacin equivalents. FE, folate equivalents (to calculate folate equivalents for enriched foods the

factor 1.7 was used).

† Iodised salt and foods made with it were not taken into account.