**Appendices**

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| Appendix I: Mean micronutrient intakes and SD in the original scenario and in scenario 1, 2 and 3\* = Adequate intake; \*\* = Estimated Average Requirement; \*\*\* Maximum recommended intake  |
| Nutrient  | Norm intakes(32–37) | Average intake of 2 days |
|  |  | **Original scenario** | **Scenario 1** | **Scenario 2** | **Scenario 3** |
|  |  | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** | **Mean** | **SD** |
| Calcium (mg)\* | 1200 | 966.6 | 324.3 | 1069.2  | 328.1 | 893.0 | 358.2 | 990.4  | 343.9 |
| Copper (mg)\*\* | 0.7 | 1.1  | 0.4 | 1.5  | 0.5 | 1.0  | 0.5 | 1.3 | 0.5 |
| Iron (mg)\*\* | 6 | 10.4  | 3.5 | 10.4  | 3.5 | 10.4  | 3.5 | 10.4  | 3.5 |
| Iodine (µg)\* | 150 | 159.0  | 52.8 | 169.3  | 51.5 | 133.8  | 66.1 | 137.1  | 64.4 |
| Magnesium (mg)\* | Men: 350Women: 300  | 322.3  | 83.8 | 365.9  | 86.4 | 295.9  | 98.0 | 315.6 | 90.3 |
| Sodium (mg)\*\*\* | 2400 | 2329.4  | 804.7 | 2320.3  | 783.6 | 1996.7  | 923.0 | 2038. | 896.9 |
| Phosphorus (mg)\* | 550 | 1406.9  | 357.7 | 1628.5  | 334.7 | 1297.9 | 429.3 | 1451.7  | 368.2 |
| Potassium (mg)\* | 3500 | 3268.4  | 756.5 | 3689.6  | 801.1 | 3073.2  | 849.0 | 3423.7  | 808.2 |
| Selenium (µg)\* | 70 | 44.7 | 17.6 | 76.0  | 36.9 | 42.5  | 18.6 | 71.6  | 34.7 |
| Zinc (mg)\*\* | Men: 6.4Women: 5.7 | 10.1  | 3.2 | 11.8  | 3.0 | 9.5  | 3.5 | 10.7  | 3.2 |
| Retinol activity equivalents (µg)\* | Men: 615 Women: 525  | 1026.1  | 1592.8 | 927.4  | 1590.9 | 996.9  | 1595.0 | 927.9  | 1591.1 |
| Folate equivalents (µg)\*\* | 200  | 330.8  | 143.6 | 336.1  | 141.0 | 314.1  | 148.5 | 311.0  | 146.9 |
| Vitamin B1 (mg)\*\* | 0.85 | 1.1  | 0.5 | 1.2 | 0.44 | 1.0  | 0.5 | 1.1  | 0.5 |
| Vitamin B2 (mg)\*\* | Men: 1.5Women: 1.1 | 1.4  | 0.5 | 1.6 | 0.5 | 1.3  | 0.5 | 1.4  | 0.5 |
| Vitamin B6 (mg)\*\* | Men: 1.3 Women: 1.1  | 1.8  | 0.7 | 1.8  | 0.6 | 1.7  | 0.7 | 1.8  | 0.6 |
| Vitamin C (mg)\*\* | Men: 60Women 50 | 104.4  | 56.6 | 83.6  | 51.2 | 101.3  | 56.4 | 81.5  | 52.0 |
| Vitamin D (µg)\* | 61 – 70y: 10>70y: 15  | 4.1  | 2.8 | 4.0  | 2.8 | 4.0  | 2.9 | 4.1  | 2.8 |
| Vitamin E (mg)\* | Men: 13Women: 11 | 12.9  | 5.7 | 12.1  | 5.7 | 12.3  | 5.7 | 12.2  | 5.7 |

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| Appendix II: Foods with a protein content > p75, per food group with corresponding NEVO code |
| **Food group**  | **Foods with protein intake >p75** | **NEVO code** |
| **Savoury snacks** | Almonds blanched unsalted/unsaltedCashew nuts unsalted/saltedPeanuts unsalted/salted/dry roastedNuts mixed unsalted/saltedSesame seedsLinseedsPistachio nuts saltedPine nutsWrap shoarma roll prep wo fatPumpin seeds | 198/2887199/2886204/876/2048207/19358388671896217625502806 |
| **Breakfast cereals** | OatmealBreakfast cereal BrintaBreakfast cereal All-Bran Plus Kellog’sBreakfast product Special K OriginalBreakfast product Albona 7-cereals-energy | 21322559120052361 |
| **Milk and milk products** | Yoghurt low fatPudding vanillaMousse chocolatePudding chipolataYoghurt full fat with fruitYoghurt Bulgarian low fatFromage frais half fat w fruitBlancmange vanilla w strawberry sauceYoghurt half fatFromage frais low fat w fruit w swFromage frais yoghurt w fruitTiramisuYoghurt Greek full fatPudding airy averagePorridge milk w flour LammetjespapYoghurt & custard CampinaYoghurt 0% fat w fruit ActiviaPorridge oatmeal w semi-skimmed milkMilk rawMilk chocolate-flavoured full fatMilk chocolate-flavoured low fatMilk wholeMilk full fat condensed w sugar tinnedMilk semi-skimmedButtermilkMilk skimmedMilk skimmed driedMilk whole driedButtermilk with fruitYoghurt drinkMilk chocolate-flavoured semi-skimmedMilk semi-skimmed enriched w calciumMilk chocolate-flavoured Chocomel lightMilk goats- full fatYoghurt drink with sweetenersCoconut milkDrinking chocolate w s-sk milkDairy drink Campina fruitmilkDrinking chocolate w s-sk milk +NesquikMilkdrink skimmed milk Becel pro-activHot chocolate from vending machineCoffee icedDairy drink Milk&Fruit mangoMilk chocolate-flavoured w sw Optimel | 301736767786863916917940150222462247237125032520252125362655305027027227327928128628929429529647965714641719197022402254229024952496250027252760283529173004 |
| **Soups** | Soup clear with meatSoup clear with meat and noodlesSoup clear with meat and vegetablesSoup clear with meat vegetables and noodlesSoup main course with legumes and meatStock powder low sodium | 7587607617627661883 |
| **Vegetables and legumes** | Kale curly boiledMushrooms chanterelle boiledMushrooms boiledLettuce head boiledSwiss chard leaf boiledSpinach rawBean sprouts rawBean sprouts boiled Peas garden medium fine tinnedPeas garden super fine tinnedPeas and carrots tinnedSpinach tinnedTomato puree concentrated tinnedBeans broad tinnedPeas marrowfat legumes tinnedBeans baked in tomato sauce tinnedSwiss chard leaf rawSpinach creamed frozen boiledBeans brown tinnedGarlic freshBroccoli boiled Peas frozen boiledBeans broad boiledPeas fresh boiledBeans white/brown boiledLentils boiledPeas green boiled Dandelion leaves rawPeas chick boiledPeas and carrots frozen unpreparedVegetable mixed Mexico frozen unpreparedBeans runner frozen unprepared Beans broad frozen unprepared Onions deep-fried sachetTomatoes dried in oil tin/glassTomato sun-driedRocket rawSweetcorn tinnedBeans white tinned | 1618204748515859134135136140141142196197563651660830920953962963968970972108710951139114111431148148423772378273629003049 |
| **Cheese** | Cheese Swiss dried Cheese Edam 40+Cheese 20+ Leidse w cumin/Fries cloveCheese ParmesanCheese GruyereCheese EmmentalerCheese CheddarCheese Amsterdam 48+Cheese raw milk 48+Cheese sodium reduced 48+Cheese 30+Cheese 20+Cheese Leerdammer/Maasdammer 45+Cheese 40+ Leiden w cumin/Fries cloveCheese 45+Cheese 30+ low salt | 30451151471872272472588311121113138217231725172618092824 |
| **Pastry and biscuits** | Biscuit fortified Liga Tweede StapAlmond filled pastry Biscuit sweetCake wo butterCake sponge Dutch Eierkoek Biscuit sponge fingersBiscuit brown/wholemealDoughnut Dutch style Biscuit oatmealBiscuit spiced Speculaas w almond pasteBiscuit chocolateBiscuits sugar freeBiscuit fortified Liga MilkbreakCake made with butterCake Dutch spices ontbijtkoek w nutsWafer galetteWafer w milk & hazelnts KnoppersCake with nutsBiscuit fortified LU Time OutCake with “bitterkoekjes”Biscuit Bridge ommetjesSponge cake wholemeal | 234250252253254260263474837855147114771965196923972425242824322556257127192933 |
| **Sugar, sweets, sweet spreads and sweet sauces** | Cocoa powderChocolate milkCandybar SnickersCocoa product powder OvomaltineM&M’s chocolate with peanutsChocolate bar milk with nutsAlmond paste with eggChocolate plain with nutsChocolate milk w puffed riceCocoa product sweetened Nesquik Hot Choc | 430431528595621717790237523762415 |
| **Bread**  | Bread wholemeal average Bread wholemeal w pumpkin seedsBreak linseedBread multigrain average w seedsBread wholemeal w nutsBread wholemeal w sunflower seedsBread wholemeal w seedsBread brown w seedsBread corn w sunflower seedsRoll brown hardRoll brown softRolle wholemeal softRoll multigrain hardRoll multigrain softBread brown w pumpkin seedsCroissant chocolate-Almond paste filled tarts w butterCroissant prepared w butterCroissant averageBread brioche | 2462348234923502354235727032704270727962797279827992800282124002761280128182876 |
| **Non-alcoholic drinks** | Juice tomato/vegetable AppelsientjeJuice tomato Appelsientje Zontomaat | 19331934 |