**Appendix 3 – Food substitutions**

Table 1 Example of grouping and possible substitutions within a food group in an optimised diet. fg = food group; sg = subgroup.

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| **Grouping of food group 7; Fruits a** |
| **Food group level***10% deviation, is the sum of the subgroups* | **Subgroup level***15% deviation, is the sum of the food items* | **Food item level***freely interchangeable within subgroup* |
|  **fg7: Fruits** *if current 100 g,* *optimized 90-110 g* |  **sg7.1: Vitamin A rich fruit**  *if current 40 g,* *optimized 34-46 g* |  Papaya |
|  *sum of these food items is equal to the sum of foods consumed in sg7.1* |
|  **sg7.2: Vitamin C rich fruit** *if current 60 g,* *optimized 51-69 g* |  Lemon |
|  Orange |
|  *sum of these food items is equal to the sum of foods* *consumed in sg7.2* |
|  **sg7.3: Other fruit** *if current 0 g,* *optimized 0 g* |  Avocado |
|  Banana |
|  Watermelon |
|  *sum of these sg’s is equal to the* *sum of foods consumed in fg7* |  *sum of these food items is equal to the sum of foods* *consumed in sg7.3* |
| a An example of possible substitutions in food group and subgroups are given in *italics.*  |