**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.* | | |