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**FOOD AND NUTRIENT INTAKE AMONG ADULTS
IN EAST AND SOUTHWEST FINLAND
— A DIETARY SURVEY OF
THE FINMONICA PROJECT IN 1982**

ULLA UUSITALO — PIRJO PIETINEN — ULLA LEINO



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TABLE OF CONTENTS

List of tables and figures

1. Background

2. Monitoring areas

2.1. North Karelia

2.2. Kuopio province

2.3. Southwest Finland

3. Study population

4. Dietary assessment method

5. Food and nutrient intake data

5.1. Food and nutrient intake by sex, age and monitoring area

5.2. Sources of energy and nutrients

5.3. Food and nutrient intake by occupation

5.4. Food and nutrient intake by place of living (urban/rural)

5.5. Food and nutrient intake by the percentage of energy from fat

References

Annexes

LIST OF TABLES AND FIGURES

Monitoring areas and study population

- * Finland and its 11 provinces and the three FINMONICA areas: North Karelia, Kuopio province and southwest Finland (Turku and Loimaa area). Figure 1
- * Mean population for the year 1981 in the monitoring areas. Tables 1-4
- * Distribution of study population by sex, age and monitoring area. Tables 5-7
- * Comparison of the data from the FINMONICA survey and the dietary survey. Table 8
- * Distribution of the final study population by occupation and place of living. Tables 9-10

Food and nutrient intake by sex, age and monitoring area

Food consumption

- * Consumption of different foods Tables 11-35
Figures 2-26
- * Quantile distribution of food consumption Tables 36-37

Intake of energy, energy providing nutrients and selected vitamins

- * Intake of energy and selected nutrients (total and / 1000 kcal) Tables 38-72
Figures 27-44

- * Quantile distribution of energy and nutrient intake Tables 73-74
- * Quantile distribution of nutrient intake /1000 kcal Tables 75-76
- * Percent of energy from protein, fat, carbohydrate and alcohol Tables 77-85
Figures 45-53
- * Quantile distribution of energy supply from protein, fat, carbohydrate and alcohol Table 86

Intake of mineral elements

- * Intake of mineral elements (total and /1000 kcal) Tables 87-126
Figures 54-73
- * Quantile distribution of mineral element intake Tables 127-128
- * Quantile distribution of mineral element intake/1000 kcal Tables 129-130

Sources of energy and nutrients

- * Supply of energy and selected nutrients by different food groups Tables 131-132
Figures 74-88
- * Supply of mineral elements by different food groups Tables 133-134
Figures 89-108

Food and nutrient intake by occupation

- * Consumption of different foods Tables 135-136
- * Intake of energy and selected nutrients (total and /1000 kcal) Tables 137-140
- * Percent of energy from protein, fat, carbohydrate and alcohol Table 141

* Intake of mineral elements (total and /1000 kcal) Tables 142-145

Food and nutrient intake by place of living (urban / rural)

* Consumption of different foods Table 146

* Intake of energy and selected nutrients (total and /1000 kcal) Table 147

* Percent of energy from protein, fat, carbohydrate and alcohol Table 148

* Intake of mineral elements (total and /1000 kcal) Table 149

Food and nutrient intake by the percentage of energy from fat

* Consumption of different foods Tables 150-151

* Intake of energy and selected nutrients
(total and /1000 kcal) Tables 152-155

* Distribution of energy supply from protein, fat,
carbohydrate and alcohol Table 156

* Intake of mineral elements (total and /1000 kcal) Tables 157-160

1. Background

Cardiovascular disease (CVD) mortality varies greatly in different countries. Clear differences have also been observed in many countries in time trends both for total mortality and for cardiovascular disease mortality. Although cerebrovascular disease mortality has decreased in most industrialized countries, changes in coronary heart disease (CHD) mortality have been considerably different across countries. In some countries CHD mortality has clearly started to decrease whereas in other countries it has increased. There are also countries where CHD mortality has remained the same. In most countries the changes for both men and women are similar and can be observed even in the youngest age groups.

The observed changes in mortality are based mainly on routine death statistics. Information on the changes in non-fatal disease is lacking. For this reason it cannot be said whether the change in mortality is related to a change in the incidence of the disease or to its prognosis. The factors explaining the clearly different development in CHD mortality in various countries are not known either.

In Finland CHD mortality in both men and women increased greatly from the 1950's to the mid-1960's and decreased in the 1970's. There are regional differences in CHD mortality and morbidity with lower mortality rates in west and southwest Finland than in east Finland. The increase in coronary artery disease mortality until late 1960's seems to have occurred in a fairly parallel manner in the different areas.

WHO has launched an international MONICA study to extend the previous cross-sectional studies of differences in acute myocardial infarction (AMI) and stroke morbidity into a longitudinal study. The aim of this project is to follow simultaneously CVD mortality and morbidity, population risk factor levels and health behaviour and medical care practices, in addition to certain potentially important psychosocial factors in defined populations.

Finland is a participant in the MONICA project. The aim of FINMONICA is to follow the trends in CVD and total mortality as well as AMI and stroke incidence rates in communities selected for the study in east and west Finland. A further goal is to investigate the degree to which these trends are associated with changes in known risk factors, the health behaviour of the population, medical care and the major socioeconomic factors.

The FINMONICA project can be divided into three main parts:

- 1) monitoring of incidence and mortality from AMI and stroke by event registration and monitoring of deaths by death certification,
- 2) monitoring of the levels of CVD risk factors and some other parameters using randomized surveys of selected population samples in 1982, 1987 and 1992 and postal surveys annually, and
- 3) monitoring of acute coronary care in the treatment of acute myocardial infarction.

In connection with FINMONICA, additional information is collected and supplementary studies are performed as part of optional international MONICA studies and other studies.

One of the optional studies, called the nutrition study, aims at assessing the extent to which trends in coronary heart disease morbidity and mortality are related to changes in nutrient intake measured at the same time in defined communities in different countries.

As part of this dietary surveillance programme a dietary survey was carried out in the 1982 baseline survey on a subsample of the survey population. Since the last previous dietary survey of the Finnish population was carried out in 1973-76 by the Social Insurance Institution (Seppänen ym. 1981), information about the recent food consumption habits and nutrient intake of the population was needed also nationally. The 1982 FINMONICA dietary survey served these two purposes.

2. Monitoring areas

In east Finland the provinces of North Karelia and Kuopio are the monitoring areas. In these two provinces the survey was carried out in all municipalities. In southwest Finland the monitoring area includes the city of Turku and a group of rural municipalities in the Loimaa region. The total population covered by FINMONICA is given in table 1 and the locations of the monitoring areas are shown in figure 1.

**Table 1. Mean population for the year 1981 in the total
FINMONICA area (all ages 633 442).**

| Age in years | Number of men | Number of women | Total |
|--------------|----------------|-----------------|----------------|
| 25-29 | 28 264 | 25 723 | 53 987 |
| 30-34 | 29 426 | 25 792 | 55 216 |
| 35-39 | 21 137 | 19 563 | 40 699 |
| 40-44 | 18 539 | 17 939 | 36 478 |
| 45-49 | 17 567 | 17 821 | 35 608 |
| 50-54 | 19 088 | 20 005 | 39 093 |
| 55-59 | 16 374 | 20 049 | 36 423 |
| 60-64 | 12 640 | 17 781 | 30 421 |
| TOTAL | 163 035 | 164 673 | 327 925 |

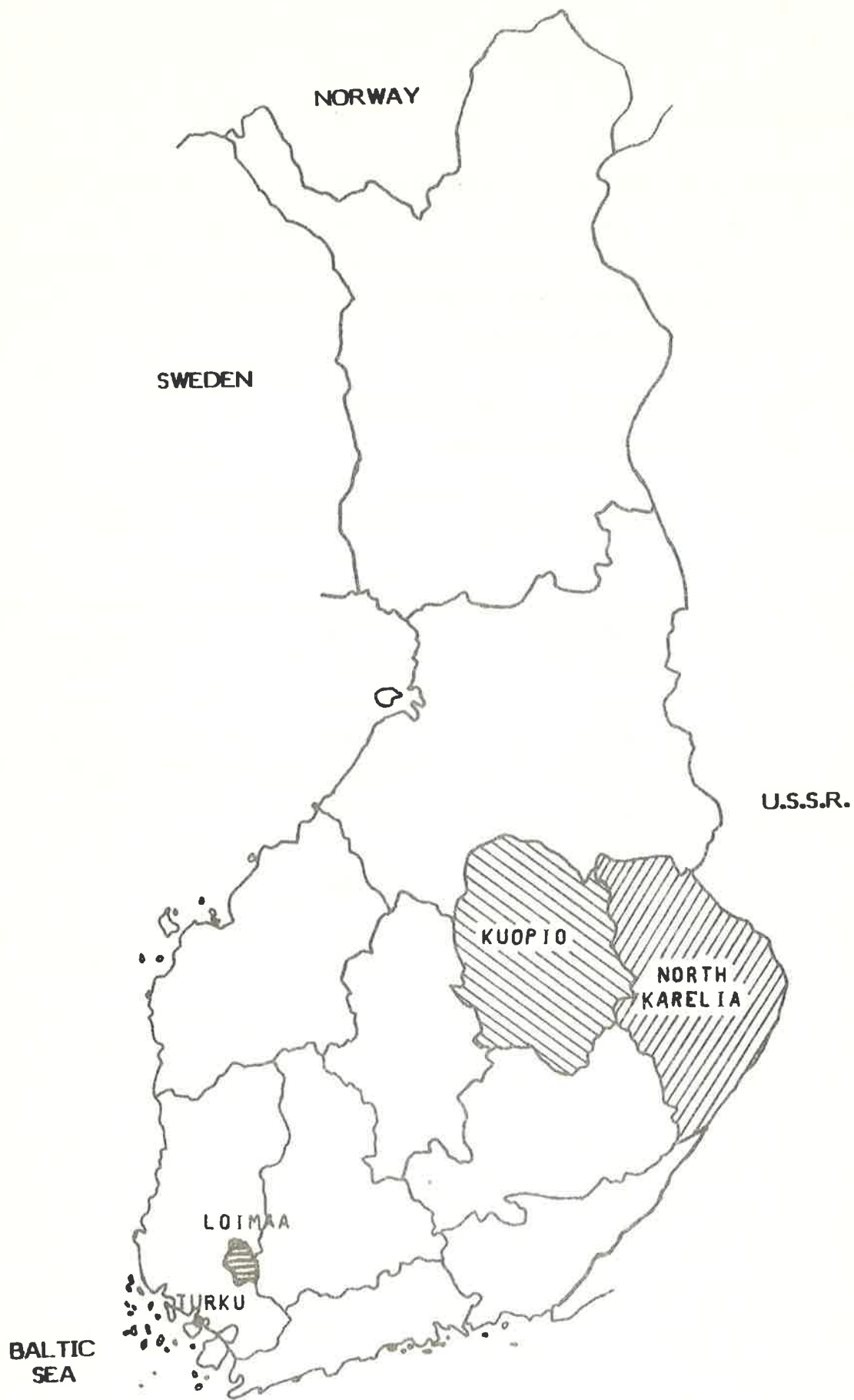


Figure 1. Finland and its 11 provinces and the three FINMONICA areas: North Karelia, Kuopio province and southwest Finland (Turku and Loimaa).

2.1. North Karelia

North Karelia province is situated in the eastern part of the country along the border between Finland and the Soviet Union. The total area includes land 17 782 km² and lakes 3 803 km². The population of North Karelia is about 177 000. The province is divided into 19 municipalities. The capital and the only major town, Joensuu, has a population of 43 000. About 40 000 inhabitants live in the three other semi-urban areas and the rest in the rural districts. The mean population in North Karelia by age group for the year 1981 is given in table 2.

Migration out of the province, movement to urban areas and rapid change of the occupational structure took place during the 60's and 70's. A relatively low mean income level and high unemployment rate are still common features in North Karelia. Small scale farming and forestry are the main sources of livelihood although the proportion of service industries has rapidly increased. Forests cover 80 per cent of the land area. Industrialization is still in a low level and mainly based on farming and lumber industries.

**Table 2. Mean population for the year 1981 in North Karelia
(all ages 176 728).**

| Age in years | Number of men | Number of women | Total |
|--------------|---------------|-----------------|---------------|
| 25-29 | 8078 | 6721 | 14 799 |
| 30-34 | 8047 | 6601 | 14 647 |
| 35-39 | 5838 | 5118 | 10 956 |
| 40-44 | 5171 | 4798 | 9 969 |
| 45-49 | 5012 | 4743 | 9 755 |
| 50-54 | 5359 | 5464 | 10 823 |
| 55-59 | 4652 | 5420 | 10 072 |
| 60-64 | 3631 | 4823 | 8 454 |
| TOTAL | 45 788 | 43 688 | 89 476 |

2.2. Kuopio province

The province of Kuopio is the neighbouring province of North Karelia to the west. The total area of the province is 19 980 km² of which 16 700 km² is land. It is a typical lake district and 84 per cent of the land area is forest. The population of the province is about 250 000. The mean population in Kuopio by age group for the year 1981 is given in table 3.

The city of Kuopio is the provincial capital and there are three other towns and 20 rural municipalities. Half of the population is living in urban and half in rural areas. Forestry and lumber industries are the main sources of livelihood. The social, occupational and geographic features resemble closely those of North Karelia. The capital of the province, Kuopio, has about 73 000 inhabitants, being the important administrative centre of the whole east Finland. Kuopio is also the economical and cultural centre of the area. The University of Kuopio, which has a medical faculty, was founded in 1972.

**Table 3. Mean population for the year 1981 in Kuopio province
(all ages 252 387).**

| Age in years | Number of men | Number of women | Total |
|--------------|---------------|-----------------|----------------|
| 25-29 | 11 159 | 9762 | 20 921 |
| 30-34 | 11 265 | 9729 | 20 993 |
| 35-39 | 8 162 | 7546 | 15 707 |
| 40-44 | 7 539 | 7302 | 14 841 |
| 45-49 | 7 065 | 7065 | 14 141 |
| 50-54 | 7 743 | 7867 | 15 610 |
| 55-59 | 6 528 | 7772 | 14 300 |
| 60-64 | 4 929 | 6776 | 11 705 |
| TOTAL | 64 365 | 63 819 | 128 218 |

2.3. Southwest Finland

The monitoring area of southwest Finland consists of two parts: the city of Turku and a rural area consisting of 12 municipalities around Loimaa.

Turku is the third largest city of Finland. It is located in the southwest corner of the country by the Baltic Sea. Turku is the former capital of Finland and the oldest city of the country. It is the administrative and economic centre of the Turku and Pori province. It has one of the biggest harbours of the country and is connected by several passenger ferries to Stockholm, Sweden. Turku has two universities and one medical faculty. The area of the city is 237 km². There are about 175 000 inhabitants comprising the urban population of the southwest Finland area. The city of Loimaa is the centre of this mainly agricultural area. About 43 530 inhabitants live in this area which is located 65 km northeast of Turku and 160 km northwest of Helsinki. The mean population in the southwest area by age group for the year 1981 is given in table 4.

Table 4. Mean population for the year 1981 in the southwest area (all ages 204 327).

| Age in years | Number of men | Number of women | Total |
|--------------|---------------|-----------------|----------------|
| 25-29 | 9027 | 9240 | 18 267 |
| 30-34 | 10 114 | 9462 | 19 576 |
| 35-39 | 7137 | 6899 | 19 576 |
| 40-44 | 5829 | 5839 | 11 668 |
| 45-49 | 5479 | 6013 | 11 492 |
| 50-54 | 5986 | 6674 | 12 660 |
| 55-59 | 5194 | 6857 | 12 051 |
| 60-64 | 4080 | 6182 | 10 262 |
| TOTAL | 52 846 | 57 166 | 110 012 |

3. Study population

The 1982 survey concerned the adult population in the three monitoring areas. A randomized sample of 4000 persons 25-64 years of age stratified by age and sex was taken from the national population register for each of the three areas. The total sample of all three areas was 12 000 persons and the sample size in each sex and 10-year age group was about 500. There were additional samples of approximately 200 persons aged 15 to 24 from North Karelia and Kuopio provinces.

The total number of persons invited to participate in the survey was 12 400. Persons between ages 25 and 64 years and born between the 7th and 12th of each month were chosen to the sample of the dietary survey. Of the 2267 persons born between the 7th and 12th of each month (table 5), 1806 (80%) participated in the FINMONICA project (table 6). The number of persons returning food recording forms was 1488. Forms were not given to 65 subjects for unknown reasons, 12 persons were unable to fill the forms because of illness and seven subjects refused to take the forms. Some of the records had to be rejected because of inaccuracies in the records (62 men and 61 women) or serious abnormalities in eating habits during the recording days (4 men and 13 women, judgement based on self-reporting). The total number of acceptable three day food records was 1348. Thus the final response rate in the dietary survey was 60% (table 7).

To evaluate how well the final study group represented the total FINMONICA samples in each area, a comparison using t and χ^2 -tests was made between the total sample and the final subsample concerning the following variables: age, years of education, weight, height, body mass index, systolic and diastolic blood pressure, serum cholesterol and high density lipoprotein and smoking (table 8). The participants in the dietary survey in North Karelia and the female participants in Kuopio province were significantly older than the corresponding participants of the total FINMONICA sample. Obviously young persons were less willing to keep food records. The other significant differences (years of education, blood pressure and serum high density lipoprotein) seemed to be a consequence of the difference in age. The minor difference in age between the total sample and the subsample does not, however, seriously reduce the representativeness of the data.

The distribution of participants by occupation was similar for the dietary survey subsample and the total study sample. The percentage of farmers was smaller in southwest Finland than in the other areas (table 9), both for the dietary survey sample and the total FINMONICA study sample, both among the men and women, presumably as a consequence of the greater urbanization of southwest Finland (table 10).

The distribution of the subjects to urban and rural categories was made according to the municipality where the subject lived. The urban category included the cities of Joensuu, Lieksa, Nurmes and Outokumpu in North Karelia, the cities of Kuopio, Varkaus, Iisalmi and Suonenjoki in the province of Kuopio and the cities of Turku and Loimaa in southwest Finland.

Table 5. Distribution of subjects in the dietary survey subsample by sex, age and monitoring area.

| Age in years | MEN | | | | WOMEN | | | | TOTAL |
|--------------|------------|------------|------------|-------------|------------|------------|------------|-------------|-------------|
| | NK | K | SW | Total | NK | K | SW | Total | |
| 25-29 | 32 | 44 | 52 | 128 | 29 | 43 | 40 | 112 | 240 |
| 30-39 | 101 | 133 | 100 | 334 | 102 | 79 | 108 | 289 | 623 |
| 40-49 | 89 | 67 | 89 | 245 | 106 | 72 | 95 | 273 | 518 |
| 50-59 | 132 | 78 | 114 | 324 | 96 | 81 | 107 | 284 | 608 |
| 60-64 | 44 | 20 | 53 | 117 | 62 | 48 | 51 | 161 | 278 |
| Total | 398 | 342 | 408 | 1148 | 395 | 323 | 401 | 1119 | 2267 |

NK=North Karelia

K=Kuopio province

SW=southwest Finland

Table 6. Distribution of subjects in the dietary subsample participating in the FINMONICA survey by sex, age and monitoring area.

| Age in years | MEN | | | | WOMEN | | | | TOTAL |
|--------------------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|
| | NK | K | SW | Total | NK | K | SW | Total | |
| 25-29 | 16 | 35 | 31 | 82 | 17 | 29 | 30 | 76 | 158 |
| 30-39 | 68 | 110 | 74 | 252 | 77 | 70 | 94 | 241 | 493 |
| 40-49 | 63 | 55 | 76 | 194 | 89 | 67 | 83 | 239 | 433 |
| 50-59 | 102 | 67 | 89 | 258 | 85 | 70 | 91 | 246 | 504 |
| 60-64 | 33 | 14 | 43 | 90 | 42 | 44 | 42 | 128 | 218 |
| Total | 282 | 281 | 313 | 876 | 310 | 280 | 340 | 930 | 1806 |
| % of the subsample | 71 | 82 | 77 | 76 | 79 | 87 | 85 | 83 | 80 |

Table 7. Distribution of final participants by sex, age and monitoring area.

| Age in years | | MEN | | | | WOMEN | | | | TOTAL |
|--------------------|----------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|
| | | NK | K | SW | Total | NK | K | SW | Total | |
| 24-29 | N | 13 | 25 | 18 | 56 | 12 | 18 | 23 | 53 | 109 |
| | % | 6 | 12 | 8 | 9 | 5 | 9 | 9 | 8 | 8 |
| 30-39 | N | 56 | 84 | 53 | 193 | 58 | 52 | 68 | 178 | 371 |
| | % | 27 | 40 | 23 | 29 | 25 | 25 | 28 | 26 | 27 |
| 40-49 | N | 45 | 41 | 55 | 141 | 67 | 58 | 58 | 183 | 324 |
| | % | 22 | 19 | 24 | 22 | 28 | 27 | 23 | 26 | 24 |
| 50-59 | N | 68 | 49 | 69 | 186 | 68 | 53 | 67 | 188 | 374 |
| | % | 33 | 23 | 29 | 28 | 29 | 25 | 27 | 27 | 28 |
| 60-64 | N | 26 | 13 | 38 | 77 | 30 | 30 | 33 | 93 | 170 |
| | % | 12 | 6 | 16 | 12 | 13 | 14 | 13 | 13 | 13 |
| Total | N | 208 | 212 | 233 | 653 | 235 | 211 | 249 | 695 | 1348 |
| % of the subsample | | 52 | 62 | 57 | 57 | 60 | 65 | 62 | 62 | 60 |

NK=North Karelia
 K=Kuopio province
 SW=southwest Finland

Table 8. Comparison of the data from the FINMONICA survey (FM) and the dietary survey (DS). The means of variables for men are given on the upper line and those for women on the lower line.

| | North Karelia | | Kuopio province | | Southwest Finland | | sign. of diff. |
|--|---------------|------|-----------------|------|-------------------|------|----------------|
| | FM | DS | FM | DS | FM | DS | |
| Age, years | 43.7 | 46.1 | 41.0 | 41.7 | 45.1 | 46.6 | n.s. |
| | 43.5 | 46.3 | 43.3 | 45.6 | 45.2 | 45.2 | n.s. |
| Years of education | 8.4 | 8.3 | 9.0 | 9.3 | 9.5 | 9.4 | n.s. |
| | 9.2 | 8.6 | 9.3 | 8.9 | 9.9 | 10.0 | n.s. |
| Weight, kg | 78.3 | 78.5 | 78.1 | 78.7 | 80.6 | 81.4 | n.s. |
| | 66.0 | 67.1 | 65.4 | 66.5 | 66.4 | 65.7 | n.s. |
| Height, cm | 173 | 172 | 174 | 174 | 175 | 175 | n.s. |
| | 160 | 162 | 160 | 160 | 161 | 162 | n.s. |
| Body mass index, kg / m ² | 26.2 | 26.5 | 25.9 | 26.0 | 26.3 | 26.6 | n.s. |
| | 26.0 | 26.5 | 25.6 | 26.1 | 25.5 | 25.2 | n.s. |
| Systolic blood pressure, mmHg | 145 | 146 | 146 | 148 | 144 | 145 | n.s. |
| | 141 | 144 | 143 | 147 | 138 | 138 | n.s. |
| Diastolic blood pressure, mmHg | 86 | 86 | 87 | 89 | 86 | 86 | n.s. |
| | 83 | 84 | 84 | 85 | 81 | 82 | n.s. |
| Serum cholesterol, mmol/l | 6.2 | 6.2 | 6.1 | 6.2 | 6.0 | 6.1 | n.s. |
| | 6.1 | 6.2 | 6.0 | 6.0 | 6.0 | 6.0 | n.s. |
| Serum high density lipoprotein, mmol/l | 1.2 | 1.2 | 1.2 | 1.3 | 1.2 | 1.2 | n.s. |
| | 1.5 | 1.4 | 1.5 | 1.4 | 1.5 | 1.5 | n.s. |
| Smoking, times per day | 6.4 | 6.5 | 7.7 | 6.6 | 7.6 | 6.7 | n.s. |
| | 1.6 | 1.5 | 2.2 | 1.6 | 3.0 | 3.2 | n.s. |

** : p < 0.01

* : p < 0.05

Table 9. Distribution of participants in the dietary survey by occupation.

| | | MEN | | | | WOMEN | | | | TOTAL |
|----------------------|---|-----|-----|-----|-------|-------|-----|-----|-------|-------|
| | | NK | K | SW | Total | NK | K | SW | Total | |
| Farmers | N | 54 | 50 | 18 | 122 | 37 | 35 | 18 | 90 | 212 |
| | % | 26 | 24 | 8 | 19 | 16 | 17 | 7 | 13 | 16 |
| Blue-collar workers | N | 57 | 63 | 92 | 212 | 22 | 23 | 45 | 90 | 302 |
| | % | 27 | 30 | 39 | 32 | 10 | 11 | 18 | 13 | 22 |
| White-collar workers | N | 56 | 70 | 95 | 221 | 99 | 86 | 122 | 307 | 528 |
| | % | 27 | 33 | 41 | 34 | 42 | 41 | 49 | 44 | 39 |
| Housewives | N | - | - | - | - | 37 | 32 | 30 | 99 | 99 |
| | % | | | | | 16 | 15 | 12 | 14 | 7 |
| Retired | N | 35 | 16 | 17 | 68 | 33 | 30 | 24 | 87 | 155 |
| | % | 17 | 8 | 7 | 10 | 14 | 14 | 10 | 13 | 12 |
| Students | N | 1 | 2 | 3 | 6 | 1 | 1 | 1 | 3 | 9 |
| | % | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 1 |
| Unemployed | N | 3 | 6 | 4 | 13 | 3 | - | 2 | 5 | 18 |
| | % | 2 | 3 | 2 | 2 | 1 | | 1 | 1 | 1 |
| Occupation unknown | N | 2 | 5 | 4 | 11 | 3 | 4 | 7 | 14 | 25 |
| | % | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 2 |
| Total | N | 208 | 212 | 233 | 653 | 235 | 211 | 249 | 695 | 1348 |
| | % | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

NK=North Karelia
 K=Kuopio province
 SW=southwest Finland

Table 10. Distribution of participants in the dietary survey by place of living.

| | | MEN | | | | WOMEN | | | | TOTAL |
|-------|---|-----|-----|-----|-------|-------|-----|-----|-------|-------|
| | | NK | K | SW | Total | NK | K | SW | Total | |
| Urban | N | 109 | 111 | 181 | 401 | 121 | 104 | 211 | 436 | 837 |
| | % | 52 | 52 | 78 | 61 | 51 | 49 | 85 | 63 | 62 |
| Rural | N | 99 | 101 | 52 | 252 | 114 | 107 | 38 | 259 | 511 |
| | % | 48 | 48 | 22 | 39 | 49 | 51 | 15 | 37 | 38 |
| Total | N | 208 | 212 | 233 | 653 | 235 | 211 | 249 | 695 | 1348 |
| | % | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 | 100 |

NK=North Karelia
 K=Kuopio province
 SW=southwest Finland

4. Dietary assessment method

Data on diet were collected by means of a three-day food record by which detailed information was obtained on the type and amount of food consumed by the subject during three successive days.

The data collection method was checked first in a group of 30 persons. The food record forms, model form and instructions (annexes 1-3) were given randomly to 15 clients of an occupational nurse at the National Public Health Institute in Helsinki, and 15 clients of a health care nurse in Lieksa health center in North Karelia. The completed records were returned to the nutritionist who checked them.

All participants in the FINMONICA survey were invited to the examination at the local health center. During administration of the survey the participants belonging to the subsample received oral and written instructions on keeping the food record as well as model forms, blank forms for recording, and a return envelope. Completed records were to be sent to the National Public Health Institute. There the records were checked and coded by nutrition students under the supervision of a nutritionist. Tables especially made for FINMONICA were used for converting household measures into grams (Leino 1984). The food consumption data were analyzed using the food composition files and computer programmes developed for this purpose in the Department of Nutrition, University of Helsinki (Ahlström et al. 1972).

Data on the daily food consumption and on the intake of energy and 35 nutrients of each individual were then transferred to the National Public Health Institute, and further analysis was made using SAS programmes.

The list of foods and nutrients completed from the data were the following:

Foods in 25 groups

- 1 - rye products
- wheat products
- other cereal products
- legumes and nuts

- 2 - potatoes
- roots
- other vegetables

- 3 - **fruit and berries**

- 4 - margarine and oils
- butter

- 5 - milk
- cheese
- other milk products (incl. sour milk)

- 6 - pork
- beef and other meat
- sausage
- inner organs and blood

- 7 - fish and other seafood

- 8 - eggs

- 9 - coffee
- tea
- alcoholic drinks
- soft drinks
- sweets, sugar, syrup and honey
- other foodstuffs

Energy and nutrients

- energy in MJ and kcal
- protein
- fat
 - saturated fatty acids
 - monounsaturated fatty acids
 - polyunsaturated fatty acids
 - linoleic acid
- carbohydrate
 - sucrose
- vitamin A as retinol equivalents
- thiamin
- riboflavin
- niacin
- niacin, incl. equivalents
- vitamin C
- cholesterol
- ethanol
- 20 minerals (K, Ca, Mg, P, S, Fe, Cu, Mn, Zn, Mo, Co, Ni, Cr, F, Se, Si, Hg, As, Cd, Pb)

Daily nutrient intakes are also given per 1000 kcal. The ratio of polyunsaturated to saturated fatty acids (P/S-ratio), the energy and nutrient intake from the nine main food groups and the percentage of energy from energy providing nutrients were computed.

The results are represented by age, monitoring area, occupation, place of living and in addition, by the percentage of energy from fat. The distribution of food, energy and nutrient intakes is shown also in quantiles. Tables and figures are always given separately for men and women. In the tables concerning age categories the total values of the results are given as age-standardized by the whole population of the corresponding area. The values of the nutrient intake from the nine food groups are also presented age-standardized.

The food composition files used in this analysis did not include information about the nutrient losses in foods during preparation. Therefore, many values given in the tables and figures especially the amounts of watersoluble vitamins are overestimations. However, all the previous dietary surveys in Finland have been reported in this manner so that the results are comparable.

Vitamin A is given as retinol equivalents in all tables and figures. The niacin intake is presented both as the amount of absolute niacin and as niacin equivalents including niacin transformed from tryptophan.

Most of the wheat consumed in Finland in 1982 was imported and was thus much richer in selenium than the wheat grown in the Finnish soil. The selenium values for cereal products was dated according to the situation in 1982 (Varo 1987).

Since 1985 selenium has been added to the fertilizers and, consequently, the selenium intake has increased remarkably. Thus the selenium values in this report should be considered historical.

5. Food and nutrient intake data

5.1. Food and nutrient intake by sex, age and monitoring area

TABLE 11. MEAN DAILY CONSUMPTION OF RYE PRODUCTS BY SEX, AGE AND AREA

| | | RYE PRODUCTS in grams | | | | | | | | | | | |
|-------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 188 | 86 | 13 | 123 | 65 | 25 | 95 | 56 | 18 | 129 | 75 | 56 |
| | 30-39 | 161 | 80 | 56 | 147 | 65 | 84 | 91 | 62 | 53 | 136 | 74 | 193 |
| | 40-49 | 157 | 75 | 45 | 133 | 72 | 41 | 89 | 49 | 55 | 124 | 71 | 141 |
| | 50-59 | 155 | 80 | 68 | 128 | 65 | 49 | 105 | 65 | 69 | 129 | 74 | 186 |
| | 60-64 | 128 | 50 | 26 | 99 | 61 | 13 | 110 | 59 | 38 | 114 | 57 | 77 |
| | ALL 1) | 161 | 78 | 208 | 131 | 67 | 212 | 96 | 58 | 233 | 128 | 73 | 653 |
| WOMEN | 25-29 | 97 | 29 | 12 | 66 | 42 | 18 | 66 | 47 | 23 | 73 | 43 | 53 |
| | 30-39 | 101 | 41 | 58 | 94 | 47 | 52 | 57 | 39 | 68 | 82 | 46 | 178 |
| | 40-49 | 107 | 54 | 67 | 98 | 46 | 58 | 63 | 47 | 58 | 90 | 53 | 183 |
| | 50-59 | 112 | 47 | 68 | 89 | 42 | 53 | 72 | 42 | 67 | 91 | 47 | 188 |
| | 60-64 | 102 | 30 | 30 | 83 | 37 | 30 | 65 | 46 | 33 | 83 | 41 | 93 |
| | ALL 1) | 104 | 43 | 235 | 88 | 45 | 211 | 64 | 44 | 249 | 85 | 47 | 695 |

1) standardized by age

TABLE 12. MEAN DAILY CONSUMPTION OF WHEAT PRODUCTS BY SEX, AGE AND AREA

| | | WHEAT PRODUCTS in grams | | | | | | | | | | | |
|-------|--------|-------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 110 | 61 | 13 | 95 | 47 | 25 | 157 | 97 | 18 | 119 | 74 | 56 |
| | 30-39 | 105 | 60 | 56 | 115 | 76 | 84 | 137 | 60 | 53 | 118 | 68 | 193 |
| | 40-49 | 108 | 62 | 45 | 115 | 64 | 41 | 127 | 72 | 55 | 117 | 67 | 141 |
| | 50-59 | 87 | 66 | 68 | 87 | 52 | 49 | 98 | 59 | 69 | 91 | 60 | 186 |
| | 60-64 | 71 | 49 | 26 | 73 | 45 | 13 | 92 | 66 | 38 | 82 | 57 | 77 |
| | ALL 1) | 100 | 61 | 208 | 102 | 62 | 212 | 126 | 74 | 233 | 110 | 67 | 653 |
| WOMEN | 25-29 | 111 | 53 | 12 | 113 | 89 | 18 | 93 | 67 | 23 | 104 | 72 | 53 |
| | 30-39 | 97 | 55 | 58 | 94 | 49 | 52 | 108 | 59 | 68 | 100 | 55 | 178 |
| | 40-49 | 84 | 45 | 67 | 87 | 40 | 58 | 96 | 47 | 58 | 89 | 44 | 183 |
| | 50-59 | 83 | 52 | 68 | 82 | 49 | 53 | 91 | 49 | 67 | 86 | 50 | 188 |
| | 60-64 | 75 | 50 | 30 | 70 | 43 | 30 | 89 | 50 | 33 | 78 | 48 | 93 |
| | ALL 1) | 90 | 52 | 235 | 90 | 56 | 211 | 97 | 54 | 249 | 92 | 54 | 695 |

1) standardized by age

TABLE 13. MEAN DAILY CONSUMPTION OF OTHER CEREAL PRODUCTS BY SEX, AGE AND AREA

| | | OTHER CEREAL PRODUCTS in grams | | | | | | | | | | | |
|--------|--------|--------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 50 | 73 | 13 | 29 | 32 | 25 | 18 | 26 | 18 | 30 | 44 | 56 |
| | 30-39 | 30 | 32 | 56 | 28 | 33 | 84 | 28 | 31 | 53 | 29 | 32 | 193 |
| | 40-49 | 21 | 18 | 45 | 26 | 38 | 41 | 22 | 26 | 55 | 23 | 28 | 141 |
| | 50-59 | 24 | 26 | 68 | 33 | 37 | 49 | 21 | 20 | 69 | 25 | 28 | 186 |
| | 60-64 | 23 | 21 | 26 | 37 | 28 | 13 | 27 | 35 | 38 | 28 | 30 | 77 |
| | ALL 1) | 30 | 39 | 208 | 29 | 34 | 212 | 23 | 27 | 233 | 27 | 34 | 653 |
| | WOMEN | 25-29 | 34 | 27 | 12 | 23 | 25 | 18 | 11 | 14 | 23 | 20 | 23 |
| 30-39 | | 20 | 20 | 58 | 20 | 22 | 52 | 15 | 23 | 68 | 18 | 22 | 178 |
| 40-49 | | 19 | 18 | 67 | 27 | 26 | 58 | 14 | 19 | 58 | 20 | 21 | 183 |
| 50-59 | | 22 | 16 | 68 | 26 | 22 | 53 | 17 | 19 | 67 | 21 | 19 | 188 |
| 60-64 | | 21 | 14 | 30 | 24 | 21 | 30 | 15 | 12 | 33 | 20 | 16 | 93 |
| ALL 1) | | 23 | 20 | 235 | 24 | 23 | 211 | 15 | 19 | 249 | 20 | 21 | 695 |

1) standardized by age

TABLE 14. MEAN DAILY CONSUMPTION OF LEGUMES AND NUTS BY SEX, AGE AND AREA

| | | LEGUMES AND NUTS in grams | | | | | | | | | | | |
|--------|--------|---------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 10 | 16 | 13 | 4 | 8 | 25 | 8 | 12 | 18 | 7 | 12 | 56 |
| | 30-39 | 8 | 14 | 56 | 10 | 18 | 84 | 11 | 16 | 53 | 10 | 16 | 193 |
| | 40-49 | 10 | 15 | 45 | 6 | 12 | 41 | 15 | 22 | 55 | 11 | 18 | 141 |
| | 50-59 | 8 | 15 | 68 | 14 | 20 | 49 | 15 | 30 | 69 | 12 | 23 | 186 |
| | 60-64 | 15 | 29 | 26 | 18 | 28 | 13 | 9 | 14 | 38 | 12 | 23 | 77 |
| | ALL 1) | 10 | 17 | 208 | 9 | 17 | 212 | 12 | 20 | 233 | 10 | 18 | 653 |
| | WOMEN | 25-29 | 8 | 17 | 12 | 6 | 11 | 18 | 16 | 27 | 23 | 11 | 21 |
| 30-39 | | 6 | 11 | 58 | 7 | 13 | 52 | 8 | 16 | 68 | 7 | 14 | 178 |
| 40-49 | | 3 | 8 | 67 | 6 | 10 | 58 | 5 | 8 | 58 | 4 | 9 | 183 |
| 50-59 | | 9 | 16 | 68 | 6 | 10 | 53 | 5 | 10 | 67 | 7 | 12 | 188 |
| 60-64 | | 5 | 16 | 30 | 8 | 13 | 30 | 6 | 14 | 33 | 6 | 14 | 93 |
| ALL 1) | | 6 | 13 | 235 | 6 | 11 | 211 | 8 | 16 | 249 | 7 | 14 | 695 |

1) standardized by age

TABLE 15. MEAN DAILY CONSUMPTION OF POTATOES BY SEX, AGE AND AREA

| | | POTATOES in grams | | | | | | | | | | | |
|--------|--------|-------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 155 | 97 | 13 | 167 | 101 | 25 | 169 | 109 | 18 | 165 | 101 | 56 |
| | 30-39 | 170 | 93 | 56 | 184 | 104 | 84 | 170 | 104 | 53 | 176 | 100 | 193 |
| | 40-49 | 153 | 94 | 45 | 174 | 85 | 41 | 188 | 126 | 55 | 173 | 106 | 141 |
| | 50-59 | 168 | 101 | 68 | 175 | 84 | 49 | 168 | 79 | 69 | 170 | 89 | 186 |
| | 60-64 | 136 | 81 | 26 | 211 | 117 | 13 | 175 | 76 | 38 | 168 | 88 | 77 |
| | ALL 1) | 159 | 94 | 208 | 179 | 96 | 212 | 174 | 104 | 233 | 171 | 98 | 653 |
| | WOMEN | 25-29 | 99 | 67 | 12 | 117 | 95 | 18 | 99 | 73 | 23 | 105 | 79 |
| 30-39 | | 101 | 61 | 58 | 99 | 71 | 52 | 105 | 73 | 68 | 102 | 69 | 178 |
| 40-49 | | 91 | 70 | 67 | 113 | 70 | 58 | 119 | 81 | 58 | 107 | 74 | 183 |
| 50-59 | | 108 | 68 | 68 | 106 | 61 | 53 | 128 | 74 | 67 | 115 | 69 | 188 |
| 60-64 | | 116 | 61 | 30 | 123 | 75 | 30 | 111 | 58 | 33 | 116 | 64 | 93 |
| ALL 1) | | 101 | 66 | 235 | 110 | 73 | 211 | 114 | 74 | 249 | 108 | 71 | 695 |

1) standardized by age

TABLE 16. MEAN DAILY CONSUMPTION OF ROOTS BY SEX, AGE AND AREA

| | | ROOTS in grams | | | | | | | | | | | |
|--------|--------|----------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 26 | 40 | 13 | 25 | 27 | 25 | 45 | 51 | 18 | 32 | 40 | 56 |
| | 30-39 | 31 | 33 | 56 | 28 | 29 | 84 | 34 | 44 | 53 | 30 | 35 | 193 |
| | 40-49 | 28 | 54 | 45 | 25 | 33 | 41 | 23 | 30 | 55 | 25 | 40 | 141 |
| | 50-59 | 22 | 25 | 68 | 33 | 41 | 49 | 25 | 27 | 69 | 26 | 31 | 186 |
| | 60-64 | 29 | 24 | 26 | 39 | 52 | 13 | 33 | 38 | 38 | 33 | 36 | 77 |
| | ALL 1) | 28 | 39 | 208 | 29 | 35 | 212 | 31 | 39 | 233 | 29 | 38 | 653 |
| | WOMEN | 25-29 | 23 | 35 | 12 | 27 | 27 | 18 | 28 | 39 | 23 | 27 | 34 |
| 30-39 | | 40 | 42 | 58 | 39 | 35 | 52 | 36 | 47 | 68 | 38 | 42 | 178 |
| 40-49 | | 36 | 46 | 67 | 36 | 42 | 58 | 32 | 36 | 58 | 35 | 41 | 183 |
| 50-59 | | 38 | 36 | 68 | 40 | 48 | 53 | 39 | 46 | 67 | 39 | 43 | 188 |
| 60-64 | | 24 | 26 | 30 | 50 | 46 | 30 | 30 | 28 | 33 | 34 | 36 | 93 |
| ALL 1) | | 34 | 39 | 235 | 38 | 40 | 211 | 34 | 41 | 249 | 35 | 40 | 695 |

1) standardized by age

TABLE 17. MEAN DAILY CONSUMPTION OF OTHER VEGETABLES BY SEX, AGE AND AREA

| | | OTHER VEGETABLES in grams | | | | | | | | | | | |
|-------|--------|---------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 21 | 21 | 13 | 56 | 50 | 25 | 89 | 79 | 18 | 59 | 62 | 56 |
| | 30-39 | 63 | 71 | 56 | 72 | 82 | 84 | 68 | 56 | 53 | 68 | 72 | 193 |
| | 40-49 | 66 | 68 | 45 | 48 | 51 | 41 | 75 | 66 | 55 | 64 | 63 | 141 |
| | 50-59 | 37 | 43 | 68 | 44 | 49 | 49 | 56 | 47 | 69 | 46 | 47 | 186 |
| | 60-64 | 29 | 32 | 26 | 39 | 33 | 13 | 56 | 60 | 38 | 44 | 49 | 77 |
| | ALL 1) | 48 | 58 | 208 | 54 | 60 | 212 | 70 | 63 | 233 | 58 | 61 | 653 |
| WOMEN | 25-29 | 78 | 68 | 12 | 79 | 65 | 18 | 54 | 35 | 23 | 68 | 55 | 53 |
| | 30-39 | 71 | 61 | 58 | 80 | 52 | 52 | 85 | 70 | 68 | 79 | 62 | 178 |
| | 40-49 | 62 | 48 | 67 | 62 | 61 | 58 | 70 | 55 | 58 | 64 | 54 | 183 |
| | 50-59 | 54 | 51 | 68 | 68 | 57 | 53 | 60 | 55 | 67 | 60 | 54 | 188 |
| | 60-64 | 34 | 32 | 30 | 41 | 38 | 30 | 53 | 58 | 33 | 43 | 45 | 93 |
| | ALL 1) | 62 | 55 | 235 | 68 | 57 | 211 | 67 | 58 | 249 | 66 | 57 | 695 |

1) standardized by age

TABLE 18. MEAN DAILY CONSUMPTION OF FRUIT AND BERRIES BY SEX, AGE AND AREA

| | | FRUIT AND BERRIES in grams | | | | | | | | | | | |
|-------|--------|----------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 279 | 228 | 13 | 235 | 181 | 25 | 381 | 246 | 18 | 292 | 220 | 56 |
| | 30-39 | 303 | 276 | 56 | 277 | 265 | 84 | 304 | 294 | 53 | 292 | 276 | 193 |
| | 40-49 | 276 | 203 | 45 | 217 | 151 | 41 | 265 | 190 | 55 | 254 | 185 | 141 |
| | 50-59 | 194 | 184 | 68 | 196 | 166 | 49 | 264 | 216 | 69 | 221 | 194 | 186 |
| | 60-64 | 242 | 181 | 26 | 233 | 156 | 13 | 217 | 170 | 38 | 228 | 169 | 77 |
| | ALL 1) | 264 | 225 | 208 | 234 | 197 | 212 | 292 | 238 | 233 | 264 | 222 | 653 |
| WOMEN | 25-29 | 335 | 229 | 12 | 381 | 173 | 18 | 310 | 259 | 23 | 340 | 224 | 53 |
| | 30-39 | 313 | 204 | 58 | 320 | 198 | 52 | 380 | 236 | 68 | 340 | 216 | 178 |
| | 40-49 | 338 | 172 | 67 | 268 | 162 | 58 | 306 | 177 | 58 | 305 | 172 | 183 |
| | 50-59 | 327 | 160 | 68 | 297 | 175 | 53 | 314 | 180 | 67 | 314 | 171 | 188 |
| | 60-64 | 237 | 138 | 30 | 274 | 218 | 30 | 339 | 170 | 33 | 285 | 181 | 93 |
| | ALL 1) | 317 | 184 | 235 | 307 | 185 | 211 | 330 | 207 | 249 | 319 | 193 | 695 |

1) standardized by age

TABLE 19. MEAN DAILY CONSUMPTION OF MARGARINE AND OILS BY SEX, AGE AND AREA

| | | MARGARINE AND OILS in grams | | | | | | | | | | | |
|--------|--------|-----------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 32 | 40 | 13 | 26 | 26 | 25 | 49 | 57 | 18 | 35 | 42 | 56 |
| | 30-39 | 20 | 24 | 56 | 29 | 32 | 84 | 39 | 31 | 53 | 29 | 30 | 193 |
| | 40-49 | 22 | 23 | 45 | 17 | 17 | 41 | 33 | 23 | 55 | 25 | 23 | 141 |
| | 50-59 | 19 | 22 | 68 | 16 | 21 | 49 | 25 | 23 | 69 | 21 | 23 | 186 |
| | 60-64 | 4 | 6 | 26 | 19 | 18 | 13 | 16 | 17 | 38 | 12 | 16 | 77 |
| | ALL 1) | 21 | 27 | 208 | 22 | 25 | 212 | 35 | 35 | 233 | 26 | 30 | 653 |
| | WOMEN | 25-29 | 16 | 22 | 12 | 30 | 33 | 18 | 37 | 33 | 23 | 30 | 31 |
| 30-39 | | 21 | 20 | 58 | 15 | 14 | 52 | 28 | 25 | 68 | 22 | 21 | 178 |
| 40-49 | | 17 | 17 | 67 | 13 | 14 | 58 | 23 | 18 | 58 | 17 | 17 | 183 |
| 50-59 | | 15 | 16 | 68 | 13 | 16 | 53 | 23 | 22 | 67 | 17 | 19 | 188 |
| 60-64 | | 8 | 12 | 30 | 7 | 9 | 30 | 21 | 16 | 33 | 12 | 14 | 93 |
| ALL 1) | | 16 | 18 | 235 | 16 | 19 | 211 | 26 | 24 | 249 | 19 | 21 | 695 |

1) standardized by age

TABLE 20. MEAN DAILY CONSUMPTION OF BUTTER BY SEX, AGE AND AREA

| | | BUTTER in grams | | | | | | | | | | | |
|--------|--------|-----------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 57 | 42 | 13 | 30 | 24 | 25 | 30 | 29 | 18 | 36 | 32 | 56 |
| | 30-39 | 43 | 29 | 56 | 49 | 43 | 84 | 24 | 25 | 53 | 41 | 36 | 193 |
| | 40-49 | 41 | 35 | 45 | 46 | 25 | 41 | 30 | 30 | 55 | 38 | 31 | 141 |
| | 50-59 | 37 | 29 | 68 | 40 | 31 | 49 | 26 | 24 | 69 | 33 | 28 | 186 |
| | 60-64 | 38 | 24 | 26 | 32 | 24 | 13 | 30 | 21 | 38 | 33 | 23 | 77 |
| | ALL 1) | 44 | 33 | 208 | 41 | 32 | 212 | 28 | 27 | 233 | 37 | 31 | 653 |
| | WOMEN | 25-29 | 34 | 20 | 12 | 29 | 25 | 18 | 9 | 12 | 23 | 21 | 22 |
| 30-39 | | 29 | 24 | 58 | 29 | 19 | 52 | 17 | 19 | 68 | 24 | 21 | 178 |
| 40-49 | | 23 | 19 | 67 | 30 | 21 | 58 | 15 | 14 | 58 | 23 | 20 | 183 |
| 50-59 | | 28 | 24 | 68 | 26 | 21 | 53 | 19 | 15 | 67 | 24 | 21 | 188 |
| 60-64 | | 29 | 17 | 30 | 23 | 21 | 30 | 11 | 16 | 33 | 21 | 19 | 93 |
| ALL 1) | | 28 | 22 | 235 | 28 | 21 | 211 | 15 | 16 | 249 | 23 | 21 | 695 |

1) standardized by age

TABLE 21. MEAN DAILY CONSUMPTION OF MILK BY SEX, AGE AND AREA

| | | MILK in milliliters | | | | | | | | | | | |
|--------|--------|---------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 998 | 412 | 13 | 656 | 451 | 25 | 646 | 345 | 18 | 732 | 430 | 56 |
| | 30-39 | 572 | 327 | 56 | 587 | 439 | 84 | 495 | 315 | 53 | 557 | 377 | 193 |
| | 40-49 | 607 | 352 | 45 | 581 | 321 | 41 | 513 | 316 | 55 | 563 | 330 | 141 |
| | 50-59 | 520 | 298 | 68 | 654 | 419 | 49 | 497 | 320 | 69 | 547 | 346 | 186 |
| | 60-64 | 537 | 273 | 26 | 630 | 446 | 13 | 494 | 272 | 38 | 531 | 307 | 77 |
| | ALL 1) | 646 | 377 | 208 | 615 | 407 | 212 | 528 | 320 | 233 | 594 | 371 | 653 |
| | WOMEN | 25-29 | 441 | 198 | 12 | 332 | 337 | 18 | 318 | 266 | 23 | 351 | 279 |
| 30-39 | | 365 | 303 | 58 | 382 | 270 | 52 | 275 | 243 | 68 | 336 | 274 | 178 |
| 40-49 | | 359 | 224 | 67 | 356 | 259 | 58 | 246 | 180 | 58 | 322 | 228 | 183 |
| 50-59 | | 408 | 251 | 68 | 411 | 246 | 53 | 309 | 216 | 67 | 374 | 241 | 188 |
| 60-64 | | 415 | 210 | 30 | 306 | 201 | 30 | 362 | 239 | 33 | 361 | 220 | 93 |
| ALL 1) | | 392 | 246 | 235 | 365 | 266 | 211 | 293 | 227 | 249 | 348 | 249 | 695 |

1) standardized by age

TABLE 22. MEAN DAILY CONSUMPTION OF CHEESE BY SEX, AGE AND AREA

| | | CHEESE in grams | | | | | | | | | | | |
|--------|--------|-----------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 31 | 40 | 13 | 32 | 34 | 25 | 28 | 32 | 18 | 30 | 34 | 56 |
| | 30-39 | 27 | 30 | 56 | 24 | 31 | 84 | 30 | 40 | 53 | 26 | 33 | 193 |
| | 40-49 | 21 | 23 | 45 | 12 | 17 | 41 | 25 | 30 | 55 | 20 | 25 | 141 |
| | 50-59 | 13 | 17 | 68 | 15 | 21 | 49 | 19 | 20 | 69 | 16 | 20 | 186 |
| | 60-64 | 11 | 17 | 26 | 17 | 19 | 13 | 15 | 17 | 38 | 14 | 17 | 77 |
| | ALL 1) | 22 | 28 | 208 | 20 | 27 | 212 | 25 | 31 | 233 | 22 | 29 | 653 |
| | WOMEN | 25-29 | 19 | 17 | 12 | 43 | 50 | 18 | 27 | 33 | 23 | 30 | 38 |
| 30-39 | | 22 | 27 | 58 | 36 | 40 | 52 | 37 | 35 | 68 | 32 | 35 | 178 |
| 40-49 | | 24 | 29 | 67 | 21 | 22 | 58 | 31 | 32 | 58 | 26 | 28 | 183 |
| 50-59 | | 17 | 27 | 68 | 10 | 16 | 53 | 23 | 20 | 67 | 17 | 22 | 188 |
| 60-64 | | 12 | 17 | 30 | 11 | 13 | 30 | 20 | 18 | 33 | 15 | 16 | 93 |
| ALL 1) | | 20 | 25 | 235 | 25 | 34 | 211 | 29 | 29 | 249 | 25 | 30 | 695 |

1) standardized by age

TABLE 23. MEAN DAILY CONSUMPTION OF OTHER MILK PRODUCTS BY SEX, AGE AND AREA

| | | OTHER MILK PRODUCTS in grams | | | | | | | | | | | |
|--------|--------|------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 126 | 133 | 13 | 210 | 250 | 25 | 99 | 180 | 18 | 155 | 209 | 56 |
| | 30-39 | 277 | 322 | 56 | 256 | 244 | 64 | 153 | 225 | 53 | 234 | 268 | 193 |
| | 40-49 | 243 | 302 | 45 | 267 | 319 | 41 | 158 | 270 | 55 | 217 | 297 | 141 |
| | 50-59 | 242 | 278 | 68 | 249 | 275 | 49 | 147 | 186 | 69 | 209 | 250 | 186 |
| | 60-64 | 185 | 215 | 26 | 129 | 151 | 13 | 127 | 129 | 38 | 147 | 166 | 77 |
| | ALL 1) | 225 | 275 | 208 | 237 | 266 | 212 | 141 | 215 | 233 | 199 | 256 | 653 |
| | WOMEN | 25-29 | 152 | 178 | 12 | 266 | 213 | 18 | 173 | 217 | 23 | 200 | 209 |
| 30-39 | | 199 | 208 | 58 | 197 | 175 | 52 | 160 | 159 | 68 | 183 | 181 | 178 |
| 40-49 | | 234 | 251 | 67 | 215 | 210 | 58 | 144 | 143 | 58 | 199 | 211 | 183 |
| 50-59 | | 193 | 166 | 68 | 173 | 145 | 53 | 178 | 144 | 67 | 182 | 152 | 188 |
| 60-64 | | 176 | 176 | 30 | 241 | 197 | 30 | 151 | 143 | 33 | 188 | 175 | 93 |
| ALL 1) | | 196 | 203 | 235 | 212 | 188 | 211 | 162 | 160 | 249 | 189 | 185 | 695 |

1) standardized by age

TABLE 24. MEAN DAILY CONSUMPTION OF PORK BY SEX, AGE AND AREA

| | | PORK in grams | | | | | | | | | | | |
|--------|--------|---------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 18 | 48 | 13 | 14 | 20 | 25 | 32 | 34 | 18 | 21 | 33 | 56 |
| | 30-39 | 28 | 40 | 56 | 32 | 33 | 84 | 43 | 52 | 53 | 34 | 41 | 193 |
| | 40-49 | 30 | 37 | 45 | 38 | 44 | 41 | 34 | 35 | 55 | 34 | 38 | 141 |
| | 50-59 | 31 | 38 | 68 | 35 | 41 | 49 | 40 | 46 | 69 | 35 | 42 | 186 |
| | 60-64 | 40 | 54 | 26 | 52 | 69 | 13 | 39 | 53 | 38 | 42 | 56 | 77 |
| | ALL 1) | 28 | 42 | 208 | 33 | 41 | 212 | 38 | 44 | 233 | 33 | 42 | 653 |
| | WOMEN | 25-29 | 23 | 24 | 12 | 25 | 39 | 18 | 31 | 35 | 23 | 27 | 34 |
| 30-39 | | 26 | 32 | 58 | 35 | 46 | 52 | 29 | 36 | 68 | 30 | 38 | 178 |
| 40-49 | | 24 | 33 | 67 | 17 | 24 | 58 | 21 | 30 | 58 | 21 | 29 | 183 |
| 50-59 | | 21 | 25 | 68 | 26 | 39 | 53 | 25 | 37 | 67 | 24 | 33 | 188 |
| 60-64 | | 12 | 19 | 30 | 21 | 25 | 30 | 15 | 22 | 33 | 16 | 22 | 93 |
| ALL 1) | | 22 | 28 | 235 | 25 | 36 | 211 | 25 | 33 | 249 | 24 | 33 | 695 |

1) standardized by age

TABLE 25. MEAN DAILY CONSUMPTION OF BEEF AND OTHER MEAT BY SEX, AGE AND AREA

| | | BEEF AND OTHER MEAT in grams | | | | | | | | | | | |
|-------|--------|------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 63 | 79 | 13 | 52 | 44 | 25 | 88 | 70 | 18 | 66 | 63 | 56 |
| | 30-39 | 78 | 68 | 56 | 70 | 73 | 84 | 62 | 56 | 53 | 70 | 67 | 193 |
| | 40-49 | 75 | 75 | 45 | 62 | 68 | 41 | 52 | 51 | 55 | 62 | 65 | 141 |
| | 50-59 | 61 | 53 | 68 | 50 | 55 | 49 | 55 | 50 | 69 | 56 | 53 | 186 |
| | 60-64 | 62 | 51 | 26 | 57 | 54 | 13 | 59 | 48 | 38 | 60 | 49 | 77 |
| | ALL 1) | 70 | 67 | 208 | 60 | 62 | 212 | 63 | 57 | 233 | 64 | 62 | 653 |
| WOMEN | 25-29 | 39 | 39 | 12 | 55 | 47 | 18 | 64 | 56 | 23 | 55 | 50 | 53 |
| | 30-39 | 49 | 47 | 58 | 50 | 68 | 52 | 46 | 46 | 68 | 48 | 53 | 178 |
| | 40-49 | 44 | 49 | 67 | 57 | 41 | 58 | 43 | 43 | 58 | 48 | 45 | 183 |
| | 50-59 | 44 | 43 | 68 | 52 | 45 | 53 | 46 | 42 | 67 | 47 | 43 | 188 |
| | 60-64 | 50 | 49 | 30 | 34 | 39 | 30 | 41 | 42 | 33 | 42 | 44 | 93 |
| | ALL 1) | 45 | 45 | 235 | 51 | 50 | 211 | 48 | 46 | 249 | 48 | 47 | 695 |

1) standardized by age

TABLE 26. MEAN DAILY CONSUMPTION OF SAUSAGE BY SEX, AGE AND AREA

| | | SAUSAGE in grams | | | | | | | | | | | |
|-------|--------|------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 101 | 88 | 13 | 74 | 56 | 25 | 69 | 60 | 18 | 79 | 66 | 56 |
| | 30-39 | 104 | 85 | 56 | 97 | 83 | 84 | 81 | 68 | 53 | 95 | 80 | 193 |
| | 40-49 | 53 | 48 | 45 | 55 | 51 | 41 | 68 | 57 | 55 | 59 | 53 | 141 |
| | 50-59 | 57 | 64 | 68 | 37 | 38 | 49 | 61 | 58 | 69 | 53 | 57 | 186 |
| | 60-64 | 28 | 35 | 26 | 28 | 37 | 13 | 40 | 39 | 38 | 34 | 37 | 77 |
| | ALL 1) | 74 | 74 | 208 | 64 | 64 | 212 | 68 | 60 | 233 | 68 | 66 | 653 |
| WOMEN | 25-29 | 54 | 60 | 12 | 48 | 59 | 18 | 50 | 44 | 23 | 50 | 52 | 53 |
| | 30-39 | 45 | 50 | 58 | 38 | 34 | 52 | 53 | 50 | 68 | 46 | 46 | 178 |
| | 40-49 | 37 | 39 | 67 | 32 | 38 | 58 | 41 | 36 | 58 | 36 | 38 | 183 |
| | 50-59 | 32 | 37 | 68 | 17 | 25 | 53 | 37 | 42 | 67 | 30 | 37 | 188 |
| | 60-64 | 26 | 36 | 30 | 16 | 24 | 30 | 15 | 18 | 33 | 19 | 27 | 93 |
| | ALL 1) | 39 | 45 | 235 | 31 | 39 | 211 | 41 | 42 | 249 | 37 | 43 | 695 |

1) standardized by age

TABLE 27. MEAN DAILY CONSUMPTION OF INNER ORGANS AND BLOOD BY SEX, AGE AND AREA

| | | INNER ORGANS AND BLOOD in grams | | | | | | | | | | | |
|-----|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 4 | 10 | 13 | 11 | 18 | 25 | 9 | 25 | 18 | 9 | 19 | 56 |
| | 30-39 | 9 | 18 | 56 | 7 | 16 | 84 | 9 | 19 | 53 | 8 | 17 | 193 |
| | 40-49 | 6 | 15 | 45 | 4 | 9 | 41 | 4 | 8 | 55 | 5 | 11 | 141 |
| | 50-59 | 1 | 4 | 68 | 5 | 18 | 49 | 3 | 11 | 69 | 3 | 12 | 186 |
| | 60-64 | 1 | 3 | 26 | 3 | 5 | 13 | 3 | 6 | 38 | 2 | 5 | 77 |
| | ALL 1) | 5 | 13 | 208 | 6 | 15 | 212 | 6 | 16 | 233 | 6 | 15 | 653 |
| | WOMEN | Age | | | | | | | | | | | |
| | 25-29 | 3 | 11 | 12 | 12 | 15 | 18 | 5 | 13 | 23 | 7 | 14 | 53 |
| | 30-39 | 10 | 22 | 58 | 6 | 14 | 52 | 4 | 11 | 68 | 6 | 16 | 178 |
| | 40-49 | 4 | 13 | 67 | 5 | 13 | 58 | 10 | 17 | 58 | 6 | 14 | 183 |
| | 50-59 | 7 | 13 | 68 | 5 | 13 | 53 | 6 | 17 | 67 | 6 | 14 | 188 |
| | 60-64 | 8 | 15 | 30 | 2 | 8 | 30 | 3 | 9 | 33 | 5 | 11 | 93 |
| | ALL 1) | 6 | 16 | 235 | 6 | 13 | 211 | 6 | 14 | 249 | 6 | 14 | 695 |

1) standardized by age

TABLE 28. MEAN DAILY CONSUMPTION OF FISH AND OTHER SEAFOOD BY SEX, AGE AND AREA

| | | FISH AND OTHER SEAFOOD in grams | | | | | | | | | | | |
|-----|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 38 | 66 | 13 | 19 | 32 | 25 | 21 | 31 | 18 | 24 | 42 | 56 |
| | 30-39 | 42 | 66 | 56 | 33 | 65 | 84 | 33 | 57 | 53 | 36 | 63 | 193 |
| | 40-49 | 47 | 78 | 45 | 61 | 72 | 41 | 43 | 59 | 55 | 50 | 69 | 141 |
| | 50-59 | 44 | 72 | 68 | 60 | 94 | 49 | 49 | 75 | 69 | 50 | 79 | 186 |
| | 60-64 | 67 | 72 | 26 | 52 | 77 | 13 | 31 | 44 | 38 | 47 | 62 | 77 |
| | ALL 1) | 45 | 70 | 208 | 45 | 72 | 212 | 36 | 57 | 233 | 42 | 67 | 653 |
| | WOMEN | Age | | | | | | | | | | | |
| | 25-29 | 21 | 29 | 12 | 8 | 13 | 18 | 18 | 36 | 23 | 15 | 28 | 53 |
| | 30-39 | 27 | 37 | 58 | 32 | 45 | 52 | 28 | 35 | 68 | 29 | 39 | 178 |
| | 40-49 | 35 | 42 | 67 | 25 | 27 | 58 | 29 | 37 | 58 | 30 | 36 | 183 |
| | 50-59 | 36 | 39 | 68 | 24 | 25 | 53 | 34 | 57 | 67 | 32 | 44 | 188 |
| | 60-64 | 31 | 34 | 30 | 36 | 43 | 30 | 29 | 40 | 33 | 32 | 39 | 93 |
| | ALL 1) | 30 | 37 | 235 | 25 | 33 | 211 | 28 | 42 | 249 | 28 | 38 | 695 |

1) standardized by age

TABLE 29. MEAN DAILY CONSUMPTION OF EGGS BY SEX, AGE AND AREA

| | | EGGS in grams | | | | | | | | | | | |
|-------|--------|---------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 32 | 22 | 13 | 29 | 29 | 25 | 27 | 21 | 18 | 29 | 24 | 56 |
| | 30-39 | 28 | 21 | 56 | 36 | 28 | 84 | 33 | 24 | 53 | 33 | 25 | 193 |
| | 40-49 | 26 | 27 | 45 | 41 | 31 | 41 | 35 | 39 | 55 | 34 | 34 | 141 |
| | 50-59 | 26 | 30 | 68 | 26 | 24 | 49 | 30 | 29 | 69 | 28 | 28 | 186 |
| | 60-64 | 22 | 27 | 26 | 47 | 66 | 13 | 26 | 25 | 38 | 28 | 36 | 77 |
| | ALL 1) | 27 | 25 | 208 | 35 | 34 | 212 | 31 | 29 | 233 | 31 | 30 | 653 |
| WOMEN | 25-29 | 21 | 19 | 12 | 28 | 20 | 18 | 21 | 19 | 23 | 24 | 19 | 53 |
| | 30-39 | 24 | 24 | 58 | 32 | 23 | 52 | 30 | 27 | 68 | 29 | 25 | 178 |
| | 40-49 | 20 | 16 | 67 | 19 | 16 | 58 | 26 | 36 | 58 | 21 | 24 | 183 |
| | 50-59 | 22 | 17 | 68 | 21 | 18 | 53 | 23 | 22 | 67 | 22 | 19 | 188 |
| | 60-64 | 22 | 20 | 30 | 15 | 14 | 30 | 18 | 16 | 33 | 18 | 17 | 93 |
| | ALL 1) | 22 | 19 | 235 | 24 | 20 | 211 | 25 | 26 | 249 | 23 | 22 | 695 |

1) standardized by age

TABLE 30. MEAN DAILY CONSUMPTION OF COFFEE BY SEX, AGE AND AREA

| | | COFFEE in milliliters | | | | | | | | | | | |
|-------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 797 | 412 | 13 | 634 | 323 | 25 | 788 | 661 | 18 | 721 | 473 | 56 |
| | 30-39 | 665 | 382 | 56 | 664 | 448 | 84 | 628 | 472 | 53 | 654 | 435 | 193 |
| | 40-49 | 653 | 340 | 45 | 649 | 407 | 41 | 658 | 367 | 55 | 654 | 368 | 141 |
| | 50-59 | 630 | 321 | 68 | 598 | 320 | 49 | 616 | 382 | 69 | 616 | 343 | 186 |
| | 60-64 | 645 | 342 | 26 | 565 | 364 | 13 | 551 | 251 | 38 | 585 | 303 | 77 |
| | ALL 1) | 677 | 362 | 208 | 632 | 382 | 212 | 656 | 457 | 233 | 655 | 404 | 653 |
| WOMEN | 25-29 | 775 | 441 | 12 | 571 | 324 | 18 | 575 | 406 | 23 | 619 | 391 | 53 |
| | 30-39 | 680 | 345 | 58 | 611 | 342 | 52 | 569 | 396 | 68 | 617 | 366 | 178 |
| | 40-49 | 570 | 334 | 67 | 616 | 291 | 58 | 618 | 344 | 58 | 600 | 323 | 183 |
| | 50-59 | 555 | 259 | 68 | 640 | 309 | 53 | 546 | 339 | 67 | 576 | 305 | 188 |
| | 60-64 | 507 | 223 | 30 | 623 | 556 | 30 | 517 | 267 | 33 | 548 | 375 | 93 |
| | ALL 1) | 620 | 337 | 235 | 614 | 349 | 211 | 571 | 357 | 249 | 600 | 348 | 695 |

1) standardized by age

TABLE 31. MEAN DAILY CONSUMPTION OF TEA BY SEX, AGE AND AREA

| | | TEA in milliliters | | | | | | | | | | | |
|-------|--------|--------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 100 | 139 | 13 | 41 | 75 | 25 | 90 | 121 | 18 | 71 | 109 | 56 |
| | 30-39 | 110 | 214 | 56 | 99 | 195 | 84 | 158 | 222 | 53 | 119 | 208 | 193 |
| | 40-49 | 112 | 145 | 45 | 122 | 205 | 41 | 91 | 124 | 55 | 107 | 157 | 141 |
| | 50-59 | 117 | 190 | 68 | 136 | 315 | 49 | 92 | 185 | 69 | 113 | 227 | 186 |
| | 60-64 | 76 | 131 | 26 | 164 | 260 | 13 | 191 | 314 | 38 | 142 | 258 | 77 |
| | ALL 1) | | 107 | 172 | 208 | 108 | 219 | 212 | 117 | 191 | 233 | 111 | 195 |
| WOMEN | 25-29 | 111 | 145 | 12 | 184 | 257 | 18 | 124 | 203 | 23 | 142 | 211 | 53 |
| | 30-39 | 84 | 164 | 58 | 115 | 200 | 52 | 103 | 183 | 68 | 101 | 182 | 178 |
| | 40-49 | 104 | 158 | 67 | 90 | 136 | 58 | 95 | 128 | 58 | 97 | 141 | 183 |
| | 50-59 | 92 | 171 | 68 | 58 | 127 | 53 | 114 | 168 | 67 | 90 | 159 | 188 |
| | 60-64 | 91 | 129 | 30 | 78 | 96 | 30 | 62 | 94 | 33 | 77 | 107 | 93 |
| | ALL 1) | | 96 | 156 | 235 | 103 | 175 | 211 | 102 | 162 | 249 | 100 | 164 |

1) standardized by age

TABLE 32. MEAN DAILY CONSUMPTION OF ALCOHOLIC DRINKS BY SEX, AGE AND AREA

| | | ALCOHOLIC DRINKS in milliliters | | | | | | | | | | | |
|-------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 84 | 148 | 13 | 218 | 282 | 25 | 185 | 282 | 18 | 176 | 259 | 56 |
| | 30-39 | 136 | 236 | 56 | 209 | 565 | 84 | 212 | 337 | 53 | 189 | 431 | 193 |
| | 40-49 | 119 | 238 | 45 | 87 | 227 | 41 | 148 | 300 | 55 | 121 | 260 | 141 |
| | 50-59 | 84 | 309 | 68 | 131 | 250 | 49 | 176 | 399 | 69 | 131 | 333 | 186 |
| | 60-64 | 46 | 124 | 26 | 16 | 34 | 13 | 91 | 162 | 38 | 63 | 137 | 77 |
| | ALL 1) | | 104 | 231 | 208 | 146 | 359 | 212 | 172 | 318 | 233 | 142 | 309 |
| WOMEN | 25-29 | 68 | 159 | 12 | 33 | 72 | 18 | 61 | 130 | 23 | 53 | 120 | 53 |
| | 30-39 | 26 | 79 | 58 | 45 | 144 | 52 | 63 | 118 | 68 | 46 | 116 | 178 |
| | 40-49 | 15 | 47 | 67 | 36 | 123 | 58 | 120 | 332 | 58 | 55 | 205 | 183 |
| | 50-59 | 8 | 34 | 68 | 2 | 15 | 53 | 47 | 139 | 67 | 20 | 88 | 188 |
| | 60-64 | 0 | 0 | 30 | 3 | 18 | 30 | 18 | 86 | 33 | 8 | 52 | 93 |
| | ALL 1) | | 23 | 81 | 235 | 26 | 100 | 211 | 68 | 199 | 249 | 40 | 141 |

1) standardized by age

TABLE 33. MEAN DAILY CONSUMPTION OF SOFT DRINKS BY SEX, AGE AND AREA

| | | SOFT DRINKS in milliliters | | | | | | | | | | | |
|--------|--------|----------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 80 | 211 | 13 | 83 | 125 | 25 | 82 | 138 | 18 | 82 | 150 | 56 |
| | 30-39 | 79 | 124 | 56 | 116 | 204 | 84 | 82 | 145 | 53 | 96 | 169 | 193 |
| | 40-49 | 63 | 107 | 45 | 68 | 135 | 41 | 108 | 184 | 55 | 82 | 150 | 141 |
| | 50-59 | 49 | 113 | 68 | 34 | 96 | 49 | 96 | 156 | 69 | 62 | 129 | 186 |
| | 60-64 | 44 | 190 | 26 | 47 | 140 | 13 | 37 | 113 | 38 | 41 | 145 | 77 |
| | ALL 1) | 66 | 143 | 208 | 75 | 151 | 212 | 87 | 154 | 233 | 77 | 150 | 653 |
| | WOMEN | 25-29 | 93 | 167 | 12 | 59 | 77 | 18 | 30 | 51 | 23 | 54 | 98 |
| 30-39 | | 58 | 175 | 58 | 46 | 89 | 52 | 66 | 148 | 68 | 58 | 143 | 178 |
| 40-49 | | 39 | 74 | 67 | 28 | 66 | 58 | 59 | 99 | 58 | 42 | 81 | 183 |
| 50-59 | | 26 | 63 | 68 | 44 | 117 | 53 | 71 | 186 | 67 | 47 | 134 | 188 |
| 60-64 | | 20 | 36 | 30 | 57 | 103 | 30 | 20 | 46 | 33 | 32 | 69 | 93 |
| ALL 1) | | 47 | 120 | 235 | 44 | 91 | 211 | 54 | 129 | 249 | 49 | 116 | 695 |

1) standardized by age

TABLE 34. MEAN DAILY CONSUMPTION OF SWEETS, SUGAR, SYRUP AND HONEY BY SEX, AGE AND AREA

| | | SWEETS, SUGAR, SYRUP AND HONEY in grams | | | | | | | | | | | |
|--------|--------|---|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 49 | 29 | 13 | 44 | 25 | 25 | 59 | 46 | 18 | 50 | 34 | 56 |
| | 30-39 | 58 | 41 | 56 | 46 | 29 | 84 | 49 | 32 | 53 | 50 | 34 | 193 |
| | 40-49 | 45 | 30 | 45 | 50 | 26 | 41 | 41 | 23 | 55 | 45 | 27 | 141 |
| | 50-59 | 33 | 22 | 68 | 39 | 26 | 49 | 35 | 21 | 69 | 35 | 23 | 186 |
| | 60-64 | 35 | 17 | 26 | 48 | 24 | 13 | 41 | 27 | 38 | 40 | 24 | 77 |
| | ALL 1) | 46 | 32 | 208 | 46 | 27 | 212 | 45 | 32 | 233 | 46 | 30 | 653 |
| | WOMEN | 25-29 | 46 | 28 | 12 | 35 | 35 | 18 | 43 | 27 | 23 | 41 | 30 |
| 30-39 | | 35 | 21 | 58 | 42 | 27 | 52 | 32 | 21 | 68 | 36 | 23 | 178 |
| 40-49 | | 35 | 24 | 67 | 38 | 25 | 58 | 29 | 20 | 58 | 34 | 23 | 183 |
| 50-59 | | 35 | 25 | 68 | 30 | 19 | 53 | 27 | 17 | 67 | 31 | 21 | 188 |
| 60-64 | | 34 | 22 | 30 | 27 | 19 | 30 | 31 | 23 | 33 | 31 | 21 | 93 |
| ALL 1) | | 37 | 24 | 235 | 35 | 26 | 211 | 32 | 22 | 249 | 35 | 24 | 695 |

1) standardized by age

TABLE 35. MEAN DAILY CONSUMPTION OF OTHER FOODSTUFFS BY SEX, AGE AND AREA

| | | OTHER FOODSTUFFS in grams | | | | | | | | | | | |
|-------|--------|---------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 2 | 2 | 13 | 1 | 3 | 25 | 6 | 12 | 18 | 3 | 7 | 56 |
| | 30-39 | 3 | 6 | 56 | 4 | 7 | 84 | 2 | 4 | 53 | 3 | 6 | 193 |
| | 40-49 | 1 | 3 | 45 | 1 | 2 | 41 | 1 | 3 | 55 | 1 | 3 | 141 |
| | 50-59 | 1 | 7 | 68 | 1 | 4 | 49 | 1 | 4 | 69 | 1 | 5 | 186 |
| | 60-64 | 1 | 3 | 26 | 0 | 1 | 13 | 1 | 2 | 38 | 1 | 2 | 77 |
| | ALL 1) | 2 | 5 | 208 | 2 | 5 | 212 | 2 | 6 | 233 | 2 | 5 | 653 |
| WOMEN | 25-29 | 1 | 1 | 12 | 1 | 2 | 18 | 2 | 6 | 23 | 2 | 4 | 53 |
| | 30-39 | 1 | 2 | 58 | 1 | 2 | 52 | 1 | 3 | 68 | 1 | 2 | 178 |
| | 40-49 | 0 | 1 | 67 | 1 | 2 | 58 | 1 | 2 | 58 | 1 | 2 | 183 |
| | 50-59 | 1 | 4 | 68 | 0 | 1 | 53 | 1 | 3 | 67 | 1 | 3 | 188 |
| | 60-64 | 0 | 0 | 30 | 0 | 0 | 30 | 1 | 3 | 33 | 0 | 2 | 93 |
| | ALL 1) | 1 | 2 | 235 | 1 | 2 | 211 | 1 | 3 | 249 | 1 | 3 | 695 |

1) standardized by age

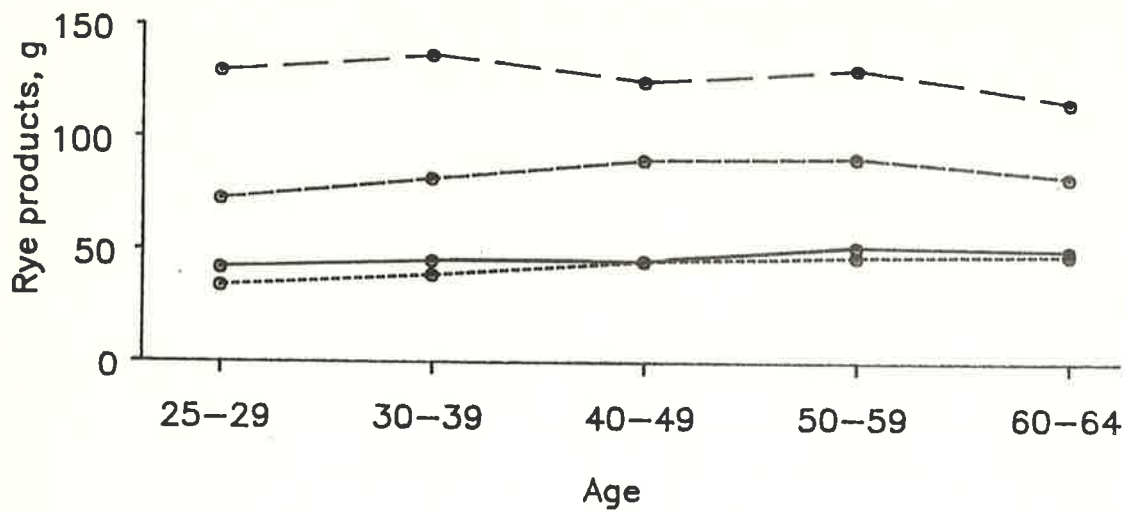


Fig. 2. Consumption of rye products by age and sex

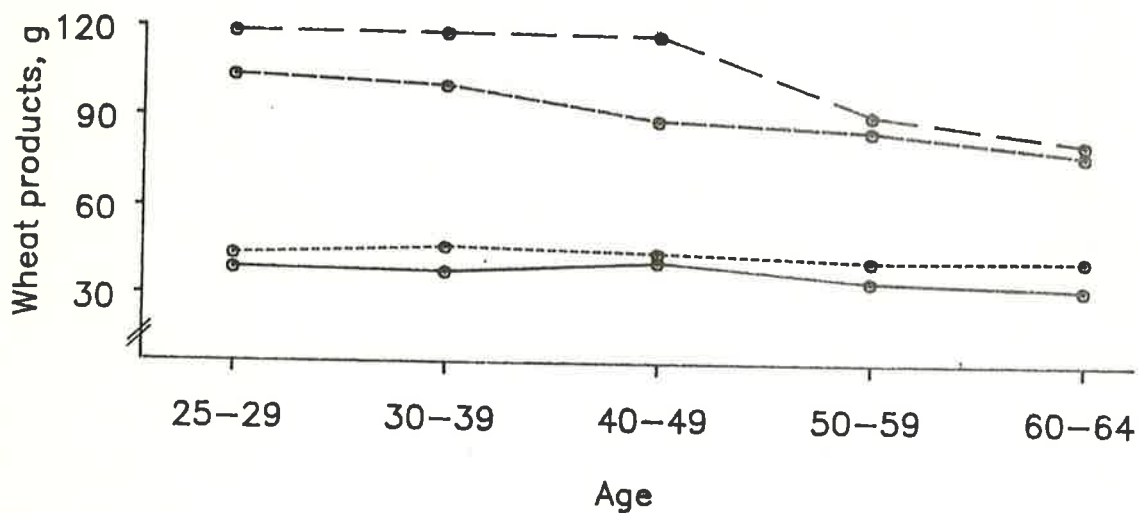


Fig. 3. Consumption of wheat products by age and sex

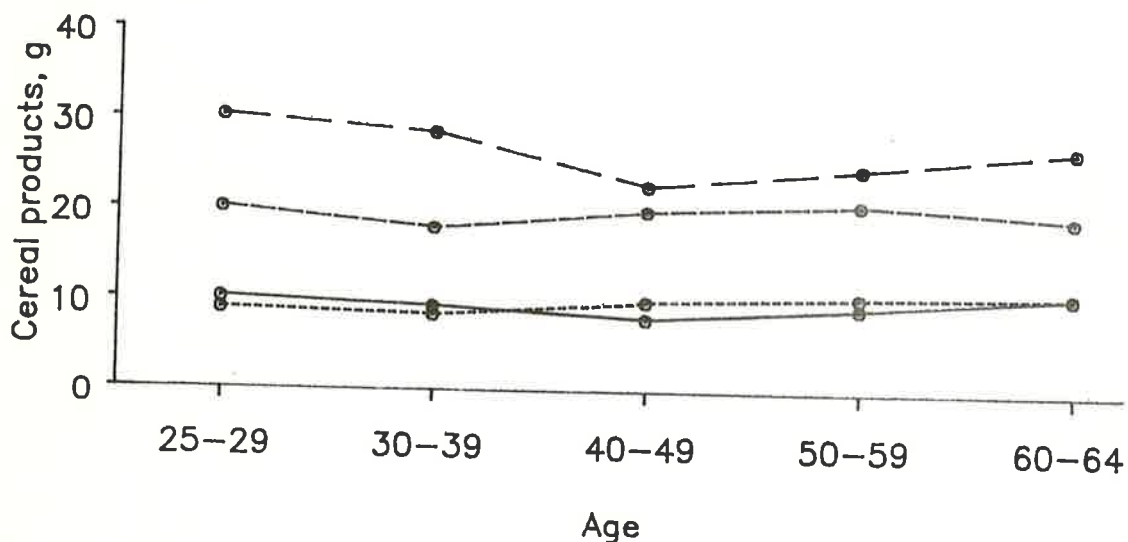


Fig. 4. Consumption of other cereal products by age and sex

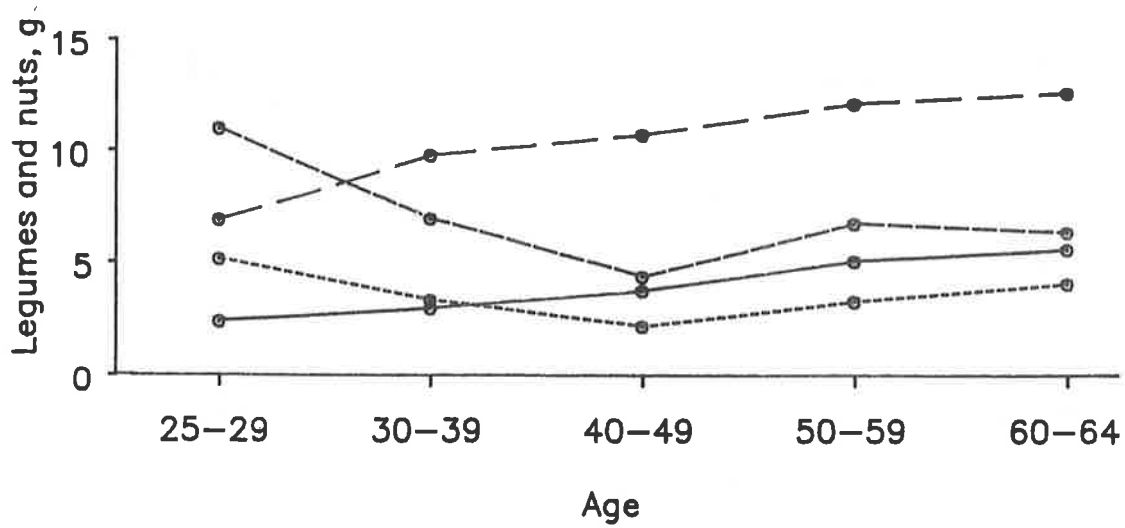


Fig. 5. Consumption of legumes and nuts by age and sex

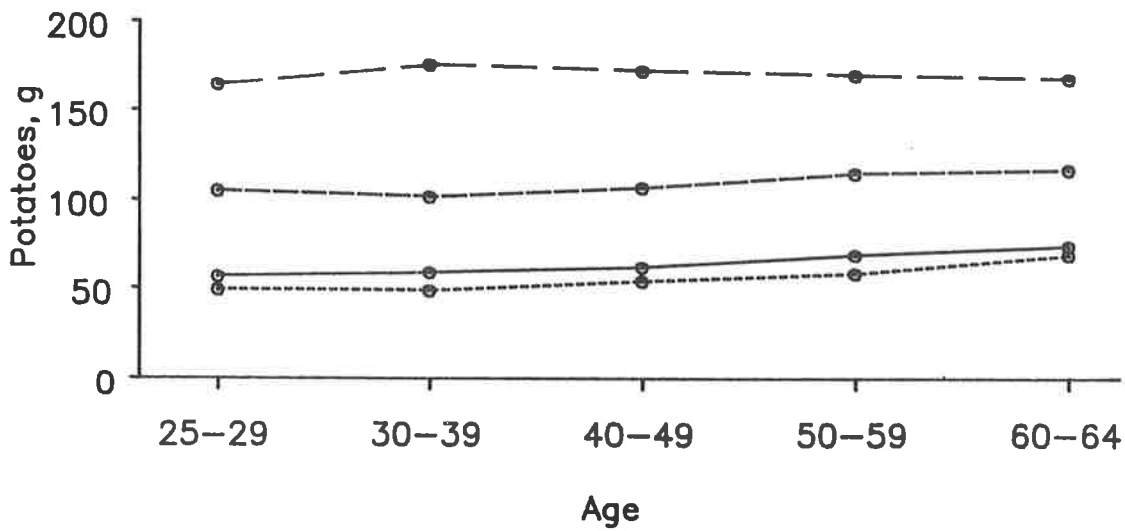


Fig. 6. Consumption of potatoes by age and sex

- - - - - total, men
 ————— total, women
 ————— /1000 kcal, men
 - - - - - /1000 kcal, women

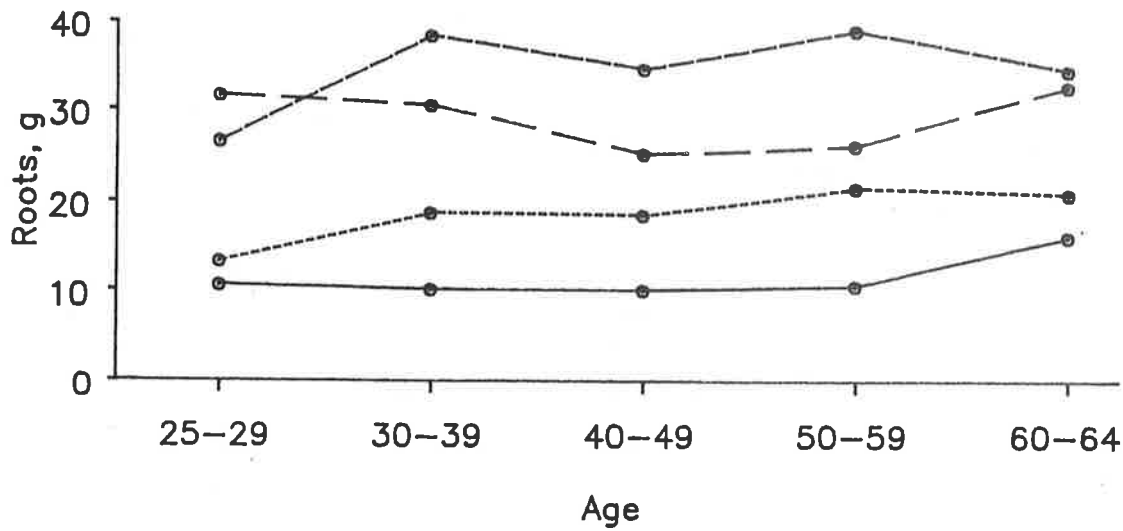


Fig. 7. Consumption of roots by age and sex

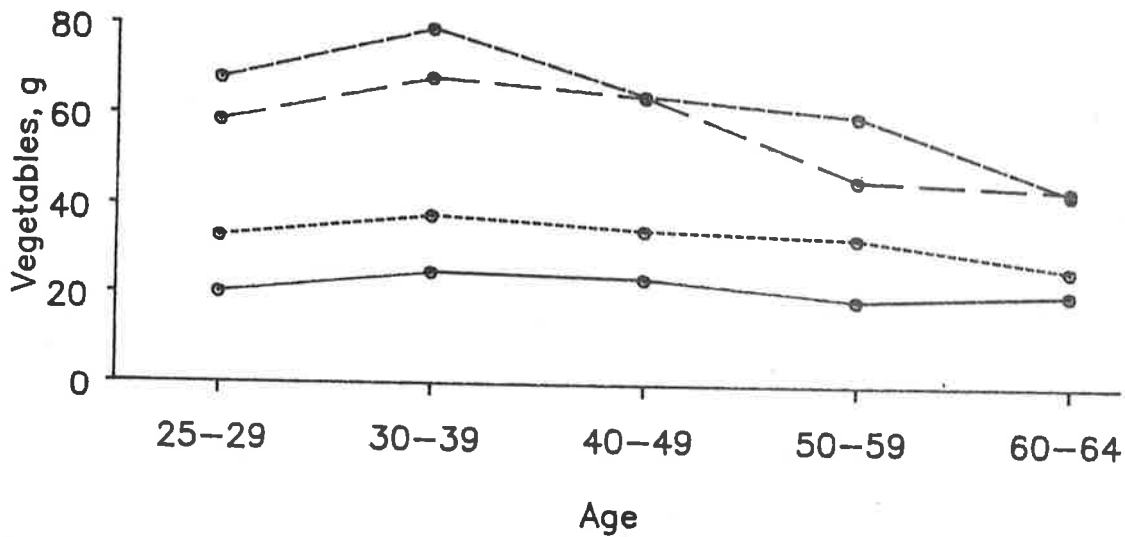


Fig. 8. Consumption of other vegetables by age and sex

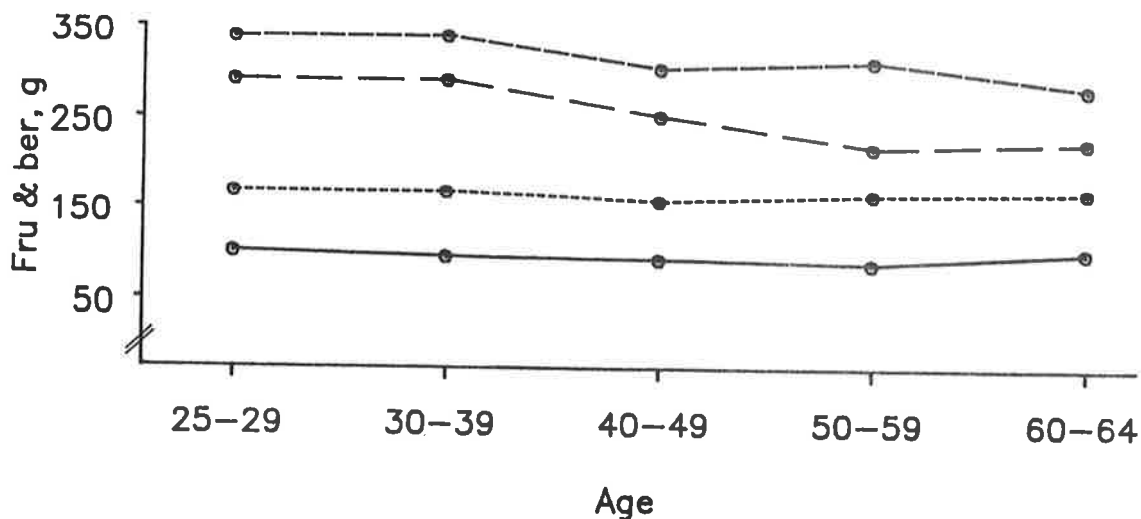


Fig. 9. Consumption of fruit and berries by age and sex

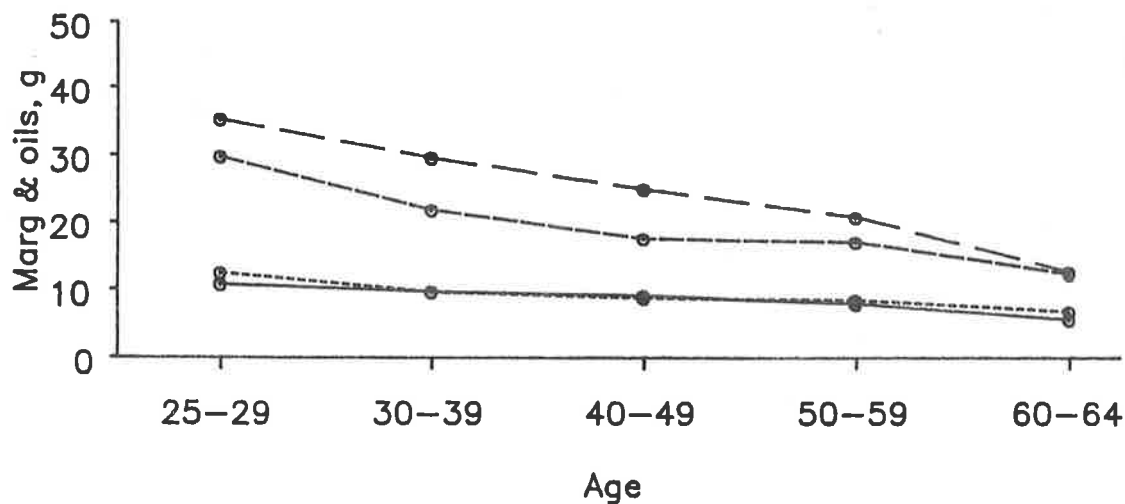


Fig. 10. Consumption of margarine and oils by age and sex

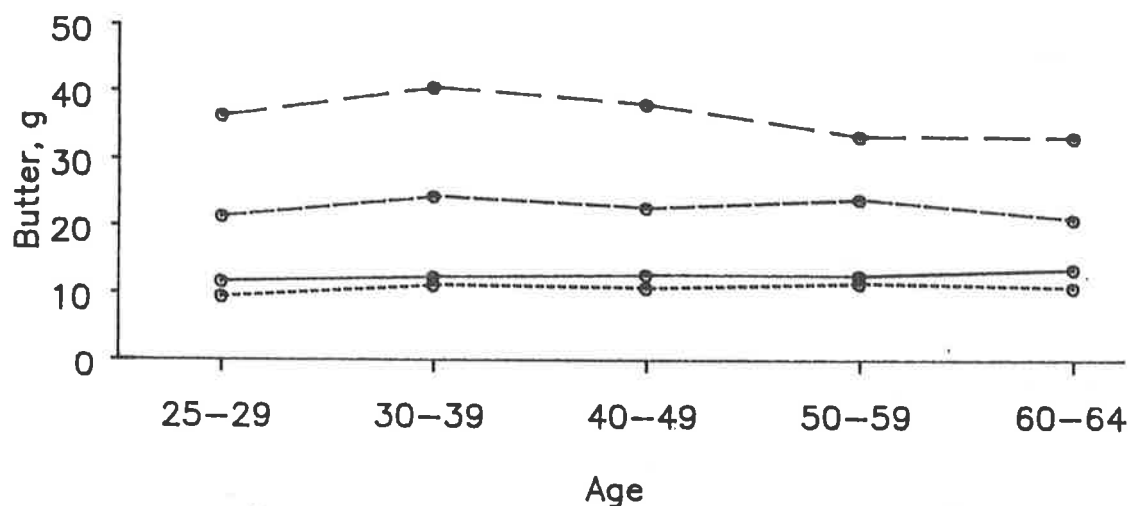


Fig.11. Consumption of butter by age and sex

- - - total, men - - - total, women
 — /1000 kcal, men ····· /1000 kcal, women

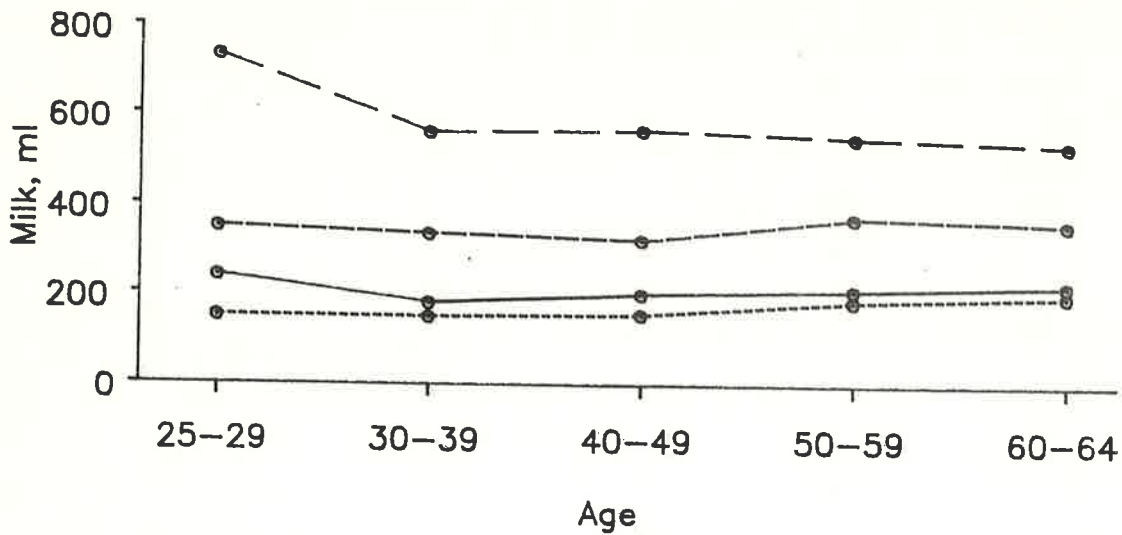


Fig.12. Consumption of milk by age and sex

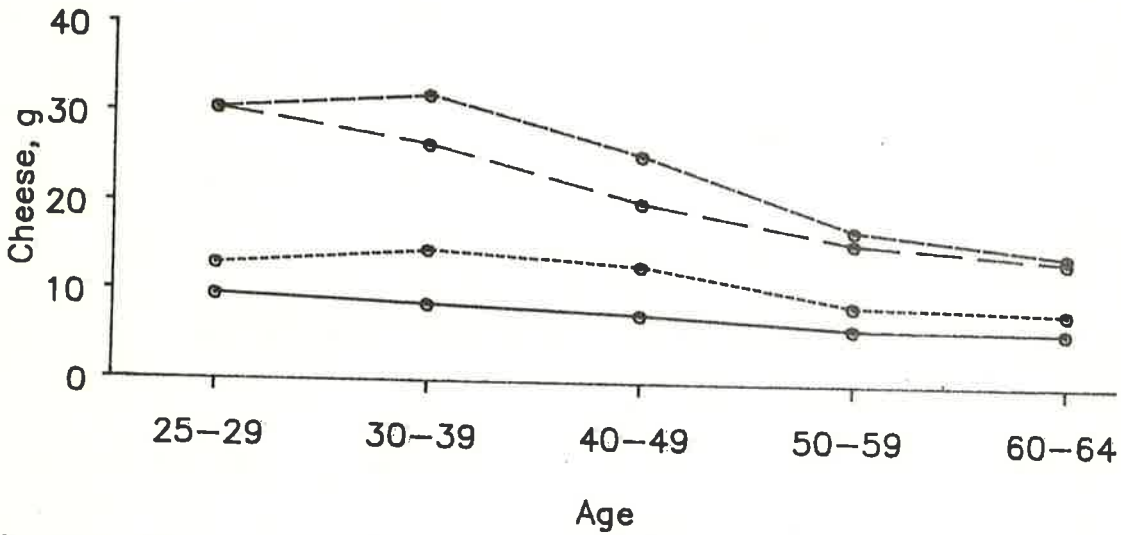


Fig.13. Consumption of cheese by age and sex

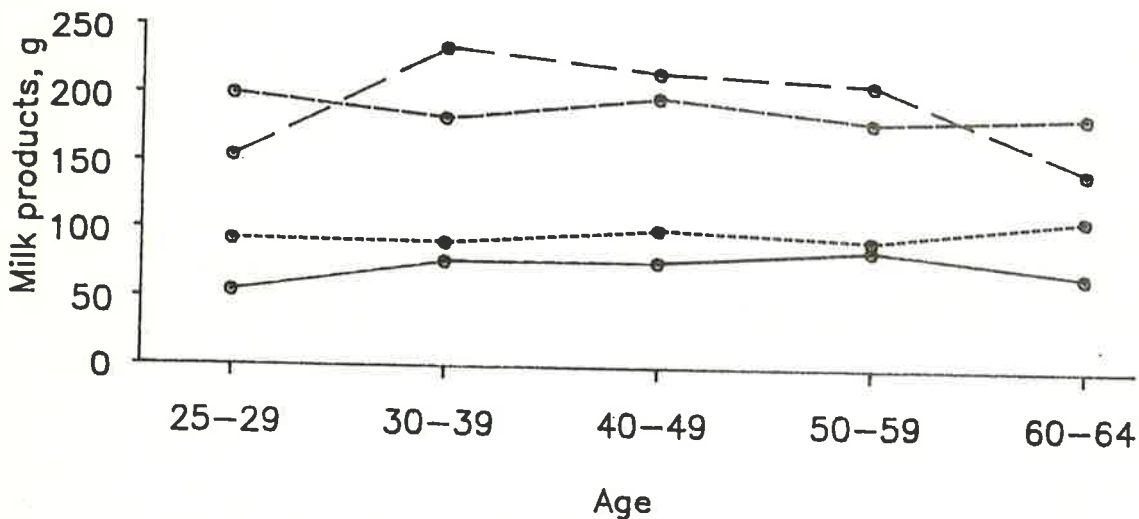


Fig.14. Consumption of other milk products by age and sex

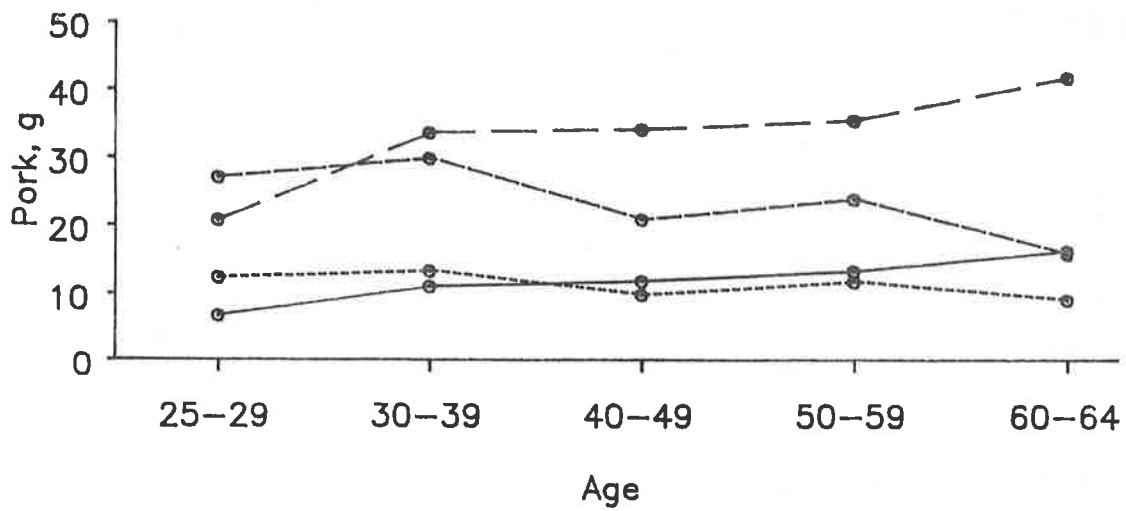


Fig.15. Consumption of pork by age and sex

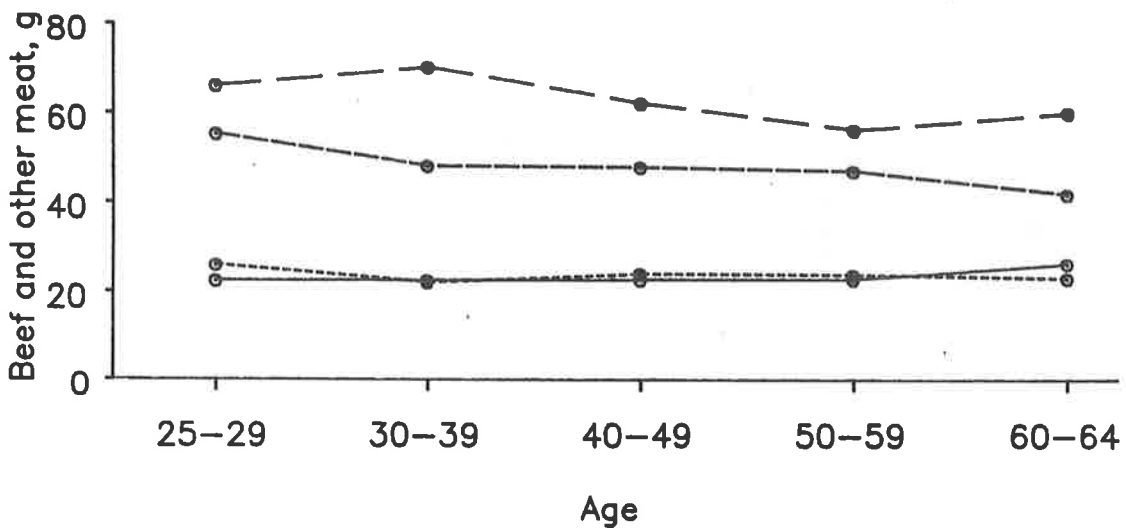


Fig. 16. Consumption of beef and other meat by age and sex

- - - - - total, men - - - - - total, women
 ——— /1000 kcal, men ······ /1000 kcal, women

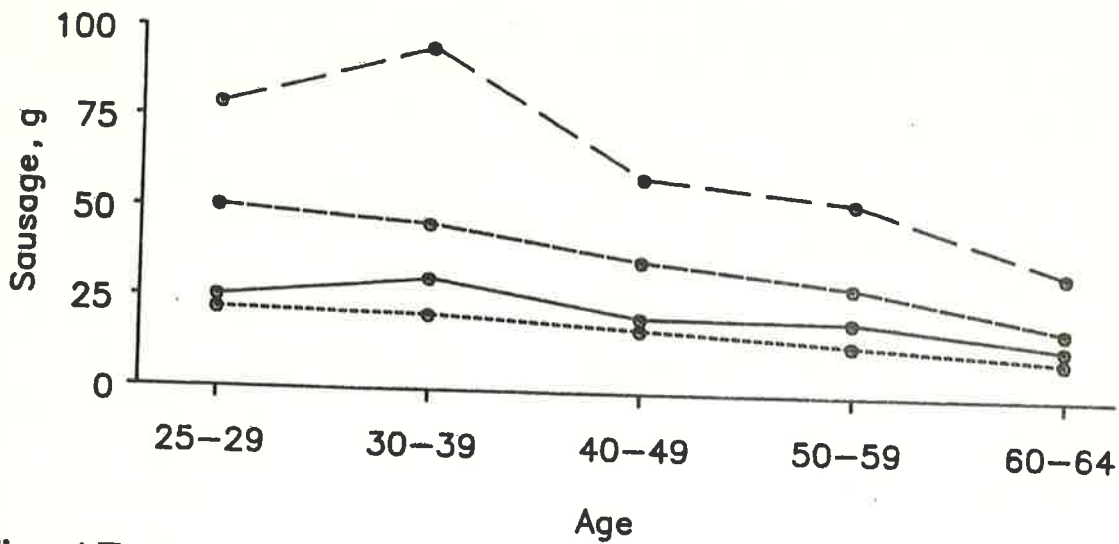


Fig. 17. Consumption of sausage by age and sex

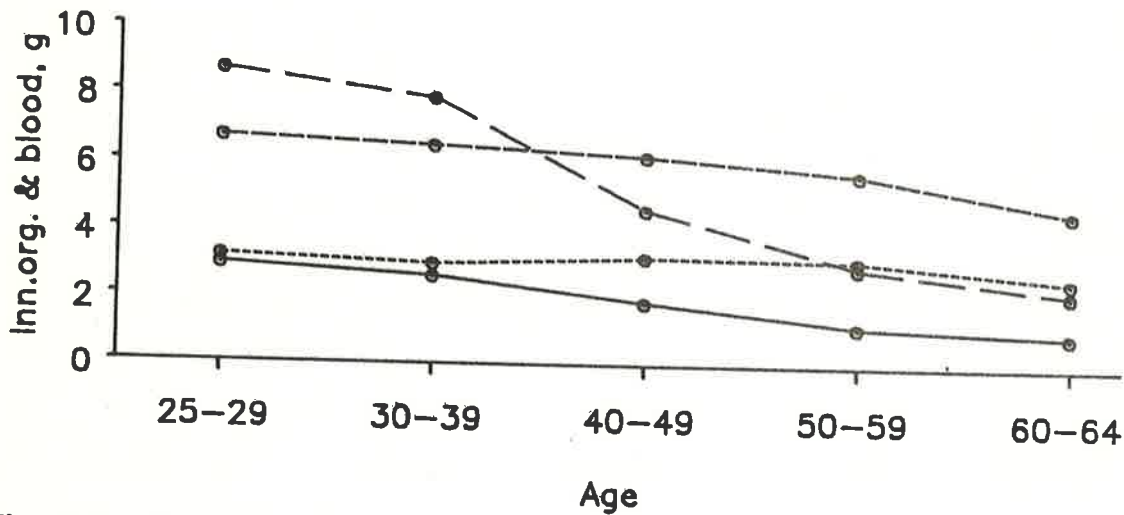


Fig. 18. Consumption of inner organs and blood by age and sex

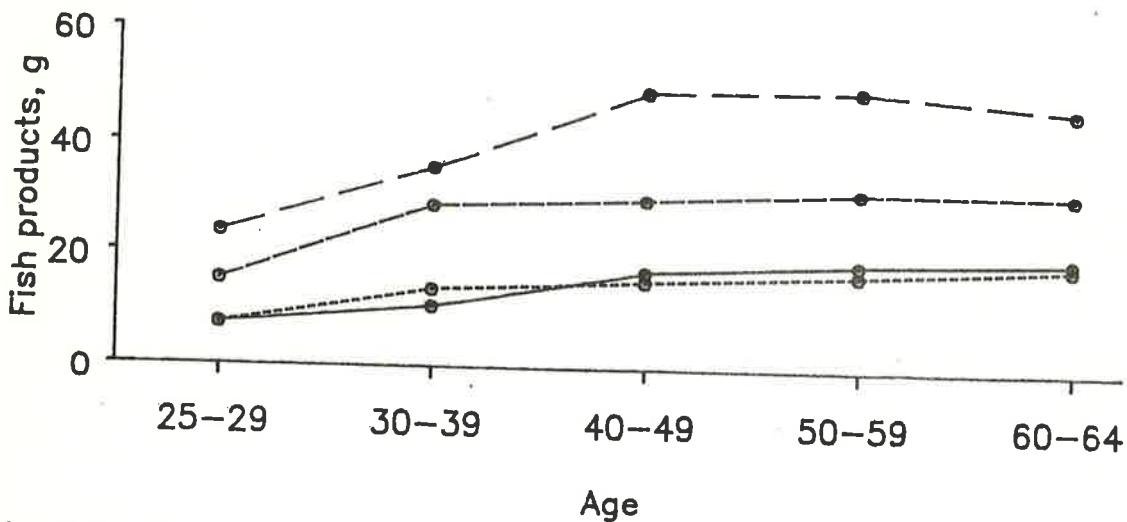


Fig. 19. Consumption of fish and fish products by age and sex

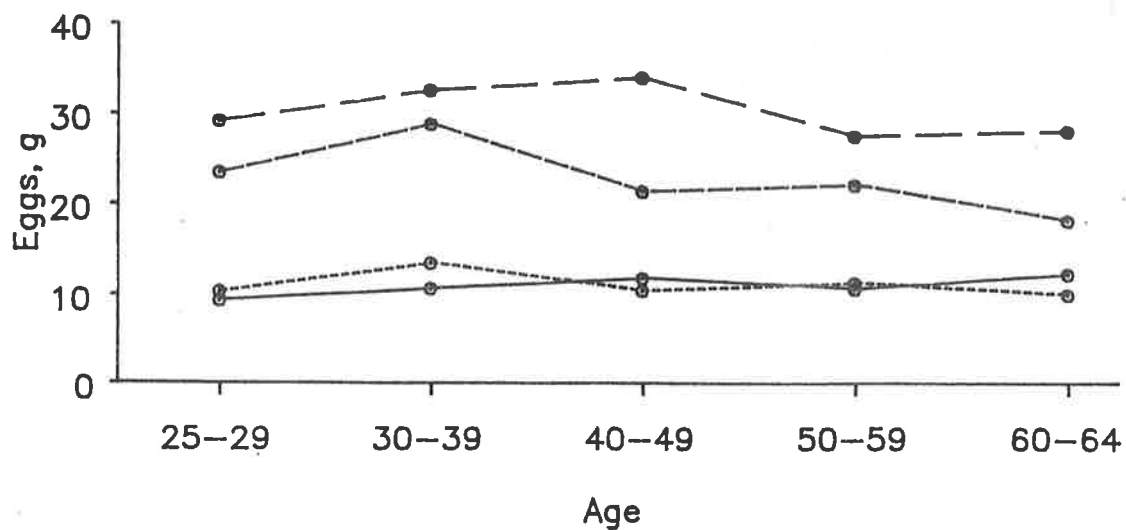


Fig. 20. Consumption of eggs by age and sex

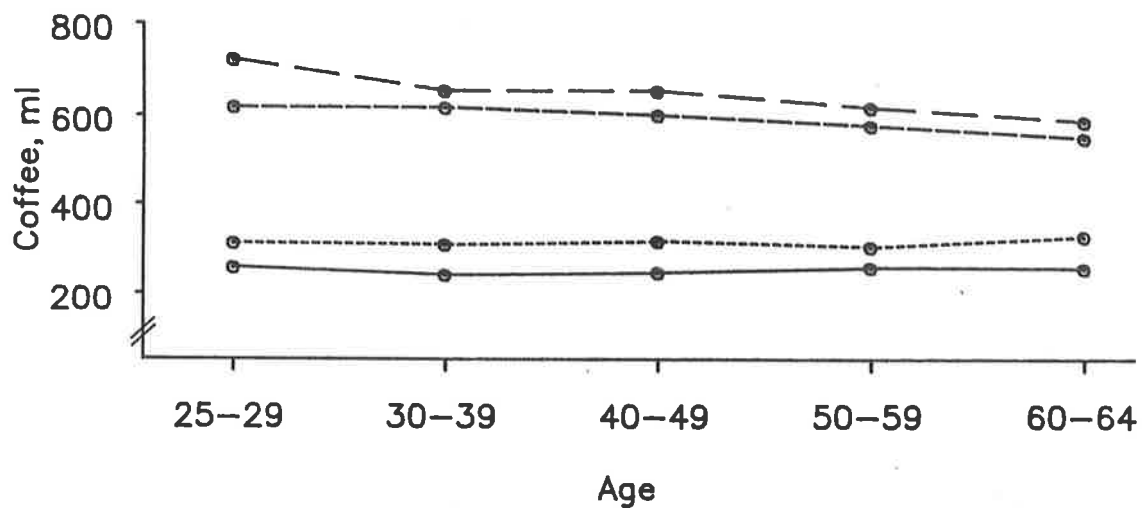


Fig. 21. Consumption of coffee by age and sex

- - - total, men - - - total, women
 — /1000 kcal, men - - - /1000 kcal, women

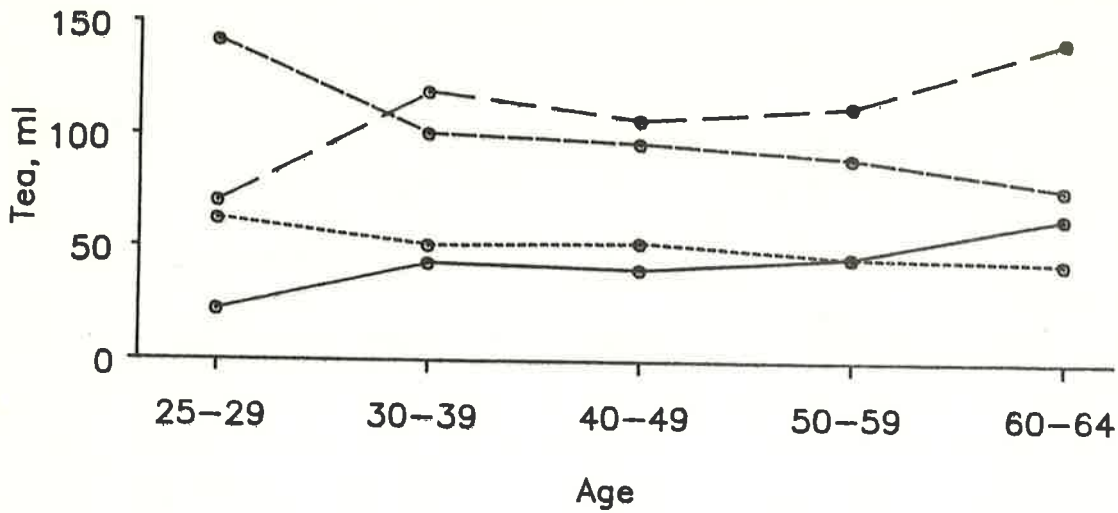


Fig. 22. Consumption of tea by age and sex

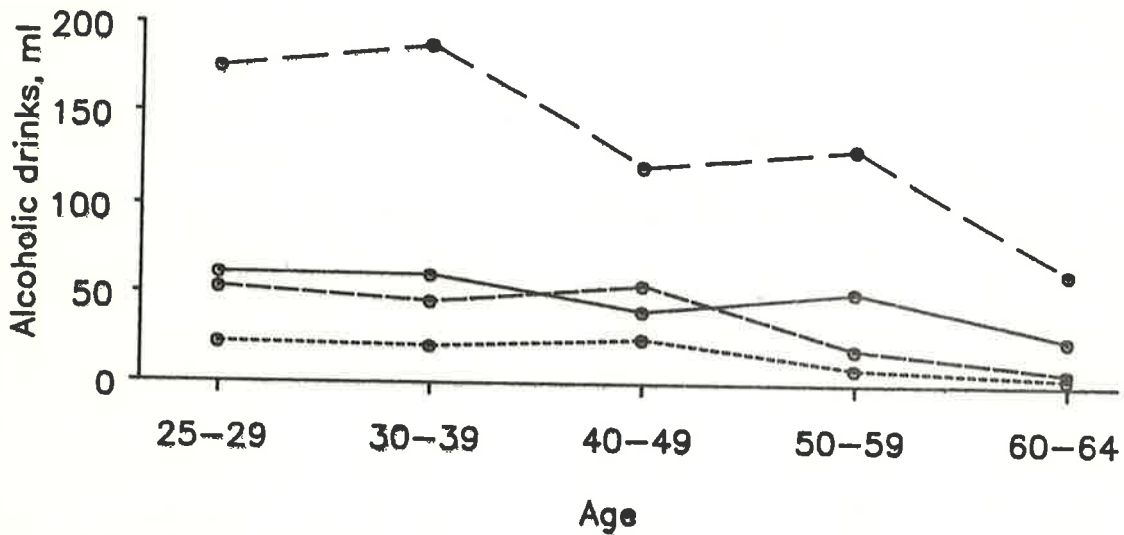


Fig. 23. Consumption of alcoholic drinks by age and sex

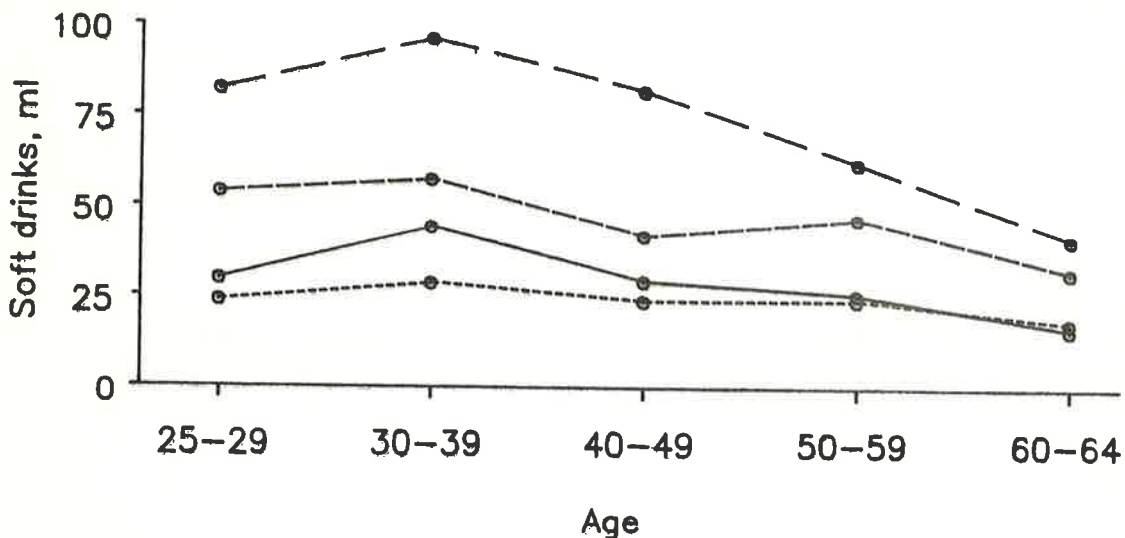


Fig. 24. Consumption of soft drinks by age and sex

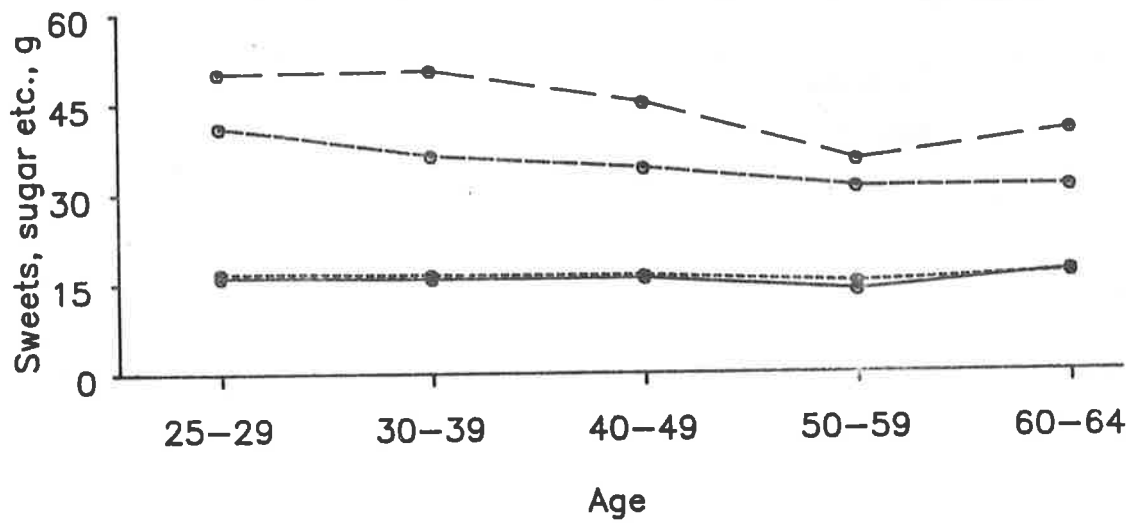


Fig. 25. Consumption of sweets, sugar, syrup and honey by age and sex

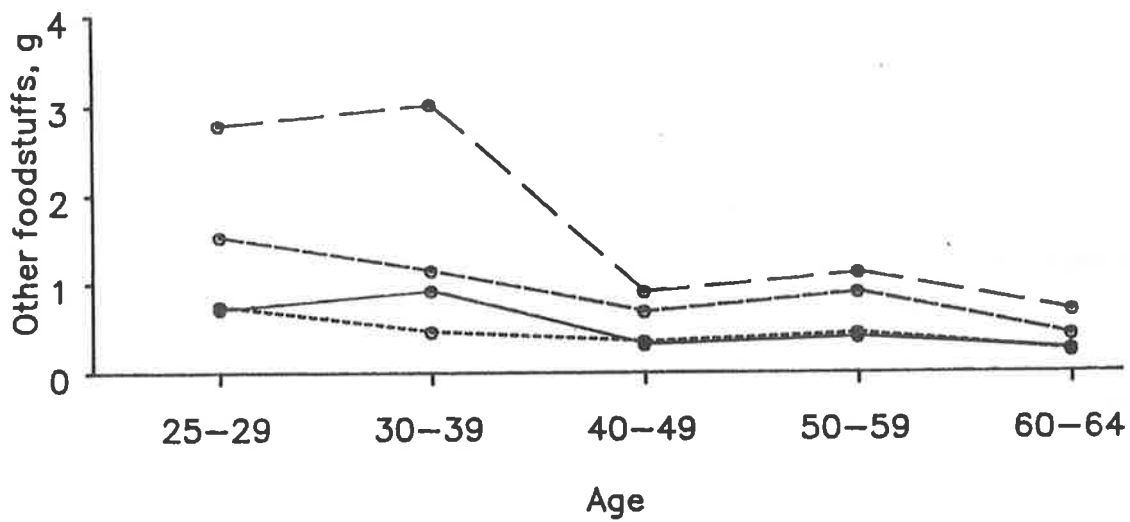


Fig. 26. Consumption of other foodstuffs by age and sex

- - - - - total, men - - - - - total, women
 ——— /1000 kcal, men ······ /1000 kcal, women

Table 36. Quantile distribution of daily food consumption in grams for men.

| | QUANTILES | | | | |
|-----------------------------------|-----------|---------|---------|---------|---------|
| | Q(0.10) | Q(0.25) | Q(0.50) | Q(0.75) | Q(0.90) |
| Rye products | 42 | 77 | 118 | 167 | 226 |
| Wheat products | 31 | 61 | 96 | 140 | 195 |
| Other cereal products | 0 | 4 | 18 | 36 | 65 |
| Legumes and nuts | 0 | 0 | 0 | 17 | 35 |
| Potatoes | 58 | 103 | 163 | 224 | 300 |
| Roots | 0 | 1 | 17 | 40 | 70 |
| Other vegetables | 4 | 15 | 40 | 79 | 135 |
| Fruit and berries | 24 | 91 | 207 | 360 | 539 |
| Margarine and oils | 0 | 3 | 16 | 39 | 58 |
| Butter | 2 | 10 | 31 | 54 | 80 |
| Milk | 132 | 317 | 521 | 765 | 1022 |
| Cheese | 0 | 0 | 13 | 32 | 54 |
| Other milk products | 1 | 13 | 120 | 311 | 542 |
| Pork | 0 | 0 | 20 | 48 | 87 |
| Beef and other meat | 0 | 21 | 47 | 90 | 143 |
| Sausage | 0 | 13 | 49 | 102 | 160 |
| Inner organs and blood | 0 | 0 | 0 | 0 | 20 |
| Fish and other seafood | 0 | 0 | 19 | 57 | 124 |
| Eggs | 4 | 9 | 22 | 43 | 70 |
| Coffee | 200 | 400 | 600 | 833 | 1100 |
| Tea | 0 | 0 | 0 | 167 | 333 |
| Alcoholic drinks | 0 | 0 | 0 | 133 | 440 |
| Soft drinks | 0 | 0 | 0 | 110 | 267 |
| Sweets, sugar, suryp and honey | 12 | 24 | 40 | 57 | 80 |
| Other foodstuffs | 0 | 0 | 0 | 0 | 5 |

Table 37. Quantile distribution of daily food consumption in grams for women.

| | QUANTILES | | | | |
|-----------------------------------|-----------|---------|---------|---------|---------|
| | Q(0.10) | Q(0.25) | Q(0.50) | Q(0.75) | Q(0.90) |
| Rye products | 27 | 50 | 82 | 117 | 150 |
| Wheat products | 31 | 55 | 81 | 117 | 159 |
| Other cereal products | 0 | 4 | 14 | 29 | 48 |
| Legumes and nuts | 0 | 0 | 0 | 7 | 24 |
| Potatoes | 27 | 60 | 100 | 150 | 202 |
| Roots | 0 | 5 | 24 | 54 | 90 |
| Other vegetables | 7 | 23 | 51 | 90 | 142 |
| Fruit and berries | 84 | 184 | 292 | 435 | 569 |
| Margarine and oils | 0 | 3 | 13 | 28 | 45 |
| Butter | 2 | 6 | 18 | 36 | 50 |
| Milk | 72 | 148 | 305 | 487 | 672 |
| Cheese | 0 | 0 | 17 | 33 | 58 |
| Other milk products | 3 | 34 | 137 | 298 | 442 |
| Pork | 0 | 0 | 13 | 33 | 65 |
| Beef and other meat | 0 | 14 | 37 | 69 | 111 |
| Sausage | 0 | 6 | 25 | 52 | 85 |
| Inner organs and blood | 0 | 0 | 0 | 0 | 24 |
| Fish and other seafood | 0 | 0 | 19 | 44 | 79 |
| Eggs | 3 | 8 | 16 | 32 | 51 |
| Coffee | 233 | 383 | 567 | 750 | 1000 |
| Tea | 0 | 0 | 0 | 133 | 267 |
| Alcoholic drinks | 0 | 0 | 0 | 0 | 110 |
| Soft drinks | 0 | 0 | 0 | 66 | 143 |
| Sweets, sugar, suryp and honey | 9 | 18 | 29 | 45 | 63 |
| Other foodstuffs | 0 | 0 | 0 | 0 | 3 |

TABLE 38. MEAN DAILY INTAKE OF ENERGY (MJ) BY SEX, AGE AND AREA

| | | ENERGY in megajoules | | | | | | | | | | | |
|--------|--------|----------------------|------|-----|-----------------|------|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 14.9 | 3.4 | 13 | 11.6 | 2.9 | 25 | 13.2 | 3.8 | 18 | 12.9 | 3.5 | 56 |
| | 30-39 | 13.2 | 3.6 | 56 | 13.6 | 4.0 | 84 | 12.3 | 3.3 | 53 | 13.1 | 3.7 | 193 |
| | 40-49 | 12.2 | 3.1 | 45 | 11.8 | 2.7 | 41 | 11.7 | 2.6 | 55 | 11.9 | 2.8 | 141 |
| | 50-59 | 10.7 | 3.1 | 68 | 11.2 | 3.0 | 49 | 10.8 | 2.8 | 69 | 10.8 | 3.0 | 186 |
| | 60-64 | 9.7 | 2.4 | 26 | 10.5 | 3.4 | 13 | 10.0 | 2.9 | 38 | 10.0 | 2.8 | 77 |
| | ALL 1) | 12.4 | 3.6 | 208 | 12.0 | 3.4 | 212 | 11.8 | 3.2 | 233 | 12.1 | 3.4 | 653 |
| | WOMEN | 25-29 | 10.0 | 2.8 | 12 | 10.1 | 3.7 | 18 | 8.9 | 2.8 | 23 | 9.6 | 3.1 |
| 30-39 | | 9.2 | 2.6 | 58 | 9.4 | 2.5 | 52 | 8.9 | 2.3 | 68 | 9.2 | 2.4 | 178 |
| 40-49 | | 8.7 | 2.2 | 67 | 8.8 | 2.2 | 58 | 8.0 | 1.9 | 58 | 8.5 | 2.1 | 183 |
| 50-59 | | 8.8 | 2.3 | 68 | 8.0 | 1.7 | 53 | 8.3 | 1.8 | 67 | 8.4 | 2.0 | 188 |
| 60-64 | | 8.0 | 2.3 | 30 | 7.2 | 2.4 | 30 | 7.3 | 2.1 | 33 | 7.5 | 2.3 | 93 |
| ALL 1) | | 9.0 | 2.5 | 235 | 8.8 | 2.6 | 211 | 8.4 | 2.2 | 249 | 8.7 | 2.4 | 695 |

1) standardized by age

TABLE 39. MEAN DAILY INTAKE OF ENERGY (KCAL) BY SEX, AGE AND AREA

| | | ENERGY in kilocalories | | | | | | | | | | | |
|--------|--------|------------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 3563 | 817 | 13 | 2768 | 706 | 25 | 3155 | 905 | 18 | 3077 | 847 | 56 |
| | 30-39 | 3118 | 816 | 56 | 3233 | 946 | 84 | 2933 | 774 | 53 | 3117 | 869 | 193 |
| | 40-49 | 2906 | 739 | 45 | 2812 | 614 | 41 | 2778 | 614 | 55 | 2829 | 654 | 141 |
| | 50-59 | 2550 | 745 | 68 | 2665 | 715 | 49 | 2559 | 662 | 69 | 2584 | 705 | 186 |
| | 60-64 | 2308 | 570 | 26 | 2511 | 801 | 13 | 2377 | 689 | 38 | 2376 | 667 | 77 |
| | ALL 1) | 2958 | 845 | 208 | 2860 | 796 | 212 | 2809 | 763 | 233 | 2873 | 802 | 653 |
| | WOMEN | 25-29 | 2383 | 655 | 12 | 2383 | 870 | 18 | 2121 | 682 | 23 | 2269 | 743 |
| 30-39 | | 2192 | 608 | 58 | 2237 | 580 | 52 | 2112 | 550 | 68 | 2175 | 577 | 178 |
| 40-49 | | 2064 | 530 | 67 | 2098 | 523 | 58 | 1913 | 454 | 58 | 2027 | 509 | 183 |
| 50-59 | | 2093 | 547 | 68 | 1918 | 401 | 53 | 1977 | 418 | 67 | 2002 | 468 | 188 |
| 60-64 | | 1906 | 549 | 30 | 1727 | 572 | 30 | 1752 | 494 | 33 | 1794 | 538 | 93 |
| ALL 1) | | 2135 | 585 | 235 | 2094 | 616 | 211 | 1991 | 527 | 249 | 2071 | 577 | 695 |

1) standardized by age

TABLE 40. MEAN DAILY INTAKE OF PROTEIN BY SEX, AGE AND AREA

| | | PROTEIN in grams | | | | | | | | | | | |
|--------|--------|------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 127 | 28 | 13 | 99 | 25 | 25 | 110 | 36 | 18 | 109 | 31 | 56 |
| | 30-39 | 117 | 34 | 56 | 114 | 35 | 84 | 104 | 29 | 53 | 112 | 33 | 193 |
| | 40-49 | 109 | 34 | 45 | 105 | 25 | 41 | 98 | 24 | 55 | 104 | 28 | 141 |
| | 50-59 | 95 | 31 | 68 | 100 | 25 | 49 | 94 | 26 | 69 | 96 | 28 | 186 |
| | 60-64 | 93 | 27 | 26 | 98 | 33 | 13 | 85 | 23 | 38 | 90 | 27 | 77 |
| | ALL 1) | 111 | 34 | 208 | 104 | 29 | 212 | 100 | 29 | 233 | 105 | 31 | 653 |
| | WOMEN | 25-29 | 81 | 23 | 12 | 87 | 27 | 18 | 81 | 26 | 23 | 83 | 25 |
| 30-39 | | 80 | 24 | 58 | 85 | 26 | 52 | 79 | 25 | 68 | 81 | 25 | 178 |
| 40-49 | | 77 | 22 | 67 | 78 | 23 | 58 | 72 | 18 | 58 | 76 | 21 | 183 |
| 50-59 | | 79 | 20 | 68 | 71 | 16 | 53 | 73 | 17 | 67 | 75 | 18 | 188 |
| 60-64 | | 72 | 18 | 30 | 65 | 21 | 30 | 64 | 15 | 33 | 67 | 18 | 93 |
| ALL 1) | | 78 | 22 | 235 | 77 | 24 | 211 | 74 | 21 | 249 | 77 | 22 | 695 |

1) standardized by age

TABLE 41. MEAN DAILY INTAKE OF PROTEIN PER 1000 KCAL BY SEX, AGE AND AREA

| | | PROTEIN in grams/1000 kcal | | | | | | | | | | | |
|--------|--------|----------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 36 | 5 | 13 | 36 | 5 | 25 | 35 | 7 | 18 | 36 | 5 | 56 |
| | 30-39 | 38 | 5 | 56 | 35 | 6 | 84 | 36 | 5 | 53 | 36 | 5 | 193 |
| | 40-49 | 38 | 8 | 45 | 38 | 5 | 41 | 36 | 5 | 55 | 37 | 6 | 141 |
| | 50-59 | 38 | 6 | 68 | 38 | 7 | 49 | 37 | 6 | 69 | 38 | 6 | 186 |
| | 60-64 | 40 | 8 | 26 | 39 | 6 | 13 | 36 | 6 | 38 | 38 | 7 | 77 |
| | ALL 1) | 38 | 6 | 208 | 37 | 6 | 212 | 36 | 6 | 233 | 37 | 6 | 653 |
| | WOMEN | 25-29 | 34 | 4 | 12 | 38 | 9 | 18 | 38 | 6 | 23 | 37 | 7 |
| 30-39 | | 37 | 7 | 58 | 38 | 6 | 52 | 38 | 7 | 68 | 38 | 7 | 178 |
| 40-49 | | 38 | 6 | 67 | 37 | 6 | 58 | 38 | 6 | 58 | 38 | 6 | 183 |
| 50-59 | | 38 | 5 | 68 | 37 | 7 | 53 | 37 | 6 | 67 | 38 | 6 | 188 |
| 60-64 | | 38 | 6 | 30 | 38 | 6 | 30 | 38 | 6 | 33 | 38 | 6 | 93 |
| ALL 1) | | 37 | 6 | 235 | 38 | 7 | 211 | 38 | 6 | 249 | 38 | 6 | 695 |

1) standardized by age

TABLE 42. MEAN DAILY INTAKE OF FAT BY SEX, AGE AND AREA

| | | FAT in grams | | | | | | | | | | | |
|-------|--------|---------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 160 | 51 | 13 | 120 | 38 | 25 | 138 | 53 | 18 | 135 | 48 | 56 |
| | 30-39 | 131 | 41 | 56 | 145 | 55 | 84 | 128 | 40 | 53 | 136 | 48 | 193 |
| | 40-49 | 123 | 38 | 45 | 121 | 36 | 41 | 124 | 35 | 55 | 123 | 36 | 141 |
| | 50-59 | 110 | 37 | 68 | 114 | 42 | 49 | 110 | 36 | 69 | 111 | 38 | 186 |
| | 60-64 | 95 | 39 | 26 | 105 | 40 | 13 | 101 | 33 | 38 | 100 | 36 | 77 |
| | ALL 1) | 127 | 45 | 208 | 124 | 45 | 212 | 123 | 41 | 233 | 125 | 44 | 653 |
| WOMEN | 25-29 | 98 | 34 | 12 | 109 | 50 | 18 | 92 | 32 | 23 | 99 | 40 | 53 |
| | 30-39 | 93 | 35 | 58 | 94 | 31 | 52 | 94 | 31 | 68 | 94 | 32 | 178 |
| | 40-49 | 84 | 29 | 67 | 87 | 28 | 58 | 80 | 23 | 58 | 84 | 27 | 183 |
| | 50-59 | 83 | 28 | 68 | 78 | 24 | 53 | 85 | 24 | 67 | 82 | 26 | 188 |
| | 60-64 | 76 | 29 | 30 | 65 | 31 | 30 | 69 | 25 | 33 | 70 | 28 | 93 |
| | ALL 1) | 87 | 31 | 235 | 88 | 35 | 211 | 85 | 28 | 249 | 87 | 31 | 695 |

1) standardized by age

TABLE 43. MEAN DAILY INTAKE OF FAT PER 1000 KCAL BY SEX, AGE AND AREA

| | | FAT in grams/1000 kcal | | | | | | | | | | | |
|-------|--------|------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 44 | 6 | 13 | 43 | 4 | 25 | 43 | 7 | 18 | 43 | 6 | 56 |
| | 30-39 | 42 | 7 | 56 | 44 | 8 | 84 | 43 | 7 | 53 | 43 | 7 | 193 |
| | 40-49 | 42 | 5 | 45 | 42 | 6 | 41 | 44 | 7 | 55 | 43 | 6 | 141 |
| | 50-59 | 43 | 7 | 68 | 42 | 8 | 49 | 42 | 7 | 69 | 42 | 7 | 186 |
| | 60-64 | 40 | 8 | 26 | 42 | 5 | 13 | 42 | 7 | 38 | 42 | 7 | 77 |
| | ALL 1) | 42 | 7 | 208 | 43 | 7 | 212 | 43 | 7 | 233 | 43 | 7 | 653 |
| WOMEN | 25-29 | 40 | 5 | 12 | 44 | 7 | 18 | 43 | 6 | 23 | 43 | 6 | 53 |
| | 30-39 | 41 | 7 | 58 | 41 | 7 | 52 | 44 | 6 | 68 | 42 | 6 | 178 |
| | 40-49 | 40 | 6 | 67 | 41 | 6 | 58 | 42 | 6 | 58 | 41 | 6 | 183 |
| | 50-59 | 39 | 6 | 68 | 40 | 6 | 53 | 42 | 7 | 67 | 40 | 6 | 188 |
| | 60-64 | 39 | 7 | 30 | 36 | 6 | 30 | 38 | 6 | 33 | 38 | 6 | 93 |
| | ALL 1) | 40 | 6 | 235 | 41 | 6 | 211 | 42 | 6 | 249 | 41 | 6 | 695 |

1) standardized by age

TABLE 44. MEAN DAILY INTAKE OF SATURATED FATTY ACIDS (SFA) BY SEX, AGE AND AREA

| | | SFA in grams | | | | | | | | | | | | |
|-------|-------|---------------|------|------|-----------------|------|------|-------------------|------|------|------|------|------|-----|
| | | Area | | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | |
| Sex | Age | | | | | | | | | | | | | |
| MEN | 25-29 | 84.3 | 30.0 | 13 | 62.5 | 22.1 | 25 | 65.4 | 23.8 | 18 | 68.5 | 25.8 | 56 | |
| | 30-39 | 68.2 | 23.3 | 56 | 75.4 | 33.5 | 84 | 61.1 | 20.8 | 53 | 69.4 | 28.2 | 193 | |
| | 40-49 | 64.0 | 25.0 | 45 | 63.7 | 20.7 | 41 | 61.1 | 22.1 | 55 | 62.8 | 22.6 | 141 | |
| | 50-59 | 57.0 | 21.6 | 68 | 61.1 | 27.4 | 49 | 54.7 | 20.9 | 69 | 57.2 | 23.0 | 186 | |
| | 60-64 | 52.6 | 21.7 | 26 | 54.9 | 22.9 | 13 | 52.5 | 19.2 | 38 | 52.9 | 20.4 | 77 | |
| | ALL | 1) | 66.4 | 26.2 | 208 | 65.3 | 26.9 | 212 | 59.8 | 21.8 | 233 | 63.7 | 25.1 | 653 |
| | WOMEN | 25-29 | 52.6 | 16.4 | 12 | 55.4 | 26.6 | 18 | 41.0 | 13.8 | 23 | 48.5 | 20.4 | 53 |
| 30-39 | | 47.8 | 20.6 | 58 | 50.0 | 17.8 | 52 | 45.2 | 15.2 | 68 | 47.5 | 17.9 | 178 | |
| 40-49 | | 43.1 | 15.8 | 67 | 47.6 | 17.5 | 58 | 39.3 | 13.0 | 58 | 43.3 | 15.9 | 183 | |
| 50-59 | | 43.9 | 18.2 | 68 | 41.7 | 15.8 | 53 | 42.4 | 12.4 | 67 | 42.8 | 15.6 | 188 | |
| 60-64 | | 42.9 | 18.6 | 30 | 35.6 | 20.4 | 30 | 34.5 | 16.4 | 33 | 37.5 | 18.7 | 93 | |
| ALL | | 1) | 46.0 | 18.2 | 235 | 46.7 | 20.0 | 211 | 41.2 | 14.2 | 249 | 44.5 | 17.6 | 695 |

1) standardized by age

TABLE 45. MEAN DAILY INTAKE OF SATURATED FATTY ACIDS (SFA) PER 1000 KCAL BY SEX, AGE AND AREA

| | | SFA in grams/1000 kcal | | | | | | | | | | | | |
|-------|-------|------------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|-----|
| | | Area | | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | |
| Sex | Age | | | | | | | | | | | | | |
| MEN | 25-29 | 23.3 | 5.8 | 13 | 22.4 | 4.1 | 25 | 20.5 | 4.3 | 18 | 22.0 | 4.6 | 56 | |
| | 30-39 | 21.8 | 4.4 | 56 | 22.8 | 5.8 | 84 | 20.7 | 4.3 | 53 | 21.9 | 5.1 | 193 | |
| | 40-49 | 21.6 | 4.3 | 45 | 22.3 | 4.5 | 41 | 21.7 | 5.0 | 55 | 21.8 | 4.6 | 141 | |
| | 50-59 | 22.1 | 4.9 | 68 | 22.3 | 5.8 | 49 | 21.1 | 5.1 | 69 | 21.8 | 5.2 | 186 | |
| | 60-64 | 22.2 | 5.2 | 26 | 21.2 | 3.2 | 13 | 22.0 | 5.2 | 38 | 21.9 | 4.9 | 77 | |
| | ALL | 1) | 22.1 | 4.8 | 208 | 22.3 | 4.9 | 212 | 21.1 | 4.7 | 233 | 21.8 | 4.8 | 653 |
| | WOMEN | 25-29 | 22.0 | 2.9 | 12 | 22.5 | 3.6 | 18 | 19.4 | 3.6 | 23 | 21.0 | 3.7 | 53 |
| 30-39 | | 21.1 | 4.5 | 58 | 21.9 | 4.0 | 52 | 21.3 | 4.4 | 68 | 21.4 | 4.3 | 178 | |
| 40-49 | | 20.5 | 4.1 | 67 | 22.2 | 4.5 | 58 | 20.4 | 4.2 | 58 | 21.0 | 4.3 | 183 | |
| 50-59 | | 20.4 | 4.9 | 68 | 21.0 | 4.9 | 53 | 21.2 | 4.1 | 67 | 20.9 | 4.6 | 188 | |
| 60-64 | | 21.8 | 5.0 | 30 | 19.5 | 4.7 | 30 | 19.1 | 4.7 | 33 | 20.1 | 4.9 | 93 | |
| ALL | | 1) | 21.0 | 4.4 | 235 | 21.6 | 4.4 | 211 | 20.5 | 4.2 | 249 | 21.0 | 4.3 | 695 |

1) standardized by age

TABLE 46. MEAN DAILY INTAKE OF MONOUNSATURATED FATTY ACIDS (MUFA) BY SEX, AGE AND AREA

| | | MUFA in grams | | | | | | | | | | | |
|--------|--------|---------------|------|------|-----------------|------|------|-------------------|------|------|------|------|------|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 51.1 | 17.0 | 13 | 40.1 | 13.6 | 25 | 47.0 | 17.9 | 18 | 44.8 | 16.2 | 56 |
| | 30-39 | 44.4 | 14.6 | 56 | 49.3 | 18.8 | 84 | 45.2 | 15.7 | 53 | 46.8 | 16.9 | 193 |
| | 40-49 | 40.2 | 13.1 | 45 | 40.1 | 12.9 | 41 | 42.7 | 11.8 | 55 | 41.1 | 12.5 | 141 |
| | 50-59 | 36.8 | 12.7 | 68 | 37.0 | 13.0 | 49 | 37.7 | 13.1 | 69 | 37.2 | 12.8 | 186 |
| | 60-64 | 30.7 | 14.0 | 26 | 34.3 | 14.9 | 13 | 33.2 | 11.1 | 38 | 32.6 | 12.7 | 77 |
| | ALL 1) | 41.8 | 15.2 | 208 | 41.4 | 15.7 | 212 | 42.3 | 14.8 | 233 | 41.8 | 15.2 | 653 |
| | WOMEN | 25-29 | 32.7 | 13.2 | 12 | 36.9 | 18.0 | 18 | 32.8 | 12.7 | 23 | 34.2 | 14.7 |
| 30-39 | | 30.9 | 11.0 | 58 | 31.4 | 10.6 | 52 | 32.6 | 11.5 | 68 | 31.7 | 11.1 | 178 |
| 40-49 | | 28.2 | 11.0 | 67 | 28.5 | 9.4 | 58 | 27.6 | 9.0 | 58 | 28.1 | 9.8 | 183 |
| 50-59 | | 27.1 | 9.3 | 68 | 24.9 | 7.9 | 53 | 28.7 | 9.0 | 67 | 27.0 | 8.9 | 188 |
| 60-64 | | 24.2 | 8.4 | 30 | 20.7 | 8.7 | 30 | 22.3 | 7.5 | 33 | 22.4 | 8.2 | 93 |
| ALL 1) | | 28.9 | 10.9 | 235 | 28.8 | 12.0 | 211 | 29.3 | 10.6 | 249 | 29.0 | 11.1 | 695 |

1) standardized by age

TABLE 47. MEAN DAILY INTAKE OF MONOUNSATURATED FATTY ACIDS (MUFA) PER 1000 KCAL BY SEX, AGE AND AREA

| | | MUFA in grams/1000 kcal | | | | | | | | | | | |
|--------|--------|-------------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 13.9 | 2.1 | 13 | 14.3 | 2.1 | 25 | 14.7 | 2.6 | 18 | 14.3 | 2.2 | 56 |
| | 30-39 | 14.3 | 3.0 | 56 | 15.1 | 3.0 | 84 | 15.3 | 2.8 | 53 | 14.9 | 3.0 | 193 |
| | 40-49 | 13.8 | 2.5 | 45 | 14.0 | 2.5 | 41 | 15.3 | 2.7 | 55 | 14.4 | 2.6 | 141 |
| | 50-59 | 14.2 | 2.9 | 68 | 13.7 | 2.6 | 49 | 14.4 | 2.5 | 69 | 14.2 | 2.7 | 186 |
| | 60-64 | 12.8 | 3.0 | 26 | 13.6 | 2.4 | 13 | 14.0 | 2.4 | 38 | 13.5 | 2.6 | 77 |
| | ALL 1) | 13.9 | 2.7 | 208 | 14.2 | 2.6 | 212 | 14.9 | 2.7 | 233 | 14.4 | 2.7 | 653 |
| | WOMEN | 25-29 | 13.3 | 2.7 | 12 | 14.8 | 3.3 | 18 | 15.4 | 3.0 | 23 | 14.7 | 3.1 |
| 30-39 | | 13.8 | 2.5 | 58 | 13.7 | 2.6 | 52 | 15.1 | 2.3 | 68 | 14.3 | 2.5 | 178 |
| 40-49 | | 13.3 | 2.7 | 67 | 13.3 | 2.1 | 58 | 14.4 | 2.5 | 58 | 13.6 | 2.5 | 183 |
| 50-59 | | 12.7 | 2.2 | 68 | 12.7 | 2.2 | 53 | 14.3 | 3.1 | 67 | 13.3 | 2.6 | 188 |
| 60-64 | | 12.4 | 2.2 | 30 | 11.6 | 1.9 | 30 | 12.5 | 2.2 | 33 | 12.2 | 2.1 | 93 |
| ALL 1) | | 13.2 | 2.5 | 235 | 13.3 | 2.6 | 211 | 14.5 | 2.8 | 249 | 13.7 | 2.7 | 695 |

1) standardized by age

TABLE 48. MEAN DAILY INTAKE OF POLYUNSATURATED FATTY ACIDS (PUFA) BY SEX, AGE AND AREA

| | | PUFA in grams | | | | | | | | | | | |
|--------|--------|---------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 19.1 | 11.0 | 13 | 13.7 | 6.3 | 25 | 20.7 | 20.0 | 18 | 17.2 | 13.3 | 56 |
| | 30-39 | 14.1 | 6.0 | 56 | 16.3 | 8.3 | 84 | 18.3 | 9.0 | 53 | 16.2 | 8.0 | 193 |
| | 40-49 | 14.7 | 6.5 | 45 | 13.7 | 5.9 | 41 | 16.6 | 5.9 | 55 | 15.2 | 6.2 | 141 |
| | 50-59 | 12.5 | 6.4 | 68 | 12.2 | 5.5 | 49 | 14.3 | 6.9 | 69 | 13.1 | 6.4 | 186 |
| | 60-64 | 9.0 | 3.5 | 26 | 13.0 | 6.2 | 13 | 11.8 | 6.5 | 38 | 11.0 | 5.7 | 77 |
| | ALL 1) | 14.4 | 7.6 | 208 | 14.0 | 6.7 | 212 | 16.9 | 11.0 | 233 | 15.2 | 8.8 | 653 |
| | WOMEN | 25-29 | 10.6 | 6.2 | 12 | 13.8 | 8.6 | 18 | 14.1 | 8.3 | 23 | 13.2 | 8.0 |
| 30-39 | | 11.6 | 6.8 | 58 | 10.3 | 4.0 | 52 | 13.3 | 7.2 | 68 | 11.9 | 6.4 | 178 |
| 40-49 | | 10.7 | 5.3 | 67 | 8.8 | 3.6 | 58 | 11.0 | 4.6 | 58 | 10.2 | 4.7 | 183 |
| 50-59 | | 10.0 | 4.4 | 68 | 8.7 | 4.5 | 53 | 11.3 | 5.6 | 67 | 10.1 | 5.0 | 188 |
| 60-64 | | 7.2 | 3.7 | 30 | 6.7 | 2.7 | 30 | 9.7 | 4.1 | 33 | 7.9 | 3.8 | 93 |
| ALL 1) | | 10.3 | 5.6 | 235 | 9.7 | 5.3 | 211 | 12.0 | 6.3 | 249 | 10.7 | 5.9 | 695 |

1) standardized by age

TABLE 49. MEAN DAILY INTAKE OF POLYUNSATURATED FATTY ACIDS (PUFA) PER 1000 KCAL BY SEX, AGE AND AREA

| | | PUFA in grams/1000 kcal | | | | | | | | | | | |
|--------|--------|-------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 5.1 | 2.4 | 13 | 4.9 | 2.0 | 25 | 6.2 | 4.4 | 18 | 5.4 | 3.0 | 56 |
| | 30-39 | 4.6 | 1.8 | 56 | 5.1 | 2.3 | 84 | 6.1 | 2.1 | 53 | 5.2 | 2.2 | 193 |
| | 40-49 | 5.2 | 2.4 | 45 | 4.8 | 1.8 | 41 | 6.1 | 2.1 | 55 | 5.4 | 2.1 | 141 |
| | 50-59 | 4.9 | 2.3 | 68 | 4.6 | 2.1 | 49 | 5.5 | 2.2 | 69 | 5.0 | 2.2 | 186 |
| | 60-64 | 3.8 | 0.9 | 26 | 5.6 | 3.5 | 13 | 4.9 | 2.2 | 38 | 4.7 | 2.2 | 77 |
| | ALL 1) | 4.8 | 2.1 | 208 | 4.9 | 2.2 | 212 | 5.9 | 2.7 | 233 | 5.3 | 2.4 | 653 |
| | WOMEN | 25-29 | 4.3 | 1.5 | 12 | 5.5 | 2.6 | 18 | 6.5 | 2.7 | 23 | 5.7 | 2.6 |
| 30-39 | | 5.3 | 2.7 | 58 | 4.5 | 1.4 | 52 | 6.0 | 2.3 | 68 | 5.3 | 2.3 | 178 |
| 40-49 | | 5.2 | 2.3 | 67 | 4.2 | 1.4 | 58 | 5.8 | 2.1 | 58 | 5.0 | 2.0 | 183 |
| 50-59 | | 4.9 | 2.2 | 68 | 4.5 | 2.1 | 53 | 5.7 | 2.3 | 67 | 5.1 | 2.3 | 188 |
| 60-64 | | 3.7 | 1.4 | 30 | 4.0 | 1.7 | 30 | 5.5 | 1.8 | 33 | 4.4 | 1.8 | 93 |
| ALL 1) | | 4.8 | 2.2 | 235 | 4.5 | 1.9 | 211 | 5.9 | 2.3 | 249 | 5.1 | 2.2 | 695 |

1) standardized by age

TABLE 50. MEAN DAILY INTAKE OF LINOLEIC ACID BY SEX, AGE AND AREA

| | | LINOLEIC ACID in grams | | | | | | | | | | | |
|-------|--------|------------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 15.8 | 9.8 | 13 | 11.6 | 5.5 | 25 | 17.8 | 18.3 | 18 | 14.6 | 12.0 | 56 |
| | 30-39 | 11.8 | 5.2 | 56 | 13.8 | 7.6 | 84 | 15.7 | 8.0 | 53 | 13.7 | 7.2 | 193 |
| | 40-49 | 12.3 | 5.8 | 45 | 11.0 | 4.4 | 41 | 13.9 | 5.2 | 55 | 12.6 | 5.3 | 141 |
| | 50-59 | 10.3 | 5.4 | 68 | 9.9 | 4.4 | 49 | 12.0 | 6.2 | 69 | 10.8 | 5.5 | 186 |
| | 60-64 | 6.8 | 2.7 | 26 | 11.1 | 5.4 | 13 | 9.6 | 5.6 | 38 | 8.9 | 4.9 | 77 |
| | ALL 1) | | 11.9 | 6.6 | 208 | 11.7 | 5.8 | 212 | 14.3 | 9.9 | 233 | 12.7 | 7.8 |
| WOMEN | 25-29 | 9.2 | 5.7 | 12 | 12.1 | 7.8 | 18 | 12.2 | 7.2 | 23 | 11.5 | 7.1 | 53 |
| | 30-39 | 10.0 | 6.4 | 58 | 8.7 | 3.5 | 52 | 11.4 | 6.5 | 68 | 10.1 | 5.9 | 178 |
| | 40-49 | 9.0 | 4.7 | 67 | 7.5 | 3.3 | 58 | 9.3 | 4.2 | 58 | 8.6 | 4.2 | 183 |
| | 50-59 | 8.3 | 4.0 | 68 | 7.1 | 3.8 | 53 | 9.6 | 5.2 | 67 | 8.4 | 4.5 | 188 |
| | 60-64 | 5.9 | 3.3 | 30 | 5.5 | 2.1 | 30 | 8.2 | 3.8 | 33 | 6.6 | 3.3 | 93 |
| | ALL 1) | | 8.7 | 5.2 | 235 | 8.2 | 4.8 | 211 | 10.2 | 5.7 | 249 | 9.1 | 5.3 |

1) standardized by age

TABLE 51. MEAN DAILY INTAKE OF LINOLEIC ACID PER 1000 KCAL BY SEX, AGE AND AREA

| | | LINOLEIC ACID in grams/1000 kcal | | | | | | | | | | | |
|-------|--------|----------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 4.3 | 2.2 | 13 | 4.2 | 1.7 | 25 | 5.4 | 4.0 | 18 | 4.6 | 2.8 | 56 |
| | 30-39 | 3.9 | 1.6 | 56 | 4.3 | 2.1 | 84 | 5.3 | 1.9 | 53 | 4.5 | 2.0 | 193 |
| | 40-49 | 4.4 | 2.3 | 45 | 3.9 | 1.4 | 41 | 5.1 | 1.9 | 55 | 4.5 | 1.9 | 141 |
| | 50-59 | 4.0 | 2.0 | 68 | 3.8 | 1.8 | 49 | 4.6 | 2.0 | 69 | 4.2 | 1.9 | 186 |
| | 60-64 | 2.9 | 0.8 | 26 | 4.9 | 3.4 | 13 | 4.0 | 1.8 | 38 | 3.8 | 2.0 | 77 |
| | ALL 1) | | 4.0 | 1.9 | 208 | 4.1 | 2.0 | 212 | 5.0 | 2.4 | 233 | 4.4 | 2.2 |
| WOMEN | 25-29 | 3.7 | 1.4 | 12 | 4.8 | 2.4 | 18 | 5.6 | 2.5 | 23 | 4.9 | 2.3 | 53 |
| | 30-39 | 4.5 | 2.7 | 58 | 3.8 | 1.2 | 52 | 5.1 | 2.1 | 68 | 4.5 | 2.1 | 178 |
| | 40-49 | 4.3 | 2.0 | 67 | 3.6 | 1.3 | 58 | 4.9 | 1.9 | 58 | 4.3 | 1.9 | 183 |
| | 50-59 | 4.1 | 2.1 | 68 | 3.7 | 1.8 | 53 | 4.8 | 2.2 | 67 | 4.2 | 2.1 | 188 |
| | 60-64 | 3.0 | 1.3 | 30 | 3.3 | 1.4 | 30 | 4.6 | 1.7 | 33 | 3.7 | 1.6 | 93 |
| | ALL 1) | | 4.1 | 2.1 | 235 | 3.8 | 1.7 | 211 | 5.0 | 2.1 | 249 | 4.3 | 2.0 |

1) standardized by age

TABLE 52. MEAN DAILY INTAKE OF CARBOHYDRATE BY SEX, AGE AND AREA

| | | CARBOHYDRATE in grams | | | | | | | | | | | |
|--------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 408 | 95 | 13 | 308 | 73 | 25 | 362 | 114 | 18 | 349 | 100 | 56 |
| | 30-39 | 366 | 125 | 56 | 358 | 112 | 84 | 328 | 101 | 53 | 352 | 114 | 193 |
| | 40-49 | 338 | 99 | 45 | 324 | 84 | 41 | 304 | 78 | 55 | 321 | 87 | 141 |
| | 50-59 | 294 | 104 | 68 | 304 | 99 | 49 | 286 | 81 | 69 | 294 | 94 | 186 |
| | 60-64 | 272 | 60 | 26 | 299 | 95 | 13 | 280 | 99 | 38 | 281 | 87 | 77 |
| | ALL 1) | 344 | 111 | 208 | 324 | 96 | 212 | 316 | 97 | 233 | 327 | 102 | 653 |
| | WOMEN | 25-29 | 296 | 82 | 12 | 267 | 103 | 18 | 243 | 90 | 23 | 263 | 93 |
| 30-39 | | 266 | 74 | 58 | 267 | 73 | 52 | 238 | 59 | 68 | 255 | 69 | 178 |
| 40-49 | | 256 | 67 | 67 | 256 | 64 | 58 | 223 | 66 | 58 | 246 | 67 | 183 |
| 50-59 | | 266 | 70 | 68 | 241 | 45 | 53 | 232 | 60 | 67 | 247 | 62 | 188 |
| 60-64 | | 241 | 71 | 30 | 227 | 66 | 30 | 226 | 68 | 33 | 231 | 68 | 93 |
| ALL 1) | | 266 | 73 | 235 | 254 | 71 | 211 | 232 | 68 | 249 | 250 | 72 | 695 |

1) standardized by age

TABLE 53. MEAN DAILY INTAKE OF CARBOHYDRATE PER 1000 KCAL BY SEX, AGE AND AREA

| | | CARBOHYDRATE in grams/1000 kcal | | | | | | | | | | | |
|--------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 116 | 16 | 13 | 113 | 13 | 25 | 116 | 16 | 18 | 115 | 15 | 56 |
| | 30-39 | 117 | 19 | 56 | 112 | 18 | 84 | 112 | 18 | 53 | 113 | 18 | 193 |
| | 40-49 | 117 | 18 | 45 | 116 | 18 | 41 | 111 | 17 | 55 | 114 | 18 | 141 |
| | 50-59 | 116 | 19 | 68 | 115 | 19 | 49 | 114 | 17 | 69 | 115 | 18 | 186 |
| | 60-64 | 121 | 22 | 26 | 120 | 16 | 13 | 118 | 19 | 38 | 119 | 19 | 77 |
| | ALL 1) | 117 | 18 | 208 | 115 | 17 | 212 | 113 | 17 | 233 | 115 | 18 | 653 |
| | WOMEN | 25-29 | 126 | 17 | 12 | 114 | 17 | 18 | 115 | 18 | 23 | 117 | 18 |
| 30-39 | | 123 | 16 | 58 | 121 | 17 | 52 | 115 | 13 | 68 | 119 | 16 | 178 |
| 40-49 | | 126 | 16 | 67 | 123 | 16 | 58 | 117 | 18 | 58 | 122 | 17 | 183 |
| 50-59 | | 129 | 14 | 68 | 128 | 14 | 53 | 118 | 17 | 67 | 125 | 16 | 188 |
| 60-64 | | 128 | 14 | 30 | 135 | 15 | 30 | 130 | 13 | 33 | 131 | 14 | 93 |
| ALL 1) | | 126 | 15 | 235 | 124 | 17 | 211 | 118 | 16 | 249 | 122 | 17 | 695 |

1) standardized by age

TABLE 54. MEAN DAILY INTAKE OF SUCROSE BY SEX, AGE AND AREA

| | | SUCROSE in grams | | | | | | | | | | | |
|--------|--------|------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 67 | 26 | 13 | 59 | 26 | 25 | 78 | 43 | 18 | 67 | 33 | 56 |
| | 30-39 | 76 | 45 | 56 | 65 | 34 | 84 | 60 | 31 | 53 | 67 | 37 | 193 |
| | 40-49 | 60 | 30 | 45 | 59 | 29 | 41 | 56 | 29 | 55 | 58 | 29 | 141 |
| | 50-59 | 42 | 24 | 68 | 47 | 28 | 49 | 49 | 26 | 69 | 46 | 26 | 186 |
| | 60-64 | 45 | 17 | 26 | 58 | 30 | 13 | 51 | 28 | 38 | 50 | 25 | 77 |
| | ALL 1) | 61 | 34 | 208 | 58 | 30 | 212 | 59 | 33 | 233 | 59 | 33 | 653 |
| | WOMEN | 25-29 | 60 | 29 | 12 | 52 | 44 | 18 | 52 | 26 | 23 | 54 | 33 |
| 30-39 | | 51 | 25 | 58 | 54 | 26 | 52 | 46 | 22 | 68 | 50 | 24 | 178 |
| 40-49 | | 48 | 27 | 67 | 48 | 26 | 58 | 40 | 22 | 58 | 45 | 25 | 183 |
| 50-59 | | 47 | 25 | 68 | 41 | 18 | 53 | 40 | 21 | 67 | 42 | 22 | 188 |
| 60-64 | | 43 | 25 | 30 | 38 | 23 | 30 | 41 | 24 | 33 | 41 | 24 | 93 |
| ALL 1) | | 50 | 26 | 235 | 47 | 28 | 211 | 43 | 23 | 249 | 47 | 26 | 695 |

1) standardized by age

TABLE 55. MEAN DAILY INTAKE OF SUCROSE PER 1000 KCAL BY SEX, AGE AND AREA

| | | SUCROSE in grams/1000 kcal | | | | | | | | | | | |
|--------|--------|----------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 19 | 7 | 13 | 21 | 7 | 25 | 24 | 10 | 18 | 22 | 8 | 56 |
| | 30-39 | 23 | 11 | 56 | 20 | 8 | 84 | 20 | 8 | 53 | 21 | 9 | 193 |
| | 40-49 | 21 | 9 | 45 | 21 | 9 | 41 | 20 | 9 | 55 | 20 | 9 | 141 |
| | 50-59 | 17 | 8 | 68 | 17 | 9 | 49 | 19 | 11 | 69 | 18 | 9 | 186 |
| | 60-64 | 20 | 8 | 26 | 23 | 10 | 13 | 21 | 10 | 38 | 21 | 9 | 77 |
| | ALL 1) | 20 | 9 | 208 | 20 | 8 | 212 | 21 | 10 | 233 | 20 | 9 | 653 |
| | WOMEN | 25-29 | 25 | 11 | 12 | 20 | 11 | 18 | 25 | 8 | 23 | 23 | 10 |
| 30-39 | | 23 | 9 | 58 | 24 | 9 | 52 | 22 | 9 | 68 | 23 | 9 | 178 |
| 40-49 | | 23 | 11 | 67 | 23 | 10 | 58 | 20 | 8 | 58 | 22 | 10 | 183 |
| 50-59 | | 21 | 9 | 68 | 22 | 10 | 53 | 20 | 9 | 67 | 21 | 9 | 188 |
| 60-64 | | 22 | 8 | 30 | 22 | 9 | 30 | 23 | 9 | 33 | 22 | 9 | 93 |
| ALL 1) | | 23 | 10 | 235 | 22 | 10 | 211 | 22 | 9 | 249 | 22 | 9 | 695 |

1) standardized by age

TABLE 56. MEAN DAILY INTAKE OF VITAMIN A (RET. EQ.) BY SEX, AGE AND AREA

| | | VITAMIN A, ret. eq. in micrograms | | | | | | | | | | | |
|--------|--------|-----------------------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 1245 | 584 | 13 | 1626 | 1367 | 25 | 1910 | 1749 | 18 | 1629 | 1377 | 56 |
| | 30-39 | 1495 | 1084 | 56 | 1511 | 1341 | 84 | 1500 | 1166 | 53 | 1503 | 1217 | 193 |
| | 40-49 | 1424 | 1229 | 45 | 1234 | 619 | 41 | 1208 | 674 | 55 | 1285 | 877 | 141 |
| | 50-59 | 875 | 405 | 68 | 1085 | 750 | 49 | 1025 | 799 | 69 | 986 | 669 | 186 |
| | 60-64 | 876 | 298 | 26 | 1245 | 716 | 13 | 994 | 473 | 38 | 997 | 484 | 77 |
| | ALL 1) | 1251 | 925 | 208 | 1352 | 1048 | 212 | 1360 | 1121 | 233 | 1323 | 1038 | 653 |
| | WOMEN | 25-29 | 1091 | 853 | 12 | 1645 | 801 | 18 | 1056 | 670 | 23 | 1264 | 794 |
| 30-39 | | 1538 | 1782 | 58 | 1240 | 787 | 52 | 1100 | 906 | 68 | 1284 | 1244 | 178 |
| 40-49 | | 1124 | 1343 | 67 | 1159 | 884 | 58 | 1132 | 968 | 58 | 1137 | 1092 | 183 |
| 50-59 | | 1259 | 963 | 68 | 1095 | 639 | 53 | 1244 | 1525 | 67 | 1208 | 1128 | 188 |
| 60-64 | | 1095 | 1027 | 30 | 993 | 654 | 30 | 864 | 554 | 33 | 980 | 764 | 93 |
| ALL 1) | | 1247 | 1294 | 235 | 1224 | 787 | 211 | 1107 | 1036 | 249 | 1190 | 1067 | 695 |

1) standardized by age

TABLE 57. MEAN DAILY INTAKE OF VITAMIN A (RET. EQ.) PER 1000 KCAL BY SEX, AGE AND AREA

| | | VITAMIN A, ret. eq. in micrograms/1000 kcal | | | | | | | | | | | |
|--------|--------|---|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 343 | 117 | 13 | 564 | 438 | 25 | 612 | 606 | 18 | 528 | 460 | 56 |
| | 30-39 | 478 | 329 | 56 | 464 | 358 | 84 | 521 | 438 | 53 | 484 | 373 | 193 |
| | 40-49 | 501 | 461 | 45 | 475 | 342 | 41 | 453 | 262 | 55 | 474 | 357 | 141 |
| | 50-59 | 357 | 214 | 68 | 401 | 212 | 49 | 395 | 242 | 69 | 383 | 224 | 186 |
| | 60-64 | 397 | 157 | 26 | 533 | 369 | 13 | 442 | 247 | 38 | 442 | 248 | 77 |
| | ALL 1) | 428 | 317 | 208 | 479 | 348 | 212 | 488 | 393 | 233 | 466 | 356 | 653 |
| | WOMEN | 25-29 | 500 | 426 | 12 | 722 | 385 | 18 | 514 | 334 | 23 | 581 | 380 |
| 30-39 | | 708 | 837 | 58 | 576 | 364 | 52 | 518 | 349 | 68 | 597 | 563 | 178 |
| 40-49 | | 550 | 676 | 67 | 611 | 685 | 58 | 603 | 531 | 58 | 586 | 634 | 183 |
| 50-59 | | 634 | 519 | 68 | 585 | 376 | 53 | 672 | 973 | 67 | 634 | 686 | 188 |
| 60-64 | | 613 | 589 | 30 | 559 | 340 | 30 | 489 | 263 | 33 | 552 | 415 | 93 |
| ALL 1) | | 607 | 643 | 235 | 609 | 467 | 211 | 571 | 587 | 249 | 595 | 573 | 695 |

1) standardized by age

TABLE 58. MEAN DAILY INTAKE OF THIAMIN BY SEX, AGE AND AREA

| | | THIAMIN in milligrams | | | | | | | | | | | |
|--------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 2.4 | 0.6 | 13 | 1.8 | 0.4 | 25 | 2.1 | 0.6 | 18 | 2.0 | 0.6 | 56 |
| | 30-39 | 2.1 | 0.6 | 56 | 2.1 | 0.6 | 84 | 2.0 | 0.6 | 53 | 2.1 | 0.6 | 193 |
| | 40-49 | 2.0 | 0.5 | 45 | 1.9 | 0.5 | 41 | 1.9 | 0.5 | 55 | 1.9 | 0.5 | 141 |
| | 50-59 | 1.8 | 0.6 | 68 | 1.9 | 0.5 | 49 | 1.8 | 0.5 | 69 | 1.8 | 0.5 | 186 |
| | 60-64 | 1.7 | 0.5 | 26 | 1.8 | 0.7 | 13 | 1.7 | 0.6 | 38 | 1.7 | 0.6 | 77 |
| | ALL 1) | 2.1 | 0.6 | 208 | 2.0 | 0.5 | 212 | 1.9 | 0.5 | 233 | 2.0 | 0.6 | 653 |
| | WOMEN | 25-29 | 1.6 | 0.4 | 12 | 1.6 | 0.5 | 18 | 1.4 | 0.5 | 23 | 1.5 | 0.5 |
| 30-39 | | 1.5 | 0.4 | 58 | 1.5 | 0.4 | 52 | 1.5 | 0.4 | 68 | 1.5 | 0.4 | 178 |
| 40-49 | | 1.5 | 0.4 | 67 | 1.5 | 0.3 | 58 | 1.4 | 0.4 | 58 | 1.4 | 0.4 | 183 |
| 50-59 | | 1.5 | 0.4 | 68 | 1.4 | 0.3 | 53 | 1.4 | 0.4 | 67 | 1.5 | 0.4 | 188 |
| 60-64 | | 1.4 | 0.3 | 30 | 1.3 | 0.4 | 30 | 1.3 | 0.3 | 33 | 1.3 | 0.3 | 93 |
| ALL 1) | | 1.5 | 0.4 | 235 | 1.5 | 0.4 | 211 | 1.4 | 0.4 | 249 | 1.5 | 0.4 | 695 |

1) standardized by age

TABLE 59. MEAN DAILY INTAKE OF THIAMIN PER 1000 KCAL BY SEX, AGE AND AREA

| | | THIAMIN in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 0.7 | 0.2 | 13 | 0.7 | 0.1 | 25 | 0.7 | 0.1 | 18 | 0.7 | 0.1 | 56 |
| | 30-39 | 0.7 | 0.1 | 56 | 0.7 | 0.1 | 84 | 0.7 | 0.1 | 53 | 0.7 | 0.1 | 193 |
| | 40-49 | 0.7 | 0.1 | 45 | 0.7 | 0.1 | 41 | 0.7 | 0.1 | 55 | 0.7 | 0.1 | 141 |
| | 50-59 | 0.7 | 0.1 | 68 | 0.7 | 0.1 | 49 | 0.7 | 0.1 | 69 | 0.7 | 0.1 | 186 |
| | 60-64 | 0.7 | 0.1 | 26 | 0.7 | 0.1 | 13 | 0.7 | 0.1 | 38 | 0.7 | 0.1 | 77 |
| | ALL 1) | 0.7 | 0.1 | 208 | 0.7 | 0.1 | 212 | 0.7 | 0.1 | 233 | 0.7 | 0.1 | 653 |
| | WOMEN | 25-29 | 0.7 | 0.1 | 12 | 0.7 | 0.1 | 18 | 0.7 | 0.1 | 23 | 0.7 | 0.1 |
| 30-39 | | 0.7 | 0.1 | 58 | 0.7 | 0.1 | 52 | 0.7 | 0.1 | 68 | 0.7 | 0.1 | 178 |
| 40-49 | | 0.7 | 0.1 | 67 | 0.7 | 0.1 | 58 | 0.7 | 0.1 | 58 | 0.7 | 0.1 | 183 |
| 50-59 | | 0.7 | 0.1 | 68 | 0.7 | 0.1 | 53 | 0.7 | 0.1 | 67 | 0.7 | 0.1 | 188 |
| 60-64 | | 0.7 | 0.1 | 30 | 0.8 | 0.1 | 30 | 0.7 | 0.1 | 33 | 0.7 | 0.1 | 93 |
| ALL 1) | | 0.7 | 0.1 | 235 | 0.7 | 0.1 | 211 | 0.7 | 0.1 | 249 | 0.7 | 0.1 | 695 |

1) standardized by age

TABLE 60. MEAN DAILY INTAKE OF RIBOFLAVIN BY SEX, AGE AND AREA

| | | RIBOFLAVIN in milligrams | | | | | | | | | | | |
|--------|--------|--------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 3.8 | 0.8 | 13 | 3.1 | 1.0 | 25 | 3.1 | 1.3 | 18 | 3.3 | 1.1 | 56 |
| | 30-39 | 3.3 | 1.3 | 56 | 3.2 | 1.0 | 84 | 2.9 | 1.0 | 53 | 3.1 | 1.1 | 193 |
| | 40-49 | 3.1 | 1.0 | 45 | 3.0 | 0.8 | 41 | 2.6 | 0.8 | 55 | 2.8 | 0.9 | 141 |
| | 50-59 | 2.6 | 0.8 | 68 | 2.8 | 0.9 | 49 | 2.5 | 0.7 | 69 | 2.6 | 0.8 | 186 |
| | 60-64 | 2.4 | 0.6 | 26 | 2.7 | 1.1 | 13 | 2.2 | 0.7 | 38 | 2.4 | 0.7 | 77 |
| | ALL 1) | 3.1 | 1.1 | 208 | 3.0 | 1.0 | 212 | 2.7 | 1.0 | 233 | 2.9 | 1.0 | 653 |
| | WOMEN | 25-29 | 2.3 | 0.7 | 12 | 2.6 | 0.9 | 18 | 2.1 | 0.8 | 23 | 2.3 | 0.9 |
| 30-39 | | 2.3 | 1.0 | 58 | 2.4 | 0.8 | 52 | 2.0 | 0.7 | 68 | 2.2 | 0.8 | 178 |
| 40-49 | | 2.2 | 0.8 | 67 | 2.2 | 0.8 | 58 | 1.8 | 0.6 | 58 | 2.1 | 0.7 | 183 |
| 50-59 | | 2.3 | 0.7 | 68 | 2.1 | 0.6 | 53 | 2.0 | 0.7 | 67 | 2.1 | 0.7 | 188 |
| 60-64 | | 2.1 | 0.7 | 30 | 1.9 | 0.7 | 30 | 1.8 | 0.5 | 33 | 1.9 | 0.6 | 93 |
| ALL 1) | | 2.2 | 0.8 | 235 | 2.2 | 0.8 | 211 | 2.0 | 0.7 | 249 | 2.1 | 0.8 | 695 |

1) standardized by age

TABLE 61. MEAN DAILY INTAKE OF RIBOFLAVIN PER 1000 KCAL BY SEX, AGE AND AREA

| | | RIBOFLAVIN in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|------------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 1.1 | 0.2 | 13 | 1.1 | 0.3 | 25 | 1.0 | 0.4 | 18 | 1.1 | 0.3 | 56 |
| | 30-39 | 1.1 | 0.3 | 56 | 1.0 | 0.2 | 84 | 1.0 | 0.2 | 53 | 1.0 | 0.2 | 193 |
| | 40-49 | 1.1 | 0.3 | 45 | 1.1 | 0.3 | 41 | 0.9 | 0.2 | 55 | 1.0 | 0.3 | 141 |
| | 50-59 | 1.0 | 0.2 | 68 | 1.1 | 0.3 | 49 | 1.0 | 0.2 | 69 | 1.0 | 0.2 | 186 |
| | 60-64 | 1.1 | 0.2 | 26 | 1.1 | 0.2 | 13 | 1.0 | 0.2 | 38 | 1.0 | 0.2 | 77 |
| | ALL 1) | 1.1 | 0.3 | 208 | 1.1 | 0.3 | 212 | 1.0 | 0.3 | 233 | 1.0 | 0.3 | 653 |
| | WOMEN | 25-29 | 1.0 | 0.2 | 12 | 1.1 | 0.3 | 18 | 1.0 | 0.2 | 23 | 1.0 | 0.3 |
| 30-39 | | 1.1 | 0.3 | 58 | 1.1 | 0.3 | 52 | 1.0 | 0.2 | 68 | 1.0 | 0.3 | 178 |
| 40-49 | | 1.1 | 0.3 | 67 | 1.0 | 0.3 | 58 | 1.0 | 0.2 | 58 | 1.0 | 0.3 | 183 |
| 50-59 | | 1.1 | 0.3 | 68 | 1.1 | 0.2 | 53 | 1.0 | 0.3 | 67 | 1.1 | 0.3 | 188 |
| 60-64 | | 1.1 | 0.3 | 30 | 1.1 | 0.2 | 30 | 1.1 | 0.2 | 33 | 1.1 | 0.3 | 93 |
| ALL 1) | | 1.1 | 0.3 | 235 | 1.1 | 0.3 | 211 | 1.0 | 0.3 | 249 | 1.1 | 0.3 | 695 |

1) standardized by age

TABLE 62. MEAN DAILY INTAKE OF NIACIN BY SEX, AGE AND AREA

| | | NIACIN in milligrams | | | | | | | | | | | |
|-------|--------|----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 26 | 7 | 13 | 21 | 6 | 25 | 27 | 11 | 18 | 24 | 8 | 56 |
| | 30-39 | 25 | 7 | 56 | 25 | 9 | 84 | 24 | 8 | 53 | 25 | 8 | 193 |
| | 40-49 | 23 | 8 | 45 | 22 | 7 | 41 | 22 | 6 | 55 | 22 | 7 | 141 |
| | 50-59 | 20 | 8 | 68 | 20 | 6 | 49 | 21 | 6 | 69 | 20 | 7 | 186 |
| | 60-64 | 19 | 7 | 26 | 19 | 8 | 13 | 19 | 6 | 38 | 19 | 7 | 77 |
| | ALL 1) | 23 | 8 | 208 | 22 | 7 | 212 | 23 | 7 | 233 | 23 | 8 | 653 |
| WOMEN | 25-29 | 18 | 6 | 12 | 18 | 7 | 18 | 17 | 5 | 23 | 18 | 6 | 53 |
| | 30-39 | 17 | 6 | 58 | 18 | 6 | 52 | 17 | 6 | 68 | 17 | 6 | 178 |
| | 40-49 | 16 | 5 | 67 | 17 | 6 | 58 | 17 | 5 | 58 | 16 | 6 | 183 |
| | 50-59 | 17 | 5 | 68 | 16 | 4 | 53 | 17 | 5 | 67 | 16 | 5 | 188 |
| | 60-64 | 15 | 5 | 30 | 14 | 5 | 30 | 14 | 4 | 33 | 14 | 4 | 93 |
| | ALL 1) | 17 | 5 | 235 | 17 | 6 | 211 | 17 | 5 | 249 | 17 | 5 | 695 |

1) standardized by age

TABLE 63. MEAN DAILY INTAKE OF NIACIN PER 1000 KCAL BY SEX, AGE AND AREA

| | | NIACIN in milligrams/1000 kcal | | | | | | | | | | | |
|-------|--------|--------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 8 | 3 | 13 | 8 | 2 | 25 | 9 | 4 | 18 | 8 | 3 | 56 |
| | 30-39 | 8 | 2 | 56 | 8 | 2 | 84 | 8 | 2 | 53 | 8 | 2 | 193 |
| | 40-49 | 8 | 2 | 45 | 8 | 2 | 41 | 8 | 2 | 55 | 8 | 2 | 141 |
| | 50-59 | 8 | 2 | 68 | 8 | 2 | 49 | 8 | 2 | 69 | 8 | 2 | 186 |
| | 60-64 | 8 | 2 | 26 | 8 | 2 | 13 | 8 | 2 | 38 | 8 | 2 | 77 |
| | ALL 1) | 8 | 2 | 208 | 8 | 2 | 212 | 8 | 2 | 233 | 8 | 2 | 653 |
| WOMEN | 25-29 | 7 | 2 | 12 | 8 | 3 | 18 | 8 | 2 | 23 | 8 | 2 | 53 |
| | 30-39 | 8 | 2 | 58 | 8 | 2 | 52 | 8 | 2 | 68 | 8 | 2 | 178 |
| | 40-49 | 8 | 2 | 67 | 8 | 2 | 58 | 9 | 2 | 58 | 8 | 2 | 183 |
| | 50-59 | 8 | 2 | 68 | 8 | 2 | 53 | 9 | 3 | 67 | 8 | 2 | 188 |
| | 60-64 | 8 | 3 | 30 | 8 | 2 | 30 | 8 | 2 | 33 | 8 | 2 | 93 |
| | ALL 1) | 8 | 2 | 235 | 8 | 2 | 211 | 9 | 2 | 249 | 8 | 2 | 695 |

1) standardized by age

TABLE 64. MEAN DAILY INTAKE OF NIACIN (INCL. EQ.) BY SEX, AGE AND AREA

| | | NIACIN, EQ. in milligrams | | | | | | | | | | | |
|-------|--------|---------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 51 | 10 | 13 | 40 | 10 | 25 | 49 | 17 | 18 | 45 | 13 | 56 |
| | 30-39 | 48 | 13 | 56 | 47 | 14 | 84 | 45 | 13 | 53 | 47 | 14 | 193 |
| | 40-49 | 45 | 15 | 45 | 43 | 11 | 41 | 41 | 10 | 55 | 43 | 12 | 141 |
| | 50-59 | 39 | 13 | 68 | 40 | 11 | 49 | 40 | 11 | 69 | 40 | 12 | 186 |
| | 60-64 | 38 | 12 | 26 | 39 | 14 | 13 | 36 | 10 | 38 | 37 | 12 | 77 |
| | ALL 1) | 45 | 14 | 208 | 43 | 12 | 212 | 43 | 13 | 233 | 44 | 13 | 653 |
| WOMEN | 25-29 | 34 | 10 | 12 | 36 | 11 | 18 | 33 | 9 | 23 | 34 | 10 | 53 |
| | 30-39 | 34 | 10 | 58 | 35 | 11 | 52 | 33 | 10 | 68 | 34 | 10 | 178 |
| | 40-49 | 31 | 9 | 67 | 32 | 10 | 58 | 31 | 8 | 58 | 32 | 9 | 183 |
| | 50-59 | 32 | 8 | 68 | 30 | 7 | 53 | 31 | 8 | 67 | 31 | 8 | 188 |
| | 60-64 | 29 | 8 | 30 | 27 | 8 | 30 | 27 | 7 | 33 | 27 | 8 | 93 |
| | ALL 1) | 32 | 9 | 235 | 32 | 10 | 211 | 31 | 9 | 249 | 32 | 9 | 695 |

1) standardized by age

TABLE 65. MEAN DAILY INTAKE OF NIACIN (INCL. EQ.) PER 1000 KCAL BY SEX, AGE AND AREA

| | | NIACIN, EQ. in milligrams /1000 kcal | | | | | | | | | | | |
|-------|--------|--------------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 15 | 3 | 13 | 15 | 3 | 25 | 16 | 5 | 18 | 15 | 3 | 56 |
| | 30-39 | 16 | 3 | 56 | 15 | 2 | 84 | 16 | 2 | 53 | 15 | 2 | 193 |
| | 40-49 | 15 | 3 | 45 | 15 | 2 | 41 | 15 | 2 | 55 | 15 | 3 | 141 |
| | 50-59 | 15 | 3 | 68 | 15 | 3 | 49 | 16 | 3 | 69 | 16 | 3 | 186 |
| | 60-64 | 16 | 3 | 26 | 16 | 3 | 13 | 15 | 3 | 38 | 16 | 3 | 77 |
| | ALL 1) | 15 | 3 | 208 | 15 | 3 | 212 | 15 | 3 | 233 | 15 | 3 | 653 |
| WOMEN | 25-29 | 14 | 2 | 12 | 16 | 4 | 18 | 16 | 3 | 23 | 16 | 3 | 53 |
| | 30-39 | 16 | 3 | 58 | 16 | 3 | 52 | 16 | 3 | 68 | 16 | 3 | 178 |
| | 40-49 | 15 | 3 | 67 | 16 | 3 | 58 | 16 | 3 | 58 | 16 | 3 | 183 |
| | 50-59 | 16 | 3 | 68 | 16 | 3 | 53 | 16 | 4 | 67 | 16 | 3 | 188 |
| | 60-64 | 16 | 4 | 30 | 16 | 3 | 30 | 16 | 3 | 33 | 16 | 3 | 93 |
| | ALL 1) | 15 | 3 | 235 | 16 | 3 | 211 | 16 | 3 | 249 | 16 | 3 | 695 |

1) standardized by age

TABLE 66. MEAN DAILY INTAKE OF VITAMIN C BY SEX, AGE AND AREA

| | | VITAMIN C in milligrams | | | | | | | | | | | |
|-------|--------|-------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 130 | 79 | 13 | 126 | 58 | 25 | 153 | 87 | 18 | 136 | 73 | 56 |
| | 30-39 | 161 | 106 | 56 | 148 | 108 | 84 | 134 | 80 | 53 | 148 | 100 | 193 |
| | 40-49 | 139 | 81 | 45 | 127 | 71 | 41 | 128 | 49 | 55 | 131 | 67 | 141 |
| | 50-59 | 98 | 62 | 68 | 106 | 50 | 49 | 118 | 75 | 69 | 108 | 65 | 186 |
| | 60-64 | 103 | 58 | 26 | 121 | 66 | 13 | 107 | 56 | 38 | 108 | 58 | 77 |
| | ALL 1) | 132 | 86 | 208 | 128 | 78 | 212 | 131 | 72 | 233 | 130 | 78 | 653 |
| WOMEN | 25-29 | 125 | 57 | 12 | 160 | 75 | 18 | 131 | 78 | 23 | 139 | 73 | 53 |
| | 30-39 | 144 | 76 | 58 | 152 | 82 | 52 | 150 | 73 | 68 | 149 | 76 | 178 |
| | 40-49 | 147 | 67 | 67 | 136 | 59 | 58 | 135 | 66 | 58 | 139 | 64 | 183 |
| | 50-59 | 149 | 62 | 68 | 150 | 80 | 53 | 131 | 57 | 67 | 143 | 66 | 188 |
| | 60-64 | 105 | 37 | 30 | 128 | 76 | 30 | 137 | 66 | 33 | 124 | 63 | 93 |
| | ALL 1) | 138 | 65 | 235 | 146 | 74 | 211 | 137 | 68 | 249 | 140 | 69 | 695 |

1) standardized by age

TABLE 67. MEAN DAILY INTAKE OF VITAMIN C PER 1000 KCAL BY SEX, AGE AND AREA

| | | VITAMIN C in milligrams/1000 kcal | | | | | | | | | | | |
|-------|--------|-----------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 36 | 19 | 13 | 47 | 20 | 25 | 52 | 29 | 18 | 46 | 24 | 56 |
| | 30-39 | 50 | 30 | 56 | 50 | 44 | 84 | 45 | 21 | 53 | 49 | 35 | 193 |
| | 40-49 | 49 | 29 | 45 | 46 | 25 | 41 | 49 | 21 | 55 | 48 | 25 | 141 |
| | 50-59 | 40 | 22 | 68 | 42 | 20 | 49 | 48 | 27 | 69 | 44 | 24 | 186 |
| | 60-64 | 48 | 28 | 26 | 48 | 22 | 13 | 50 | 31 | 38 | 49 | 28 | 77 |
| | ALL 1) | 45 | 27 | 208 | 47 | 30 | 212 | 48 | 25 | 233 | 47 | 27 | 653 |
| WOMEN | 25-29 | 61 | 31 | 12 | 74 | 47 | 18 | 68 | 41 | 23 | 68 | 40 | 53 |
| | 30-39 | 68 | 35 | 58 | 72 | 45 | 52 | 76 | 41 | 68 | 72 | 40 | 178 |
| | 40-49 | 74 | 31 | 67 | 69 | 33 | 58 | 74 | 36 | 58 | 72 | 33 | 183 |
| | 50-59 | 76 | 35 | 68 | 82 | 47 | 53 | 70 | 31 | 67 | 76 | 38 | 188 |
| | 60-64 | 61 | 32 | 30 | 79 | 47 | 30 | 81 | 35 | 33 | 74 | 39 | 93 |
| | ALL 1) | 70 | 33 | 235 | 75 | 43 | 211 | 73 | 37 | 249 | 72 | 38 | 695 |

1) standardized by age

TABLE 68. MEAN DAILY INTAKE OF CHOLESTEROL BY SEX, AGE AND AREA

| | | CHOLESTEROL in milligrams | | | | | | | | | | | |
|-------|--------|---------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 615 | 244 | 13 | 502 | 199 | 25 | 512 | 179 | 18 | 531 | 206 | 56 |
| | 30-39 | 566 | 205 | 56 | 600 | 254 | 84 | 509 | 170 | 53 | 565 | 221 | 193 |
| | 40-49 | 515 | 219 | 45 | 587 | 196 | 41 | 523 | 224 | 55 | 539 | 215 | 141 |
| | 50-59 | 449 | 188 | 68 | 483 | 196 | 49 | 478 | 221 | 69 | 469 | 202 | 186 |
| | 60-64 | 439 | 221 | 26 | 551 | 332 | 13 | 437 | 183 | 38 | 457 | 227 | 77 |
| | ALL 1) | 527 | 220 | 208 | 551 | 230 | 212 | 501 | 198 | 233 | 525 | 217 | 653 |
| WOMEN | 25-29 | 386 | 134 | 12 | 452 | 201 | 18 | 343 | 132 | 23 | 390 | 163 | 53 |
| | 30-39 | 399 | 172 | 58 | 447 | 188 | 52 | 405 | 156 | 68 | 415 | 171 | 178 |
| | 40-49 | 348 | 143 | 67 | 376 | 120 | 58 | 372 | 189 | 58 | 364 | 152 | 183 |
| | 50-59 | 368 | 137 | 68 | 342 | 126 | 53 | 369 | 141 | 67 | 361 | 135 | 188 |
| | 60-64 | 369 | 110 | 30 | 284 | 156 | 30 | 286 | 132 | 33 | 312 | 138 | 93 |
| | ALL 1) | 374 | 144 | 235 | 387 | 167 | 211 | 365 | 158 | 249 | 374 | 156 | 695 |

1) standardized by age

TABLE 69. MEAN DAILY INTAKE OF CHOLESTEROL PER 1000 KCAL BY SEX, AGE AND AREA

| | | CHOLESTEROL in milligrams/1000 kcal | | | | | | | | | | | |
|-------|--------|-------------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 173 | 60 | 13 | 179 | 44 | 25 | 163 | 39 | 18 | 172 | 46 | 56 |
| | 30-39 | 179 | 47 | 56 | 186 | 60 | 84 | 176 | 50 | 53 | 181 | 54 | 193 |
| | 40-49 | 175 | 53 | 45 | 210 | 61 | 41 | 185 | 61 | 55 | 189 | 60 | 141 |
| | 50-59 | 174 | 54 | 68 | 180 | 57 | 49 | 186 | 69 | 69 | 180 | 61 | 186 |
| | 60-64 | 184 | 63 | 26 | 236 | 206 | 13 | 186 | 69 | 38 | 194 | 104 | 77 |
| | ALL 1) | 176 | 53 | 208 | 194 | 83 | 212 | 179 | 57 | 233 | 183 | 66 | 653 |
| WOMEN | 25-29 | 157 | 33 | 12 | 192 | 66 | 18 | 167 | 53 | 23 | 173 | 55 | 53 |
| | 30-39 | 180 | 56 | 58 | 198 | 68 | 52 | 195 | 71 | 68 | 191 | 66 | 178 |
| | 40-49 | 168 | 52 | 67 | 181 | 44 | 58 | 192 | 76 | 58 | 179 | 59 | 183 |
| | 50-59 | 176 | 46 | 68 | 178 | 51 | 53 | 189 | 67 | 67 | 181 | 56 | 188 |
| | 60-64 | 195 | 51 | 30 | 156 | 56 | 30 | 161 | 49 | 33 | 171 | 54 | 93 |
| | ALL 1) | 174 | 50 | 235 | 183 | 58 | 211 | 184 | 67 | 249 | 180 | 59 | 695 |

1) standardized by age

TABLE 70. MEAN DAILY INTAKE OF ETHANOL BY SEX, AGE AND AREA

| | | ETHANOL in grams | | | | | | | | | | | |
|-------|--------|------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 6 | 8 | 13 | 15 | 17 | 25 | 10 | 16 | 18 | 11 | 15 | 56 |
| | 30-39 | 9 | 14 | 56 | 14 | 29 | 84 | 13 | 18 | 53 | 12 | 23 | 193 |
| | 40-49 | 9 | 17 | 45 | 6 | 16 | 41 | 14 | 24 | 55 | 10 | 20 | 141 |
| | 50-59 | 7 | 20 | 68 | 9 | 17 | 49 | 12 | 21 | 69 | 9 | 19 | 186 |
| | 60-64 | 3 | 10 | 26 | 1 | 3 | 13 | 6 | 9 | 38 | 4 | 9 | 77 |
| | ALL 1) | 8 | 15 | 208 | 10 | 20 | 212 | 12 | 19 | 233 | 10 | 19 | 653 |
| WOMEN | 25-29 | 4 | 11 | 12 | 3 | 6 | 18 | 4 | 8 | 23 | 4 | 8 | 53 |
| | 30-39 | 2 | 4 | 58 | 2 | 7 | 52 | 4 | 8 | 68 | 3 | 7 | 178 |
| | 40-49 | 2 | 4 | 67 | 2 | 5 | 58 | 6 | 13 | 58 | 3 | 8 | 183 |
| | 50-59 | 1 | 2 | 68 | 0 | 1 | 53 | 4 | 11 | 67 | 2 | 7 | 188 |
| | 60-64 | 0 | 0 | 30 | 1 | 3 | 30 | 1 | 4 | 33 | 1 | 3 | 93 |
| | ALL 1) | 2 | 5 | 235 | 2 | 5 | 211 | 4 | 10 | 249 | 3 | 7 | 695 |

1) standardized by age

TABLE 71. MEAN DAILY INTAKE OF ETHANOL PER 1000 KCAL BY SEX, AGE AND AREA

| | | ETHANOL in grams/1000 kcal | | | | | | | | | | | |
|-------|--------|----------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 2 | 3 | 13 | 5 | 5 | 25 | 3 | 5 | 18 | 4 | 5 | 56 |
| | 30-39 | 3 | 5 | 56 | 4 | 10 | 84 | 4 | 6 | 53 | 4 | 8 | 193 |
| | 40-49 | 3 | 5 | 45 | 2 | 6 | 41 | 4 | 7 | 55 | 3 | 6 | 141 |
| | 50-59 | 3 | 8 | 68 | 3 | 6 | 49 | 4 | 7 | 69 | 3 | 7 | 186 |
| | 60-64 | 1 | 4 | 26 | 0 | 1 | 13 | 3 | 4 | 38 | 2 | 4 | 77 |
| | ALL 1) | 3 | 5 | 208 | 3 | 7 | 212 | 4 | 6 | 233 | 3 | 6 | 653 |
| WOMEN | 25-29 | 2 | 4 | 12 | 1 | 3 | 18 | 2 | 3 | 23 | 2 | 3 | 53 |
| | 30-39 | 1 | 3 | 58 | 1 | 3 | 52 | 2 | 3 | 68 | 1 | 3 | 178 |
| | 40-49 | 1 | 2 | 67 | 1 | 2 | 58 | 3 | 6 | 58 | 1 | 4 | 183 |
| | 50-59 | 0 | 1 | 68 | 0 | 0 | 53 | 2 | 4 | 67 | 1 | 3 | 188 |
| | 60-64 | 0 | 0 | 30 | 0 | 1 | 30 | 1 | 2 | 33 | 0 | 1 | 93 |
| | ALL 1) | 1 | 2 | 235 | 1 | 2 | 211 | 2 | 4 | 249 | 1 | 3 | 695 |

1) standardized by age

TABLE 72. MEAN DAILY P/S -RATIO OF DIET BY SEX, AGE AND AREA

| | | P/S -RATIO | | | | | | | | | | | | |
|-------|-------|---------------|------|------|-----------------|------|------|-------------------|------|------|------|------|------|-----|
| | | Area | | | | | | | | | ALL | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | | | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | |
| Sex | Age | | | | | | | | | | | | | |
| MEN | 25-29 | 0.26 | 0.23 | 13 | 0.24 | 0.14 | 25 | 0.33 | 0.24 | 18 | 0.28 | 0.20 | 56 | |
| | 30-39 | 0.23 | 0.12 | 56 | 0.25 | 0.15 | 84 | 0.32 | 0.13 | 53 | 0.26 | 0.14 | 193 | |
| | 40-49 | 0.27 | 0.17 | 45 | 0.23 | 0.12 | 41 | 0.31 | 0.15 | 55 | 0.28 | 0.15 | 141 | |
| | 50-59 | 0.25 | 0.15 | 68 | 0.24 | 0.17 | 49 | 0.29 | 0.17 | 69 | 0.26 | 0.16 | 186 | |
| | 60-64 | 0.19 | 0.06 | 26 | 0.29 | 0.22 | 13 | 0.25 | 0.16 | 38 | 0.24 | 0.15 | 77 | |
| | ALL | 1) | 0.25 | 0.16 | 208 | 0.25 | 0.15 | 212 | 0.31 | 0.17 | 233 | 0.27 | 0.16 | 653 |
| | WOMEN | 25-29 | 0.20 | 0.08 | 12 | 0.26 | 0.13 | 18 | 0.36 | 0.18 | 23 | 0.29 | 0.16 | 53 |
| 30-39 | | 0.28 | 0.18 | 58 | 0.22 | 0.08 | 52 | 0.31 | 0.15 | 68 | 0.27 | 0.15 | 178 | |
| 40-49 | | 0.27 | 0.16 | 67 | 0.21 | 0.10 | 58 | 0.31 | 0.16 | 58 | 0.26 | 0.15 | 183 | |
| 50-59 | | 0.28 | 0.22 | 68 | 0.25 | 0.17 | 53 | 0.29 | 0.14 | 67 | 0.28 | 0.18 | 188 | |
| 60-64 | | 0.18 | 0.10 | 30 | 0.24 | 0.18 | 30 | 0.31 | 0.13 | 33 | 0.25 | 0.15 | 93 | |
| ALL | | 1) | 0.26 | 0.18 | 235 | 0.23 | 0.13 | 211 | 0.31 | 0.15 | 249 | 0.27 | 0.16 | 695 |

1) standardized by age

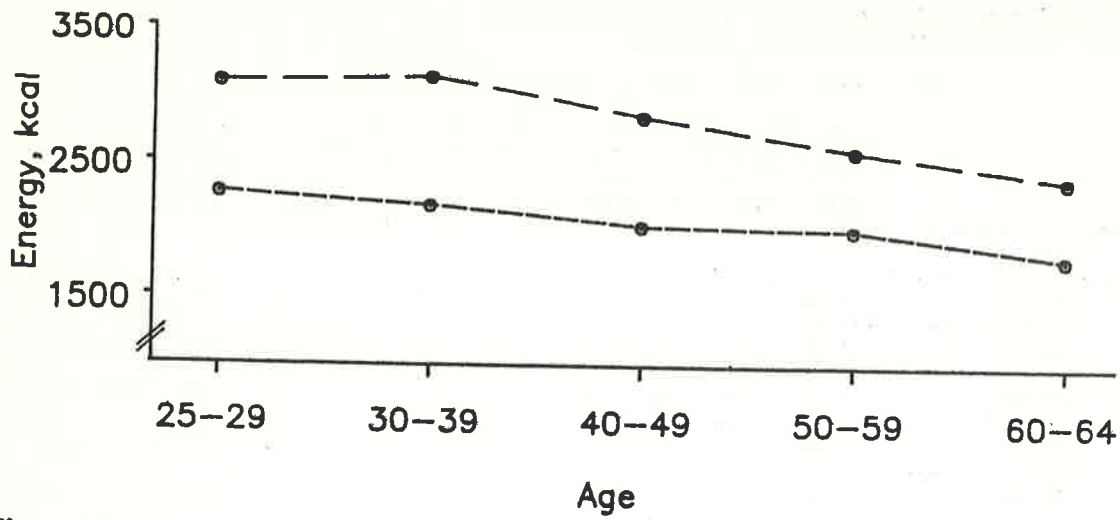


Fig. 27. Energy intake by age and sex

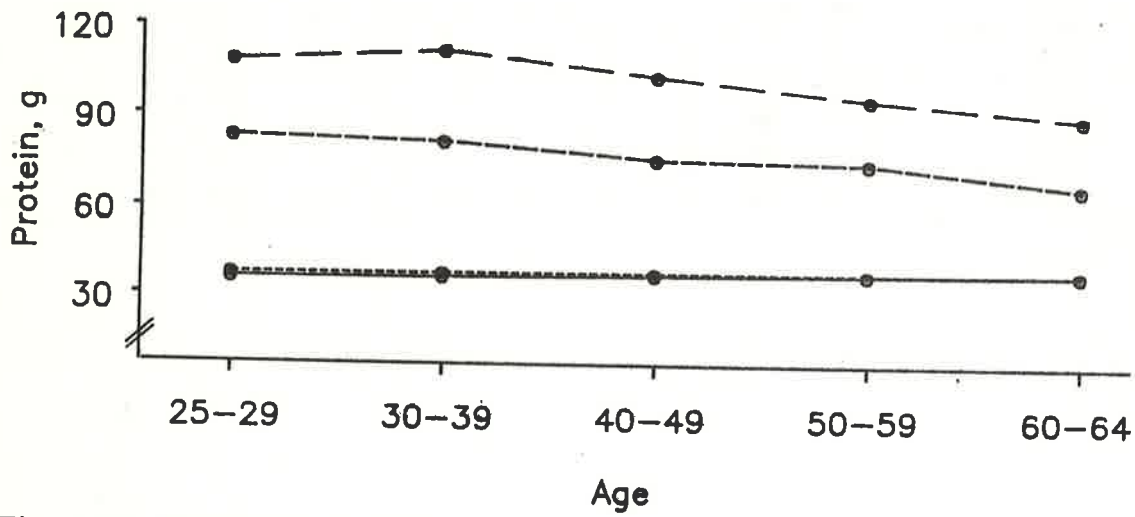


Fig. 28. Protein intake by age and sex

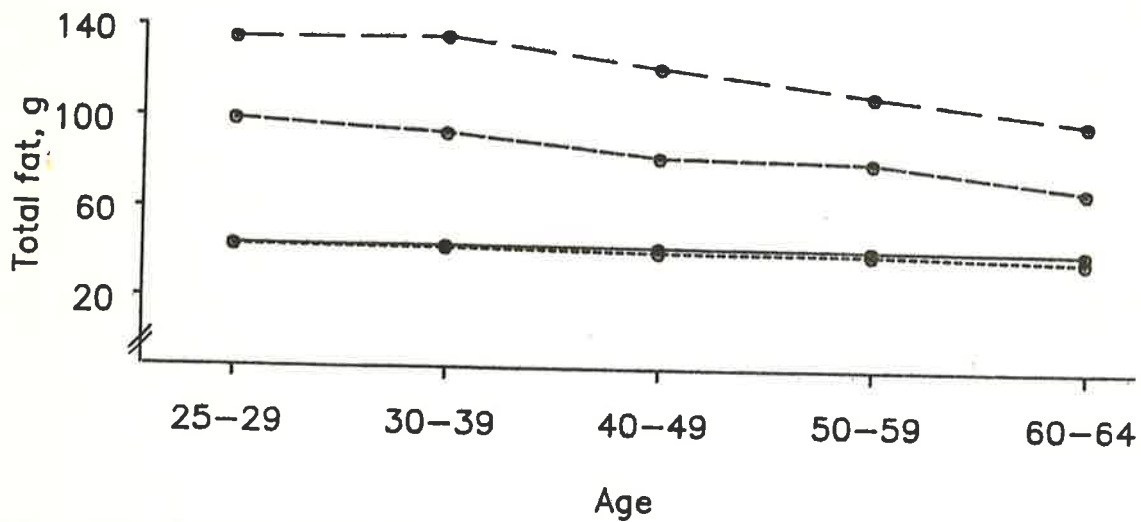


Fig. 29. Total fat intake by age and sex

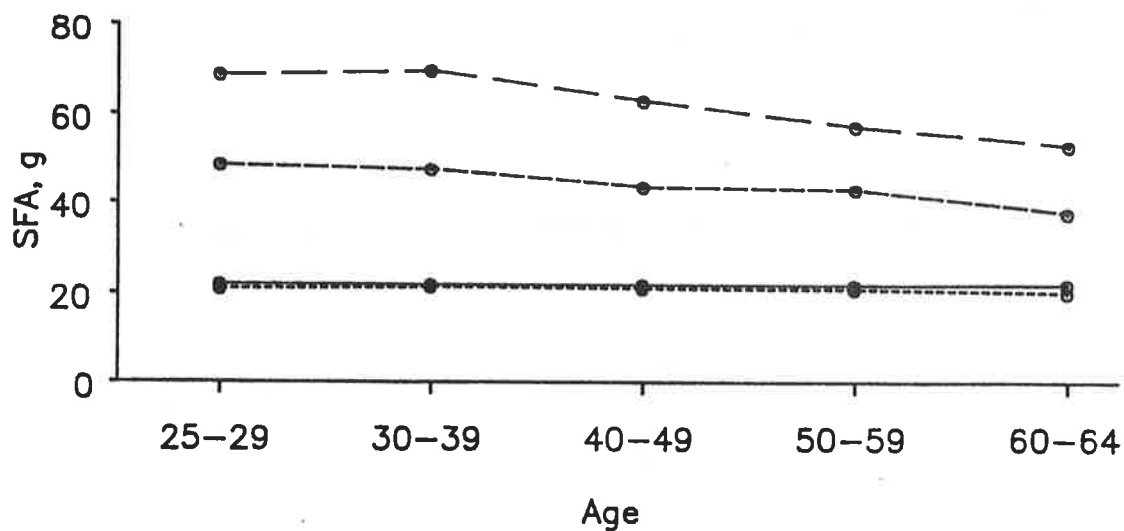


Fig. 30. Saturated fatty acid intake by age and sex

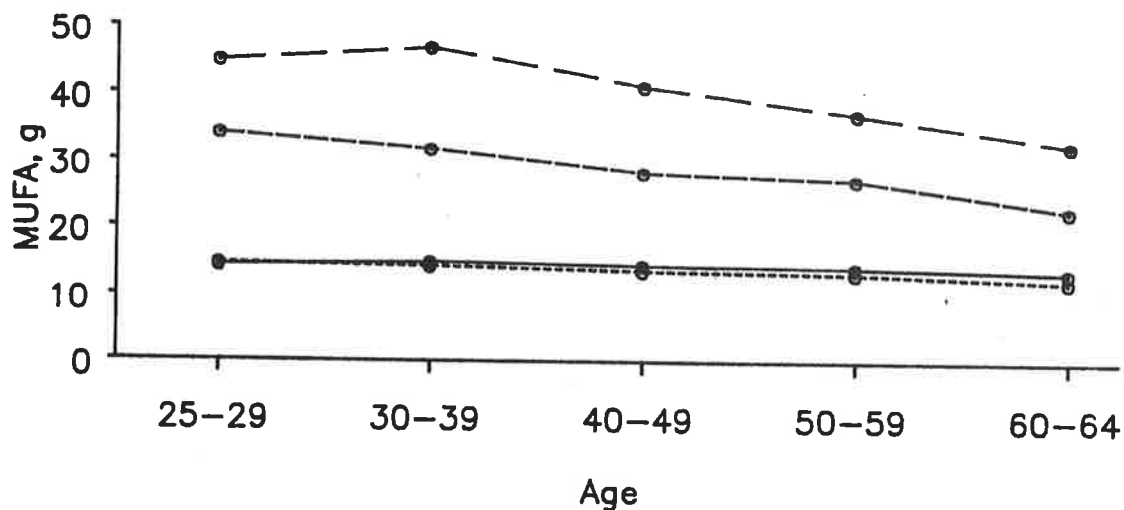


Fig. 31. Monounsaturated fatty acid intake by age and sex

- - - - - total, men - - - - - total, women
 ——— /1000 kcal, men - · - · - /1000 kcal, women

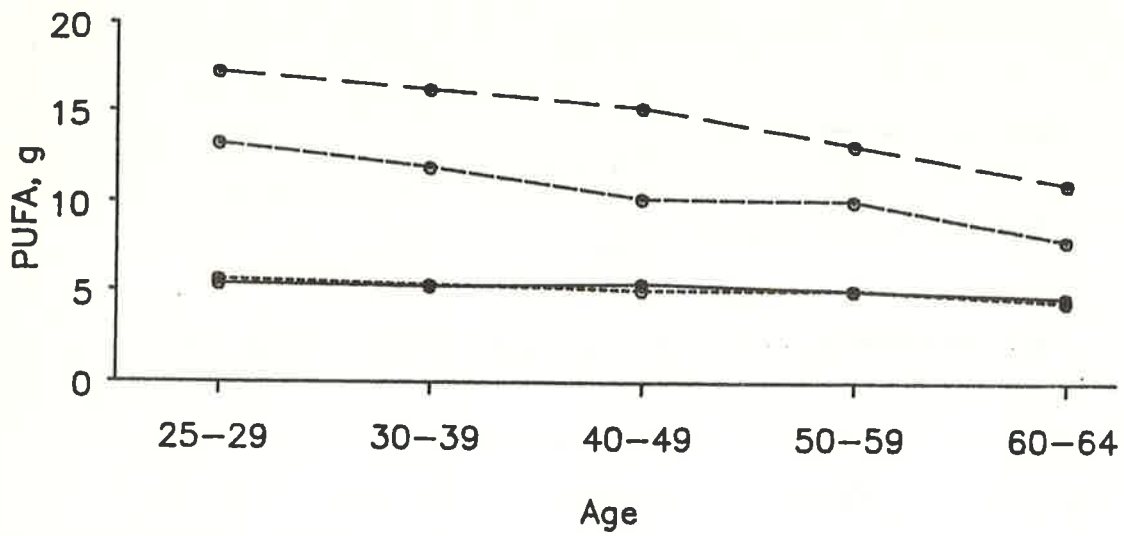


Fig. 32. Polyunsaturated fatty acid intake by age and sex

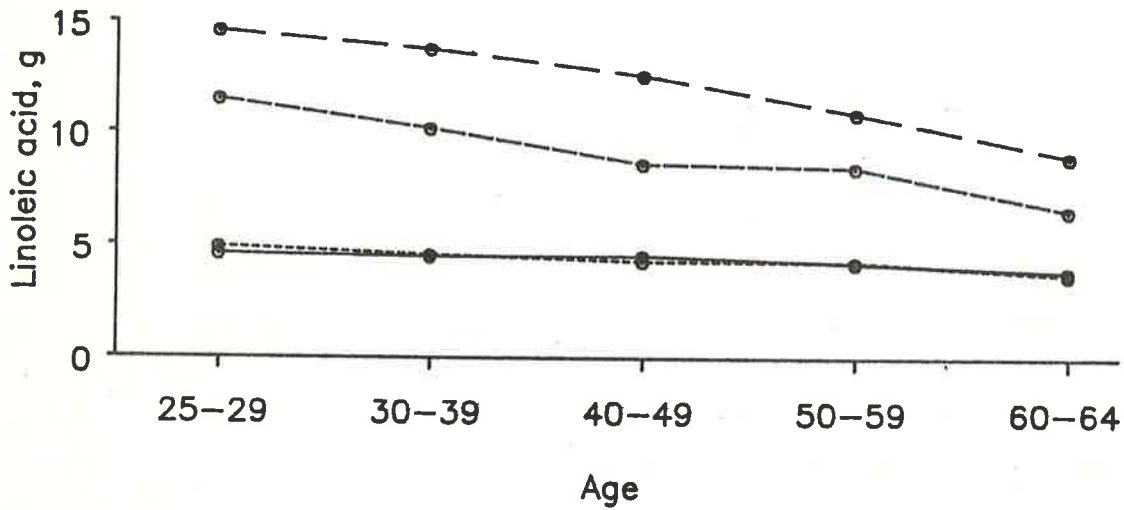


Fig. 33. Linoleic acid intake by age and sex

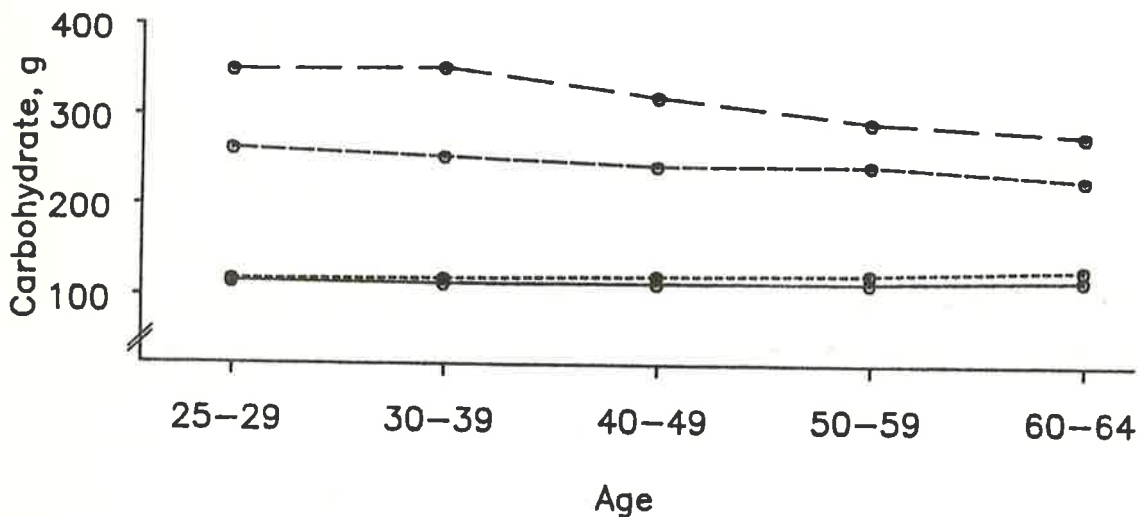


Fig. 34. Carbohydrate intake by age and sex

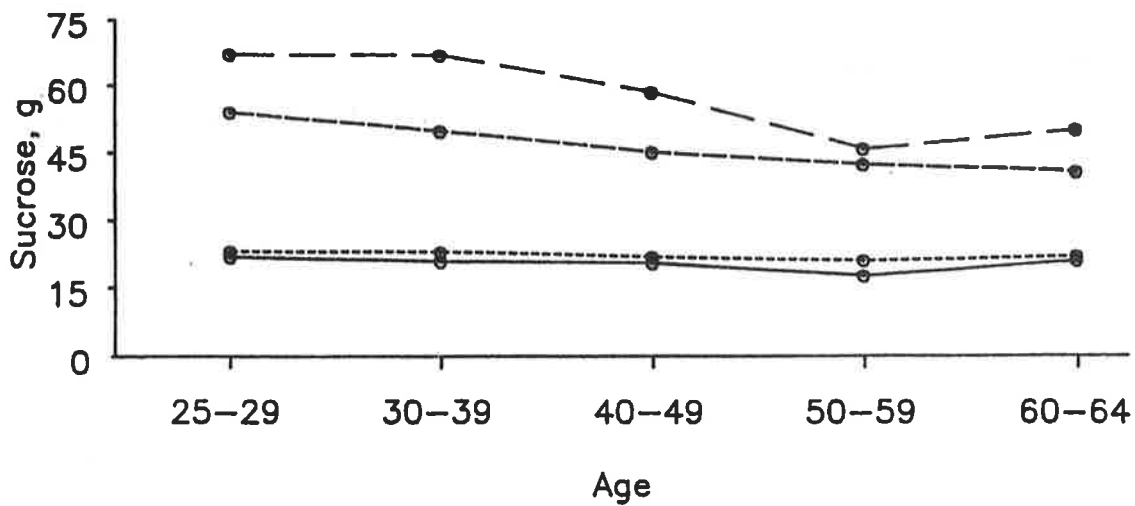


Fig. 35. Sucrose intake by age and sex

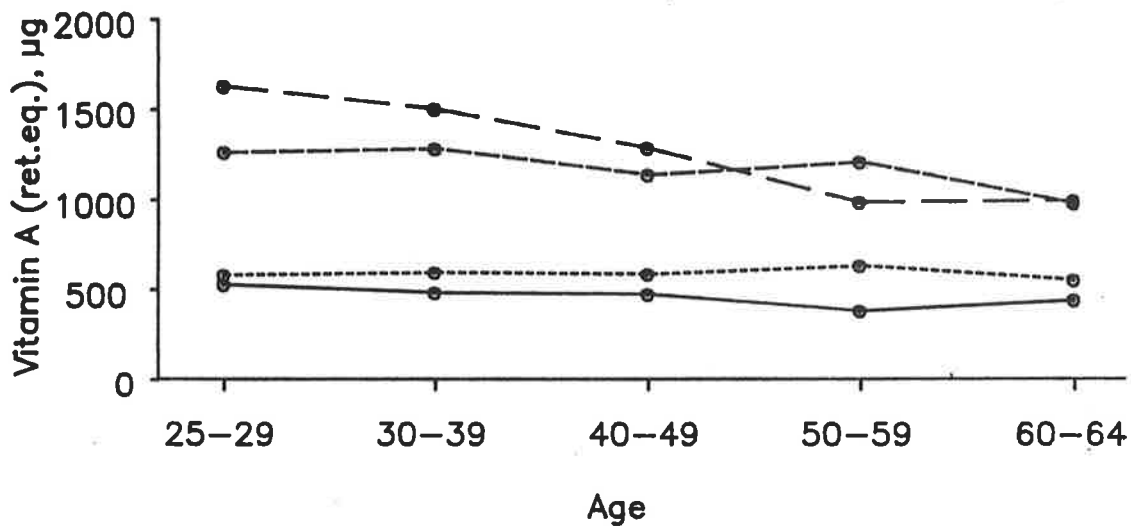


Fig. 36. Vitamin A (ret.eq.) intake by age and sex

- - - total, men - - - - - total, women
 _____ /1000 kcal, men /1000 kcal, women

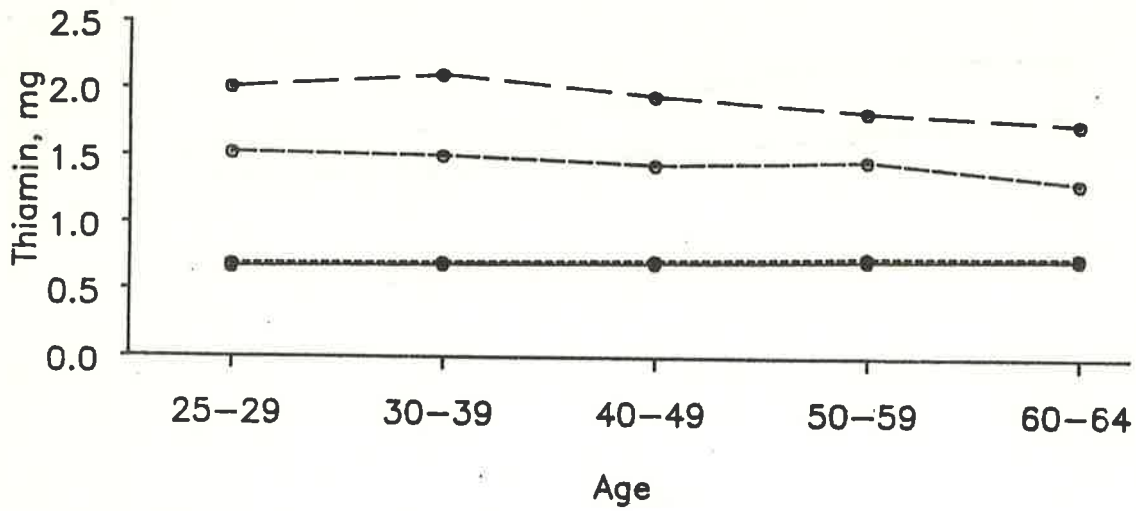


Fig. 37. Thiamin intake by age and sex

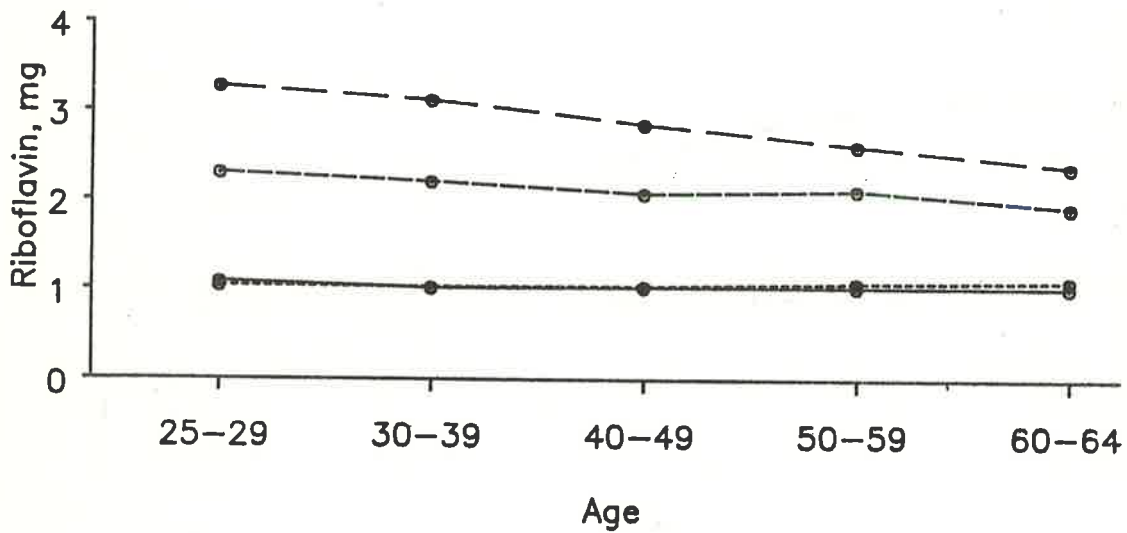


Fig. 38. Riboflavin intake by age and sex

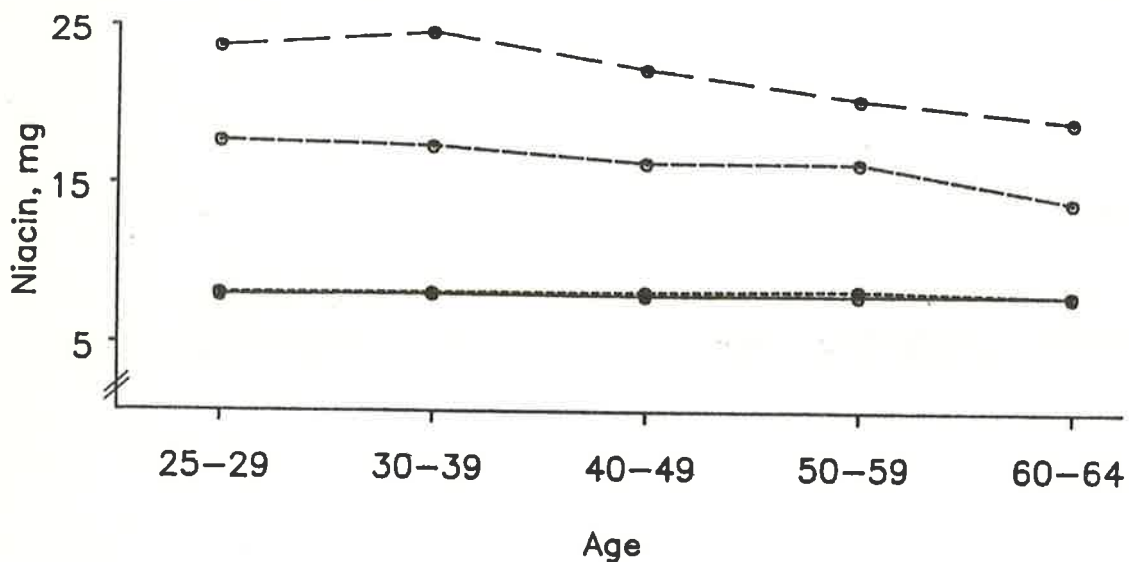


Fig. 39. Niacin intake by age and sex

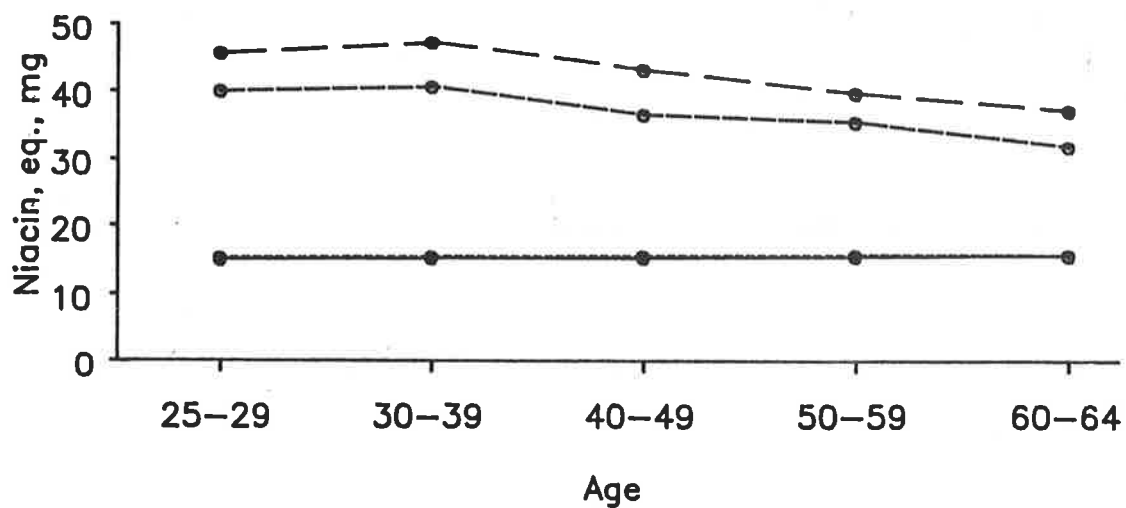


Fig. 40. Niacin (eq.) intake by age and sex

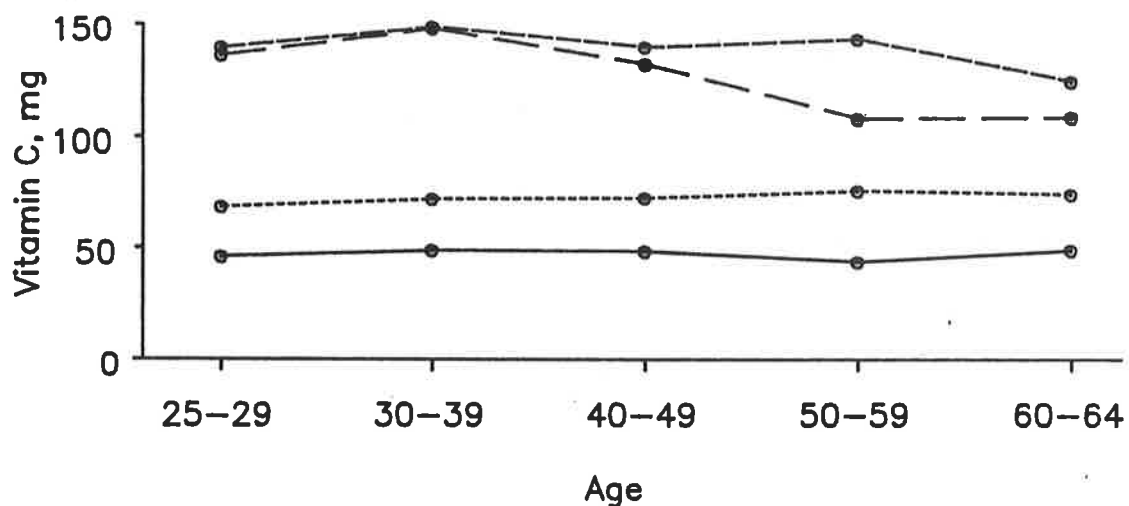


Fig. 41. Vitamin C intake by age and sex

- - - - - total, men - - - - - total, women
 ——— /1000 kcal, men ······ /1000 kcal, women

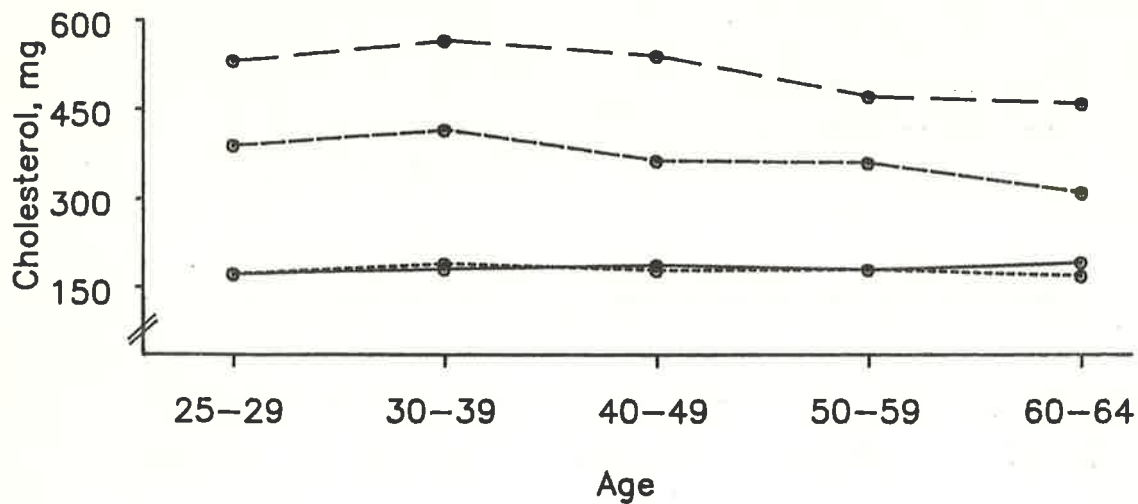


Fig. 42. Cholesterol intake by age and sex

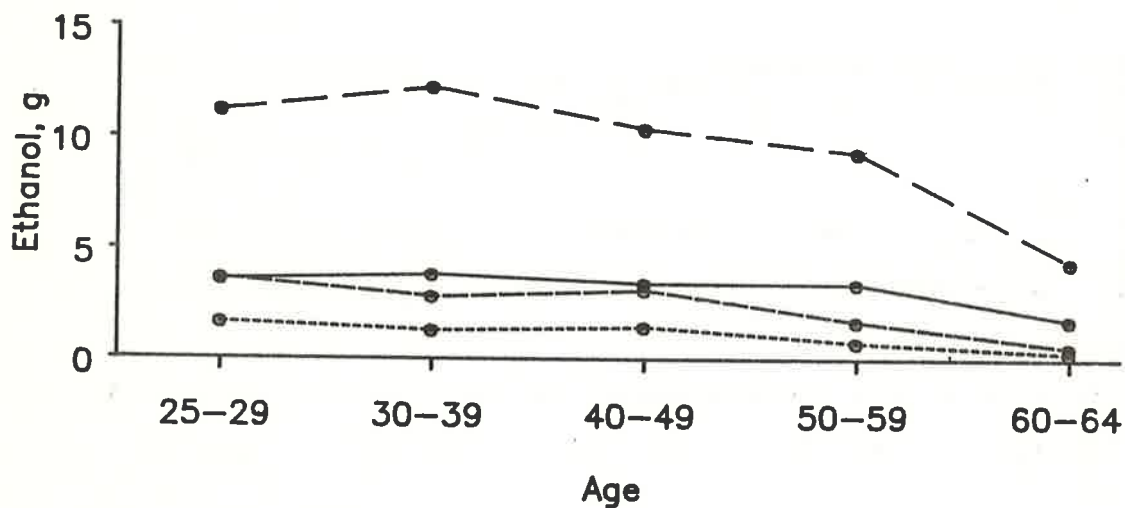


Fig. 43. Ethanol intake by age and sex

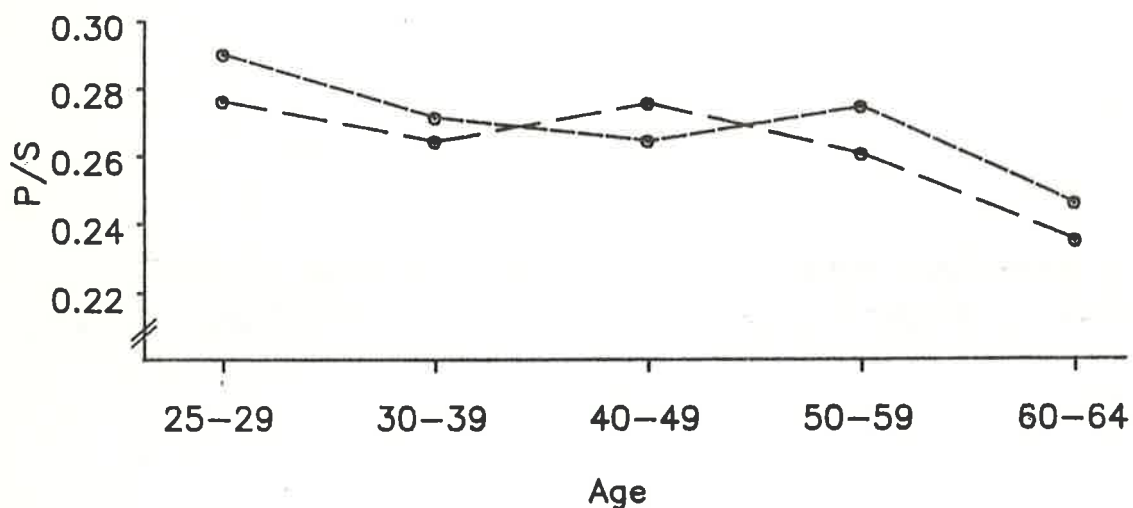


Fig. 44. P/S -ratio by age and sex

— — — total, men
———— /1000 kcal, men

----- total, women
----- /1000 kcal, women

Table 73. Quantile distribution of daily energy and nutrient intake for men.

| | QUANTILES | | | | |
|--------------------------------|-----------|---------|---------|---------|---------|
| | Q(0.10) | Q(0.25) | Q(0.50) | Q(0.75) | Q(0.90) |
| Energy, MJ | 7.9 | 9.6 | 11.3 | 13.8 | 16.1 |
| kcal | 1890 | 2280 | 2690 | 3270 | 3840 |
| Protein, g | 67 | 82 | 99 | 120 | 142 |
| Fat, g | 73 | 91 | 116 | 146 | 178 |
| Saturated fatty acids, g | 35 | 44 | 58 | 76 | 95 |
| Monounsaturated fatty acids, g | 24 | 30 | 38 | 49 | 62 |
| Polyunsaturated fatty acids, g | 7 | 9 | 13 | 19 | 24 |
| Linoleic acid, g | 5 | 7 | 11 | 15 | 21 |
| Carbohydrate, g | 198 | 248 | 309 | 376 | 455 |
| Sucrose, g | 21 | 35 | 52 | 72 | 97 |
| Vitamin A, ret.eq., µg | 526 | 731 | 992 | 1385 | 2223 |
| Thiamin, mg | 1.3 | 1.5 | 1.8 | 2.3 | 2.7 |
| Riboflavin, mg | 1.8 | 2.1 | 2.7 | 3.3 | 4.2 |
| Niacin, mg | 13 | 17 | 21 | 26 | 33 |
| Niacin, eq., mg | 27 | 34 | 41 | 50 | 59 |
| Vitamin C, mg | 50 | 74 | 110 | 163 | 219 |
| Cholesterol, mg | 274 | 365 | 481 | 635 | 811 |
| Ethanol, g | 0 | 0 | 0 | 12 | 34 |
| P/S-ratio | 0.12 | 0.15 | 0.20 | 0.35 | 0.48 |

Table 74. Quantile distribution of daily energy and nutrient intake for women.

| | QUANTILES | | | | |
|--------------------------------|-----------|---------|---------|---------|---------|
| | Q(0.10) | Q(0.25) | Q(0.50) | Q(0.75) | Q(0.90) |
| Energy, MJ | 5.8 | 7.0 | 8.5 | 9.8 | 11.8 |
| kcal | 1400 | 1660 | 2010 | 2350 | 2780 |
| Protein, g | 51 | 61 | 74 | 87 | 106 |
| Fat, g | 51 | 65 | 82 | 102 | 126 |
| Saturated fatty acids, g | 24 | 31 | 41 | 53 | 66 |
| Monounsaturated fatty acids, g | 16 | 21 | 27 | 34 | 42 |
| Polyunsaturated fatty acids, g | 5 | 7 | 9 | 13 | 18 |
| Linoleic acid, g | 4 | 5 | 8 | 11 | 15 |
| Carbohydrate, g | 163 | 201 | 243 | 289 | 337 |
| Sucrose, g | 18 | 29 | 40 | 59 | 79 |
| Vitamin A, ret.eq., µg | 457 | 611 | 846 | 1357 | 2170 |
| Thiamin, mg | 1.0 | 1.2 | 1.4 | 1.7 | 1.9 |
| Riboflavin, mg | 1.3 | 1.6 | 2.0 | 2.5 | 3.0 |
| Niacin, mg | 10 | 13 | 16 | 19 | 23 |
| Niacin, eq., mg | 21 | 25 | 31 | 36 | 44 |
| Vitamin C, mg | 60 | 88 | 132 | 179 | 238 |
| Cholesterol, mg | 204 | 261 | 346 | 447 | 582 |
| Ethanol, g | 0 | 0 | 0 | 0 | 8 |
| P/S-ratio | 0.12 | 0.15 | 0.22 | 0.34 | 0.47 |

Table 75. Quantile distribution of daily nutrient intake per 1000 kcal for men.

| | QUANTILES | | | | |
|--------------------------------|-----------|---------|---------|---------|---------|
| | Q(0.10) | Q(0.25) | Q(0.50) | Q(0.75) | Q(0.90) |
| Protein, g | 30 | 33 | 36 | 40 | 45 |
| Fat, g | 35 | 38 | 43 | 47 | 51 |
| Saturated fatty acids, g | 16 | 18 | 22 | 25 | 28 |
| Monounsaturated fatty acids, g | 11 | 13 | 14 | 16 | 18 |
| Polyunsaturated fatty acids, g | 3 | 3 | 5 | 6 | 8 |
| Linoleic acid, g | 2 | 3 | 4 | 5 | 7 |
| Carbohydrate, g | 91 | 103 | 116 | 128 | 138 |
| Sucrose, g | 21 | 35 | 52 | 72 | 97 |
| Vitamin A, ret.eq., μ g | 232 | 285 | 355 | 473 | 770 |
| Thiamin, mg | 0.6 | 0.6 | 0.7 | 0.8 | 0.8 |
| Riboflavin, mg | 0.8 | 0.9 | 1.0 | 1.2 | 1.3 |
| Niacin, mg | 6 | 7 | 8 | 9 | 11 |
| Niacin, eq., mg | 12 | 13 | 15 | 17 | 19 |
| Vitamin C, mg | 20 | 27 | 41 | 60 | 80 |
| Cholesterol, mg | 118 | 144 | 170 | 215 | 258 |
| Ethanol, g | 0 | 0 | 0 | 4 | 11 |

Table 76. Quantile distribution of daily nutrient intake per 1000 kcal for women.

| | QUANTILES | | | | |
|--------------------------------|-----------|---------|---------|---------|---------|
| | Q(0.10) | Q(0.25) | Q(0.50) | Q(0.75) | Q(0.90) |
| Protein, g | 31 | 33 | 37 | 41 | 46 |
| Fat, g | 33 | 37 | 40 | 45 | 49 |
| Saturated fatty acids, g | 16 | 18 | 20 | 24 | 27 |
| Monounsaturated fatty acids, g | 11 | 12 | 13 | 15 | 17 |
| Polyunsaturated fatty acids, g | 3 | 3 | 5 | 6 | 8 |
| Linoleic acids, g | 2 | 3 | 4 | 5 | 7 |
| Carbohydrate, g | 102 | 112 | 123 | 134 | 145 |
| Sucrose, g | 18 | 29 | 40 | 59 | 79 |
| Vitamin A, ret.eq., µg | 258 | 315 | 409 | 634 | 1113 |
| Thiamin, mg | 0.6 | 0.7 | 0.7 | 0.8 | 0.9 |
| Riboflavin, mg | 0.8 | 0.9 | 1.0 | 1.2 | 1.4 |
| Niacin, mg | 6 | 7 | 8 | 9 | 11 |
| Niacin, eq., mg | 12 | 14 | 15 | 17 | 20 |
| Vitamin C, mg | 30 | 46 | 66 | 94 | 119 |
| Cholesterol, mg | 121 | 143 | 170 | 208 | 259 |
| Ethanol, g | 0 | 0 | 0 | 0 | 4 |

TABLE 77. MEAN DAILY PERCENT OF ENERGY FROM PROTEIN BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM PROTEIN | | | | | | | | | | | |
|--------|--------|--------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 14 | 2 | 13 | 14 | 2 | 25 | 14 | 3 | 18 | 14 | 2 | 56 |
| | 30-39 | 15 | 2 | 56 | 14 | 2 | 84 | 14 | 2 | 53 | 14 | 2 | 193 |
| | 40-49 | 15 | 3 | 45 | 15 | 2 | 41 | 14 | 2 | 55 | 15 | 2 | 141 |
| | 50-59 | 15 | 2 | 68 | 15 | 3 | 49 | 15 | 2 | 69 | 15 | 2 | 186 |
| | 60-64 | 16 | 3 | 26 | 16 | 2 | 13 | 14 | 2 | 38 | 15 | 3 | 77 |
| | ALL 1) | 15 | 2 | 208 | 15 | 2 | 212 | 14 | 2 | 233 | 15 | 2 | 653 |
| | WOMEN | 25-29 | 14 | 2 | 12 | 15 | 3 | 18 | 15 | 2 | 23 | 15 | 3 |
| 30-39 | | 15 | 3 | 58 | 15 | 2 | 52 | 15 | 3 | 68 | 15 | 3 | 178 |
| 40-49 | | 15 | 3 | 67 | 15 | 3 | 58 | 15 | 2 | 58 | 15 | 3 | 183 |
| 50-59 | | 15 | 2 | 68 | 15 | 3 | 53 | 15 | 2 | 67 | 15 | 2 | 188 |
| 60-64 | | 15 | 2 | 30 | 15 | 2 | 30 | 15 | 2 | 33 | 15 | 2 | 93 |
| ALL 1) | | 15 | 2 | 235 | 15 | 3 | 211 | 15 | 3 | 249 | 15 | 3 | 695 |

1) standardized by age

TABLE 78. MEAN DAILY PERCENT OF ENERGY FROM FAT BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM FAT | | | | | | | | | | | |
|--------|--------|----------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 39 | 6 | 13 | 39 | 4 | 25 | 39 | 6 | 18 | 39 | 5 | 56 |
| | 30-39 | 38 | 6 | 56 | 40 | 7 | 84 | 39 | 6 | 53 | 39 | 7 | 193 |
| | 40-49 | 38 | 4 | 45 | 38 | 6 | 41 | 40 | 6 | 55 | 39 | 6 | 141 |
| | 50-59 | 38 | 7 | 68 | 38 | 7 | 49 | 38 | 6 | 69 | 38 | 6 | 186 |
| | 60-64 | 36 | 7 | 26 | 37 | 5 | 13 | 38 | 6 | 38 | 37 | 7 | 77 |
| | ALL 1) | 38 | 6 | 208 | 39 | 6 | 212 | 39 | 6 | 233 | 39 | 6 | 653 |
| | WOMEN | 25-29 | 36 | 5 | 12 | 40 | 6 | 18 | 39 | 6 | 23 | 38 | 6 |
| 30-39 | | 37 | 6 | 58 | 37 | 6 | 52 | 39 | 5 | 68 | 38 | 6 | 178 |
| 40-49 | | 36 | 5 | 67 | 37 | 5 | 58 | 37 | 5 | 58 | 37 | 5 | 183 |
| 50-59 | | 35 | 5 | 68 | 36 | 5 | 53 | 38 | 6 | 67 | 36 | 6 | 188 |
| 60-64 | | 35 | 6 | 30 | 33 | 5 | 30 | 35 | 5 | 33 | 34 | 6 | 93 |
| ALL 1) | | 36 | 5 | 235 | 37 | 6 | 211 | 38 | 6 | 249 | 37 | 6 | 695 |

1) standardized by age

TABLE 79. MEAN DAILY PERCENT OF ENERGY FROM SATURATED FATTY ACIDS BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM SATURATED FATTY ACIDS | | | | | | | | | | | |
|-------|--------|--|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 21 | 5 | 13 | 20 | 4 | 25 | 18 | 4 | 18 | 20 | 4 | 56 |
| | 30-39 | 20 | 4 | 56 | 21 | 5 | 84 | 19 | 4 | 53 | 20 | 5 | 193 |
| | 40-49 | 20 | 4 | 45 | 20 | 4 | 41 | 20 | 5 | 55 | 20 | 4 | 141 |
| | 50-59 | 20 | 4 | 68 | 20 | 5 | 49 | 19 | 5 | 69 | 20 | 5 | 186 |
| | 60-64 | 20 | 5 | 26 | 19 | 3 | 13 | 20 | 5 | 38 | 20 | 4 | 77 |
| | ALL 1) | 20 | 4 | 208 | 20 | 4 | 212 | 19 | 4 | 233 | 20 | 4 | 653 |
| WOMEN | 25-29 | 20 | 3 | 12 | 20 | 3 | 18 | 18 | 3 | 23 | 19 | 3 | 53 |
| | 30-39 | 19 | 4 | 58 | 20 | 4 | 52 | 19 | 4 | 68 | 19 | 4 | 178 |
| | 40-49 | 19 | 4 | 67 | 20 | 4 | 58 | 18 | 4 | 58 | 19 | 4 | 183 |
| | 50-59 | 18 | 4 | 68 | 19 | 4 | 53 | 19 | 4 | 67 | 19 | 4 | 188 |
| | 60-64 | 20 | 4 | 30 | 18 | 4 | 30 | 17 | 4 | 33 | 18 | 4 | 93 |
| | ALL 1) | 19 | 4 | 235 | 20 | 4 | 211 | 19 | 4 | 249 | 19 | 4 | 695 |

1) standardized by age

TABLE 80. MEAN DAILY PERCENT OF ENERGY FROM MONOUNSATURATED FATTY ACIDS BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM MONOUNSATURATED FATTY ACIDS | | | | | | | | | | | |
|-------|--------|--|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 13 | 2 | 13 | 13 | 2 | 25 | 13 | 2 | 18 | 13 | 2 | 56 |
| | 30-39 | 13 | 3 | 56 | 14 | 3 | 84 | 14 | 3 | 53 | 13 | 3 | 193 |
| | 40-49 | 12 | 2 | 45 | 13 | 2 | 41 | 14 | 2 | 55 | 13 | 2 | 141 |
| | 50-59 | 13 | 3 | 68 | 12 | 2 | 49 | 13 | 2 | 69 | 13 | 3 | 186 |
| | 60-64 | 12 | 3 | 26 | 12 | 2 | 13 | 13 | 2 | 38 | 12 | 2 | 77 |
| | ALL 1) | 13 | 3 | 208 | 13 | 2 | 212 | 13 | 2 | 233 | 13 | 2 | 653 |
| WOMEN | 25-29 | 12 | 3 | 12 | 14 | 3 | 18 | 14 | 3 | 23 | 13 | 3 | 53 |
| | 30-39 | 13 | 2 | 58 | 12 | 2 | 52 | 14 | 2 | 68 | 13 | 2 | 178 |
| | 40-49 | 12 | 3 | 67 | 12 | 2 | 58 | 13 | 2 | 58 | 12 | 2 | 183 |
| | 50-59 | 12 | 2 | 68 | 12 | 2 | 53 | 13 | 3 | 67 | 12 | 2 | 188 |
| | 60-64 | 11 | 2 | 30 | 11 | 2 | 30 | 11 | 2 | 33 | 11 | 2 | 93 |
| | ALL 1) | 12 | 2 | 235 | 12 | 2 | 211 | 13 | 3 | 249 | 12 | 2 | 695 |

1) standardized by age

TABLE 81. MEAN DAILY PERCENT OF ENERGY FROM POLYUNSATURATED FATTY ACIDS BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM POLYUNSATURATED FATTY ACIDS | | | | | | | | | | | |
|--------|--------|--|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 5 | 2 | 13 | 4 | 2 | 25 | 6 | 4 | 18 | 5 | 3 | 56 |
| | 30-39 | 4 | 2 | 56 | 5 | 2 | 84 | 6 | 2 | 53 | 5 | 2 | 193 |
| | 40-49 | 5 | 2 | 45 | 4 | 2 | 41 | 5 | 2 | 55 | 5 | 2 | 141 |
| | 50-59 | 4 | 2 | 68 | 4 | 2 | 49 | 5 | 2 | 69 | 5 | 2 | 186 |
| | 60-64 | 3 | 1 | 26 | 5 | 3 | 13 | 4 | 2 | 38 | 4 | 2 | 77 |
| | ALL 1) | 4 | 2 | 208 | 4 | 2 | 212 | 5 | 2 | 233 | 5 | 2 | 653 |
| | WOMEN | 25-29 | 4 | 1 | 12 | 5 | 2 | 18 | 6 | 2 | 23 | 5 | 2 |
| 30-39 | | 5 | 2 | 58 | 4 | 1 | 52 | 5 | 2 | 68 | 5 | 2 | 178 |
| 40-49 | | 5 | 2 | 67 | 4 | 1 | 58 | 5 | 2 | 58 | 5 | 2 | 183 |
| 50-59 | | 4 | 2 | 68 | 4 | 2 | 53 | 5 | 2 | 67 | 5 | 2 | 188 |
| 60-64 | | 3 | 1 | 30 | 4 | 2 | 30 | 5 | 2 | 33 | 4 | 2 | 93 |
| ALL 1) | | 4 | 2 | 235 | 4 | 2 | 211 | 5 | 2 | 249 | 5 | 2 | 695 |

1) standardized by age

TABLE 82. MEAN DAILY PERCENT OF ENERGY FROM LINOLEIC ACID BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM LINOLEIC ACID | | | | | | | | | | | |
|--------|--------|--------------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 4 | 2 | 13 | 4 | 2 | 25 | 5 | 4 | 18 | 4 | 3 | 56 |
| | 30-39 | 3 | 1 | 56 | 4 | 2 | 84 | 5 | 2 | 53 | 4 | 2 | 193 |
| | 40-49 | 4 | 2 | 45 | 4 | 1 | 41 | 5 | 2 | 55 | 4 | 2 | 141 |
| | 50-59 | 4 | 2 | 68 | 3 | 2 | 49 | 4 | 2 | 69 | 4 | 2 | 186 |
| | 60-64 | 3 | 1 | 26 | 4 | 3 | 13 | 4 | 2 | 38 | 3 | 2 | 77 |
| | ALL 1) | 4 | 2 | 208 | 4 | 2 | 212 | 4 | 2 | 233 | 4 | 2 | 653 |
| | WOMEN | 25-29 | 3 | 1 | 12 | 4 | 2 | 18 | 5 | 2 | 23 | 4 | 2 |
| 30-39 | | 4 | 2 | 58 | 3 | 1 | 52 | 5 | 2 | 68 | 4 | 2 | 178 |
| 40-49 | | 4 | 2 | 67 | 3 | 1 | 58 | 4 | 2 | 58 | 4 | 2 | 183 |
| 50-59 | | 4 | 2 | 68 | 3 | 2 | 53 | 4 | 2 | 67 | 4 | 2 | 188 |
| 60-64 | | 3 | 1 | 30 | 3 | 1 | 30 | 4 | 2 | 33 | 3 | 1 | 93 |
| ALL 1) | | 4 | 2 | 235 | 3 | 2 | 211 | 5 | 2 | 249 | 4 | 2 | 695 |

1) standardized by age

TABLE 83. MEAN DAILY PERCENT OF ENERGY FROM CARBOHYDRATE BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM CARBOHYDRATE | | | | | | | | | | | |
|--------|--------|-------------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 45 | 6 | 13 | 43 | 5 | 25 | 45 | 6 | 18 | 44 | 6 | 56 |
| | 30-39 | 45 | 8 | 56 | 43 | 7 | 84 | 44 | 7 | 53 | 44 | 7 | 193 |
| | 40-49 | 45 | 7 | 45 | 45 | 7 | 41 | 43 | 7 | 55 | 44 | 7 | 141 |
| | 50-59 | 45 | 7 | 68 | 45 | 7 | 49 | 44 | 7 | 69 | 45 | 7 | 186 |
| | 60-64 | 47 | 8 | 26 | 47 | 6 | 13 | 45 | 7 | 38 | 46 | 7 | 77 |
| | ALL 1) | 45 | 7 | 208 | 44 | 7 | 212 | 44 | 7 | 233 | 44 | 7 | 653 |
| | WOMEN | 25-29 | 49 | 6 | 12 | 44 | 7 | 18 | 45 | 7 | 23 | 45 | 7 |
| 30-39 | | 48 | 6 | 58 | 47 | 7 | 52 | 44 | 5 | 68 | 46 | 6 | 178 |
| 40-49 | | 48 | 6 | 67 | 48 | 6 | 58 | 45 | 6 | 58 | 47 | 6 | 183 |
| 50-59 | | 50 | 5 | 68 | 49 | 6 | 53 | 46 | 6 | 67 | 48 | 6 | 188 |
| 60-64 | | 50 | 6 | 30 | 52 | 6 | 30 | 50 | 5 | 33 | 50 | 5 | 93 |
| ALL 1) | | 49 | 6 | 235 | 48 | 7 | 211 | 46 | 6 | 249 | 47 | 6 | 695 |

1) standardized by age

TABLE 84. MEAN DAILY INTAKE OF ENERGY FROM SUCROSE BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM SUCROSE | | | | | | | | | | | |
|--------|--------|--------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 8 | 3 | 13 | 9 | 3 | 25 | 10 | 4 | 18 | 9 | 3 | 56 |
| | 30-39 | 9 | 4 | 56 | 8 | 3 | 84 | 8 | 3 | 53 | 8 | 4 | 193 |
| | 40-49 | 8 | 4 | 45 | 8 | 4 | 41 | 8 | 4 | 55 | 8 | 4 | 141 |
| | 50-59 | 7 | 3 | 68 | 7 | 3 | 49 | 8 | 4 | 69 | 7 | 4 | 186 |
| | 60-64 | 8 | 3 | 26 | 9 | 4 | 13 | 9 | 4 | 38 | 8 | 4 | 77 |
| | ALL 1) | 8 | 4 | 208 | 8 | 3 | 212 | 8 | 4 | 233 | 8 | 4 | 653 |
| | WOMEN | 25-29 | 10 | 4 | 12 | 8 | 4 | 18 | 10 | 3 | 23 | 9 | 4 |
| 30-39 | | 9 | 4 | 58 | 10 | 3 | 52 | 9 | 4 | 68 | 9 | 4 | 178 |
| 40-49 | | 9 | 4 | 67 | 9 | 4 | 58 | 8 | 3 | 58 | 9 | 4 | 183 |
| 50-59 | | 9 | 3 | 68 | 9 | 4 | 53 | 8 | 3 | 67 | 8 | 4 | 188 |
| 60-64 | | 9 | 3 | 30 | 9 | 4 | 30 | 9 | 3 | 33 | 9 | 3 | 93 |
| ALL 1) | | 9 | 4 | 235 | 9 | 4 | 211 | 9 | 3 | 249 | 9 | 4 | 695 |

1) standardized by age

TABLE 85. MEAN DAILY PERCENT OF ENERGY FROM ALCOHOL BY SEX, AGE AND AREA

| | | PERCENT OF ENERGY FROM ALCOHOL | | | | | | | | | | | | |
|-------|-------|--------------------------------|-----|----|-----------------|-----|----|-------------------|-----|----|------|-----|-----|-----|
| | | Area | | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | |
| Sex | Age | | | | | | | | | | | | | |
| MEN | 25-29 | 1 | 2 | 13 | 3 | 4 | 25 | 2 | 4 | 18 | 3 | 3 | 56 | |
| | 30-39 | 2 | 3 | 56 | 3 | 7 | 84 | 3 | 4 | 53 | 3 | 5 | 193 | |
| | 40-49 | 2 | 4 | 45 | 2 | 4 | 41 | 3 | 5 | 55 | 2 | 4 | 141 | |
| | 50-59 | 2 | 5 | 68 | 2 | 4 | 49 | 3 | 5 | 69 | 2 | 5 | 186 | |
| | 60-64 | 1 | 2 | 26 | 0 | 1 | 13 | 2 | 3 | 38 | 1 | 3 | 77 | |
| | ALL | 1) | 2 | 4 | 208 | 2 | 5 | 212 | 3 | 4 | 233 | 2 | 4 | 653 |
| | WOMEN | 25-29 | 1 | 3 | 12 | 1 | 2 | 18 | 1 | 2 | 23 | 1 | 2 | 53 |
| 30-39 | | 1 | 2 | 58 | 1 | 2 | 52 | 1 | 2 | 68 | 1 | 2 | 178 | |
| 40-49 | | 0 | 1 | 67 | 0 | 2 | 58 | 2 | 4 | 58 | 1 | 3 | 183 | |
| 50-59 | | 0 | 1 | 68 | 0 | 0 | 53 | 1 | 3 | 67 | 1 | 2 | 188 | |
| 60-64 | | 0 | 0 | 30 | 0 | 1 | 30 | 0 | 2 | 33 | 0 | 1 | 93 | |
| ALL | | 1) | 0 | 2 | 235 | 0 | 2 | 211 | 1 | 3 | 249 | 1 | 2 | 695 |

1) standardized by age

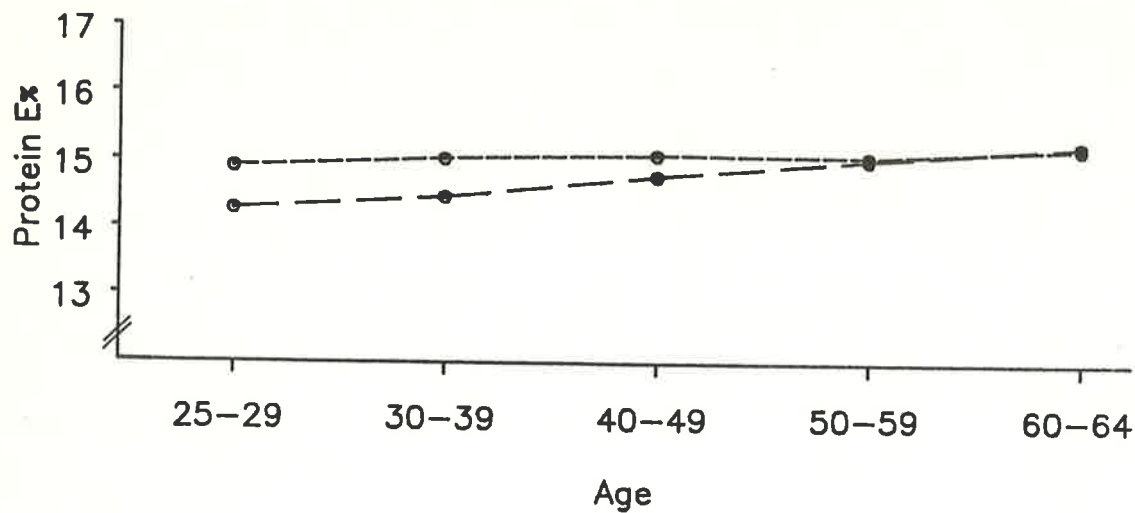


Fig. 45. Percent of energy from protein by age and sex

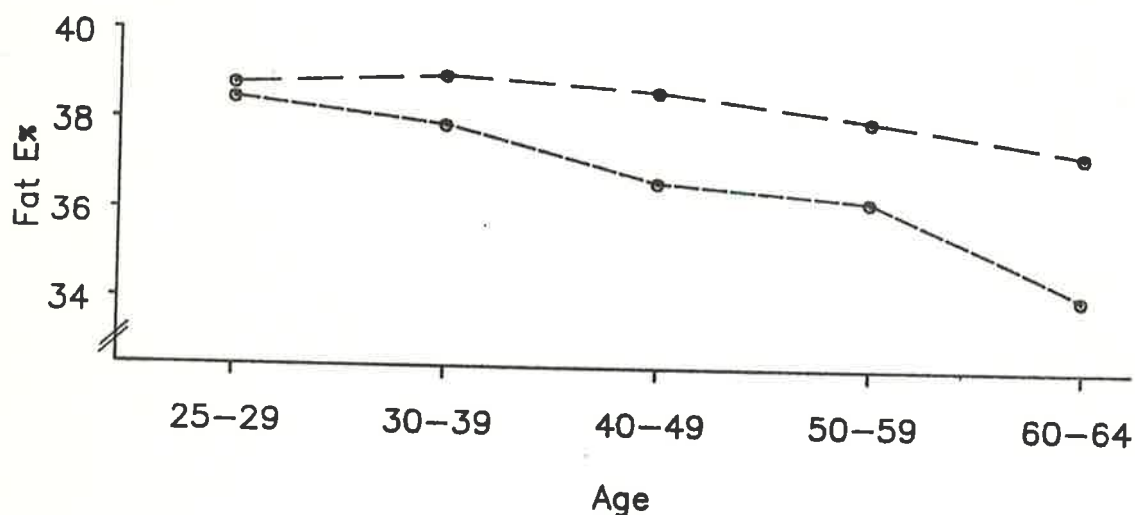


Fig. 46. Percent of energy from fat by age and sex

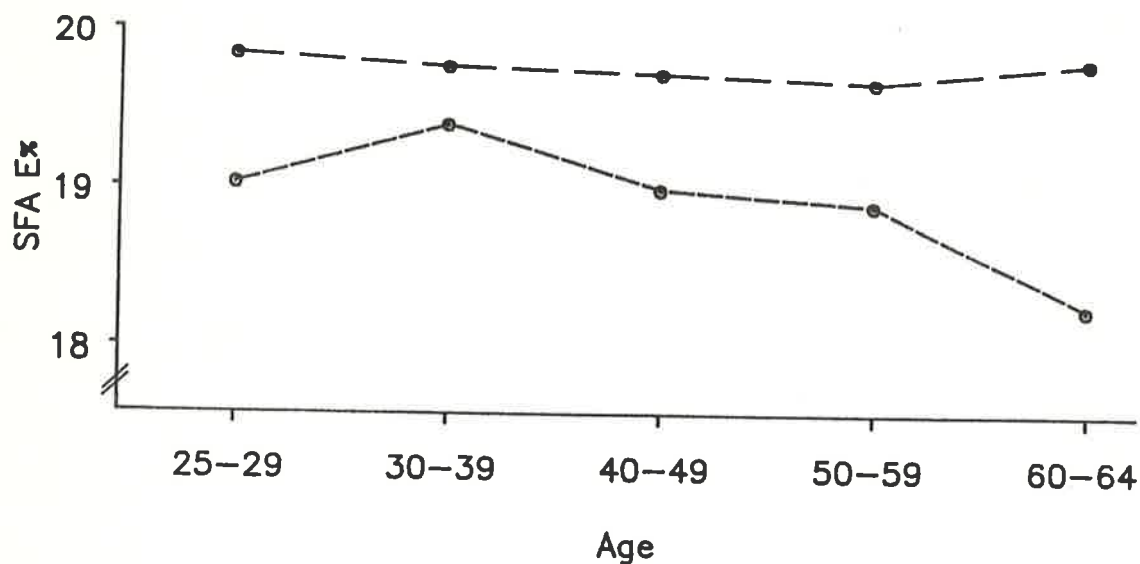


Fig. 47. Percent of energy from saturated fatty acids by age and sex

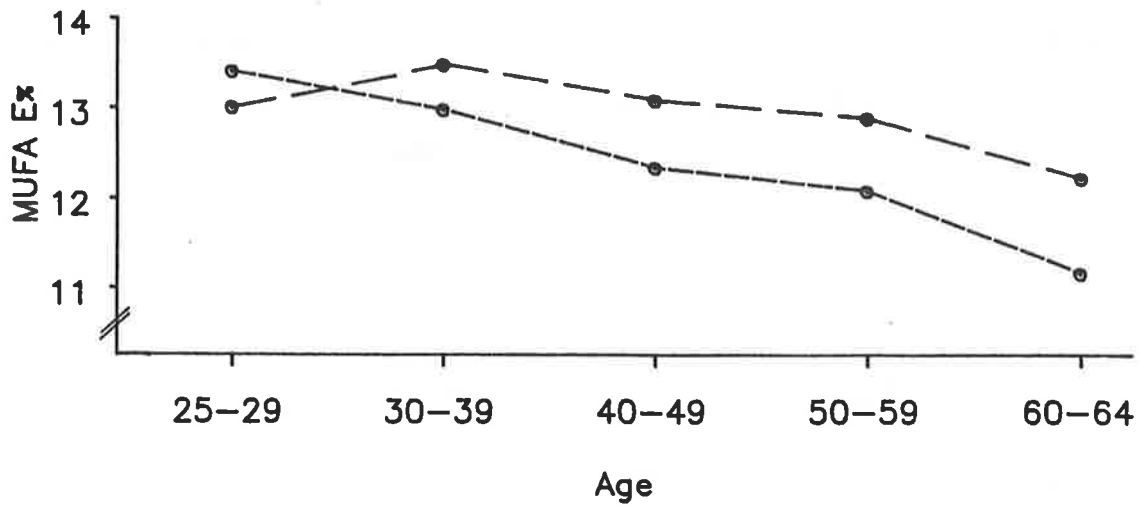


Fig. 48. Percent of energy from monounsaturated fatty acids by age and sex

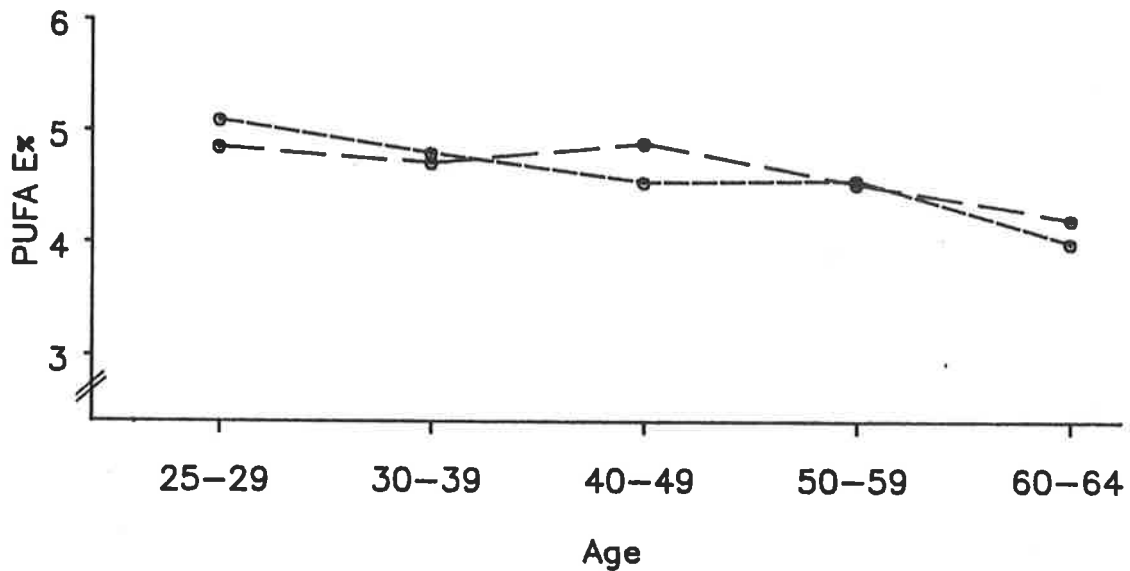


Fig. 49. Percent of energy from polyunsaturated fatty acids by age and sex

- - - - - total, men - - - - - total, women
 ——— /1000 kcal, men - · - · - /1000 kcal, women

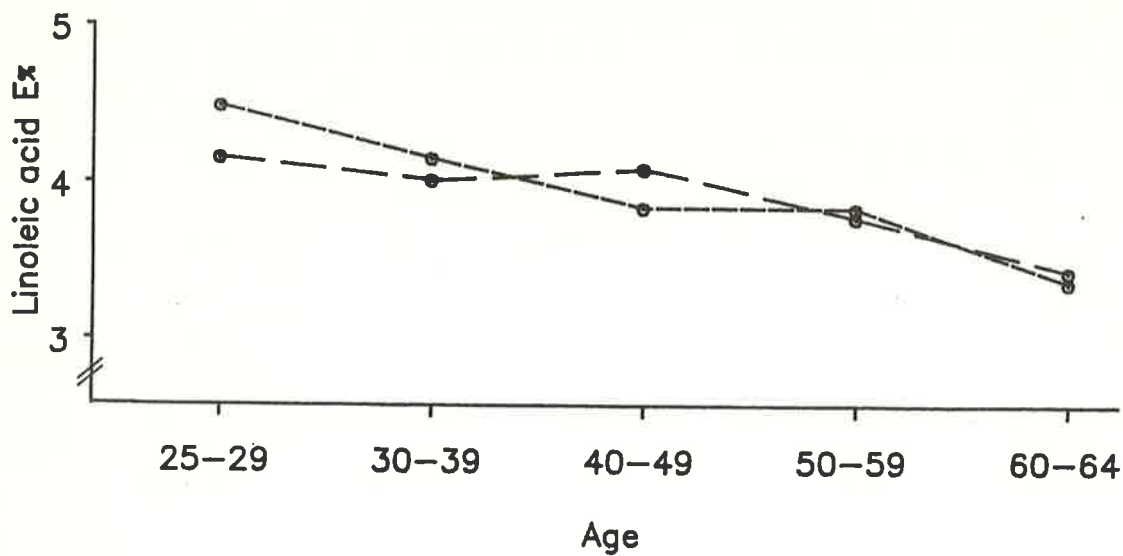


Fig. 50. Percent of energy from linoleic acid by age and sex

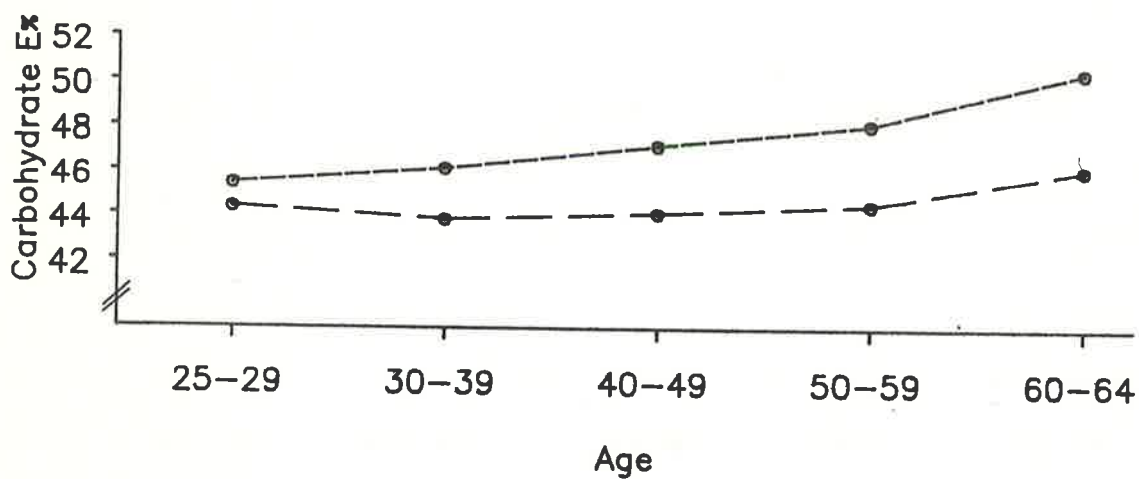


Fig. 51. Percent of energy from carbohydrate by age and sex

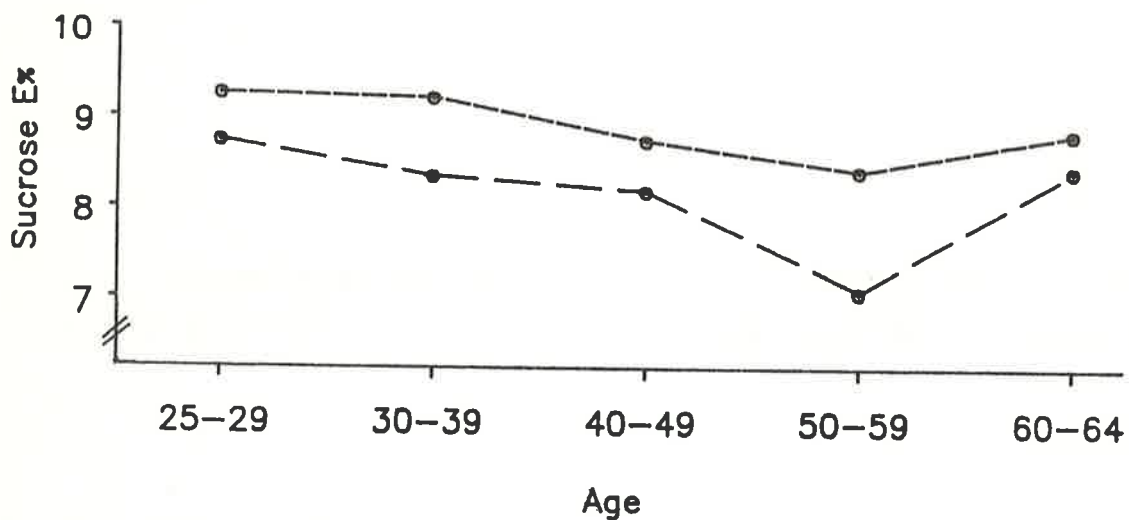


Fig. 52. Percent of energy from sucrose by age and sex

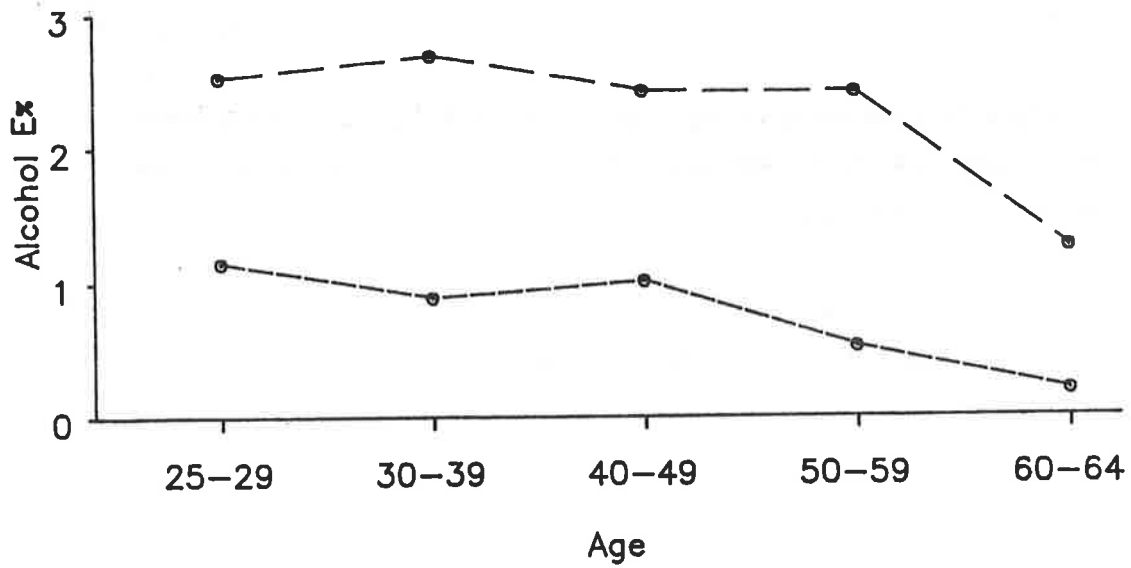


Fig. 53. Percent of energy from alcohol by age and sex

— — — total, men
 — /1000 kcal, men

— — — total, women
 — /1000 kcal, women

Table 86. Quantile distribution of energy supply from protein, fat, carbohydrate and alcohol. Values for men are on the upper line and values for women are on the lower line.

| | QUANTILES | | | | |
|---------------------------------|-----------|---------|---------|---------|---------|
| | Q(0.10) | Q(0.25) | Q(0.50) | Q(0.75) | Q(0.90) |
| Protein, E% | 12 | 13 | 14 | 16 | 18 |
| | 12 | 13 | 15 | 16 | 18 |
| Fat, E% | 31 | 34 | 38 | 42 | 46 |
| | 30 | 33 | 36 | 40 | 44 |
| Saturated fatty acids, E% | 14 | 17 | 19 | 22 | 26 |
| | 14 | 16 | 19 | 21 | 24 |
| Monounsaturated fatty acids, E% | 10 | 11 | 13 | 15 | 16 |
| | 10 | 11 | 12 | 14 | 16 |
| Polyunsaturated fatty acids, E% | 3 | 3 | 4 | 6 | 8 |
| | 3 | 3 | 4 | 6 | 7 |
| Linoleic acid, E% | 2 | 2 | 3 | 5 | 6 |
| | 2 | 3 | 3 | 5 | 6 |
| Carbohydrate, E% | 35 | 40 | 45 | 49 | 53 |
| | 39 | 43 | 48 | 52 | 56 |
| Sucrose, E% | 4 | 5 | 8 | 10 | 13 |
| | 4 | 6 | 8 | 11 | 14 |
| Alcohol, E% | 0 | 0 | 0 | 3 | 8 |
| | 0 | 0 | 0 | 0 | 3 |

TABLE 87. MEAN DAILY INTAKE OF POTASSIUM BY SEX, AGE AND AREA

| | | POTASSIUM in milligrams | | | | | | | | | | | |
|--------|--------|-------------------------|------|------|-----------------|------|------|-------------------|------|------|------|------|------|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 5706 | 888 | 13 | 4789 | 1091 | 25 | 5421 | 1438 | 18 | 5205 | 1218 | 56 |
| | 30-39 | 5419 | 1601 | 56 | 5415 | 1312 | 84 | 4856 | 1327 | 53 | 5263 | 1421 | 193 |
| | 40-49 | 5151 | 1481 | 45 | 4968 | 1155 | 41 | 4748 | 1265 | 55 | 4940 | 1310 | 141 |
| | 50-59 | 4649 | 1345 | 68 | 4954 | 1090 | 49 | 4535 | 1035 | 69 | 4687 | 1177 | 186 |
| | 60-64 | 4443 | 1048 | 26 | 4921 | 1729 | 13 | 4264 | 882 | 38 | 4435 | 1126 | 77 |
| | ALL 1) | 5160 | 1412 | 208 | 5047 | 1245 | 212 | 4814 | 1275 | 233 | 5000 | 1317 | 653 |
| | WOMEN | 25-29 | 4208 | 1082 | 12 | 4113 | 1384 | 18 | 3810 | 1012 | 23 | 4003 | 1157 |
| 30-39 | | 4077 | 1046 | 58 | 4048 | 1082 | 52 | 3812 | 1052 | 68 | 3967 | 1060 | 178 |
| 40-49 | | 3925 | 1010 | 67 | 3927 | 867 | 58 | 3590 | 945 | 58 | 3819 | 954 | 183 |
| 50-59 | | 3999 | 917 | 68 | 3913 | 807 | 53 | 3766 | 848 | 67 | 3892 | 864 | 188 |
| 60-64 | | 3612 | 892 | 30 | 3759 | 1094 | 30 | 3506 | 838 | 33 | 3622 | 940 | 93 |
| ALL 1) | | 3989 | 998 | 235 | 3964 | 1026 | 211 | 3710 | 949 | 249 | 3882 | 996 | 695 |

1) standardized by age

TABLE 88. MEAN DAILY INTAKE OF POTASSIUM PER 1000 KCAL BY SEX, AGE AND AREA

| | | POTASSIUM in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|-----------------------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 1660 | 282 | 13 | 1784 | 266 | 25 | 1798 | 494 | 18 | 1760 | 356 | 56 |
| | 30-39 | 1798 | 414 | 56 | 1751 | 391 | 84 | 1687 | 255 | 53 | 1747 | 367 | 193 |
| | 40-49 | 1803 | 328 | 45 | 1813 | 335 | 41 | 1749 | 275 | 55 | 1785 | 310 | 141 |
| | 50-59 | 1880 | 354 | 68 | 1923 | 316 | 49 | 1833 | 326 | 69 | 1874 | 334 | 186 |
| | 60-64 | 1975 | 343 | 26 | 1977 | 193 | 13 | 1878 | 344 | 38 | 1927 | 323 | 77 |
| | ALL 1) | 1806 | 359 | 208 | 1828 | 332 | 212 | 1770 | 338 | 233 | 1801 | 343 | 653 |
| | WOMEN | 25-29 | 1874 | 358 | 12 | 1860 | 540 | 18 | 1880 | 437 | 23 | 1872 | 451 |
| 30-39 | | 1933 | 427 | 58 | 1864 | 409 | 52 | 1881 | 457 | 68 | 1893 | 432 | 178 |
| 40-49 | | 1964 | 364 | 67 | 1943 | 393 | 58 | 1912 | 258 | 58 | 1941 | 343 | 183 |
| 50-59 | | 1984 | 401 | 68 | 2098 | 440 | 53 | 1957 | 326 | 67 | 2007 | 390 | 188 |
| 60-64 | | 1976 | 333 | 30 | 2286 | 549 | 30 | 2078 | 358 | 33 | 2112 | 437 | 93 |
| ALL 1) | | 1948 | 382 | 235 | 1986 | 470 | 211 | 1929 | 372 | 249 | 1952 | 408 | 695 |

1) standardized by age

TABLE 89. MEAN DAILY INTAKE OF CALCIUM BY SEX, AGE AND AREA

| | | CALCIUM in milligrams | | | | | | | | | | | |
|--------|--------|-----------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 1975 | 625 | 13 | 1593 | 603 | 25 | 1444 | 599 | 18 | 1633 | 629 | 56 |
| | 30-39 | 1661 | 689 | 56 | 1591 | 643 | 84 | 1376 | 477 | 53 | 1552 | 624 | 193 |
| | 40-49 | 1557 | 565 | 45 | 1484 | 484 | 41 | 1328 | 469 | 55 | 1447 | 512 | 141 |
| | 50-59 | 1331 | 508 | 68 | 1513 | 545 | 49 | 1255 | 441 | 69 | 1351 | 502 | 186 |
| | 60-64 | 1250 | 355 | 26 | 1307 | 568 | 13 | 1131 | 375 | 38 | 1201 | 408 | 77 |
| | ALL 1) | 1589 | 623 | 208 | 1522 | 571 | 212 | 1329 | 487 | 233 | 1474 | 571 | 653 |
| | WOMEN | 25-29 | 1205 | 373 | 12 | 1316 | 655 | 18 | 1095 | 430 | 23 | 1195 | 507 |
| 30-39 | | 1169 | 477 | 58 | 1273 | 465 | 52 | 1165 | 420 | 68 | 1198 | 452 | 178 |
| 40-49 | | 1212 | 452 | 67 | 1147 | 445 | 58 | 1000 | 299 | 58 | 1124 | 415 | 183 |
| 50-59 | | 1155 | 381 | 68 | 1056 | 387 | 53 | 1039 | 323 | 67 | 1086 | 365 | 188 |
| 60-64 | | 1045 | 401 | 30 | 982 | 370 | 30 | 1017 | 287 | 33 | 1015 | 351 | 93 |
| ALL 1) | | 1168 | 423 | 235 | 1165 | 479 | 211 | 1066 | 361 | 249 | 1131 | 423 | 695 |

1) standardized by age

TABLE 90. MEAN DAILY INTAKE OF CALCIUM PER 1000 KCAL BY SEX, AGE AND AREA

| | | CALCIUM in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 560 | 174 | 13 | 578 | 149 | 25 | 466 | 149 | 18 | 538 | 160 | 56 |
| | 30-39 | 531 | 146 | 56 | 504 | 163 | 84 | 478 | 124 | 53 | 505 | 149 | 193 |
| | 40-49 | 542 | 151 | 45 | 541 | 154 | 41 | 482 | 110 | 55 | 519 | 139 | 141 |
| | 50-59 | 528 | 145 | 68 | 571 | 158 | 49 | 503 | 139 | 69 | 530 | 148 | 186 |
| | 60-64 | 560 | 186 | 26 | 516 | 140 | 13 | 490 | 137 | 38 | 518 | 157 | 77 |
| | ALL 1) | 541 | 155 | 208 | 541 | 156 | 212 | 483 | 129 | 233 | 521 | 149 | 653 |
| | WOMEN | 25-29 | 528 | 96 | 12 | 571 | 207 | 18 | 513 | 124 | 23 | 536 | 152 |
| 30-39 | | 536 | 141 | 58 | 577 | 162 | 52 | 563 | 174 | 68 | 558 | 160 | 178 |
| 40-49 | | 603 | 198 | 67 | 547 | 154 | 58 | 537 | 151 | 58 | 564 | 172 | 183 |
| 50-59 | | 568 | 170 | 68 | 549 | 161 | 53 | 533 | 121 | 67 | 551 | 151 | 188 |
| 60-64 | | 557 | 161 | 30 | 579 | 161 | 30 | 599 | 124 | 33 | 579 | 148 | 93 |
| ALL 1) | | 561 | 161 | 235 | 562 | 166 | 211 | 546 | 145 | 249 | 556 | 157 | 695 |

1) standardized by age

TABLE 91. MEAN DAILY INTAKE OF MAGNESIUM BY SEX, AGE AND AREA

| | | MAGNESIUM in milligrams | | | | | | | | | | | |
|--------|--------|-------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 567 | 97 | 13 | 450 | 100 | 25 | 497 | 127 | 18 | 492 | 116 | 56 |
| | 30-39 | 508 | 136 | 56 | 507 | 123 | 84 | 454 | 119 | 53 | 493 | 128 | 193 |
| | 40-49 | 488 | 131 | 45 | 461 | 108 | 41 | 435 | 110 | 55 | 459 | 118 | 141 |
| | 50-59 | 443 | 128 | 68 | 456 | 110 | 49 | 422 | 92 | 69 | 438 | 111 | 186 |
| | 60-64 | 414 | 98 | 26 | 426 | 143 | 13 | 391 | 104 | 38 | 405 | 109 | 77 |
| | ALL 1) | 492 | 131 | 208 | 467 | 116 | 212 | 445 | 115 | 233 | 467 | 122 | 653 |
| | WOMEN | 25-29 | 400 | 83 | 12 | 370 | 114 | 18 | 354 | 94 | 23 | 370 | 99 |
| 30-39 | | 377 | 91 | 58 | 376 | 93 | 52 | 346 | 86 | 68 | 365 | 90 | 178 |
| 40-49 | | 370 | 87 | 67 | 365 | 81 | 58 | 334 | 84 | 58 | 357 | 85 | 183 |
| 50-59 | | 372 | 82 | 68 | 358 | 72 | 53 | 341 | 75 | 67 | 357 | 77 | 188 |
| 60-64 | | 331 | 79 | 30 | 340 | 94 | 30 | 319 | 68 | 33 | 330 | 80 | 93 |
| ALL 1) | | 373 | 86 | 235 | 364 | 89 | 211 | 340 | 82 | 249 | 358 | 87 | 695 |

1) standardized by age

TABLE 92. MEAN DAILY INTAKE OF MAGNESIUM PER 1000 KCAL BY SEX, AGE AND AREA

| | | MAGNESIUM in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|-----------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 165 | 27 | 13 | 167 | 17 | 25 | 165 | 46 | 18 | 166 | 31 | 56 |
| | 30-39 | 172 | 57 | 56 | 163 | 32 | 84 | 159 | 26 | 53 | 164 | 40 | 193 |
| | 40-49 | 171 | 27 | 45 | 168 | 32 | 41 | 160 | 25 | 55 | 166 | 28 | 141 |
| | 50-59 | 178 | 30 | 68 | 177 | 32 | 49 | 170 | 29 | 69 | 175 | 30 | 186 |
| | 60-64 | 184 | 29 | 26 | 171 | 17 | 13 | 169 | 26 | 38 | 174 | 26 | 77 |
| | ALL 1) | 173 | 38 | 208 | 169 | 29 | 212 | 163 | 31 | 233 | 168 | 33 | 653 |
| | WOMEN | 25-29 | 179 | 33 | 12 | 168 | 50 | 18 | 172 | 30 | 23 | 172 | 38 |
| 30-39 | | 179 | 37 | 58 | 173 | 35 | 52 | 171 | 36 | 68 | 174 | 36 | 178 |
| 40-49 | | 185 | 28 | 67 | 180 | 28 | 58 | 178 | 24 | 58 | 181 | 27 | 183 |
| 50-59 | | 184 | 34 | 68 | 193 | 38 | 53 | 177 | 26 | 67 | 184 | 33 | 188 |
| 60-64 | | 180 | 25 | 30 | 207 | 47 | 30 | 190 | 30 | 33 | 192 | 36 | 93 |
| ALL 1) | | 182 | 32 | 235 | 182 | 40 | 211 | 176 | 30 | 249 | 186 | 34 | 695 |

1) standardized by age

TABLE 93. MEAN DAILY INTAKE OF PHOSPHORUS BY SEX, AGE AND AREA

| | | PHOSPHORUS in milligrams | | | | | | | | | | | |
|--------|--------|--------------------------|------|-----|-----------------|------|-----|-------------------|------|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 2620 | 547 | 13 | 2068 | 550 | 25 | 2058 | 635 | 18 | 2193 | 615 | 56 |
| | 30-39 | 2351 | 704 | 56 | 2261 | 634 | 84 | 1978 | 531 | 53 | 2209 | 644 | 193 |
| | 40-49 | 2201 | 648 | 45 | 2113 | 518 | 41 | 1893 | 489 | 55 | 2055 | 565 | 141 |
| | 50-59 | 1953 | 621 | 68 | 2062 | 535 | 49 | 1835 | 453 | 69 | 1938 | 545 | 186 |
| | 60-64 | 1823 | 418 | 26 | 1929 | 664 | 13 | 1673 | 462 | 38 | 1767 | 491 | 77 |
| | ALL 1) | 2234 | 665 | 208 | 2117 | 576 | 212 | 1914 | 526 | 233 | 2082 | 604 | 653 |
| | WOMEN | 25-29 | 1650 | 414 | 12 | 1654 | 541 | 18 | 1504 | 464 | 23 | 1588 | 478 |
| 30-39 | | 1609 | 493 | 58 | 1674 | 442 | 52 | 1497 | 425 | 68 | 1585 | 457 | 178 |
| 40-49 | | 1597 | 445 | 67 | 1557 | 421 | 58 | 1364 | 341 | 58 | 1511 | 417 | 183 |
| 50-59 | | 1596 | 385 | 68 | 1448 | 343 | 53 | 1433 | 356 | 67 | 1496 | 369 | 188 |
| 60-64 | | 1466 | 400 | 30 | 1345 | 386 | 30 | 1321 | 317 | 33 | 1375 | 369 | 93 |
| ALL 1) | | 1593 | 432 | 235 | 1552 | 438 | 211 | 1430 | 388 | 249 | 1522 | 424 | 695 |

1) standardized by age

TABLE 94. MEAN DAILY INTAKE OF PHOSPHORUS PER 1000 KCAL BY SEX, AGE AND AREA

| | | PHOSPHORUS in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|------------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 746 | 116 | 13 | 755 | 95 | 25 | 664 | 114 | 18 | 724 | 112 | 56 |
| | 30-39 | 758 | 100 | 56 | 715 | 124 | 84 | 686 | 99 | 53 | 719 | 113 | 193 |
| | 40-49 | 764 | 131 | 45 | 764 | 132 | 41 | 689 | 85 | 55 | 735 | 121 | 141 |
| | 50-59 | 775 | 118 | 68 | 787 | 131 | 49 | 731 | 110 | 69 | 762 | 120 | 186 |
| | 60-64 | 804 | 137 | 26 | 774 | 95 | 13 | 717 | 109 | 38 | 756 | 122 | 77 |
| | ALL 1) | 765 | 118 | 208 | 755 | 122 | 212 | 694 | 103 | 233 | 736 | 118 | 653 |
| | WOMEN | 25-29 | 711 | 74 | 12 | 728 | 181 | 18 | 715 | 100 | 23 | 719 | 127 |
| 30-39 | | 746 | 137 | 58 | 760 | 118 | 52 | 720 | 125 | 68 | 740 | 127 | 178 |
| 40-49 | | 788 | 142 | 67 | 752 | 111 | 58 | 722 | 103 | 58 | 756 | 123 | 183 |
| 50-59 | | 782 | 135 | 68 | 762 | 124 | 53 | 735 | 112 | 67 | 759 | 125 | 188 |
| 60-64 | | 785 | 123 | 30 | 800 | 136 | 30 | 776 | 125 | 33 | 787 | 127 | 93 |
| ALL 1) | | 763 | 130 | 235 | 758 | 132 | 211 | 730 | 114 | 249 | 750 | 126 | 695 |

1) standardized by age

TABLE 95. MEAN DAILY INTAKE OF SULPHUR BY SEX, AGE AND AREA

| | | SULPHUR in milligrams | | | | | | | | | | | |
|--------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 1585 | 422 | 13 | 1185 | 318 | 25 | 1265 | 513 | 18 | 1303 | 436 | 56 |
| | 30-39 | 1529 | 511 | 56 | 1454 | 554 | 84 | 1314 | 477 | 53 | 1437 | 525 | 193 |
| | 40-49 | 1270 | 406 | 45 | 1248 | 320 | 41 | 1217 | 353 | 55 | 1243 | 360 | 141 |
| | 50-59 | 1140 | 434 | 68 | 1153 | 303 | 49 | 1125 | 338 | 69 | 1138 | 367 | 186 |
| | 60-64 | 1019 | 321 | 26 | 1146 | 461 | 13 | 994 | 319 | 38 | 1028 | 346 | 77 |
| | ALL 1) | 1349 | 476 | 208 | 1263 | 420 | 212 | 1213 | 423 | 233 | 1272 | 442 | 653 |
| | WOMEN | 25-29 | 963 | 332 | 12 | 983 | 280 | 18 | 924 | 287 | 23 | 953 | 291 |
| 30-39 | | 1002 | 357 | 58 | 972 | 252 | 52 | 978 | 373 | 68 | 984 | 335 | 178 |
| 40-49 | | 895 | 246 | 67 | 874 | 272 | 58 | 872 | 249 | 58 | 881 | 254 | 183 |
| 50-59 | | 904 | 259 | 68 | 809 | 204 | 53 | 895 | 302 | 67 | 874 | 263 | 188 |
| 60-64 | | 838 | 309 | 30 | 727 | 204 | 30 | 725 | 166 | 33 | 762 | 236 | 93 |
| ALL 1) | | 928 | 301 | 235 | 884 | 259 | 211 | 894 | 306 | 249 | 902 | 289 | 695 |

1) standardized by age

TABLE 96. MEAN DAILY INTAKE OF SULPHUR PER 1000 KCAL BY SEX, AGE AND AREA

| | | SULPHUR in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 451 | 101 | 13 | 437 | 96 | 25 | 401 | 99 | 18 | 429 | 98 | 56 |
| | 30-39 | 501 | 137 | 56 | 456 | 123 | 84 | 454 | 119 | 53 | 469 | 127 | 193 |
| | 40-49 | 442 | 109 | 45 | 446 | 66 | 41 | 440 | 85 | 55 | 442 | 88 | 141 |
| | 50-59 | 447 | 109 | 68 | 441 | 85 | 49 | 449 | 127 | 69 | 446 | 110 | 186 |
| | 60-64 | 441 | 76 | 26 | 458 | 107 | 13 | 423 | 80 | 38 | 435 | 83 | 77 |
| | ALL 1) | 460 | 115 | 208 | 447 | 96 | 212 | 437 | 107 | 233 | 448 | 106 | 653 |
| | WOMEN | 25-29 | 398 | 94 | 12 | 434 | 123 | 18 | 446 | 87 | 23 | 431 | 102 |
| 30-39 | | 463 | 114 | 58 | 440 | 71 | 52 | 465 | 126 | 68 | 457 | 109 | 178 |
| 40-49 | | 442 | 93 | 67 | 421 | 85 | 58 | 459 | 92 | 58 | 441 | 91 | 183 |
| 50-59 | | 438 | 87 | 68 | 425 | 74 | 53 | 456 | 112 | 67 | 441 | 94 | 188 |
| 60-64 | | 446 | 108 | 30 | 431 | 71 | 30 | 429 | 84 | 33 | 435 | 88 | 93 |
| ALL 1) | | 439 | 100 | 235 | 430 | 85 | 211 | 454 | 104 | 249 | 442 | 98 | 695 |

1) standardized by age

TABLE 97. MEAN DAILY INTAKE OF IRON BY SEX, AGE AND AREA

| | | IRON in milligrams | | | | | | | | | | | |
|--------|--------|--------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 26 | 9 | 13 | 19 | 5 | 25 | 21 | 7 | 18 | 21 | 7 | 56 |
| | 30-39 | 22 | 7 | 56 | 22 | 8 | 84 | 21 | 7 | 53 | 22 | 7 | 193 |
| | 40-49 | 21 | 6 | 45 | 19 | 5 | 41 | 18 | 4 | 55 | 19 | 5 | 141 |
| | 50-59 | 18 | 6 | 68 | 19 | 6 | 49 | 17 | 6 | 69 | 18 | 6 | 186 |
| | 60-64 | 16 | 4 | 26 | 17 | 5 | 13 | 17 | 6 | 38 | 17 | 5 | 77 |
| | ALL 1) | 21 | 7 | 208 | 20 | 6 | 212 | 19 | 6 | 233 | 20 | 7 | 653 |
| | WOMEN | 25-29 | 16 | 5 | 12 | 16 | 6 | 18 | 14 | 4 | 23 | 15 | 5 |
| 30-39 | | 17 | 7 | 58 | 16 | 5 | 52 | 14 | 4 | 68 | 16 | 6 | 178 |
| 40-49 | | 15 | 4 | 67 | 15 | 4 | 58 | 15 | 7 | 58 | 15 | 5 | 183 |
| 50-59 | | 16 | 4 | 68 | 15 | 6 | 53 | 14 | 4 | 67 | 15 | 5 | 188 |
| 60-64 | | 16 | 6 | 30 | 13 | 3 | 30 | 12 | 4 | 33 | 14 | 5 | 93 |
| ALL 1) | | 16 | 5 | 235 | 16 | 5 | 211 | 14 | 5 | 249 | 15 | 5 | 695 |

1) standardized by age

TABLE 98. MEAN DAILY INTAKE OF IRON PER 1000 KCAL BY SEX, AGE AND AREA

| | | IRON in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 7 | 3 | 13 | 7 | 2 | 25 | 7 | 2 | 18 | 7 | 2 | 56 |
| | 30-39 | 7 | 1 | 56 | 7 | 2 | 84 | 7 | 2 | 53 | 7 | 2 | 193 |
| | 40-49 | 7 | 1 | 45 | 7 | 1 | 41 | 7 | 2 | 55 | 7 | 1 | 141 |
| | 50-59 | 7 | 1 | 68 | 7 | 2 | 49 | 7 | 2 | 69 | 7 | 2 | 186 |
| | 60-64 | 7 | 1 | 26 | 7 | 2 | 13 | 7 | 1 | 38 | 7 | 1 | 77 |
| | ALL 1) | 7 | 2 | 208 | 7 | 2 | 212 | 7 | 2 | 233 | 7 | 2 | 653 |
| | WOMEN | 25-29 | 7 | 1 | 12 | 7 | 2 | 18 | 7 | 1 | 23 | 7 | 1 |
| 30-39 | | 8 | 3 | 58 | 8 | 2 | 52 | 7 | 1 | 68 | 7 | 2 | 178 |
| 40-49 | | 7 | 1 | 67 | 7 | 2 | 58 | 8 | 3 | 58 | 8 | 2 | 183 |
| 50-59 | | 8 | 2 | 68 | 8 | 4 | 53 | 7 | 2 | 67 | 8 | 2 | 188 |
| 60-64 | | 8 | 3 | 30 | 8 | 2 | 30 | 7 | 2 | 33 | 8 | 2 | 93 |
| ALL 1) | | 8 | 2 | 235 | 8 | 3 | 211 | 7 | 2 | 249 | 8 | 2 | 695 |

1) standardized by age

TABLE 99. MEAN DAILY INTAKE OF COPPER BY SEX, AGE AND AREA

| | | COPPER in milligrams | | | | | | | | | | | |
|-------|--------|----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 2.0 | 0.5 | 13 | 2.0 | 0.9 | 25 | 2.1 | 1.2 | 18 | 2.0 | 1.0 | 56 |
| | 30-39 | 2.1 | 0.9 | 56 | 2.1 | 1.0 | 84 | 2.0 | 0.9 | 53 | 2.1 | 0.9 | 193 |
| | 40-49 | 2.0 | 0.9 | 45 | 1.8 | 0.5 | 41 | 1.7 | 0.6 | 55 | 1.8 | 0.7 | 141 |
| | 50-59 | 1.6 | 0.5 | 68 | 1.6 | 0.6 | 49 | 1.7 | 0.8 | 69 | 1.6 | 0.6 | 186 |
| | 60-64 | 1.4 | 0.4 | 26 | 1.7 | 0.6 | 13 | 1.5 | 0.5 | 38 | 1.5 | 0.5 | 77 |
| | ALL 1) | 1.9 | 0.8 | 208 | 1.8 | 0.8 | 212 | 1.8 | 0.9 | 233 | 1.9 | 0.8 | 653 |
| WOMEN | 25-29 | 1.6 | 0.6 | 12 | 1.7 | 0.6 | 18 | 1.4 | 0.6 | 23 | 1.6 | 0.6 | 53 |
| | 30-39 | 1.7 | 1.2 | 58 | 1.6 | 0.7 | 52 | 1.6 | 0.8 | 68 | 1.6 | 0.9 | 178 |
| | 40-49 | 1.5 | 0.9 | 67 | 1.5 | 0.6 | 58 | 1.4 | 0.8 | 58 | 1.5 | 0.8 | 183 |
| | 50-59 | 1.7 | 0.8 | 68 | 1.4 | 0.5 | 53 | 1.5 | 1.0 | 67 | 1.6 | 0.8 | 188 |
| | 60-64 | 1.4 | 0.8 | 30 | 1.2 | 0.4 | 30 | 1.3 | 0.5 | 33 | 1.3 | 0.6 | 93 |
| | ALL 1) | 1.6 | 0.9 | 235 | 1.5 | 0.6 | 211 | 1.5 | 0.8 | 249 | 1.5 | 0.8 | 695 |

1) standardized by age

TABLE 100. MEAN DAILY INTAKE OF COPPER PER 1000 KCAL BY SEX, AGE AND AREA

| | | COPPER in milligrams/1000 kcal | | | | | | | | | | | |
|-------|--------|--------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 0.6 | 0.1 | 13 | 0.7 | 0.3 | 25 | 0.7 | 0.4 | 18 | 0.7 | 0.3 | 56 |
| | 30-39 | 0.7 | 0.2 | 56 | 0.7 | 0.3 | 84 | 0.7 | 0.3 | 53 | 0.7 | 0.3 | 193 |
| | 40-49 | 0.7 | 0.3 | 45 | 0.7 | 0.2 | 41 | 0.6 | 0.2 | 55 | 0.7 | 0.3 | 141 |
| | 50-59 | 0.6 | 0.2 | 68 | 0.6 | 0.2 | 49 | 0.7 | 0.2 | 69 | 0.6 | 0.2 | 186 |
| | 60-64 | 0.6 | 0.1 | 26 | 0.7 | 0.2 | 13 | 0.6 | 0.1 | 38 | 0.6 | 0.1 | 77 |
| | ALL 1) | 0.7 | 0.2 | 208 | 0.7 | 0.2 | 212 | 0.7 | 0.3 | 233 | 0.7 | 0.3 | 653 |
| WOMEN | 25-29 | 0.7 | 0.3 | 12 | 0.8 | 0.3 | 18 | 0.7 | 0.2 | 23 | 0.7 | 0.3 | 53 |
| | 30-39 | 0.8 | 0.5 | 58 | 0.7 | 0.3 | 52 | 0.7 | 0.3 | 68 | 0.8 | 0.4 | 178 |
| | 40-49 | 0.8 | 0.4 | 67 | 0.8 | 0.4 | 58 | 0.8 | 0.4 | 58 | 0.8 | 0.4 | 183 |
| | 50-59 | 0.8 | 0.4 | 68 | 0.8 | 0.3 | 53 | 0.8 | 0.6 | 67 | 0.8 | 0.5 | 188 |
| | 60-64 | 0.8 | 0.4 | 30 | 0.7 | 0.2 | 30 | 0.8 | 0.2 | 33 | 0.8 | 0.3 | 93 |
| | ALL 1) | 0.8 | 0.4 | 235 | 0.7 | 0.3 | 211 | 0.8 | 0.4 | 249 | 0.8 | 0.4 | 695 |

1) standardized by age

TABLE 101. MEAN DAILY INTAKE OF MANGANESE BY SEX, AGE AND AREA

| | | MANGANESE in milligrams | | | | | | | | | | | |
|--------|--------|-------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 8.6 | 2.9 | 13 | 6.2 | 1.9 | 25 | 6.7 | 2.3 | 18 | 6.9 | 2.5 | 56 |
| | 30-39 | 7.5 | 2.6 | 56 | 7.1 | 2.2 | 84 | 6.7 | 2.6 | 53 | 7.1 | 2.5 | 193 |
| | 40-49 | 7.6 | 2.6 | 45 | 6.8 | 2.0 | 41 | 6.1 | 2.1 | 55 | 6.8 | 2.3 | 141 |
| | 50-59 | 6.9 | 2.5 | 68 | 6.5 | 2.3 | 49 | 6.1 | 2.0 | 69 | 6.5 | 2.3 | 186 |
| | 60-64 | 6.8 | 2.2 | 26 | 6.0 | 2.2 | 13 | 6.5 | 2.8 | 38 | 6.5 | 2.5 | 77 |
| | ALL 1) | 7.6 | 2.7 | 208 | 6.6 | 2.1 | 212 | 6.4 | 2.3 | 233 | 6.9 | 2.4 | 653 |
| | WOMEN | 25-29 | 6.1 | 1.7 | 12 | 4.9 | 1.7 | 18 | 4.8 | 1.8 | 23 | 5.2 | 1.8 |
| 30-39 | | 5.8 | 1.8 | 58 | 5.4 | 1.6 | 52 | 4.6 | 1.4 | 68 | 5.2 | 1.7 | 178 |
| 40-49 | | 5.9 | 2.0 | 67 | 5.5 | 1.5 | 58 | 4.8 | 1.9 | 58 | 5.4 | 1.9 | 183 |
| 50-59 | | 6.3 | 1.9 | 68 | 5.4 | 1.4 | 53 | 5.2 | 1.7 | 67 | 5.7 | 1.7 | 188 |
| 60-64 | | 5.7 | 1.6 | 30 | 5.4 | 1.8 | 30 | 5.1 | 1.7 | 33 | 5.4 | 1.7 | 93 |
| ALL 1) | | 6.0 | 1.8 | 235 | 5.4 | 1.6 | 211 | 4.9 | 1.7 | 249 | 5.4 | 1.8 | 695 |

1) standardized by age

TABLE 102. MEAN DAILY INTAKE OF MANGANESE PER 1000 KCAL BY SEX, AGE AND AREA

| | | MANGANESE in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|-----------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 2.4 | 0.6 | 13 | 2.3 | 0.4 | 25 | 2.2 | 0.5 | 18 | 2.3 | 0.5 | 56 |
| | 30-39 | 2.5 | 0.8 | 56 | 2.3 | 0.6 | 84 | 2.4 | 0.9 | 53 | 2.4 | 0.8 | 193 |
| | 40-49 | 2.7 | 0.6 | 45 | 2.5 | 0.7 | 41 | 2.3 | 0.7 | 55 | 2.5 | 0.7 | 141 |
| | 50-59 | 2.8 | 0.7 | 68 | 2.5 | 0.7 | 49 | 2.5 | 0.7 | 69 | 2.6 | 0.7 | 186 |
| | 60-64 | 3.1 | 1.0 | 26 | 2.5 | 0.9 | 13 | 2.7 | 0.7 | 38 | 2.8 | 0.9 | 77 |
| | ALL 1) | 2.6 | 0.8 | 208 | 2.4 | 0.7 | 212 | 2.4 | 0.7 | 233 | 2.5 | 0.7 | 653 |
| | WOMEN | 25-29 | 2.7 | 0.8 | 12 | 2.2 | 0.8 | 18 | 2.3 | 0.6 | 23 | 2.4 | 0.7 |
| 30-39 | | 2.7 | 0.8 | 58 | 2.5 | 0.6 | 52 | 2.3 | 0.7 | 68 | 2.5 | 0.7 | 178 |
| 40-49 | | 2.9 | 0.8 | 67 | 2.7 | 0.7 | 58 | 2.5 | 0.8 | 58 | 2.7 | 0.8 | 183 |
| 50-59 | | 3.1 | 0.8 | 68 | 3.0 | 0.8 | 53 | 2.7 | 0.7 | 67 | 2.9 | 0.8 | 188 |
| 60-64 | | 3.1 | 0.7 | 30 | 3.3 | 1.1 | 30 | 3.0 | 0.7 | 33 | 3.1 | 0.8 | 93 |
| ALL 1) | | 2.9 | 0.8 | 235 | 2.7 | 0.8 | 211 | 2.5 | 0.7 | 249 | 2.7 | 0.8 | 695 |

1) standardized by age

TABLE 103. MEAN DAILY INTAKE OF ZINC BY SEX, AGE AND AREA

| | | ZINC in milligrams | | | | | | | | | | | |
|-------|--------|--------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 19 | 5 | 13 | 15 | 4 | 25 | 16 | 5 | 18 | 17 | 5 | 56 |
| | 30-39 | 18 | 5 | 56 | 18 | 5 | 84 | 16 | 4 | 53 | 17 | 5 | 193 |
| | 40-49 | 17 | 5 | 45 | 16 | 4 | 41 | 15 | 4 | 55 | 16 | 4 | 141 |
| | 50-59 | 15 | 5 | 68 | 16 | 4 | 49 | 14 | 4 | 69 | 15 | 4 | 186 |
| | 60-64 | 14 | 4 | 26 | 15 | 5 | 13 | 13 | 4 | 38 | 14 | 4 | 77 |
| | ALL 1) | 17 | 5 | 208 | 16 | 5 | 212 | 15 | 4 | 233 | 16 | 5 | 653 |
| WOMEN | 25-29 | 12 | 3 | 12 | 13 | 4 | 18 | 12 | 4 | 23 | 12 | 4 | 53 |
| | 30-39 | 13 | 4 | 58 | 13 | 3 | 52 | 12 | 4 | 68 | 12 | 4 | 178 |
| | 40-49 | 12 | 4 | 67 | 12 | 3 | 58 | 11 | 3 | 58 | 12 | 3 | 183 |
| | 50-59 | 12 | 3 | 68 | 11 | 3 | 53 | 11 | 3 | 67 | 12 | 3 | 188 |
| | 60-64 | 11 | 3 | 30 | 10 | 3 | 30 | 10 | 3 | 33 | 11 | 3 | 93 |
| | ALL 1) | 12 | 3 | 235 | 12 | 3 | 211 | 11 | 3 | 249 | 12 | 3 | 695 |

1) standardized by age

TABLE 104. MEAN DAILY INTAKE OF ZINC PER 1000 KCAL BY SEX, AGE AND AREA

| | | ZINC in milligrams/1000 kcal | | | | | | | | | | | |
|-------|--------|------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 5 | 1 | 13 | 6 | 1 | 25 | 5 | 1 | 18 | 5 | 1 | 56 |
| | 30-39 | 6 | 1 | 56 | 6 | 1 | 84 | 6 | 1 | 53 | 6 | 1 | 193 |
| | 40-49 | 6 | 1 | 45 | 6 | 1 | 41 | 5 | 1 | 55 | 6 | 1 | 141 |
| | 50-59 | 6 | 1 | 68 | 6 | 1 | 49 | 6 | 1 | 69 | 6 | 1 | 186 |
| | 60-64 | 6 | 1 | 26 | 6 | 1 | 13 | 6 | 1 | 38 | 6 | 1 | 77 |
| | ALL 1) | 6 | 1 | 208 | 6 | 1 | 212 | 6 | 1 | 233 | 6 | 1 | 653 |
| WOMEN | 25-29 | 5 | 1 | 12 | 6 | 2 | 18 | 6 | 1 | 23 | 6 | 1 | 53 |
| | 30-39 | 6 | 1 | 58 | 6 | 1 | 52 | 6 | 1 | 68 | 6 | 1 | 178 |
| | 40-49 | 6 | 1 | 67 | 6 | 1 | 58 | 6 | 1 | 58 | 6 | 1 | 183 |
| | 50-59 | 6 | 1 | 68 | 6 | 1 | 53 | 6 | 1 | 67 | 6 | 1 | 188 |
| | 60-64 | 6 | 1 | 30 | 6 | 1 | 30 | 6 | 1 | 33 | 6 | 1 | 93 |
| | ALL 1) | 6 | 1 | 235 | 6 | 1 | 211 | 6 | 1 | 249 | 6 | 1 | 695 |

1) standardized by age

TABLE 105. MEAN DAILY INTAKE OF MOLYBDENUM BY SEX, AGE AND AREA

| | | MOLYBDENUM in micrograms | | | | | | | | | | | |
|-------|--------|--------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 141 | 28 | 13 | 128 | 40 | 25 | 143 | 42 | 18 | 136 | 38 | 56 |
| | 30-39 | 148 | 52 | 56 | 139 | 42 | 84 | 135 | 40 | 53 | 140 | 45 | 193 |
| | 40-49 | 135 | 47 | 45 | 126 | 34 | 41 | 125 | 46 | 55 | 128 | 43 | 141 |
| | 50-59 | 112 | 29 | 68 | 123 | 36 | 49 | 119 | 33 | 69 | 117 | 33 | 186 |
| | 60-64 | 110 | 32 | 26 | 116 | 33 | 13 | 108 | 30 | 38 | 110 | 31 | 77 |
| | ALL 1) | 132 | 43 | 208 | 128 | 38 | 212 | 128 | 41 | 233 | 130 | 41 | 653 |
| WOMEN | 25-29 | 118 | 26 | 12 | 121 | 33 | 18 | 103 | 34 | 23 | 112 | 33 | 53 |
| | 30-39 | 118 | 47 | 58 | 109 | 29 | 52 | 105 | 32 | 68 | 110 | 37 | 178 |
| | 40-49 | 105 | 34 | 67 | 103 | 26 | 58 | 98 | 31 | 58 | 102 | 31 | 183 |
| | 50-59 | 111 | 30 | 68 | 99 | 21 | 53 | 102 | 34 | 67 | 104 | 30 | 188 |
| | 60-64 | 99 | 38 | 30 | 95 | 36 | 30 | 97 | 30 | 33 | 97 | 34 | 93 |
| | ALL 1) | 111 | 36 | 235 | 106 | 29 | 211 | 101 | 32 | 249 | 106 | 33 | 695 |

1) standardized by age

TABLE 106. MEAN DAILY INTAKE OF MOLYBDENUM PER 1000 KCAL BY SEX, AGE AND AREA

| | | MOLYBDENUM in micrograms/1000 kcal | | | | | | | | | | | |
|-------|--------|------------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 41 | 6 | 13 | 46 | 9 | 25 | 48 | 14 | 18 | 45 | 10 | 56 |
| | 30-39 | 48 | 11 | 56 | 44 | 10 | 84 | 46 | 11 | 53 | 46 | 11 | 193 |
| | 40-49 | 47 | 14 | 45 | 46 | 10 | 41 | 46 | 14 | 55 | 46 | 13 | 141 |
| | 50-59 | 45 | 9 | 68 | 47 | 9 | 49 | 48 | 11 | 69 | 47 | 10 | 186 |
| | 60-64 | 49 | 11 | 26 | 48 | 8 | 13 | 46 | 8 | 38 | 47 | 9 | 77 |
| | ALL 1) | 46 | 11 | 208 | 46 | 9 | 212 | 47 | 12 | 233 | 46 | 11 | 653 |
| WOMEN | 25-29 | 53 | 12 | 12 | 54 | 17 | 18 | 50 | 14 | 23 | 52 | 14 | 53 |
| | 30-39 | 55 | 18 | 58 | 50 | 13 | 52 | 50 | 10 | 68 | 52 | 14 | 178 |
| | 40-49 | 52 | 14 | 67 | 51 | 14 | 58 | 53 | 12 | 58 | 52 | 13 | 183 |
| | 50-59 | 55 | 13 | 68 | 53 | 11 | 53 | 53 | 18 | 67 | 54 | 15 | 188 |
| | 60-64 | 53 | 16 | 30 | 58 | 19 | 30 | 57 | 14 | 33 | 56 | 16 | 93 |
| | ALL 1) | 54 | 15 | 235 | 53 | 14 | 211 | 52 | 14 | 249 | 53 | 14 | 695 |

1) standardized by age

TABLE 107. MEAN DAILY INTAKE OF COBALT BY SEX, AGE AND AREA

| | | COBALT in micrograms | | | | | | | | | | | |
|--------|--------|----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 23 | 6 | 13 | 18 | 4 | 25 | 22 | 8 | 18 | 20 | 6 | 56 |
| | 30-39 | 22 | 7 | 56 | 21 | 6 | 84 | 20 | 7 | 53 | 21 | 7 | 193 |
| | 40-49 | 20 | 6 | 45 | 19 | 6 | 41 | 19 | 5 | 55 | 19 | 6 | 141 |
| | 50-59 | 18 | 6 | 68 | 18 | 5 | 49 | 18 | 5 | 69 | 18 | 5 | 186 |
| | 60-64 | 16 | 5 | 26 | 18 | 5 | 13 | 16 | 6 | 38 | 17 | 5 | 77 |
| | ALL 1) | 20 | 7 | 208 | 19 | 6 | 212 | 19 | 6 | 233 | 20 | 6 | 653 |
| | WOMEN | 25-29 | 16 | 4 | 12 | 16 | 5 | 18 | 16 | 5 | 23 | 16 | 5 |
| 30-39 | | 16 | 5 | 58 | 16 | 4 | 52 | 16 | 5 | 68 | 16 | 4 | 178 |
| 40-49 | | 16 | 5 | 67 | 15 | 4 | 58 | 15 | 4 | 58 | 15 | 4 | 183 |
| 50-59 | | 16 | 4 | 68 | 15 | 3 | 53 | 15 | 5 | 67 | 15 | 4 | 188 |
| 60-64 | | 14 | 5 | 30 | 13 | 3 | 30 | 13 | 3 | 33 | 14 | 4 | 93 |
| ALL 1) | | 16 | 5 | 235 | 15 | 4 | 211 | 15 | 4 | 249 | 15 | 4 | 695 |

1) standardized by age

TABLE 108. MEAN DAILY INTAKE OF COBALT PER 1000 KCAL BY SEX, AGE AND AREA

| | | COBALT in micrograms/1000 kcal | | | | | | | | | | | |
|--------|--------|--------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 6 | 1 | 13 | 6 | 1 | 25 | 7 | 1 | 18 | 7 | 1 | 56 |
| | 30-39 | 7 | 1 | 56 | 7 | 1 | 84 | 7 | 1 | 53 | 7 | 1 | 193 |
| | 40-49 | 7 | 1 | 45 | 7 | 2 | 41 | 7 | 1 | 55 | 7 | 2 | 141 |
| | 50-59 | 7 | 2 | 68 | 7 | 2 | 49 | 7 | 2 | 69 | 7 | 2 | 186 |
| | 60-64 | 7 | 2 | 26 | 7 | 2 | 13 | 7 | 1 | 38 | 7 | 2 | 77 |
| | ALL 1) | 7 | 1 | 208 | 7 | 2 | 212 | 7 | 1 | 233 | 7 | 1 | 653 |
| | WOMEN | 25-29 | 7 | 1 | 12 | 7 | 2 | 18 | 7 | 1 | 23 | 7 | 1 |
| 30-39 | | 8 | 2 | 58 | 7 | 1 | 52 | 7 | 1 | 68 | 7 | 1 | 178 |
| 40-49 | | 8 | 2 | 67 | 7 | 1 | 58 | 8 | 2 | 58 | 8 | 2 | 183 |
| 50-59 | | 8 | 1 | 68 | 8 | 1 | 53 | 8 | 2 | 67 | 8 | 2 | 188 |
| 60-64 | | 7 | 1 | 30 | 8 | 2 | 30 | 8 | 1 | 33 | 8 | 1 | 93 |
| ALL 1) | | 8 | 1 | 235 | 7 | 1 | 211 | 8 | 2 | 249 | 8 | 1 | 695 |

1) standardized by age

TABLE 109. MEAN DAILY INTAKE OF NICKEL BY SEX, AGE AND AREA

| | | NICKEL in micrograms | | | | | | | | | | | |
|-------|--------|----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 185 | 129 | 13 | 139 | 64 | 25 | 168 | 97 | 18 | 159 | 93 | 56 |
| | 30-39 | 172 | 81 | 56 | 164 | 78 | 84 | 192 | 102 | 53 | 174 | 86 | 193 |
| | 40-49 | 158 | 65 | 45 | 159 | 68 | 41 | 193 | 126 | 55 | 172 | 95 | 141 |
| | 50-59 | 146 | 65 | 68 | 161 | 79 | 49 | 170 | 93 | 69 | 159 | 80 | 186 |
| | 60-64 | 154 | 72 | 26 | 172 | 93 | 13 | 174 | 136 | 38 | 167 | 110 | 77 |
| | ALL 1) | 164 | 84 | 208 | 158 | 75 | 212 | 182 | 109 | 233 | 168 | 92 | 653 |
| WOMEN | 25-29 | 139 | 63 | 12 | 140 | 65 | 18 | 139 | 79 | 23 | 139 | 70 | 53 |
| | 30-39 | 136 | 66 | 58 | 130 | 50 | 52 | 126 | 53 | 68 | 130 | 57 | 178 |
| | 40-49 | 130 | 51 | 67 | 139 | 62 | 58 | 124 | 67 | 58 | 131 | 60 | 183 |
| | 50-59 | 140 | 55 | 68 | 142 | 63 | 53 | 137 | 67 | 67 | 140 | 62 | 188 |
| | 60-64 | 121 | 57 | 30 | 129 | 58 | 30 | 137 | 57 | 33 | 129 | 57 | 93 |
| | ALL 1) | 134 | 58 | 235 | 136 | 59 | 211 | 131 | 65 | 249 | 134 | 61 | 695 |

1) standardized by age

TABLE 110. MEAN DAILY INTAKE OF NICKEL PER 1000 KCAL BY SEX, AGE AND AREA

| | | NICKEL in micrograms/1000 kcal | | | | | | | | | | | |
|-------|--------|--------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 53 | 42 | 13 | 51 | 23 | 25 | 56 | 30 | 18 | 53 | 30 | 56 |
| | 30-39 | 55 | 19 | 56 | 52 | 28 | 84 | 69 | 41 | 53 | 58 | 31 | 193 |
| | 40-49 | 56 | 22 | 45 | 59 | 31 | 41 | 71 | 45 | 55 | 63 | 35 | 141 |
| | 50-59 | 60 | 29 | 68 | 62 | 27 | 49 | 69 | 38 | 69 | 64 | 32 | 186 |
| | 60-64 | 69 | 32 | 26 | 74 | 42 | 13 | 69 | 36 | 38 | 70 | 35 | 77 |
| | ALL 1) | 57 | 28 | 208 | 58 | 30 | 212 | 67 | 39 | 233 | 61 | 33 | 653 |
| WOMEN | 25-29 | 66 | 34 | 12 | 63 | 32 | 18 | 66 | 31 | 23 | 65 | 31 | 53 |
| | 30-39 | 64 | 36 | 58 | 60 | 21 | 52 | 62 | 24 | 68 | 62 | 28 | 178 |
| | 40-49 | 66 | 29 | 67 | 70 | 30 | 58 | 67 | 40 | 58 | 68 | 33 | 183 |
| | 50-59 | 70 | 29 | 68 | 77 | 37 | 53 | 70 | 29 | 67 | 72 | 31 | 188 |
| | 60-64 | 64 | 22 | 30 | 80 | 34 | 30 | 82 | 31 | 33 | 76 | 30 | 93 |
| | ALL 1) | 66 | 30 | 235 | 69 | 31 | 211 | 68 | 32 | 249 | 68 | 31 | 695 |

1) standardized by age

TABLE 111. MEAN DAILY INTAKE OF CHROMIUM BY SEX, AGE AND AREA

| | | CHROMIUM in micrograms | | | | | | | | | | | |
|--------|--------|------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 46 | 12 | 13 | 37 | 10 | 25 | 42 | 12 | 18 | 41 | 12 | 56 |
| | 30-39 | 45 | 14 | 56 | 45 | 13 | 84 | 40 | 13 | 53 | 43 | 14 | 193 |
| | 40-49 | 39 | 10 | 45 | 38 | 10 | 41 | 35 | 9 | 55 | 37 | 9 | 141 |
| | 50-59 | 34 | 11 | 68 | 35 | 10 | 49 | 34 | 10 | 69 | 34 | 10 | 186 |
| | 60-64 | 30 | 7 | 26 | 32 | 11 | 13 | 32 | 10 | 38 | 32 | 9 | 77 |
| | ALL 1) | 40 | 12 | 208 | 38 | 12 | 212 | 37 | 11 | 233 | 38 | 12 | 653 |
| | WOMEN | 25-29 | 34 | 10 | 12 | 32 | 10 | 18 | 30 | 13 | 23 | 32 | 11 |
| 30-39 | | 30 | 9 | 58 | 31 | 8 | 52 | 31 | 8 | 68 | 31 | 8 | 178 |
| 40-49 | | 29 | 9 | 67 | 28 | 8 | 58 | 28 | 7 | 58 | 28 | 8 | 183 |
| 50-59 | | 29 | 8 | 68 | 26 | 7 | 53 | 28 | 7 | 67 | 28 | 7 | 188 |
| 60-64 | | 25 | 7 | 30 | 24 | 7 | 30 | 24 | 7 | 33 | 24 | 7 | 93 |
| ALL 1) | | 30 | 9 | 235 | 29 | 8 | 211 | 28 | 9 | 249 | 29 | 9 | 695 |

1) standardized by age

TABLE 112. MEAN DAILY INTAKE OF CHROMIUM PER 1000 KCAL BY SEX, AGE AND AREA

| | | CHROMIUM in micrograms/1000 kcal | | | | | | | | | | | |
|--------|--------|----------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 13 | 2 | 13 | 13 | 2 | 25 | 13 | 2 | 18 | 13 | 2 | 56 |
| | 30-39 | 14 | 3 | 56 | 14 | 3 | 84 | 13 | 2 | 53 | 14 | 3 | 193 |
| | 40-49 | 13 | 2 | 45 | 14 | 2 | 41 | 13 | 2 | 55 | 13 | 2 | 141 |
| | 50-59 | 14 | 2 | 68 | 13 | 2 | 49 | 13 | 2 | 69 | 13 | 2 | 186 |
| | 60-64 | 13 | 2 | 26 | 13 | 2 | 13 | 14 | 3 | 38 | 14 | 2 | 77 |
| | ALL 1) | 14 | 2 | 208 | 14 | 2 | 212 | 13 | 2 | 233 | 13 | 2 | 653 |
| | WOMEN | 25-29 | 14 | 2 | 12 | 14 | 3 | 18 | 14 | 3 | 23 | 14 | 2 |
| 30-39 | | 14 | 2 | 58 | 14 | 3 | 52 | 15 | 3 | 68 | 14 | 3 | 178 |
| 40-49 | | 14 | 2 | 67 | 14 | 2 | 58 | 15 | 3 | 58 | 14 | 2 | 183 |
| 50-59 | | 14 | 3 | 68 | 14 | 3 | 53 | 14 | 2 | 67 | 14 | 2 | 188 |
| 60-64 | | 13 | 2 | 30 | 14 | 3 | 30 | 14 | 3 | 33 | 14 | 2 | 93 |
| ALL 1) | | 14 | 2 | 235 | 14 | 2 | 211 | 14 | 3 | 249 | 14 | 2 | 695 |

1) standardized by age

TABLE 113. MEAN DAILY INTAKE OF FLUORINE BY SEX, AGE AND AREA

| | | FLUORINE in micrograms | | | | | | | | | | | |
|--------|--------|------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 562 | 116 | 13 | 423 | 123 | 25 | 487 | 147 | 18 | 476 | 139 | 56 |
| | 30-39 | 537 | 177 | 56 | 511 | 166 | 84 | 515 | 195 | 53 | 520 | 177 | 193 |
| | 40-49 | 503 | 147 | 45 | 500 | 159 | 41 | 464 | 119 | 55 | 487 | 141 | 141 |
| | 50-59 | 455 | 152 | 68 | 489 | 222 | 49 | 455 | 143 | 69 | 464 | 170 | 186 |
| | 60-64 | 437 | 106 | 26 | 470 | 146 | 13 | 469 | 215 | 38 | 458 | 172 | 77 |
| | ALL 1) | 507 | 153 | 208 | 484 | 170 | 212 | 481 | 162 | 233 | 490 | 162 | 653 |
| | WOMEN | 25-29 | 418 | 115 | 12 | 432 | 182 | 18 | 387 | 176 | 23 | 409 | 165 |
| 30-39 | | 386 | 128 | 58 | 424 | 125 | 52 | 391 | 121 | 68 | 399 | 125 | 178 |
| 40-49 | | 396 | 115 | 67 | 380 | 116 | 58 | 366 | 98 | 58 | 382 | 111 | 183 |
| 50-59 | | 399 | 119 | 68 | 347 | 94 | 53 | 387 | 130 | 67 | 380 | 118 | 188 |
| 60-64 | | 359 | 120 | 30 | 346 | 110 | 30 | 347 | 104 | 33 | 351 | 110 | 93 |
| ALL 1) | | 394 | 120 | 235 | 387 | 130 | 211 | 378 | 126 | 249 | 386 | 125 | 695 |

1) standardized by age

TABLE 114. MEAN DAILY INTAKE OF FLUORINE PER 1000 KCAL BY SEX, AGE AND AREA

| | | FLUORINE in micrograms/1000 kcal | | | | | | | | | | | |
|--------|--------|----------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 160 | 21 | 13 | 154 | 22 | 25 | 159 | 26 | 18 | 157 | 23 | 56 |
| | 30-39 | 174 | 43 | 56 | 166 | 63 | 84 | 177 | 49 | 53 | 171 | 54 | 193 |
| | 40-49 | 177 | 40 | 45 | 179 | 38 | 41 | 172 | 43 | 55 | 176 | 41 | 141 |
| | 50-59 | 184 | 48 | 68 | 182 | 46 | 49 | 183 | 51 | 69 | 183 | 48 | 186 |
| | 60-64 | 196 | 53 | 26 | 196 | 68 | 13 | 201 | 70 | 38 | 199 | 64 | 77 |
| | ALL 1) | 176 | 42 | 208 | 173 | 50 | 212 | 176 | 48 | 233 | 175 | 47 | 653 |
| | WOMEN | 25-29 | 191 | 69 | 12 | 186 | 53 | 18 | 182 | 43 | 23 | 186 | 52 |
| 30-39 | | 182 | 49 | 58 | 195 | 49 | 52 | 193 | 60 | 68 | 190 | 54 | 178 |
| 40-49 | | 199 | 55 | 67 | 184 | 38 | 58 | 197 | 49 | 58 | 193 | 49 | 183 |
| 50-59 | | 196 | 47 | 68 | 186 | 46 | 53 | 199 | 55 | 67 | 194 | 50 | 188 |
| 60-64 | | 191 | 40 | 30 | 207 | 45 | 30 | 204 | 44 | 33 | 201 | 43 | 93 |
| ALL 1) | | 192 | 53 | 235 | 190 | 46 | 211 | 195 | 52 | 249 | 192 | 50 | 695 |

1) standardized by age

TABLE 115. MEAN DAILY INTAKE OF SELENIUM BY SEX, AGE AND AREA

| | | SELENIUM in micrograms | | | | | | | | | | | |
|-------|--------|------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 60 | 18 | 13 | 48 | 17 | 25 | 63 | 24 | 18 | 55 | 21 | 56 |
| | 30-39 | 66 | 37 | 56 | 59 | 26 | 84 | 63 | 33 | 53 | 62 | 31 | 193 |
| | 40-49 | 61 | 29 | 45 | 64 | 24 | 41 | 59 | 21 | 55 | 61 | 25 | 141 |
| | 50-59 | 51 | 26 | 68 | 55 | 27 | 49 | 53 | 25 | 69 | 53 | 26 | 186 |
| | 60-64 | 53 | 26 | 26 | 55 | 25 | 13 | 46 | 18 | 38 | 50 | 22 | 77 |
| | ALL 1) | 60 | 29 | 208 | 57 | 25 | 212 | 58 | 26 | 233 | 58 | 27 | 653 |
| WOMEN | 25-29 | 47 | 16 | 12 | 51 | 24 | 18 | 44 | 21 | 23 | 47 | 21 | 53 |
| | 30-39 | 47 | 18 | 58 | 50 | 19 | 52 | 48 | 18 | 68 | 48 | 18 | 178 |
| | 40-49 | 45 | 19 | 67 | 43 | 17 | 58 | 44 | 14 | 58 | 44 | 17 | 183 |
| | 50-59 | 45 | 15 | 68 | 39 | 12 | 53 | 43 | 18 | 67 | 43 | 15 | 188 |
| | 60-64 | 39 | 12 | 30 | 36 | 17 | 30 | 36 | 14 | 33 | 37 | 14 | 93 |
| | ALL 1) | 45 | 17 | 235 | 44 | 19 | 211 | 44 | 17 | 249 | 44 | 17 | 695 |

1) standardized by age

TABLE 116. MEAN DAILY INTAKE OF SELENIUM PER 1000 KCAL BY SEX, AGE AND AREA

| | | SELENIUM in micrograms /1000 kcal | | | | | | | | | | | |
|-------|--------|-----------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 17 | 5 | 13 | 17 | 5 | 25 | 20 | 7 | 18 | 18 | 6 | 56 |
| | 30-39 | 21 | 9 | 56 | 18 | 6 | 84 | 21 | 8 | 53 | 20 | 8 | 193 |
| | 40-49 | 21 | 7 | 45 | 23 | 8 | 41 | 21 | 6 | 55 | 22 | 7 | 141 |
| | 50-59 | 20 | 7 | 68 | 21 | 9 | 49 | 21 | 7 | 69 | 21 | 8 | 186 |
| | 60-64 | 23 | 9 | 26 | 22 | 10 | 13 | 19 | 6 | 38 | 21 | 8 | 77 |
| | ALL 1) | 20 | 8 | 208 | 20 | 8 | 212 | 21 | 7 | 233 | 20 | 7 | 653 |
| WOMEN | 25-29 | 20 | 5 | 12 | 22 | 11 | 18 | 20 | 6 | 23 | 21 | 8 | 53 |
| | 30-39 | 21 | 6 | 58 | 23 | 7 | 52 | 23 | 7 | 68 | 22 | 7 | 178 |
| | 40-49 | 22 | 8 | 67 | 20 | 6 | 58 | 23 | 6 | 58 | 22 | 7 | 183 |
| | 50-59 | 22 | 7 | 68 | 20 | 6 | 53 | 22 | 8 | 67 | 22 | 7 | 188 |
| | 60-64 | 22 | 6 | 30 | 21 | 8 | 30 | 21 | 7 | 33 | 21 | 7 | 93 |
| | ALL 1) | 21 | 7 | 235 | 21 | 8 | 211 | 22 | 7 | 249 | 22 | 7 | 695 |

1) standardized by age

TABLE 117. MEAN DAILY INTAKE OF SILICON BY SEX, AGE AND AREA

| | | SILICON in milligrams | | | | | | | | | | | |
|--------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 39 | 14 | 13 | 38 | 21 | 25 | 44 | 19 | 18 | 40 | 19 | 56 |
| | 30-39 | 47 | 33 | 56 | 46 | 39 | 84 | 39 | 26 | 53 | 45 | 34 | 193 |
| | 40-49 | 39 | 22 | 45 | 36 | 17 | 41 | 34 | 19 | 55 | 36 | 19 | 141 |
| | 50-59 | 30 | 13 | 68 | 32 | 13 | 49 | 34 | 23 | 69 | 32 | 17 | 186 |
| | 60-64 | 25 | 9 | 26 | 25 | 10 | 13 | 30 | 19 | 38 | 27 | 15 | 77 |
| | ALL 1) | 38 | 23 | 208 | 38 | 25 | 212 | 37 | 22 | 233 | 37 | 23 | 653 |
| | WOMEN | 25-29 | 31 | 11 | 12 | 26 | 10 | 18 | 25 | 11 | 23 | 27 | 11 |
| 30-39 | | 31 | 18 | 58 | 28 | 13 | 52 | 25 | 12 | 68 | 28 | 14 | 178 |
| 40-49 | | 27 | 13 | 67 | 31 | 21 | 58 | 26 | 16 | 58 | 28 | 17 | 183 |
| 50-59 | | 30 | 16 | 68 | 27 | 14 | 53 | 25 | 13 | 67 | 27 | 14 | 188 |
| 60-64 | | 24 | 10 | 30 | 27 | 15 | 30 | 23 | 13 | 33 | 24 | 13 | 93 |
| ALL 1) | | 29 | 15 | 235 | 28 | 15 | 211 | 25 | 13 | 249 | 27 | 14 | 695 |

1) standardized by age

TABLE 118. MEAN DAILY INTAKE OF SILICON PER 1000 KCAL BY SEX, AGE AND AREA

| | | SILICON in milligrams/1000 kcal | | | | | | | | | | | |
|--------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 11 | 4 | 13 | 13 | 5 | 25 | 14 | 7 | 18 | 13 | 5 | 56 |
| | 30-39 | 15 | 9 | 56 | 15 | 12 | 84 | 13 | 7 | 53 | 14 | 10 | 193 |
| | 40-49 | 13 | 7 | 45 | 13 | 6 | 41 | 12 | 6 | 55 | 13 | 6 | 141 |
| | 50-59 | 12 | 5 | 68 | 13 | 6 | 49 | 13 | 7 | 69 | 13 | 6 | 186 |
| | 60-64 | 11 | 3 | 26 | 10 | 3 | 13 | 13 | 9 | 38 | 12 | 6 | 77 |
| | ALL 1) | 13 | 7 | 208 | 13 | 8 | 212 | 13 | 7 | 233 | 13 | 7 | 653 |
| | WOMEN | 25-29 | 13 | 4 | 12 | 12 | 5 | 18 | 12 | 5 | 23 | 12 | 4 |
| 30-39 | | 14 | 7 | 58 | 13 | 5 | 52 | 12 | 5 | 68 | 13 | 6 | 178 |
| 40-49 | | 13 | 5 | 67 | 15 | 8 | 58 | 14 | 7 | 58 | 14 | 7 | 183 |
| 50-59 | | 15 | 7 | 68 | 15 | 10 | 53 | 13 | 5 | 67 | 14 | 7 | 188 |
| 60-64 | | 13 | 5 | 30 | 16 | 7 | 30 | 13 | 5 | 33 | 14 | 6 | 93 |
| ALL 1) | | 14 | 6 | 235 | 14 | 8 | 211 | 13 | 6 | 249 | 13 | 6 | 695 |

1) standardized by age

TABLE 120. MEAN DAILY INTAKE OF MERCURY BY SEX, AGE AND AREA

| | | MERCURY in micrograms | | | | | | | | | | | |
|--------|--------|-----------------------|------|-----|-----------------|------|-----|-------------------|-----|-----|------|------|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 8.5 | 10.6 | 13 | 4.5 | 3.4 | 25 | 4.8 | 3.1 | 18 | 5.5 | 5.9 | 56 |
| | 30-39 | 7.9 | 10.2 | 56 | 7.9 | 11.1 | 84 | 5.3 | 4.9 | 53 | 7.2 | 9.5 | 193 |
| | 40-49 | 8.5 | 9.3 | 45 | 8.5 | 7.0 | 41 | 6.2 | 6.0 | 55 | 7.6 | 7.5 | 141 |
| | 50-59 | 7.2 | 7.8 | 68 | 11.2 | 14.9 | 49 | 7.1 | 9.6 | 69 | 8.2 | 10.8 | 186 |
| | 60-64 | 12.4 | 19.0 | 26 | 10.4 | 14.8 | 13 | 4.6 | 4.2 | 38 | 8.2 | 13.2 | 77 |
| | ALL 1) | 8.5 | 10.7 | 208 | 8.3 | 10.7 | 212 | 5.7 | 6.1 | 233 | 7.4 | 9.4 | 653 |
| | WOMEN | 25-29 | 4.1 | 2.4 | 12 | 4.4 | 5.8 | 18 | 3.9 | 4.2 | 23 | 4.1 | 4.4 |
| 30-39 | | 6.2 | 7.6 | 58 | 7.9 | 17.8 | 52 | 4.7 | 3.9 | 68 | 6.1 | 10.8 | 178 |
| 40-49 | | 5.9 | 6.3 | 67 | 5.1 | 4.8 | 58 | 4.4 | 4.6 | 58 | 5.2 | 5.3 | 183 |
| 50-59 | | 6.4 | 6.5 | 68 | 4.2 | 2.9 | 53 | 4.2 | 3.8 | 67 | 5.0 | 4.9 | 188 |
| 60-64 | | 5.2 | 5.3 | 30 | 8.8 | 19.6 | 30 | 3.6 | 2.7 | 33 | 5.8 | 11.7 | 93 |
| ALL 1) | | 5.7 | 6.1 | 235 | 5.9 | 11.6 | 211 | 4.3 | 4.0 | 249 | 5.2 | 7.7 | 695 |

1) standardized by age

TABLE 120. MEAN DAILY INTAKE OF MERCURY PER 1000 KCAL BY SEX, AGE AND AREA

| | | MERCURY in micrograms/1000 kcal | | | | | | | | | | | |
|--------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 2.4 | 2.7 | 13 | 1.6 | 1.0 | 25 | 1.5 | 1.0 | 18 | 1.8 | 1.6 | 56 |
| | 30-39 | 2.4 | 2.6 | 56 | 2.3 | 2.7 | 84 | 1.8 | 1.3 | 53 | 2.2 | 2.4 | 193 |
| | 40-49 | 2.8 | 2.6 | 45 | 3.1 | 2.5 | 41 | 2.3 | 2.2 | 55 | 2.7 | 2.4 | 141 |
| | 50-59 | 2.8 | 2.7 | 68 | 4.0 | 5.2 | 49 | 2.8 | 3.9 | 69 | 3.1 | 3.9 | 186 |
| | 60-64 | 5.0 | 7.0 | 26 | 4.3 | 6.0 | 13 | 2.0 | 2.1 | 38 | 3.4 | 5.1 | 77 |
| | ALL 1) | 2.8 | 3.3 | 208 | 2.9 | 3.6 | 212 | 2.1 | 2.3 | 233 | 2.6 | 3.1 | 653 |
| | WOMEN | 25-29 | 2.0 | 1.6 | 12 | 2.2 | 3.7 | 18 | 1.8 | 1.6 | 23 | 2.0 | 2.5 |
| 30-39 | | 3.0 | 3.9 | 58 | 3.4 | 6.5 | 52 | 2.4 | 2.2 | 68 | 2.9 | 4.4 | 178 |
| 40-49 | | 3.0 | 3.7 | 67 | 2.7 | 3.9 | 58 | 2.3 | 2.3 | 58 | 2.7 | 3.4 | 183 |
| 50-59 | | 3.1 | 3.2 | 68 | 2.3 | 1.8 | 53 | 2.2 | 2.0 | 67 | 2.6 | 2.5 | 188 |
| 60-64 | | 2.9 | 2.5 | 30 | 4.4 | 6.7 | 30 | 2.2 | 1.9 | 33 | 3.1 | 4.3 | 93 |
| ALL 1) | | 2.9 | 3.3 | 235 | 2.9 | 4.7 | 211 | 2.2 | 2.0 | 249 | 2.6 | 3.4 | 695 |

1) standardized by age

TABLE 121. MEAN DAILY INTAKE OF ARSENIC BY SEX, AGE AND AREA

| | | ARSENIC in micrograms | | | | | | | | | | | |
|-------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 61 | 32 | 13 | 55 | 39 | 25 | 69 | 45 | 18 | 61 | 39 | 56 |
| | 30-39 | 76 | 63 | 56 | 68 | 60 | 84 | 69 | 58 | 53 | 71 | 60 | 193 |
| | 40-49 | 66 | 45 | 45 | 77 | 53 | 41 | 79 | 68 | 55 | 74 | 57 | 141 |
| | 50-59 | 56 | 36 | 68 | 64 | 39 | 49 | 70 | 67 | 69 | 63 | 50 | 186 |
| | 60-64 | 64 | 41 | 26 | 51 | 25 | 13 | 57 | 28 | 38 | 58 | 33 | 77 |
| | ALL 1) | 66 | 47 | 208 | 66 | 49 | 212 | 71 | 58 | 233 | 67 | 52 | 653 |
| WOMEN | 25-29 | 44 | 21 | 12 | 44 | 19 | 18 | 38 | 19 | 23 | 41 | 19 | 53 |
| | 30-39 | 49 | 32 | 58 | 49 | 30 | 52 | 46 | 23 | 68 | 48 | 28 | 178 |
| | 40-49 | 51 | 29 | 67 | 50 | 33 | 58 | 60 | 76 | 58 | 54 | 50 | 183 |
| | 50-59 | 57 | 28 | 68 | 46 | 26 | 53 | 51 | 37 | 67 | 52 | 31 | 188 |
| | 60-64 | 46 | 23 | 30 | 52 | 26 | 30 | 47 | 30 | 33 | 48 | 26 | 93 |
| | ALL 1) | 50 | 28 | 235 | 48 | 28 | 211 | 50 | 46 | 249 | 49 | 35 | 695 |

1) standardized by age

TABLE 122. MEAN DAILY INTAKE OF ARSENIC PER 1000 KCAL BY SEX, AGE AND AREA

| | | ARSENIC in micrograms/1000 kcal | | | | | | | | | | | |
|-------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| Sex | Age | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| MEN | 25-29 | 17 | 11 | 13 | 18 | 11 | 25 | 22 | 14 | 18 | 19 | 12 | 56 |
| | 30-39 | 23 | 15 | 56 | 21 | 19 | 84 | 22 | 14 | 53 | 22 | 17 | 193 |
| | 40-49 | 22 | 12 | 45 | 27 | 18 | 41 | 29 | 28 | 55 | 26 | 21 | 141 |
| | 50-59 | 22 | 11 | 68 | 24 | 15 | 49 | 28 | 26 | 69 | 25 | 19 | 186 |
| | 60-64 | 28 | 17 | 26 | 20 | 8 | 13 | 25 | 12 | 38 | 25 | 13 | 77 |
| | ALL 1) | 22 | 13 | 208 | 23 | 16 | 212 | 25 | 21 | 233 | 23 | 17 | 653 |
| WOMEN | 25-29 | 18 | 8 | 12 | 20 | 12 | 18 | 19 | 10 | 23 | 19 | 10 | 53 |
| | 30-39 | 22 | 12 | 58 | 22 | 13 | 52 | 23 | 13 | 68 | 22 | 13 | 178 |
| | 40-49 | 25 | 13 | 67 | 23 | 15 | 58 | 32 | 49 | 58 | 27 | 30 | 183 |
| | 50-59 | 28 | 13 | 68 | 25 | 18 | 53 | 26 | 20 | 67 | 26 | 17 | 188 |
| | 60-64 | 24 | 10 | 30 | 31 | 14 | 30 | 28 | 19 | 33 | 28 | 15 | 93 |
| | ALL 1) | 24 | 12 | 235 | 24 | 15 | 211 | 26 | 28 | 249 | 24 | 20 | 695 |

1) standardized by age

TABLE 123. MEAN DAILY INTAKE OF CADMIUM BY SEX, AGE AND AREA

| | | CADMIUM in micrograms | | | | | | | | | | | |
|-------|--------|-----------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 17 | 4 | 13 | 15 | 4 | 25 | 18 | 6 | 18 | 17 | 5 | 56 |
| | 30-39 | 17 | 6 | 56 | 17 | 5 | 84 | 17 | 5 | 53 | 17 | 5 | 193 |
| | 40-49 | 16 | 5 | 45 | 16 | 4 | 41 | 16 | 4 | 55 | 16 | 4 | 141 |
| | 50-59 | 14 | 5 | 68 | 15 | 4 | 49 | 14 | 4 | 69 | 14 | 4 | 186 |
| | 60-64 | 13 | 3 | 26 | 14 | 4 | 13 | 14 | 5 | 38 | 13 | 4 | 77 |
| | ALL 1) | 16 | 5 | 208 | 16 | 4 | 212 | 16 | 5 | 233 | 16 | 5 | 653 |
| WOMEN | 25-29 | 13 | 5 | 12 | 14 | 4 | 18 | 12 | 4 | 23 | 13 | 4 | 53 |
| | 30-39 | 13 | 4 | 58 | 13 | 3 | 52 | 13 | 4 | 68 | 13 | 4 | 178 |
| | 40-49 | 13 | 4 | 67 | 13 | 3 | 58 | 12 | 4 | 58 | 13 | 3 | 183 |
| | 50-59 | 13 | 3 | 68 | 13 | 3 | 53 | 13 | 4 | 67 | 13 | 3 | 188 |
| | 60-64 | 11 | 3 | 30 | 12 | 3 | 30 | 12 | 4 | 33 | 12 | 4 | 93 |
| | ALL 1) | 13 | 4 | 235 | 13 | 3 | 211 | 12 | 4 | 249 | 13 | 4 | 695 |

1) standardized by age

TABLE 124. MEAN DAILY INTAKE OF CADMIUM PER 1000 KCAL BY SEX, AGE AND AREA

| | | CADMIUM in micrograms/1000 kcal | | | | | | | | | | | |
|-------|--------|---------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 5 | 1 | 13 | 6 | 1 | 25 | 6 | 1 | 18 | 6 | 1 | 56 |
| | 30-39 | 6 | 1 | 56 | 6 | 2 | 84 | 6 | 1 | 53 | 6 | 2 | 193 |
| | 40-49 | 6 | 1 | 45 | 6 | 1 | 41 | 6 | 1 | 55 | 6 | 1 | 141 |
| | 50-59 | 6 | 1 | 68 | 6 | 1 | 49 | 6 | 1 | 69 | 6 | 1 | 186 |
| | 60-64 | 6 | 1 | 26 | 6 | 1 | 13 | 6 | 1 | 38 | 6 | 1 | 77 |
| | ALL 1) | 6 | 1 | 208 | 6 | 1 | 212 | 6 | 1 | 233 | 6 | 1 | 653 |
| WOMEN | 25-29 | 6 | 1 | 12 | 6 | 1 | 18 | 6 | 1 | 23 | 6 | 1 | 53 |
| | 30-39 | 6 | 2 | 58 | 6 | 1 | 52 | 6 | 1 | 68 | 6 | 2 | 178 |
| | 40-49 | 6 | 2 | 67 | 6 | 2 | 58 | 7 | 1 | 58 | 6 | 2 | 183 |
| | 50-59 | 7 | 1 | 68 | 7 | 2 | 53 | 7 | 2 | 67 | 7 | 2 | 188 |
| | 60-64 | 6 | 1 | 30 | 7 | 2 | 30 | 7 | 2 | 33 | 7 | 2 | 93 |
| | ALL 1) | 6 | 2 | 235 | 6 | 2 | 211 | 6 | 1 | 249 | 6 | 2 | 695 |

1) standardized by age

TABLE 125. MEAN DAILY INTAKE OF LEAD BY SEX, AGE AND AREA

| | | LEAD in micrograms | | | | | | | | | | | |
|-------|--------|--------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 64 | 19 | 13 | 56 | 15 | 25 | 68 | 22 | 18 | 62 | 19 | 56 |
| | 30-39 | 71 | 29 | 56 | 71 | 26 | 84 | 64 | 26 | 53 | 69 | 27 | 193 |
| | 40-49 | 66 | 23 | 45 | 59 | 19 | 41 | 63 | 25 | 55 | 62 | 23 | 141 |
| | 50-59 | 51 | 18 | 68 | 57 | 22 | 49 | 57 | 23 | 69 | 55 | 21 | 186 |
| | 60-64 | 48 | 13 | 26 | 47 | 18 | 13 | 54 | 19 | 38 | 51 | 17 | 77 |
| | ALL 1) | 62 | 24 | 208 | 60 | 22 | 212 | 62 | 24 | 233 | 61 | 23 | 653 |
| WOMEN | 25-29 | 48 | 18 | 12 | 54 | 18 | 18 | 54 | 22 | 23 | 53 | 20 | 53 |
| | 30-39 | 50 | 21 | 58 | 59 | 25 | 52 | 53 | 23 | 68 | 54 | 23 | 178 |
| | 40-49 | 50 | 20 | 67 | 47 | 18 | 58 | 49 | 18 | 58 | 49 | 19 | 183 |
| | 50-59 | 49 | 18 | 68 | 49 | 24 | 53 | 50 | 18 | 67 | 49 | 20 | 188 |
| | 60-64 | 41 | 15 | 30 | 44 | 28 | 30 | 45 | 17 | 33 | 43 | 20 | 93 |
| | ALL 1) | 49 | 19 | 235 | 51 | 23 | 211 | 51 | 20 | 249 | 50 | 21 | 695 |

1) standardized by age

TABLE 126. MEAN DAILY INTAKE OF LEAD PER 1000 KCAL BY SEX, AGE AND AREA

| | | LEAD in micrograms /1000 kcal | | | | | | | | | | | |
|-------|--------|-------------------------------|-----|-----|-----------------|-----|-----|-------------------|-----|-----|------|-----|-----|
| | | Area | | | | | | | | | | | |
| | | NORTH KARELIA | | | KUOPIO PROVINCE | | | SOUTHWEST FINLAND | | | ALL | | |
| | | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N | MEAN | STD | N |
| Sex | Age | | | | | | | | | | | | |
| MEN | 25-29 | 18 | 3 | 13 | 20 | 4 | 25 | 22 | 6 | 18 | 20 | 5 | 56 |
| | 30-39 | 22 | 7 | 56 | 23 | 11 | 84 | 21 | 5 | 53 | 22 | 8 | 193 |
| | 40-49 | 23 | 6 | 45 | 21 | 5 | 41 | 23 | 10 | 55 | 22 | 7 | 141 |
| | 50-59 | 20 | 6 | 68 | 21 | 7 | 49 | 22 | 7 | 69 | 21 | 7 | 186 |
| | 60-64 | 21 | 5 | 26 | 19 | 5 | 13 | 23 | 8 | 38 | 22 | 7 | 77 |
| | ALL 1) | 21 | 6 | 208 | 21 | 7 | 212 | 22 | 7 | 233 | 22 | 7 | 653 |
| WOMEN | 25-29 | 20 | 5 | 12 | 24 | 8 | 18 | 26 | 9 | 23 | 24 | 8 | 53 |
| | 30-39 | 23 | 9 | 58 | 27 | 12 | 52 | 26 | 12 | 68 | 25 | 11 | 178 |
| | 40-49 | 25 | 9 | 67 | 23 | 10 | 58 | 27 | 11 | 58 | 25 | 10 | 183 |
| | 50-59 | 23 | 7 | 68 | 26 | 12 | 53 | 26 | 11 | 67 | 25 | 10 | 188 |
| | 60-64 | 21 | 6 | 30 | 27 | 20 | 30 | 26 | 8 | 33 | 25 | 13 | 93 |
| | ALL 1) | 23 | 8 | 235 | 25 | 12 | 211 | 26 | 10 | 249 | 25 | 10 | 695 |

1) standardized by age

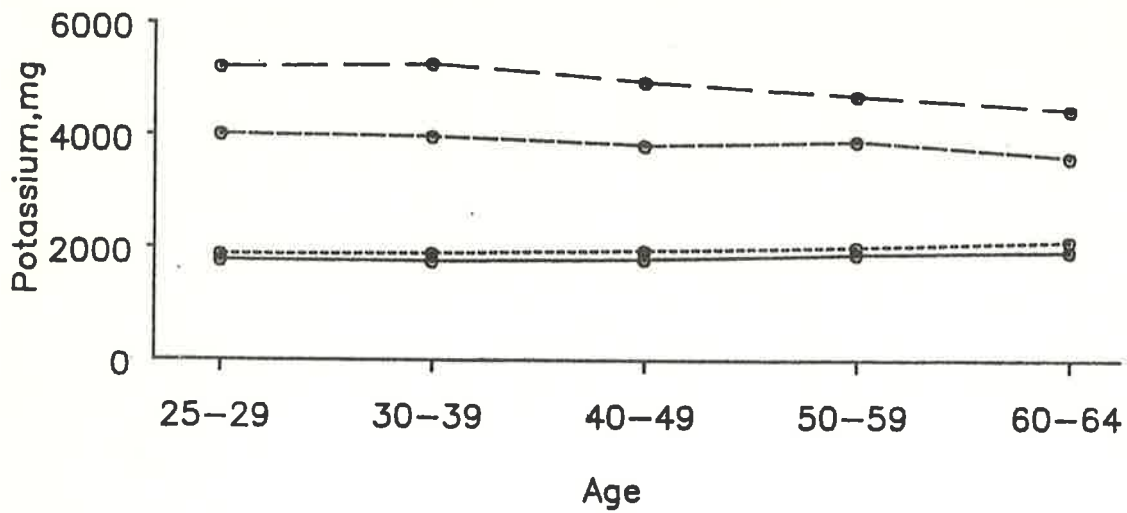


Fig. 54. Potassium intake by age and sex

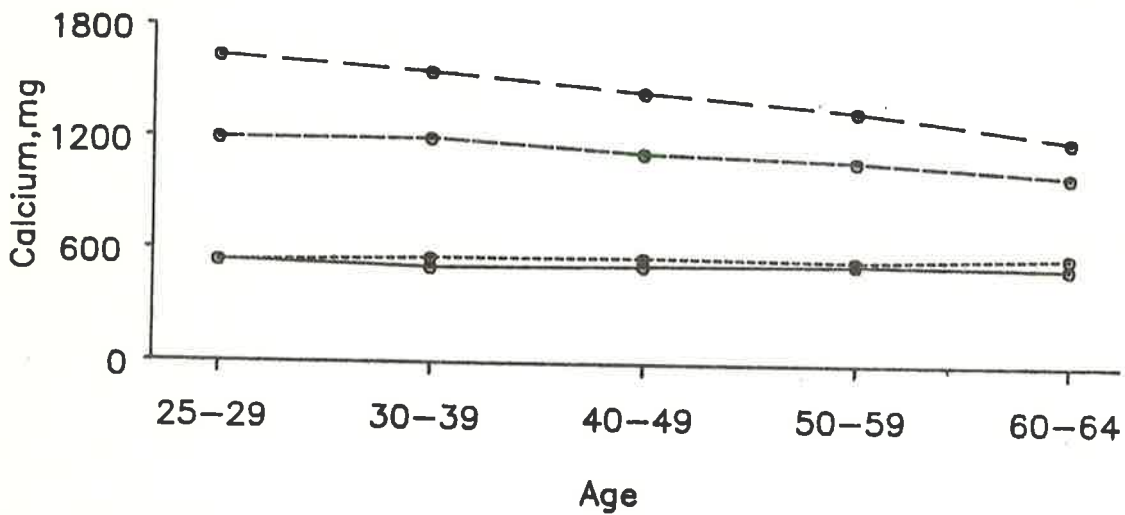


Fig. 55. Calcium intake by age and sex

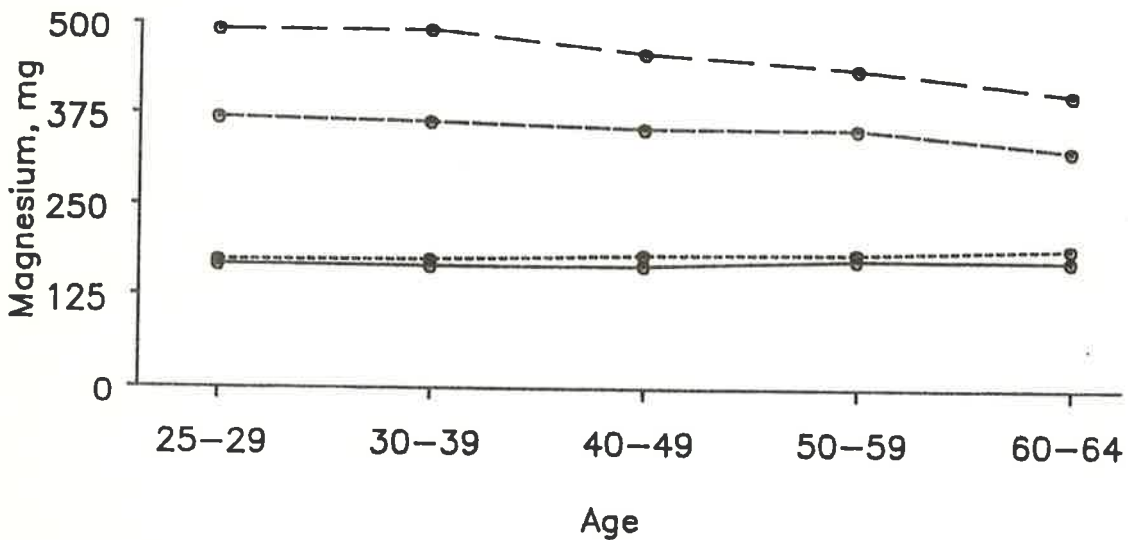


Fig. 56. Magnesium intake by age and sex

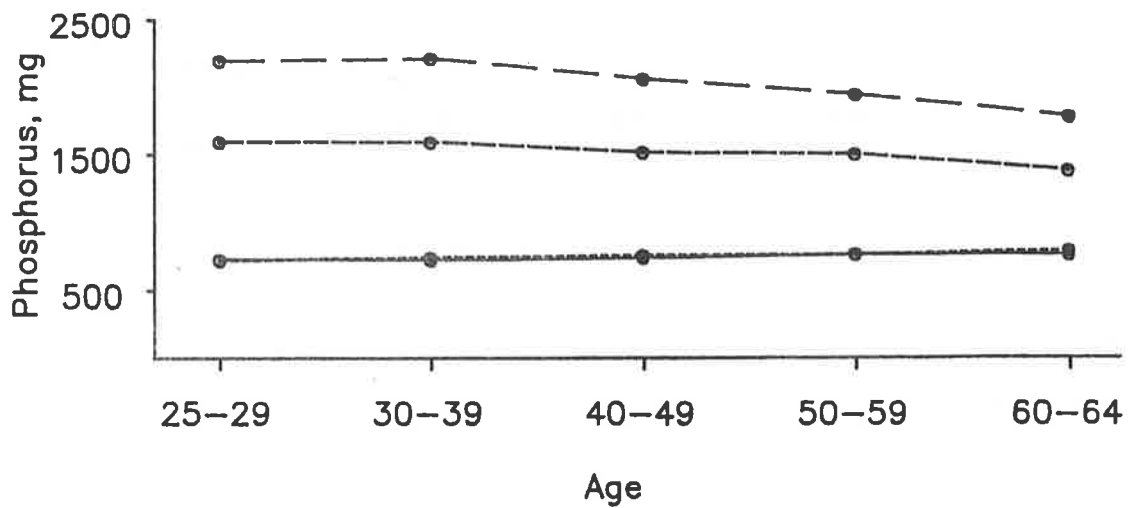


Fig. 57. Phosphorus intake by age and sex

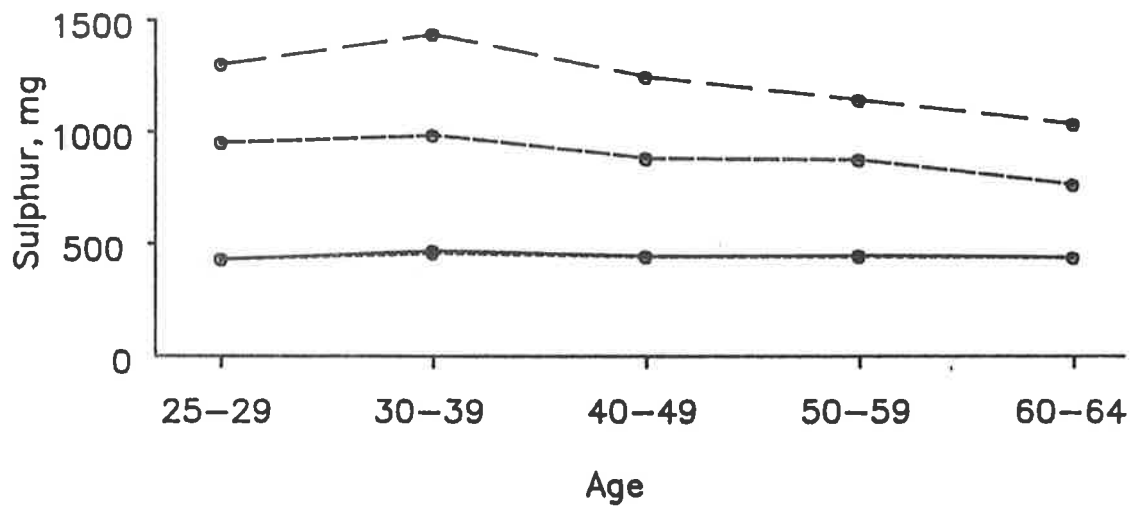


Fig. 58. Sulphur intake by age and sex

- - - total, men - - - total, women
 — /1000 kcal, men - - - /1000 kcal, women

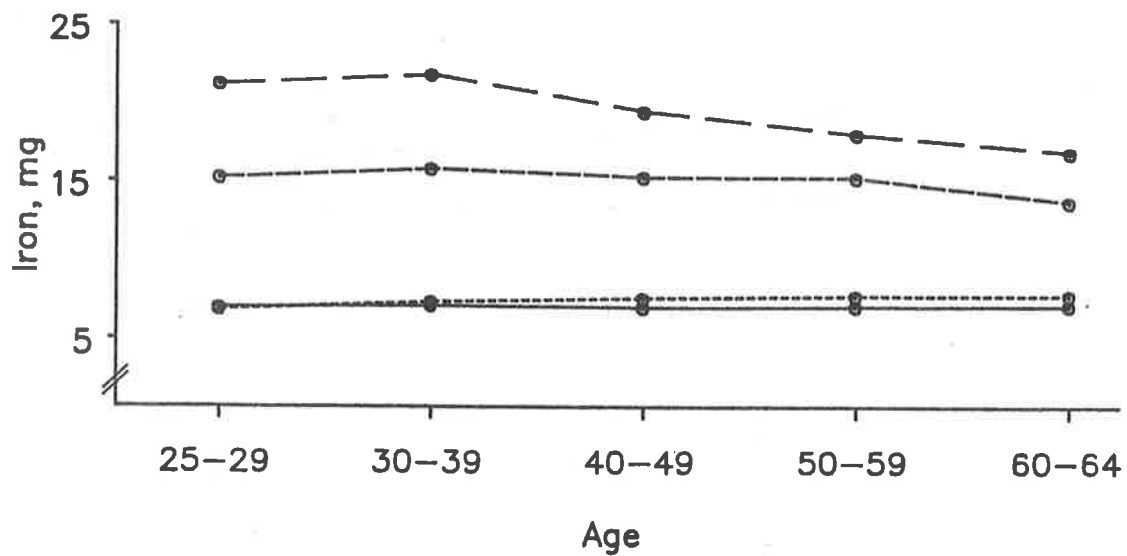


Fig. 59. Iron intake by age and sex

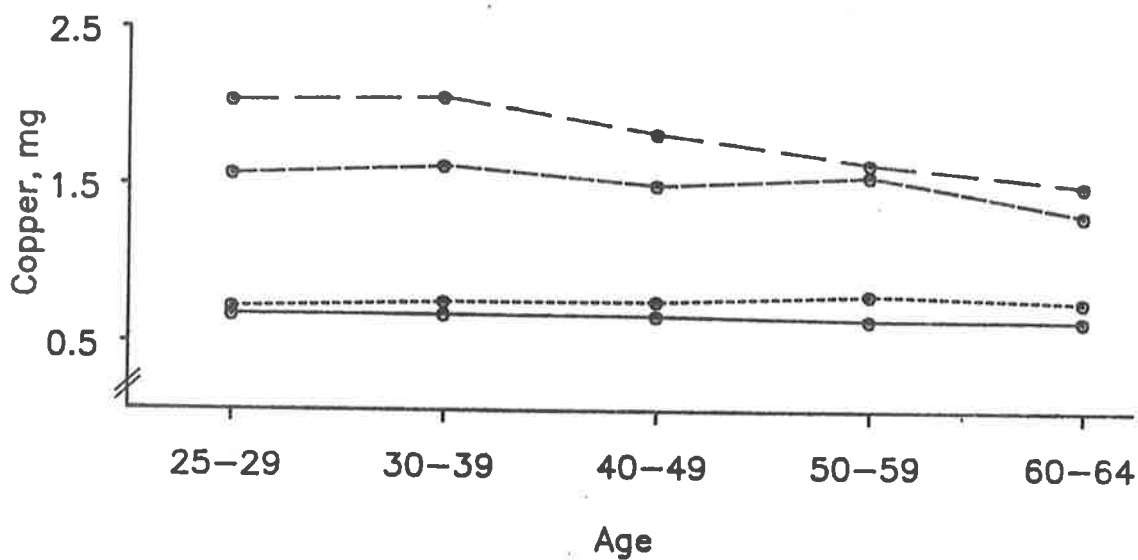


Fig. 60. Copper intake by age and sex

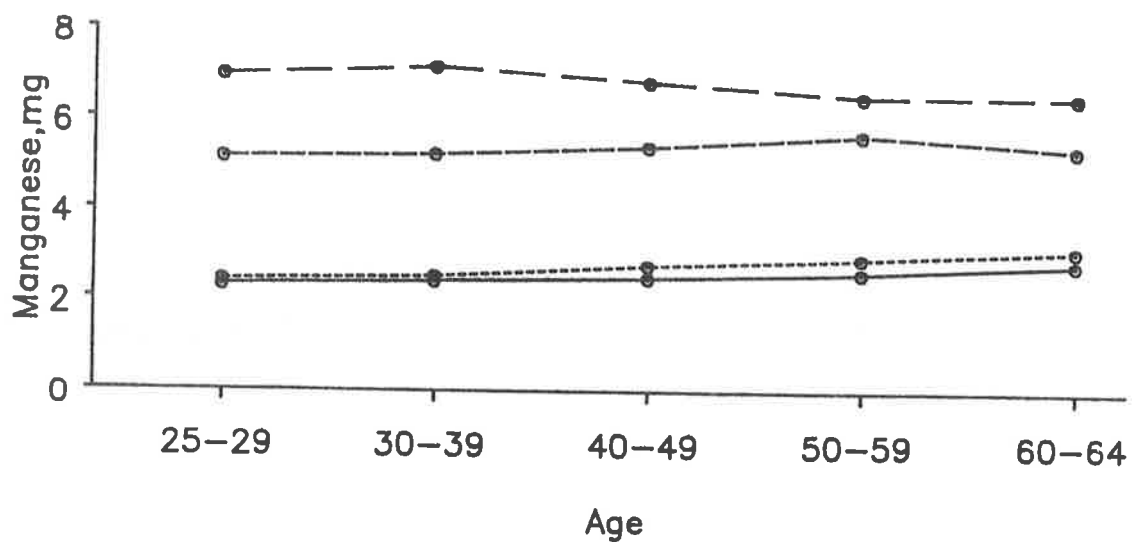


Fig. 61. Manganese intake by age and sex

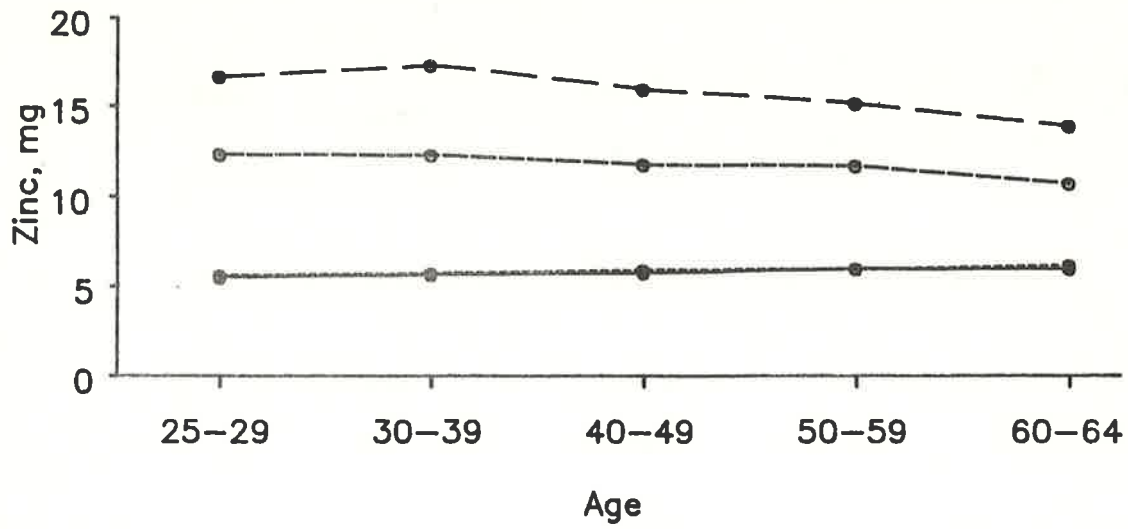


Fig. 62. Zinc intake by age and sex

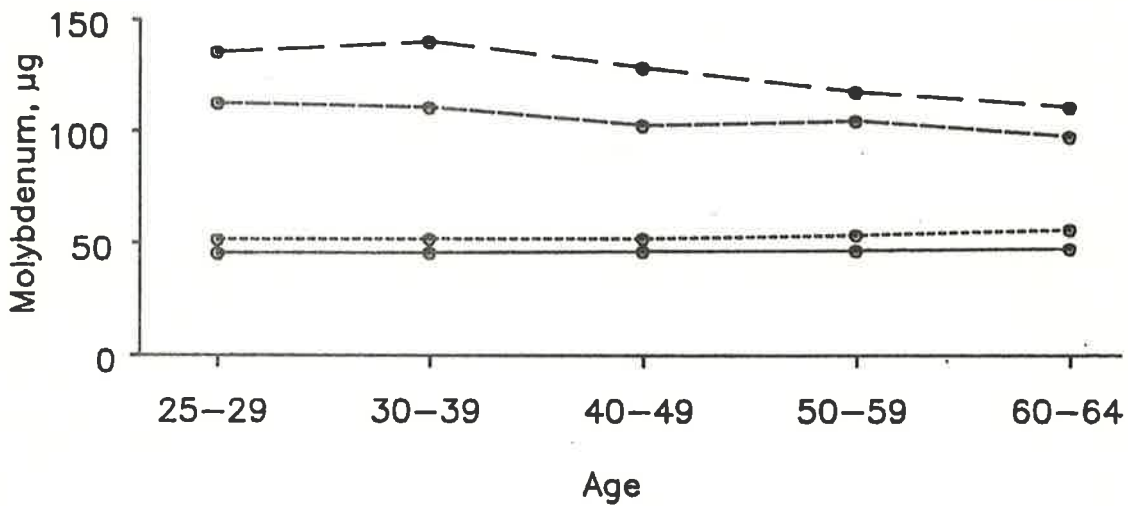


Fig. 63. Molybdenum intake by age and sex

- - - - - total, men - - - - - total, women
 ——— /1000 kcal, men ······ /1000 kcal, women

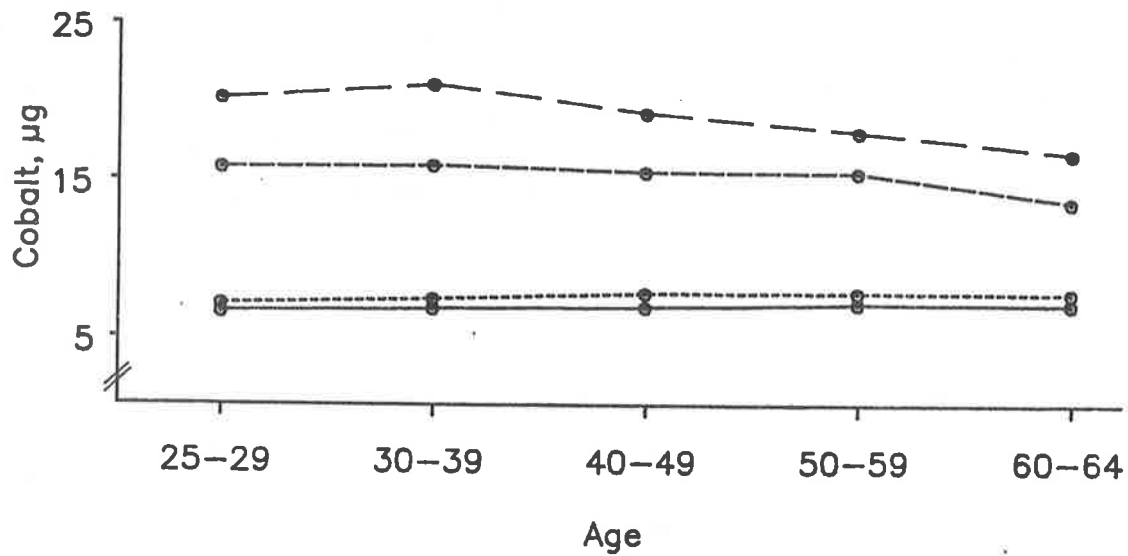


Fig. 64. Cobalt intake by age and sex

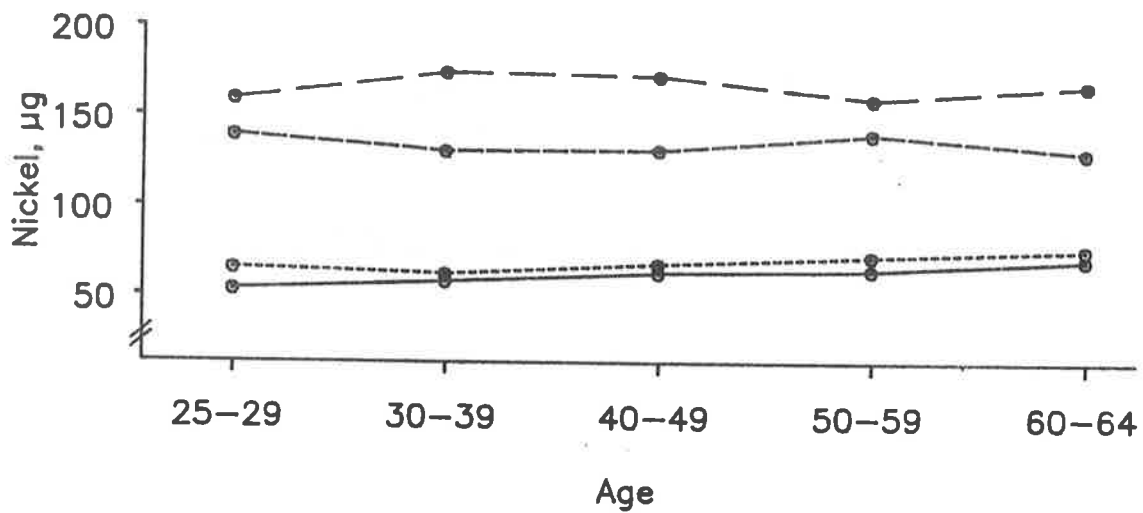


Fig. 65. Nickel intake by age and sex

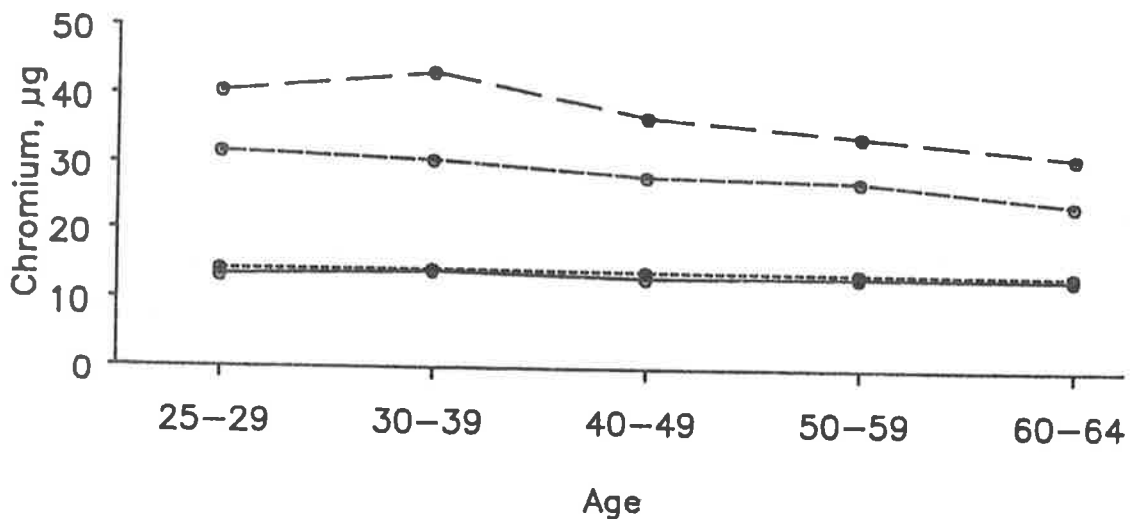


Fig. 66. Chromium intake by age and sex

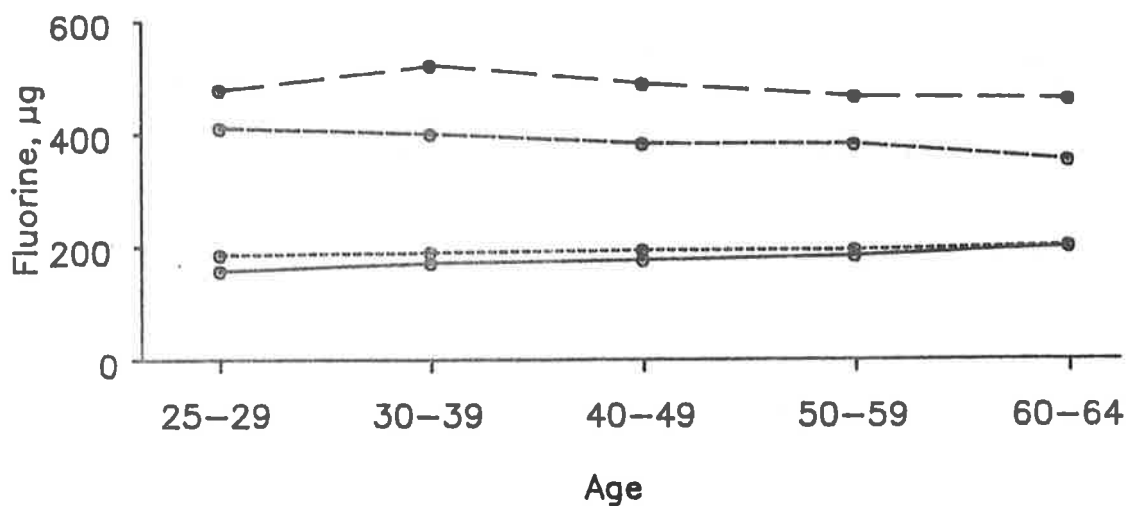


Fig. 67. Fluorine intake by age and sex

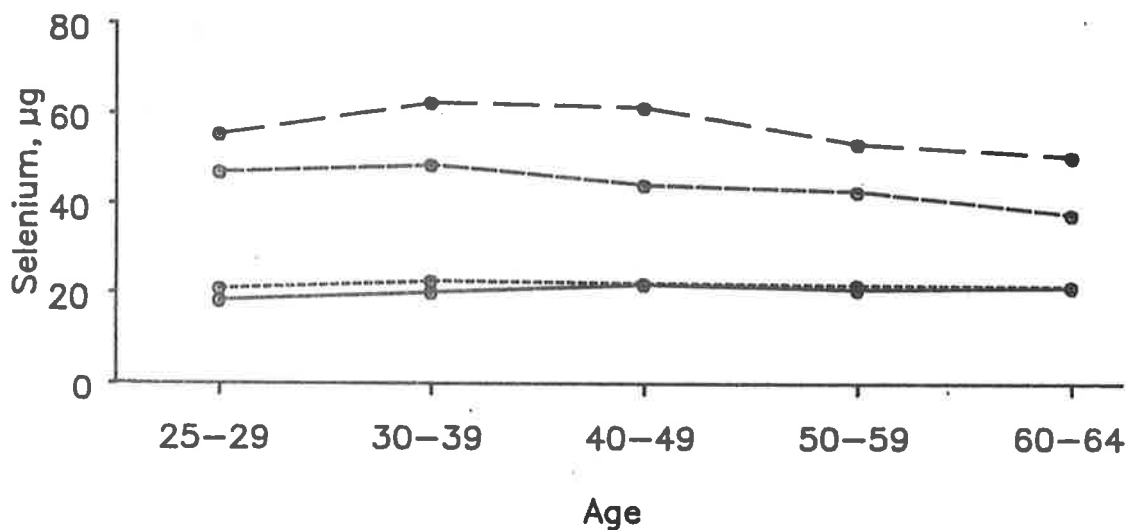


Fig. 68. Selenium intake by age and sex

| | |
|----------------------|-------------------------|
| — — — total, men | ----- total, women |
| ———— /1000 kcal, men | ----- /1000 kcal, women |

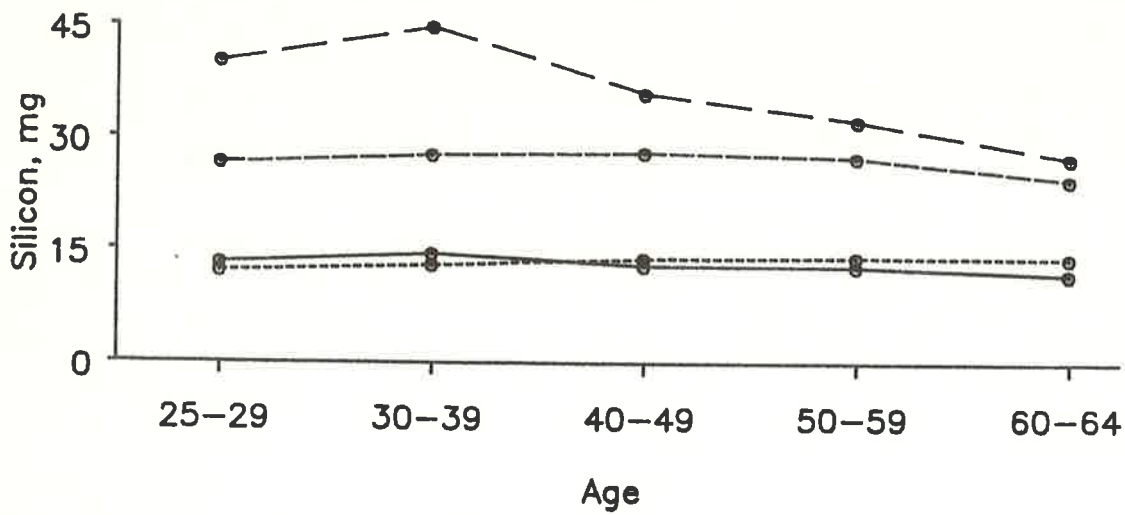


Fig. 69. Silicon intake by age and sex

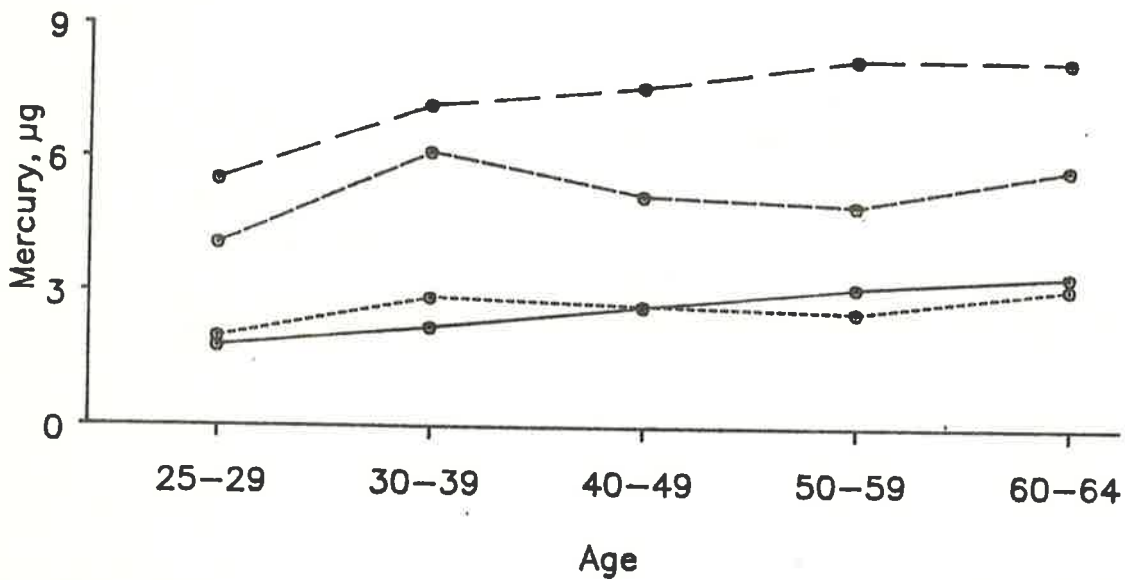


Fig. 70. Mercury intake by age and sex

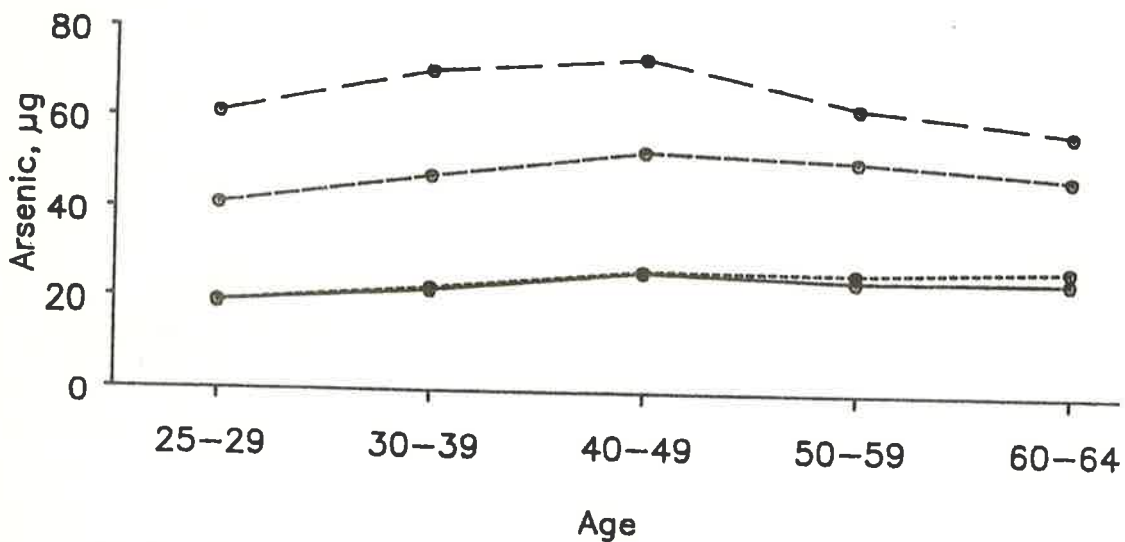


Fig. 71. Arsenic intake by age and sex

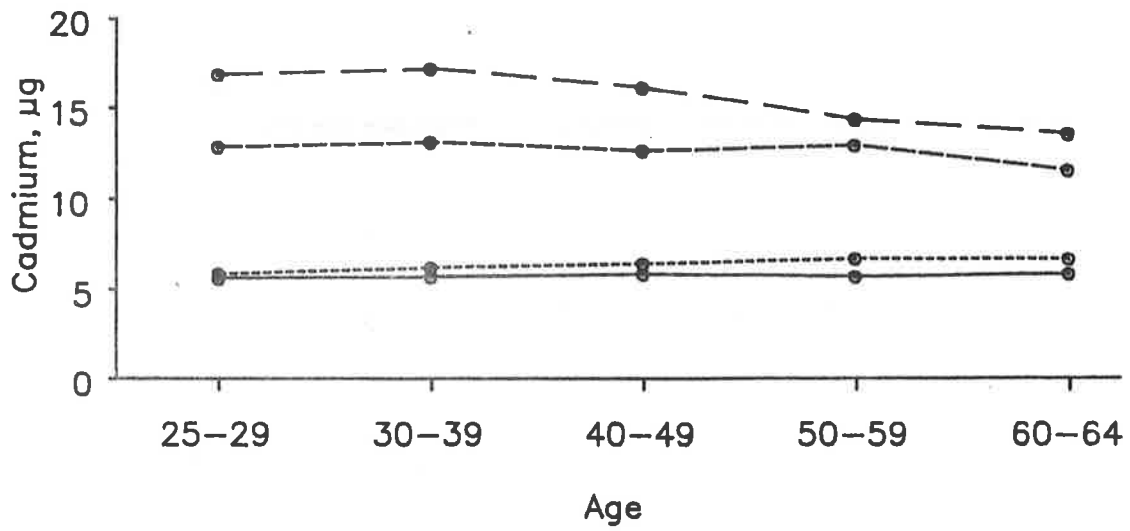


Fig.72. Cadmium intake by age and sex

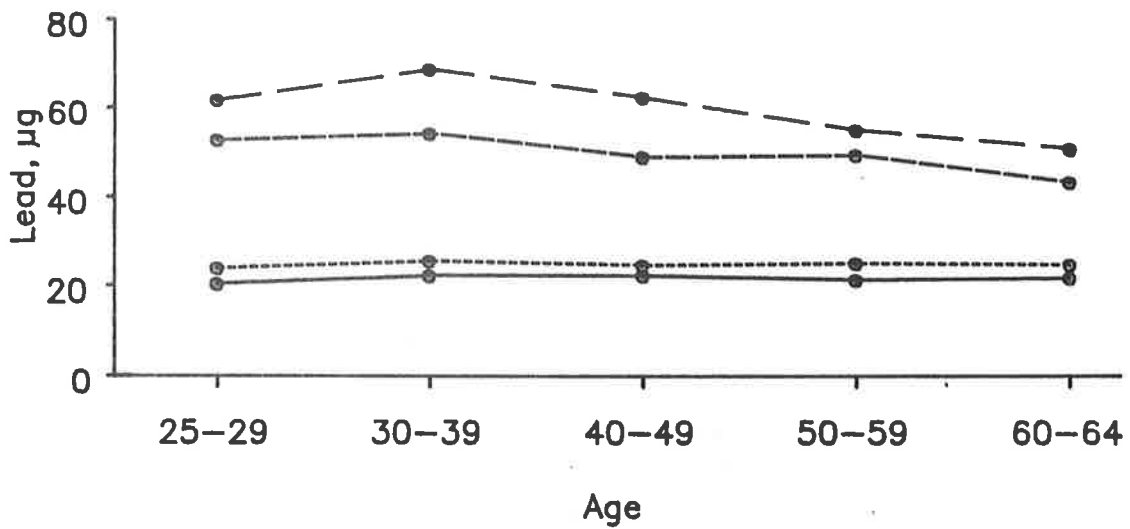


Fig.73. Lead intake by age and sex

— — — total, men - - - - - total, women
 ————— /1000 kcal, men ········ /1000 kcal, women

Table 127. Quantile distribution of daily mineral element intake for men.

| | QUANTILES | | | | |
|----------------|-----------|---------|----------|----------|----------|
| | Q (0.10) | Q(0.25) | Q (0.50) | Q (0.75) | Q (0.90) |
| Potassium, mg | 3374 | 4018 | 4793 | 5687 | 6588 |
| Calcium, mg | 818 | 1053 | 1343 | 1751 | 2169 |
| Magnesium, mg | 316 | 375 | 443 | 532 | 621 |
| Phosphorus, mg | 1379 | 1624 | 1948 | 2390 | 2809 |
| Sulphur, mg | 763 | 940 | 1173 | 1470 | 1789 |
| Iron, mg | 12 | 15 | 19 | 23 | 28 |
| Copper, mg | 1.1 | 1.3 | 1.7 | 2.1 | 2.7 |
| Manganese, mg | 3.9 | 5.0 | 6.5 | 8.4 | 9.9 |
| Zinc, mg | 10 | 13 | 15 | 18 | 22 |
| Molybdenum, µg | 83 | 100 | 120 | 147 | 179 |
| Cobalt, µg | 12 | 15 | 18 | 23 | 27 |
| Nickel, µg | 81 | 103 | 147 | 203 | 279 |
| Chromium, µg | 24 | 29 | 36 | 45 | 54 |
| Fluorine, µg | 307 | 373 | 457 | 573 | 693 |
| Selenium, µg | 31 | 40 | 53 | 69 | 89 |
| Silicon, mg | 17 | 23 | 30 | 44 | 60 |
| Mercury, µg | 2.3 | 3.0 | 4.0 | 7.1 | 17.5 |
| Arsenic, µg | 27 | 37 | 53 | 80 | 125 |
| Cadmium, µg | 10 | 12 | 15 | 18 | 22 |
| Lead, µg | 37 | 43 | 57 | 70 | 93 |

Table 128. Quantile distribution of daily mineral element intake for women.

| | QUANTILES | | | | |
|----------------|-----------|---------|----------|----------|----------|
| | Q (0.10) | Q(0.25) | Q (0.50) | Q (0.75) | Q (0.90) |
| Potassium, mg | 2702 | 3177 | 3780 | 4407 | 5138 |
| Calcium, mg | 644 | 846 | 1083 | 1333 | 1620 |
| Magnesium, mg | 252 | 296 | 349 | 412 | 475 |
| Phosphorus, mg | 980 | 1221 | 1484 | 1777 | 2053 |
| Sulphur, mg | 590 | 707 | 843 | 1027 | 1251 |
| Iron, mg | 10 | 12 | 14 | 17 | 21 |
| Copper, mg | 0.9 | 1.1 | 1.3 | 1.7 | 2.3 |
| Manganese, mg | 3.3 | 4.1 | 5.2 | 6.6 | 7.7 |
| Zinc, mg | 8 | 9 | 12 | 14 | 16 |
| Molybdenum, µg | 70 | 80 | 100 | 120 | 147 |
| Cobalt, µg | 10 | 12 | 15 | 18 | 20 |
| Nickel, µg | 70 | 90 | 123 | 163 | 218 |
| Chromium, µg | 19 | 23 | 28 | 33 | 39 |
| Fluorine, µg | 247 | 303 | 367 | 440 | 547 |
| Selenium, µg | 25 | 32 | 40 | 54 | 66 |
| Silicon, mg | 14 | 18 | 23 | 32 | 43 |
| Mercury, µg | 1.9 | 2.3 | 3.1 | 5.3 | 11.0 |
| Arsenic, µg | 23 | 30 | 43 | 60 | 87 |
| Cadmium, µg | 8 | 10 | 12 | 15 | 17 |
| Lead, µg | 27 | 37 | 47 | 60 | 73 |

Table 129. Quantile distribution of daily mineral element intake per 1000 kcal for men.

| | QUANTILES | | | | |
|----------------|-----------|---------|----------|----------|----------|
| | Q (0.10) | Q(0.25) | Q (0.50) | Q (0.75) | Q (0.90) |
| Potassium, mg | 1415 | 1570 | 1787 | 2005 | 2229 |
| Calcium, mg | 348 | 417 | 505 | 602 | 714 |
| Magnesium, mg | 135 | 148 | 166 | 185 | 203 |
| Phosphorus, mg | 603 | 656 | 734 | 808 | 892 |
| Sulphur, mg | 337 | 378 | 427 | 500 | 585 |
| Iron, mg | 5 | 6 | 7 | 8 | 9 |
| Copper, mg | 0.5 | 0.5 | 0.6 | 0.7 | 0.9 |
| Manganese, mg | 1.6 | 2.0 | 2.4 | 2.9 | 3.5 |
| Zinc, mg | 5 | 5 | 6 | 6 | 7 |
| Molybdenum, µg | 37 | 40 | 43 | 50 | 57 |
| Cobalt, µg | 5 | 6 | 7 | 8 | 9 |
| Nickel, µg | 33 | 40 | 50 | 73 | 109 |
| Chromium, µg | 11 | 12 | 13 | 14 | 16 |
| Fluorine, µg | 130 | 147 | 167 | 197 | 237 |
| Selenium, µg | 13 | 15 | 19 | 23 | 30 |
| Silicon, mg | 7 | 9 | 11 | 15 | 20 |
| Mercury, µg | 1.0 | 1.1 | 1.4 | 2.6 | 6.5 |
| Arsenic, µg | 10 | 13 | 17 | 30 | 43 |
| Cadmium, µg | 4 | 5 | 6 | 6 | 7 |
| Lead, µg | 16 | 18 | 21 | 24 | 29 |

Table 130. Quantile distribution of daily mineral element intake per 1000 kcal for women.

| | QUANTILES | | | | |
|----------------|-----------|---------|----------|----------|----------|
| | Q (0.10) | Q(0.25) | Q (0.50) | Q (0.75) | Q (0.90) |
| Potassium, mg | 1509 | 1697 | 1930 | 2193 | 2477 |
| Calcium, mg | 367 | 452 | 547 | 646 | 762 |
| Magnesium, mg | 143 | 159 | 178 | 198 | 222 |
| Phosphorus, mg | 608 | 672 | 740 | 822 | 918 |
| Sulphur, mg | 343 | 380 | 420 | 487 | 567 |
| Iron, mg | 6 | 6 | 7 | 8 | 10 |
| Copper, mg | 0.5 | 0.6 | 0.7 | 0.8 | 1.2 |
| Manganese, mg | 1.9 | 2.2 | 2.7 | 3.1 | 3.7 |
| Zinc, mg | 5 | 5 | 6 | 7 | 7 |
| Molybdenum, µg | 40 | 43 | 50 | 57 | 70 |
| Cobalt, µg | 6 | 7 | 7 | 8 | 10 |
| Nickel, µg | 37 | 47 | 60 | 83 | 107 |
| Chromium, µg | 11 | 12 | 14 | 16 | 17 |
| Fluorine, µg | 143 | 157 | 183 | 213 | 263 |
| Selenium, µg | 14 | 17 | 20 | 25 | 31 |
| Silicon, mg | 8 | 9 | 12 | 15 | 21 |
| Mercury, µg | 1.0 | 1.2 | 1.6 | 2.7 | 5.7 |
| Arsenic, µg | 10 | 13 | 20 | 30 | 43 |
| Cadmium, µg | 5 | 5 | 6 | 7 | 8 |
| Lead, µg | 16 | 19 | 23 | 28 | 34 |

5.2. Sources of energy and nutrients

Table 131. Mean daily supply of energy and nutrients by different food groups. The values for men are on the upper line and the values for women are on the lower line. Standard deviations of means are in parenthesis.

| | Cereal products | Potato and vegetables | Fruit and berries | Butter, margarine and oils | Milk and milk products | Meat and meat products | Fish and fish products | Eggs | Beverages, sweets etc. |
|--------------------------------|------------------------|------------------------|------------------------|----------------------------|---------------------------|-------------------------|------------------------|------------------------|------------------------|
| Energy, kcal | 749 (301) 565 (200) | 168 (87) 116 (64) | 137 (111) 156 (92) | 463 (238) 311 (157) | 567 (258) 423 (196) | 400 (224) 257 (162) | 47 (78) 30 (43) | 46 (43) 34 (32) | 291 (204) 176 (122) |
| Protein, g | 24 (10) 18 (6) | 6 (4) 4 (3) | 2 (2) 2 (1) | 0 (0) 0 (0) | 33 (15) 25 (12) | 28 (17) 19 (13) | 7 (12) 5 (7) | 4 (3) 3 (3) | 1 (1) 1 (1) |
| Fat, g | 4 (2) 4 (2) | 1 (2) 1 (1) | 1 (1) 1 (1) | 52 (27) 35 (18) | 31 (16) 24 (13) | 30 (18) 19 (13) | 2 (4) 1 (2) | 3 (3) 3 (2) | 1 (2) 1 (2) |
| Saturated fatty acids, g | 0.9 (0.6) 0.9 (0.8) | 0.1 (0.3) 0.1 (0.3) | 0.1 (0.1) 0.1 (0.1) | 27.8 (16.3) 18.5 (10.6) | 20.9 (10.8) 16.0 (8.8) | 11.9 (6.9) 7.5 (5.0) | 0.5 (0.9) 0.3 (0.5) | 1.1 (1.1) 0.8 (0.8) | 0.3 (1.1) 0.3 (1.1) |
| Monounsaturated fatty acids, g | 0.8 (0.6) 0.7 (0.7) | 0.3 (0.8) 0.2 (0.6) | 0.4 (0.4) 0.5 (0.4) | 16.8 (9.1) 11.6 (6.5) | 7.4 (3.8) 5.7 (3.1) | 14.0 (8.3) 8.7 (5.9) | 0.6 (1.1) 0.3 (0.6) | 1.5 (1.4) 1.1 (1.1) | 0.2 (0.6) 0.2 (0.5) |
| Polyunsaturated fatty acids, g | 2.3 (1.0) 1.8 (0.9) | 0.3 (0.5) 0.3 (0.4) | 0.1 (0.1) 0.1 (0.1) | 7.6 (8.1) 5.3 (5.2) | 1.3 (0.7) 1.0 (0.5) | 2.4 (1.6) 1.5 (1.1) | 0.7 (1.3) 0.4 (0.8) | 0.5 (0.4) 0.4 (0.8) | 0.0 (0.2) 0.0 (0.1) |
| L.inoleic acid, g | 2.1 (0.9) 1.7 (0.8) | 0.3 (0.5) 0.2 (0.4) | 0.1 (0.1) 0.1 (0.1) | 6.7 (7.3) 4.8 (4.8) | 0.8 (0.4) 0.6 (0.3) | 2.2 (1.5) 1.3 (1.0) | 0.1 (0.1) 0.0 (0.1) | 0.5 (0.4) 0.4 (0.3) | 0.0 (0.2) 0.0 (0.1) |
| Carbohydrate, g | 161 (65) 120 (42) | 36 (18) 26 (13) | 34 (28) 39 (23) | 0 (0) 0 (0) | 39 (19) 27 (13) | 4 (5) 3 (3) | 0 (0) 0 (0) | 0 (0) 0 (0) | 52 (32) 36 (24) |
| Sucrose, g | 3 (3) 3 (4) | 1 (1) 1 (1) | 11 (10) 11 (8) | 0 (0) 0 (0) | 1 (2) 1 (2) | 0 (0) 0 (0) | 0 (0) 0 (0) | 0 (0) 0 (0) | 45 (29) 32 (22) |

Table 132.

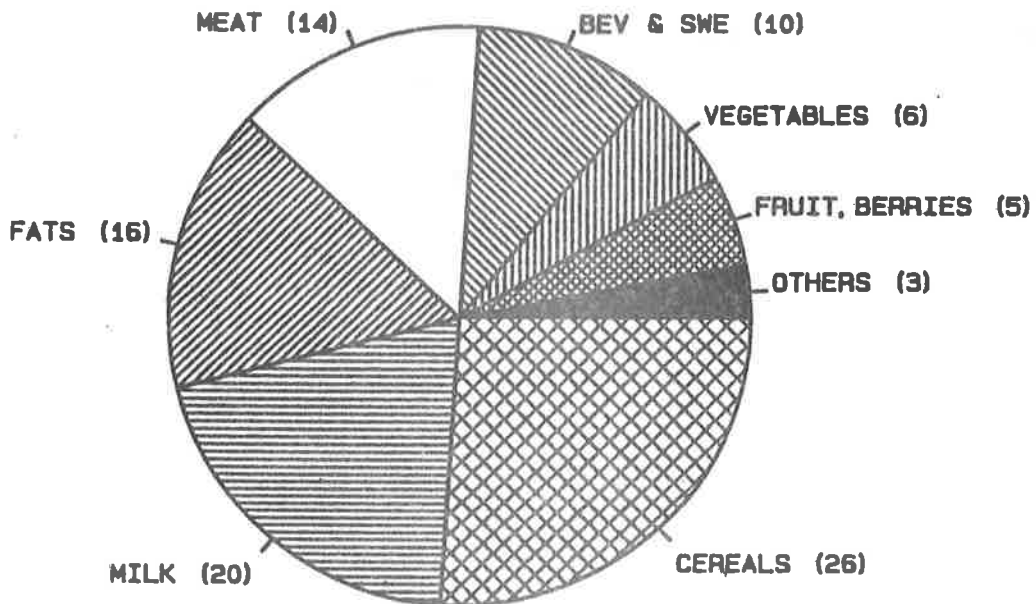
Mean daily supply of nutrients by different food groups. The values for men are on the upper line and the values for women are on the lower line. Standard deviations of means are in parenthesis.

| | Cereal products | Potato and vegetables | Fruit and berries | Butter, margarine and oils | Milk and milk products | Meat and meat products | Fish and fish products | Eggs | Beverages, sweets etc. |
|------------------|------------------------|------------------------|------------------------|----------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Retinol, eq., µg | 7 (4) 5 (4) | 246 (336) 308 (355) | 40 (39) 45 (35) | 384 (205) 258 (136) | 229 (127) 180 (123) | 334 (912) 330 (942) | 9 (23) 6 (19) | 76 (71) 57 (54) | 0 (1) 0 (1) |
| Thiamin, mg | 0.8 (0.4) 0.6 (0.2) | 0.3 (0.2) 0.2 (0.1) | 0.1 (0.1) 0.2 (0.1) | 0 (0) 0 (0) | 0.3 (0.2) 0.2 (0.1) | 0.3 (0.2) 0.2 (0.1) | 0 (0) 0 (0) | 0 (0) 0 (0) | 0 (0) 0 (0) |
| Riboflavin, mg | 0.3 (0.2) 0.2 (0.1) | 0.1 (0.1) 0.1 (0.1) | 0.1 (0.1) 0.1 (0.1) | 0 (0) 0 (0) | 1.7 (0.8) 1.2 (0.6) | 0.5 (0.5) 0.3 (0.4) | 0.1 (0.1) 0.0 (0.1) | 0.1 (0.1) 0.1 (0.1) | 0.1 (0.1) 0.1 (0.1) |
| Niacin, mg | 6 (4) 5 (2) | 3 (1) 2 (1) | 1 (1) 1 (1) | 0 (0) 0 (0) | 1 (0) 1 (0) | 8 (5) 5 (4) | 2 (3) 1 (1) | 0 (0) 0 (0) | 3 (3) 3 (2) |
| Vitamin C, mg | 0 (1) 0 (1) | 43 (27) 42 (28) | 75 (72) 90 (60) | 0 (0) 0 (0) | 10 (16) 7 (4) | 1 (4) 1 (4) | 0 (0) 0 (0) | 0 (0) 0 (0) | 0 (0) 0 (0) |
| Cholesterol, mg | 0 (1) 1 (3) | 0 (0) 0 (0) | 0 (0) 0 (0) | 110 (76) 70 (50) | 103 (57) 79 (46) | 131 (83) 91 (65) | 32 (52) 21 (32) | 150 (141) 113 (107) | 0 (0) 0 (0) |

List of food groups and abbreviations used in the figures 74-108

| | |
|----------------|--|
| cereals | cereals products, legumes and nuts |
| vegetables | potatoes, roots and other vegetables |
| fruit, berries | fruit, berries and juices |
| fats | butter, margarine and oils |
| milk | milk and milk products |
| meat | meat and meat products |
| fish | fish and other seafood |
| eggs | eggs |
| bev & swe | beverages, sweets, sugar and other foods |

Fig.74. Sources of energy (%)
Men



Women

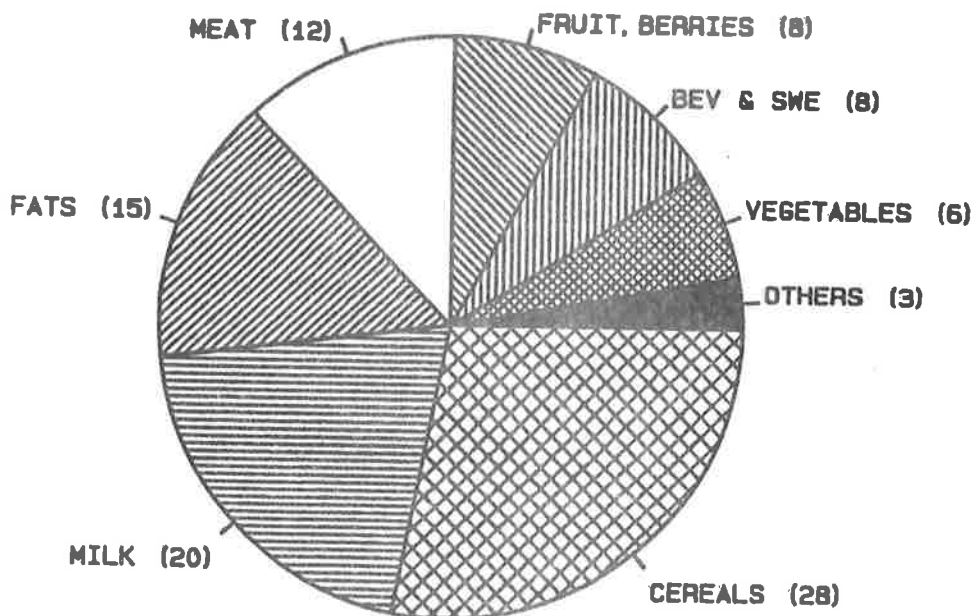
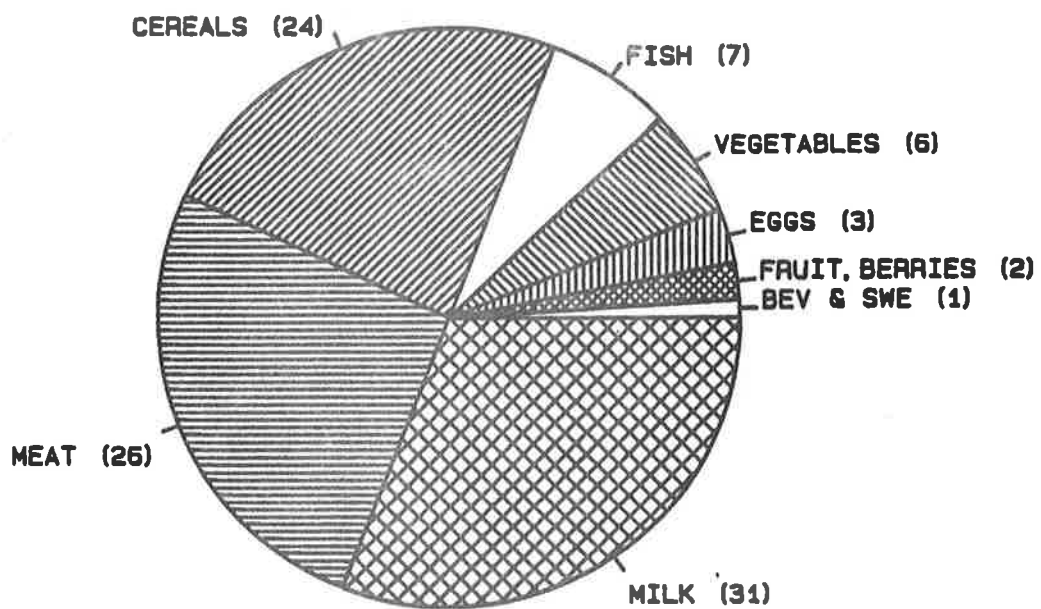


Fig.75. Sources of protein (%)
Men



Women

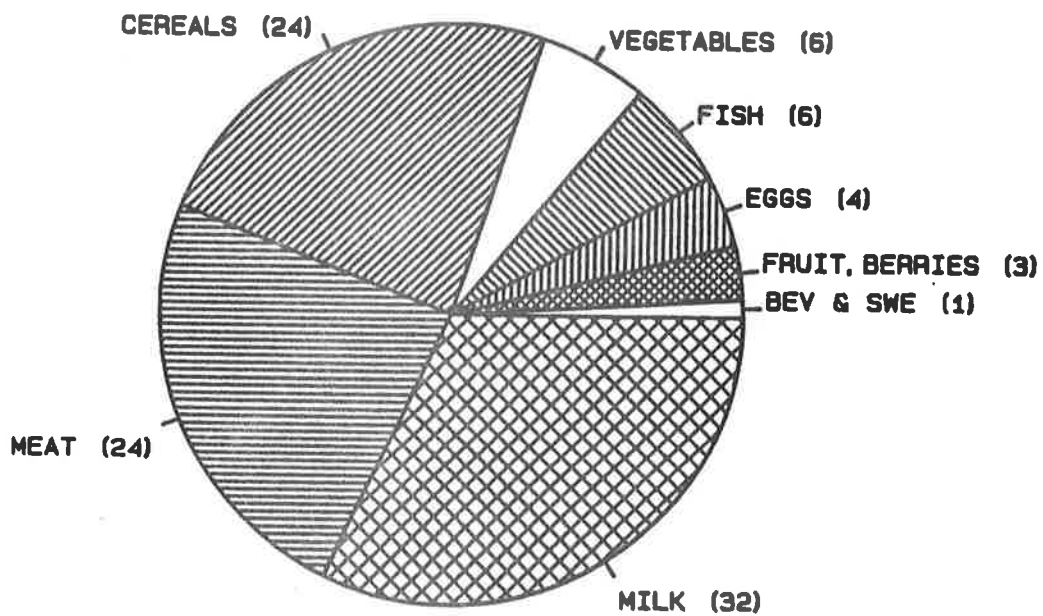
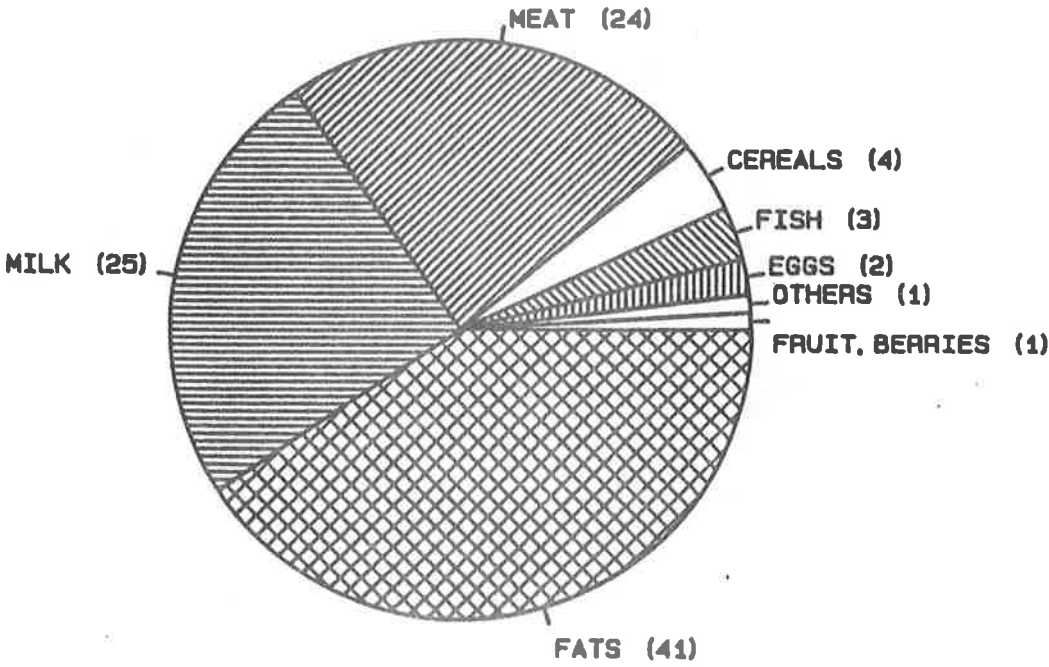


Fig.76. Sources of fat (%)
Men



Women

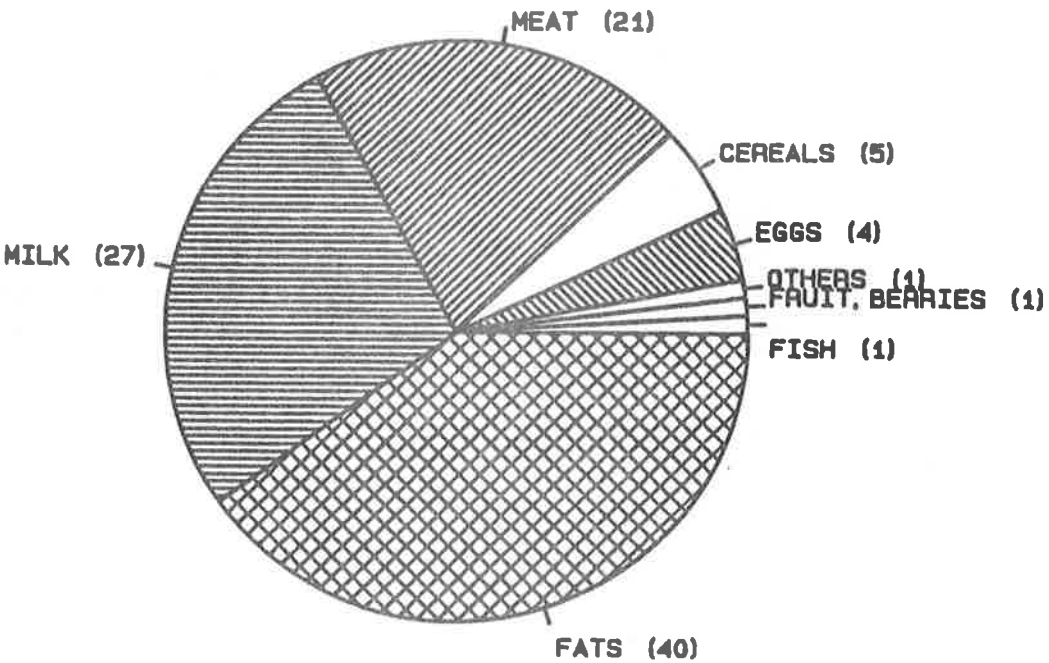
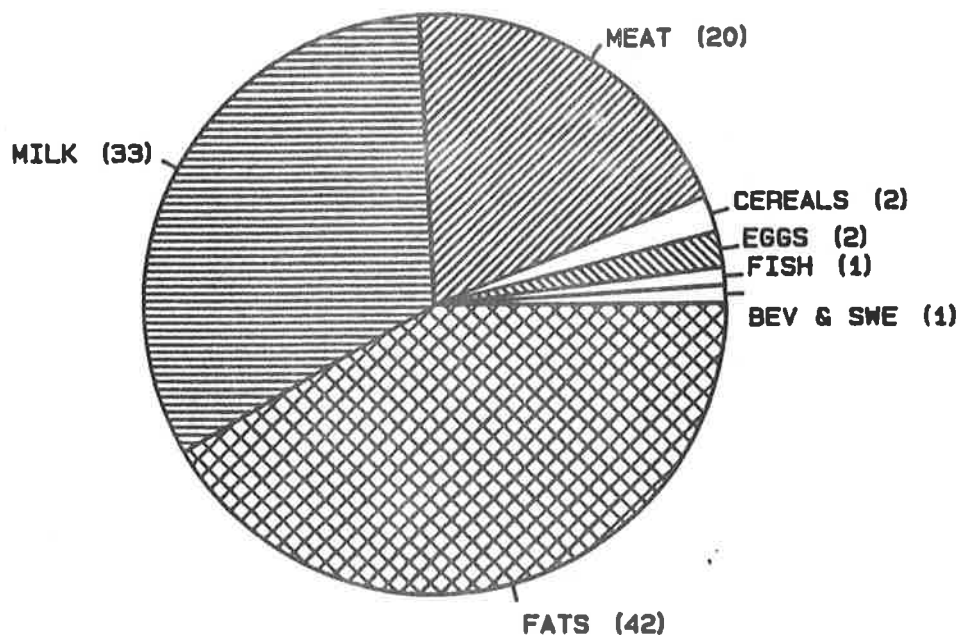


Fig.77. Sources of SFA (%)
Men



Women

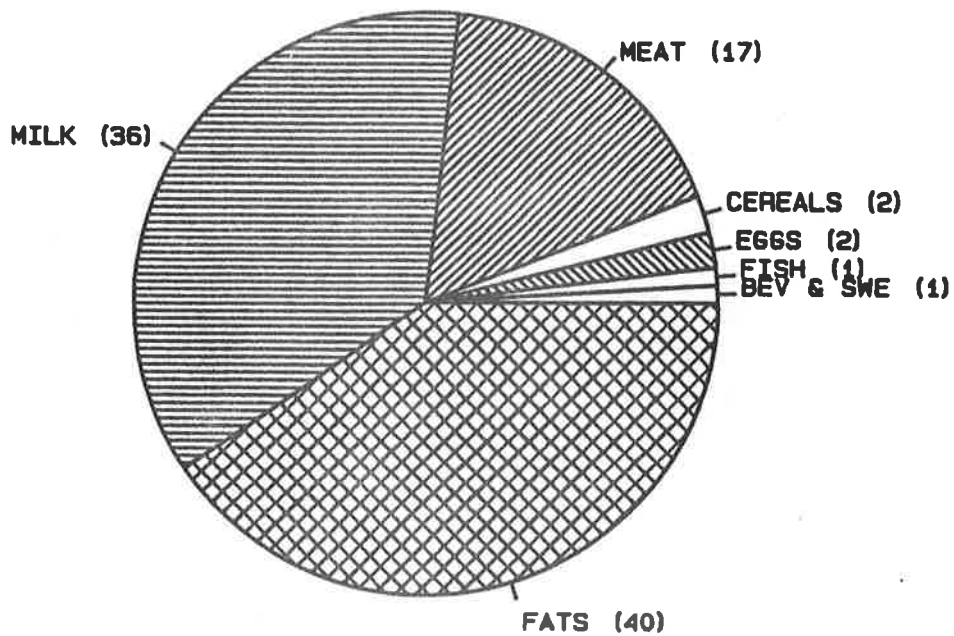
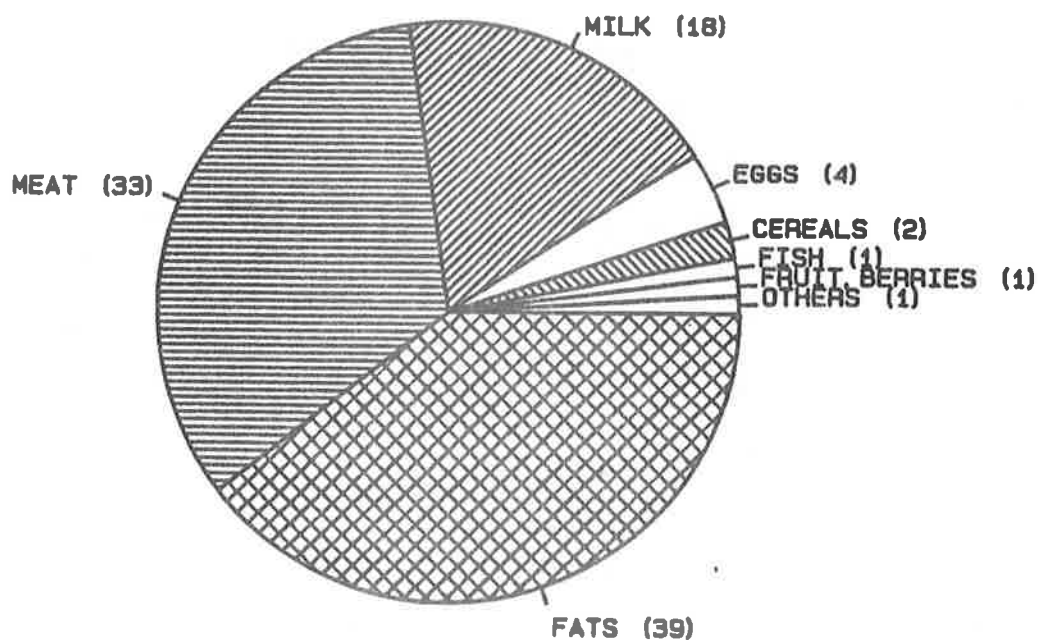


Fig.78. Sources of MUFA (%)
Men



Women

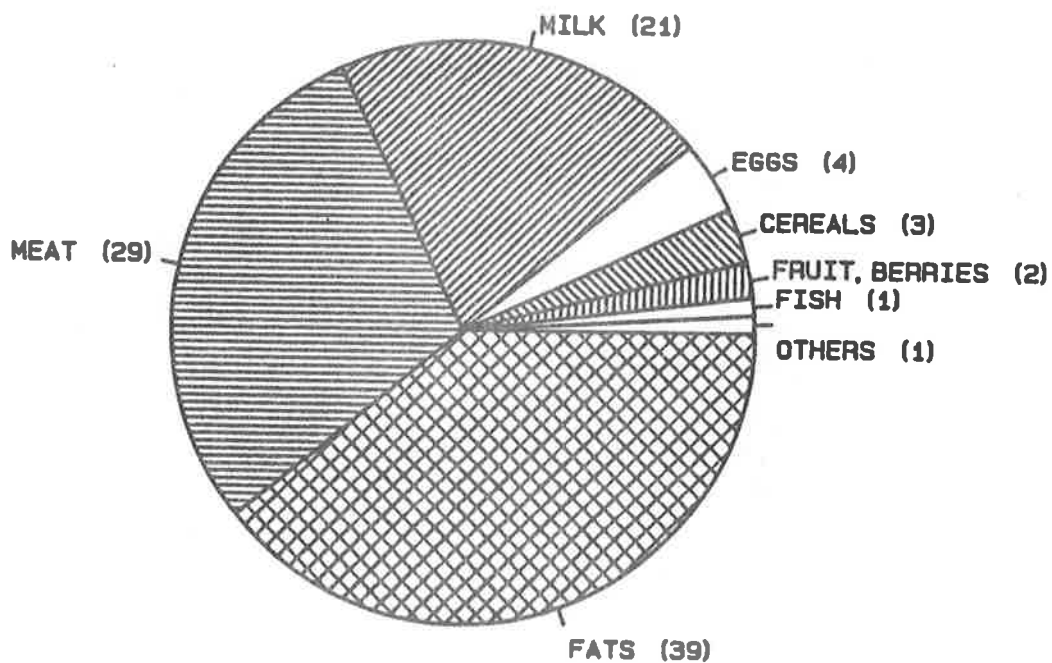
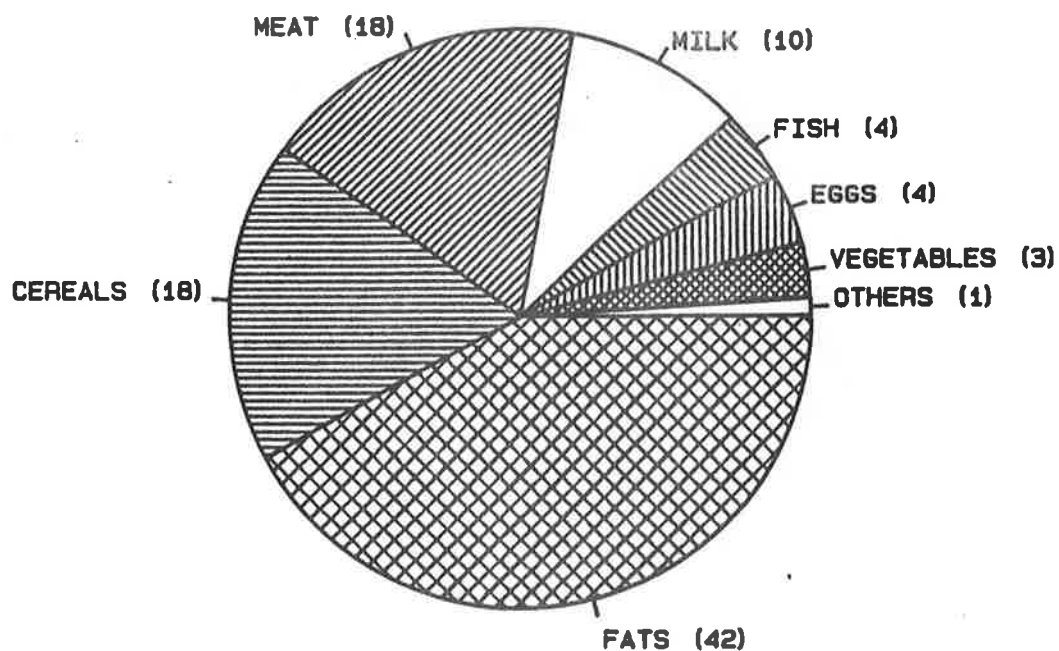


Fig.79. Sources of PUFA (%)
Men



Women

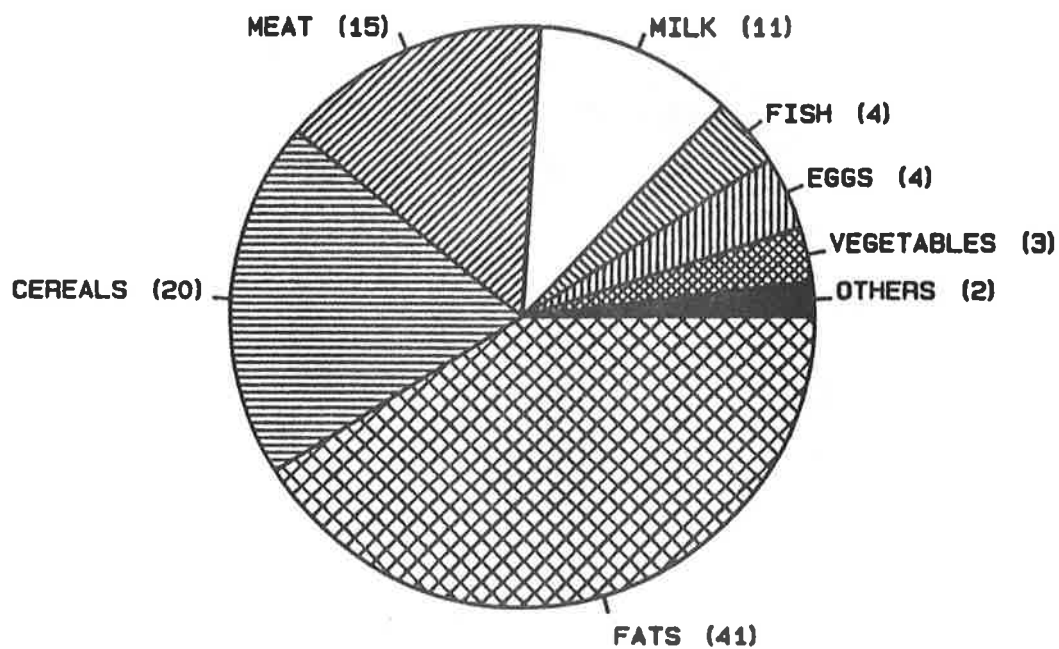
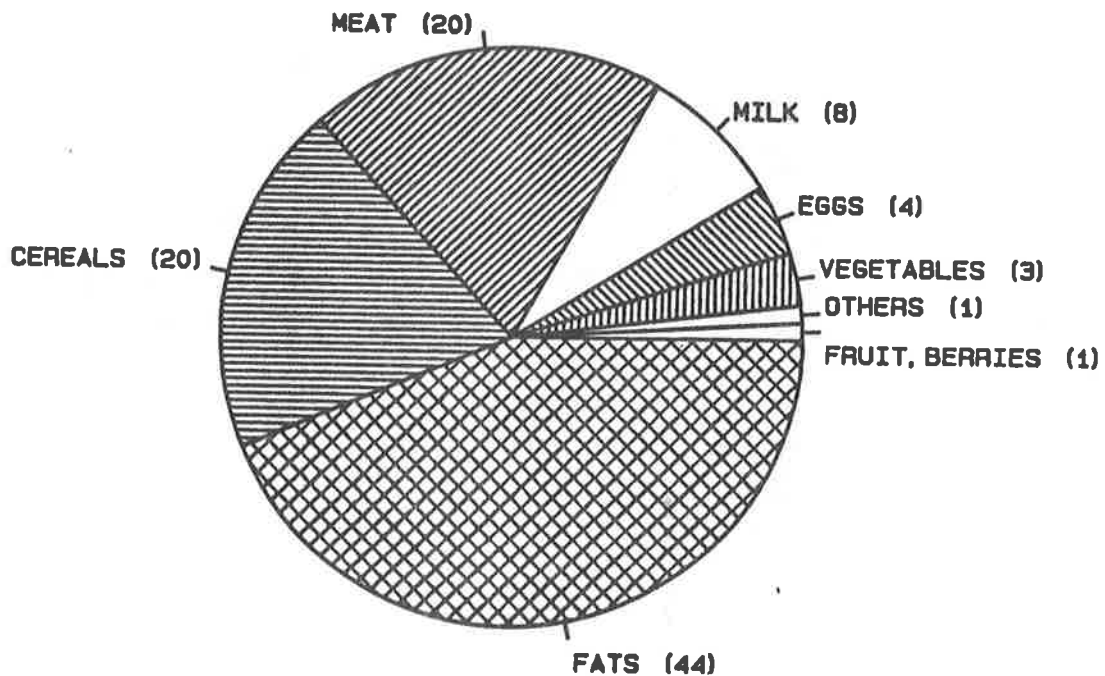


Fig.80. Sources of linoleic acid (%)
Men



Women

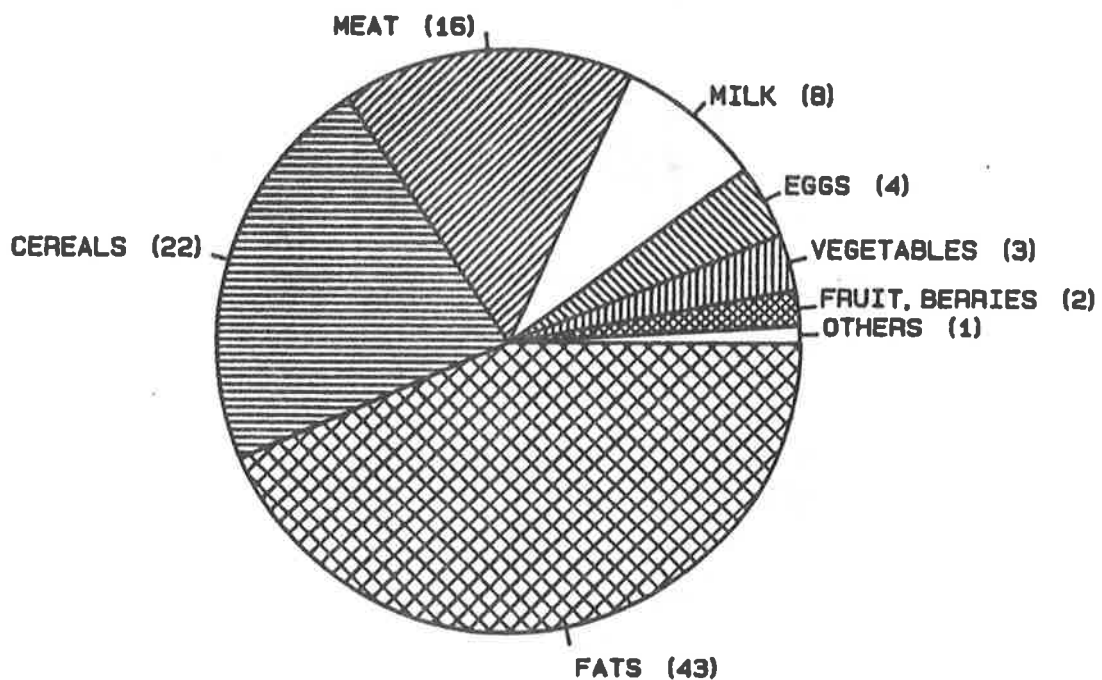
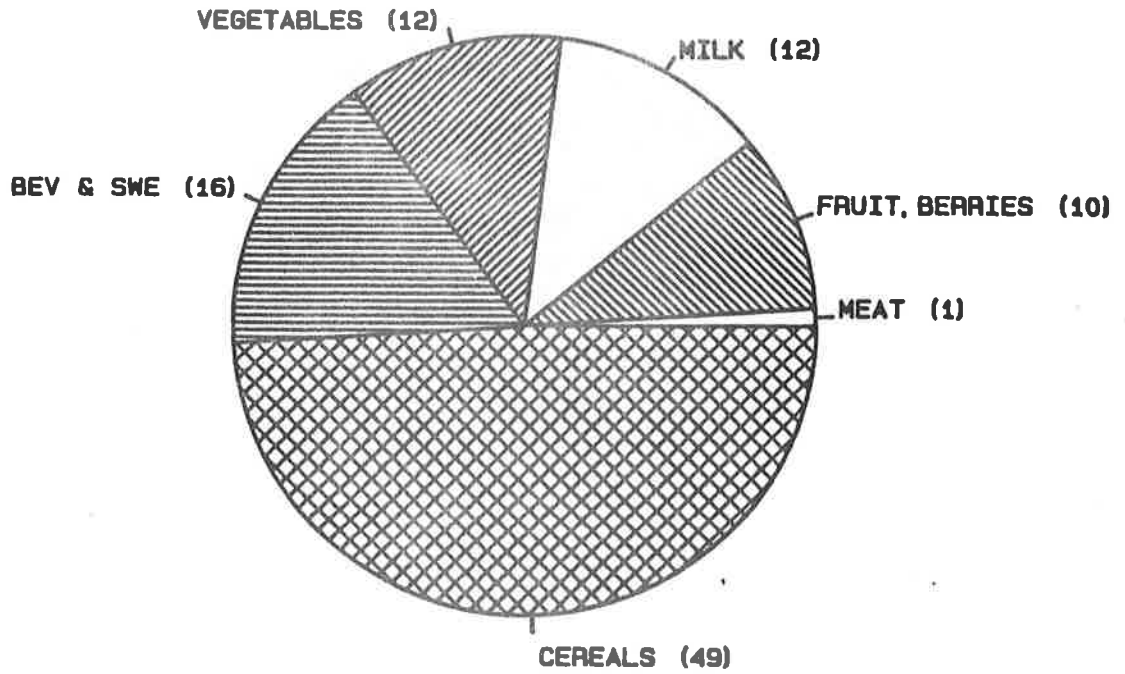


Fig.81. Sources of carbohydrate (%)
Men



Women

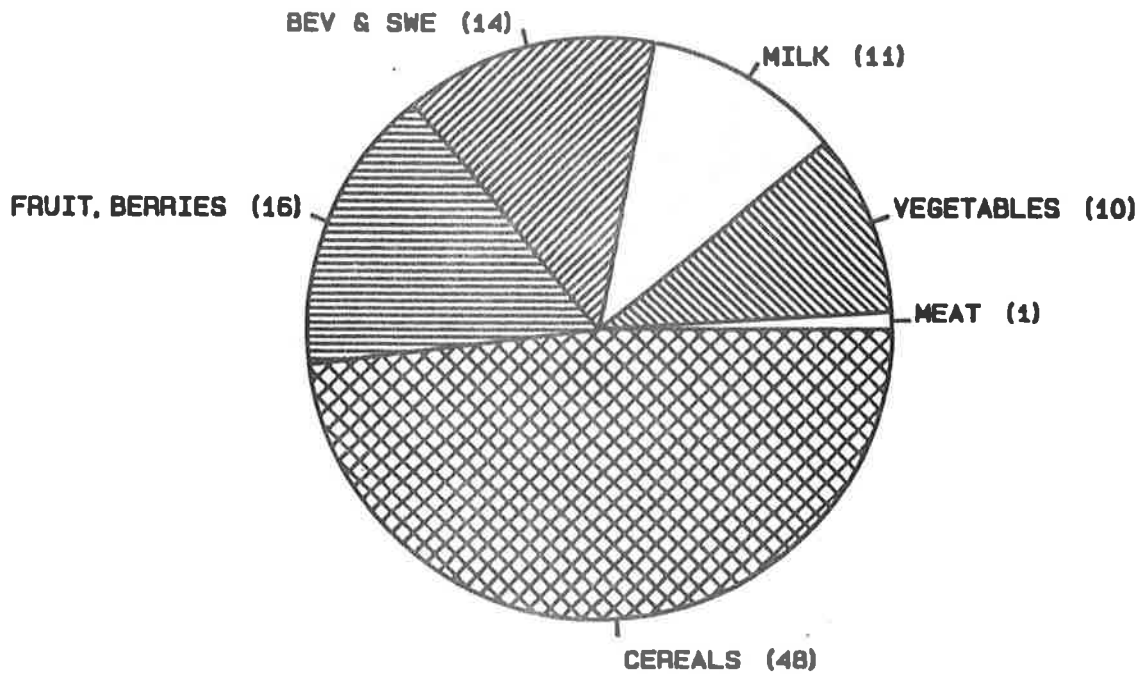
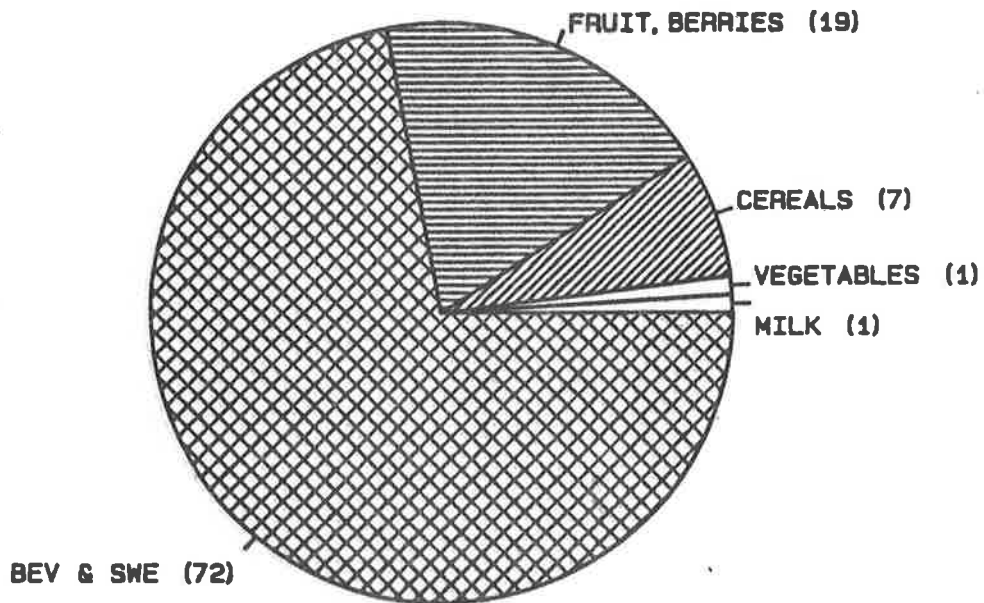


Fig.82. Sources of sucrose (%)
Men



Women

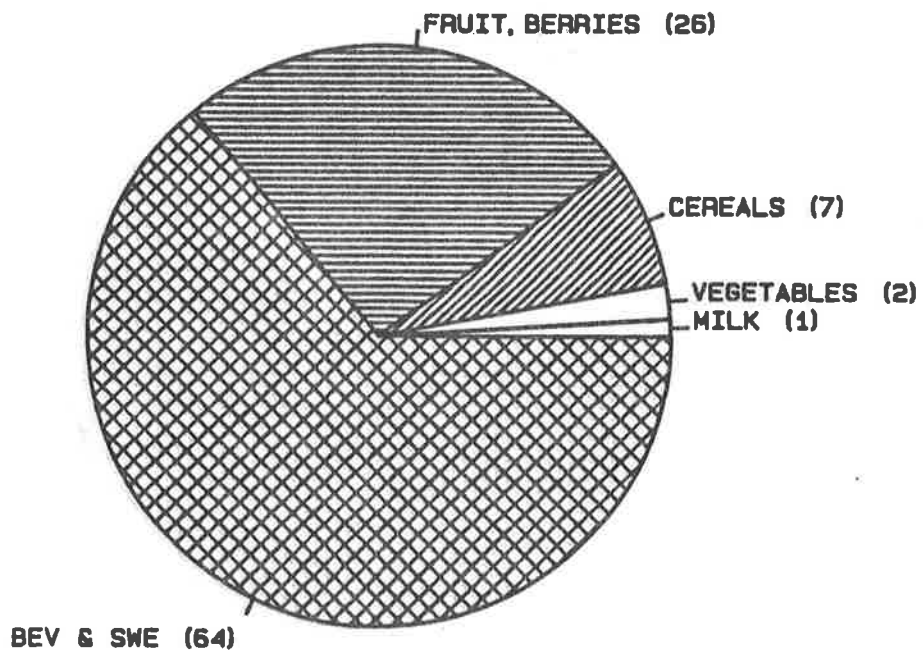
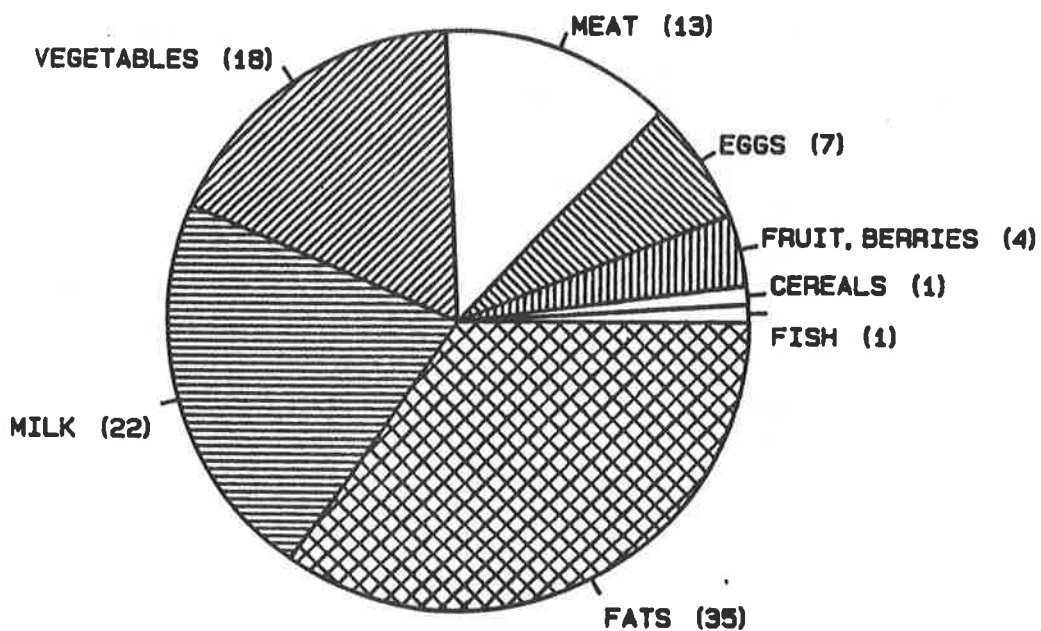


Fig.83. Sources of vitamin A (ret.eq.) (%)
Men



Women

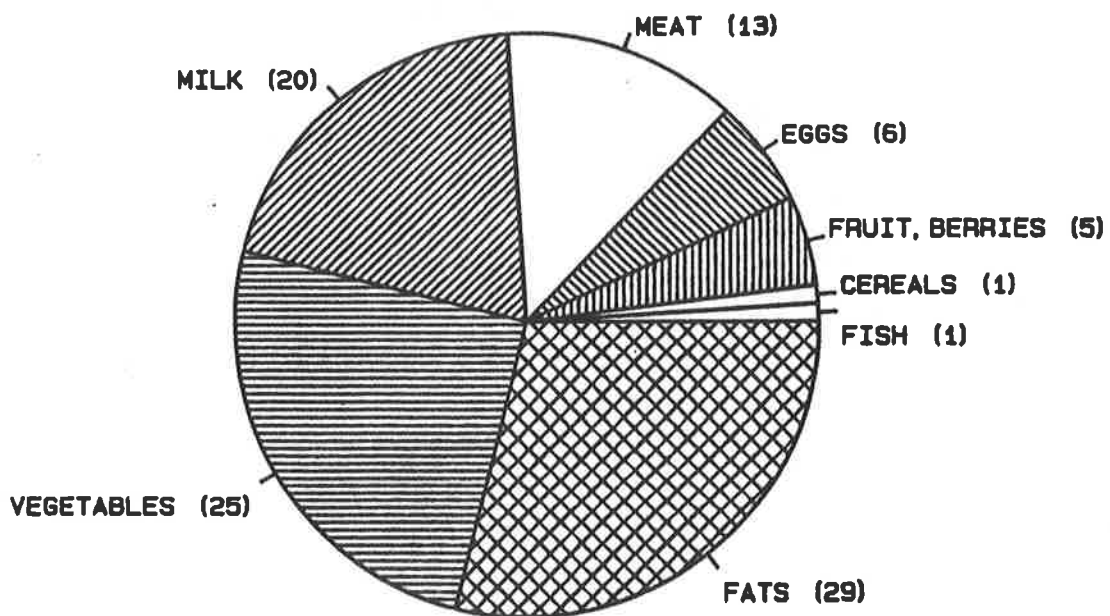
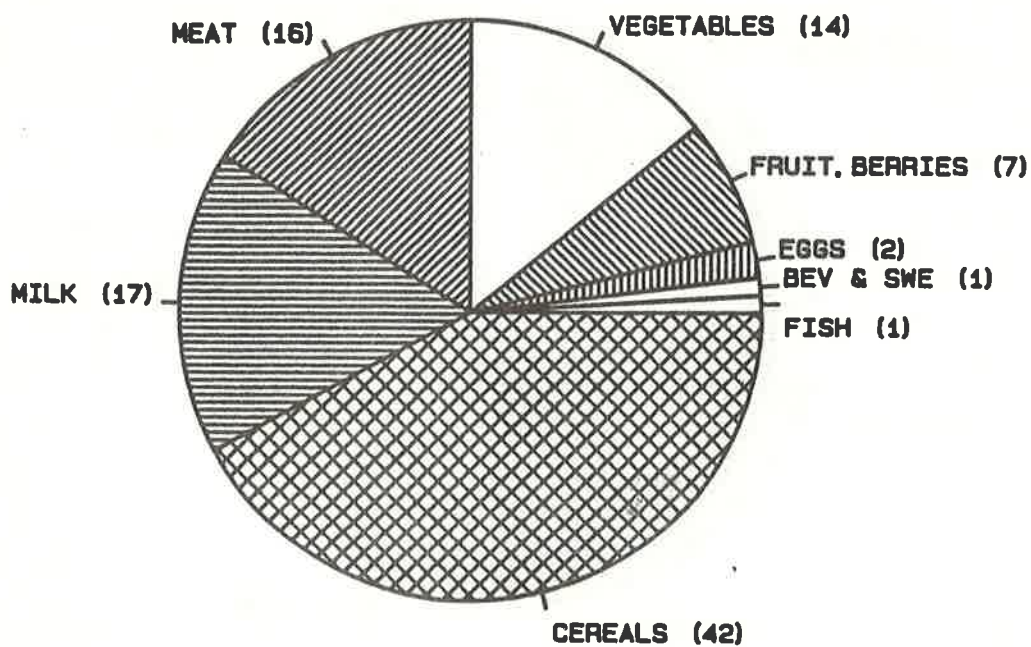


Fig.84. Sources of thiamin (%)
Men



Women

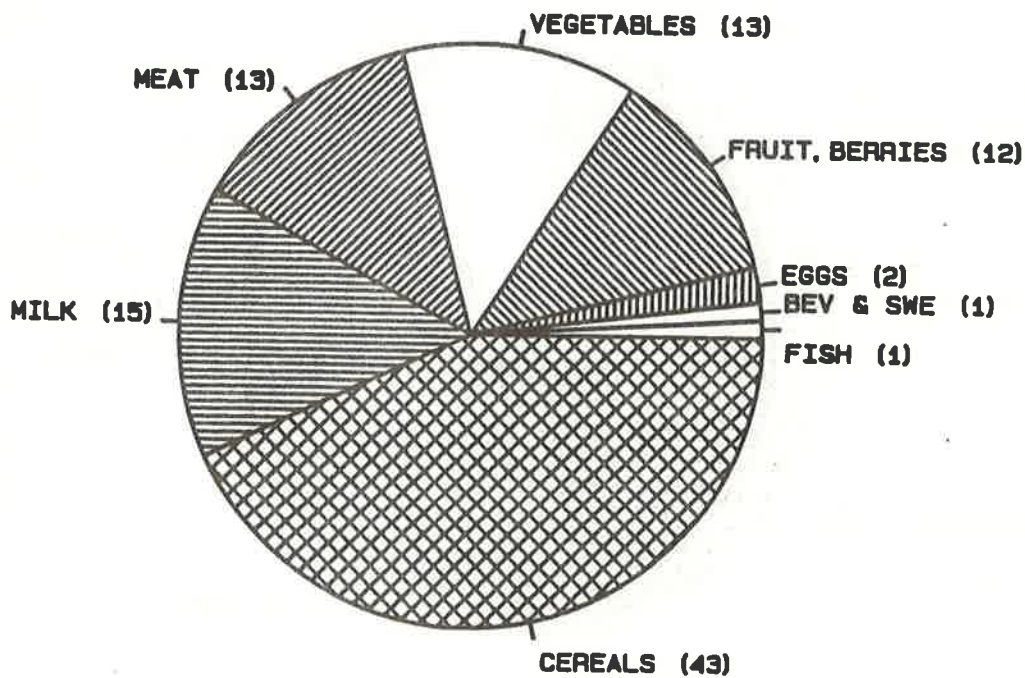
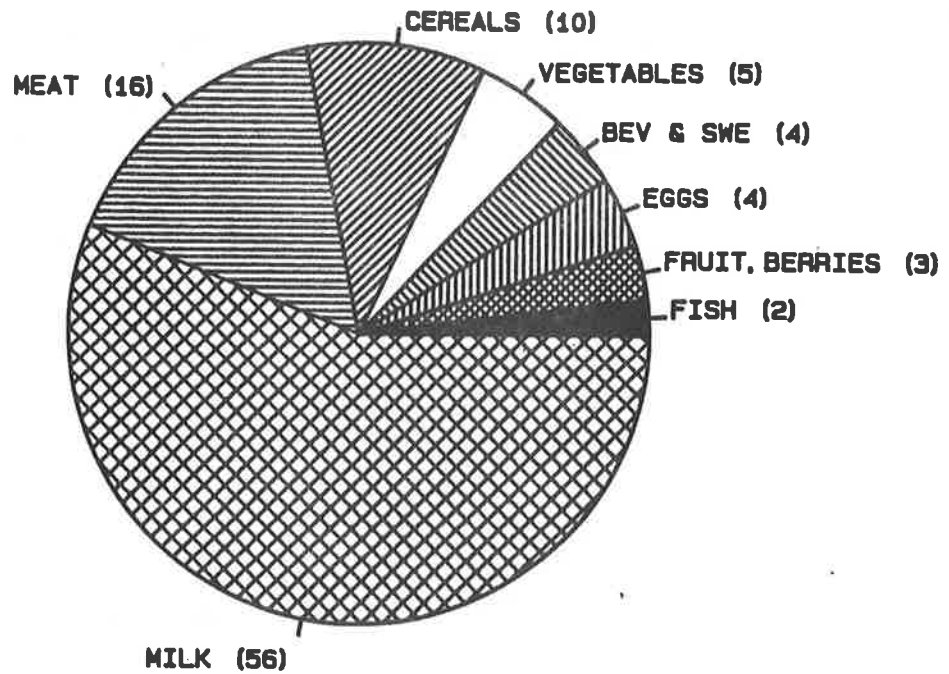


Fig.85. Sources of riboflavin (%)
Men



Women

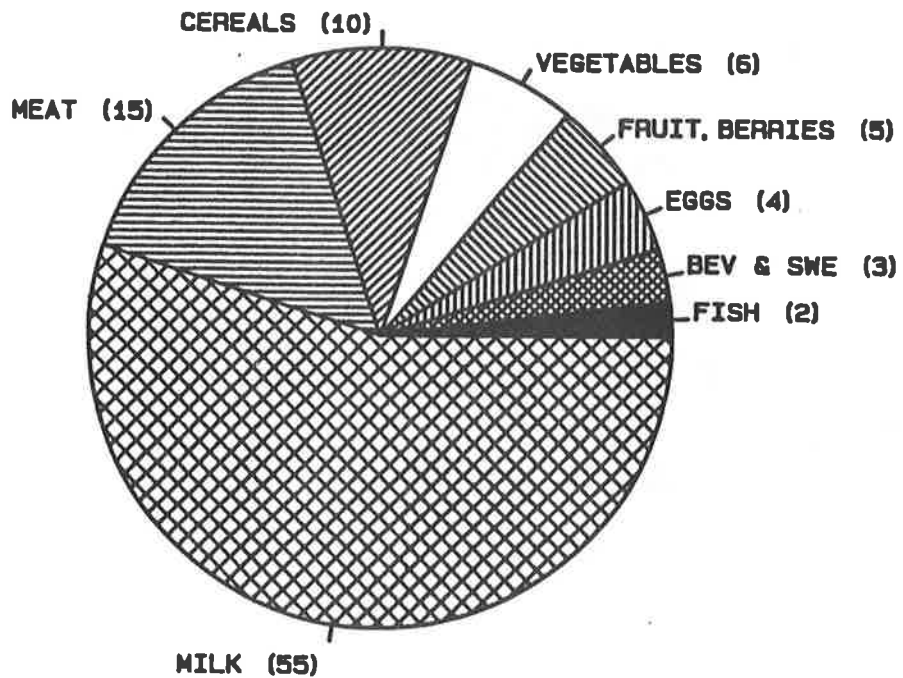
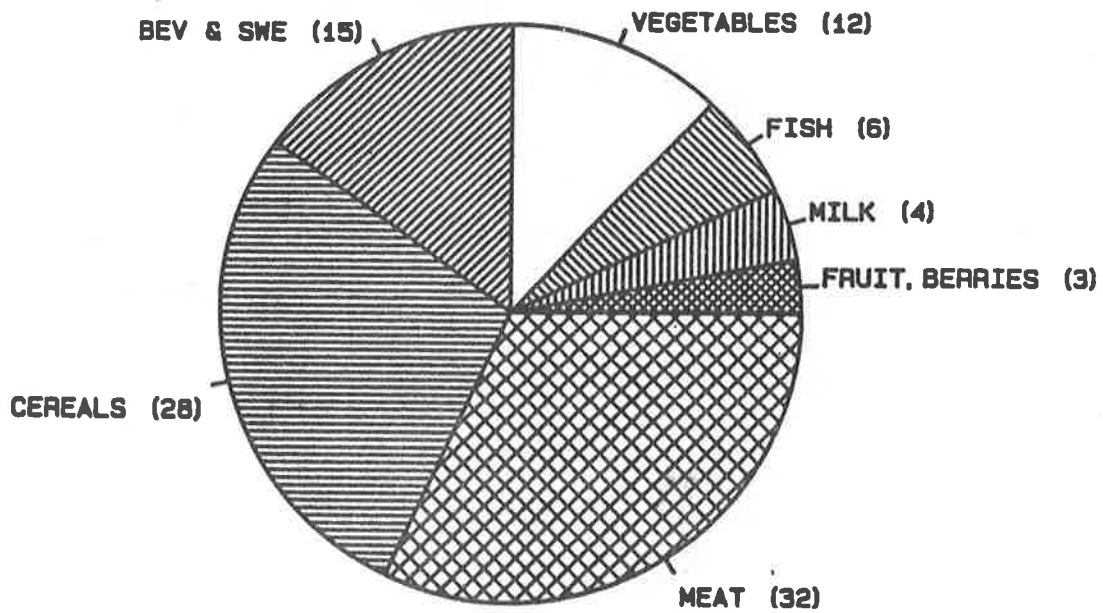


Fig. 86. Sources of niacin (%)
Men



Women

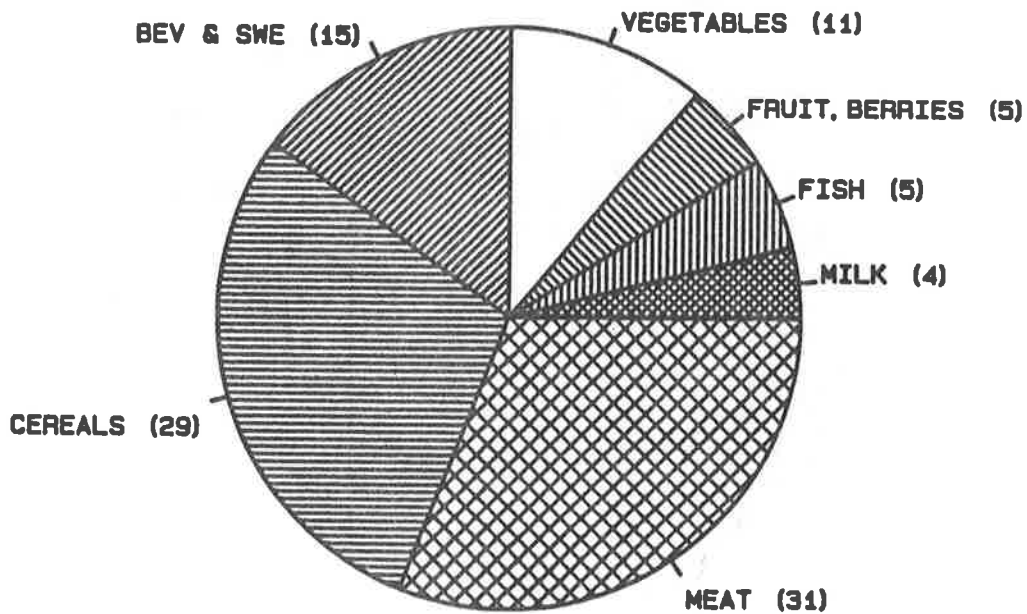
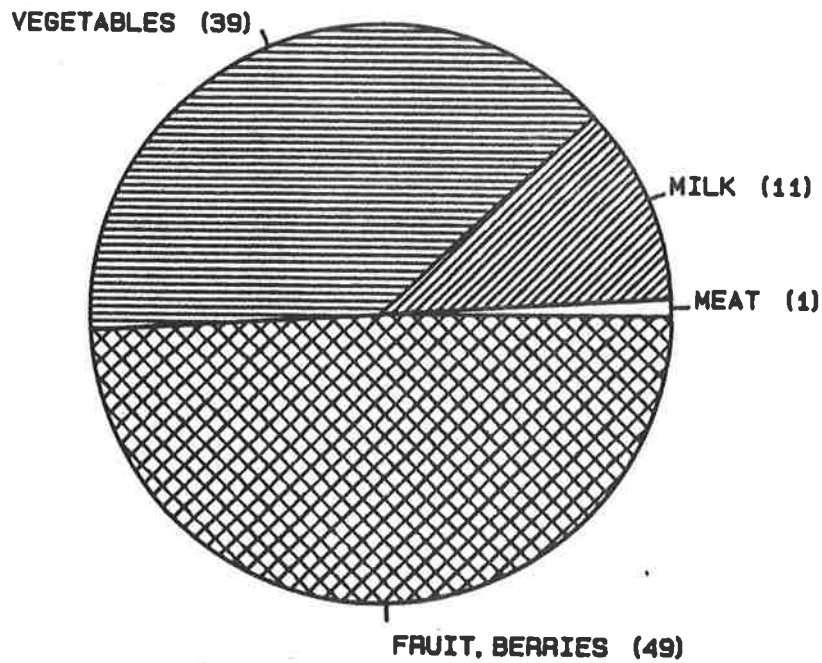


Fig.87. Sources of vitamin C (%)
Men



Women

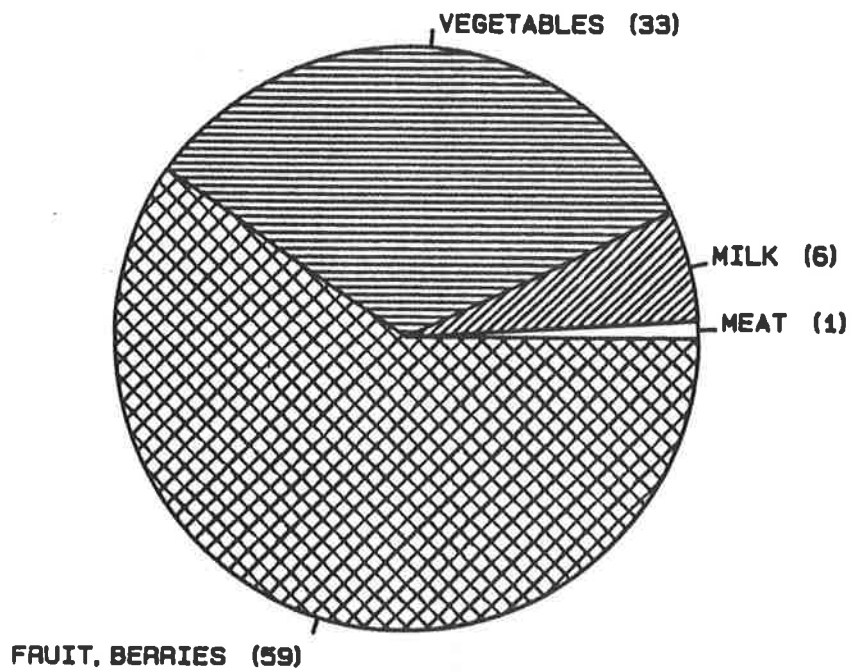
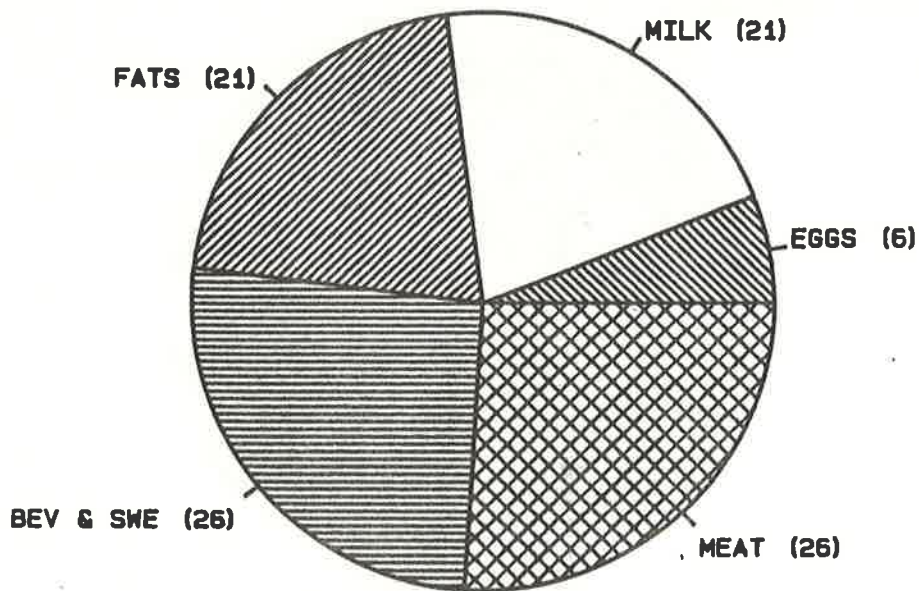


Fig.88. Sources of cholesterol (%)
Men



Women

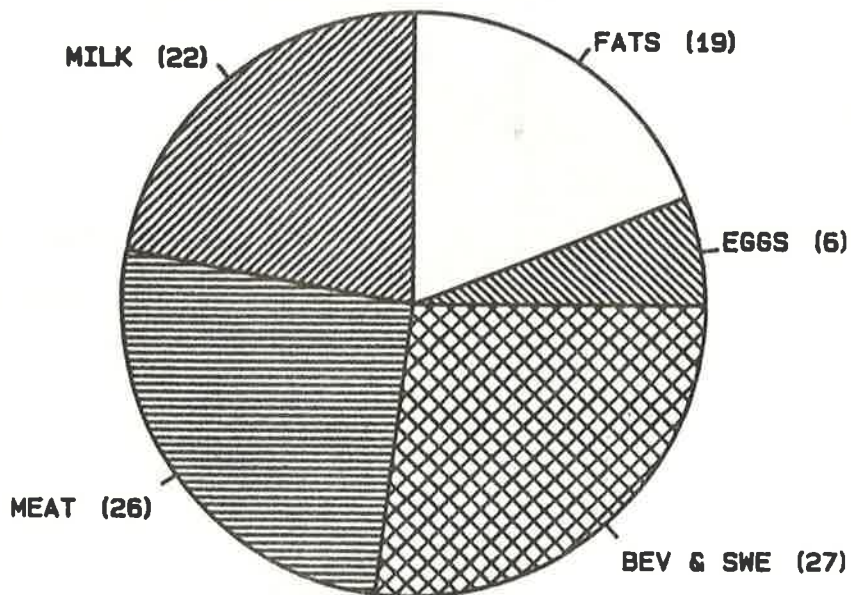


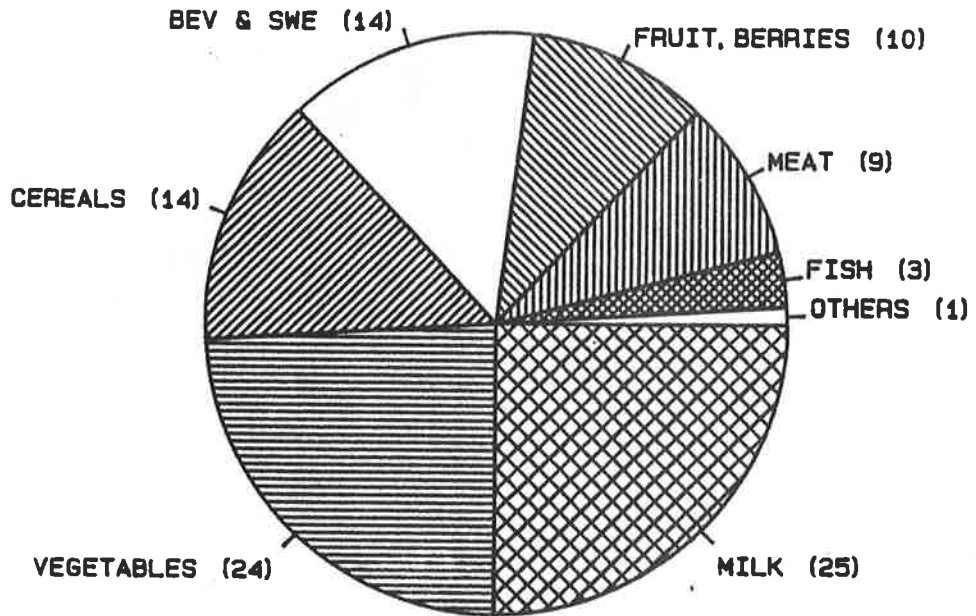
Table 133. Mean daily supply of mineral elements by different food groups. The values for men are on the upper line and the values for women are on the lower line. Standard deviations of means are in parenthesis.

| | Cereal products | Potato and vegetables | Fruit and berries | Butter, margarine and oils | Milk and milk products | Meat and meat products | Fish and fish products | Eggs | Beverages, sweets etc. |
|----------------|------------------------|-------------------------|------------------------|----------------------------|-------------------------|------------------------|------------------------|------------------------|------------------------|
| Potassium, mg | 713 (303) 517 (193) | 1215 (573) 901 (436) | 510 (440) 586 (371) | 12 (7) 8 (5) | 1264 (635) 867 (446) | 419 (250) 280 (179) | 138 (225) 96 (130) | 41 (39) 30 (29) | 689 (393) 597 (320) |
| Calcium, mg | 71 (40) 52 (21) | 44 (31) 44 (32) | 73 (69) 91 (67) | 12 (7) 8 (4) | 1124 (534) 832 (394) | 53 (45) 32 (29) | 35 (69) 19 (35) | 18 (17) 13 (13) | 44 (31) 39 (28) |
| Magnesium, mg | 144 (62) 104 (40) | 64 (32) 47 (24) | 35 (33) 41 (29) | 2 (1) 1 (1) | 96 (46) 68 (32) | 29 (17) 19 (12) | 10 (16) 6 (10) | 4 (4) 3 (3) | 84 (53) 69 (38) |
| Phosphorus, mg | 484 (200) 353 (129) | 135 (78) 101 (59) | 48 (41) 58 (37) | 16 (10) 10 (6) | 849 (398) 622 (286) | 314 (185) 206 (129) | 93 (156) 60 (88) | 66 (62) 49 (47) | 77 (55) 62 (38) |
| Sulphur, mg | 285 (117) 212 (76) | 90 (45) 68 (36) | 25 (21) 30 (18) | 3 (4) 1 (2) | 286 (134) 214 (100) | 390 (332) 239 (211) | 85 (138) 58 (80) | 59 (56) 44 (42) | 49 (41) 34 (24) |
| Iron, mg | 11 (5) 8 (3) | 2 (1) 2 (1) | 1 (1) 1 (1) | 0 (0) 0 (0) | 0 (0) 0 (0) | 4 (3) 3 (4) | 0 (1) 0 (0) | 1 (1) 1 (1) | 1 (1) 1 (0) |
| Copper, mg | 0.8 (0.3) 0.6 (0.2) | 0.3 (0.2) 0.2 (0.1) | 0.2 (0.2) 0.2 (0.2) | 0 (0) 0 (0) | 0.1 (0.2) 0.1 (0.2) | 0.3 (0.6) 0.3 (0.7) | 0 (0) 0 (0) | 0 (0) 0 (0) | 0.1 (0.1) 0.1 (0.0) |
| Manganese, mg | 4.3 (1.9) 3.1 (1.2) | 0.7 (0.4) 0.6 (0.3) | 0.8 (1.0) 0.9 (0.9) | 0 (0) 0 (0) | 0.1 (0.0) 0.1 (0.0) | 0 (0) 0 (0) | 0 (0) 0 (0) | 0.1 (0.1) 0.1 (0.1) | 0.8 (0.4) 0.7 (0.3) |
| Zinc, mg | 5 (2) 3 (1) | 1 (1) 1 (1) | 0 (0) 0 (0) | 0 (0) 0 (0) | 4 (2) 3 (2) | 4 (3) 3 (2) | 1 (1) 0 (1) | 0 (0) 0 (0) | 0 (0) 0 (0) |
| Molybdenum, µg | 28 (11) 21 (8) | 21 (17) 17 (13) | 13 (12) 17 (11) | 0 (0) 0 (0) | 33 (19) 25 (14) | 15 (20) 11 (18) | 2 (5) 1 (3) | 0 (1) 0 (1) | 16 (9) 12 (6) |

Table 134. Mean daily supply of mineral elements by different food groups. The values for men are on the upper line and the values for women are on the lower line. Standard deviations of means are in parenthesis.

| | Cereal products | Potato and vegetables | Fruit and berries | Butter, margarine and oils | Milk and milk products | Meat and meat products | Fish and fish products | Eggs | Beverages, sweets etc. |
|-------------------------|------------------------|------------------------|------------------------|----------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Cobalt, μg | 8 (4) 6 (2) | 3 (2) 2 (1) | 2 (2) 2 (1) | 1 (1) 1 (1) | 1 (2) 1 (1) | 2 (1) 1 (1) | 0 (1) 0 (0) | 0 (0) 0 (0) | 2 (1) 1 (1) |
| Nickel, μg | 65 (76) 47 (47) | 46 (37) 36 (31) | 11 (12) 13 (11) | 6 (4) 3 (4) | 13 (13) 11 (10) | 3 (3) 1 (2) | 3 (16) 2 (15) | 0 (0) 0 (0) | 20 (15) 18 (14) |
| Chromium, μg | 8 (4) 6 (2) | 3 (2) 3 (1) | 4 (4) 5 (3) | 3 (2) 2 (1) | 9 (4) 6 (3) | 7 (4) 4 (3) | 1 (1) 0 (1) | 0 (0) 0 (0) | 4 (4) 3 (3) |
| Fluorine, μg | 147 (58) 107 (39) | 34 (18) 26 (14) | 36 (35) 45 (31) | 0 (0) 0 (0) | 97 (45) 72 (33) | 23 (15) 15 (11) | 38 (63) 23 (37) | 9 (9) 7 (7) | 105 (95) 89 (81) |
| Selenium, μg | 23 (11) 19 (9) | 1 (2) 1 (2) | 0 (0) 1 (0) | 0 (0) 0 (0) | 6 (3) 5 (3) | 12 (15) 8 (9) | 10 (16) 7 (10) | 5 (4) 4 (3) | 1 (0) 1 (0) |
| Silicon, mg | 17 (10) 12 (6) | 2 (1) 1 (2) | 9 (18) 8 (12) | 0 (0) 0 (0) | 1 (0) 1 (0) | 2 (2) 2 (1) | 0 (0) 0 (0) | 0 (0) 0 (0) | 7 (12) 3 (5) |
| Mercury, μg | 0.6 (0.3) 0.5 (0.2) | 0.7 (0.7) 0.5 (0.7) | 0.3 (0.3) 0.4 (0.2) | 0.1 (0.1) 0.1 (0.0) | 0.8 (0.4) 0.6 (0.3) | 0.3 (0.2) 0.2 (0.1) | 4.3 (9.3) 2.8 (7.6) | 0.2 (0.2) 0.2 (0.2) | 0.1 (0.1) 0.1 (0.1) |
| Arsenic, μg | 9 (4) 6 (4) | 10 (6) 7 (5) | 11 (26) 11 (16) | 0 (0) 0 (0) | 9 (4) 6 (4) | 1 (2) 0 (1) | 23 (42) 14 (30) | 0 (0) 0 (0) | 2 (4) 1 (3) |
| Cadmium, μg | 7 (3) 5 (2) | 4 (2) 4 (2) | 1 (1) 1 (1) | 0 (1) 0 (0) | 1 (1) 1 (1) | 1 (2) 1 (1) | 0 (1) 0 (0) | 0 (0) 0 (0) | 1 (1) 1 (0) |
| Lead, μg | 13 (6) 10 (4) | 10 (12) 9 (15) | 12 (10) 14 (9) | 0 (1) 0 (0) | 10 (5) 8 (5) | 6 (5) 3 (4) | 2 (5) 1 (3) | 0 (0) 0 (0) | 8 (9) 5 (7) |

Fig.89. Sources of potassium (%)
Men



Women

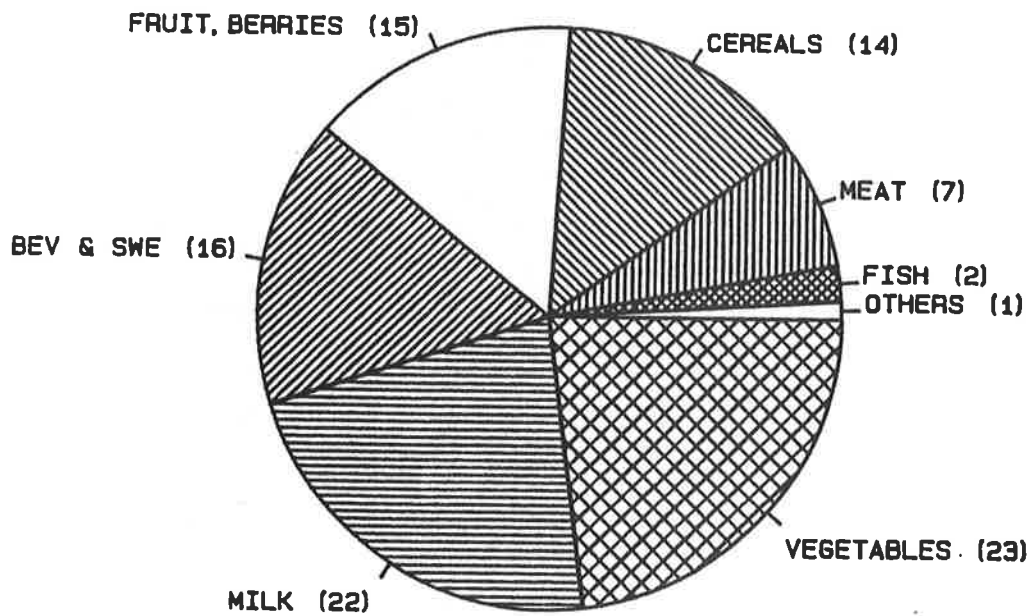
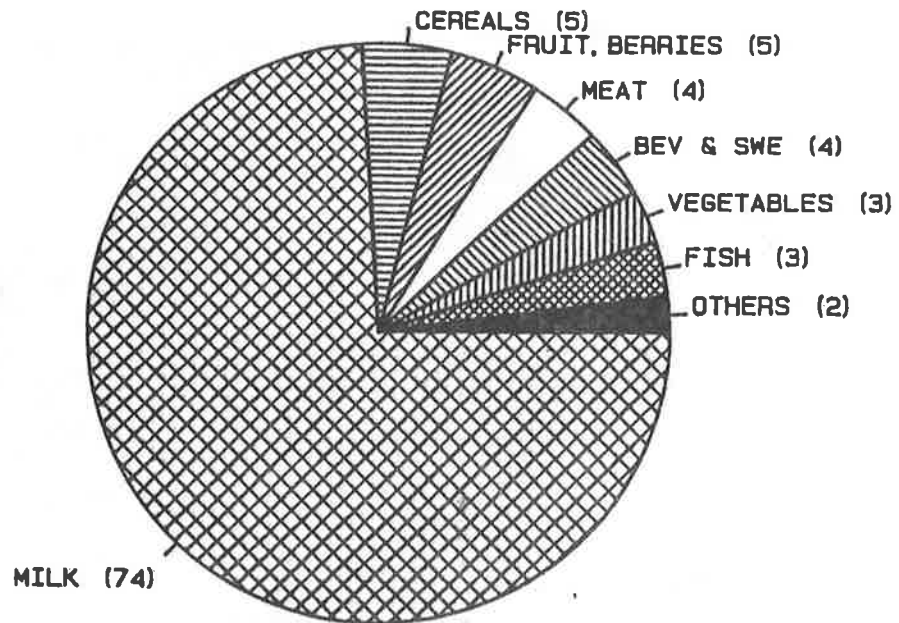


Fig.90. Sources of calcium (%)
Men



Women

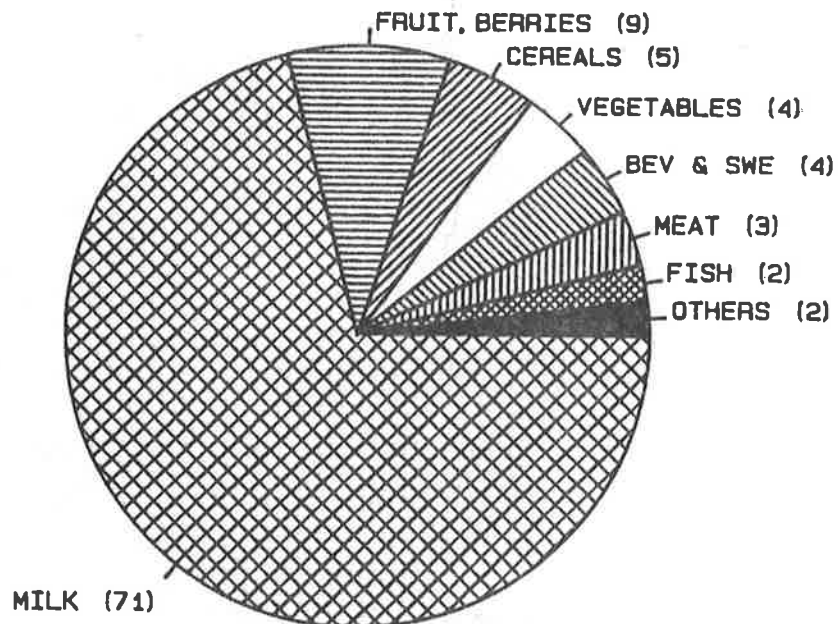
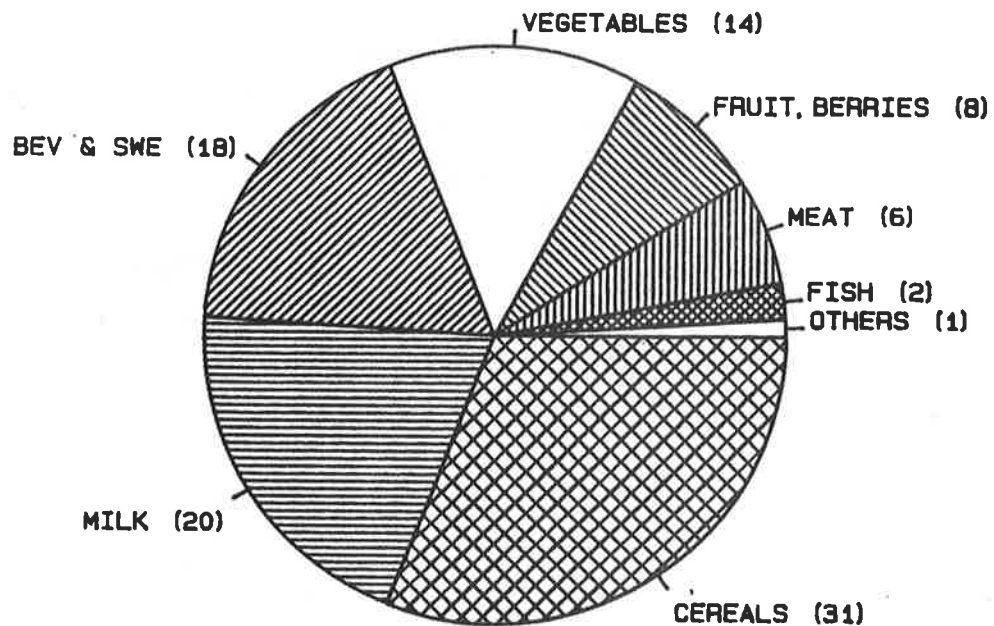


Fig.91. Sources of magnesium (%)
Men



Women

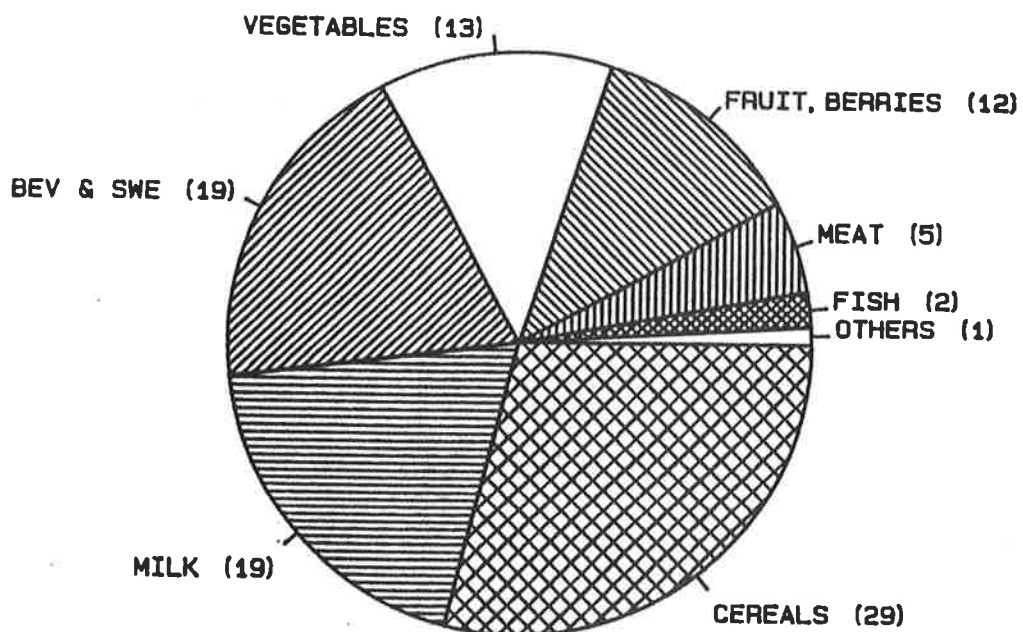
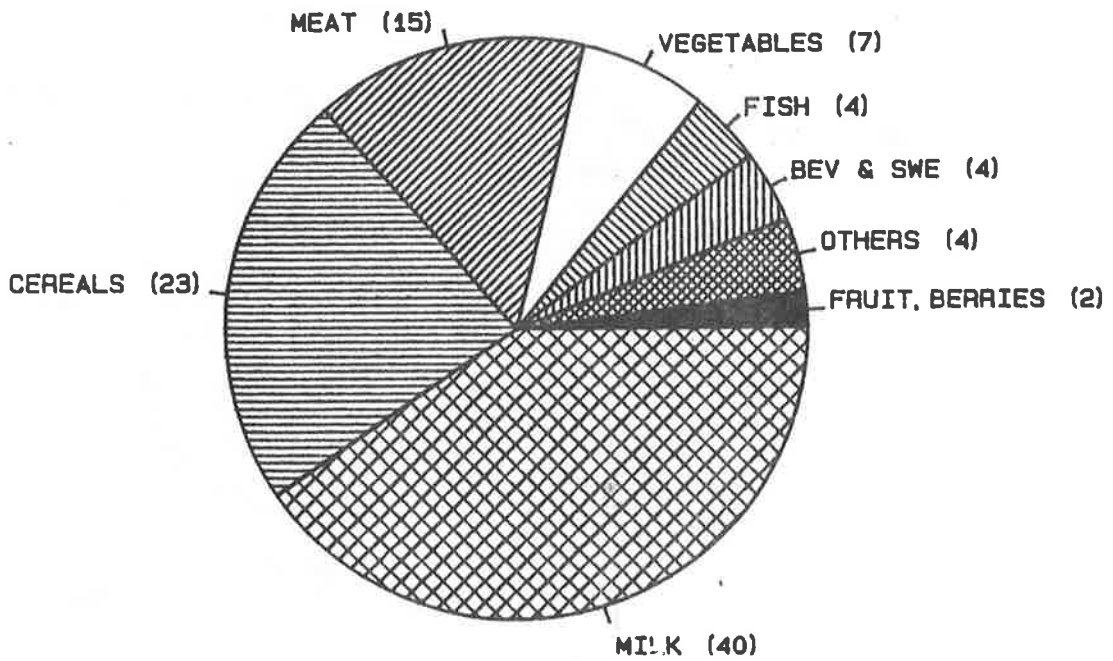


Fig.92. Sources of phosphorus (%)
Men



Women

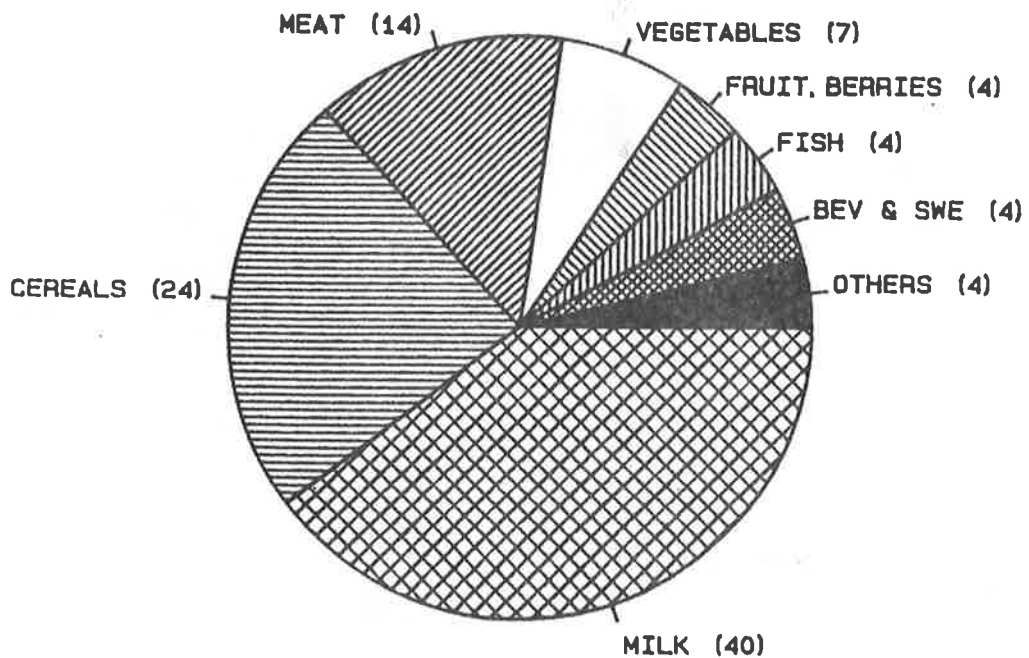
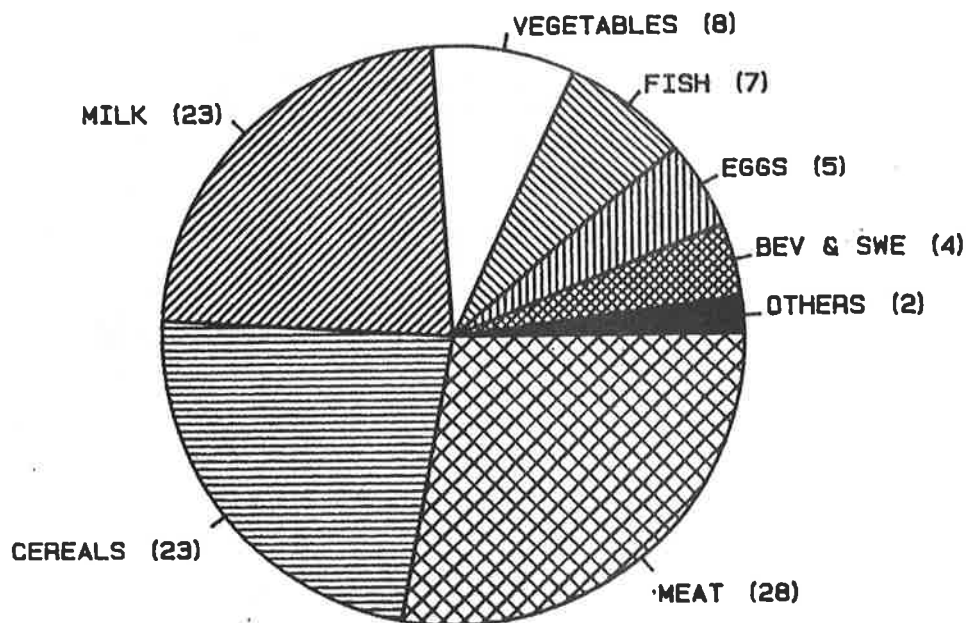


Fig.93. Sources of sulphur (%)
Men



Women

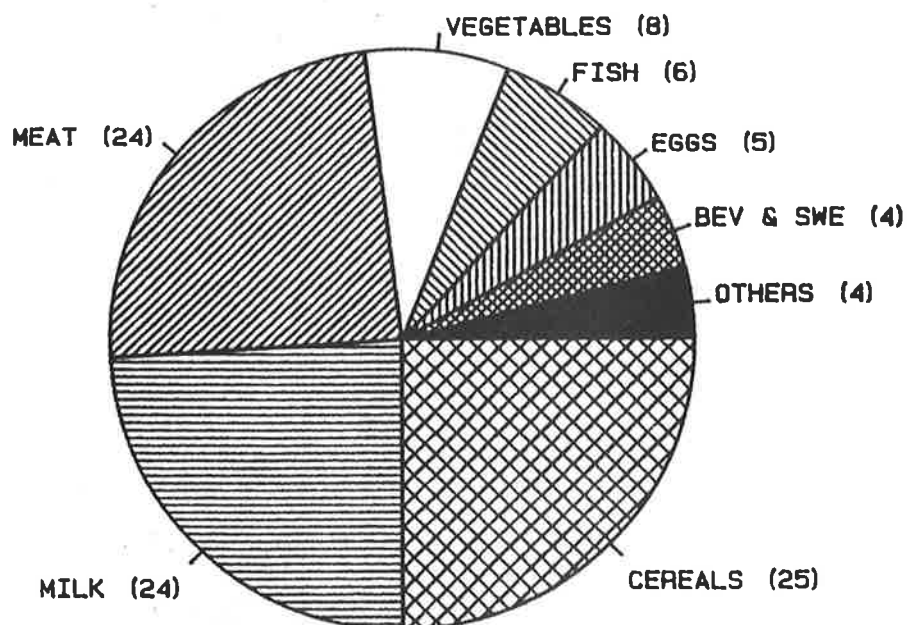
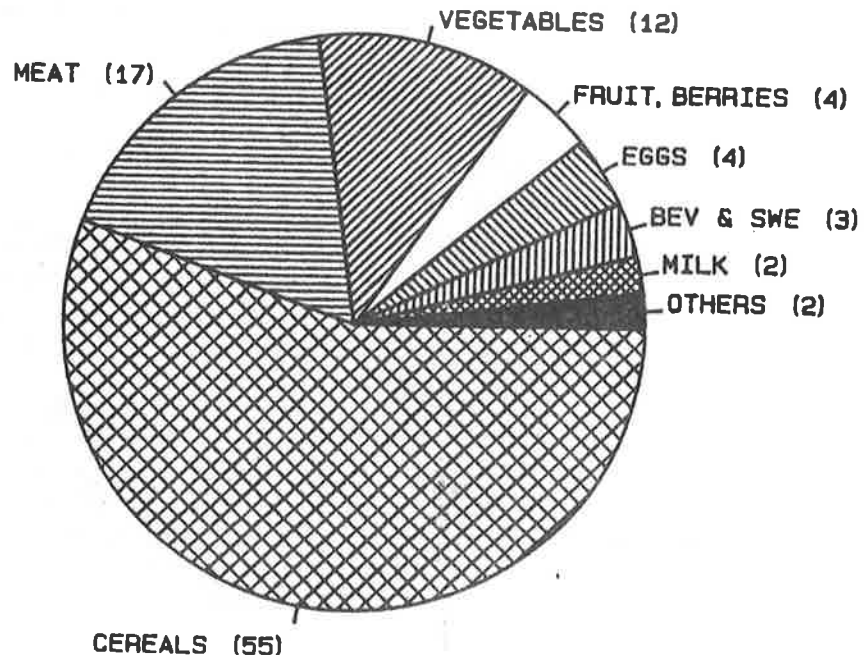


Fig.94. Sources of iron (%)
Men



Women

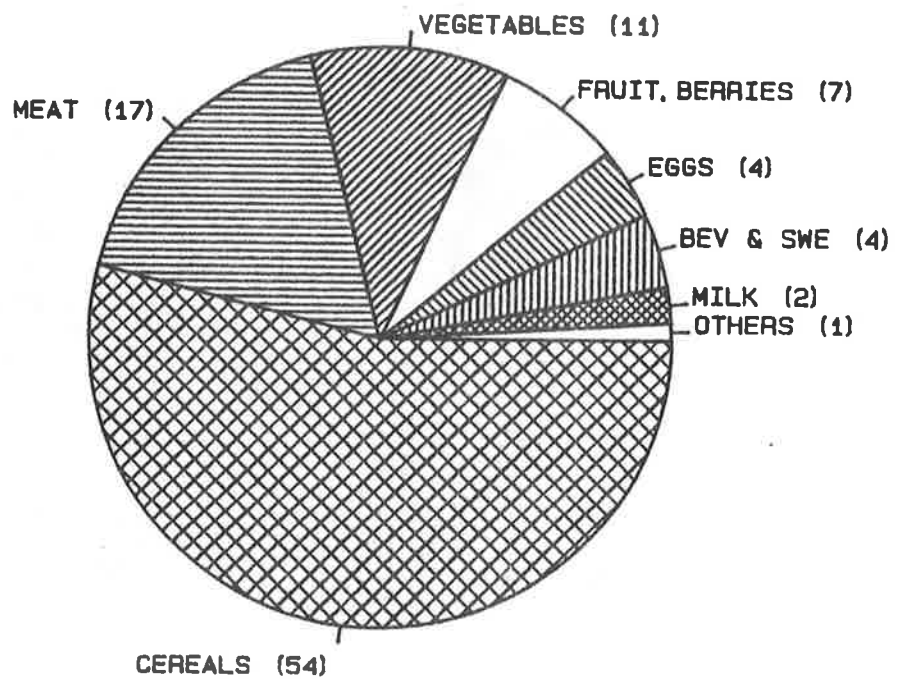
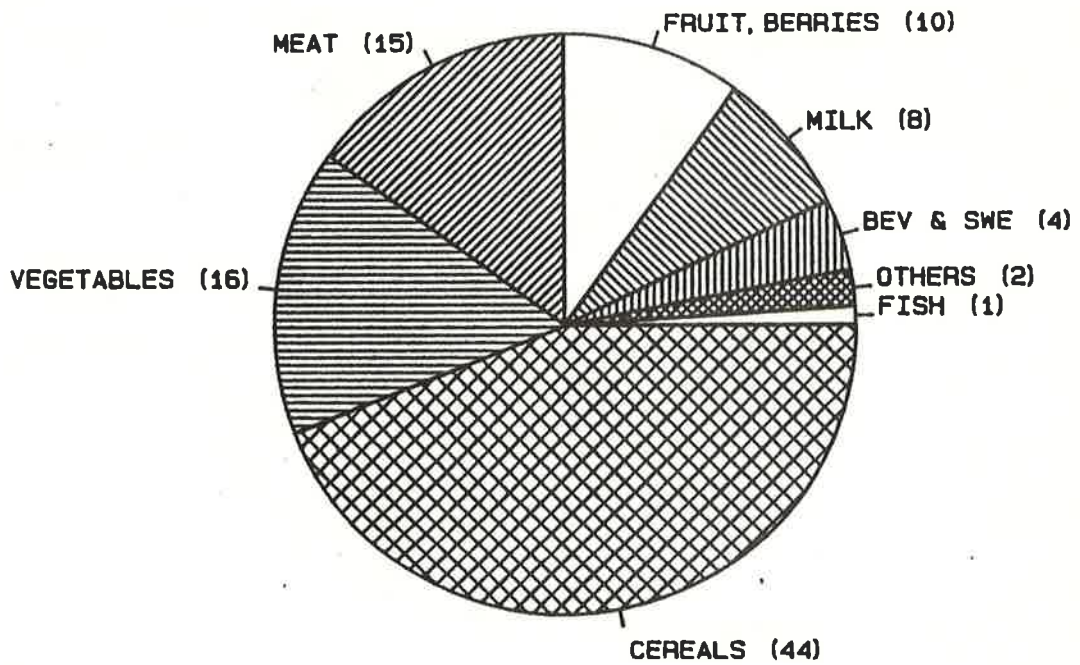


Fig.95. Sources of copper (%)
Men



Women

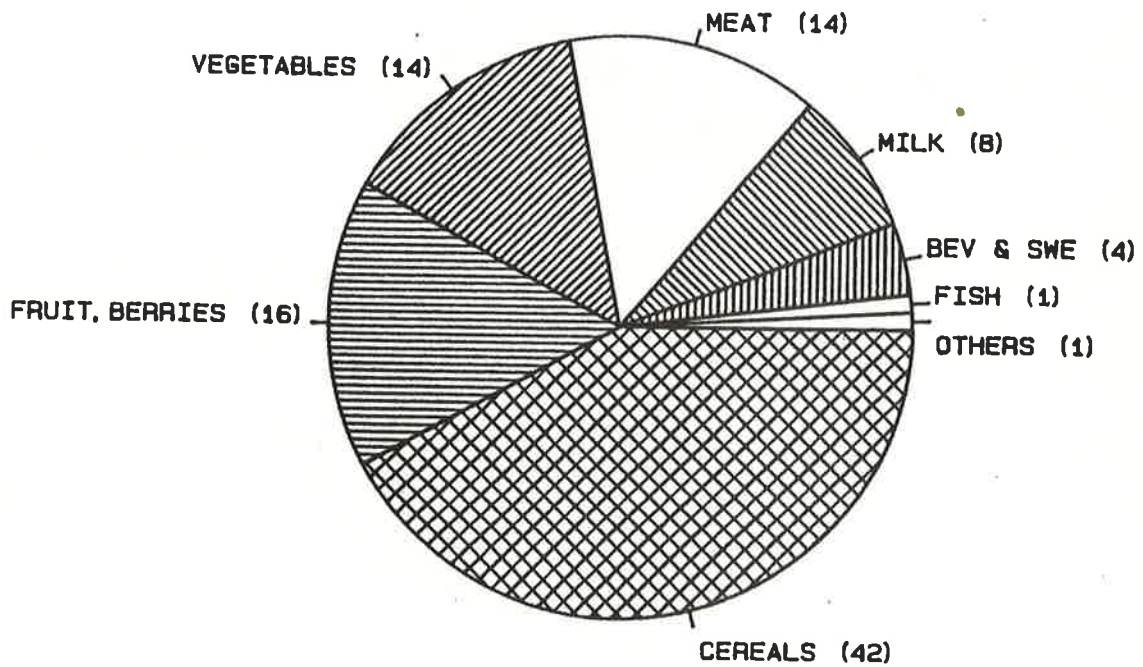
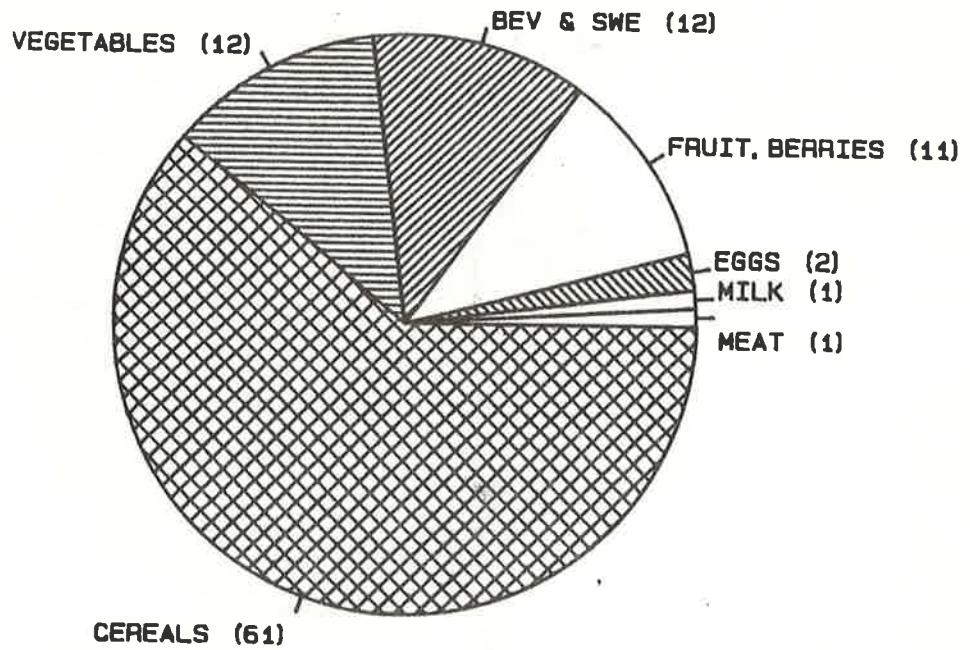


Fig.96. Sources of manganese (%)
Men



Women

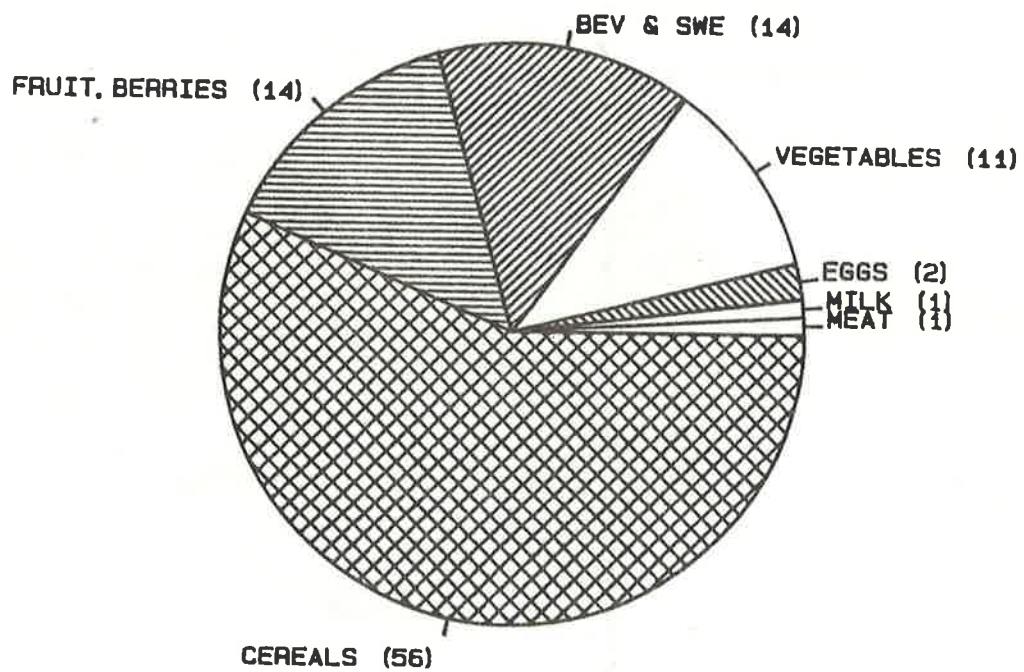
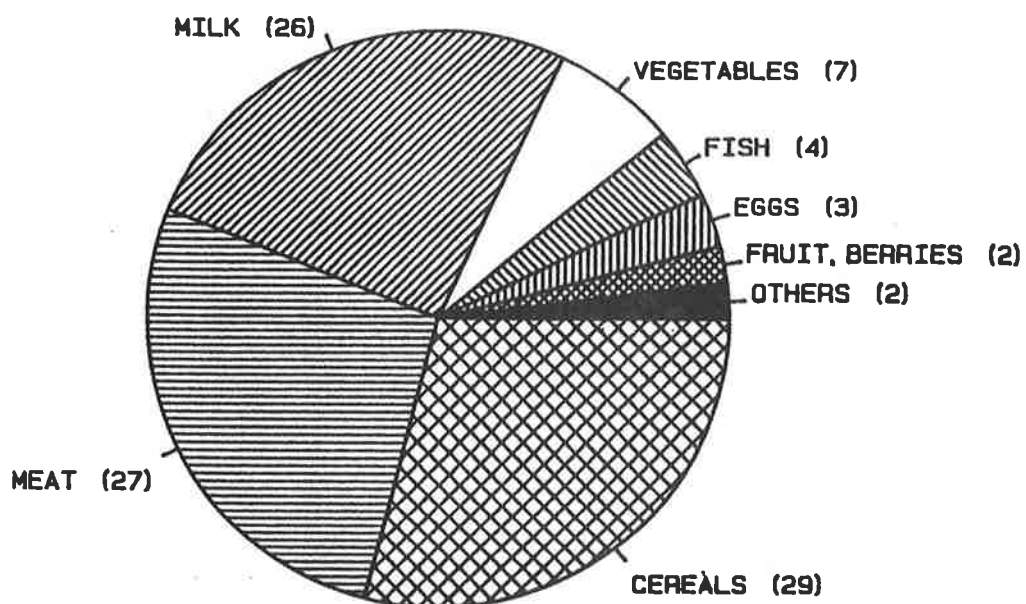


Fig.97. Sources of zinc (%)
Men



Women

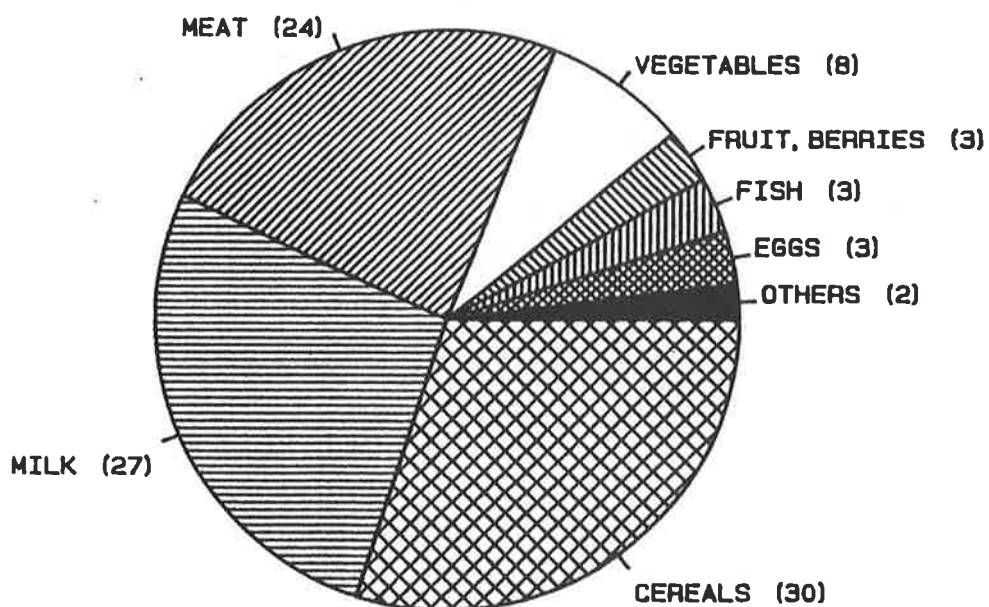
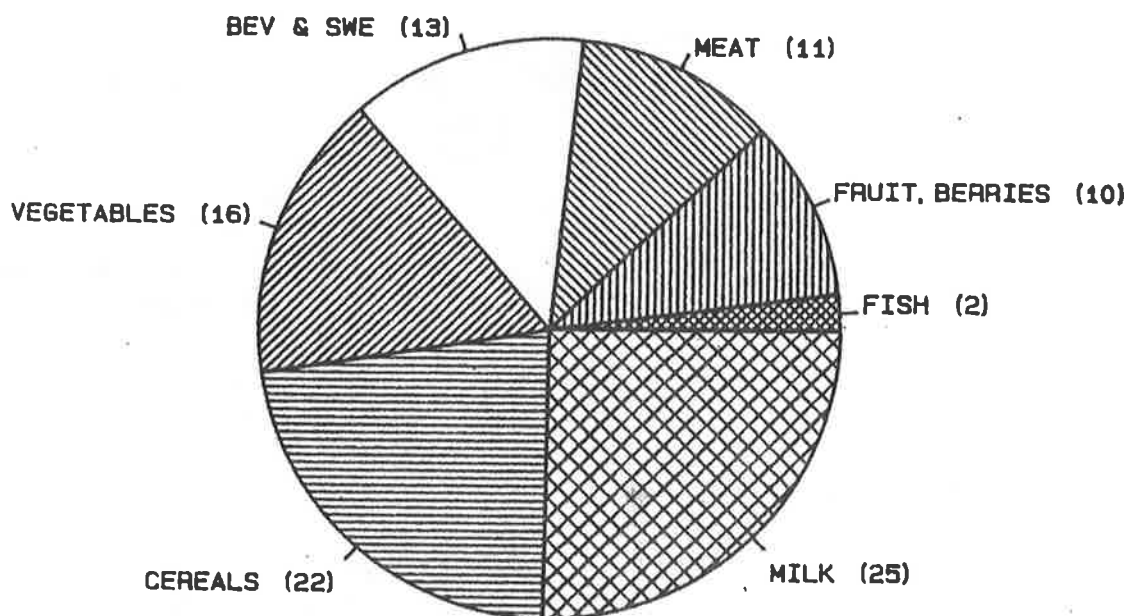


Fig.98. Sources of molybdenum (%)
Men



Women

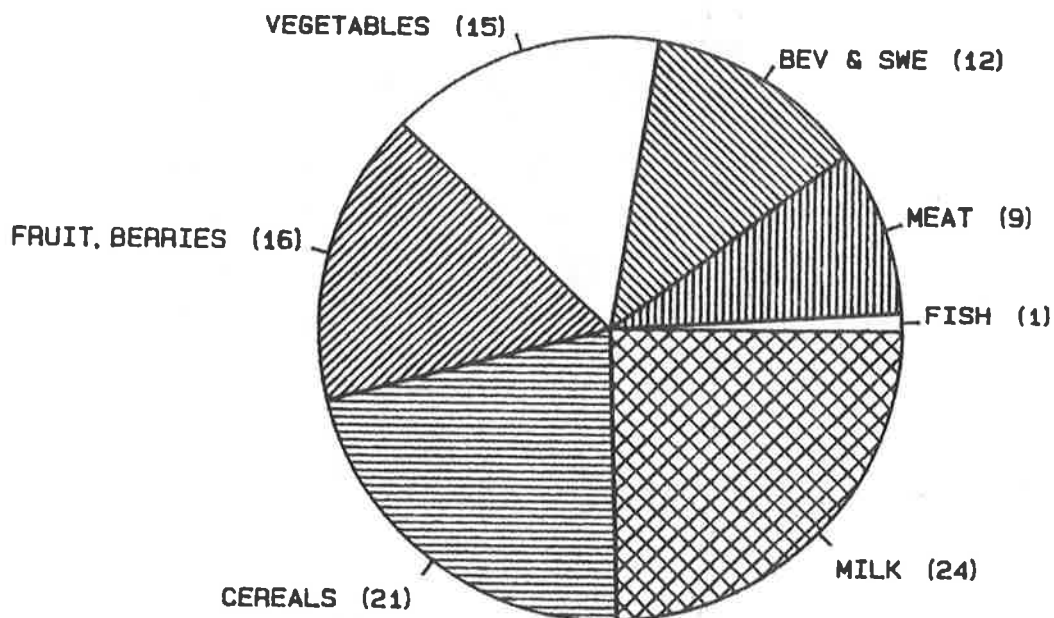
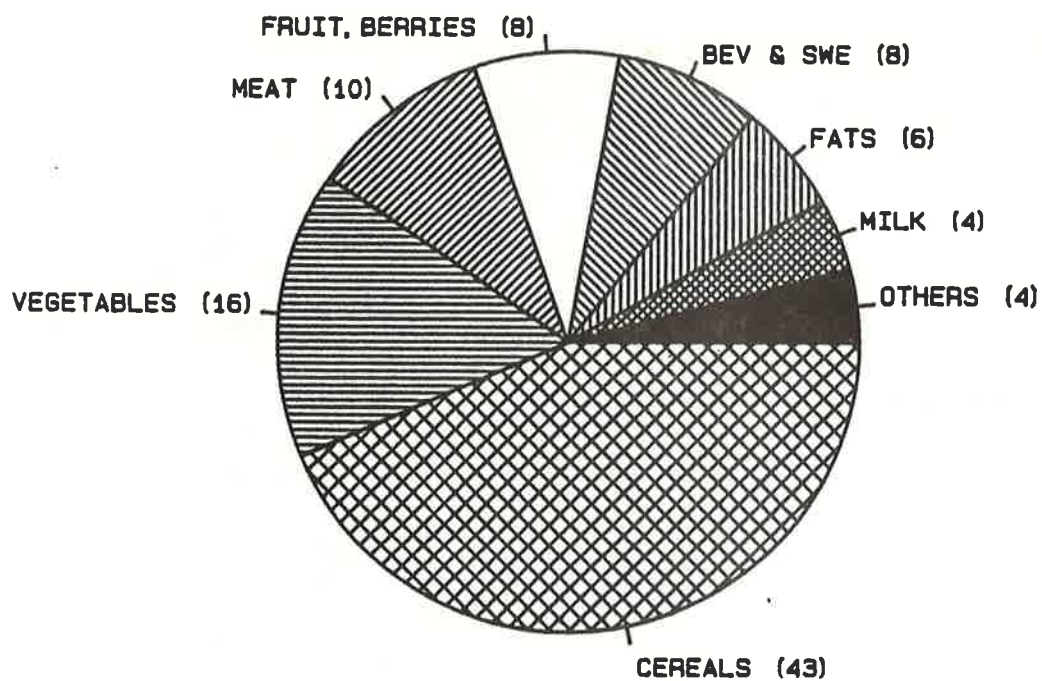


Fig.99. Sources of cobalt (%)
Men



Women

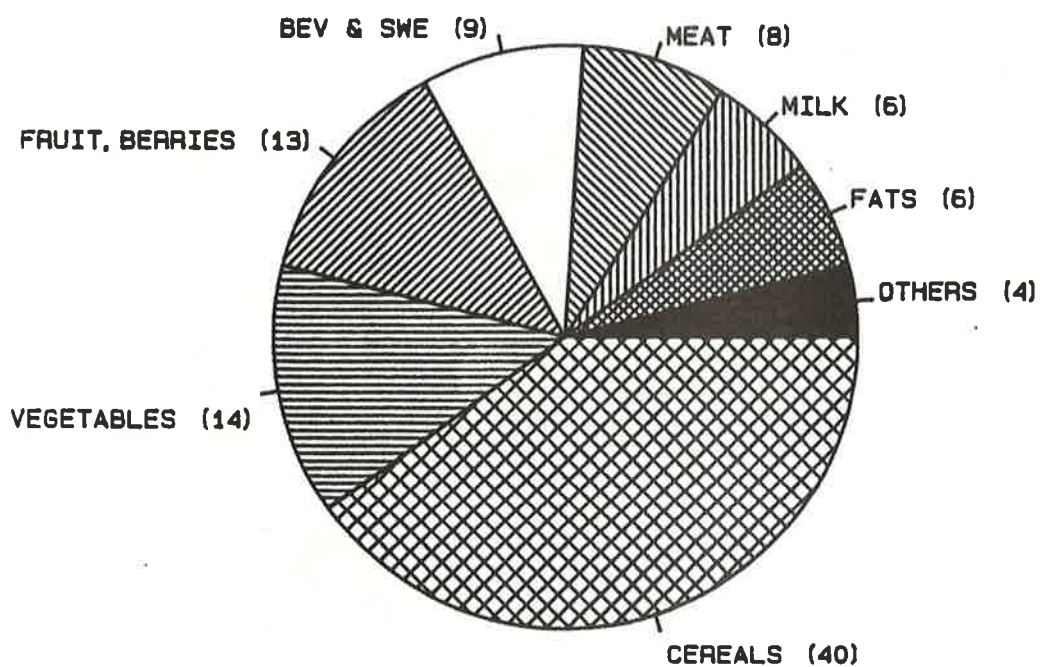
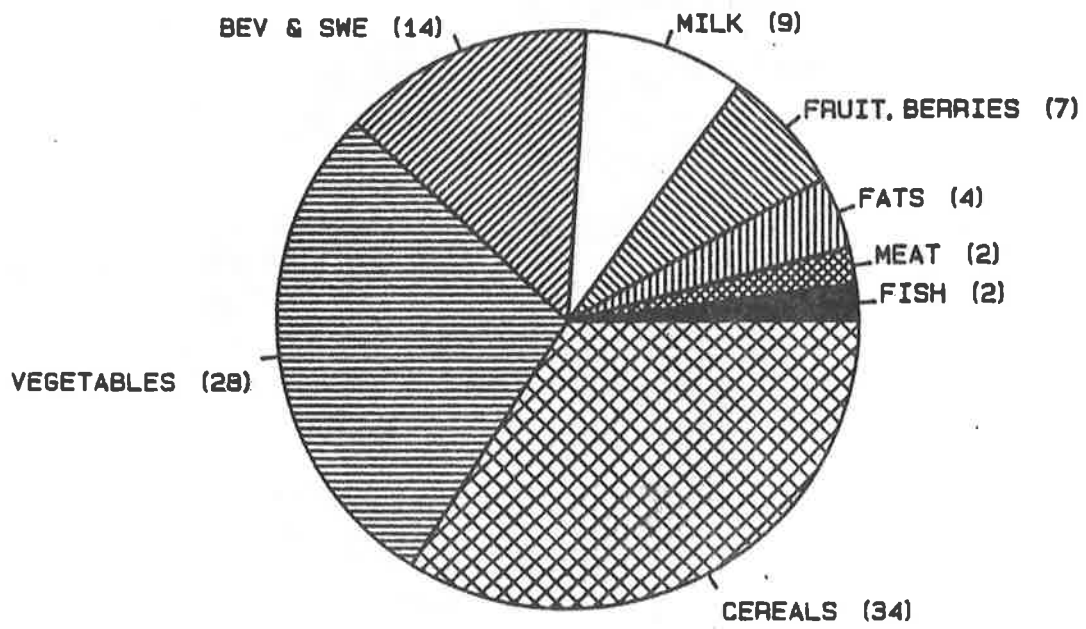


Fig.100. Sources of nickel (%)
Men



Women

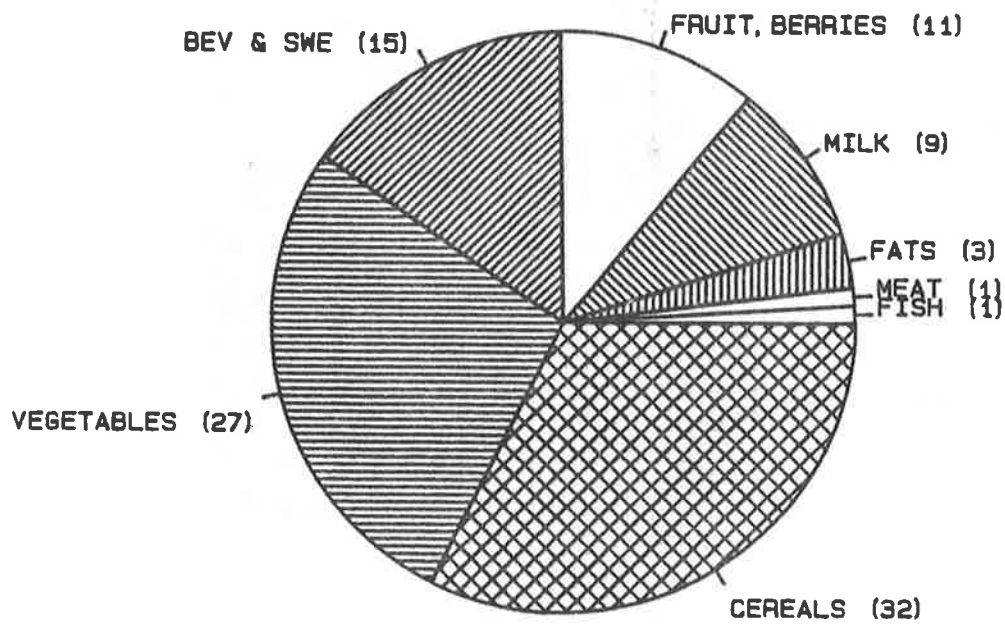
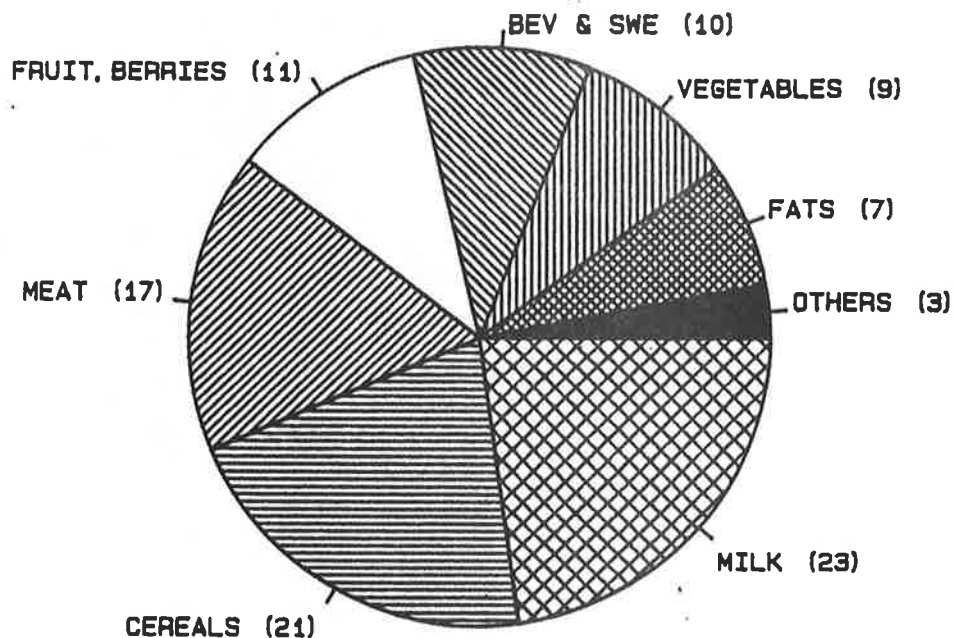


Fig.101. Sources of chromium (%)
Men



Women

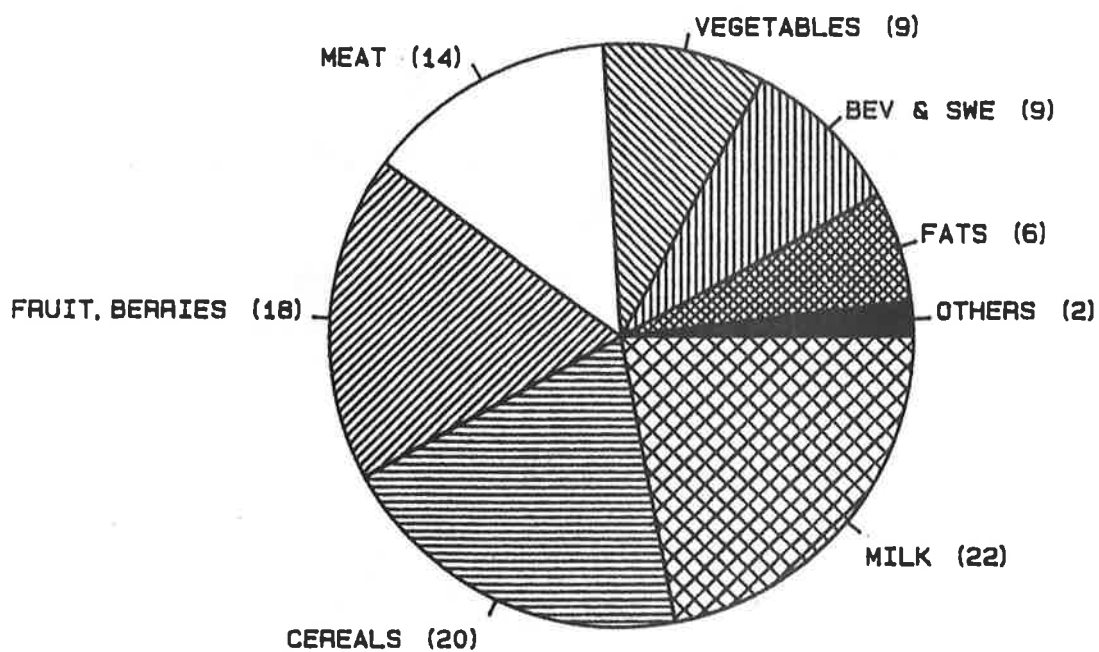
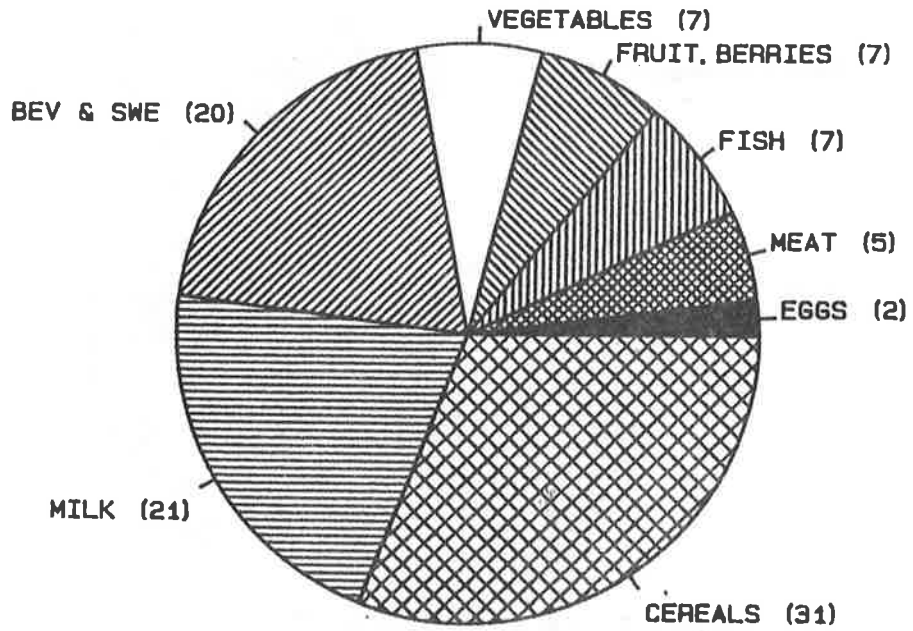


Fig.102. Sources of fluorine (%)

Men



Women

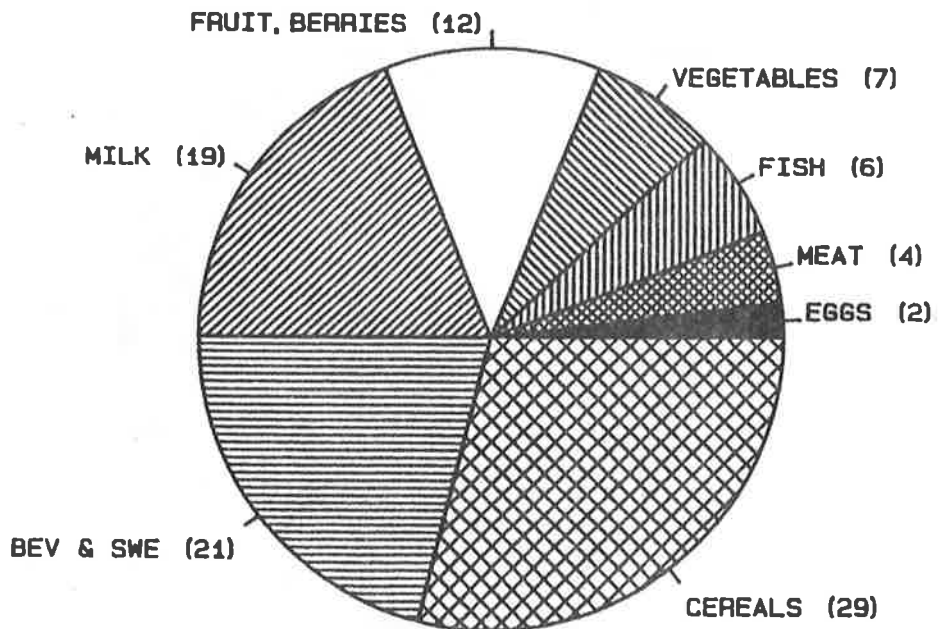
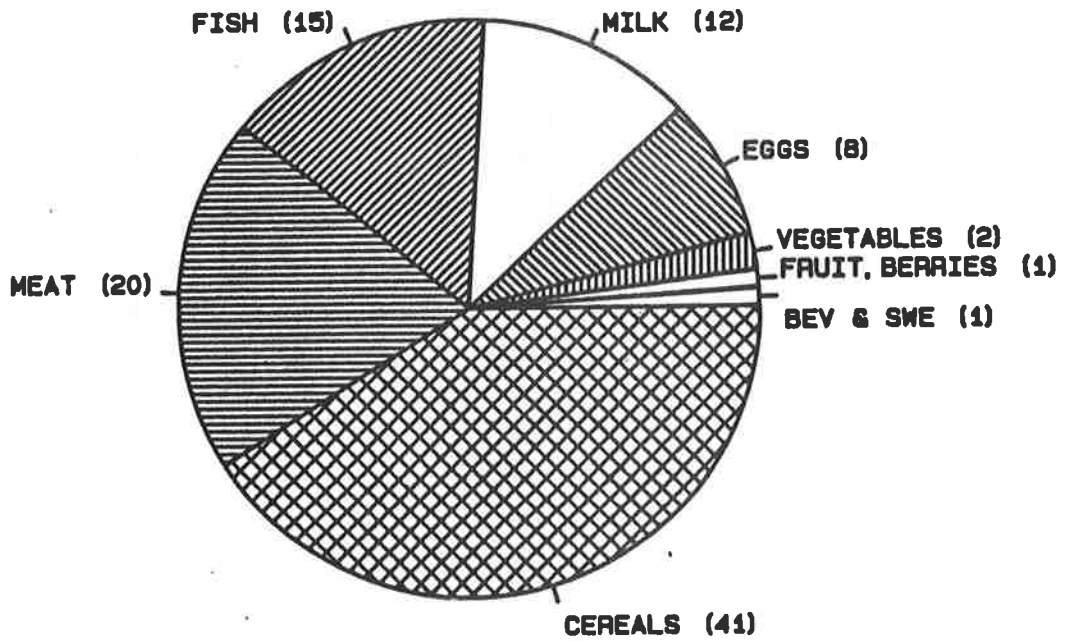


Fig.103. Sources of selenium (%)
Men



Women

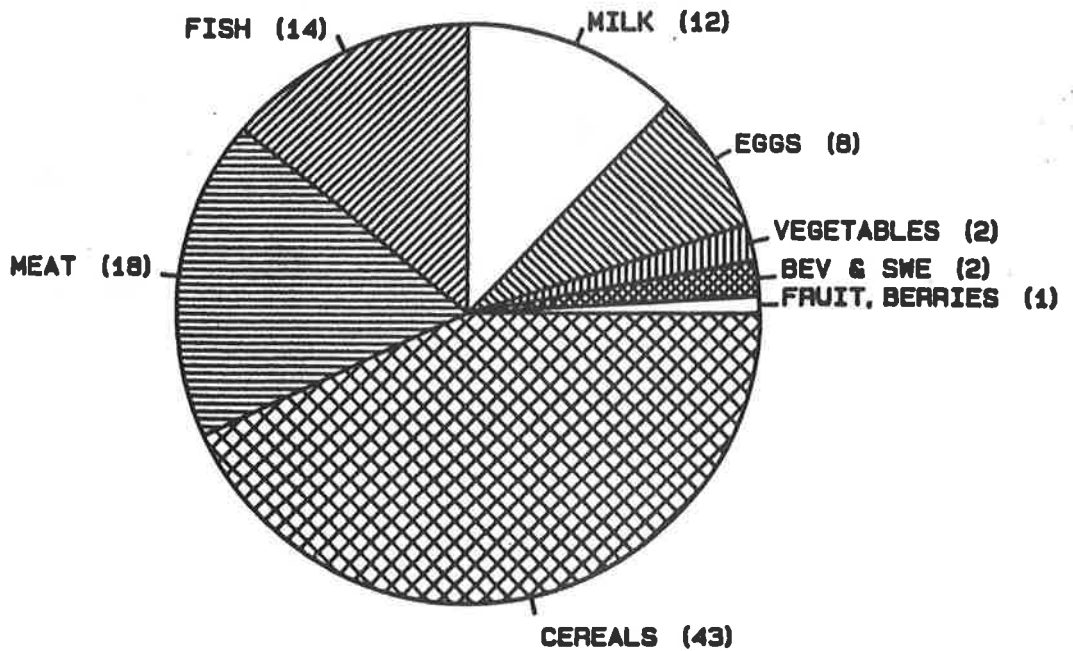
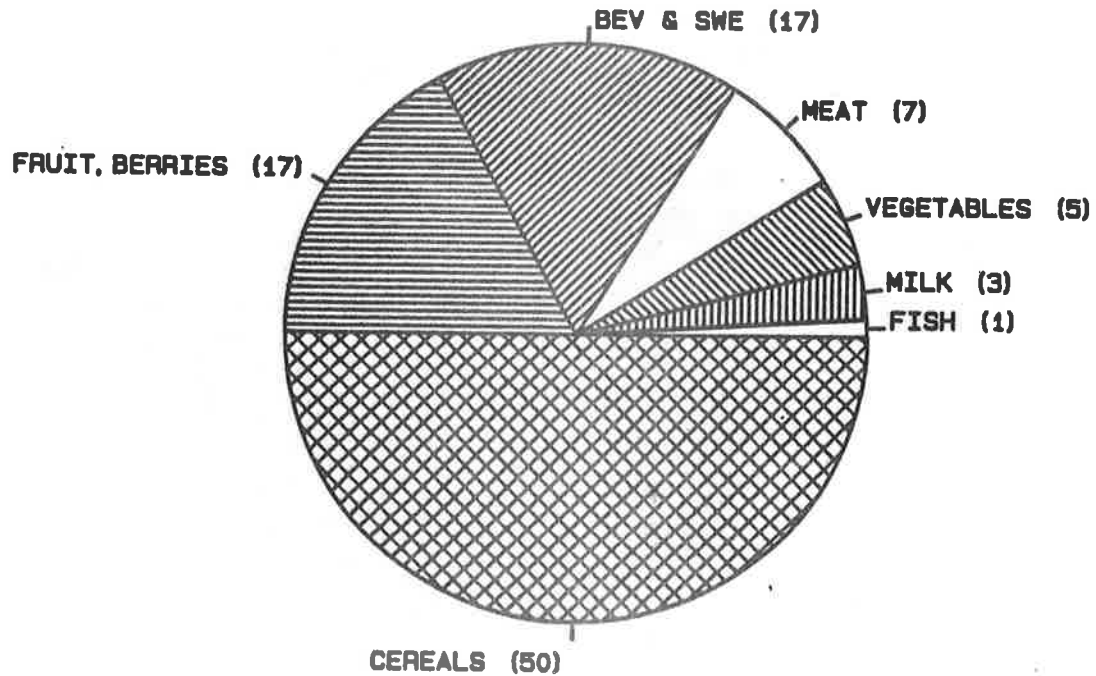


Fig.104. Sources of silicon (%)
Men



Women

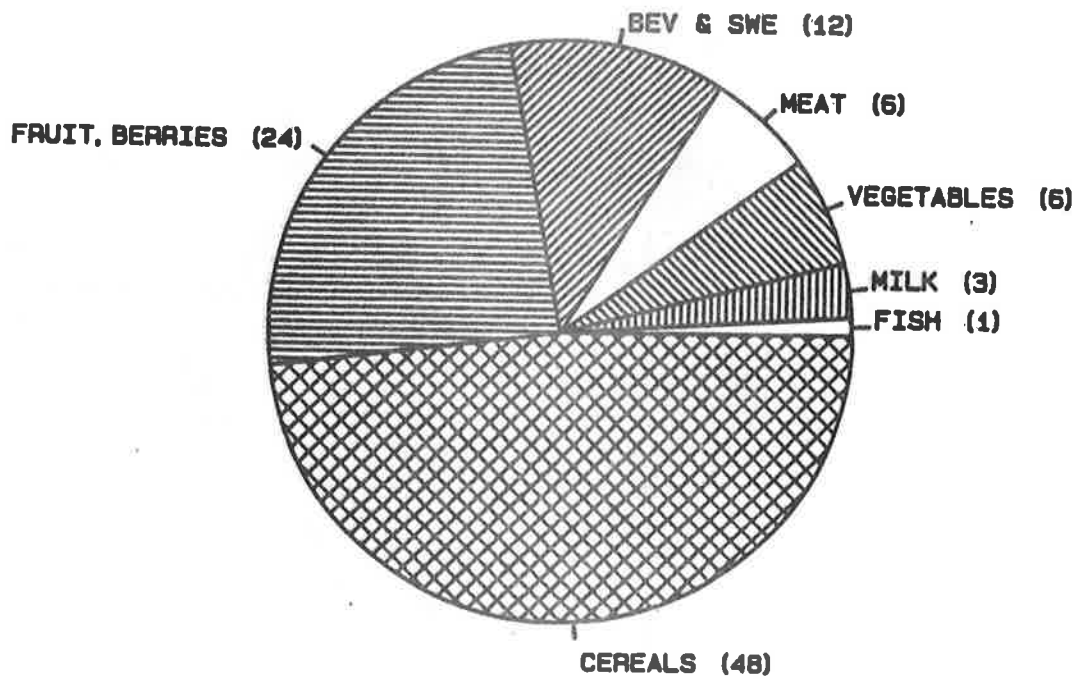
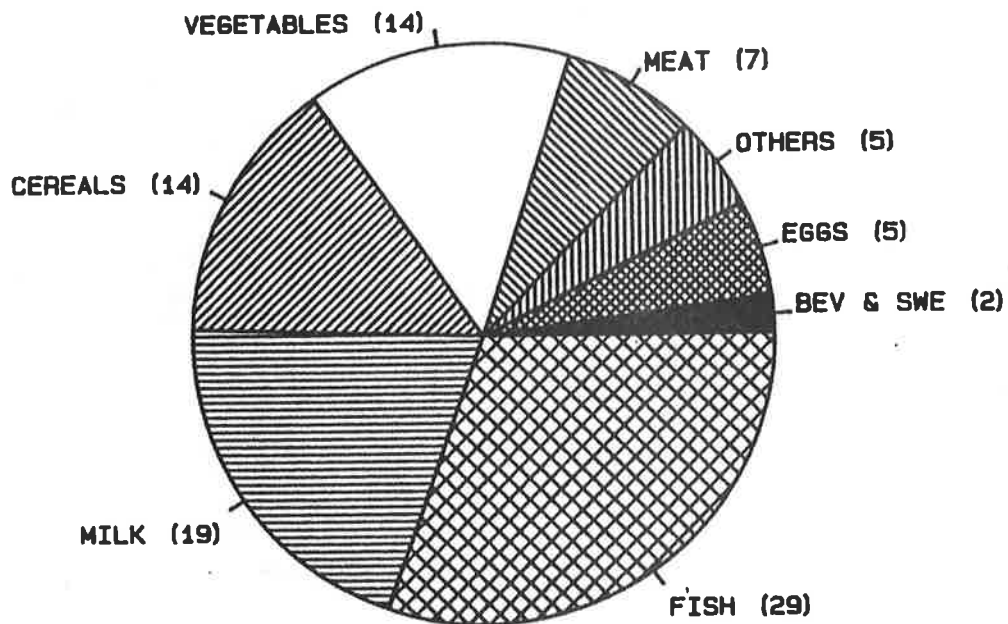


Fig.105. Sources of mercury (%)
Men



Women

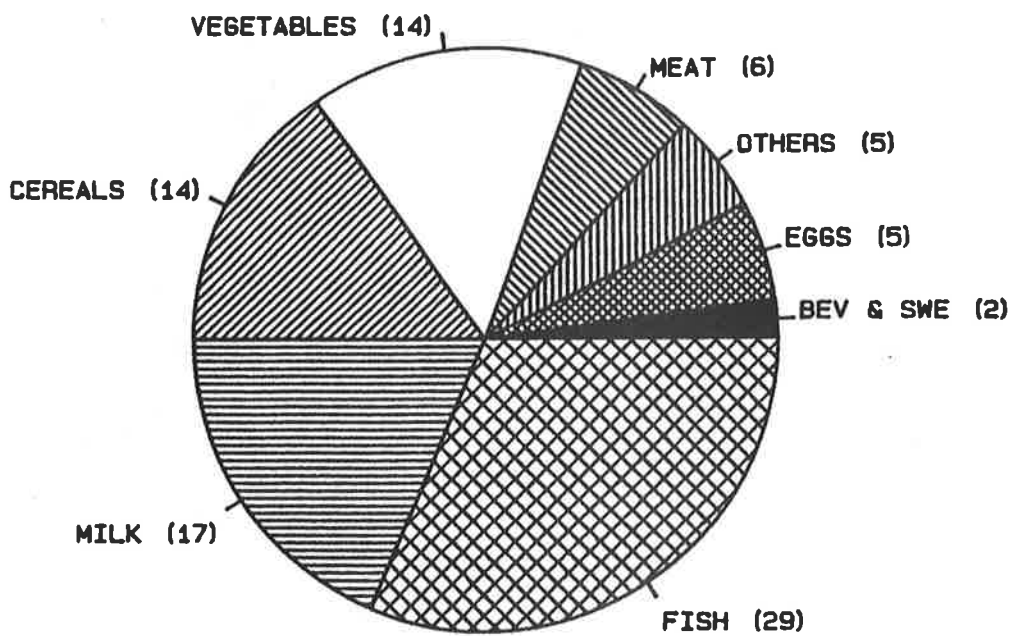
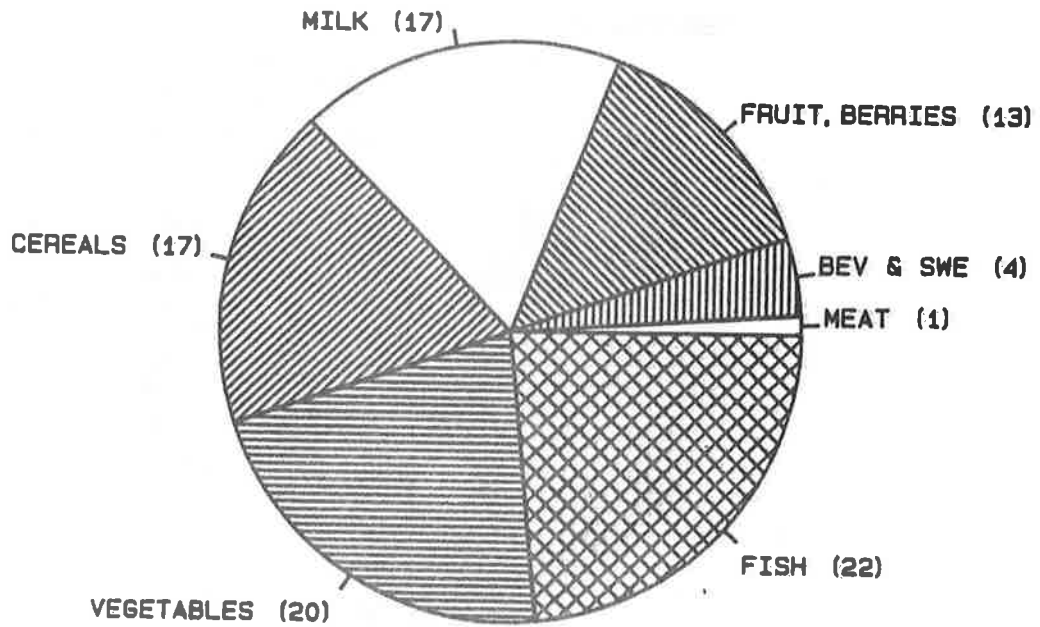


Fig.106. Sources of arsenic (%)
Men



Women

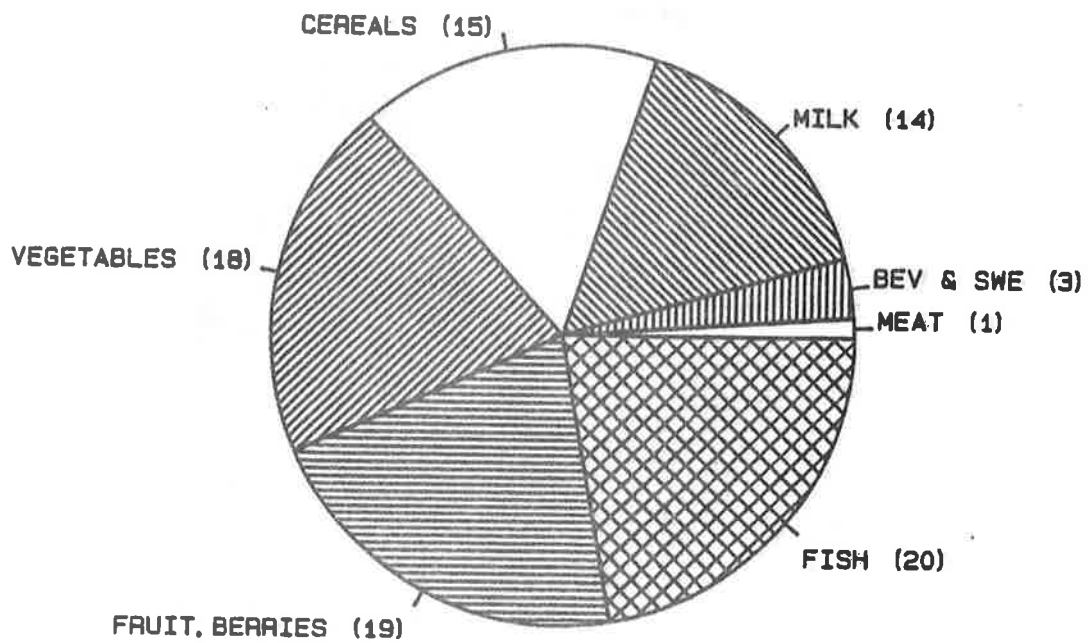
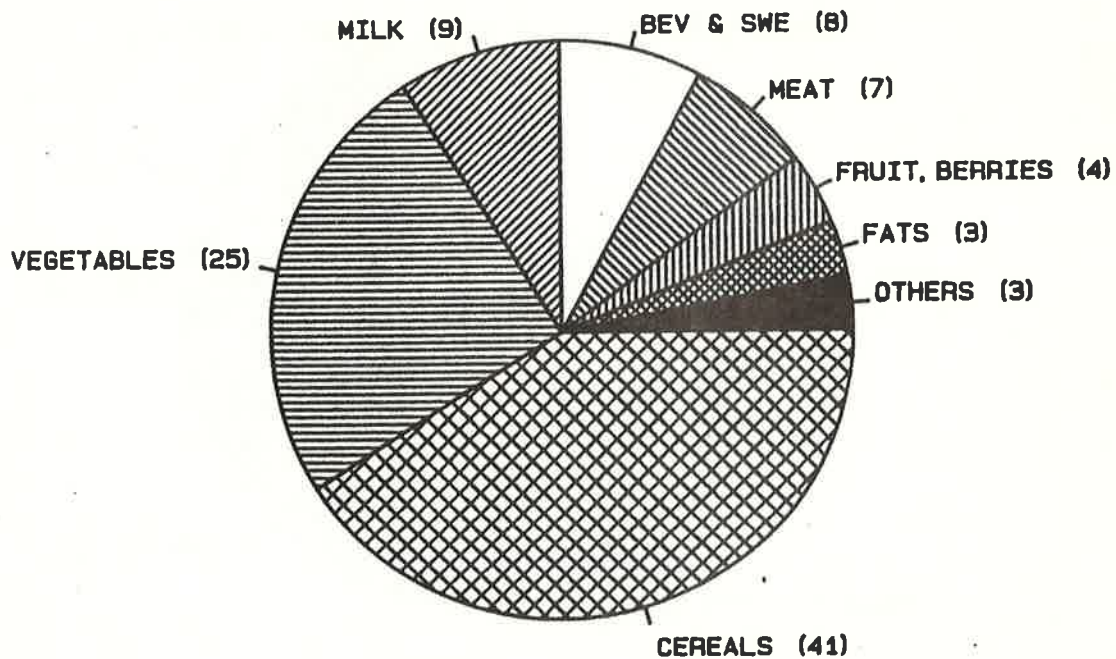


Fig.107. Sources of cadmium (%)
Men



Women

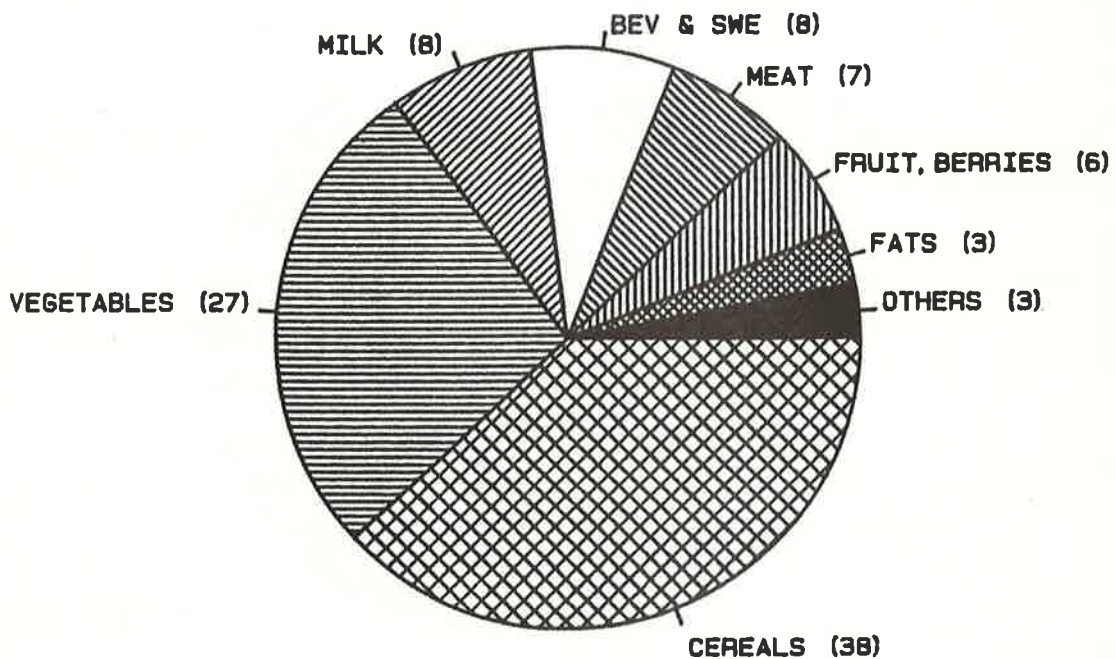
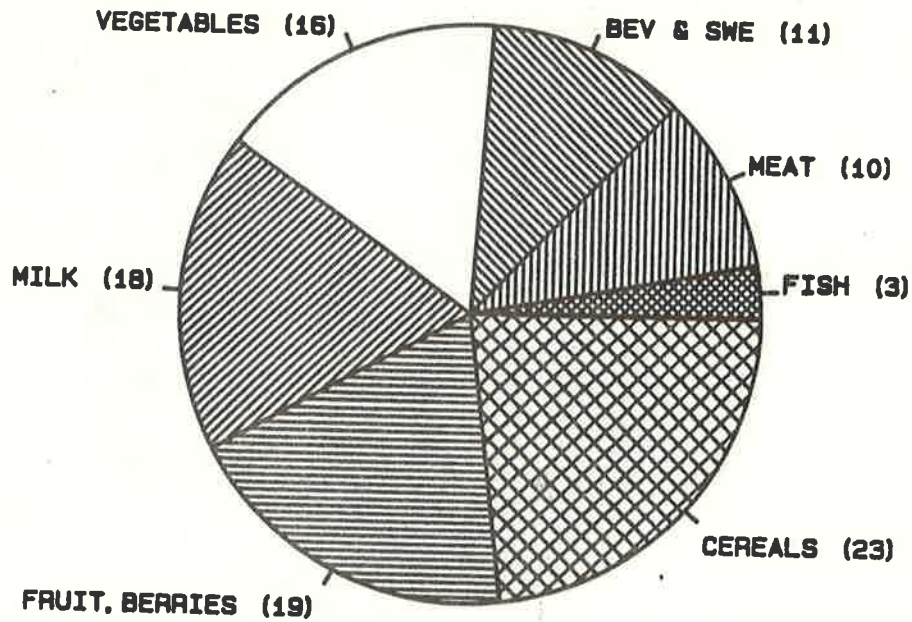
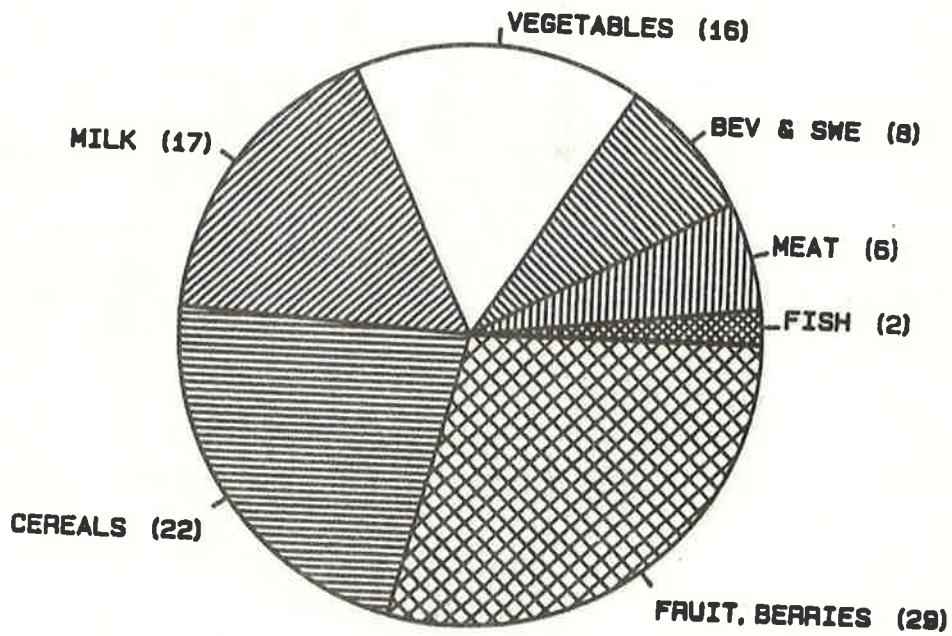


Fig.108. Sources of lead (%)
Men



Women



5.3. Food and nutrient intake by occupation

Table 135. Mean daily consumption of foods in grams by occupation of men.
Standard deviations of means are in parenthesis.

| | Farmers (N=122) | Blue- collar workers (N=212) | White- collar workers (N=221) | Retired (N=68) |
|-------------------------------|----------------------------------|---|--|---------------------------------|
| Rye products | 154 (85) | 137 (72) | 108 (63) | 120 (53) |
| Wheat products | 118 (77) | 108 (66) | 106 (60) | 78 (47) |
| Other cereal products | 33 (36) | 26 (33) | 26 (28) | 23 (23) |
| Legumes and nuts | 11 (22) | 11 (20) | 11 (18) | 10 (17) |
| Potatoes | 206 (103) | 181 (105) | 149 (82) | 150 (82) |
| Roots | 31 (44) | 24 (33) | 31 (31) | 29 (37) |
| Other vegetables | 41 (39) | 56 (59) | 72 (70) | 42 (53) |
| Fruit and berries | 223 (192) | 271 (241) | 276 (226) | 218 (188) |
| Margarine and oils | 10 (16) | 29 (31) | 30 (27) | 18 (21) |
| Butter | 58 (33) | 36 (33) | 27 (24) | 29 (25) |
| Milk | 756 (399) | 587 (355) | 461 (306) | 495 (290) |
| Cheese | 19 (25) | 18 (22) | 28 (33) | 12 (14) |
| Other milk products | 265 (323) | 228 (284) | 154 (183) | 202 (202) |
| Pork | 40 (46) | 33 (42) | 33 (42) | 25 (28) |
| Beef and other meat | 51 (48) | 67 (69) | 72 (61) | 48 (53) |
| Sausage | 70 (67) | 79 (72) | 63 (64) | 36 (39) |
| Inner organs and blood | 4 (11) | 5 (14) | 7 (17) | 2 (4) |
| Fish and other seafood | 46 (69) | 44 (68) | 37 (62) | 55 (83) |
| Eggs | 34 (31) | 31 (31) | 30 (27) | 25 (29) |
| Coffee | 691 (385) | 658 (373) | 608 (389) | 552 (326) |
| Tea | 127 (269) | 110 (218) | 119 (163) | 104 (176) |
| Alcoholic drinks | 89 (257) | 154 (389) | 172 (314) | 92 (319) |
| Soft drinks | 44 (106) | 76 (137) | 105 (176) | 47 (149) |
| Sweets, sugar syrup and honey | 55 (35) | 44 (31) | 40 (23) | 33 (22) |
| Other foodstuffs | 3 (8) | 2 (6) | 1 (3) | 1 (2) |

Table 136. Mean daily consumption of foods in grams by occupation of women.
Standard deviations of means are in parenthesis.

| | Farmers (N=90) | Blue- collar workers (N=90) | White- collar workers (N=307) | House- wives (N=99) | Retired (N=87) |
|-----------------------------------|-------------------|--------------------------------------|--|---------------------------|-------------------|
| Rye products | 110 (49) | 85 (51) | 76 (45) | 91 (45) | 92 (47) |
| Wheat products | 104 (52) | 88 (52) | 94 (53) | 87 (54) | 71 (39) |
| Other cereal products | 24 (20) | 17 (19) | 18 (20) | 21 (23) | 22 (19) |
| L.egumes and nuts | 5 (9) | 5 (12) | 6 (11) | 10 (16) | 8 (16) |
| Potatoes | 141 (76) | 122 (83) | 89 (60) | 107 (61) | 128 (60) |
| Roots | 37 (40) | 33 (41) | 38 (44) | 34 (36) | 35 (35) |
| Other vegetables | 37 (36) | 56 (47) | 83 (61) | 61 (58) | 44 (41) |
| Fruit and berries | 291 (170) | 320 (198) | 354 (200) | 260 (154) | 287 (183) |
| Margarine and oils | 10 (16) | 19 (18) | 22 (20) | 20 (25) | 12 (15) |
| Butter | 39 (21) | 22 (21) | 20 (19) | 23 (20) | 22 (18) |
| Milk | 468 (261) | 365 (258) | 293 (231) | 330 (214) | 410 (261) |
| Cheese | 22 (35) | 21 (25) | 30 (30) | 18 (22) | 13 (16) |
| Other milk products | 219 (200) | 194 (172) | 169 (181) | 188 (182) | 220 (187) |
| Pork | 20 (26) | 24 (32) | 25 (36) | 27 (34) | 19 (24) |
| Beef and other meat | 42 (39) | 44 (46) | 54 (52) | 41 (42) | 41 (41) |
| Sausage | 34 (42) | 42 (54) | 37 (35) | 34 (42) | 21 (31) |
| Inner organs and blood | 6 (14) | 6 (14) | 6 (14) | 6 (16) | 5 (13) |
| Fish and other seafood | 26 (31) | 27 (33) | 28 (39) | 27 (31) | 41 (57) |
| Eggs | 25 (21) | 24 (25) | 25 (24) | 20 (17) | 17 (16) |
| Coffee | 675 (344) | 650 (354) | 573 (337) | 569 (284) | 546 (397) |
| Tea | 97 (157) | 43 (80) | 119 (183) | 92 (147) | 69 (115) |
| Alcoholic drinks | 4 (19) | 58 (229) | 54 (144) | 11 (41) | 12 (65) |
| Soft drinks | 18 (41) | 34 (76) | 57 (138) | 66 (139) | 38 (78) |
| Sweets, sugar, syrup and honey | 45 (30) | 29 (19) | 34 (23) | 33 (21) | 27 (17) |
| Other foodstuffs | 1 (2) | 1 (4) | 1 (3) | 1 (2) | 1 (2) |

Table 137. Mean daily intake of energy and selected nutrients by occupation of men on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=122) | Blue- collar workers (N=212) | White- collar workers (N=221) | Retired (N=68) |
|---|----------------------------------|---|--|---------------------------------|
| Energy, MJ | 13.3 (3.7) | 12.3 (3.7) | 11.2 (2.8) | 9.5 (2.1) |
| kcal | 3160 (860) | 2930 (870) | 2670 (670) | 2260 (510) |
| Protein, g | 114 (33) | 107 (33) | 98 (27) | 85 (21) |
| | 36 (6) | 37 (6) | 37 (6) | 38 (6) |
| Fat, g | 137 (47) | 127 (48) | 116 (35) | 96 (32) |
| | 43 (7) | 43 (7) | 43 (7) | 41 (7) |
| Saturated fatty acids, g | 76.9 (28.4) | 63.8 (26.8) | 57.1 (19.3) | 48.9 (18.3) |
| | 24.1 (4.7) | 21.5 (5.1) | 21.2 (4.5) | 21.2 (5.2) |
| Monounsatu- rated fatty acids, g | 43.4 (15.2) | 43.2 (17.0) | 40.1 (13.4) | 44.7 (10.8) |
| | 13.6 (2.6) | 14.5 (2.7) | 14.8 (2.9) | 13.5 (2.5) |
| Polyunsatu- rated fatty acids, g | 12.3 (5.3) | 15.8 (9.5) | 15.4 (7.4) | 12.0 (7.1) |
| | 3.9 (1.6) | 5.3 (2.4) | 5.7 (2.3) | 5.2 (2.4) |
| Linoleic acid, g | 10.0 (4.5) | 13.3 (8.5) | 13.0 (6.5) | 9.8 (6.1) |
| | 3.2 (1.4) | 4.5 (2.1) | 4.8 (2.1) | 4.2 (2.1) |
| Carbohydrate, g | 372 (118) | 332 (105) | 297 (86) | 266 (68) |
| | 118 (18) | 115 (18) | 112 (18) | 120 (18) |
| Sucrose, g | 67 (37) | 58 (34) | 55 (28) | 43 (25) |
| | 21 (9) | 20 (9) | 20 (9) | 19 (10) |

Table 138. Mean daily intake of selected nutrients by occupation of men on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=122) | Blue- collar workers (N=212) | White- collar workers (N=221) | Retired (N=68) |
|------------------------|---------------------------|--|---|--------------------------|
| Vitamin A, ret.eq., µg | 1402 (1087) 437 (289) | 1190 (811) 411 (262) | 1359 (1189) 509 (420) | 888 (396) 403 (202) |
| Thiamin, mg | 2.2 (0.6) 0.7 (0.1) | 2.0 (0.6) 0.7 (0.1) | 1.8 (0.5) 0.7 (0.1) | 1.6 (0.4) 0.7 (0.1) |
| Riboflavin, mg | 3.3 (1.1) 1.1 (0.2) | 3.0 (1.0) 1.0 (0.2) | 2.6 (0.9) 1.0 (0.3) | 2.4 (0.6) 1.1 (0.2) |
| Niacin, mg | 23 (8) 7 (2) | 23 (8) 8 (2) | 22 (7) 8 (2) | 18 (6) 8 (2) |
| Niacin, eq., mg | 46 (13) 15 (2) | 45 (14) 16 (3) | 42 (12) 16 (3) | 35 (10) 15 (3) |
| Vitamin C, mg | 128 (80) 41 (23) | 131 (76) 46 (25) | 132 (86) 51 (33) | 101 (62) 48 (30) |
| Cholesterol, mg | 602 (234) 189 (53) | 524 (237) 179 (63) | 492 (183) 186 (73) | 408 (183) 175 (63) |
| Ethanol, g | 7 (15) 2 (5) | 11 (22) 4 (8) | 12 (20) 4 (7) | 4 (13) 2 (6) |
| P/S-ratio | 0.17 (0.09) | 0.28 (0.17) | 0.30 (0.15) | 0.28 (0.17) |

Table 139. Mean daily intake of energy and selected nutrients by occupation of women on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=90) | Blue- collar workers (N=90) | White- collar workers (N=307) | Housewives (N=99) | Retired (N=87) |
|---|---------------------------|--|--|------------------------------|---------------------------|
| Energy, MJ | 9.7 (2.7) | 8.4 (2.3) | 8.6 (2.3) | 8.3 (2.2) | 7.8 (1.9) |
| kcal | 2320 (650) | 2010 (550) | 2050 (540) | 1980 (530) | 1860 (450) |
| Protein, g | 81 (23) | 75 (23) | 77 (22) | 72 (20) | 72 (19) |
| | 36 (5) | 38 (6) | 38 (7) | 41 (2) | 37 (6) |
| Fat, g | 95 (35) | 85 (31) | 86 (29) | 83 (28) | 72 (25) |
| | 40 (6) | 41 (7) | 42 (6) | 41 (6) | 38 (6) |
| Saturated fatty acids, g | 53.3 (21.1) | 43.1 (17.4) | 43.4 (16.0) | 42.0 (15.0) | 38.3 (16.4) |
| | 22.4 (4.4) | 20.8 (4.9) | 20.8 (4.1) | 21.0 (4.5) | 20.0 (4.7) |
| Monounsaturated fatty acids, g | 29.9 (11.7) | 28.5 (11.4) | 29.7 (10.6) | 27.6 (10.2) | 23.1 (7.7) |
| | 12.6 (2.3) | 13.7 (2.6) | 14.2 (2.6) | 13.7 (2.7) | 12.1 (2.0) |
| Polyunsaturated fatty acids, g | 9.5 (4.8) | 10.5 (5.6) | 11.2 (5.3) | 11.2 (7.5) | 8.2 (4.0) |
| | 4.1 (1.9) | 5.1 (2.1) | 5.4 (2.0) | 5.5 (2.9) | 4.4 (1.8) |
| Linoleic acid, g | 7.8 (4.2) | 8.9 (5.0) | 9.6 (4.8) | 9.5 (6.9) | 6.6 (3.4) |
| | 3.4 (1.7) | 4.3 (1.9) | 4.6 (1.8) | 4.7 (2.7) | 3.5 (1.6) |
| Carbohydrate, g | 293 (77) | 240 (62) | 241 (68) | 243 (70) | 237 (53) |
| | 128 (14) | 122 (16) | 120 (17) | 124 (16) | 130 (15) |
| Sucrose, g | 56 (32) | 40 (21) | 48 (25) | 44 (22) | 38 (20) |
| | 23 (10) | 20 (9) | 23 (9) | 21 (8) | 20 (9) |

Table 140. Mean daily intake of selected nutrients by occupation of women on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=90) | Blue- collar workers (N=90) | White- collar workers (N=307) | Housewives (N=99) | Retired (N=87) |
|------------------------|-------------------------|--------------------------------------|--|--------------------------|-------------------------|
| Vitamin A, ret.eq., µg | 1119 (809) 480 (272) | 1109 (996) 554 (471) | 1263 (1203) 637 (655) | 1177 (1097) 626 (600) | 1014 (705) 561 (418) |
| Thiamin, mg | 1.6 (0.4) 0.7 (0.1) | 1.5 (0.4) 0.7 (0.1) | 1.4 (0.4) 0.7 (0.1) | 1.4 (0.4) 0.7 (0.1) | 1.4 (0.3) 0.8 (0.1) |
| Riboflavin, mg | 2.4 (0.8) 1.0 (0.3) | 2.1 (0.8) 1.1 (0.3) | 2.1 (0.8) 1.0 (0.3) | 2.0 (0.7) 1.0 (0.3) | 2.1 (0.7) 1.2 (0.3) |
| Niacin, mg | 17 (5) 7 (2) | 17 (6) 8 (2) | 17 (6) 8 (2) | 16 (5) 8 (2) | 15 (5) 8 (2) |
| Niacin, eq., mg | 33 (9) 14 (2) | 32 (9) 16 (3) | 32 (9) 16 (3) | 30 (8) 15 (3) | 29 (8) 16 (3) |
| Vitamin C, mg | 142 (72) 62 (28) | 134 (70) 71 (42) | 151 (69) 79 (38) | 124 (62) 66 (34) | 128 (65) 73 (41) |
| Cholesterol, mg | 417 (165) 178 (48) | 371 (163) 183 (63) | 384 (160) 188 (65) | 344 (140) 174 (56) | 317 (120) 169 (47) |
| Ethanol, g | 0 (1) 0 (1) | 3 (10) 2 (4) | 4 (8) 2 (4) | 1 (3) 0 (1) | 1 (6) 1 (2) |
| P/S-ratio | 0.21 (0.17) | 0.27 (0.15) | 0.28 (0.14) | 0.29 (0.20) | 0.24 (0.13) |

Table 141. Percentage distribution of energy intake derived from protein, fat, carbohydrate and alcohol by occupation. Standard deviations of means are in parenthesis. Values for men are on the upper line and values for women are on the lower line.

| | Farmers (N=122) (N=90) | Blue- collar workers (N=212) (N=90) | White- collar workers (N=221) (N=307) | Housewives (N=99) | Retired (N=68) (N=87) |
|-----------------------------------|------------------------------|---|---|----------------------|-----------------------------|
| Protein E% | 14 (2) | 15 (2) | 15 (2) | | 15 (3) |
| | 14 (2) | 15 (2) | 15 (3) | 15 (2) | 16 (2) |
| Fat E% | 39 (6) | 38 (6) | 39 (6) | | 37 (6) |
| | 36 (5) | 37 (6) | 37 (5) | 37 (6) | 34 (6) |
| Saturated fatty acids E% | 22 (4) | 19 (5) | 19 (4) | | 19 (5) |
| | 20 (4) | 19 (5) | 19 (4) | 19 (4) | 18 (4) |
| Monounsaturated fatty acids E% | 12 (2) | 13 (2) | 13 (3) | | 12 (2) |
| | 11 (2) | 12 (2) | 13 (2) | 12 (3) | 11 (2) |
| Polyunsaturated fatty acids E% | 4 (1) | 5 (2) | 5 (2) | | 5 (2) |
| | 4 (2) | 5 (2) | 5 (2) | 5 (3) | 4 (2) |
| Linoleic acid E% | 3 (1) | 4 (2) | 4 (2) | | 4 (2) |
| | 3 (2) | 4 (2) | 4 (2) | 4 (2) | 3 (1) |
| Carbohydrate E% | 45 (7) | 44 (7) | 44 (7) | | 46 (7) |
| | 49 (6) | 47 (6) | 46 (6) | 48 (6) | 50 (6) |
| Sucrose E% | 8 (4) | 8 (4) | 8 (3) | | 8 (4) |
| | 9 (4) | 8 (4) | 9 (4) | 9 (3) | 8 (4) |
| Alcohol E% | 2 (4) | 3 (5) | 3 (5) | | 1 (4) |
| | 0 (0) | 1 (3) | 1 (3) | 0 (1) | 0 (2) |

Table 142. Mean daily intake of mineral elements by occupation of men on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=122) | Blue- collar workers (N=212) | White- collar workers (N=221) | Retired (N=68) |
|----------------|---------------------------|---------------------------------------|--|--------------------------|
| Potassium, mg | 5599 (1421) 1824 (317) | 5116 (1356) 1807 (316) | 4561 (1084) 1776 (373) | 4254 (933) 1935 (352) |
| Calcium, mg | 1748 (612) 559 (146) | 1479 (550) 514 (140) | 1284 (496) 490 (147) | 1217 (368) 555 (165) |
| Magnesium, mg | 514 (133) 167 (27) | 479 (124) 169 (29) | 428 (105) 166 (40) | 398 (88) 180 (29) |
| Phosphorus, mg | 2362 (662) 757 (114) | 2125 (619) 740 (122) | 1878 (494) 716 (109) | 1741 (397) 782 (132) |
| Sulphur, mg | 1405 (466) 446 (90) | 1331 (501) 462 (127) | 1181 (371) 448 (106) | 968 (260) 429 (77) |
| Iron, mg | 21 (7) 7 (1) | 20 (7) 7 (2) | 19 (6) 7 (2) | 16 (4) 7 (1) |
| Copper, mg | 1.9 (0.8) 0.6 (0.2) | 1.9 (0.8) 0.7 (0.2) | 1.8 (0.9) 0.7 (0.3) | 1.4 (0.4) 0.6 (0.1) |
| Manganese, mg | 7.5 (2.6) 2.4 (0.7) | 7.0 (2.5) 2.5 (0.7) | 6.3 (2.2) 2.5 (0.8) | 6.3 (2.2) 2.9 (0.8) |
| Zinc, mg | 18 (5) 6 (1) | 16 (5) 6 (1) | 15 (4) 6 (1) | 13 (3) 6 (1) |
| Molybdenum, µg | 140 (45) 45 (11) | 131 (40) 46 (9) | 122 (40) 47 (13) | 106 (25) 48 (9) |

Table 143. Mean daily intake of mineral elements by occupation of men on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=122) | Blue- collar workers (N=212) | White- collar workers (N=221) | Retired (N=68) |
|---|----------------------------|---|--|---------------------------|
| Cobalt, μg | 21 (7) 7 (2) | 20 (7) 7 (2) | 18 (5) 7 (1) | 16 (5) 7 (1) |
| Nickel, μg | 172 (77) 57 (27) | 173 (102) 61 (34) | 164 (87) 64 (34) | 150 (82) 67 (29) |
| Chromium, μg | 41 (13) 13 (2) | 40 (13) 14 (2) | 36 (11) 14 (3) | 31 (8) 14 (2) |
| Fluorine, μg | 539 (194) 175 (51) | 501 (179) 176 (51) | 462 (140) 178 (50) | 430 (131) 193 (48) |
| Selenium, μg | 61 (26) 19 (6) | 60 (32) 20 (8) | 56 (21) 21 (7) | 49 (24) 21 (9) |
| Silicon, mg | 38 (25) 12 (6) | 38 (22) 13 (7) | 37 (29) 14 (9) | 29 (15) 13 (7) |
| Mercury, μg | 8.9 (11.9) 2.9 (3.9) | 7.1 (8.5) 2.3 (2.2) | 6.5 (6.9) 2.4 (2.5) | 10.2 (15.3) 4.3 (5.9) |
| Arsenic, μg | 70 (50) 22 (13) | 68 (51) 23 (18) | 68 (60) 25 (21) | 59 (40) 25 (15) |
| Cadmium, μg | 17 (5) 5 (1) | 16 (5) 6 (1) | 15 (4) 6 (2) | 13 (4) 6 (1) |
| Lead, μg | 64 (25) 21 (7) | 62 (25) 21 (6) | 60 (23) 23 (8) | 51 (19) 23 (8) |

Table 144. Mean daily intake of mineral elements by occupation of women on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=90) | Blue- collar workers (N=90) | White- collar workers (N=307) | Housewives (N=99) | Retired (N=87) |
|----------------|---------------------------|--|--|------------------------------|---------------------------|
| Potassium, mg | 4273 (1047) 1914 (368) | 3922 (963) 2027 (415) | 3761 (968) 1909 (396) | 3688 (866) 1940 (417) | 3931 (933) 2179 (404) |
| Calcium, mg | 1276 (503) 557 (165) | 1124 (375) 575 (159) | 1105 (403) 551 (162) | 1025 (348) 527 (136) | 1121 (404) 607 (158) |
| Magnesium, mg | 393 (91) 177 (33) | 359 (83) 185 (34) | 348 (86) 176 (33) | 344 (78) 180 (31) | 357 (81) 198 (36) |
| Phosphorus, mg | 1690 (460) 745 (124) | 1514 (412) 767 (124) | 1482 (413) 738 (127) | 1442 (372) 743 (115) | 1508 (407) 820 (128) |
| Sulphur, mg | 960 (283) 423 (89) | 914 (336) 457 (108) | 894 (276) 443 (97) | 850 (280) 436 (93) | 830 (253) 451 (93) |
| Iron, mg | 18 (6) 8 (2) | 15 (5) 7 (2) | 15 (5) 7 (2) | 15 (6) 8 (2) | 14 (5) 8 (3) |
| Copper, mg | 1.5 (0.6) 0.7 (0.2) | 1.5 (0.8) 0.8 (0.3) | 1.6 (0.9) 0.8 (0.4) | 1.5 (0.8) 0.8 (0.4) | 1.4 (0.5) 0.8 (0.3) |
| Manganese, mg | 6.6 (2.1) 3.0 (0.9) | 5.0 (1.5) 2.6 (0.7) | 5.1 (1.7) 2.6 (0.8) | 5.4 (1.5) 2.8 (0.7) | 5.6 (1.6) 3.1 (0.9) |
| Zinc, mg | 13 (3) 6 (1) | 12 (4) 6 (1) | 12 (3) 6 (1) | 11 (3) 6 (1) | 12 (3) 6 (1) |
| Molybdenum, µg | 108 (31) 48 (10) | 104 (33) 53 (13) | 106 (35) 53 (15) | 102 (34) 53 (13) | 101 (28) 56 (13) |

Table 145. Mean daily intake of mineral elements by occupation of women on the upper line and corresponding values per 1000 kcal on the lower line. Standard deviations of means are in parenthesis.

| | Farmers (N=90) | Blue- collar workers (N=90) | White- collar workers (N=307) | Housewives (N=99) | Retired (N=87) |
|-------------------------|------------------------|--------------------------------------|--|------------------------|------------------------|
| Cobalt, μg | 16 (4) 7 (1) | 15 (5) 8 (2) | 15 (4) 8 (1) | 15 (4) 8 (1) | 15 (4) 8 (1) |
| Nickel, μg | 140 (57) 63 (26) | 123 (58) 63 (28) | 132 (59) 68 (32) | 139 (69) 72 (34) | 139 (61) 76 (31) |
| Chromium, μg | 30 (8) 13 (2) | 28 (9) 14 (3) | 29 (8) 15 (3) | 27 (9) 14 (2) | 26 (7) 14 (2) |
| Fluorine, μg | 416 (126) 183 (43) | 352 (95) 182 (46) | 393 (129) 198 (55) | 364 (116) 188 (40) | 365 (110) 200 (44) |
| Selenium, μg | 45 (16) 20 (5) | 44 (17) 22 (8) | 46 (18) 23 (8) | 42 (16) 21 (6) | 40 (17) 22 (9) |
| Silicon, mg | 32 (20) 14 (8) | 23 (10) 12 (4) | 27 (14) 13 (7) | 26 (12) 13 (6) | 27 (13) 15 (6) |
| Mercury, μg | 4.9 (4.9) 2.4 (3.6) | 6.0 (14.2) 2.9 (5.4) | 5.4 (7.8) 2.7 (3.4) | 4.8 (4.1) 2.6 (2.3) | 6.0 (6.2) 3.2 (2.9) |
| Arsenic, μg | 56 (32) 24 (13) | 42 (20) 22 (12) | 50 (43) 25 (25) | 44 (22) 23 (13) | 56 (35) 30 (17) |
| Cadmium, μg | 13 (4) 6 (1) | 12 (4) 6 (2) | 13 (4) 6 (2) | 13 (4) 7 (2) | 12 (3) 7 (1) |
| Lead, μg | 49 (20) 21 (8) | 50 (20) 25 (11) | 53 (21) 26 (10) | 46 (20) 23 (9) | 47 (23) 26 (14) |

5.4. Food and nutrient intake by place of living (urban/rural)

Table 146. Mean daily food consumption in grams by place of living. Standard deviations of means are in parenthesis.

| | MEN | | WOMEN | |
|--------------------------------|------------------|------------------|------------------|------------------|
| | Urban (N=401) | Rural (N=252) | Urban (N=436) | Rural (N=259) |
| Rye products | 119 (71) | 143 (73) | 76 (47) | 100 (44) |
| Wheat products | 110 (69) | 110 (65) | 92 (54) | 92 (53) |
| Other cereal products | 25 (29) | 31 (40) | 18 (21) | 23 (21) |
| Legumes and nuts | 10 (19) | 10 (18) | 7 (14) | 7 (13) |
| Potatoes | 169 (101) | 175 (95) | 103 (72) | 117 (69) |
| Roots | 30 (41) | 28 (32) | 33 (39) | 39 (41) |
| Other vegetables | 67 (69) | 42 (40) | 70 (59) | 58 (52) |
| Fruit and berries | 280 (236) | 239 (196) | 327 (194) | 304 (191) |
| Margarine and oils | 32 (33) | 17 (22) | 23 (23) | 13 (17) |
| Butter | 30 (27) | 49 (34) | 19 (19) | 31 (21) |
| Milk | 554 (366) | 660 (370) | 320 (251) | 395 (239) |
| Cheese | 25 (32) | 18 (22) | 28 (31) | 19 (26) |
| Other milk products | 186 (250) | 221 (264) | 184 (186) | 195 (183) |
| Pork | 33 (42) | 33 (42) | 23 (33) | 26 (33) |
| Beef and other meat | 64 (62) | 64 (62) | 49 (48) | 46 (46) |
| Sausage | 70 (69) | 66 (61) | 40 (46) | 34 (35) |
| Inner organs and blood | 6 (15) | 6 (13) | 6 (15) | 6 (14) |
| Fish and other seafood | 44 (70) | 39 (61) | 27 (38) | 30 (38) |
| Eggs | 33 (31) | 28 (27) | 24 (23) | 23 (20) |
| Coffee | 635 (420) | 688 (376) | 561 (316) | 668 (388) |
| Tea | 120 (193) | 96 (196) | 107 (167) | 89 (158) |
| Alcoholic drinks | 176 (350) | 85 (218) | 57 (168) | 12 (66) |
| Soft drinks | 89 (163) | 56 (125) | 52 (117) | 44 (113) |
| Sweets, sugar, suryp and honey | 44 (30) | 49 (29) | 32 (24) | 38 (24) |
| Other foodstuffs | 2 (6) | 2 (5) | 1 (3) | 1 (2) |

Table 147. Mean daily intake of energy and selected nutrients by place of living. Values per 1000 kcal are on the lower line and standard deviations of means are in parenthesis.

| | MEN | | WOMEN | |
|--------------------------------|--------------------------|-------------------------|--------------------------|--------------------------|
| | Urban (N=401) | Rural (N=252) | Urban (N=436) | Rural (N=259) |
| Energy, MJ | 11.9 (3.3) | 12.4 (3.5) | 8.5 (2.4) | 9.0 (2.4) |
| kcal | 2833 (789) | 2938 (820) | 2026 (576) | 2148 (573) |
| Protein, g | 104 (31) 37 (6) | 107 (30) 37 (5) | 76 (22) 38 (6) | 78 (22) 37 (6) |
| Fat, g | 123 (44) 43 (7) | 127 (44) 43 (6) | 86 (32) 41 (6) | 88 (31) 40 (6) |
| Saturated fatty acids, g | 61 (24) 21 (5) | 69 (27) 23 (5) | 43 (17) 21 (4) | 47 (18) 22 (5) |
| Monounsaturated fatty acids, g | 42 (16) 15 (3) | 42 (14) 14 (2) | 29 (12) 14 (3) | 29 (10) 13 (2) |
| Polyunsaturated fatty acids, g | 17 (10) 6 (3) | 13 (6) 4 (2) | 11 (6) 6 (2) | 10 (5) 5 (2) |
| Linoleic acid, g | 14 (9) 5 (2) | 11 (5) 4 (2) | 10 (6) 5 (2) | 8 (4) 4 (2) |
| Carbohydrate, g | 318 (98) 113 (18) | 343 (106) 117 (17) | 240 (71) 120 (17) | 268 (71) 126 (15) |
| Sucrose, g | 58 (32) 20 (9) | 62 (33) 21 (9) | 44 (25) 22 (9) | 51 (26) 23 (9) |
| Vitamin A, ret.eq., µg | 1350 (1111) 483 (390) | 1277 (909) 438 (294) | 1192 (1070) 609 (590) | 1185 (1065) 569 (544) |
| Thiamin, mg | 1.9 (0.6) 0.7 (0.1) | 2.0 (0.6) 0.7 (0.1) | 1.4 (0.4) 0.7 (0.1) | 1.5 (0.4) 0.7 (0.1) |
| Riboflavin, mg | 2.9 (1.0) 1.0 (0.3) | 3.0 (1.0) 1.0 (0.2) | 2.1 (0.8) 1.1 (0.3) | 2.2 (0.7) 1.0 (0.3) |
| Niacin, mg | 23 (8) 8 (2) | 23 (7) 8 (2) | 17 (5) 8 (2) | 17 (6) 8 (2) |
| Niacin, eq., mg | 42 (13) 16 (3) | 43 (13) 15 (3) | 31 (9) 16 (3) | 32 (10) 15 (3) |
| Vitamin C, mg | 135 (83) 50 (29) | 121 (70) 42 (22) | 138 (67) 74 (38) | 144 (72) 70 (37) |
| Cholesterol, mg | 520 (213) 185 (73) | 534 (223) 180 (53) | 367 (155) 182 (62) | 386 (158) 178 (53) |
| Ethanol, g | 12 (20) 4 (7) | 6 (14) 2 (5) | 4 (9) 2 (4) | 1 (3) 0 (2) |
| P/S -ratio | 0.30 (0.17) | 0.21 (0.12) | 0.29 (0.15) | 0.23 (0.17) |

Table 148. Percentage distribution of energy intake from protein, fat, carbohydrate and alcohol by place of living. Standard deviations of means are in parenthesis.

| | MEN | | WOMEN | |
|-----------------------------|------------------|------------------|------------------|------------------|
| | Urban (N=401) | Rural (N=252) | Urban (N=436) | Rural (N=259) |
| Protein | 15 (3) | 15 (2) | 15 (3) | 15 (2) |
| Fat | 39 (6) | 38 (6) | 37 (6) | 36 (6) |
| Saturated fatty acids | 19 (4) | 21 (4) | 19 (4) | 20 (4) |
| Monounsaturated fatty acids | 13 (3) | 13 (2) | 13 (3) | 12 (2) |
| Polyunsaturated fatty acids | 5 (2) | 4 (2) | 5 (2) | 4 (2) |
| Linoleic acid | 4 (2) | 3 (1) | 4 (2) | 3 (2) |
| Carbohydrate | 44 (7) | 45 (7) | 47 (7) | 49 (6) |
| Sucrose | 8 (4) | 8 (4) | 9 (4) | 9 (4) |
| Alcohol | 3 (5) | 2 (3) | 1 (3) | 0 (1) |

Table 149. Mean daily intake of mineral elements by place of living. Values per 1000 kcal are on the lower line and standard deviations of means are in parenthesis.

| | MEN | | WOMEN | |
|----------------|---------------------------|---------------------------|--------------------------|--------------------------|
| | Urban (N=401) | Rural (N=252) | Urban (N=436) | Rural (N=259) |
| Potassium, mg | 4920 (1375) 1792 (353) | 5132 (1210) 1815 (327) | 3762 (985) 1937 (395) | 4085 (985) 1978 (428) |
| Calcium, mg | 1435 (583) 514 (156) | 1539 (545) 531 (137) | 1118 (430) 561 (157) | 1152 (410) 548 (157) |
| Magnesium, mg | 459 (125) 167 (31) | 480 (116) 170 (36) | 347 (86) 178 (33) | 377 (85) 183 (36) |
| Phosphorus, mg | 2036 (609) 731 (126) | 2157 (589) 746 (105) | 1488 (431) 748 (123) | 1580 (406) 753 (130) |
| Sulphur, mg | 1265 (458) 451 (116) | 1285 (416) 443 (89) | 889 (291) 445 (102) | 925 (285) 436 (90) |
| Iron, mg | 19 (6) 7 (2) | 21 (8) 7 (2) | 15 (5) 7 (2) | 16 (5) 8 (2) |
| Copper, mg | 1.9 (0.8) 0.7 (0.3) | 1.9 (0.7) 0.6 (0.2) | 1.5 (0.8) 0.8 (0.4) | 1.5 (0.8) 0.7 (0.4) |
| Manganese, mg | 6.7 (2.3) 2.4 (0.7) | 7.2 (2.5) 2.5 (0.7) | 5.1 (1.7) 2.6 (0.8) | 5.9 (1.7) 2.9 (0.8) |
| Zinc, mg | 16 (5) 6 (1) | 17 (5) 6 (1) | 12 (3) 6 (1) | 12 (3) 6 (1) |
| Molybdenum, µg | 130 (42) 47 (12) | 129 (39) 45 (10) | 104 (33) 53 (14) | 108 (32) 52 (14) |
| Cobalt, µg | 19 (6) 7 (2) | 20 (6) 7 (1) | 15 (4) 8 (2) | 16 (4) 8 (1) |
| Nickel, µg | 169 (94) 62 (34) | 167 (88) 59 (31) | 132 (62) 68 (32) | 136 (59) 67 (30) |
| Chromium, µg | 38 (12) 14 (2) | 39 (12) 13 (2) | 29 (9) 14 (3) | 29 (8) 14 (2) |
| Fluorine, µg | 491 (162) 178 (51) | 489 (161) 170 (39) | 382 (130) 195 (54) | 393 (117) 188 (44) |
| Selenium, µg | 57 (27) 21 (8) | 57 (27) 20 (7) | 44 (17) 22 (7) | 45 (18) 21 (7) |
| Silicon, mg | 38 (25) 13 (8) | 36 (21) 13 (6) | 26 (14) 13 (6) | 29 (15) 14 (7) |
| Mercury, µg | 7.2 (8.8) 2.6 (2.9) | 7.8 (10.3) 2.6 (3.4) | 4.6 (4.3) 2.4 (2.4) | 6.3 (11.3) 3.0 (4.7) |
| Arsenic, µg | 71 (57) 25 (19) | 62 (41) 21 (13) | 48 (39) 25 (23) | 51 (28) 24 (13) |
| Cadmium, µg | 16 (5) 6 (1) | 16 (5) 6 (1) | 13 (4) 6 (2) | 13 (4) 6 (2) |
| Lead, µg | 61 (23) 22 (8) | 60 (24) 21 (6) | 50 (21) 25 (10) | 50 (21) 24 (11) |

5.5. Food and nutrient intake by the percentage of energy from fat

Table 150. Mean daily food consumption in grams by the percentage of energy from fat in the diet of men. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|-----------------------------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=97) | 33-35 (N=112) | 36-38 (N=133) | 39-41 (N=112) | ≥42 (N=199) |
| Rye products | 138 (82) | 140 (76) | 129 (73) | 119 (66) | 121 (64) |
| Wheat products | 111 (78) | 104 (60) | 115 (70) | 117 (72) | 93 (54) |
| Other cereal products | 33 (39) | 30 (34) | 22 (25) | 28 (36) | 23 (25) |
| Legumes and nuts | 16 (28) | 11 (18) | 11 (20) | 11 (18) | 8 (14) |
| Potatoes | 176 (99) | 174 (100) | 159 (89) | 174 (99) | 175 (98) |
| Roots | 30 (47) | 28 (37) | 35 (39) | 28 (29) | 24 (28) |
| Other vegetables | 63 (80) | 60 (58) | 54 (50) | 59 (61) | 55 (59) |
| Fruit and berries | 315 (275) | 290 (205) | 280 (229) | 257 (197) | 192 (191) |
| Margarine and oils | 16 (18) | 19 (20) | 24 (24) | 27 (25) | 30 (35) |
| Butter | 24 (21) | 31 (23) | 32 (28) | 36 (28) | 49 (39) |
| Milk | 421 (258) | 527 (303) | 572 (348) | 602 (401) | 639 (388) |
| Cheese | 13 (17) | 20 (21) | 19 (26) | 23 (25) | 26 (34) |
| Other milk products | 293 (314) | 250 (254) | 195 (274) | 167 (201) | 168 (229) |
| Pork | 25 (32) | 25 (27) | 34 (40) | 40 (50) | 40 (49) |
| Beef and other meat | 54 (62) | 56 (47) | 59 (52) | 74 (71) | 67 (64) |
| Sausage | 39 (44) | 53 (51) | 57 (61) | 70 (72) | 93 (73) |
| Inner organs and blood | 5 (12) | 6 (16) | 6 (16) | 5 (13) | 4 (13) |
| Fish and other seafood | 56 (75) | 38 (59) | 38 (60) | 41 (64) | 43 (77) |
| Eggs | 25 (25) | 29 (27) | 28 (26) | 34 (29) | 34 (34) |
| Coffee | 666 (426) | 566 (393) | 626 (416) | 656 (347) | 672 (358) |
| Tea | 109 (180) | 110 (215) | 114 (200) | 121 (222) | 112 (204) |
| Alcoholic drinks | 208 (528) | 179 (425) | 131 (228) | 122 (267) | 106 (217) |
| Soft drinks | 102 (210) | 57 (112) | 74 (152) | 97 (168) | 63 (117) |
| Sweets, sugar, syrup and honey | 49 (35) | 47 (32) | 44 (30) | 41 (23) | 41 (26) |
| Other foodstuffs | 1 (3) | 2 (6) | 2 (5) | 2 (6) | 2 (5) |

Table 151. Mean daily food consumption in grams by the percentage of energy from fat in the diet of women. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|-----------------------------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=160) | 33-35 (N=143) | 36-38 (N=149) | 39-41 (N=105) | ≥42 (N=138) |
| Rye products | 83 (46) | 85 (44) | 88 (48) | 93 (51) | 83 (50) |
| Wheat cereal products | 91 (52) | 95 (56) | 92 (51) | 91 (51) | 84 (49) |
| Other cereal products | 23 (20) | 21 (21) | 19 (21) | 19 (22) | 16 (18) |
| Legumes and nuts | 6 (13) | 6 (12) | 7 (14) | 6 (12) | 6 (14) |
| Potatoes | 107 (69) | 101 (62) | 107 (77) | 119 (70) | 112 (73) |
| Roots | 42 (43) | 33 (42) | 35 (35) | 35 (35) | |
| Other vegetables | 62 (54) | 65 (60) | 63 (54) | 64 (53) | 70 (61) |
| Fruit and berries | 350 (205) | 341 (177) | 305 (193) | 316 (186) | 266 (174) |
| Margarine and oils | 11 (11) | 16 (14) | 19 (18) | 23 (24) | 27 (27) |
| Butter | 17 (14) | 20 (16) | 22 (18) | 27 (23) | 32 (26) |
| Milk | 292 (180) | 352 (242) | 322 (228) | 358 (240) | 424 (319) |
| Cheese | 16 (22) | 21 (23) | 26 (27) | 26 (26) | 32 (41) |
| Other milk products | 217 (211) | 189 (174) | 179 (163) | 213 (205) | 150 (155) |
| Pork | 15 (22) | 22 (31) | 24 (30) | 27 (31) | 33 (44) |
| Beef and other meat | 38 (38) | 46 (41) | 50 (46) | 58 (54) | 49 (55) |
| Sausage | 21 (24) | 28 (33) | 36 (43) | 45 (45) | 53 (50) |
| Inner organs and blood | 7 (16) | 7 (17) | 7 (16) | 4 (10) | 4 (10) |
| Fish and other seafood | 30 (37) | 33 (41) | 26 (31) | 27 (37) | 30 (47) |
| Eggs | 20 (20) | 22 (20) | 23 (25) | 26 (20) | 26 (23) |
| Coffee | 574 (372) | 565 (306) | 571 (295) | 625 (334) | 641 (391) |
| Tea | 81 (129) | 102 (153) | 115 (192) | 88 (153) | 96 (166) |
| Alcoholic drinks | 50 (216) | 22 (73) | 30 (101) | 35 (87) | 45 (126) |
| Soft drinks | 39 (94) | 38 (77) | 49 (122) | 56 (134) | 56 (143) |
| Sweets, sugar, syrup and honey | 34 (23) | 37 (26) | 33 (22) | 35 (25) | 31 (20) |
| Other foodstuffs | 1 (3) | 0 (2) | 1 (2) | 1 (3) | 1 (3) |

Table 152. Mean daily intake of energy and selected nutrients by the percentage of energy from fat in the diet of men. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|--------------------------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=97) | 33-35 (N=112) | 36-38 (N=133) | 39-41 (N=112) | ≥42 (N=199) |
| Energy, MJ | 11.0 (3.4) | 11.4 (3.0) | 11.5 (3.5) | 12.1 (3.3) | 12.5 (3.4) |
| kcal | 2610 (790) | 2710 (710) | 2720 (800) | 2900 (790) | 2980 (820) |
| Protein, g | 98 (34) | 99 (27) | 99 (30) | 108 (32) | 107 (30) |
| Fat, g | 85 (28) | 103 (28) | 113 (34) | 129 (36) | 152 (45) |
| Saturated fatty acids, g | 43 (16) | 53 (17) | 57 (21) | 66 (22) | 79 (27) |
| Monounsaturated fatty acids, g | 29 (10) | 34 (9) | 38 (12) | 44 (13) | 52 (16) |
| Polyunsaturated fatty acids, g | 11 (6) | 12 (5) | 14 (7) | 16 (7) | 17 (10) |
| Linoleic acid, g | 9 (5) | 10 (5) | 12 (6) | 13 (6) | 14 (9) |
| Carbohydrate, g | 350 (123) | 339 (96) | 322 (105) | 320 (93) | 293 (91) |
| Sucrose, g | 63 (42) | 61 (31) | 57 (33) | 56 (26) | 53 (29) |
| Vitamin A, ret.eq., μg | 978 (715) | 1285 (1202) | 1314 (1083) | 1248 (853) | 1353 (955) |
| Thiamin, mg | 2.0 (0.6) | 2.0 (0.5) | 1.9 (0.6) | 2.0 (0.6) | 1.9 (0.5) |
| Riboflavin, mg | 2.6 (1.0) | 2.9 (1.0) | 2.8 (1.0) | 2.9 (1.0) | 2.9 (1.0) |
| Niacin, mg | 22 (8) | 21 (7) | 22 (8) | 23 (9) | 22 (7) |
| Niacin, eq., mg | 42 (14) | 41 (12) | 42 (13) | 45 (14) | 44 (12) |
| Vitamin C, mg | 144 (95) | 143 (92) | 128 (75) | 128 (67) | 109 (68) |
| Cholesterol, mg | 398 (177) | 456 (178) | 472 (185) | 555 (200) | 616 (239) |
| Ethanol, g | 14 (28) | 12 (23) | 10 (18) | 9 (17) | 8 (14) |
| P/S -ratio | 0.29 (0.17) | 0.25 (0.14) | 0.28 (0.16) | 0.27 (0.15) | 0.24 (0.16) |

Table 153. Mean daily intake of energy and selected nutrients by the percentage of energy from fat in the diet of women. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|--------------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=160) | 33-35 (N=143) | 36-38 (N=149) | 39-41 (N=105) | ≥42 (N=138) |
| Energy, MJ | 7.6 (2.0) | 8.4 (2.2) | 8.5 (2.2) | 9.3 (2.4) | 9.6 (2.4) |
| kcal | 1820 (480) | 1990 (530) | 2020 (520) | 2220 (560) | 2270 (580) |
| Protein, g | 68 (20) | 75 (21) | 76 (20) | 82 (23) | 82 (25) |
| Fat, g | 60 (18) | 76 (21) | 84 (22) | 99 (25) | 114 (31) |
| Saturated | | | | | |
| fatty acids, g | 31 (11) | 39 (13) | 43 (14) | 50 (14) | 60 (19) |
| Monounsatura- | | | | | |
| ted fatty acids, g | 20 (6) | 25 (7) | 28 (8) | 33 (9) | 39 (11) |
| Polyunsatura- | | | | | |
| ted fatty acids, g | 8 (4) | 10 (4) | 11 (5) | 12 (6) | 14 (7) |
| Linoleic acid, g | 7 (3) | 8 (4) | 9 (4) | 11 (6) | 12 (7) |
| Carbohydrate, g | 254 (67) | 256 (74) | 244 (67) | 254 (70) | 232 (64) |
| Sucrose, g | 47 (25) | 50 (28) | 45 (23) | 47 (24) | 41 (23) |
| Vitamin A, ret. | | | | | |
| eq., µg | 1117 (1145) | 1134 (1274) | 1248 (1225) | 1194 (807) | 1229 (814) |
| Thiamin, mg | 1.4 (0.4) | 1.4 (0.4) | 1.4 (0.4) | 1.5 (0.4) | 1.5 (0.4) |
| Riboflavin, mg | 2.0 (0.6) | 2.1 (0.8) | 2.1 (0.8) | 2.2 (0.8) | 2.2 (0.8) |
| Niacin, mg | 15 (5) | 16 (5) | 17 (5) | 17 (6) | 17 (6) |
| Niacin, eq., mg | 29 (8) | 31 (9) | 32 (9) | 34 (10) | 33 (10) |
| Vitamin C, mg | 149 (69) | 149 (69) | 133 (68) | 143 (65) | 129 (68) |
| Cholesterol, mg | 293 (125) | 350 (140) | 367 (148) | 411 (148) | 459 (163) |
| Ethanol, g | 3 (10) | 2 (5) | 2 (6) | 2 (5) | 3 (7) |
| P/S -ratio | 0.28 (0.17) | 0.27 (0.15) | 0.28 (0.16) | 0.27 (0.15) | 0.25 (0.15) |

Table 154. Mean daily intake of selected nutrients per 1000 kcal by the percentage of energy from fat in the diet of men. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|--------------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=97) | 33-35 (N=112) | 36-38 (N=133) | 39-41 (N=112) | ≥42 (N=199) |
| Protein, g | 38 (7) | 37 (6) | 37 (5) | 37 (6) | 36 (6) |
| Fat, g | 32 (4) | 38 (1) | 41 (1) | 44 (1) | 51 (4) |
| Saturated | | | | | |
| fatty acids, g | 16 (3) | 20 (3) | 21 (3) | 23 (4) | 26 (5) |
| Monounsatura- | | | | | |
| ted fatty acids, g | 11 (2) | 13 (1) | 14 (1) | 15 (1) | 17 (2) |
| Polyunsatura- | | | | | |
| ted fatty acids, g | 4 (2) | 5 (2) | 5 (2) | 6 (2) | 6 (3) |
| Linoleic acid, g | 4 (2) | 4 (2) | 4 (2) | 5 (2) | 5 (2) |
| Carbohydrate, g | 134 (18) | 126 (14) | 118 (12) | 112 (11) | 99 (12) |
| Sucrose, g | 23 (12) | 22 (9) | 21 (10) | 19 (8) | 17 (7) |
| Vitamin A, ret. | | | | | |
| eq., µg | 380 (265) | 475 (440) | 489 (373) | 431 (250) | 461 (294) |
| Thiamin, mg | 0.8 (0.1) | 0.7 (0.1) | 0.7 (0.1) | 0.7 (0.1) | 0.6 (0.1) |
| Riboflavin, mg | 1.0 (0.3) | 1.1 (0.3) | 1.1 (0.3) | 1.0 (0.3) | 1.0 (0.2) |
| Niacin, mg | 9 (3) | 8 (2) | 8 (2) | 8 (2) | 8 (2) |
| Niacin, eq., mg | 16 (3) | 15 (3) | 16 (3) | 16 (3) | 15 (3) |
| Vitamin C, mg | 58 (41) | 54 (31) | 48 (25) | 46 (23) | 37 (20) |
| Cholesterol, mg | 153 (59) | 167 (45) | 173 (52) | 192 (53) | 209 (78) |
| Ethanol, g | 5 (11) | 4 (7) | 4 (6) | 3 (5) | 2 (4) |

Table 155. Mean daily intake of selected nutrients per 1000 kcal by the percentage of energy from fat in the diet of women. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|--------------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=160) | 33-35 (N=143) | 36-38 (N=149) | 39-41 (N=105) | ≥42 (N=138) |
| Protein, g | 38 (6) | 38 (6) | 38 (6) | 37 (6) | 36 (7) |
| Fat, g | 33 (3) | 38 (1) | 41 (1) | 44 (1) | 50 (3) |
| Saturated | | | | | |
| fatty acids, g | 17 (3) | 19 (3) | 21 (3) | 23 (3) | 26 (4) |
| Monounsatura- | | | | | |
| ted fatty acids, g | 11 (1) | 13 (1) | 14 (2) | 15 (1) | 17 (2) |
| Polyunsatura- | | | | | |
| ted fatty acids, g | 4 (2) | 5 (2) | 5 (2) | 6 (2) | 6 (3) |
| Linoleic acid, g | 4 (2) | 4 (2) | 4 (2) | 5 (2) | 5 (3) |
| Carbohydrate, g | 141 (12) | 129 (9) | 122 (9) | 115 (8) | 103 (10) |
| Sucrose, g | 25 (10) | 24 (10) | 22 (8) | 20 (8) | 18 (7) |
| Vitamin A, ret. | | | | | |
| eq., µg | 640 (669) | 598 (747) | 637 (660) | 538 (333) | 546 (311) |
| Thiamin, mg | 0.8 (0.1) | 0.7 (0.1) | 0.7 (0.1) | 0.7 (0.1) | 0.7 (0.1) |
| Riboflavin, mg | 1.1 (0.3) | 1.1 (0.3) | 1.1 (0.3) | 1.0 (0.3) | 1.0 (0.2) |
| Niacin, mg | 9 (2) | 8 (2) | 8 (2) | 8 (2) | 8 (2) |
| Niacin, eq., mg | 16 (3) | 16 (3) | 16 (3) | 15 (3) | 15 (3) |
| Vitamin C, mg | 87 (45) | 76 (31) | 70 (37) | 68 (31) | 60 (34) |
| Cholesterol, mg | 161 (58) | 177 (56) | 183 (64) | 184 (48) | 205 (58) |
| Ethanol, g | 1 (4) | 1 (3) | 1 (3) | 1 (2) | 1 (3) |

Table 156. Distribution of energy supply from protein, carbohydrate, alcohol and selected fatty acids by the percentage of energy from fat. Values for men are on the upper line and for women on the lower line. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|--------------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| | <32 | 33-35 | 36-38 | 39-41 | ≥42 |
| | (N=97) (N=160) | (N=112) (N=143) | (N=133) (N=149) | (N=112) (N=105) | (N=199) (N=138) |
| Protein E% | 15 (3) 15 (3) | 15 (2) 15 (3) | 15 (2) 15 (2) | 15 (2) 15 (2) | 15 (2) 14 (3) |
| Carbohydrate E% | 52 (7) 54 (5) | 49 (5) 50 (3) | 46 (5) 47 (3) | 43 (4) 45 (3) | 38 (5) 40 (4) |
| Sucrose E% | 9 (5) 10 (4) | 9 (3) 10 (4) | 8 (4) 9 (3) | 8 (3) 8 (3) | 7 (3) 7 (3) |
| Alcohol E% | 4 (8) 1 (3) | 3 (5) 1 (2) | 3 (4) 1 (2) | 2 (3) 1 (2) | 2 (3) 1 (2) |
| Saturated fatty acids E% | 15 (3) 15 (3) | 18 (3) 18 (2) | 19 (3) 19 (3) | 20 (3) 21 (3) | 24 (4) 24 (4) |
| Monounsaturated fatty acids E% | 10 (2) 10 (1) | 11 (1) 11 (1) | 13 (1) 13 (1) | 14 (1) 14 (1) | 16 (2) 15 (2) |
| Polyunsaturated fatty acids E% | 4 (2) 4 (2) | 4 (2) 4 (2) | 5 (2) 5 (2) | 5 (2) 5 (2) | 5 (2) 5 (2) |
| Linoleic acid E% | 3 (1) 3 (1) | 3 (1) 4 (2) | 4 (2) 4 (2) | 4 (2) 4 (2) | 4 (2) 5 (2) |

Table 157. Mean daily intake of mineral elements by the percentage of energy from fat in the diet of men. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|----------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=97) | 33-35 (N=112) | 36-38 (N=133) | 39-41 (N=112) | ≥42 (N=199) |
| Potassium, mg | 5107 (1486) | 4979 (1257) | 4824 (1281) | 4987 (1190) | 4844 (1329) |
| Calcium, mg | 1331 (594) | 1427 (467) | 1389 (529) | 1448 (564) | 1522 (594) |
| Magnesium, mg | 488 (137) | 468 (116) | 451 (118) | 463 (115) | 445 (120) |
| Phosphorus, mg | 1989 (674) | 2033 (551) | 1971 (587) | 2079 (565) | 2111 (605) |
| Sulphur, mg | 1183 (417) | 1193 (370) | 1175 (427) | 1298 (434) | 1339 (495) |
| Iron, mg | 21 (8) | 20 (6) | 19 (7) | 20 (7) | 18 (5) |
| Copper, mg | 1.9 (0.7) | 1.9 (0.9) | 1.8 (0.8) | 1.8 (0.7) | 1.7 (0.8) |
| Manganese, mg | 7.6 (2.7) | 7.3 (2.4) | 6.8 (2.4) | 6.7 (2.2) | 6.2 (2.2) |
| Zinc, mg | 15 (5) | 16 (4) | 15 (5) | 16 (5) | 17 (5) |
| Molybdenum, µg | 134 (45) | 133 (47) | 126 (40) | 128 (38) | 122 (36) |
| Cobalt, µg | 21 (7) | 20 (6) | 19 (7) | 20 (6) | 18 (5) |
| Nickel, µg | 196 (105) | 176 (94) | 162 (85) | 171 (95) | 148 (77) |
| Chromium, µg | 36 (12) | 38 (12) | 36 (11) | 38 (11) | 39 (12) |
| Fluorine, µg | 502 (172) | 485 (166) | 482 (173) | 492 (174) | 477 (152) |
| Selenium, µg | 59 (28) | 54 (22) | 56 (24) | 61 (29) | 58 (29) |
| Silicon, mg | 41 (24) | 44 (36) | 37 (23) | 34 (20) | 31 (18) |
| Mercury, µg | 9.4 (11.5) | 7.2 (10.2) | 7.1 (9.3) | 7.2 (7.5) | 7.4 (10.2) |
| Arsenic, µg | 74 (66) | 70 (57) | 66 (55) | 66 (42) | 63 (46) |
| Cadmium, µg | 16 (5) | 16 (5) | 16 (5) | 16 (5) | 15 (4) |
| Lead, µg | 102 (133) | 98 (77) | 105 (86) | 115 (97) | 120 (146) |

Table 158. Mean daily intake of mineral elements by the percentage of energy from fat in the diet of women. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|----------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=160) | 33-35 (N=143) | 36-38 (N=149) | 39-41 (N=105) | ≥42 (N=138) |
| Potassium, mg | 2049 (472) | 1885 (309) | 1830 (284) | 1774 (295) | 1671 (275) |
| Calcium, mg | 520 (174) | 540 (148) | 517 (126) | 507 (154) | 516 (147) |
| Magnesium, mg | 197 (51) | 177 (25) | 171 (26) | 164 (25) | 153 (21) |
| Phosphorus, mg | 777 (144) | 763 (128) | 733 (100) | 728 (113) | 718 (109) |
| Sulphur, mg | 461 (104) | 445 (96) | 432 (91) | 455 (109) | 455 (124) |
| Iron, mg | 8 (2) | 8 (2) | 7 (2) | 7 (2) | 6 (1) |
| Copper, mg | 0.7 (0.2) | 0.7 (0.3) | 0.7 (0.2) | 0.6 (0.2) | 0.6 (0.2) |
| Manganese, mg | 3.0 (0.8) | 2.8 (0.7) | 2.6 (0.7) | 2.4 (0.7) | 2.1 (0.5) |
| Zinc, mg | 6 (1) | 6 (1) | 6 (1) | 6 (1) | 6 (1) |
| Molybdenum, µg | 53 (13) | 50 (14) | 47 (9) | 44 (7) | 41 (7) |
| Cobalt, µg | 8 (2) | 7 (2) | 7 (1) | 7 (1) | 6 (1) |
| Nickel, µg | 78 (41) | 68 (35) | 62 (32) | 60 (33) | 51 (22) |
| Chromium, µg | 14 (3) | 14 (2) | 13 (2) | 13 (2) | 13 (2) |
| Fluorine, µg | 200 (68) | 182 (44) | 180 (44) | 173 (47) | 165 (44) |
| Selenium, µg | 22 (8) | 20 (7) | 20 (6) | 21 (8) | 19 (8) |
| Silicon, mg | 16 (9) | 16 (11) | 14 (6) | 12 (5) | 11 (5) |
| Mercury, µg | 3.4 (3.8) | 2.7 (3.8) | 2.5 (3.1) | 2.5 (2.5) | 2.4 (3.2) |
| Arsenic, µg | 28 (23) | 26 (19) | 24 (20) | 23 (13) | 21 (15) |
| Cadmium, µg | 6 (2) | 6 (1) | 6 (1) | 6 (1) | 5 (1) |
| Lead, µg | 40 (51) | 38 (34) | 41 (35) | 44 (41) | 42 (47) |

Table 159. Mean daily intake of mineral elements per 1000 kcal by the percentage of energy from fat in the diet of men. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|----------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=97) | 33-35 (N=112) | 36-38 (N=133) | 39-41 (N=112) | ≥42 (N=199) |
| Potassium, mg | 3812 (913) | 3834 (967) | 3776 (953) | 4047 (1005) | 3912 (1058) |
| Calcium, mg | 1015 (376) | 1094 (371) | 1102 (369) | 1204 (409) | 1242 (510) |
| Magnesium, mg | 351 (84) | 353 (83) | 352 (84) | 371 (87) | 360 (90) |
| Phosphorus, mg | 1401 (376) | 1492 (406) | 1500 (395) | 1607 (425) | 1610 (464) |
| Sulphur, mg | 800 (225) | 883 (283) | 875 (243) | 974 (316) | 979 (340) |
| Iron, mg | 16 (7) | 15 (6) | 15 (5) | 15 (5) | 14 (4) |
| Copper, mg | 1.5 (0.8) | 1.5 (0.9) | 1.6 (0.9) | 1.5 (0.6) | 1.4 (0.6) |
| Manganese, mg | 5.6 (1.8) | 5.6 (1.9) | 5.4 (1.8) | 5.4 (1.7) | 5.0 (1.5) |
| Zinc, mg | 11 (3) | 11 (3) | 12 (3) | 13 (3) | 12 (4) |
| Molybdenum, µg | 105 (33) | 104 (35) | 105 (33) | 108 (32) | 103 (32) |
| Cobalt, µg | 15 (5) | 15 (4) | 16 (4) | 16 (4) | 15 (4) |
| Nickel, µg | 135 (60) | 141 (68) | 133 (59) | 130 (53) | 128 (57) |
| Chromium, µg | 26 (8) | 28 (8) | 28 (8) | 31 (9) | 31 (8) |
| Fluorine, µg | 364 (114) | 387 (118) | 387 (128) | 391 (123) | 394 (126) |
| Selenium, µg | 41 (17) | 45 (18) | 44 (16) | 45 (16) | 46 (18) |
| Silicon, mg | 29 (16) | 29 (15) | 25 (12) | 28 (17) | 25 (12) |
| Mercury, µg | 5.2 (5.1) | 6.1 (11.3) | 4.7 (5.6) | 5.6 (11.0) | 5.5 (5.7) |
| Arsenic, µg | 50 (28) | 56 (54) | 46 (26) | 49 (29) | 48 (32) |
| Cadmium, µg | 12 (4) | 13 (4) | 13 (4) | 13 (4) | 13 (4) |
| Lead, µg | 24 (10) | 23 (6) | 22 (6) | 21 (6) | 20 (7) |

Table 160. Mean daily intake of mineral elements per 1000 kcal by the percentage of energy from fat in the diet of women. Standard deviations of means are in parenthesis.

| | FAT AS % OF ENERGY | | | | |
|----------------|--------------------|------------------|------------------|------------------|----------------|
| | ≤32 (N=160) | 33-35 (N=143) | 36-38 (N=149) | 39-41 (N=105) | ≥42 (N=138) |
| Potassium, mg | 2186 (440) | 2000 (416) | 1920 (329) | 1888 (361) | 1774 (343) |
| Calcium, mg | 574 (185) | 559 (147) | 554 (141) | 554 (142) | 550 (169) |
| Magnesium, mg | 200 (38) | 184 (32) | 179 (26) | 173 (29) | 163 (29) |
| Phosphorus, mg | 789 (143) | 766 (130) | 753 (110) | 737 (111) | 716 (119) |
| Sulphur, mg | 448 (85) | 451 (100) | 440 (85) | 445 (111) | 432 (107) |
| Iron, mg | 9 (3) | 8 (2) | 8 (2) | 7 (1) | 6 (1) |
| Copper, mg | 0.9 (0.4) | 0.8 (0.5) | 0.8 (0.5) | 0.7 (0.3) | 0.6 (0.2) |
| Manganese, mg | 3.2 (0.9) | 2.9 (0.8) | 2.7 (0.7) | 2.5 (0.7) | 2.3 (0.6) |
| Zinc, mg | 6 (1) | 6 (1) | 6 (1) | 6 (1) | 6 (1) |
| Molybdenum, µg | 59 (16) | 54 (15) | 53 (15) | 50 (11) | 46 (9) |
| Cobalt, µg | 8 (2) | 8 (1) | 8 (1) | 7 (1) | 7 (1) |
| Nickel, µg | 78 (36) | 73 (35) | 67 (26) | 61 (25) | 58 (24) |
| Chromium, µg | 14 (3) | 14 (3) | 14 (2) | 14 (2) | 14 (2) |
| Fluorine, µg | 204 (45) | 201 (51) | 196 (54) | 180 (42) | 179 (50) |
| Selenium, µg | 23 (8) | 23 (8) | 22 (7) | 21 (5) | 20 (7) |
| Silicon, mg | 16 (7) | 15 (8) | 13 (5) | 13 (6) | 11 (5) |
| Mercury, µg | 3.0 (2.9) | 3.1 (4.5) | 2.3 (2.7) | 2.6 (4.5) | 2.5 (2.8) |
| Arsenic, µg | 28 (14) | 30 (34) | 23 (13) | 22 (12) | 21 (15) |
| Cadmium, µg | 7 (2) | 7 (2) | 6 (1) | 6 (1) | 6 (1) |
| Lead, µg | 26 (11) | 27 (12) | 25 (11) | 24 (10) | 22 (9) |

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ANNEXES

I FOOD RECORD FORM

II MODEL FORM

III INSTRUCTIONS ON KEEPING FOOD CONSUMPTION RECORDS

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

Name Matti Meikäläinen Date 4.1.1982 Day of week Monday

Do not fill

Fill these with a pencil

| Time | Place | Description of foods and beverages and their preparation | Portion sizes as precisely as possible | | | | | | | |
|-------|-----------|--|---|--|--|--|--|--|--|--|
| 7.00 | home | coffee | 2 big cups | | | | | | | |
| | | sugar | 6 small lumps | | | | | | | |
| | | light cream | 2 tablespoons | | | | | | | |
| | | wholewheat bread | 2 medium slices, size 5 x 8, 1 cm thick | | | | | | | |
| | | Flora-margarine | 2 teaspoons | | | | | | | |
| | | Bologna sausage | 2 ready-cut slices | | | | | | | |
| | | Edam-cheese | 2 thin slices cut with a plane (3 x 5 cm) | | | | | | | |
| | | apple | big | | | | | | | |
| 11.30 | cafeteria | ground beef steak, fried | 2 small ones | | | | | | | |
| | at work | brown gravy | 1/2 dl | | | | | | | |
| | | peeled, boiled potatoes | 3 big ones | | | | | | | |
| | | grated carrots with oranges | 1 coffeecup | | | | | | | |
| | | regular milk | 1 big glass | | | | | | | |
| | | rye bread | 2 slices 7 x 7 cm, 1 cm thick | | | | | | | |
| | | butter | 1 portion (10 g) | | | | | | | |
| 13.00 | at work | Tupla- chocolate bar | 30 g | | | | | | | |
| 14.00 | at work | tea | 1 mug (about 2 dl) | | | | | | | |
| | | sugar | 2 big lumps | | | | | | | |
| | | doughnut | medium size | | | | | | | |

ANNEX II

INSTRUCTIONS ON KEEPING FOOD CONSUMPTION RECORDS

You are asked to keep a food consumption record during three consecutive days by using the enclosed forms. Please, write down all foods and beverages consumed during those days starting tomorrow morning.

- Start each day on a new page.
- Fill in the first four boxes by a pencil (time, place, description of food and the amount), and leave the rest of the boxes empty.
- Please, check that your name, the date and day of week are written down on every page.

Time

Write down in this box the exact time when you are eating or drinking something. It is important that you record the right time even if you eat something very little, e.g. a few sweets.

Place

Write down the place of eating, e.g. home, restaurant, cafeteria at work, friend's house etc.

Description of food

Write down in this box a clear description of the food or beverage that you have consumed in the place you mentioned and at the time you wrote down.

It is important to mention the quality of the food by using exact descriptions. For example whole milk, low-fat milk, skim milk, low-fat cream, whipping cream, Swiss cheese, cottage cheese, salami, bologna sausage, cream cracker, rye cracker, wheat bread, rye bread, etc. Whenever the product has a brand name, please, write that down.

When you describe a dish, write down the method of food preparation (if it is boiled or fried or grilled) and if you know the type of fat that has been used in the preparation, write that down. For example: meatballs fried in butter.

Also write down whether the food is home-made or it is bought ready-made. If you know that your home-made food differs from the "normal" Finnish food, write down the whole recipe. An example of this follows in the enclosed model form.

Use as many lines as you wish to describe the foods properly.

Portion sizes

Write down the portion sizes of the foods or beverages already described. Use household measures such as coffee cups, tablespoons, teaspoons, decilitres or grams. If you have a kitchen scale use that for weighing for example fruit, slices of bread, portions of salad etc. whenever possible.

Estimate the portion sizes of different foods as follows:

Beverages: Use glasses, cups, or decilitres. Beer can be measured either in bottles or decilitres, and hard liquor in decilitres. Milk or cream added to coffee or tea should be measured in teaspoons or tablespoons.

Soups: Use decilitres whenever you can or describe the size of the portion as small, medium or big.

Sauces: Use tablespoons or decilitres. Note that even the amount of meat sauce such as spaghetti sauce should be estimated this way.

Meat and fish dishes: Estimate the amount of meat or fish by comparing it to an egg or by using centimeters or the palm of your hand.

Salads: If you cannot weight the portion, use decilitres, cups or tablespoons as measures.

Butter and margarine: Use levelled teaspoons or tablespoons.

Sugar: Use pieces of sugar or levelled teaspoons or tablespoons. Remember to mention also sprinkled sugar on top of porrigdes etc.

Bread and pastry: Use amounts of slices of bread and describe the size of one slice as small, medium or large and the thickness in centimeters (e.g. medium size slice, 1 cm thick). Describe the pastry as small, medium or large, and if you have a scale, weigh it.

Cold cuts: Write down the number of slices and the size of one slice in centimeters or somehow else. Examples: 3 slices of salami, cut in the butchery very thin, 4 slices of Swiss cheese cut at home with a cheese plane, 4x6 centimeters each.

Other foods: Use the information given in the package whenever you eat something that has been wrapped such as a chocolate bar or the like to get the weight of the portion.

IT IS VERY IMPORTANT THAT YOU FILL IN THE FORMS AS CAREFULLY AS POSSIBLE.

THANK YOU FOR YOUR CO-OPERATION!

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