

Appendix 8: Mean food consumption (consumers only)

Table A8.1: Mean consumption by consumers of each food in the 22nd ATDS for children aged 2-18 years in grams per day, based on the 1995 NNS

Food	Mean consumption of foods by consumers (grams per day)							
	1-3 yrs		4-8 yrs		9-13 yrs		14-18 yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Almonds	2.6	5.9	5.7	4.8	9.8	5.0	7.3	15.4
Apple	131.9	125.3	153.4	145.0	217.5	168.7	171.8	191.9
Avocado	15.9	29.4	44.8	21.3	60.0	44.7	64.1	67.0
Bacon	12.3	8.2	30.6	18.3	29.4	24.2	48.2	23.2
Baked beans	159.6	231.9	262.5	157.3	271.1	163.1	367.7	132.1
Bananas	91.8	71.1	99.0	96.1	106.9	102.4	96.4	92.7
Beans	21.9	11.3	32.1	30.3	37.7	44.2	66.1	38.4
Beef	36.1	34.3	60.3	63.9	112.2	82.5	141.8	103.3
Beer	52.0	16.8	0	20.2	0	0	1443.3	877.8
Beetroot,	20.3	26.9	21.8	23.2	28.5	32.7	29.0	21.2
Biscuit, savoury	22.9	14.4	28.5	21.4	36.4	28.0	39.6	28.1
Biscuit, sweet	21.2	25.5	31.1	27.1	40.3	33.8	49.6	45.1
Bread, multigrain	43.0	63.1	73.5	68.4	82.4	70.5	92.8	78.0
Bread, white	69.9	65.7	95.4	84.1	124.7	97.3	142.4	105.8
Bread, wholemeal	58.4	69.3	69.8	69.4	97.3	87.4	136.5	100.8
Breakfast cereal, mixed grain	31.7	31.7	50.5	40.7	84.4	63.3	109.2	65.5
Breakfast cereal, single grain	26.1	23.7	35.0	28.1	51.8	35.5	63.2	40.5
Broccoli	44.2	27.3	48.1	38.2	57.7	56.4	89.3	74.7
Butter	6.4	7.9	11.1	8.8	11.5	7.8	17.4	11.6
Cabbage	8.6	14.1	26.6	19.0	43.7	46.1	58.7	34.8
Cake	42.5	64.4	91.5	90.7	103.5	90.1	118.9	109.5

Food	Mean consumption of foods by consumers (grams per day)							
	1-3 yrs		4-8 yrs		9-13 yrs		14-18 yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Carrots	35.1	20.8	33.0	33.9	39.8	41.5	46.6	39.0
Celery	8.6	13.0	14.1	24.3	24.7	23.7	21.9	28.7
Cheese, cheddar	20.9	21.7	24.3	25.2	45.4	27.0	41.5	34.4
Cheese, cottage	9.5	24.0	25.8	13.8	21.3	37.0	56.9	34.5
Cheese, processed	27.4	27.6	27.9	23.9	31.3	24.1	51.4	25.7
Chicken	77.4	58.4	75.2	87.9	115.6	98.1	156.9	123.3
Chocolate	24.6	20.0	23.5	23.1	34.0	34.2	53.6	46.3
Coconut	13.7	13.4	8.1	4.1	10.5	7.8	24.8	4.0
Cream	22.2	18.4	21.7	26.3	33.7	28.0	41.9	57.1
Cucumber	22.0	15.4	26.6	29.2	20.5	37.3	31.9	31.7
Dairy Blend	8.2	5.5	9.3	7.9	11.9	10.2	17.8	9.9
Eggs	15.1	19.7	23.4	18.1	22.6	24.1	30.9	21.2
Fish fillets	40.6	30.8	86.7	42.0	154.9	125.7	148.6	76.0
Fish, battered, takeaway	72.0	36.3	91.3	75.5	120.8	111.8	210.0	83.5
Fish, crumbed, oven bake	92.0	73.7	70.9	49.6	102.6	95.0	147.5	211.4
Grapes	135.7	87.0	120.9	71.7	181.0	133.4	242.9	74.4
Deli meat	25.0	27.6	34.8	33.9	30.9	32.7	67.0	33.0
Hamburger	48.2	105.3	115.2	79.3	195.5	143.3	188.4	152.8
Ice Cream	79.4	59.9	105.0	96.3	159.5	124.1	196.0	119.7
Infant Cereal, mixed	0	0	0	0	0	0	0	0
Infant Dessert, dairy based	65.8	91.7	0	87.2	0	0	0	0
Infant Dessert, fruit	35.0	11.0	20.0	135.0	20.0	75.8	0	0

Food	Mean consumption of foods by consumers (grams per day)							
	1-3 yrs		4-8 yrs		9-13 yrs		14-18 yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Infant Dinner, containing meat, chicken or fish	110.0	0	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	103.3	0	0	309.9	0	0
Juice	445.7	385.6	457.9	445.1	492.4	478.0	689.8	461.1
Lamb	55.3	46.8	71.7	59.0	63.3	89.2	116.5	84.4
Lettuce	15.4	21.0	15.2	17.2	26.4	21.0	29.7	23.9
Liver	0	8.8	5.9	3.3	137.1	0	0	121.5
Mango	43.1	115.3	112.6	81.7	61.1	47.8	26.3	28.3
Margarine or Margarine Spread,	8.2	7.9	10.6	9.5	15.6	11.9	16.9	10.4
Milk, full fat	453.8	413.1	381.0	315.8	433.0	297.6	484.9	291.8
Milk, modified, low fat	224.5	281.3	365.7	278.8	363.0	326.6	455.3	300.2
Mushrooms	18.2	16.3	23.2	18.2	53.2	37.0	35.7	22.0
Nori sheets	0	1.0	2.6	0	0	0	0	1.0
Oats, rolled	24.7	14.6	16.6	13.5	12.5	34.0	24.7	14.5
Oil, canola	2.2	2.5	4.2	4.3	6.0	5.2	11.7	7.1
Olives	0	0	15.8	16.0	13.2	15.1	94.0	42.3
Onions, cooked	13.7	19.1	22.0	20.8	28.9	25.7	38.3	30.0
Orange	96.5	107.0	126.1	109.9	134.9	116.9	150.1	121.7
Parsley	2.3	1.4	2.0	2.1	2.5	1.3	1.6	2.1
Pasta	97.3	118.2	166.5	131.1	189.5	155.7	296.5	226.1
Peach, canned in natural juice	98.3	161.1	97.2	102.1	115.8	134.0	204.0	108.1

Food	Mean consumption of foods by consumers (grams per day)							
	1-3 yrs		4-8 yrs		9-13 yrs		14-18 yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Peach, fresh	156.7	112.0	111.4	98.9	175.0	135.3	114.3	151.0
Peanut butter	10.6	12.4	11.8	17.9	13.4	11.7	20.9	16.6
Peas	25.5	15.7	35.7	33.9	54.6	51.3	76.7	47.2
Pie, meat	133.2	82.3	154.1	134.4	179.0	153.9	214.3	161.8
Pineapple	57.8	55.6	54.5	45.3	47.9	38.8	88.2	37.0
Pizza	80.0	84.9	143.7	85.2	166.0	136.5	236.8	126.2
Pork Chops	37.8	54.1	62.7	52.7	97.5	88.9	155.6	70.8
Potato crisps	31.4	30.3	32.7	34.4	37.0	34.0	53.7	39.5
Potatoes	129.5	110.6	144.2	125.5	191.4	179.1	269.2	176.6
Prawns	0	31.9	79.4	59.1	99.7	57.8	122.3	49.4
Pumpkin	63.9	43.6	43.5	59.5	81.4	89.6	106.6	70.7
Rice	105.0	111.9	183.0	133.7	275.0	201.3	325.3	209.7
Salmon, canned	0	0	16.8	96.3	157.5	127.8	0	122.6
Salt, iodised	0.1	0	3.0	0.1	1.1	0.9	3.3	1.3
Salt, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	10.6	13.7	20.3	15.3	23.4	16.0	31.3	19.4
Sausage	65.1	60.9	84.6	74.9	111.8	84.1	139.6	83.4
Soft Drink	240.5	238.7	403.7	300.2	551.7	509.4	775.6	534.6
Soy Beverage	381.7	245.4	281.2	180.6	349.4	318.7	258.3	10.2
Spinach	25.6	19.7	27.8	20.3	32.3	32.2	100.0	60.2
Strawberries	52.2	24.2	58.7	38.3	54.2	85.6	21.1	55.8
Sugar	30.8	26.0	45.7	32.7	53.0	46.2	51.0	45.4
Sultanas	21.9	25.0	16.5	16.5	12.3	11.1	22.5	9.5
Sweetcorn	30.4	35.9	41.7	45.0	45.9	42.3	47.4	54.1
Tea	159.2	148.6	276.6	200.4	276.9	356.3	455.8	531.5
Tomatoes	55.6	63.7	71.5	60.1	88.8	73.1	102.1	84.4

Food	Mean consumption of foods by consumers (grams per day)							
	1-3 yrs		4-8 yrs		9-13 yrs		14-18 yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Tuna, canned	53.8	35.0	40.5	62.4	92.4	76.0	434.2	98.7
Water, Bottled Still	40.0	250.0	330.0	0	250.0	0	750.0	62.5
Water, Tap	528.8	550.6	667.5	606.5	914.9	811.4	1161.2	1011.7
Watermelon	211.9	157.9	463.4	169.1	204.4	203.5	243.0	426.3
Wine, white	0	0	2.5	0	130.5	2.5	403.4	231.9
Yoghurt	118.7	116.9	118.8	123.2	167.7	168.4	183.7	171.4

Notes:

- Mean food consumption amounts for different foods may be derived from different groups of respondents within each population group. Consequently, the mean consumption amounts cannot be added together to get total mean food/beverage consumption for each population group.
- Food consumption data for individuals, rather than mean food consumption amounts for the population, were used in the estimation of dietary intakes.
- Infant diet food consumption amounts are given in Appendix 6.

Table A8.2: Mean consumption by consumers of each food in the 22nd ATDS for adults aged 19-70 years and above in grams per day, based on the 1995 NNS

Food	Mean consumption of foods by consumers (grams per day)							
	19-29 yrs		30-49 yrs		50-69 yrs		70+ yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Almonds	26.1	19.1	23.1	19.4	23.7	18.6	19.2	14.5
Apple	181.4	151.3	168.2	147.9	156.3	143.8	142.9	126.9
Avocado	73.2	55.2	67.0	64.2	69.1	57.4	58.1	64.3
Bacon	48.0	32.6	42.8	30.4	36.7	27.0	25.4	23.3
Baked beans	274.7	190.4	221.5	163.7	166.4	127.6	189.5	119.9
Bananas	112.5	97.0	113.1	95.0	104.5	97.6	96.5	91.5
Beans	54.9	42.3	51.5	45.6	60.5	55.7	60.5	54.6
Beef	172.8	105.9	147.4	92.8	122.9	82.2	105.1	71.3
Beer	1295.7	901.2	1332.9	817.2	1115.8	608.1	851.4	445.6
Beetroot,	32.0	24.0	30.8	28.7	30.4	28.2	31.6	27.5
Biscuit, savoury	42.0	33.6	36.8	24.5	24.2	20.2	19.1	18.5
Biscuit, sweet	54.6	36.3	49.7	39.8	42.4	31.8	39.6	31.9
Bread, multigrain	128.8	77.8	117.0	76.2	106.0	77.6	91.6	75.0
Bread, white	151.3	99.7	139.8	95.1	115.0	83.5	95.0	76.1
Bread, wholemeal	121.2	83.9	108.5	79.5	110.5	78.4	92.7	77.1
Breakfast cereal, mixed grain	107.5	75.3	88.4	62.2	69.8	49.6	55.5	44.6
Breakfast cereal, single grain	59.6	38.7	51.5	33.8	40.5	29.5	34.7	28.0
Broccoli	84.1	73.3	77.2	70.9	79.8	71.1	80.2	63.6
Butter	20.5	12.6	16.6	12.1	20.2	12.8	18.6	15.3
Cabbage	60.3	43.2	47.4	37.6	59.3	51.1	57.4	54.7
Cake	143.5	106.9	109.9	86.6	87.9	73.5	80.8	76.4

Food	Mean consumption of foods by consumers (grams per day)							
	19-29 yrs		30-49 yrs		50-69 yrs		70+ yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Carrots	54.2	41.2	48.2	40.2	50.5	46.5	42.2	37.3
Celery	26.3	24.3	31.4	27.3	40.0	28.0	23.7	25.6
Cheese, cheddar	44.6	32.2	40.8	30.7	32.2	26.0	21.9	23.4
Cheese, cottage	47.6	40.3	40.5	34.3	43.9	32.0	23.5	34.6
Cheese, processed	40.4	27.1	34.1	25.8	25.3	23.7	27.0	22.9
Chicken	164.6	116.0	153.6	107.8	141.4	104.3	125.9	98.9
Chocolate	58.4	37.7	42.6	39.0	33.6	31.3	23.4	26.8
Coconut	34.0	30.8	43.0	24.6	35.5	24.6	43.1	18.6
Cream	66.0	47.9	52.2	42.3	45.4	32.8	36.6	29.7
Cucumber	38.8	36.7	38.6	36.7	42.4	42.5	43.3	35.2
Dairy Blend	14.2	10.3	17.2	11.1	19.9	11.4	18.9	19.5
Eggs	39.0	26.1	35.5	29.5	37.7	26.3	34.4	27.7
Fish fillets	99.2	71.1	131.6	107.9	138.6	116.4	125.6	92.7
Fish, battered, takeaway	175.3	139.5	178.6	103.8	160.0	99.6	120.4	132.0
Fish, crumbed, oven bake	149.4	80.1	133.2	96.4	114.3	104.0	74.9	81.3
Grapes	240.1	133.6	187.5	141.4	171.3	131.0	111.5	120.6
Deli meat	52.1	36.1	55.8	36.7	51.7	35.3	37.7	30.4
Hamburger	234.6	176.2	203.6	163.8	177.2	115.1	113.8	118.9
Ice Cream	146.1	97.7	123.7	85.3	105.8	69.8	76.6	71.0
Infant Cereal, mixed	0	100.0	0	0	0	0	8.0	0
Infant Dessert, dairy based	0	0	57.6	57.6	0	0	0	0

Food	Mean consumption of foods by consumers (grams per day)							
	19-29 yrs		30-49 yrs		50-69 yrs		70+ yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Infant Dessert, fruit	0	22.0	31.0	12.4	0	0	5.5	5.5
Infant Dinner, containing meat, chicken or fish	0	33.0	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	0	0	0	152.4	0	0
Juice	555.8	401.3	425.7	303.9	315.5	233.7	266.4	217.8
Lamb	153.7	103.8	130.8	86.0	120.8	79.0	81.2	56.1
Lettuce	35.3	33.4	32.9	30.7	34.1	27.2	26.8	28.8
Liver	22.2	26.0	71.9	43.3	71.9	47.6	75.4	26.3
Mango	200.5	59.7	103.3	121.4	136.3	110.1	101.5	92.2
Margarine or Margarine Spread,	18.5	11.1	17.1	11.1	18.1	11.9	16.5	13.3
Milk, full fat	376.8	240.5	247.4	190.4	239.6	167.2	223.1	196.1
Milk, modified, low fat	321.8	227.8	281.9	197.5	253.8	230.1	247.6	217.9
Mushrooms	42.5	36.6	38.7	28.9	38.8	34.8	23.1	29.8
Nori sheets	7.8	3.2	10.7	3.8	0	0	0	3.8
Oats, rolled	21.7	58.1	55.3	38.1	77.5	45.6	60.7	43.3
Oil, canola	12.0	9.5	12.8	10.2	11.7	8.8	9.3	8.3
Olives	28.8	27.0	28.6	17.6	29.4	28.5	11.9	12.0
Onions, cooked	48.6	37.3	41.4	31.2	41.7	30.6	35.2	29.7
Orange	178.1	133.1	152.3	119.2	143.4	130.5	133.0	120.2
Parsley	3.8	2.9	4.2	3.0	4.1	2.5	2.8	2.8

Food	Mean consumption of foods by consumers (grams per day)							
	19-29 yrs		30-49 yrs		50-69 yrs		70+ yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Pasta	280.1	190.1	257.3	168.2	190.1	119.3	117.0	109.9
Peach, canned in natural juice	265.9	107.9	178.1	121.5	163.0	112.4	145.6	119.2
Peach, fresh	122.1	121.4	158.7	146.2	157.8	155.4	175.2	138.9
Peanut butter	24.9	18.3	31.4	17.2	25.1	17.4	18.0	14.7
Peas	74.3	47.7	66.6	49.6	68.2	50.7	60.6	47.8
Pie, meat	216.7	166.1	215.4	169.2	213.8	165.2	189.2	158.5
Pineapple	85.8	80.3	94.2	65.1	79.2	73.5	82.5	70.6
Pizza	308.6	153.4	242.7	157.4	186.4	139.2	170.6	113.0
Pork Chops	154.2	90.0	128.4	104.2	111.5	74.3	94.0	62.3
Potato crisps	52.1	45.8	54.7	35.8	31.6	27.4	30.8	14.3
Potatoes	245.9	179.8	199.6	141.7	183.6	137.4	142.0	119.7
Prawns	118.0	82.8	93.4	74.2	93.0	86.3	87.0	74.7
Pumpkin	91.5	80.4	97.0	78.0	94.3	76.5	105.1	77.3
Rice	403.7	259.4	320.1	221.5	244.1	177.4	218.2	146.6
Salmon, canned	69.5	60.6	96.0	79.7	97.1	72.2	62.7	59.2
Salt, iodised	0.8	0.9	1.3	1.6	1.2	1.3	0.7	1.1
Salt, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	24.0	16.2	25.0	15.1	15.4	15.1	16.9	11.8
Sausage	147.3	98.4	141.7	98.5	124.8	91.0	105.5	80.5
Soft Drink	798.9	552.4	655.5	490.7	456.9	380.7	390.6	302.6
Soy Beverage	341.5	177.9	267.0	304.7	360.5	245.6	317.8	184.2
Spinach	63.6	72.9	72.3	62.8	91.7	68.1	50.9	72.7
Strawberries	59.0	47.6	46.1	51.0	48.2	46.8	50.4	45.6
Sugar	33.9	28.3	36.7	25.5	36.3	27.5	40.6	26.3

Food	Mean consumption of foods by consumers (grams per day)							
	19-29 yrs		30-49 yrs		50-69 yrs		70+ yrs	
	Male	Female	Male	Female	Male	Female	Male	Female
Sultanas	24.2	22.2	27.1	20.8	35.0	29.2	32.3	25.8
Sweetcorn	69.5	45.2	48.7	45.9	48.5	38.3	26.9	26.7
Tea	763.1	753.1	1004.5	984.1	1090.0	1018.4	951.8	901.4
Tomatoes	109.9	94.0	111.7	91.7	109.0	91.1	101.5	90.0
Tuna, canned	104.1	90.6	92.1	60.7	71.4	57.7	62.7	64.9
Water, Bottled Still	0	455.5	1141.7	486.1	0	138.2	0	312.5
Water, Tap	1351.2	1158.4	1144.0	1056.0	863.2	916.8	730.5	772.7
Watermelon	445.7	284.2	228.8	259.4	246.5	209.1	178.2	172.8
Wine, white	457.9	296.9	379.9	375.5	403.1	313.7	308.6	220.1
Yoghurt	152.1	135.1	145.9	156.7	161.1	133.7	129.3	124.4

Notes:

- Mean food consumption amounts for different foods may be derived from different groups of respondents within each population group. Consequently, the mean consumption amounts cannot be added together to get total mean food/beverage consumption for each population group.
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