

Food group intakes in a representative sample of adults aged 18–64 years in Ireland

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The objective of this study was to examine food group intakes (total population and consumers only) of adults aged 18–64 years (*n* 1274) in Ireland. Analysis was based on the National Adult Nutrition Survey (NANS), which was carried out to establish a database of habitual food and beverage consumption in a representative sample of adults in Ireland. A 4-d semi-weighed food record was used to collect food and beverage intakes.

| | 18–64 years (<i>n</i> 1274) | | | | |
|--|------------------------------|-----|-----|----------------------|-----|
| | Total population (g/d) | | % | Consumers only (g/d) | |
| | Mean | SD | | Mean | SD |
| Breads | 115 | 63 | 98 | 117 | 61 |
| White breads | 51 | 52 | 78 | 66 | 50 |
| Brown/wholemeal breads | 52 | 54 | 73 | 71 | 51 |
| Breakfast cereals | 57 | 78 | 74 | 77 | 81 |
| Ready-to-eat breakfast cereals | 24 | 30 | 61 | 39 | 29 |
| Other breakfast cereals (e.g. porridge) | 33 | 79 | 24 | 138 | 105 |
| Dairy products | 259 | 202 | 98 | 263 | 201 |
| Whole milk | 102 | 169 | 61 | 169 | 190 |
| Low fat milk | 93 | 143 | 51 | 181 | 155 |
| Potatoes | 120 | 86 | 93 | 128 | 83 |
| Potatoes (e.g. boiled, baked and mashed) | 71 | 74 | 74 | 96 | 71 |
| Chipped/fried/roasted potatoes | 43 | 51 | 65 | 66 | 49 |
| Meat | 183 | 101 | 98 | 187 | 98 |
| Fresh meat (g) | 58 | 53 | 82 | 71 | 50 |
| Processed meat (g) | 61 | 55 | 90 | 68 | 54 |
| Fruit and vegetables | 185 | 147 | 98 | 189 | 146 |
| Vegetables | 94 | 70 | 96 | 98 | 69 |
| Fruit | 91 | 110 | 70 | 131 | 111 |
| Beverages | 1563 | 872 | 100 | 1565 | 870 |
| Teas | 422 | 410 | 81 | 519 | 396 |
| Coffees | 139 | 228 | 50 | 278 | 256 |
| Carbonated beverages | 106 | 176 | 46 | 233 | 197 |
| Non-diet carbonated beverages | 82 | 159 | 37 | 223 | 193 |
| Diet carbonated beverages | 24 | 79 | 14 | 176 | 142 |
| Biscuits, cakes and pastries | 30 | 35 | 76 | 39 | 36 |

Potatoes, breads, meat and dairy products are staple foods in the diets of adults in Ireland, consumed by almost the whole population group. Breakfast cereals are also widely consumed in the population. Intakes of white and brown/wholemeal breads are similar, approximately 2 slices per day in consumers. Although fruit and vegetables were consumed by the majority of the population, there was low compliance (9%) with the WHO recommendation of 400 g/d⁽¹⁾.

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1. WHO (2003) *Diet, Nutrition and the Prevention of Chronic Disease*. WHO Technical Report Series 916. Geneva: WHO.