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Dietary sources of **lipids** (%)
from food and beverage
groups and subgroups



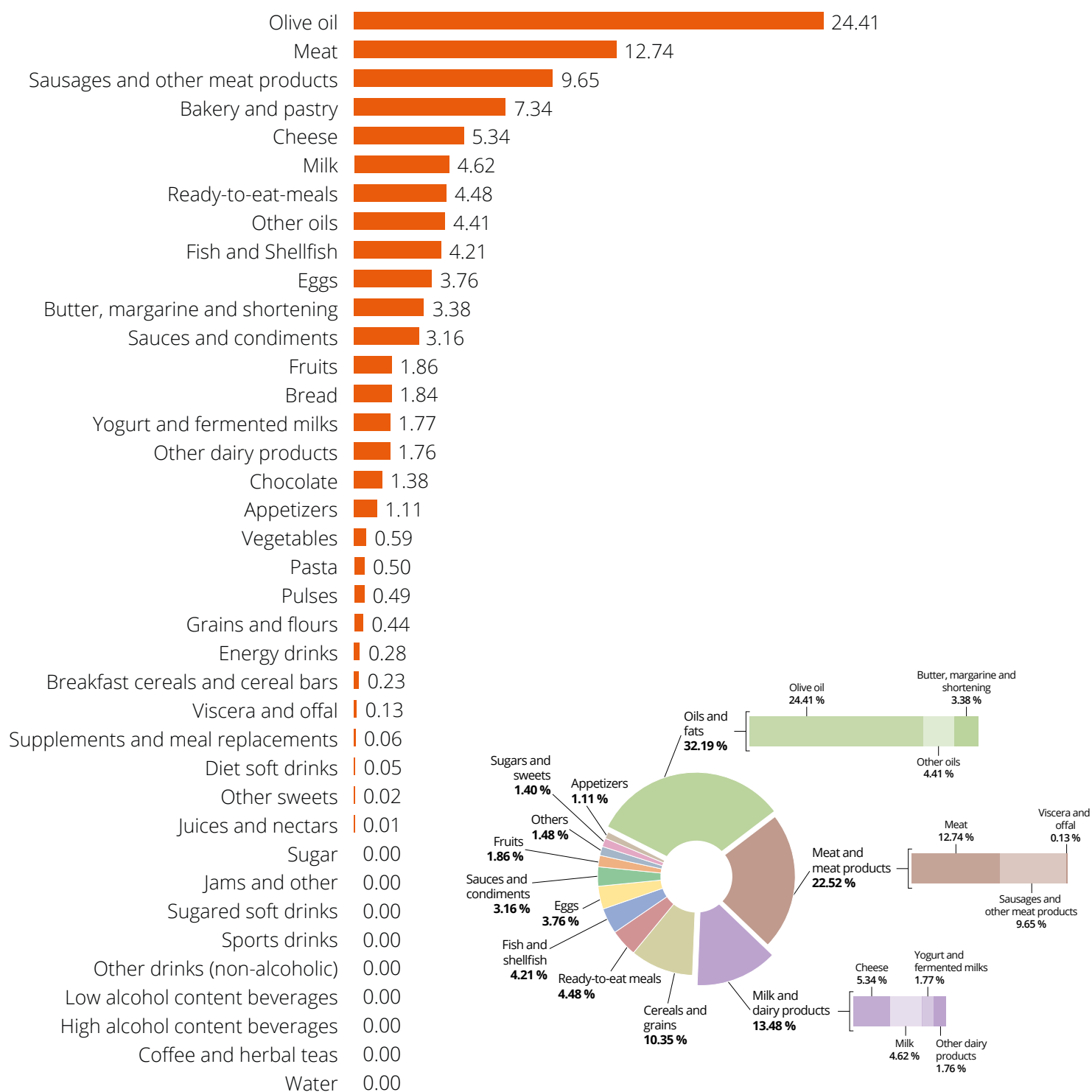
LIPIDS

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Dietary sources of lipids (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*



*Random sample



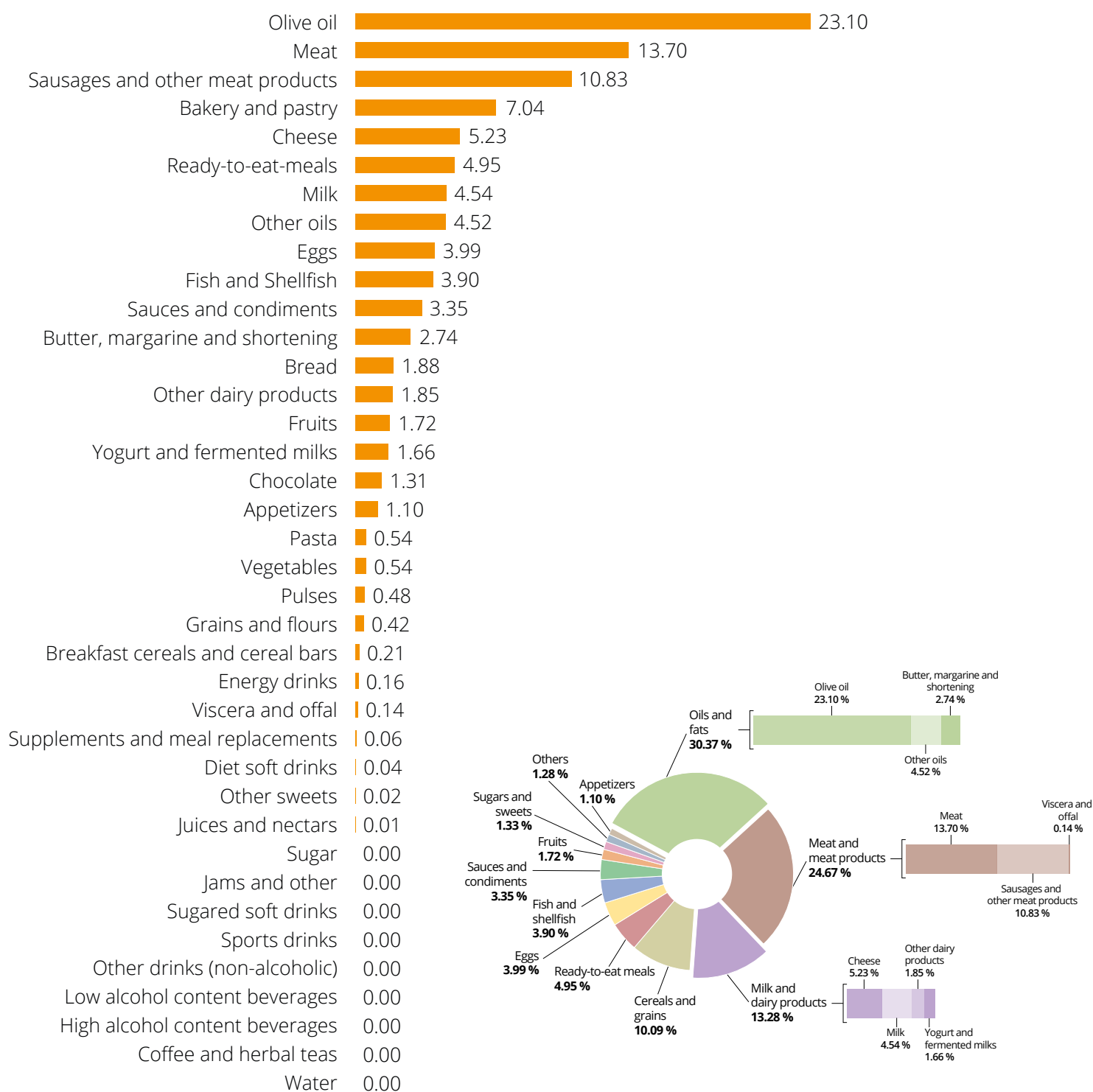
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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*Random sample



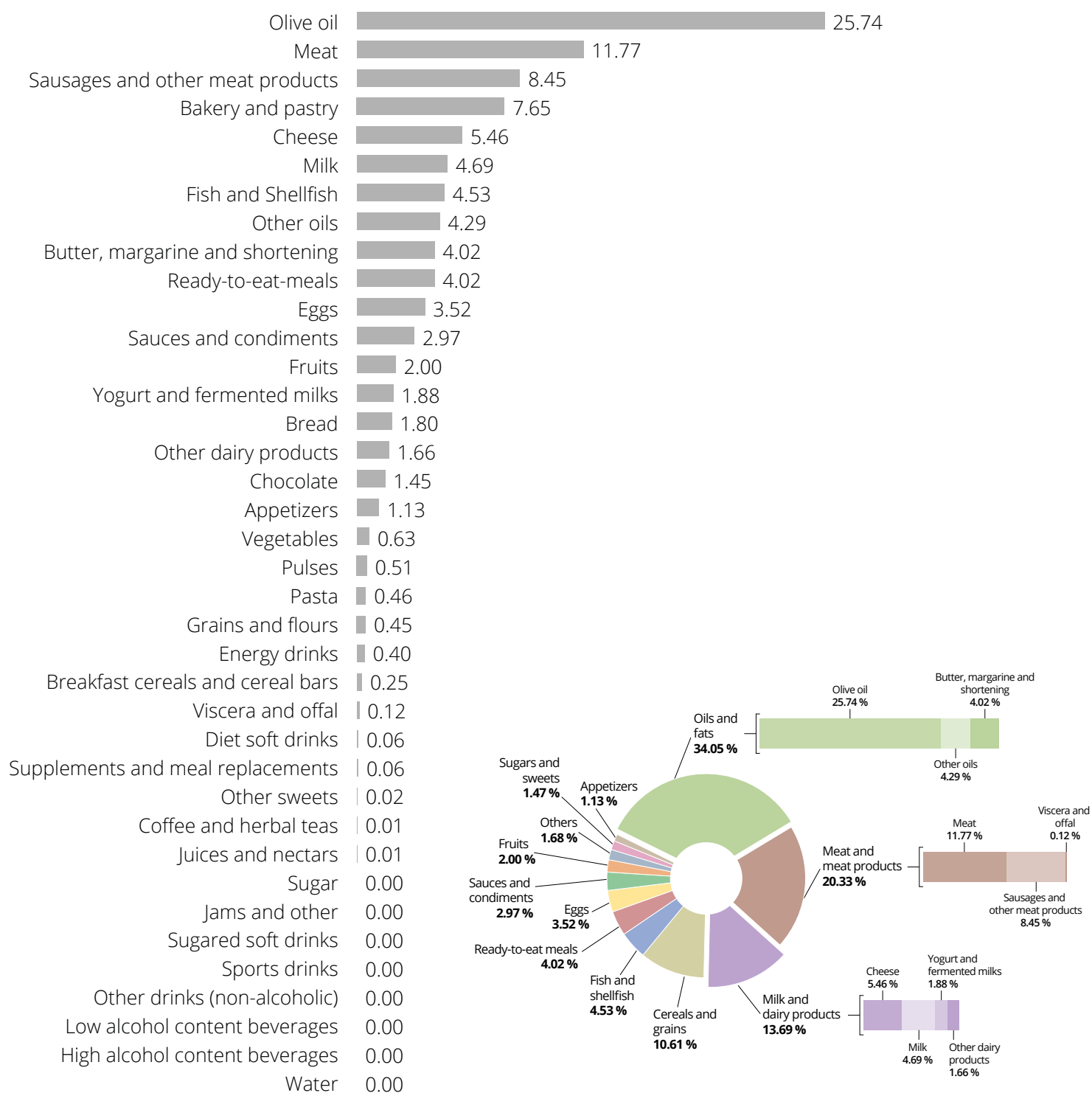
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

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Sample: 996 individuals*



*Random sample



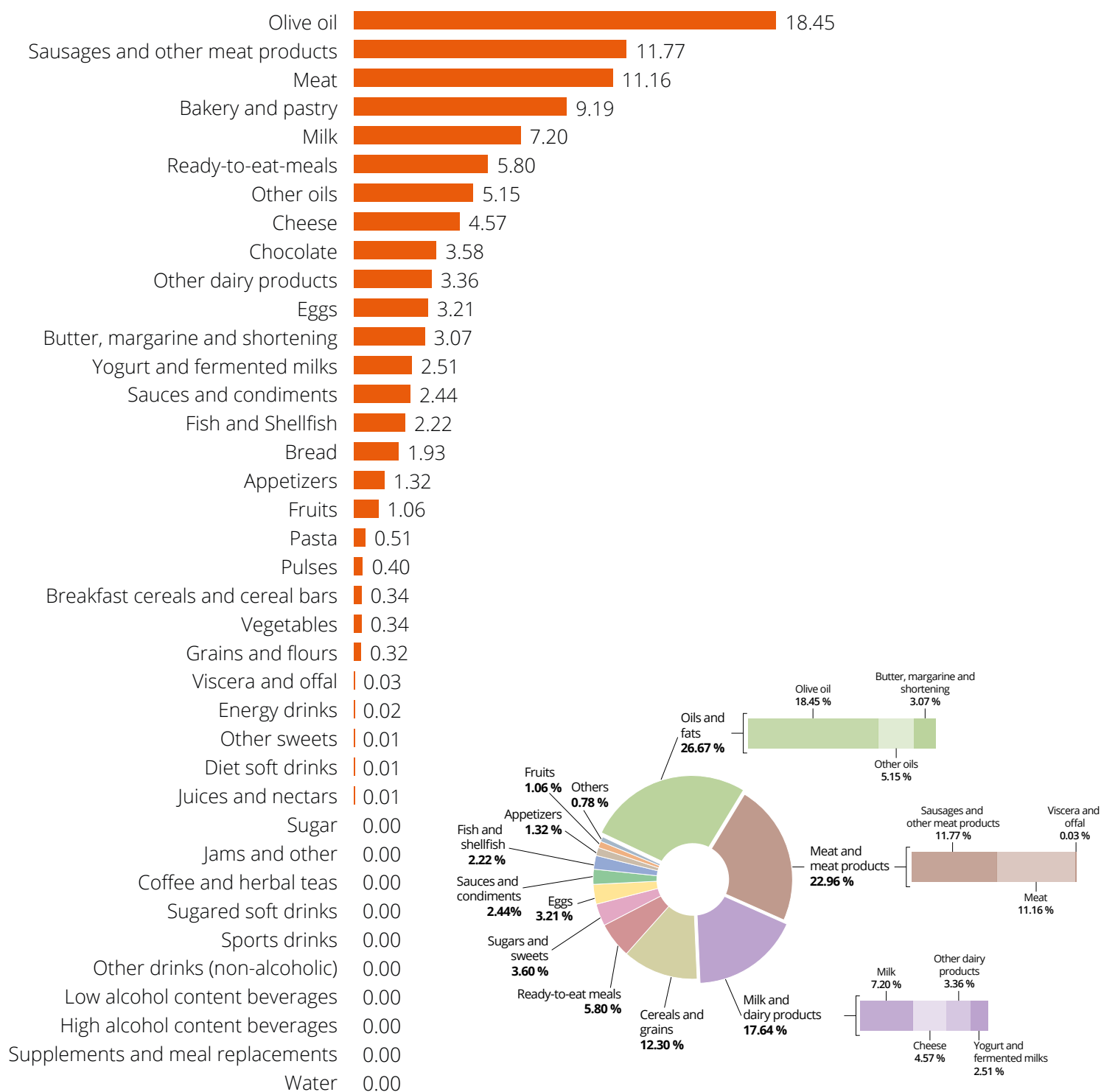
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

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Sample: 213 individuals*



*Random sample plus boost



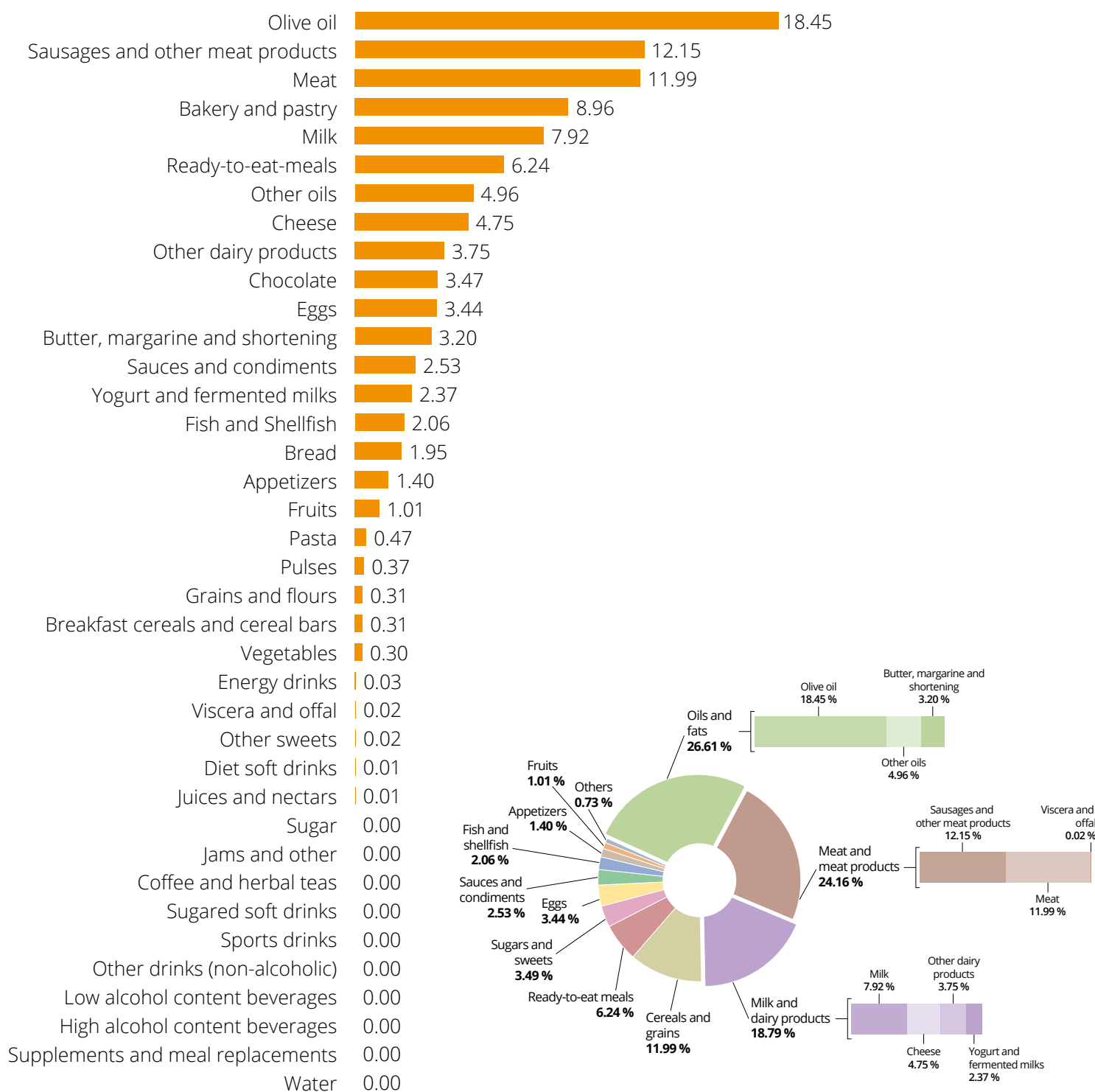
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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*Random sample plus boost



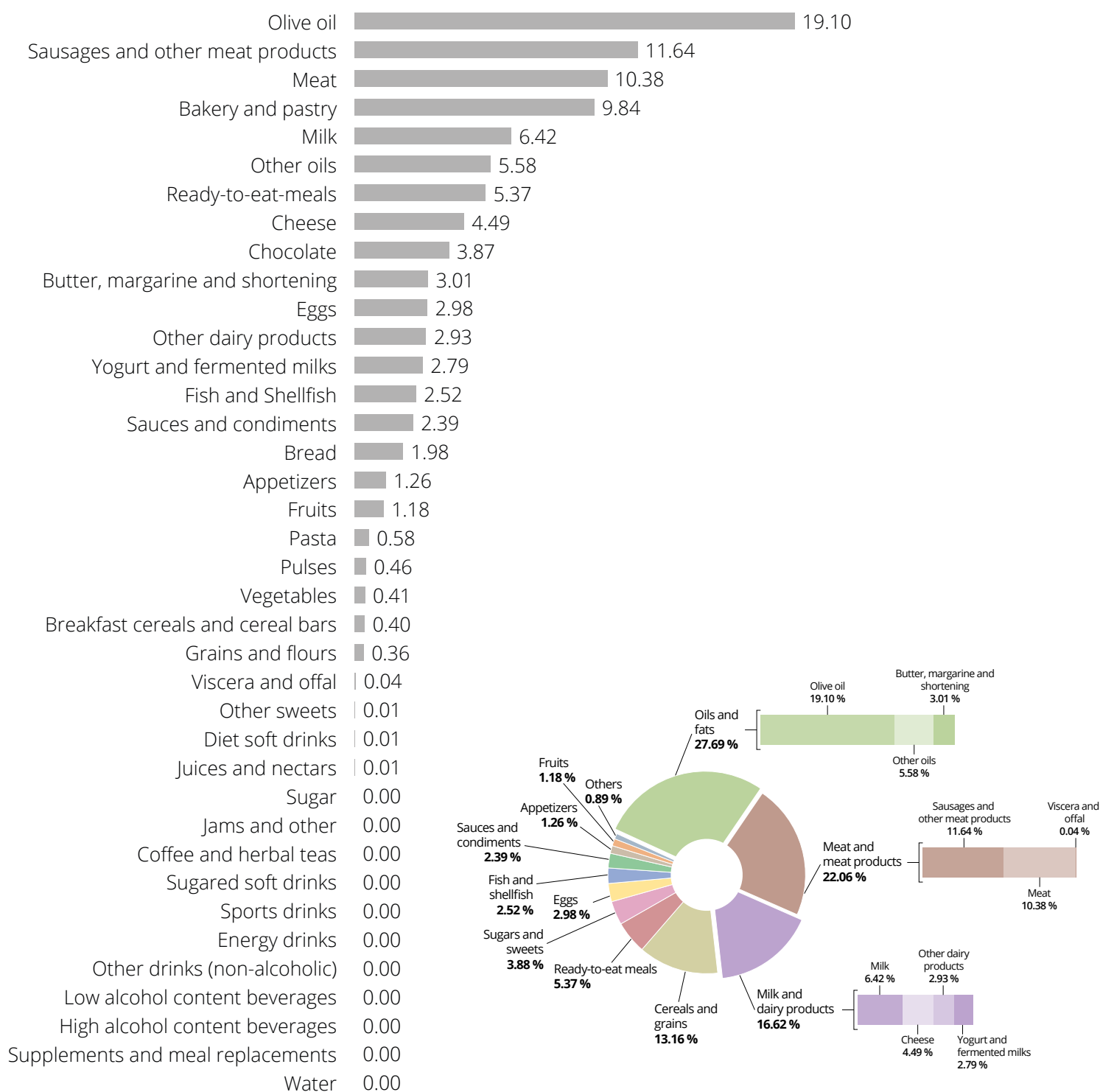
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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*Random sample plus boost



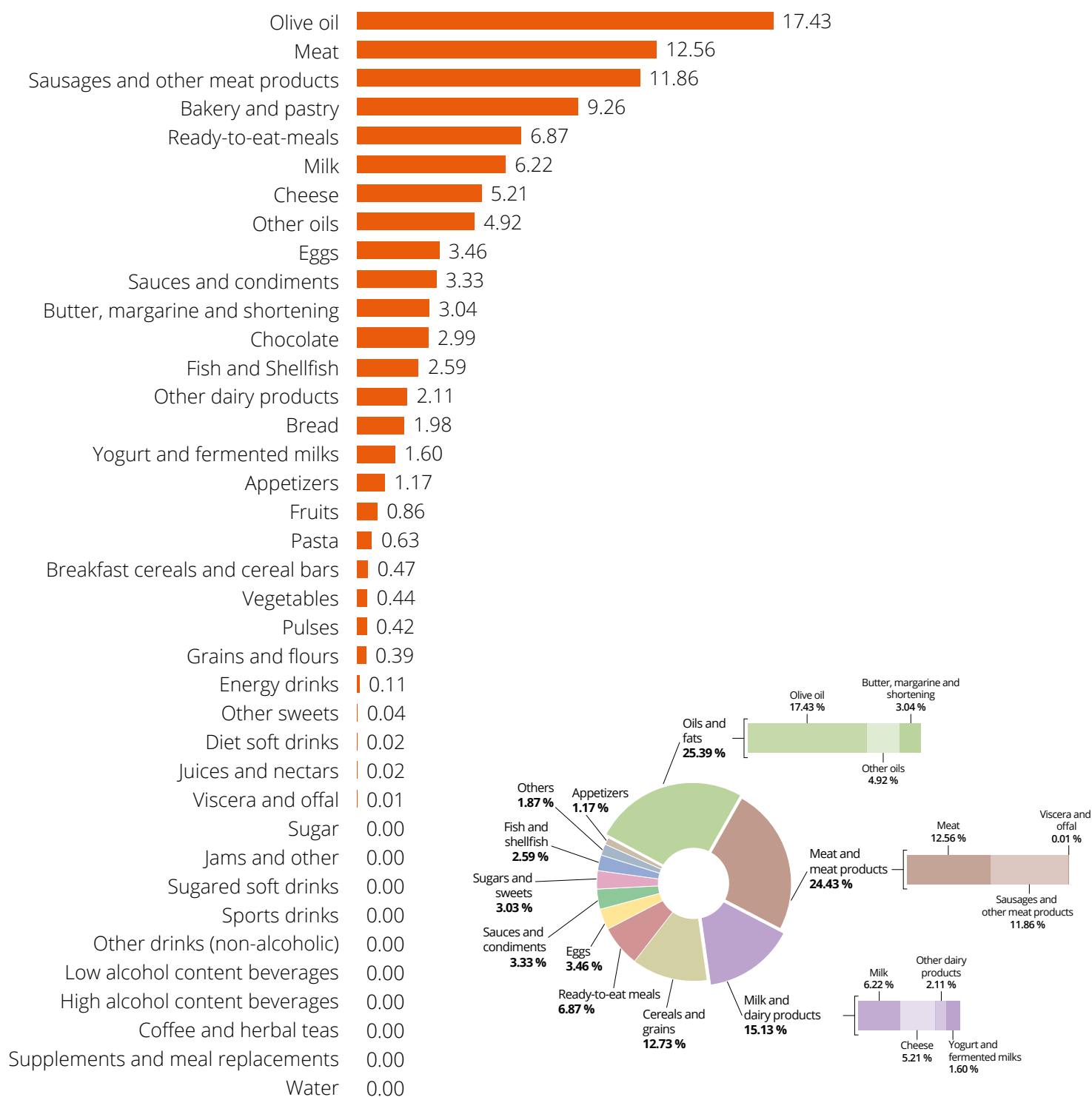
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

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Sample: 211 individuals*



*Random sample plus boost



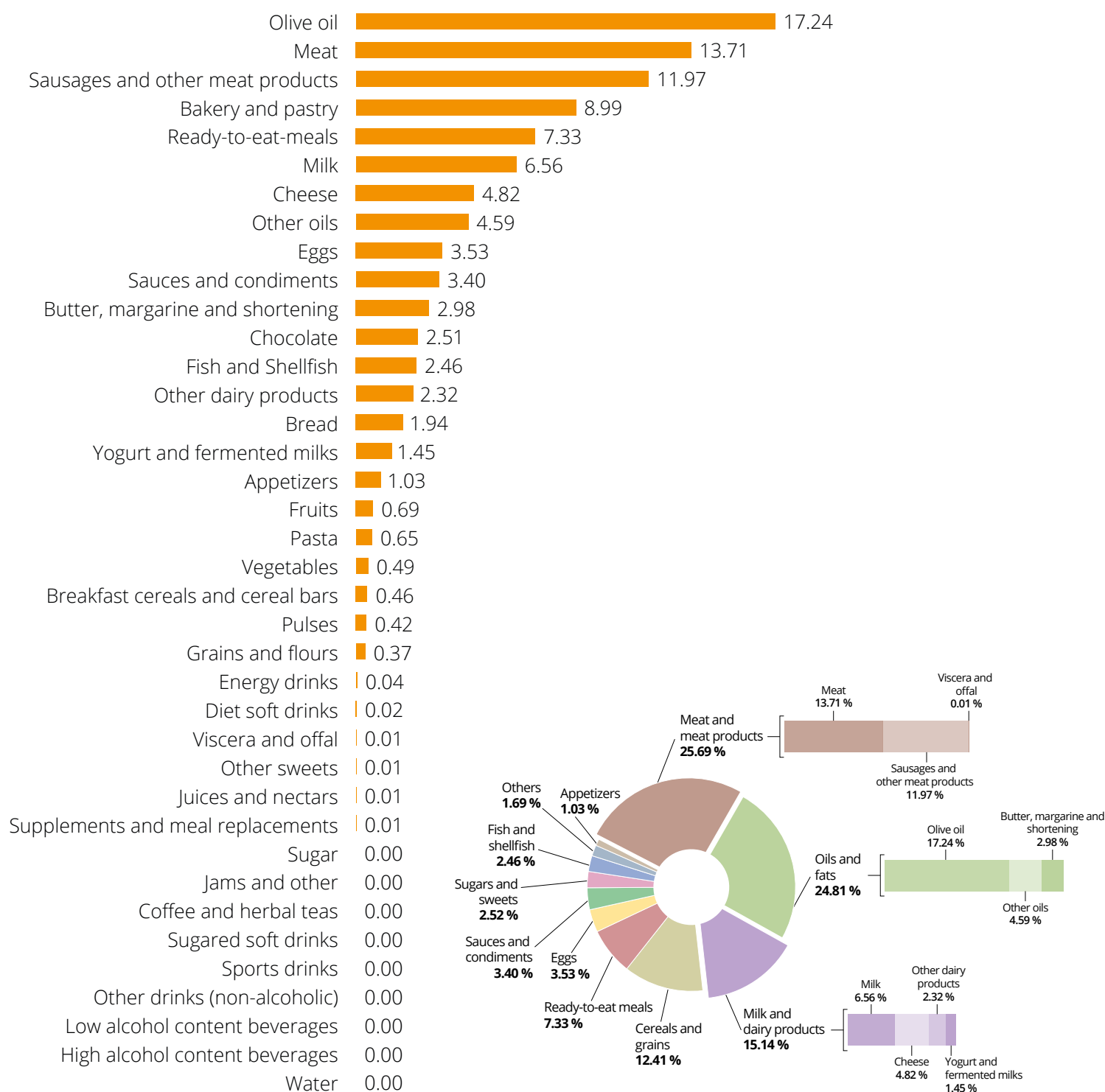
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

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Sample: 137 individuals*



*Random sample plus boost



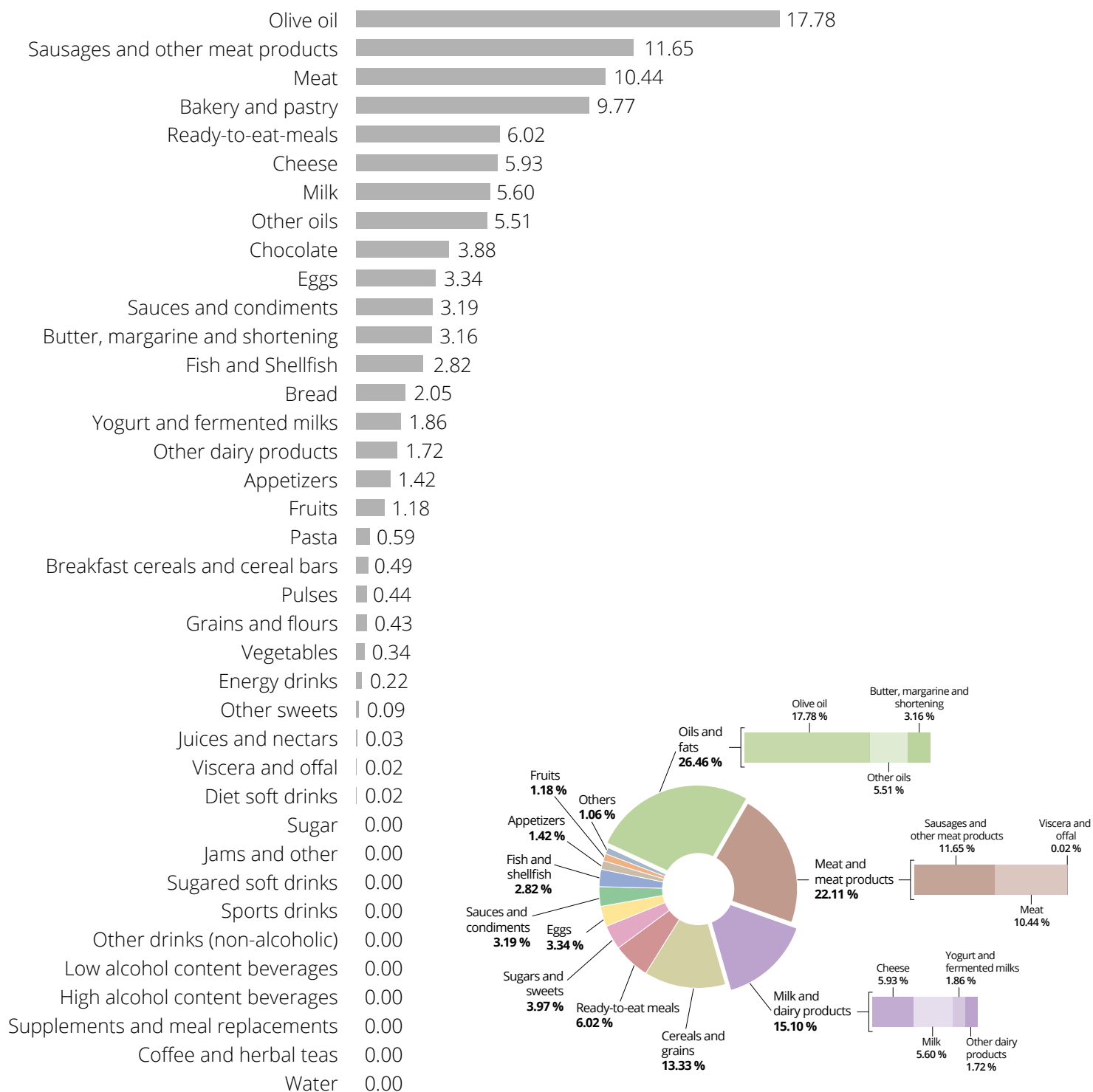
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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*Random sample plus boost



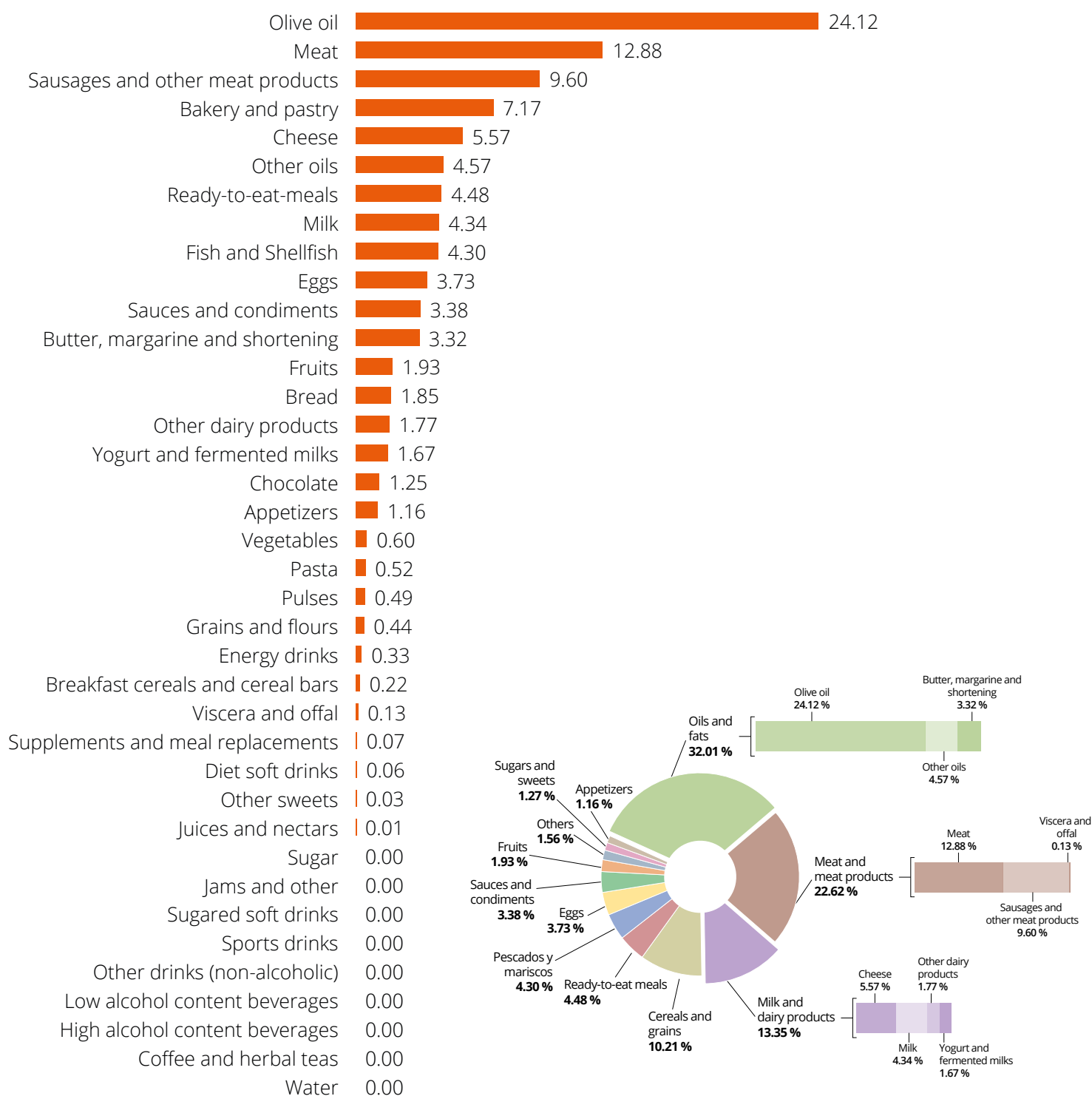
LIPIDS

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Dietary sources of lipids (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*



*Random sample



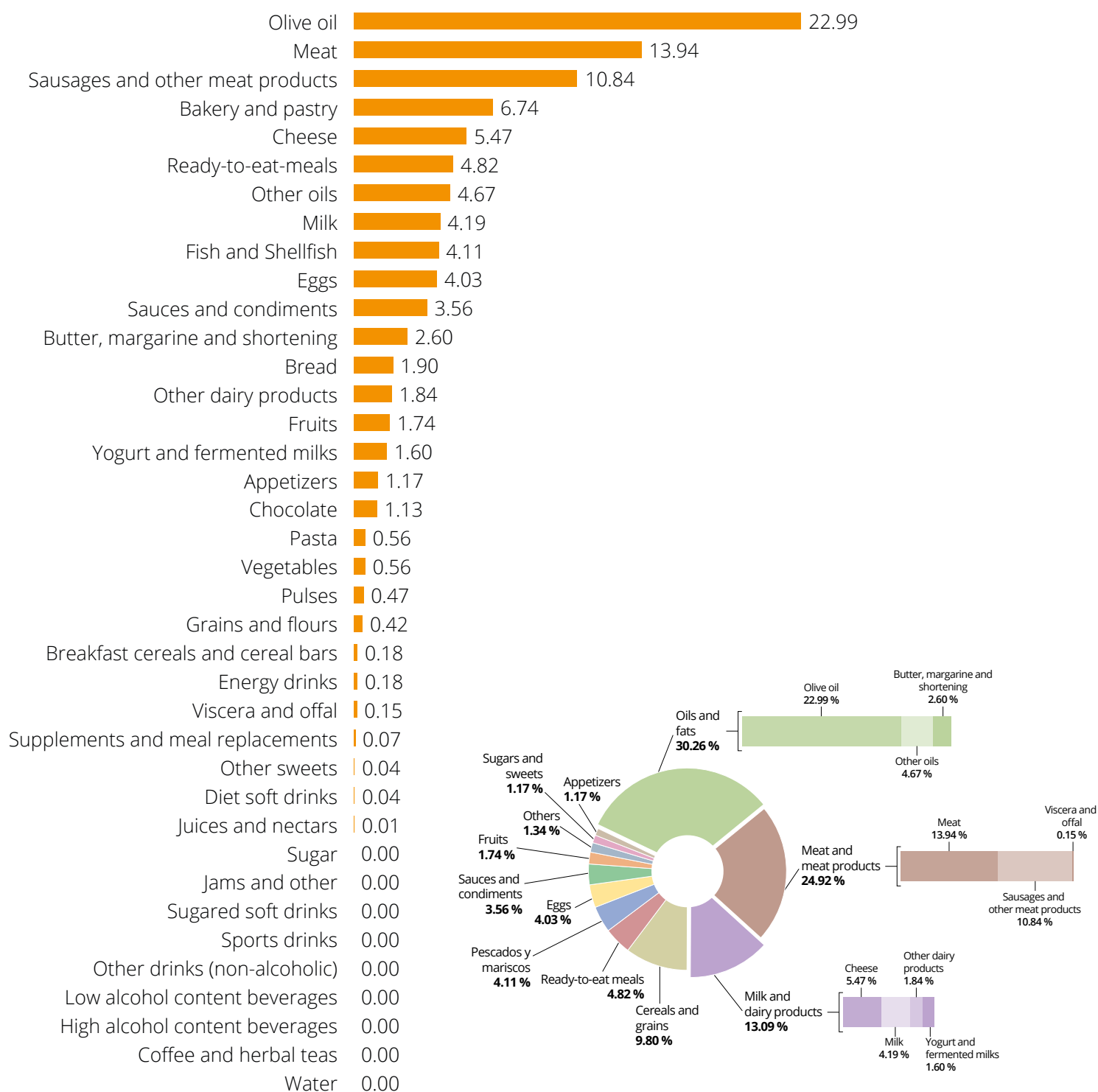
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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*Random sample



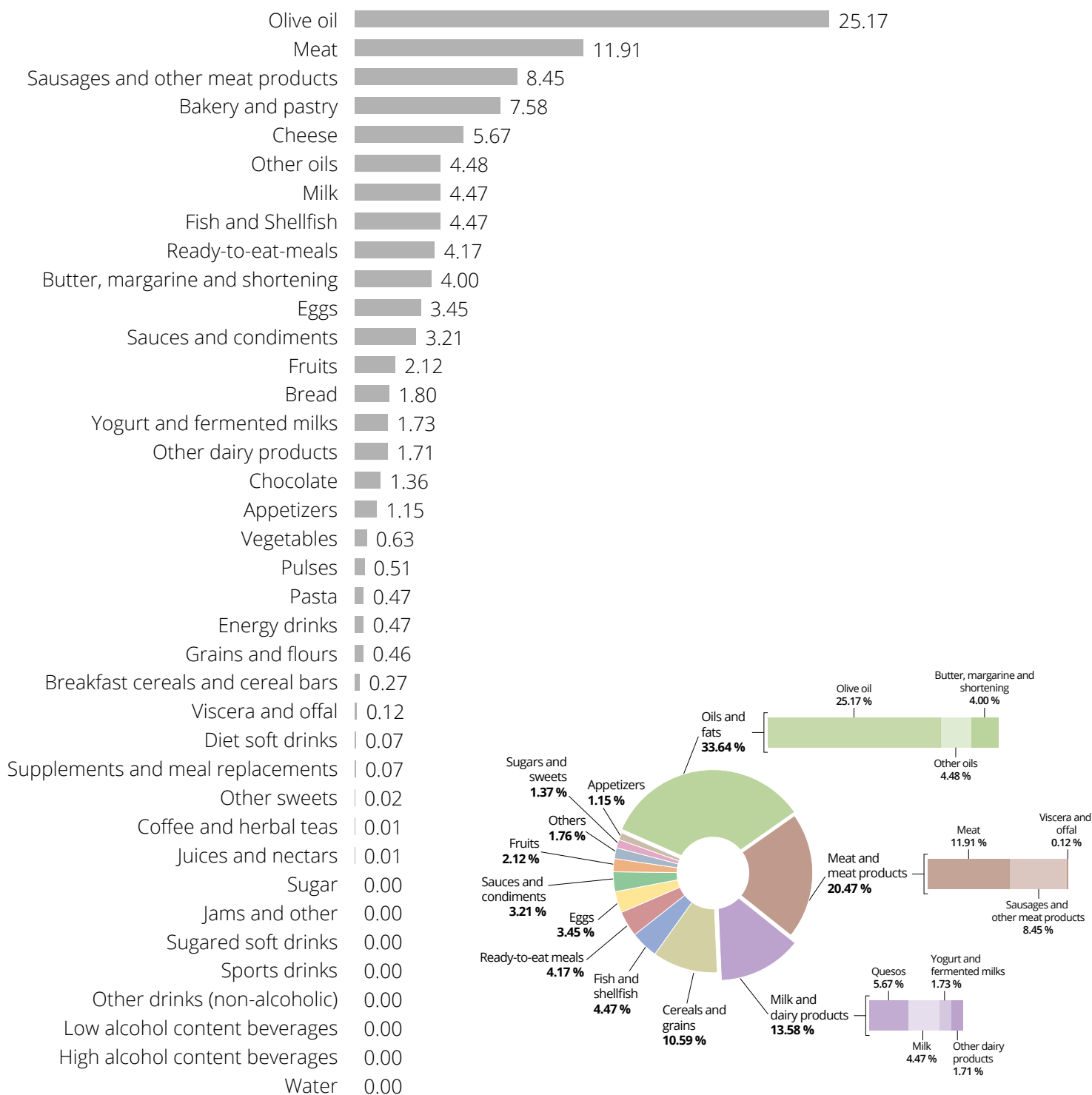
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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*Random sample



LIPIDS

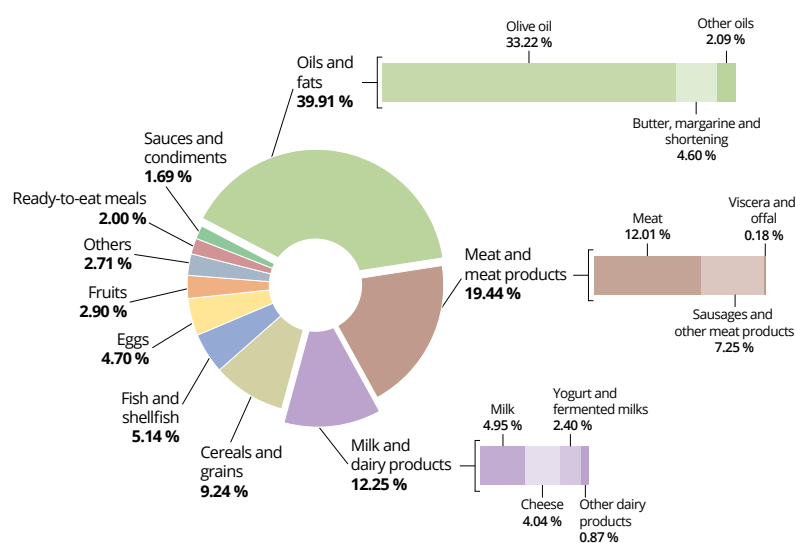
Dietary sources of lipids (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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Olive oil	33.22
Meat	12.01
Sausages and other meat products	7.25
Bakery and pastry	6.67
Fish and Shellfish	5.14
Milk	4.95
Eggs	4.70
Butter, margarine and shortening	4.60
Cheese	4.04
Fruits	2.90
Yogurt and fermented milks	2.40
Other oils	2.09
Ready-to-eat-meals	2.00
Bread	1.69
Sauces and condiments	1.69
Other dairy products	0.87
Vegetables	0.72
Appetizers	0.60
Pulses	0.59
Chocolate	0.44
Grains and flours	0.43
Pasta	0.32
Energy drinks	0.30
Viscera and offal	0.18
Breakfast cereals and cereal bars	0.14
Coffee and herbal teas	0.02
Diet soft drinks	0.02
Supplements and meal replacements	0.02
Juices and nectars	0.01
Sugar	0.00
Jams and other	0.00
Sugared soft drinks	0.00
Sports drinks	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Other sweets	0.00
Water	0.00



*Random sample



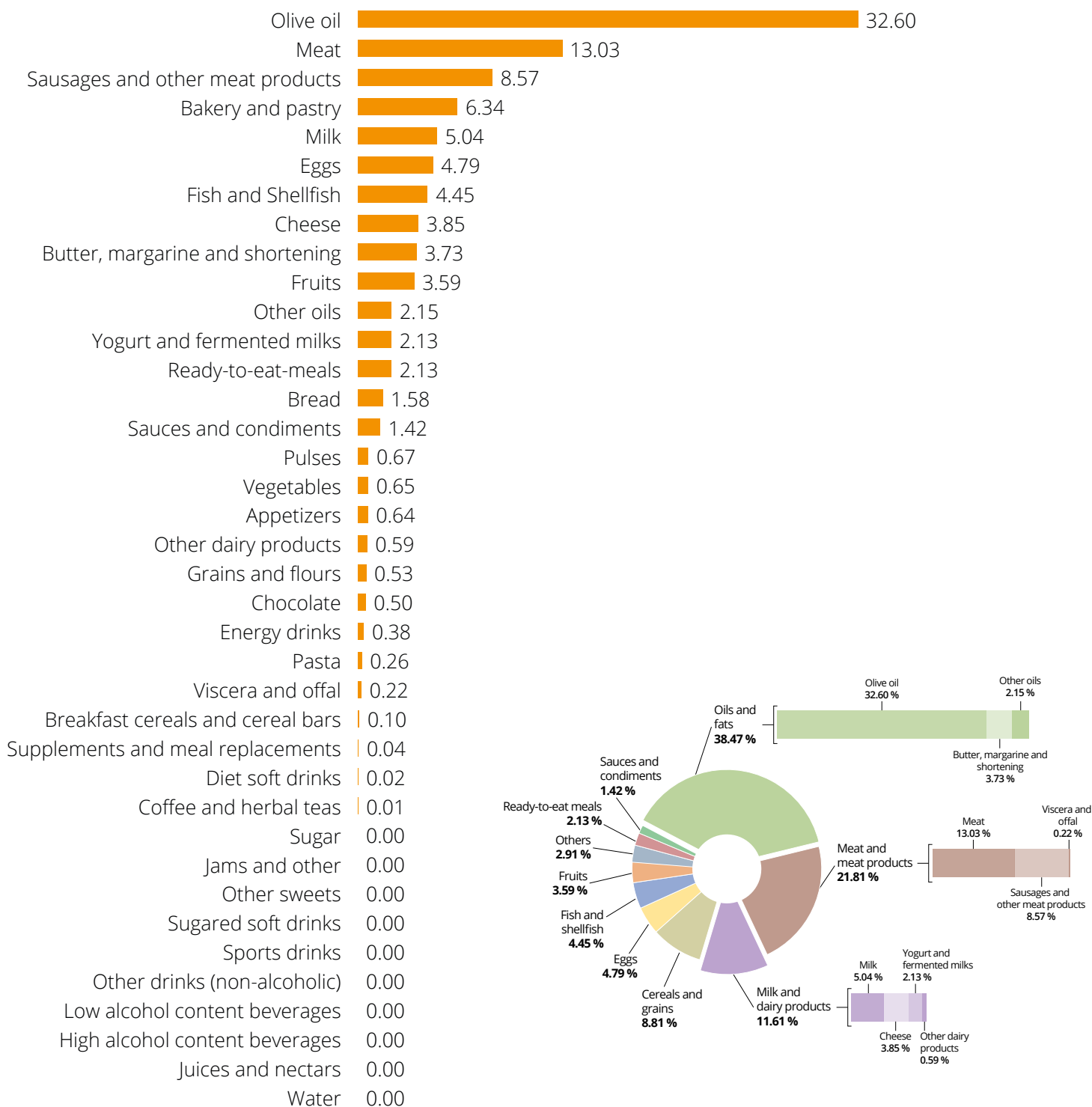
LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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*Random sample



Dietary sources of lipids (%) from food and beverage groups and subgroups.

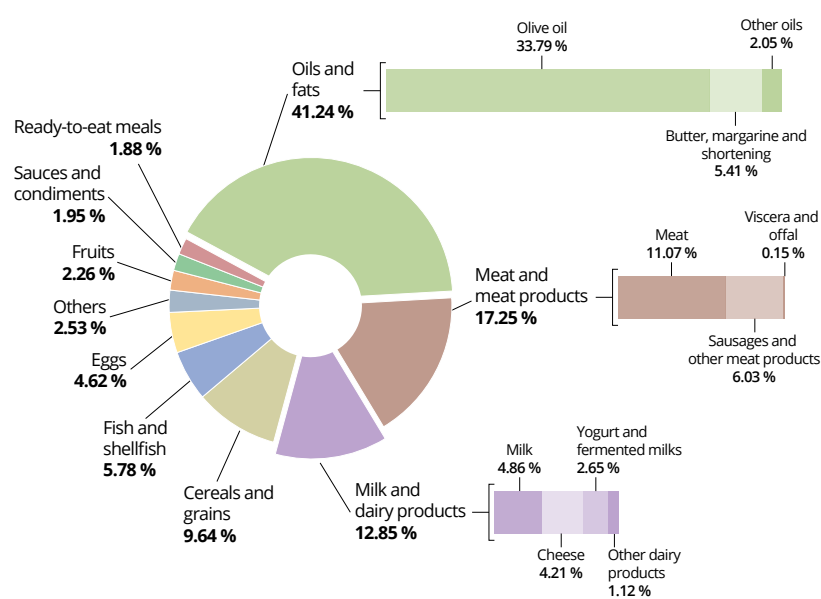
15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

LIPIDS

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Olive oil	33.79
Meat	11.07
Bakery and pastry	6.97
Sausages and other meat products	6.03
Fish and Shellfish	5.78
Butter, margarine and shortening	5.41
Milk	4.86
Eggs	4.62
Cheese	4.21
Yogurt and fermented milks	2.65
Fruits	2.26
Other oils	2.05
Sauces and condiments	1.95
Ready-to-eat-meals	1.88
Bread	1.79
Other dairy products	1.12
Vegetables	0.79
Appetizers	0.56
Pulses	0.52
Chocolate	0.38
Pasta	0.37
Grains and flours	0.33
Energy drinks	0.22
Breakfast cereals and cereal bars	0.17
Viscera and offal	0.15
Coffee and herbal teas	0.03
Diet soft drinks	0.03
Juices and nectars	0.01
Sugar	0.00
Jams and other	0.00
Sugared soft drinks	0.00
Sports drinks	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Other sweets	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample