



Supplementary Figure S1. Histogram of distribution of daily dietary fibre intakes for different age groups (Adolescents: age 10-17 years; Adults: age 18-64 years; Elderly: age 65-74 years).

Supplementary Table S1. Relative contribution of selected food categories to usual daily dietary fibre intake among different age groups (% of total dietary fibre intake).

Food categories	Food category contribution in total dietary fibre daily diet (%)		
	Adolescents (10-17)	Adults (18-64)	Elderly (65-74)
Fruit and vegetables	41.94	49.66	52.57
Vegetables	24.74	28.60	30.45
<i>Fresh vegetables</i>	22.22	25.22	27.19
<i>Canned vegetables</i>	2.52	3.37	3.27
Fruit	14.58	16.56	18.98
<i>Fresh fruit</i>	13.54	15.11	17.05
<i>Canned fruit</i>	1.04	1.45	1.92
<i>Dried fruit</i>	0.72	0.99	1.03
Nuts and seeds	2.20	4.13	2.56
Jam and spreads	0.42	0.38	0.58
Bread and bakery products	31.00	29.73	31.37
Bread	24.26	25.31	27.47
<i>White bread</i>	16.13	14.35	13.56
<i>Brown bread</i>	8.13	10.96	13.91
Biscuits	2.74	1.87	1.49
Cakes, muffins and pastry	4.01	2.55	2.41
Cereal and cereal products	14.01	10.71	7.66
Breakfast cereals & unprocessed cereals	8.26	5.93	4.38
Cereal bars	0.61	0.25	0.01
Pasta	4.46	4.10	2.82
Rice	0.68	0.43	0.46
Convenience foods	3.25	2.64	2.43
Snack foods	2.68	1.26	0.38
Other	11.74	10.04	9.39