



Supplemental Table S1. Food intake (g/day) according to different categories for the whole study population and by sex. Mean and standard deviation (SD) along with P values from t-test for independent samples for the difference between men and women are reported.

Foods ¹	All (N=719)	Men (N=319)	Women (N=400)	P value
	Mean (SD)	Mean (SD)	Mean (SD)	
Cereals and cereal products	188.5 (99.3)	206.4 (104.6)	174.2 (92.5)	<0.001
Pasta, other grain	57.1 (40.7)	70.1 (45.3)	46.8 (33.2)	<0.001
Rice	5.6 (7.6)	6.2 (8.7)	5.0 (6.7)	0.031
Bread	78.3 (72.0)	83.9 (73.4)	73.9 (70.6)	0.063
Crackers, crispbread, salty snacks	47.5 (34.2)	46.2 (35.7)	48.5 (33.0)	0.371
Meat and meat products	128.4 (70.9)	142.4 (73.5)	117.2 (66.8)	<0.001
Red meat	67.4 (45.1)	76.8 (49.6)	59.9 (39.7)	0.001
White meat	29.7 (26.2)	31.2 (25.6)	28.4 (26.6)	0.154
Processed meat	29.5 (24.9)	32.3 (27.2)	27.3 (22.7)	0.007
Offal	1.8 (4.6)	2.1 (5.2)	1.6 (4.0)	0.146
Milk and dairy products	229.4 (216.1)	201.8 (191.7)	251.5 (231.6)	0.002
Milk and yogurt	188.9 (209.3)	159.4 (188.3)	212.5 (222.0)	0.001
Cheese	40.5 (33.9)	42.4 (35.5)	39.0 (32.5)	0.184
Fresh cheese	14.6 (19.0)	11.9 (15.5)	16.8 (21.1)	<0.001
Aged cheese	25.9 (24.0)	30.5 (27.6)	22.2 (20.1)	<0.001
Eggs	15.1 (11.4)	14.6 (11.2)	15.4 (11.5)	0.316
Fish and seafood	35.1 (28.1)	35.5 (26.8)	34.9 (29.0)	0.780
Fish	27.9 (23.1)	28.5 (22.6)	27.5 (23.6)	0.502
Preserved and tinned fish	9.3 (10.7)	10.2 (9.7)	8.5 (11.4)	0.034
Non-piscivorous fish	10.4 (12.3)	10.8 (13.1)	10.2 (11.6)	0.507
Piscivorous fish	8.2 (11.7)	7.5 (10.7)	8.7 (12.4)	0.189
Crustaceans and molluscs	7.2 (10.1)	7.0 (9.4)	7.4 (10.6)	0.566
All vegetables	158.2 (93.4)	154.1 (87.2)	161.4 (98.1)	0.296
Leafy vegetables	31.6 (25.6)	29.4 (22.8)	33.3 (27.5)	0.038
Other vegetables	27.3 (20.0)	24.0 (17.0)	29.9 (21.8)	<0.001
Tomatoes	63.4 (50.8)	67.0 (52.0)	60.5 (49.7)	0.090
Root vegetables	31.8 (32.4)	29.9 (30.3)	33.3 (33.9)	0.163
Cabbage	4.2 (7.1)	3.8 (8.0)	4.4 (6.2)	0.269
Mushrooms	2.5 (4.0)	2.5 (4.2)	2.5 (3.8)	0.911
Legumes	18.7 (18.6)	19.5 (19.3)	18.1 (18.1)	0.334
Potatoes	24.5 (24.2)	25.5 (26.4)	23.7 (22.3)	0.322
Fresh fruits	279.4 (165.7)	270.3 (162.8)	286.7 (167.8)	0.187
Citrus fruits	216.3 (135.6)	207.0 (132.9)	223.8 (137.5)	0.100
All other fruits	63.1 (50.0)	63.3 (49.5)	62.9 (50.5)	0.927
Dry fruits, nuts and seeds	1.7 (3.0)	1.8 (2.9)	1.6 (3.0)	0.295
Dry fruits	0.4 (1.1)	0.5 (1.2)	0.3 (1.0)	0.155
Nuts and seeds	1.3 (2.5)	1.3 (2.3)	1.2 (2.8)	0.543
Sweets, chocolate, cakes, etc.	86.5 (73.8)	82.9 (77.3)	89.4 (70.8)	0.243
Sugar, confectionery not chocolate	18.5 (22.5)	17.3 (18.2)	19.4 (25.4)	0.220
Chocolate, candy bars, etc.	5.3 (8.7)	4.9 (8.5)	5.6 (8.9)	0.287
Ice-cream	13.9 (15.6)	13.2 (16.9)	14.2 (14.5)	0.413
Cakes, pies and pastries	35.1 (54.3)	34.0 (61.6)	36.0 (47.7)	0.620
Biscuits, dry cakes	13.7 (17.1)	13.1 (17.2)	14.2 (17.1)	0.598
Oils and fats	27.2 (13.5)	27.9 (12.7)	26.7 (14.1)	0.251
Vegetable fats and oils (not olive)	2.4 (5.7)	2.6 (6.1)	2.2 (5.4)	0.321
Olive oil	22.0 (12.6)	22.0 (12.1)	22.1 (12.9)	0.893
Butter and other animal fats	2.8 (3.5)	3.3 (4.1)	2.4 (2.9)	0.001
Beverages	429.5 (341.3)	479.5 (322.5)	389.7 (350.8)	<0.001
Coffee and tea	148.4 (160.3)	120.6 (109.3)	170.6 (188.7)	<0.001
Wines	126.0 (164.1)	191.4 (190.0)	73.9 (116.3)	<0.001
Red wine	74.5 (119.0)	116.6 (144.1)	41.0 (80.0)	<0.001
White wine	51.5 (102.0)	74.8 (123.8)	32.9 (75.8)	<0.001
Aperitif wines and beers	41.4 (117.5)	49.9 (123.8)	34.6 (126.0)	0.082
Spirits and liqueurs	3.1 (11.0)	5.3 (14.9)	1.3 (5.7)	<0.001
Fruit juices	66.4 (135.0)	67.6 (126.7)	65.5 (141.4)	0.834
Soft drinks	44.2 (118.2)	44.7 (100.7)	43.8 (130.6)	0.916

¹Bold characters relate to main food categories

Supplemental Table S2. Distribution of sodium daily dietary intake in men (in mg/day) and percentage contribution (%) of each food to total intake.

Food ¹	Mean	SD	P5	P25	P50	P75	P95	%
Total intake	2246.6	885.6	1038.8	1662.1	2075.8	2777.8	3833.3	100
Cereals and cereal products	744.7	477.2	108.3	385.8	684.8	1018.2	1637.4	33.15
Pasta and other grains	38.6	25.0	2.8	22.2	35.2	50.0	81.9	1.72
Rice	0.0	0.1	0.0	0.0	0.0	0.1	0.2	0.00
Bread and rolls	454.0	397.1	0.0	96.8	385.2	657.8	1246.4	20.21
Pizza, crackers, and other salty snacks	252.0	204.4	24.0	113.4	210.9	339.6	583.7	11.22
Meat and meat products	575.7	375.5	130.1	326.5	496.5	718.3	1331.6	25.63
Red meat	125.7	83.2	17.1	65.5	112.2	169.4	287.1	5.60
White meat	51.0	42.1	1.7	21.7	41.9	71.5	133.1	2.27
Processed meat	397.2	334.4	40.6	166.2	304.0	533.0	1064.8	17.68
Offal	1.8	4.4	0.0	0.0	0.0	1.7	6.7	0.08
Milk and dairy products	292.7	205.7	65.8	151.6	249.8	385.6	675.8	13.03
Milk and yogurt	70.7	86.0	0.0	4.8	51.2	100.0	205.8	3.15
Cheese	222.0	186.2	29.2	92.3	182.4	293.6	558.0	9.88
Fresh cheese	47.6	62.0	0.0	4.8	30.4	64.4	162.1	2.12
Aged cheese	174.4	157.6	18.3	66.3	132.7	240.8	455.2	7.76
Eggs	16.2	12.5	1.4	7.8	13.8	22.2	39.5	0.72
Fish and seafood	134.5	109.4	14.1	60.7	111.1	169.6	337.5	5.99
Fish	104.3	95.5	13.7	42.9	81.3	135.4	273.8	4.64
Preserved and tinned fish	78.9	84.8	0.0	28.7	60.3	99.3	240.0	3.51
Non-piscivorous fish	14.6	18.3	0.0	1.9	8.1	20.1	55.5	0.65
Piscivorous fish	10.9	18.4	0.0	0.3	3.5	12.3	46.3	0.49
Crustaceans and mollusks	30.1	40.6	0.0	2.9	14.7	49.2	92.5	1.34
All vegetables	280.4	174.3	74.6	154.6	247.6	352.6	642.8	12.48
Leafy vegetables	29.0	22.7	3.2	12.4	23.1	39.0	73.3	1.29
Tomatoes	129.1	130.4	3.6	40.8	93.6	180.4	369.6	5.75
Root vegetables	14.6	18.5	0.8	3.4	8.2	19.0	48.7	0.65
Cabbage	2.2	4.7	0.0	0.0	0.8	2.4	10.1	0.10
Other vegetables	105.4	73.9	18.8	49.2	86.8	146.0	253.6	4.69
Mushrooms	0.5	0.9	0.0	0.0	0.3	0.9	1.9	0.02
Pulses	14.1	14.0	0.5	4.5	10.3	18.7	41.9	0.63
Potatoes	39.4	40.8	2.6	16.5	27.9	47.5	118.4	1.75
Fresh fruit	4.1	2.5	0.6	2.5	3.8	5.3	9.3	0.18
Citrus fruit	2.5	1.6	0.4	1.4	2.3	3.3	5.9	0.11
All other fruit	1.6	1.2	0.0	0.7	1.4	2.1	3.8	0.07
Dry fruit, nuts and seeds	2.1	3.3	0.0	0.2	0.3	2.0	9.5	0.09
Dry fruit	0.5	1.4	0.0	0.0	0.1	0.1	3.2	0.02
Nuts and seeds	1.5	2.6	0.0	0.2	0.2	1.6	8.1	0.07
Sweets products	110.6	141.1	0.1	24.2	71.1	152.6	331.1	4.92
Sugar, non-chocolate confectionery	0.4	0.6	0.0	0.0	0.2	0.4	1.4	0.02
Chocolate, candy bars, etc.	1.9	3.3	0.0	0.0	0.5	2.2	8.8	0.08
Ice-cream	4.0	5.0	0.0	0.7	2.3	5.9	14.3	0.18
Cakes, pies and pastries	71.7	129.8	0.0	0.0	26.6	99.3	246.1	3.19
Biscuits, dry cakes	32.7	42.7	0.0	0.0	12.7	59.6	119.1	1.46
Oils and fats	11.1	11.8	0.2	1.6	7.6	16.9	33.0	0.49
Vegetables fats and oils (non-olive)	0.8	1.9	0.0	0.1	0.4	0.8	4.2	0.04
Olive oil	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.00
Butter and other animal fats	10.2	11.5	0.0	1.2	6.5	15.8	31.0	0.45
Beverages	20.6	22.6	2.4	7.1	12.4	23.4	67.2	0.92
Coffee and tea	2.7	2.1	0.0	1.6	2.4	3.5	5.7	0.12
Wine	2.8	2.8	0.0	0.3	1.8	3.8	7.4	0.12
Red wine	1.7	2.1	0.0	0.0	0.8	3.2	5.4	0.08
White wine	1.1	1.9	0.0	0.0	0.3	1.7	4.7	0.05
Aperitif wines and beers	4.8	10.4	0.0	0.0	0.6	4.7	23.6	0.21
Spirits and liqueurs	0.2	0.7	0.0	0.0	0.0	0.1	1.8	0.01
Fruit juices	4.3	10.0	0.0	0.0	0.5	4.0	22.4	0.19
Soft drinks	5.8	13.0	0.0	0.0	0.0	7.3	25.7	0.26

¹Bold characters relate to main food categories

Supplemental Table S3. Distribution of sodium daily dietary intake in women (in mg/day) and percentage contribution (%) of each food to total intake.

Food¹	Mean	SD	P5	P25	P50	P75	P95	%
Total intake	2076.2	847.1	991.2	1527.3	1981.7	2405.9	3734.9	100
Cereals and cereal products	690.1	432.8	139.7	405.8	648.9	900.4	1413.7	33.24
Pasta and other grains	25.8	18.3	1.8	13.3	22.6	35.5	60.2	1.24
Rice	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.00
Bread and rolls	399.7	381.8	0.0	116.6	309.4	558.6	1079.8	19.25
Pizza, crackers, and other salty snacks	264.6	180.3	34.9	138.6	228.6	360.9	578.5	12.74
Meat and meat products	487.2	323.0	108.8	275.2	414.0	632.6	1091.8	23.47
Red meat	104.5	74.2	7.3	52.3	89.4	142.8	249.6	5.03
White meat	45.7	43.0	0.0	17.4	32.9	63.1	128.8	2.20
Processed meat	335.7	279.7	27.7	145.9	268.3	441.9	842.0	16.17
Offal	1.3	3.4	0.0	0.0	0.0	0.8	6.7	0.06
Milk and dairy products	290.7	208.0	68.0	160.1	241.2	356.6	680.2	14.00
Milk and yogurt	96.4	107.5	0.0	41.7	72.9	119.3	253.1	4.64
Cheese	194.3	158.1	14.9	88.0	159.8	254.5	481.5	9.36
Fresh cheese	67.2	84.6	0.0	17.6	43.2	85.3	193.7	3.24
Aged cheese	127.1	114.7	2.0	51.5	99.8	170.4	318.8	6.12
Eggs	17.1	12.8	1.8	8.5	15.6	23.8	34.8	0.82
Fish and seafood	126.0	192.0	16.7	52.3	91.5	145.8	362.4	6.07
Fish	94.0	181.8	8.7	36.2	62.5	104.9	265.4	4.53
Preserved and tinned fish	66.9	176.6	0.0	14.1	41.6	65.7	185.1	3.22
Non-piscivorous fish	14.6	17.7	0.0	2.4	9.8	21.0	47.5	0.70
Piscivorous fish	12.5	22.1	0.0	0.4	4.4	15.3	46.3	0.60
Crustaceans and mollusks	32.1	45.3	0.0	3.0	15.7	43.3	141.3	1.55
All vegetables	263.0	156.5	61.5	149.3	235.6	344.0	557.8	12.67
Leafy vegetables	33.8	30.7	4.8	13.9	25.2	43.3	97.9	1.63
Tomatoes	80.3	85.3	1.8	17.9	50.2	116.4	247.5	3.87
Root vegetables	20.3	23.3	1.0	5.0	12.5	26.5	71.8	0.98
Cabbage	2.6	3.6	0.0	0.2	1.2	3.8	10.4	0.13
Other vegetables	126.0	92.9	25.1	60.3	102.6	169.8	300.1	6.07
Mushrooms	0.6	0.8	0.0	0.1	0.2	0.9	1.9	0.03
Pulses	13.2	13.1	0.4	4.6	9.8	17.4	37.1	0.64
Potatoes	36.6	34.4	3.8	15.6	27.6	49.9	97.7	1.76
Fresh fruit	4.3	2.5	0.8	2.5	4.2	5.6	8.7	0.21
Citrus fruit	2.7	1.7	0.5	1.6	2.5	3.6	5.7	0.13
All other fruit	1.6	1.2	0.0	0.6	1.4	2.0	3.8	0.08
Dry fruit, nuts and seeds	1.8	3.4	0.0	0.2	0.3	1.7	8.8	0.09
Dry fruit	0.4	1.1	0.0	0.0	0.1	0.1	2.4	0.02
Nuts and seeds	1.4	3.1	0.0	0.2	0.2	1.1	8.1	0.07
Sweets products	117.9	123.4	3.5	35.6	84.2	156.6	336.8	5.68
Sugar, non-chocolate confectionery	0.4	0.9	0.0	0.1	0.2	0.3	1.5	0.02
Chocolate, candy bars, etc.	2.2	3.5	0.0	0.0	0.8	2.5	8.8	0.11
Ice-cream	4.2	4.3	0.0	1.1	3.2	6.4	12.7	0.20
Cakes, pies and pastries	75.9	100.6	0.0	13.4	40.3	116.5	255.0	3.66
Biscuits, dry cakes	35.3	42.4	0.0	0.0	17.7	59.6	131.6	1.70
Oils and fats	8.7	11.1	0.0	1.3	5.1	11.9	28.3	0.42
Vegetables fats and oils (non-olive)	0.6	1.3	0.0	0.2	0.4	0.8	2.0	0.03
Olive oil	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.00
Butter and other animal fats	8.0	10.8	0.0	0.6	4.3	10.9	27.5	0.39
Beverages	19.0	26.9	2.0	5.0	10.5	21.5	59.6	0.92
Coffee and tea	3.6	3.1	0.6	1.8	2.8	4.4	8.9	0.17
Wine	1.1	1.7	0.0	0.0	0.3	1.8	3.8	0.05
Red wine	0.6	1.1	0.0	0.0	0.0	0.6	3.2	0.03
White wine	0.5	1.1	0.0	0.0	0.0	0.4	3.4	0.02
Aperitif wines and beers	3.3	12.5	0.0	0.0	0.6	2.2	14.2	0.16
Spirits and liqueurs	0.1	0.3	0.0	0.0	0.0	0.0	0.3	0.00
Fruit juices	5.3	13.9	0.0	0.0	0.8	6.1	22.4	0.26
Soft drinks	5.6	16.8	0.0	0.0	0.0	3.7	25.7	0.27

¹Bold characters relate to main food categories

Supplemental Table S4. Distribution of potassium daily dietary intake in men (in mg/day) and percentage contribution (%) of each food to total intake.

Food ¹	Mean	SD	P5	P25	P50	P75	P95	%
Total intake	3438.3	1047.4	2047.2	2706.0	3341.6	3909.2	5326.6	100
Cereals and cereal products	432.6	215.6	113.9	283.5	406.9	553.2	815.3	12.58
Pasta and other grains	178.3	115.3	12.7	102.5	162.3	230.8	377.8	5.19
Rice	9.0	12.6	0.0	1.9	5.9	10.5	30.3	0.26
Bread and rolls	158.5	138.6	0.0	33.8	134.5	229.7	435.2	4.61
Pizza, crackers, and other salty snacks	86.8	67.7	7.9	38.5	80.3	110.2	192.4	2.52
Meat and meat products	637.5	323.9	165.3	425.4	600.1	797.2	1295.0	18.54
Red meat	326.4	210.5	54.0	178.4	290.5	432.2	772.6	9.49
White meat	163.7	136.2	5.8	68.0	135.5	230.4	423.4	4.76
Processed meat	139.7	117.6	14.3	58.4	106.9	187.4	374.5	4.06
Offal	7.8	18.9	0.0	0.0	0.0	7.2	29.0	0.23
Milk and dairy products	334.9	353.5	18.0	76.3	251.1	469.6	908.7	9.74
Milk and yogurt	290.1	350.7	0.0	19.2	206.4	417.7	846.2	8.44
Cheese	44.7	37.7	5.2	18.5	35.6	59.1	112.0	1.30
Fresh cheese	14.8	19.2	0.0	1.5	9.4	20.0	50.3	0.43
Aged cheese	30.0	27.1	3.1	11.4	22.8	41.4	78.2	0.87
Eggs	17.4	13.4	1.6	8.3	14.8	23.9	42.5	0.51
Fish and seafood	108.9	82.7	10.4	49.7	87.9	141.2	280.8	3.17
Fish	97.6	77.5	9.3	42.4	80.4	128.2	274.2	2.84
Preserved and tinned fish	34.7	32.7	0.0	11.4	28.1	43.4	94.3	1.01
Non-piscivorous fish	38.6	47.5	0.0	5.4	22.3	52.0	156.0	1.12
Piscivorous fish	24.3	34.3	0.0	1.1	11.8	38.3	83.3	0.71
Crustaceans and mollusks	11.2	15.3	0.0	1.1	5.1	18.2	36.8	0.33
All vegetables	513.1	291.2	135.4	331.2	454.4	641.3	1111.5	14.92
Leafy vegetables	95.8	77.8	8.8	40.4	74.0	127.3	264.8	2.79
Tomatoes	264.8	199.5	35.9	132.1	217.4	357.2	632.6	7.70
Root vegetables	80.6	82.4	8.8	29.0	55.2	101.8	239.5	2.34
Cabbage	12.1	25.3	0.0	0.0	4.1	13.2	55.0	0.35
Other vegetables	59.8	44.9	8.5	26.9	46.3	84.5	150.7	1.74
Mushrooms	12.8	21.3	0.0	1.0	6.1	20.4	43.8	0.37
Pulses	196.1	194.4	7.0	62.4	142.9	258.6	580.6	5.70
Potatoes	103.5	107.1	6.9	43.4	73.4	124.9	311.0	3.01
Fresh fruit	512.1	309.4	81.1	313.2	463.8	667.0	1105.1	14.89
Citrus fruit	403.7	259.1	68.6	227.2	358.2	523.2	930.7	11.74
All other fruit	108.4	84.8	0.0	46.4	97.1	143.7	260.0	3.15
Dry fruit, nuts and seeds	13.2	21.5	0.0	1.4	2.2	13.1	60.7	0.38
Dry fruit	3.8	10.2	0.0	0.0	0.8	0.8	23.4	0.11
Nuts and seeds	9.4	15.7	0.0	1.4	1.4	9.7	49.3	0.27
Sweets products	161.3	147.1	5.3	59.5	127.3	207.5	433.6	4.69
Sugar, non-chocolate confectionery	25.9	27.0	0.0	5.9	18.3	41.4	73.9	0.75
Chocolate, candy bars, etc.	36.7	63.8	0.0	0.0	9.8	42.9	169.4	1.07
Ice-cream	20.2	25.3	0.0	3.7	11.8	29.5	71.9	0.59
Cakes, pies and pastries	51.5	93.3	0.0	0.0	19.1	71.4	176.9	1.50
Biscuits, dry cakes	27.0	35.3	0.0	0.0	10.5	49.3	98.6	0.79
Oils and fats	1.3	1.2	0.1	0.4	0.9	1.8	3.5	0.04
Vegetables fats and oils (non-olive)	0.1	0.1	0.0	0.0	0.0	0.1	0.3	0.00
Olive oil	0.1	0.1	0.0	0.1	0.1	0.2	0.3	0.00
Butter and other animal fats	1.1	1.2	0.0	0.2	0.7	1.6	3.3	0.03
Beverages	393.7	263.7	67.0	225.3	341.9	510.5	844.1	11.45
Coffee and tea	160.6	138.6	0.0	71.7	147.0	223.0	363.0	4.67
Wine	112.4	113.4	0.0	8.1	84.2	177.0	336.9	3.27
Red wine	82.6	102.1	0.0	0.7	39.4	157.4	265.6	2.40
White wine	29.9	49.4	0.0	0.0	9.1	44.4	124.8	0.87
Aperitif wines and beers	33.0	70.5	0.0	0.5	4.2	31.8	159.1	0.96
Spirits and liqueurs	0.3	0.9	0.0	0.0	0.0	0.1	2.4	0.01
Fruit juices	79.6	152.6	0.0	0.0	17.6	88.0	376.2	2.32
Soft drinks	7.9	17.7	0.0	0.0	0.0	10.0	35.1	0.23

¹Bold characters relate to main food categories

Supplemental Table S5. Distribution of potassium daily dietary intake in women (in mg/day) and percentage contribution (%) of each food to total intake.

Food ¹	Mean	SD	P5	P25	P50	P75	P95	%
Total intake	3310.7	1186.4	1742.8	2514.1	3082.8	3836.6	5782.4	100
Cereals and cereal products	357.1	186.5	105.2	226.8	340.6	455.6	631.1	10.79
Pasta and other grains	119.0	84.5	8.1	61.4	104.3	164.0	278.0	3.59
Rice	7.2	9.6	0.0	1.5	4.7	7.9	25.6	0.22
Bread and rolls	139.5	133.3	0.0	40.7	108.0	195.0	377.0	4.21
Pizza, crackers, and other salty snacks	91.3	62.4	11.4	47.4	82.3	121.2	211.3	2.76
Meat and meat products	525.0	302.0	127.1	326.6	468.4	669.3	1090.1	15.86
Red meat	255.1	169.9	26.9	127.7	225.8	353.9	567.0	7.71
White meat	146.2	138.0	0.0	54.8	103.8	203.7	417.4	4.42
Processed meat	118.0	98.4	9.7	51.3	94.4	155.4	296.1	3.56
Offal	5.7	14.6	0.0	0.0	0.0	3.6	29.0	0.17
Milk and dairy products	437.3	445.0	29.4	202.4	342.3	536.2	1094.3	13.21
Milk and yogurt	394.7	435.0	0.0	165.0	292.2	484.2	1040.6	11.92
Cheese	42.7	36.4	3.4	19.5	34.4	53.7	105.5	1.29
Fresh cheese	20.8	26.2	0.0	5.5	13.4	26.5	60.1	0.63
Aged cheese	21.8	19.7	0.3	8.8	17.1	29.3	54.8	0.66
Eggs	18.4	13.7	1.9	9.1	16.7	25.5	37.3	0.56
Fish and seafood	106.0	88.9	13.8	49.8	86.6	133.8	265.4	3.20
Fish	94.1	82.0	9.3	41.2	76.7	120.2	234.6	2.84
Preserved and tinned fish	29.0	41.0	0.0	9.3	20.0	40.0	82.6	0.88
Non-piscivorous fish	36.9	43.0	0.0	6.0	25.6	53.9	111.0	1.11
Piscivorous fish	28.2	40.2	0.0	1.9	15.3	41.0	96.3	0.85
Crustaceans and mollusks	11.9	16.8	0.0	1.1	6.0	16.5	52.4	0.36
All vegetables	501.8	291.5	145.7	295.5	453.0	632.8	1134.3	15.16
Leafy vegetables	108.3	91.7	10.5	41.9	80.7	153.5	289.8	3.27
Tomatoes	209.7	159.6	17.3	87.8	173.8	294.1	521.8	6.33
Root vegetables	92.4	94.3	10.6	32.6	64.8	111.6	303.3	2.79
Cabbage	13.9	19.5	0.0	1.3	6.8	20.4	56.2	0.42
Other vegetables	77.4	57.6	13.1	34.3	63.1	105.8	197.9	2.34
Mushrooms	13.0	19.4	0.0	1.5	5.1	20.4	43.8	0.39
Pulses	182.5	181.8	5.0	64.4	135.8	241.0	513.7	5.51
Potatoes	96.2	90.5	9.9	41.0	72.6	131.0	256.7	2.91
Fresh fruit	544.2	318.9	102.1	315.6	511.0	718.3	1150.4	16.44
Citrus fruit	436.3	268.0	80.6	250.0	401.6	574.5	909.2	13.18
All other fruit	107.8	86.5	2.4	44.4	99.3	139.3	260.0	3.26
Dry fruit, nuts and seeds	11.4	21.6	0.0	1.4	2.2	10.5	58.6	0.34
Dry fruit	2.8	8.3	0.0	0.0	0.8	0.8	17.1	0.08
Nuts and seeds	8.6	19.1	0.0	1.4	1.4	6.9	49.3	0.26
Sweets products	175.8	147.7	25.6	81.0	136.4	227.8	423.6	5.31
Sugar, non-chocolate confectionery	29.0	37.8	0.0	6.4	18.7	41.4	83.9	0.88
Chocolate, candy bars, etc.	41.9	67.4	0.0	0.0	15.1	48.9	169.4	1.27
Ice-cream	21.2	21.6	0.0	5.7	16.0	31.9	64.0	0.64
Cakes, pies and pastries	54.6	72.3	0.0	9.6	29.0	83.7	183.3	1.65
Biscuits, dry cakes	29.2	35.1	0.0	0.0	14.7	49.3	108.9	0.88
Oils and fats	1.0	1.0	0.1	0.3	0.7	1.3	2.8	0.03
Vegetables fats and oils (non-olive)	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.00
Olive oil	0.1	0.1	0.0	0.1	0.1	0.2	0.3	0.00
Butter and other animal fats	0.8	1.0	0.0	0.1	0.5	1.2	2.5	0.02
Beverages	341.1	281.7	70.0	176.8	271.0	420.0	775.4	10.30
Coffee and tea	196.9	177.3	9.5	95.1	171.9	249.9	445.4	5.95
Wine	42.2	67.2	0.0	0.0	8.6	66.2	169.5	1.27
Red wine	29.0	56.7	0.0	0.0	1.5	30.6	157.4	0.88
White wine	13.2	30.2	0.0	0.0	0.4	9.9	88.7	0.40
Aperitif wines and beers	22.7	84.5	0.0	0.0	3.7	14.8	96.2	0.69
Spirits and liqueurs	0.1	0.3	0.0	0.0	0.0	0.0	0.3	0.00
Fruit juices	71.6	154.6	0.0	0.0	14.6	80.4	263.7	2.16
Soft drinks	7.7	22.9	0.0	0.0	0.0	5.0	35.1	0.23

¹Bold characters relate to main food categories