

Australian Children's Vegetable Intake: Findings of the 2007 Australian Children's National Nutrition and Physical Activity Survey

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Purpose of this Report

The aim of this project is to analyze the 2007 Children's National Nutrition and Physical Activity Survey data, with emphasis on vegetable consumption and associated dietary patterns and demographic characteristics.

The second aim is to develop related communication messages for use in the general public to raise awareness of the role of vegetables in Australian children's diet.

To achieve these aims vegetable consumption data from the 2007 Children's National Nutrition and Physical Activity Survey will be presented as consumption (g) of raw, cooked, canned, frozen vegetables (including major vegetable categories) for all children (2-16years) by gender and age groups.

Vegetable intake data will also be described by categories of bodyweight status, contribution to nutrient intake and relative to the intake of other food groups.

Results will identify dietary and demographic characteristics of low and high vegetable consumers.

These findings will be used to develop key messages for consumers.

This project will provide AUSVEG with the most up to date information on vegetable intakes in Australian children, which will assist in marketing strategies to promote vegetable intake in children.

Date: May 09

1 Media Summary

- Vegetables are still not on most Australian children's menus.
- Whilst potatoes and crisps are a popular choice for most children, the amount and variety of vegetables that children need to be eating for good health are not hitting the mark.
- As children get older, fewer children are eating the recommended number of vegetable serves.
- On the day of the survey, as many as one in 4 children ate no major source of vegetable and one in 7 children had no vegetable whatsoever.
- On average, younger children consumed a little over 1 vegetable serve on the survey day and the older children approximately 2 serves on the day which represents a large gap compared to the 5 a day recommendations for older children.
- Vegetables make a small contribution to total kilojoules in children's diets but make a substantial contribution to their nutrient intakes – notably dietary fibre, vitamin A, folate; vitamin C and minerals such as potassium, magnesium, and iron.
- A key message for parents and children is to ensure vegetables are actually eaten everyday.
- To get enough vegetables, lunch and evening meals should always include vegetables. Vegetable dips and soups for snacks would also help boost flagging vegetable intakes in children.

2 Executive Summary

Background

In the 1995 National Nutrition Survey, more than 80% of children aged 2-18 years had inadequate intakes of vegetables on the survey day.

In 2007, the situation does not appear to have improved.

When including all vegetable sources, only one quarter of children aged 2 -8 years meet vegetable recommendations as described in Model A of the Australian Guide to Healthy Eating (AGHE). Only 15% of children aged 9 years and over met this recommendation.

As many as one in 4 children ate no major source of vegetable and one in 7 children had no vegetable whatsoever on the day of the survey.

With respect to the Go for 2&5 campaign recommendation of 5 serves of vegetables a day, less than 5% of children ages 13 years or younger and ~8% of children aged 14-16 years met this target on the day of the survey.

Overall potatoes are the most commonly consumed vegetable and eaten in the highest quantity relative to other vegetables. Potatoes contribute approximately one third of total vegetables consumed, regardless of age and gender with potato products (eg chips and wedges) making up approximately half of total potato consumption.

On average, younger children consumed a little over 1 vegetable serve on the survey day and the older children approximately 2 serves on the day which represents a large gap compared to recommendations, primarily for the older children.

Average vegetable intake increased from 95g in 2-3 year olds, to 111g for 4-8 year olds, 156g for 9-13 year olds and 191g for 14-16 year olds. Potatoes accounted for approximately one third of this quantity.

Vegetables make a small contribution to total kilojoules in children's diets but make a substantial contribution to nutrient intakes

- dietary fibre; providing one fifth of total fibre intake on the day of the survey.
- provitamin A ; providing ~60% of total dietary provitamin A in all children across the age groups primarily from 'carrots and similar root vegetables' subcategory, which provided almost half of total dietary provitamin A on the day of the survey.
- folate; 6-9% of total dietary folate
- vitamin C ; providing one fifth of children's total dietary vitamin C,
- minerals; 14% -21% potassium, 10% of total dietary magnesium, and 8-10% of total dietary iron.

The clear majority of all vegetables and legumes are consumed in the evening, between 5.00 and 8.00pm. A second smaller peak in consumption is observed

between 11.00 am and 1.00 pm, presumably representing vegetables consumed for lunch. Very little vegetable was consumed as a snack on the survey day.

Children who consumed a high intake of vegetables on the survey day generally had a more nutrient dense diet and healthier profile of foods than those children who consumed a low intake of vegetables.

Of note was that 14-16 year old children who had a high vegetable consumption on the survey day consumed less alcoholic beverages (0.81g) compared to those children that had a medium (12.27g) or low vegetable consumption (25.99g) on the survey day. This suggests that when this age group are drinking alcoholic beverages they may not be consuming an evening meal with vegetables. This can be interpreted in a number of ways including the speculation that children that eat evening meals (with vegetables) (and by implication are under parental supervision) may be less likely to drink alcoholic beverages.

Processed and mixed dishes containing vegetables and legumes collectively make a modest (almost 10%) contribution to children's total salt intake. Of this, the vegetable only category made a modest small (3%) contribution to total sodium intake with the balance of sodium being derived from potato products such as chips.

There were no clear patterns in weight status stratified by vegetable intake. Differing levels of vegetable consumption on the day of the survey were not associated with differences in the number of children classified as either healthy weight, underweight or overweight.

This survey reveals that vegetable intakes in children are poor with an alarming majority of children who did not consume the recommended number of vegetable servings on the survey day. Furthermore, one in 4-7 children did not report consuming any vegetables at all. This report provides compelling evidence that the dietary intakes of Australian children need substantial improvements with respect to vegetable intakes.

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5 Introduction

Knowledge of children's food and nutrient intake based on current, nationally representative data is important for developing dietary recommendations and messages to the community. However until recently, the most recent national data on children's dietary intakes dated back to the 1995 National Nutrition Survey. This survey indicated that less than 20% of children aged 2-18 years achieved adequate intake of vegetables (Magarey 2001)¹.

CSIRO, in collaboration with the UniSA have now completed the 2007 Children's National Nutrition and Physical Activity Survey for the Department of Health and Ageing. The work provides much needed contemporary data on current dietary and physical activity patterns of 4000 Australian children aged 2-16 years.

The aim of this project was to analyze the 2007 Children's National Nutrition and Physical Activity Survey database, with emphasis on vegetable consumption and associated dietary patterns and demographic characteristics. The second aim was to develop related communication messages.

The Australian Guide to Healthy Eating (AGHE, 1998) provides recommendations on the number of servings (1/2cup cooked vegetables, 1 cup salad) of vegetables/legumes children should eat per day, which ranges from 2 to 9 depending on age and eating patterns.

To achieve these aims vegetable consumption data from the 2007 Children's National Nutrition and Physical Activity Survey will be presented as consumption (g) of raw, cooked, canned, frozen vegetables (including major vegetable categories) for all children (2-16years) by gender and age groups. Vegetable intake data will also be described by categories of bodyweight status, contribution to nutrient intake and relative to the intake of other food groups. These findings will then be used to develop key messages for the general public to raise awareness of the role of vegetables in Australian children's diet.

This project will provide AUSVEG with the most up to date information on vegetable intake in Australian children. Results will identify dietary and demographic characteristics of low and high vegetable consumers. These insights into consumer trends will assist in marketing strategies to promote vegetable intake in children.

The '24h dietary recall' data analyses that are included are:

- ▣ Consumption (mean, median in grams) of all raw, cooked, canned, frozen vegetables (including major vegetable categories) vegetables and

¹ [Magarey A, Daniels LA, Smith A.](#) Fruit and vegetable intakes of Australians aged 2-18 years: an evaluation of the 1995 National Nutrition Survey data. Aust N Z J Public Health. 2001 Apr;25(2):155-61.

legumes, broken down for children by age groups (2-3 years, 4-8 years, 9-13 years, 14-16 years) and gender.

- ☐ Contribution of vegetables to intake of various nutrients (e.g. energy, fibre, vitamin C, vitamin A, folate)
- ☐ Vegetable consumption relative to intake of other foods/food groups
- ☐ Vegetable intake relative to children's bodyweight status and total energy intake
- ☐ The dietary profile of "high vegetable consumers" and "low vegetable consumers" will be compared.

In addition, the response to a "food habits" question about usual vegetable intake (ie number of serves) can be analysed, broken down for children by age groups (2-3 years, 4-8 years, 9-13 years, 14-16 years) and gender.

6 Methodology

6.1 Survey description

This study utilised data collected as part of the 2007 Australian Children's Nutrition and Physical Activity Survey ('the survey') and provided by the Australian National University (<http://assda.anu.edu.au/>). Survey details are described in detail in the 2007 Australian National Children's Nutrition and Physical Activity Survey Users Guide (<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-childrens-survey-userguide>). A summary of key survey findings are available at the Department of Health and Ageing website (<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-publth-strateg-food-monitoring.htm#07survey>).

Briefly, to select the survey sample postcodes were grouped by State/Territory and by capital city/rest of state. A sample of postcodes within these groups (strata) was randomly selected. Secondly, random telephone numbers were generated using postcode specific telephone number prefixes and one child per household aged 2-16 years was selected to participate in the survey.

Data collected for each child included food, beverage, dietary supplement and nutrient intake, selected food habits, demographics, anthropometrics, physical activity habits and use of time.

Trained interviewers collected dietary information. A computer assisted, three-phase pass 24-hour dietary recall method was employed based on previous day's intake (midnight to midnight) was used to assess dietary intake. The primary caregiver provided dietary recalls for children aged 2-8 years, and by the child/adolescent from age 9 years (primary caregiver encouraged to attend and provide additional details). Two 24-hour dietary recalls were obtained, the first administered personally in the home (computer assisted personal interview, CAPI), the second via telephone 7-21 days later (computer assisted telephone interview, CATI). This information was converted to nutrient intakes using AUSNUT 2007, a nutrient composition database developed by FSANZ specifically for the survey.

Ethics approval was obtained for all components of the survey, adhering to the NHMRC guidelines which direct research involving children. Permission to utilise the database was obtained from the Australian National University.

6.2 Vegetable/legume specific secondary analysis of dietary data

Dietary data analysis in this report excludes nutrients derived from dietary supplements. All data are weighted to reflect the Australian population, with the exception of 'frequency' data'. One-day data (CAPI) were used for analyses not involving comparison against recommendations. When making comparisons to dietary recommendations, an estimate of 'usual' intake is required and therefore the mean of CAPI and CATI data were used, described below.

6.2.1 Sources of vegetables and legumes

The AUSNUT2007 database (FSANZ) categorises foods into food groups with multiple levels of sub-classification. Major food group 24 'Vegetable Products and Dishes' encompasses all vegetable foods and mixed dishes with vegetables as the major component (Table 1). Legumes are categorised in the major food group 25 'Legume and Pulse Products and Dishes', and are also included in these analyses (Table 1).

Other mixed foods in the database also include vegetables (for example 'beef and vegetable stirfry', soups, vegetable juices etc). The vegetable component of these foods needs to be included in the analysis to accurately estimate vegetable consumption by Australian children. To quantify the vegetable content of these mixed foods, information from a separate FSANZ database was used; the recipe database. The recipe database describes the 'recipe' used to generate nutrient data for mixed foods. For example, this database would show that the nutrient data for 100g of beef and vegetable stir-fry was generated using the following ingredients:

- 40g beef, stir-fry strips, lean, fried, olive oil.
- 20g broccoli, stir fried, without oil
- 20g capsicum, red, stir-fried, without oil
- 10g oil, vegetable
- 10g onion, mature, peeled, stir fried, without oil

Therefore the vegetable content of this dish would be 50%.

The vegetable content of mixed foods was included in these analyses if it was greater than or equal to 20% of the total weight of the recipe, i.e. a food that is likely to make a substantial vegetable contribution. These are referred to 'non-Vegetable Products and Dishes' throughout this report (Table 1).

Table 1: FSANZ Food Group Coding For Vegetable Products and Dishes, Legume and Pulse Products and Dishes, and Other Sources of Vegetables.

| Major food group code | Major food group name | Sub-major food group code | Sub-major food group name |
|--|--|---------------------------|--|
| 24 | Vegetable Products and Dishes | 241 | Potatoes* |
| | | 242 | Cabbage, Cauliflower And Similar Brassica Vegetables |
| | | 243 | Carrot And Similar Root Vegetables (eg sweet potato, turnip, parsnip) |
| | | 244 | Leaf And Stalk Vegetables (eg asparagus, celery, lettuce, spinach, spouts) |
| | | 245 | Peas And Beans |
| | | 246 | Tomato And Tomato Products |
| | | 247 | Other Fruiting Vegetables (eg avocado, capsicum, cucumber, eggplant) |
| | | 248 | Other Vegetables And Vegetable Combinations (eg mushroom, sweet corn, onion) |
| | | 249 | Dishes Where Vegetable Is The Major Component (eg vegetable and sauces, stuffed vegetables, vegetable curry, salads, vegetable stir fry) |
| 25 | Legume and Pulse Products and Dishes | 251 | Mature Legumes And Pulses |
| | | 252 | Mature Legume And Pulse Products And Dishes |
| Non-Vegetable Products and Dishes** | | | |
| 11 | Non-alcoholic beverages | 113 | Fruit And Vegetable Juices, And Drinks |
| 13 | Cereal-based products and dishes | 134 | Pastries |
| | | 135 | Mixed Dishes Where Cereal Is The Major Ingredient (incl sandwiches and filled rolls, pasta and sauce dishes, rice dishes) |
| 15 | Fish & seafood products and dishes | 156 | Mixed Dishes With Fish Or Seafood As The Major Component |
| 18 | Meat, poultry and game products and dishes | 187 | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component |
| | | 188 | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component |
| | | 189 | Mixed Dishes Where Poultry Or Game Is The Major Component |
| 21 | Soup | 211 | Soup (Prepared, Ready to Eat) |
| | | 213 | Canned Condensed Soup (Unprepared) |
| 23 | Savoury sauces and condiments | 231 | Gravies And Savoury Sauces (incl pasta sauces) |
| 31 | Miscellaneous | 313 | Herbs, Spices, Seasonings And Stock Cubes |
| 32 | Infant formula and foods | 323 | Infant Foods |

* Potato sub-major food group was further broken down into the following '5 digit level categories':

- 24101: Potatoes (eg potato unpeeled or peeled and cooked by boiling or roasting.)
- 24102: Potato products (eg potato chips, wedges, gems and hash browns)
- 24103: Potato Dishes (eg potato bake, scalloped potatoes, mashed potatoes)

**Note that only the vegetable component of the foods within these sub-major food groups was included in the vegetable and legume analysis.

6.2.2 Classification of vegetables and legumes into standard serve sizes

The 1998 Australian Guide to Healthy Eating (AGHE) provides guidelines for classifying vegetables and legumes into standard serve sizes, specifying a serve as:

- half a cup of cooked vegetables (75g)
- half a cup cooked beans, peas or lentils (75g)
- one cup of salad
- one small potato.

For the purpose of these analyses, one cup of salad was deemed to weigh 120g and one small potato was deemed to weigh 87.5g.

6.2.3 Assessment of vegetable and nutrient intake against recommendations

To compare population-based nutrient intake data against the Nutrient Reference Values (NHMRC 2006), a comparison is made with the Estimated Average Requirement (EAR). Further, an estimation of usual intake is required to compare a population's intake against the EAR. Therefore an adjusted mean of the CAPI and CATI data was generated using C-Side software (version 1.02, 1997). This software removes the effects of within-individual variability and then calculates the proportion consuming less than the EAR.

The Australian Guide to Healthy Eating (AGHE) is a public health tool specifying the number of serves required from each of the five food groups to achieve adequate energy and nutrient requirements for good health. A 'minimum model' was developed that defines the number of serves of major food groups needed to meet 70% of recommended dietary intakes for protein, vitamins and minerals. From this, two different dietary patterns (model A and model B) were developed that provide 100% of energy requirements. Two models were developed to accommodate differences in individual eating patterns. Model A includes more energy from bread, cereals, rice, pasta and noodles. Model B adds energy from all food groups. Table 2 shows the number of vegetable serves included in each model. To determine the proportion of children meeting recommendations for this analysis it was necessary to define the cut off points, as analysis could not be conducted using a range (Table 3). The age groups in the AGHE differ to those used in the survey, so age groups were redefined for these analyses. Additionally, the AGHE recommendations start at 4 years of age. For this report these were applied to children aged 2-3 in the survey, although this may overestimate their requirements.

The 'Go for 2 & 5' campaign is an Australian Government State and Territory health initiative, encouraging the consumption of five servings of a variety of vegetables a day. The proportion of children meeting this recommendation was also calculated.

C-side is not capable of dealing with food intake data in the same way as nutrient data. Therefore to compare vegetable intake against AGHE recommendations, a simple mean of the number of vegetable serves from the CAPI and CATI data was calculated for each study child.

Table 2 Australian Guide to Healthy Eating recommendations for vegetable and legume serves

| Age groups | Number of vegetable serves recommended | |
|------------|--|---------|
| | Model A | Model B |
| 2-3 | - | - |
| 4-7 | 2 | 4 |
| 8-11 | 3 | 4-5 |
| 12-16 | 4 | 5-9 |

Table 3 Cut points for number of vegetable and legume serves used to determine the proportion of children meeting recommendations (Models A&B).

| Age groups | Number of vegetable serves recommended | |
|------------|--|---------|
| | Model A | Model B |
| 2-3 | 2 | 4 |
| 4-7 | 2 | 4 |
| 8-11 | 3 | 4 |
| 12-16 | 4 | 5 |

6.2.4 Dietary intake characteristics of high, medium and low vegetable consumers
 High, medium and low vegetable and legume consumers were defined by first splitting the data set by age group and gender (i.e. 8 sub samples), then dividing these sub-samples into tertiles of vegetable and legume intake. When data are presented for all children (ie both genders), the sample was spilt into 4 age group categories (i.e. 4 sub-samples), and these were divided into tertiles of vegetable and legume intake.

6.3 Statistical analyses

Statistical analyses were performed using SPSS for Windows 16.0 to provide descriptive data. Population weights were applied to the data prior to conducting descriptive statistics.

7 Results description

Due to the extensive nature of the tabulations, these are provided in section 10 Results tables and figures. Italicised headings throughout this section provide a reference to relevant part of section 6.

10.1.1 Proportion of children 'usually' consuming different numbers of vegetable serves

When asked about the number of serves of vegetables children 'usually' consumed, (one serve was defined by AGHE criteria) responses for males and females were similar.

Approximately one third of all 2-3 year olds reported usually consuming one serve of vegetables a day, another third reported usually consuming 2 serves and 10% reported usually consuming 3 serve (Table 4). Sixteen percent of this age group also reported usually consuming less than one serve a day.

From the age of 4 to 16 years, the proportion of all children that reported usually consuming less than one serve, one serve and two serves decreased. While the proportion that reported usually consuming three or more serves increased across those ages. The majority (35-28%) of children aged 4-16 years reported usually consuming 2 serves of vegetables a day.

Less than 1% of all children reported that they usually 'don't eat vegetables' (Table 4).

Summary

The majority of children aged under nine years reported usually consuming 1-2 serves of vegetables a day, whereas the majority of children aged over 9 years reported usually consuming 2-3 serves of vegetables a day. There was no difference between males and females in responses.

10.1.2 Number and proportion of children consuming vegetables and legumes on the day of the survey

Table 5 shows the number of children in the survey that reported consuming vegetables (and subcategories) on the day of the survey. These data were used, along with population weights, to estimate the proportion of Australian children consuming vegetables (Table 6), as described below.

On the day of the survey more than 75% of children consumed a major source of vegetable, with the proportion similar across all age groups (Table 6). However one in 4 Australian children consumed no major vegetable source on the day of the survey and one in 7 children consumed no vegetables whatsoever. Potato was the most commonly consumed vegetable; 38% of 2-3 year olds consumed potatoes, 41% of 4-8 year olds, 43% of 9-13 year olds and 45% of 14-16 year olds. Within the potato

category, potato products (eg chips, wedges, gems and hash browns) were the most common, consumed by 15-24% of children.

A reasonable proportion of all children across all age groups and genders also consumed other vegetable sub-categories. For example, approximately one third of children consumed carrot and similar root vegetables and approximately one fifth of children consumed tomatoes and peas and beans.

Legumes were consumed by only 7% of children and this was similar across all age and gender groups (Table 6).

A small proportion of children obtained vegetables from other sources (non-vegetable products and dishes) (Table 6).

Summary

While children generally reported consuming a variety of vegetable, potatoes remain the dominant type, consumed by almost half of children and became more common in older children. Processed potato products were consumed by approximately one quarter of children.

10.1.3 Quantity of vegetables consumed on the day of the survey

These data are presented as mean grams of intake for the whole sample (i.e. includes consumers and non-consumers; Table 7), median grams of intake for the whole sample (i.e. includes consumers and non-consumers; Table 8), mean grams of intake for consumers only (Table 9) and median grams of intake for consumers only (Table 10).

Mean intake values for the whole sample are the appropriate data to describe the average quantity of vegetables Australian children consume. The intake of 'consumers only' gives insight into the amount eaten by those children who actually consumed vegetables on the day of the survey.

The mean describes the average value and is lowered by a high number of 'non consumers' (ie zero values) or small intakes, and increased by a large number of high consumers. The median is value at which half of the sample consumed more, and half of the sample consumed less. Compared to the mean, the median value is less affected by skewed data.

The mean vegetable intake (i.e. group 24; vegetable products and dishes) is similar for males and females and approximately doubles across the age groups. For all children mean intake increased from 95g in 2-3 year olds, to 111g for 4-8 year olds, 156g for 9-13 year olds and 191g for 14-16 year olds (Table 7). Potatoes accounted for approximately one third of the total quantity of vegetables consumed, with 2-3 year old consuming 28g of potato on the day of the survey, 4-8 year olds consuming 41g, 9-13year olds consuming 62g and 14-6 year olds consuming 75g of potatoes (Table 7). Further, potato products (eg chips and wedges) made up approximately half of total potatoes.

Other subcategories of vegetables made smaller contributions to quantity of total vegetables consumed compared to potato (Table 7). For example mean intake across the age groups was:

- Cabbage, cauliflower and similar brassica: 8-12g
- Carrot and similar root vegetables: 11-16g
- Tomato and tomato products: 12-22g
- Other fruiting vegetables: 12-16g (Table 7).

Mean legume intake was low, ranging from 6-10g across the age groups on the day of the survey (Table 7). Intake was slightly higher in quantity by males compared to females.

The mean quantity of vegetables derived from non-vegetable products and dishes was small, partly reflecting the low number of consumers. Mean consumption of vegetables arising from meat, poultry or game products and dishes was 10-20g across the age groups (Table 7).

Table 10 shows the median amount of vegetables eaten - when they are actually consumed. The median quantity of vegetables actually consumed increases across the age groups, summarised below:

- 34-83g for potato and potato products
- 21-55g for cabbage, cauliflower and similar
- 26-34g for carrot and similar
- 32-38g for tomato and tomato products
- 23-42g for dishes where vegetables are the major component.

When actually consumed, the median quantity of legumes ranges from 19-30g, increasing across the age groups.

Soup provided a median of 40-67g of vegetables and mixed dishes where cereal is the major ingredient (eg sandwiches, pasta and rice dishes) provided 40-70g of vegetables when actually consumed. Mixed dishes containing either red meat or poultry provided up to 66g and 56g of vegetables, respectively (Table 10).

• **Summary**

Overall Australian children's vegetable intake increases with age; doubling from 2 to 16 years of age. Potatoes contribute approximately one third of total vegetables consumed, regardless of age and gender. Other categories of vegetables make smaller but similar contributions to total vegetable intake, and this is higher than the contribution of legumes.

Overall potatoes are the most commonly consumed vegetable and eaten in the highest quantity.

10.1.4 Number of serves of vegetables consumed on the day of the survey

Table 11 describes the mean number of serves of vegetables consumed by all Australian children on the day of the survey (as defined by the AGHE). Total serve intake is similar for males and females of all age groups. This is interesting because males reported consuming more food (i.e. more total energy) as they increase in age compared to females, yet the relative amount of vegetables does not show a proportional increase for males.

Children aged 2-3 years consumed a mean of 1.4 serves of vegetables on the day of the survey, 4-8 years consumed 1.5 serves, 9-13 consumed 2.2 and 14-16 years consumed 2.7 serves (Table 11). The vegetable products and dishes category was the major source of total vegetable serves. The number of serves of subcategories of vegetables, legumes and non-vegetable products and dishes is low. Only 0.2 – 0.5 serves of vegetables came from legumes and other non-vegetable products and dishes.

The 'serve' data reflects the pattern of intake for grams of vegetables consumed, described above.

The total number of vegetables serves eaten by consumers only is only marginally higher (ranging from 1.7-3.1 serves, Table 12), owing to the high number of vegetable consumers in the dataset. There is a small gender difference; 14-16 year olds males consumers reported 3.3 serves on the day of the survey, whereas females of the same age consumed 2.9 serves.

10.2 Proportion of the sample meeting recommendations for vegetable consumption

Table 13 shows the proportion of children that met the AGHE model A recommendation for vegetable intake on the day of the survey. For all children, the proportion of children that met the guideline decreased with age, reflecting the higher number of serves recommended for older children that was not matched by a similar increase in actual consumption. When including all vegetable sources, one quarter of children aged 2 -8 years meet the AGHE model A recommendation (Table 13). Only ~15% of children aged 9 years and over met this recommendation (Table 13). The vegetable products and dishes food group made the largest contribution to the number of children meeting this recommendation. The inclusion of legumes increased the number of children meeting the guideline by less than 5%. Similarly, excluding potato products from the analysis reduced the proportion of children meeting the guideline by ~3%.

There were very small differences in the proportion of males and females meeting this guideline. Compared to males, females aged 2-8 years were slightly more likely to meet the model A recommendation, whereas females aged 9 years and over were slightly less likely to meet the recommendation.

The number of vegetable serves in model B of the AGHE is higher, and accordingly fewer children meet the recommendation. Less than 10% of children of any age met this guideline on the days of the survey (Table 14).

Table 15 shows the proportion of children that met the Go for 2&5 campaign recommendation of 5 serves of vegetables a day. Less than 5% of children ages 13 years or younger and ~8% of children aged 14-16 years meet this target on the day of the survey.

The very low compliance with the AGHE model B and Go for 2&5 campaign guidelines on the day of the survey is not surprising given that most children reported 'usually' consuming two or fewer serves of vegetables a day (approximate proportion of sample reporting usually consuming ≤ 2 serves of vegetables a day; 85% of 2-3 year olds, 70% of 4-8 year olds, 55% of 9-13 year olds and 45% of 14-16 year olds; Table 4).

The proportion of the sample that meet the AGHE and Go for 2&5 campaign recommendations is similar even when non-consumers are excluded from the analysis (Table 16, Table 17, Table 18). This reflects the high proportion of children consuming vegetables (almost 80%) on the day of the survey (Table 6).

Summary

Compliance with dietary recommendations for vegetable consumption is low in Australian children; less than one quarter of children met the lowest target. Younger children were more likely to meet the guidelines, primarily due to the lower requirements set for this age group.

10.3 Nutrients derived from vegetables and legumes

10.3.1 Total energy (+ proportion of total energy) from vegetables and legumes

This section describes the amount (and proportion of total) of energy and macronutrients derived from vegetables, legumes and other food groups containing vegetables on the day of the survey.

Overall vegetables make a small contribution to total energy, providing between 5-7% of total energy across the age groups for all children (Table 19). Of this energy, approximately two thirds came from potatoes. This reflects the higher energy content of potatoes, the high quantity consumed and the high number of consumers, relative to other vegetable subcategories. Within the potato subcategory, potato products (which include products such as chips and wedges) accounted for most of the energy derived from potatoes.

In terms of the macronutrients vegetables make a small overall contribution. The vegetable category provided ≤ 5 % of total protein (Table 21), 5-8% of total fat (Table 22) and 5-7% of total carbohydrate (Table 26).

The contribution of legumes to total energy and macronutrients is very small consequent on their low frequency of consumption and low quantity consumed.

Less than 5 % of total saturated fat (Table 23) came from vegetables. However this food group did provide ~10% of total polyunsaturated fat; ranging from 9% of total polyunsaturated fat in children aged 2-3years, 10% in children 4-8 years, 12% in children 9-13% and 13% of children 14-16 years (Table 24). The proportion of total monounsaturated fat from vegetables was 6% in children aged 2-3 years, 7% in children 4-8 years, 8% in children 9-13 years, and 10% in children 14-16 years (Table 25). The majority of vegetable-derived total, saturated, polyunsaturated and monounsaturated fat that came from the potato products subcategory, representing the added fats in which these products are prepared. The subcategory 'other fruiting vegetables', which includes avocado, contributed ~1% of total polyunsaturated fat and ~1% of total monounsaturated fat.

The carbohydrate type derived from vegetables is primarily starch (Table 27); 7-10% of children's total starch came from vegetables on the day of the survey. While <3% of total sugar comes from vegetables (Table 28).

Almost one fifth of total dietary fibre is provided by vegetables (Table 29); ranging from 17% of total fibre for children aged 2-3 years, 17% for children 4-8 years, 19% for children 9-13 years and 21% for children 14-16 years. This equates to a range of 2.7-5.2g of fibre. Legumes contribute an additional 2% to total dietary fibre, consistent across all age groups. Potatoes provide approximately one third of this fibre and other subcategories of vegetables made smaller contributions. The amount, proportion of total and sources of fibre are similar for males and females.

Summary

Vegetables make a small contribution to total energy, and most of this energy is derived from potatoes, owing to their higher energy content and high level of consumption. Vegetables also make a small contribution to macronutrient intake; however they make a substantial contribution to dietary fibre; providing one fifth of total fibre intake on the day of the survey.

10.3.3 Total micronutrient (+proportion of total consumed) from vegetables and legumes

This section describes the amount (and proportion of total) of micronutrients derived from vegetables, legumes and other food groups containing vegetables for all children on the day of the survey.

Overall the vegetable products and dishes category contributed the most to micronutrient intakes, with legumes and other food groups containing vegetables making marginal contributions – owing to the lower quantity consumed.

Approximately one third of total vitamin A retinol equivalents (Table 32) came from vegetables on the day of the survey, reflecting the high provitamin A content of vegetables. Indeed, vegetables provided ~60% of total dietary provitamin A in all children across the age groups (Table 34). The major source of provitamin A was the 'carrots and similar root vegetables' subcategory, providing almost half of total dietary provitamin A.

Approximately one fifth of children's total dietary vitamin C came from vegetables on the day of the survey (Table 36), with potatoes, cabbage, tomato and other fruiting vegetable subcategories making the largest contributions.

The amount of potassium derived from vegetables increased from 14% in children aged 2-3 year, to 16% in children aged 4-8 years, 19% in children aged 9-13 years and 21% in children aged 14-16 years (Table 39). Approximately half of this potassium came from potatoes, with the remainder relatively evenly arising from other vegetable subcategories.

Vegetables made a modest contribution (~10%) to total dietary vitamin E intake, which was similar for all ages and both genders (Table 35). Tomato and tomato products was the largest contributing subcategory, providing ~3% of total dietary vitamin E. Other smaller contributions came from potatoes, carrots and other fruiting vegetables. This reflects both naturally occurring Vitamin E as well as that from oils in food preparation.

Similarly, approximately 10% of total dietary magnesium came from vegetables, increasing slightly in older children (Table 38).

Vegetables contributed 6-9% of total folate, increasing slightly in older children (Table 30). The various subcategories of vegetables made similar contributions to total folate, although potatoes were the highest contributor owing to the substantially higher intake of this subcategory.

Between 8-10% of total dietary iron came from vegetables on the day of the survey, increasing marginally across the age groups (Table 40). While the amount derived from vegetable subcategories is relatively evenly distributed, potatoes make the largest contribution, again owing to their high intake. Legume and pulse products and dishes contribute ~1% to total dietary iron.

Vegetables plus processed and mixed dishes containing vegetables and legumes collectively make a modest (almost 10%) contribution to children's salt intake. The vegetable only category made a small (3%) contribution to children's total sodium intake (Table 37), and the majority was derived from potatoes (and mainly potato products). Legume and pulse products and dishes, along with the vegetable containing foods within the soup, cereal based products and dishes, meat based products and dishes and savoury sauces, each contributing approximately 1% to total sodium intake despite their overall low consumption.

Summary

Along with dietary fibre, vegetables made an important contribution to micronutrient intake in children, particularly retinol, vitamin C and potassium. They made a modest contribution to a range of other nutrients, including vitamin E, folate, iron and magnesium. Processed and mixed dishes containing vegetables and

legumes collectively make a modest (almost 10%) contribution to children's salt intake.

10.4 Time of vegetable and legume consumption, and what foods they were eaten with

Figure 1 shows the peak time of consumption of total vegetable products and dishes and legume and pulse products and dishes. The clear majority of all vegetables and legumes are consumed in the evening, between 5.00 and 8.00pm. A second smaller peak in consumption is observed between 11.00 am and 1.00 pm, presumably representing vegetables consumed for lunch. A very small proportion of the total vegetables were consumed outside these two meal times.

Figure 2 shows a similar pattern for intake of vegetable products and dishes; with the largest quantity consumed at lunch and evening meal times.

The intake of legume and pulse products and dishes is comparatively much lower, and shows a more even distribution across the day with similar sized peaks in consumption at lunch and evening meal times (Figure 3). A very small proportion of these products are consumed before lunch.

Figure 4 shows that potatoes are consumed mainly after noon, with a small peak between 11.00am and 2.00pm, followed by a larger peak associated with evening meals (between 5.00pm and 8.00pm). A small proportion of total potatoes also appear to be eaten as a between meal snack in the afternoon (between 2.00pm and 4.00pm).

Figure 5 shows the breakdown of proportion of vegetable subcategories consumed, graphically representing the data presented in Table 6 and Table 7. Potatoes clearly make the largest contribution to total vegetable consumption at all time points. The vegetable types consumed at lunchtime tend towards salad items, whereas those consumed in the evening show a mixture of salad-type subcategories and other vegetables.

Figure 6 shows the proportion of other major foods groups consumed during the two peak times of vegetable consumption. Non-alcoholic beverages account for almost one fifth (18%) of the other items consumed; this group includes tea, coffee, juices, cordial, soft drinks and water. The other major food group most commonly consumed at the same time (18%) was cereal and cereal products, which includes breads, rice, pasta and noodles. Savoury sauces and condiments and milk products and dishes both represented 10% of other foods consumed at this time, with meat, poultry and game products and mixed dishes representing 14% of foods consumed during this time slot. Together these foods represent traditional lunch items: breads and cereals, meat, dairy, condiments and drinks.

In the evening, there are slightly fewer cereal and cereal products consumed (13%) and more meat, poultry and game products and mixed dishes (18%), with other key food groups eaten at similar frequency.

Since potatoes are the major vegetable type consumed by Australian children, Figure 7 shows the frequency of other major foods groups consumed during the two peak times of potato consumption. There are differences observed between the frequency of other food groups consumed at the lunch and evening meals. Between 12.00 and 2.00pm almost one third of foods consumed at the same time as potato were other vegetables and approximately 12% of foods were cereals and cereal products. In contrast, at the evening meal time other vegetables were consumed more frequently (40%) and fewer cereals and cereal products were consumed (8%). When potatoes were consumed at evening meal times, meat, poultry and game products made up 11% of other foods consumed at the same time.

Summary

The majority of vegetables, legumes and potatoes are eaten at lunch and evening meal times, with very little consumed between these meals (apart from some potato consumption in the afternoon).

10.5 Dietary characteristics of high, medium and low vegetable consumers

This section describes the characteristics of children that consumed high, medium and low quantities of vegetables (ie tertiles of vegetable intake).

10.5.1 Mean energy and macronutrient (and proportion of total energy) intake for high, medium and low vegetable consumers.

Table 41 shows the total energy, macronutrients and fibre consumed across the tertiles of vegetable consumption. There is a clear increase in dietary fibre intake as vegetable intake increases, regardless of age and gender (Table 41). Children in the top tertile for vegetable consumption had between 20-31g of fibre, whereas children with the lowest vegetable intake had a range of 13-20g of fibre.

The highest vegetable consumers also tended to have a higher total energy and starch intake, compared to medium and low vegetable consumers, probably reflecting a higher intake of potatoes (Table 41). This was observed for all children, males and females, and across all age groups.

The contribution each macronutrient made to total energy was similar across the tertiles of vegetable intake (Table 42).

10.5.2 Total micronutrient intake for high, medium and low vegetable consumers

As vegetable consumption increases, the total dietary intake of various micronutrients increases; reflecting the overall contribution vegetables make to micronutrient intake (Table 43). Compared to the lowest vegetable consumers, the highest vegetable consumers had:

- almost double the total vitamin A retinol equivalents
- moderately higher vitamin C and magnesium
- a one third higher potassium intake, and
- a slightly higher total iron intake.

In children aged 14-16 years, the highest vegetable consumers also had a higher intake of vitamin E and sodium.

Folate levels were similar across the tertiles of vegetable consumption.

However, these data reflect that higher vegetable consumers were also larger consumers with higher total kilojoule intakes.

However, these differences in fibre and micronutrients between the tertiles of vegetable consumption are also noted when intake is adjusted per 1000kJ (Table 44).

10.5.4 Intake of major food groups for high, medium and low vegetable consumers

Table 45 describes the intake (g) of major food groups in lowest, medium and highest tertiles of vegetable intake. When looking at all children from lowest to highest tertiles vegetable intake (ie as children eat more vegetables), the following patterns in food consumption are observed:

- the range of cereal based products and dishes (eg cakes, biscuits and pastries) consumed across the age groups decreases from 70-208g to 58-148g
- fruit increases by 40g in 2-3 year old children and by 20g in 9-16 year old children
- meat mixed dished increases by 25g in 2-8 year olds, 40g in 9-13year olds and 80g in 14-16 year olds,
- the range of vegetable products and dishes intake across the age groups increases from 13-38g to 197-356g
- the range of legume and pulse products and dishes intake across the age groups increases from <1g to 16-22g
- intake of alcoholic beverages in 14-16 year old children decreases from 26g to <1g.

Summary

The higher consumption of fruit, meat based mixed dishes, vegetables and legumes, combined with lower cereal based products and alcohol (14-16 year olds) indicate that high vegetable consumers had a healthier profile of food consumption, compared to low vegetable consumers. This is also reflected in the more nutrient dense intakes on the day of the survey, for high vegetable consumers.

10.5.5 Anthropometric characteristics of high medium and low vegetable consumers

Table 46 shows the proportion classified as either underweight, healthy weight, overweight or obese within each tertile of vegetable consumption for each age group. The number of children in each cell for underweight, overweight and obese categories is very small, and indeed even smaller for each gender. As such, care needs to be taken not to over interpret small differences between tertiles.

For all children, the proportion classified as a healthy weight was similar across the age group and tertiles of vegetable intake. There is no clear difference in the proportion of children classified as underweight, overweight or obese between tertiles of intake.

It does not appear that there is any relationship between vegetable intake and physical activity level. (Tables 47-49).

Summary

Differing levels of vegetable consumption on the day of the survey were not associated with differences in the number of children classified as either healthy weight, underweight or overweight.

8 Concluding remarks

In conclusion, vegetable intake in children is poor and a minority of children meet the recommendations. Vegetables are still primarily consumed as part of a meal, most significantly the evening meal. Vegetables, other than potato products (crisps) are rarely eaten at other times of the day. Whilst this may reflect cultural norms at present, it may also reflect a lack of convenience vegetable/legume snack products (exclusive of potato) for children. Both the frequency of consumption as well as the volume and variety of consumption require attention.

Ideas for promoting vegetables to children/parents: While less than 1% of children reported that usually 'don't eat vegetables,' there were one in 4 children who did not consume any vegetables on the day of the survey. Therefore a key message for parents and consumers in general is to ensure vegetables are actually eaten everyday as the primary message, with quantity as a secondary message. Practical, simple and appetising suggestions, recipes and products that demonstrate how vegetables can be a part of lunch, mid meal snacks, evening meals and breakfast should take precedent.

Quantity: Very few children reported 'usually' consuming 5 serves of vegetables a day (~5% or fewer), and indeed a similar proportion of children actually met the Go for 2&5 recommendation on the days of the survey. Therefore it might be worth having a better understanding of what consumers (i.e. parents) think of such a high target for vegetable intake, and whether the high target is perceived as practical and achievable. Parents may also need tangible frameworks for achieving this. Perhaps this message may be further tailored for children of different ages. Expansion of the time of day when vegetables are consumed needs consideration. Product development in vegetable based snacks is key. Popularisation of soup as a snack, the availability of snack packs that contain both a dairy plus a vegetable dip and crackers may have appeal and convenience.

Variety: Potatoes (and indeed processed potato products) are the most frequently consumed vegetable, and eaten in the highest quantity. Stronger messages are needed about variety in terms of eating other vegetable types more frequently and in higher quantities. To make this message practical, there may be a need to expand the message to deal with how this impacts on rest of the meal; ie less rice/pasta on the plate to make room for more vegetables. Also how this can be achieved through snacks – both ideas (eg vegetable soups, vegetable dips,...) and commercial products (soups, frozen products, legume snacks).

Micronutrients: Consuming a variety of vegetables is important for providing a variety of nutrients. This highlights the benefit for children to a) consume a more varied array of vegetables – ie beyond potatoes, and b) consuming more vegetables to enhance overall nutrient intake. The contribution of vegetables to salt intake may be important, especially because this data does not capture salt added to vegetables at the table and does not necessarily capture addition of sauces, gravies and condiments added to vegetables – which would also provide salt.

9 Consumer messages

- Vegetables are still not on most Australian children's menus.
- Whilst potatoes and crisps are a popular choice for most children, the amount and variety of vegetables that children need to be eating for good health are not hitting the mark.
- As children get older, fewer children are eating the recommended number of vegetable serves.
- On the day of the survey, as many as one in 4 children ate no major source of vegetable and one in 7 children had no vegetable whatsoever.
- On average, younger children consumed a little over 1 vegetable serve on the survey day and the older children approximately 2 serves on the day which represents a large gap compared to the 5 a day recommendations for older children.
- Vegetables make a small contribution to total kilojoules in children's diets but make a substantial contribution to their nutrient intakes – notably dietary fibre, vitamin A, folate; vitamin C and minerals such as potassium, magnesium, and iron.
- Frequency of consumption as well as the volume and variety of vegetable consumption require attention.
- A key message for parents and children is to ensure vegetables are actually eaten everyday.
- To get enough vegetables, lunch and evening meals should always include vegetables. Vegetable dips and soups for snacks would also help boost flagging vegetable intakes in children.

10 Results tables and figures

10.1 Vegetable and legume intake

10.1.1 Proportion of children 'usually' consuming different numbers of vegetable serves

Table 4 Proportion (%) of children by categories of usual number of serves of vegetables consumed

| Response | | Age group (years) | | | |
|----------|------------------------|-------------------|-------|-------|-------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | 'Less than one serve' | 15.9% | 11.5% | 5.7% | 5.4% |
| | 'One serve' | 36.0% | 23.0% | 17.1% | 11.6% |
| | 'Two serves' | 34.8% | 32.7% | 31.0% | 26.2% |
| | 'Three serves' | 9.6% | 21.7% | 24.4% | 25.0% |
| | 'Four serves' | 2.6% | 8.3% | 15.1% | 18.4% |
| | 'Five serves' | .4% | 1.7% | 3.4% | 7.4% |
| | 'Six or more serves' | .2% | .7% | 3.0% | 5.0% |
| | 'Don't eat vegetables' | .5% | .4% | .3% | .9% |
| Females | 'Less than one serve' | 16.0% | 7.0% | 4.9% | 2.4% |
| | 'One serve' | 36.6% | 28.2% | 18.8% | 14.6% |
| | 'Two serves' | 31.7% | 36.4% | 30.7% | 30.2% |
| | 'Three serves' | 11.2% | 17.5% | 24.0% | 25.6% |
| | 'Four serves' | 2.6% | 7.9% | 12.7% | 15.9% |
| | 'Five serves' | .9% | 2.3% | 5.3% | 6.2% |
| | 'Six or more serves' | .5% | .6% | 3.8% | 5.1% |
| | 'Don't eat vegetables' | .5% | .1% | .0% | .0% |
| All | 'Less than one serve' | 15.9% | 9.3% | 5.3% | 3.9% |
| | 'One serve' | 36.3% | 25.5% | 17.9% | 13.1% |
| | 'Two serves' | 33.2% | 34.5% | 30.8% | 28.1% |
| | 'Three serves' | 10.4% | 19.6% | 24.2% | 25.3% |
| | 'Four serves' | 2.6% | 8.1% | 13.9% | 17.2% |
| | 'Five serves' | .6% | 2.0% | 4.3% | 6.8% |
| | 'Six or more serves' | .4% | .6% | 3.4% | 5.1% |
| | 'Don't eat vegetables' | .5% | .3% | .2% | .5% |

10.1.2 Number and proportion of children consuming vegetables and legumes on
the day of the survey

Table 5 Number of children sampled consuming vegetable products and dishes by age, gender

| | | Age group (years) | | | |
|--------------|--|-------------------|-----|------|-------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 421 | 468 | 407 | 441 |
| | Potatoes | 217 | 247 | 233 | 252 |
| | Potatoes | 103 | 104 | 108 | 108 |
| | Potato products | 81 | 123 | 113 | 136 |
| | Potato dishes | 44 | 37 | 28 | 32 |
| | Cabbage, cauliflower & similar brassica veg | 105 | 104 | 97 | 82 |
| | Carrot and similar root veg | 210 | 189 | 181 | 166 |
| | Leaf and stalk veg | 50 | 96 | 100 | 147 |
| | Peas and beans | 122 | 112 | 93 | 99 |
| | Tomato | 108 | 125 | 103 | 134 |
| | Other fruiting vegetables | 138 | 131 | 116 | 110 |
| | Other Vegetables And Vegetable Combinations | 204 | 162 | 156 | 189 |
| | Dishes where veg is the major component | 26 | 28 | 39 | 49 |
| | Legume and pulse products & dishes | 36 | 36 | 29 | 36 |
| | Mature legumes and pulses | 8 | 9 | 12 | 10 |
| | Mature legumes and pulse product and dishes | 28 | 27 | 18 | 27 |
| | Non alcoholic beverages | 5 | 5 | 5 | 2 |
| | Fruit and vegetable juices and drinks | 5 | 5 | 5 | 2 |
| | Soup | 11 | 14 | 10 | 13 |
| | Soup (prepared, ready to eat) | 8 | 12 | 8 | 10 |
| | Canned Condensed Soup (Unprepared) | 3 | 2 | 2 | 3 |
| | Cereal-based products & dishes | 18 | 16 | 21 | 22 |
| | Pastries | 5 | 6 | 6 | 3 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 13 | 10 | 15 | 19 |
| | Fish & seafood products and dishes | 0 | 0 | 0 | 1 |
| | Mixed dishes with fish or seafood as the major component | 0 | 0 | 0 | 1 |
| | Meat, poultry and game products & dishes | 39 | 28 | 31 | 39 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 37 | 26 | 26 | 33 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0 | 0 | 0 | 0 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 2 | 2 | 5 | 7 |
| | Savoury sauce and condiments | 33 | 23 | 22 | 25 |
| | Gravies And Savoury Sauces | 33 | 23 | 22 | 25 |
| | Infant formula & foods | 4 | 0 | 0 | 0 |
| | Infant Foods | 4 | 0 | 0 | 0 |
| | Miscellaneous | 18 | 19 | 8 | 26 |
| | Herbs, spices, seasonings and stock cubes | 18 | 19 | 8 | 26 |
| | ANY VEGETABLE (as listed above) | 463 | 515 | 443 | 473 |

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| | | | | | |
|----------------|--|------------|------------|------------|------------|
| Females | Vegetables | 409 | 481 | 464 | 436 |
| | Potatoes | 200 | 263 | 255 | 246 |
| | Potatoes | 89 | 115 | 108 | 108 |
| | Potato products | 82 | 127 | 130 | 130 |
| | Potato dishes | 37 | 36 | 39 | 35 |
| | Cabbage, cauliflower & similar brassica veg | 102 | 100 | 97 | 99 |
| | Carrot and similar root veg | 168 | 225 | 197 | 186 |
| | Leaf and stalk veg | 66 | 82 | 127 | 132 |
| | Peas and beans | 105 | 111 | 104 | 109 |
| | Tomato | 101 | 117 | 129 | 134 |
| | Other fruiting vegetables | 139 | 157 | 157 | 148 |
| | Other Vegetables And Vegetable Combinations | 184 | 185 | 169 | 182 |
| | Dishes where veg is the major component | 27 | 32 | 41 | 53 |
| | Legume and pulse products & dishes | 44 | 38 | 20 | 39 |
| | Mature legumes and pulses | 12 | 7 | 5 | 15 |
| | Mature legumes and pulse product and dishes | 33 | 31 | 16 | 26 |
| | Non alcoholic beverages | 2 | 4 | 3 | 3 |
| | Fruit and vegetable juices and drinks | 2 | 4 | 3 | 3 |
| | Soup | 7 | 13 | 23 | 17 |
| | Soup (prepared, ready to eat) | 7 | 10 | 22 | 14 |
| | Canned Condensed Soup (Unprepared) | 0 | 3 | 1 | 3 |
| | Cereal-based products & dishes | 7 | 14 | 35 | 32 |
| | Pastries | 1 | 5 | 13 | 8 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 6 | 9 | 22 | 24 |
| | Fish & seafood products and dishes | 1 | 0 | 1 | 1 |
| | Mixed dishes with fish or seafood as the major component | 1 | 0 | 1 | 1 |
| | Meat, poultry and game products & dishes | 37 | 21 | 35 | 26 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 35 | 20 | 29 | 24 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 1 | 0 | 1 | 1 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 1 | 1 | 7 | 1 |
| | Savoury sauce and condiments | 29 | 28 | 23 | 31 |
| | Gravies And Savoury Sauces | 29 | 28 | 23 | 31 |
| | Infant formula & foods | 1 | 0 | 0 | 0 |
| | Infant Foods | 1 | 0 | 0 | 0 |
| | Miscellaneous | 20 | 15 | 7 | 21 |
| | Herbs, spices, seasonings and stock cubes | 20 | 15 | 7 | 21 |
| | ANY VEGETABLE (as listed above) | 443 | 520 | 504 | 464 |

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| | | | | | |
|------------|--|------------|-------------|------------|------------|
| All | Vegetables | 830 | 949 | 871 | 877 |
| | Potatoes | 417 | 510 | 488 | 498 |
| | Potatoes | 192 | 219 | 216 | 216 |
| | Potato products | 163 | 250 | 243 | 266 |
| | Potato dishes | 81 | 73 | 67 | 67 |
| | Cabbage, cauliflower & similar brassica veg | 207 | 204 | 194 | 181 |
| | Carrot and similar root veg | 378 | 414 | 378 | 352 |
| | Leaf and stalk veg | 116 | 178 | 227 | 279 |
| | Peas and beans | 227 | 223 | 197 | 208 |
| | Tomato | 209 | 242 | 232 | 268 |
| | Other fruiting vegetables | 277 | 288 | 273 | 258 |
| | Other Vegetables And Vegetable Combinations | 388 | 347 | 325 | 371 |
| | Dishes where veg is the major component | 53 | 60 | 80 | 102 |
| | Legume and pulse products & dishes | 80 | 74 | 49 | 75 |
| | Mature legumes and pulses | 20 | 16 | 17 | 25 |
| | Mature legumes and pulse product and dishes | 61 | 58 | 34 | 53 |
| | Non alcoholic beverages | 7 | 9 | 8 | 5 |
| | Fruit and vegetable juices and drinks | 7 | 9 | 8 | 5 |
| | Soup | 18 | 27 | 33 | 30 |
| | Soup (prepared, ready to eat) | 15 | 22 | 30 | 24 |
| | Canned Condensed Soup (Unprepared) | 3 | 5 | 3 | 6 |
| | Cereal-based products & dishes | 25 | 30 | 56 | 54 |
| | Pastries | 6 | 11 | 19 | 11 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 19 | 19 | 37 | 43 |
| | Fish & seafood products and dishes | 1 | 0 | 1 | 2 |
| | Mixed dishes with fish or seafood as the major component | 1 | 0 | 1 | 2 |
| | Meat, poultry and game products & dishes | 76 | 49 | 66 | 65 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 72 | 46 | 55 | 57 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 1 | 0 | 1 | 1 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 3 | 3 | 12 | 8 |
| | Savoury sauce and condiments | 62 | 51 | 45 | 56 |
| | Gravies And Savoury Sauces | 62 | 51 | 45 | 56 |
| | Infant formula & foods | 5 | 0 | 0 | 0 |
| | Infant Foods | 5 | 0 | 0 | 0 |
| | Miscellaneous | 38 | 34 | 15 | 47 |
| | Herbs, spices, seasonings and stock cubes | 38 | 34 | 15 | 47 |
| | ANY VEGETABLE (as listed above) | 906 | 1035 | 947 | 937 |

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Table 6 Weighted proportion of the population (%) that consumed vegetables from vegetable food groups in children by age, gender

| | | Age group (years) | | | |
|--------------|--|--------------------------|--------------|--------------|--------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 77.39 | 77.15 | 77.18 | 77.91 |
| | Potatoes | 38.16 | 39.26 | 43.23 | 42.95 |
| | Potatoes | 18.10 | 16.20 | 18.54 | 18.14 |
| | Potato products | 14.07 | 19.95 | 22.07 | 22.68 |
| | Potato dishes | 7.95 | 6.18 | 5.38 | 6.15 |
| | Cabbage, cauliflower & similar brassica veg | 19.68 | 18.08 | 18.12 | 14.46 |
| | Carrot and similar root veg | 37.57 | 31.19 | 33.74 | 28.76 |
| | Leaf and stalk veg | 9.05 | 17.07 | 18.53 | 24.93 |
| | Peas and beans | 21.90 | 18.31 | 17.93 | 18.22 |
| | Tomato | 20.66 | 20.84 | 19.99 | 24.68 |
| | Other fruiting vegetables | 27.20 | 21.80 | 22.59 | 18.89 |
| | Other Vegetables And Vegetable Combinations | 38.36 | 26.54 | 29.45 | 33.20 |
| | Dishes where veg is the major component | 4.98 | 5.06 | 7.56 | 9.62 |
| | Legume and pulse products & dishes | 5.98 | 6.27 | 5.88 | 6.39 |
| | Mature legumes and pulses | 1.47 | 1.64 | 2.66 | 1.73 |
| | Mature legumes and pulse product and dishes | 4.51 | 4.63 | 3.48 | 4.94 |
| | Non alcoholic beverages | 0.82 | 0.72 | 0.91 | 0.41 |
| | Fruit and vegetable juices and drinks | 0.82 | 0.72 | 0.91 | 0.41 |
| | Soup | 1.92 | 2.55 | 1.57 | 2.13 |
| | Soup (prepared, ready to eat) | 1.36 | 2.22 | 1.07 | 1.51 |
| | Canned Condensed Soup (Unprepared) | 0.56 | 0.33 | 0.50 | 0.62 |
| | Cereal-based products & dishes | 3.19 | 2.68 | 3.49 | 3.79 |
| | Pastries | 0.93 | 1.20 | 0.66 | 0.21 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 2.26 | 1.48 | 2.83 | 3.57 |
| | Fish & seafood products and dishes | 0.00 | 0.00 | 0.00 | 0.23 |
| | Mixed dishes with fish or seafood as the major component | 0.00 | 0.00 | 0.00 | 0.23 |
| | Meat, poultry and game products & dishes | 7.35 | 4.76 | 6.78 | 6.56 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 6.98 | 4.28 | 5.55 | 5.66 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | 0.00 | 0.00 | 0.00 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.38 | 0.48 | 1.23 | 0.98 |
| | Savoury sauce and condiments | 6.44 | 3.76 | 4.65 | 4.20 |
| | Gravies And Savoury Sauces | 6.44 | 3.76 | 4.65 | 4.20 |
| | Infant formula & foods | 0.54 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.54 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 4.09 | 3.31 | 1.28 | 3.86 |
| | Herbs, spices, seasonings and stock cubes | 4.09 | 3.31 | 1.28 | 3.86 |
| | ANY VEGETABLE (as listed above) | 84.52 | 84.88 | 84.55 | 84.22 |

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| | | | | | |
|----------------|--|--------------|--------------|--------------|--------------|
| Females | Vegetables | 77.89 | 79.85 | 78.66 | 81.00 |
| | Potatoes | 38.56 | 43.14 | 43.38 | 46.77 |
| | Potatoes | 15.80 | 18.87 | 18.14 | 20.64 |
| | Potato products | 16.16 | 20.70 | 22.11 | 24.72 |
| | Potato dishes | 7.90 | 5.99 | 6.83 | 6.46 |
| | Cabbage, cauliflower & similar brassica veg | 19.46 | 16.57 | 16.27 | 18.23 |
| | Carrot and similar root veg | 30.98 | 36.62 | 33.46 | 34.63 |
| | Leaf and stalk veg | 12.36 | 13.18 | 22.18 | 23.44 |
| | Peas and beans | 19.44 | 17.43 | 17.81 | 19.10 |
| | Tomato | 19.39 | 19.49 | 22.56 | 23.42 |
| | Other fruiting vegetables | 26.58 | 25.01 | 25.89 | 26.39 |
| | Other Vegetables And Vegetable Combinations | 36.57 | 31.77 | 28.33 | 32.46 |
| | Dishes where veg is the major component | 5.26 | 5.55 | 7.69 | 9.95 |
| | Legume and pulse products & dishes | 8.32 | 7.10 | 3.57 | 7.70 |
| | Mature legumes and pulses | 2.35 | 1.49 | 1.02 | 3.20 |
| | Mature legumes and pulse product and dishes | 6.25 | 5.61 | 2.82 | 4.78 |
| | Non alcoholic beverages | 0.40 | 0.56 | 0.65 | 0.49 |
| | Fruit and vegetable juices and drinks | 0.40 | 0.56 | 0.65 | 0.49 |
| | Soup | 1.41 | 2.65 | 3.89 | 3.79 |
| | Soup (prepared, ready to eat) | 1.41 | 2.17 | 3.66 | 3.35 |
| | Canned Condensed Soup (Unprepared) | 0.00 | 0.48 | 0.23 | 0.44 |
| | Cereal-based products & dishes | 1.39 | 1.88 | 5.43 | 5.46 |
| | Pastries | 0.08 | 0.88 | 1.70 | 0.92 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 1.31 | 1.00 | 3.73 | 4.54 |
| | Fish & seafood products and dishes | 0.21 | 0.00 | 0.10 | 0.25 |
| | Mixed dishes with fish or seafood as the major component | 0.21 | 0.00 | 0.10 | 0.25 |
| | Meat, poultry and game products & dishes | 6.82 | 3.63 | 6.47 | 5.48 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 6.70 | 3.42 | 5.54 | 5.19 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.06 | 0.00 | 0.19 | 0.20 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.06 | 0.21 | 1.20 | 0.09 |
| | Savoury sauce and condiments | 4.69 | 5.38 | 3.70 | 5.75 |
| | Gravies And Savoury Sauces | 4.69 | 5.38 | 3.70 | 5.75 |
| | Infant formula & foods | 0.11 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.11 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 4.64 | 2.42 | 1.32 | 4.18 |
| | Herbs, spices, seasonings and stock cubes | 4.64 | 2.42 | 1.32 | 4.18 |
| | ANY VEGETABLE (as listed above) | 83.65 | 87.22 | 85.50 | 86.81 |

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| | | | | | |
|------------|--|--------------|--------------|--------------|--------------|
| All | Vegetables | 77.64 | 78.47 | 77.90 | 79.42 |
| | Potatoes | 38.36 | 41.15 | 43.30 | 44.81 |
| | Potatoes | 16.95 | 17.50 | 18.35 | 19.36 |
| | Potato products | 15.11 | 20.31 | 22.09 | 23.67 |
| | Potato dishes | 7.92 | 6.09 | 6.09 | 6.30 |
| | Cabbage, cauliflower & similar brassica veg | 19.57 | 17.35 | 17.21 | 16.30 |
| | Carrot and similar root veg | 34.29 | 33.84 | 33.61 | 31.62 |
| | Leaf and stalk veg | 10.70 | 15.18 | 20.32 | 24.20 |
| | Peas and beans | 20.67 | 17.88 | 17.87 | 18.65 |
| | Tomato | 20.03 | 20.18 | 21.25 | 24.07 |
| | Other fruiting vegetables | 26.89 | 23.37 | 24.20 | 22.55 |
| | Other Vegetables And Vegetable Combinations | 37.47 | 29.09 | 28.90 | 32.84 |
| | Dishes where veg is the major component | 5.12 | 5.30 | 7.62 | 9.78 |
| | Legume and pulse products & dishes | 7.14 | 6.67 | 4.75 | 7.03 |
| | Mature legumes and pulses | 1.91 | 1.56 | 1.85 | 2.44 |
| | Mature legumes and pulse product and dishes | 5.38 | 5.11 | 3.16 | 4.86 |
| | Non alcoholic beverages | 0.61 | 0.65 | 0.78 | 0.45 |
| | Fruit and vegetable juices and drinks | 0.61 | 0.65 | 0.78 | 0.45 |
| | Soup | 1.66 | 2.60 | 2.70 | 2.94 |
| | Soup (prepared, ready to eat) | 1.38 | 2.20 | 2.34 | 2.41 |
| | Canned Condensed Soup (Unprepared) | 0.28 | 0.40 | 0.37 | 0.53 |
| | Cereal-based products & dishes | 2.30 | 2.29 | 4.44 | 4.60 |
| | Pastries | 0.51 | 1.05 | 1.17 | 0.56 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 1.79 | 1.25 | 3.27 | 4.05 |
| | Fish & seafood products and dishes | 0.11 | 0.00 | 0.05 | 0.24 |
| | Mixed dishes with fish or seafood as the major component | 0.11 | 0.00 | 0.05 | 0.24 |
| | Meat, poultry and game products & dishes | 7.09 | 4.21 | 6.63 | 6.03 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 6.84 | 3.86 | 5.55 | 5.43 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.03 | 0.00 | 0.09 | 0.10 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.22 | 0.35 | 1.22 | 0.54 |
| | Savoury sauce and condiments | 5.57 | 4.55 | 4.18 | 4.95 |
| | Gravies And Savoury Sauces | 5.57 | 4.55 | 4.18 | 4.95 |
| | Infant formula & foods | 0.33 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.33 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 4.37 | 2.88 | 1.30 | 4.01 |
| | Herbs, spices, seasonings and stock cubes | 4.37 | 2.88 | 1.30 | 4.01 |
| | ANY VEGETABLE (as listed above) | 84.09 | 86.02 | 85.01 | 85.48 |

10.1.3 Quantity of vegetables consumed on the day of the survey

Table 7 Mean daily consumption (grams) of vegetable food groups in children by age, gender

| | | Age group (years) | | | |
|--------------|--|-------------------|---------------|---------------|---------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 94.99 | 109.47 | 161.04 | 202.84 |
| | Potatoes | 28.21 | 39.63 | 66.26 | 80.83 |
| | potatoes | 12.15 | 14.34 | 24.77 | 29.04 |
| | Potato products | 9.69 | 18.67 | 31.34 | 38.47 |
| | Potato dishes | 6.37 | 6.61 | 10.14 | 13.31 |
| | Cabbage, cauliflower & similar brassica veg | 7.17 | 9.13 | 10.65 | 12.55 |
| | Carrot and similar root veg | 12.75 | 12.76 | 13.14 | 16.77 |
| | Leaf and stalk veg | 1.42 | 4.02 | 6.34 | 8.99 |
| | Peas and beans | 5.54 | 5.72 | 9.44 | 12.16 |
| | Tomato | 11.70 | 13.45 | 16.31 | 25.62 |
| | Other fruiting vegetables | 11.52 | 11.47 | 15.31 | 11.45 |
| | Other Vegetables And Vegetable Combinations | 12.98 | 9.47 | 13.93 | 19.20 |
| | Dishes where veg is the major component | 3.69 | 3.82 | 9.67 | 15.29 |
| | Legume and pulse products & dishes | 5.91 | 7.73 | 9.18 | 11.68 |
| | Mature legumes and pulses | 0.66 | 2.23 | 2.23 | 0.95 |
| | Mature legumes and pulse product and dishes | 5.25 | 5.49 | 6.95 | 10.73 |
| | Non alcoholic beverages | 2.43 | 1.74 | 2.44 | 1.21 |
| | Fruit and vegetable juices and drinks | 2.43 | 1.74 | 2.44 | 1.21 |
| | Soup | 3.62 | 5.47 | 4.93 | 8.41 |
| | Soup (prepared, ready to eat) | 3.45 | 5.20 | 4.63 | 7.86 |
| | Canned Condensed Soup (Unprepared) | 0.18 | 0.27 | 0.30 | 0.54 |
| | Cereal-based products & dishes | 3.70 | 3.86 | 8.31 | 12.24 |
| | Pastries | 0.62 | 1.32 | 0.97 | 0.38 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 3.08 | 2.53 | 7.33 | 11.86 |
| | Fish & seafood products and dishes | 0.00 | 0.00 | 0.00 | 0.65 |
| | Mixed dishes with fish or seafood as the major component | 0.00 | 0.00 | 0.00 | 0.65 |
| | Meat, poultry and game products & dishes | 10.34 | 10.22 | 17.59 | 27.47 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 9.96 | 9.08 | 14.03 | 21.90 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | 0.00 | 0.00 | 0.00 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.38 | 1.14 | 3.56 | 5.58 |
| | Savoury sauce and condiments | 4.56 | 3.70 | 6.10 | 6.68 |
| | Gravies And Savoury Sauces | 4.56 | 3.70 | 6.10 | 6.68 |
| | Infant formula & foods | 0.98 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.98 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 0.14 | 0.12 | 0.08 | 0.41 |
| | Herbs, spices, seasonings and stock cubes | 0.14 | 0.12 | 0.08 | 0.41 |

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| | | | | | |
|----------------|--|--------------|---------------|---------------|---------------|
| Females | Vegetables | 95.58 | 112.99 | 150.99 | 178.86 |
| | Potatoes | 27.94 | 42.81 | 57.81 | 69.56 |
| | potatoes | 11.08 | 16.37 | 22.06 | 25.73 |
| | Potato products | 11.68 | 20.26 | 25.04 | 32.53 |
| | Potato dishes | 5.18 | 6.19 | 10.70 | 11.29 |
| | Cabbage, cauliflower & similar brassica veg | 8.54 | 7.78 | 10.08 | 11.13 |
| | Carrot and similar root veg | 9.74 | 13.46 | 13.55 | 14.97 |
| | Leaf and stalk veg | 3.23 | 2.98 | 7.36 | 7.98 |
| | Peas and beans | 5.88 | 5.80 | 8.49 | 9.60 |
| | Tomato | 11.61 | 12.94 | 18.44 | 18.17 |
| | Other fruiting vegetables | 12.87 | 12.14 | 15.63 | 20.86 |
| | Other Vegetables And Vegetable Combinations | 12.89 | 11.37 | 13.17 | 15.63 |
| | Dishes where veg is the major component | 2.87 | 3.70 | 6.46 | 10.96 |
| | Legume and pulse products & dishes | 6.93 | 6.57 | 4.06 | 7.63 |
| | Mature legumes and pulses | 1.25 | 0.88 | 1.00 | 2.18 |
| | Mature legumes and pulse product and dishes | 5.68 | 5.69 | 3.06 | 5.45 |
| | Non alcoholic beverages | 1.21 | 1.11 | 1.28 | 0.95 |
| | Fruit and vegetable juices and drinks | 1.21 | 1.11 | 1.28 | 0.95 |
| | Soup | 3.16 | 7.24 | 14.99 | 13.15 |
| | Soup (prepared, ready to eat) | 3.16 | 6.29 | 14.87 | 12.87 |
| | Canned Condensed Soup (Unprepared) | 0.00 | 0.96 | 0.12 | 0.28 |
| | Cereal-based products & dishes | 2.80 | 2.40 | 12.39 | 12.63 |
| | Pastries | 0.14 | 0.71 | 3.01 | 1.17 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 2.66 | 1.69 | 9.38 | 11.45 |
| | Fish & seafood products and dishes | 0.36 | 0.00 | 0.03 | 0.08 |
| | Mixed dishes with fish or seafood as the major component | 0.36 | 0.00 | 0.03 | 0.08 |
| | Meat, poultry and game products & dishes | 7.86 | 5.36 | 15.17 | 11.61 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 7.65 | 4.96 | 11.49 | 10.58 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.13 | 0.00 | 0.11 | 0.51 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.08 | 0.40 | 3.58 | 0.52 |
| | Savoury sauce and condiments | 2.13 | 3.70 | 6.35 | 7.04 |
| | Gravies And Savoury Sauces | 2.13 | 3.70 | 6.35 | 7.04 |
| | Infant formula & foods | 0.25 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.25 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 0.26 | 0.12 | 0.03 | 0.98 |
| | Herbs, spices, seasonings and stock cubes | 0.26 | 0.12 | 0.03 | 0.98 |

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| | | | | | |
|------------|--|--------------|---------------|---------------|---------------|
| All | Vegetables | 95.28 | 111.19 | 156.13 | 191.15 |
| | Potatoes | 28.08 | 41.18 | 62.12 | 75.33 |
| | potatoes | 11.62 | 15.33 | 23.45 | 27.43 |
| | Potato products | 10.68 | 19.44 | 28.26 | 35.58 |
| | Potato dishes | 5.78 | 6.41 | 10.42 | 12.33 |
| | Cabbage, cauliflower & similar brassica veg | 7.85 | 8.48 | 10.37 | 11.86 |
| | Carrot and similar root veg | 11.25 | 13.10 | 13.34 | 15.89 |
| | Leaf and stalk veg | 2.32 | 3.51 | 6.84 | 8.50 |
| | Peas and beans | 5.71 | 5.76 | 8.98 | 10.91 |
| | Tomato | 11.66 | 13.20 | 17.35 | 21.99 |
| | Other fruiting vegetables | 12.19 | 11.80 | 15.46 | 16.04 |
| | Other Vegetables And Vegetable Combinations | 12.94 | 10.40 | 13.56 | 17.46 |
| | Dishes where veg is the major component | 3.28 | 3.76 | 8.10 | 13.18 |
| | Legume and pulse products & dishes | 6.41 | 7.16 | 6.68 | 9.71 |
| | Mature legumes and pulses | 0.95 | 1.57 | 1.63 | 1.55 |
| | Mature legumes and pulse product and dishes | 5.46 | 5.59 | 5.05 | 8.16 |
| | Non alcoholic beverages | 1.82 | 1.43 | 1.87 | 1.08 |
| | Fruit and vegetable juices and drinks | 1.82 | 1.43 | 1.87 | 1.08 |
| | Soup | 3.39 | 6.33 | 9.85 | 10.72 |
| | Soup (prepared, ready to eat) | 3.30 | 5.73 | 9.64 | 10.30 |
| | Canned Condensed Soup (Unprepared) | 0.09 | 0.60 | 0.21 | 0.41 |
| | Cereal-based products & dishes | 3.25 | 3.15 | 10.30 | 12.43 |
| | Pastries | 0.38 | 1.03 | 1.97 | 0.77 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 2.87 | 2.12 | 8.33 | 11.66 |
| | Fish & seafood products and dishes | 0.18 | 0.00 | 0.02 | 0.37 |
| | Mixed dishes with fish or seafood as the major component | 0.18 | 0.00 | 0.02 | 0.37 |
| | Meat, poultry and game products & dishes | 9.11 | 7.85 | 16.41 | 19.74 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 8.81 | 7.07 | 12.79 | 16.38 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.06 | 0.00 | 0.05 | 0.25 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.23 | 0.78 | 3.57 | 3.11 |
| | Savoury sauce and condiments | 3.35 | 3.70 | 6.22 | 6.86 |
| | Gravies And Savoury Sauces | 3.35 | 3.70 | 6.22 | 6.86 |
| | Infant formula & foods | 0.62 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.62 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 0.20 | 0.12 | 0.05 | 0.69 |
| | Herbs, spices, seasonings and stock cubes | 0.20 | 0.12 | 0.05 | 0.69 |

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Table 8 Median daily consumption (grams) of vegetable food groups by age, gender

| | | Age group (years) | | | |
|--------------|--|-------------------|--------------|---------------|---------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 76.04 | 88.02 | 135.94 | 155.06 |
| | Potatoes | 29.76 | 45.36 | 67.23 | 80.59 |
| | potatoes | 14.67 | 17.96 | 28.59 | 61.18 |
| | Potato products | 20.98 | 32.96 | 46.50 | 48.81 |
| | Potato dishes | 22.12 | 30.88 | 47.96 | 29.49 |
| | Cabbage, cauliflower & similar brassica veg | 20.71 | 14.45 | 17.48 | 54.26 |
| | Carrot and similar root veg | 20.49 | 14.41 | 13.92 | 33.69 |
| | Leaf and stalk veg | 5.20 | 8.65 | 11.85 | 22.53 |
| | Peas and beans | 9.23 | 9.10 | 16.17 | 21.22 |
| | Tomato | 12.85 | 16.52 | 36.87 | 37.77 |
| | Other fruiting vegetables | 19.47 | 17.10 | 38.42 | 18.11 |
| | Other Vegetables And Vegetable Combinations | 22.13 | 20.26 | 28.39 | 23.25 |
| | Dishes where veg is the major component | 15.61 | 25.54 | 23.41 | 41.71 |
| | Legume and pulse products & dishes | 17.36 | 37.74 | 27.76 | 28.84 |
| | Mature legumes and pulses | 7.72 | 36.76 | 18.58 | 9.26 |
| | Mature legumes and pulse product and dishes | 17.29 | 27.37 | 27.38 | 28.76 |
| | Non alcoholic beverages | 31.51 | 16.50 | 26.45 | 19.74 |
| | Fruit and vegetable juices and drinks | 31.51 | 16.50 | 26.45 | 19.74 |
| | Soup | 39.44 | 39.68 | 50.29 | 66.00 |
| | Soup (prepared, ready to eat) | 39.44 | 39.65 | 50.29 | 66.00 |
| | Canned Condensed Soup (Unprepared) | 2.70 | 15.36 | 4.24 | 6.76 |
| | Cereal-based products & dishes | 40.18 | 18.68 | 33.67 | 67.86 |
| | Pastries | 17.55 | 18.41 | 11.70 | 11.65 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 40.07 | 17.02 | 33.45 | 67.71 |
| | Fish & seafood products and dishes | - | - | - | 17.62 |
| | Mixed dishes with fish or seafood as the major component | - | - | - | 17.62 |
| | Meat, poultry and game products & dishes | 25.27 | 36.64 | 37.41 | 66.85 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 25.19 | 36.46 | 37.00 | 66.21 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | - | - | - | - |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 7.94 | 23.83 | 32.02 | 55.81 |
| | Savoury sauce and condiments | 18.30 | 18.03 | 36.17 | 53.67 |
| | Gravies And Savoury Sauces | 18.30 | 18.03 | 36.17 | 53.67 |
| | Infant formula & foods | 27.65 | - | - | - |
| | Infant Foods | 27.65 | - | - | - |
| | Miscellaneous | 1.02 | 0.64 | 1.26 | 3.82 |
| | Herbs, spices, seasonings and stock cubes | 1.02 | 0.64 | 1.26 | 3.82 |

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| | | | | | |
|----------------|--|--------------|---------------|---------------|---------------|
| Females | Vegetables | 87.21 | 100.19 | 136.64 | 158.69 |
| | Potatoes | 31.66 | 65.89 | 54.21 | 68.30 |
| | potatoes | 16.12 | 59.93 | 40.81 | 52.90 |
| | Potato products | 14.12 | 24.42 | 29.58 | 44.41 |
| | Potato dishes | 25.31 | 21.95 | 29.62 | 31.61 |
| | Cabbage, cauliflower & similar brassica veg | 11.92 | 14.51 | 17.31 | 14.88 |
| | Carrot and similar root veg | 25.68 | 27.27 | 16.75 | 16.88 |
| | Leaf and stalk veg | 10.45 | 7.54 | 20.23 | 15.17 |
| | Peas and beans | 13.19 | 7.13 | 14.67 | 18.59 |
| | Tomato | 31.17 | 18.36 | 21.82 | 30.02 |
| | Other fruiting vegetables | 25.98 | 20.41 | 33.02 | 23.60 |
| | Other Vegetables And Vegetable Combinations | 23.79 | 12.10 | 27.81 | 17.92 |
| | Dishes where veg is the major component | 22.39 | 16.51 | 20.25 | 25.70 |
| | Legume and pulse products & dishes | 18.70 | 17.70 | 16.41 | 26.37 |
| | Mature legumes and pulses | 17.86 | 7.74 | 16.03 | 10.33 |
| | Mature legumes and pulse product and dishes | 18.03 | 17.49 | 14.12 | 25.99 |
| | Non alcoholic beverages | 26.30 | 16.47 | 17.48 | 13.17 |
| | Fruit and vegetable juices and drinks | 26.30 | 16.47 | 17.48 | 13.17 |
| | Soup | 32.96 | 33.24 | 56.99 | 53.54 |
| | Soup (prepared, ready to eat) | 32.96 | 33.15 | 56.99 | 53.49 |
| | Canned Condensed Soup (Unprepared) | - | 25.07 | 3.37 | 6.75 |
| | Cereal-based products & dishes | 24.03 | 33.10 | 41.60 | 51.51 |
| | Pastries | 10.32 | 15.60 | 38.39 | 16.56 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 24.01 | 32.98 | 40.95 | 51.19 |
| | Fish & seafood products and dishes | 10.52 | - | 2.03 | 1.90 |
| | Mixed dishes with fish or seafood as the major component | 10.52 | - | 2.03 | 1.90 |
| | Meat, poultry and game products & dishes | 25.24 | 24.61 | 49.86 | 38.07 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 25.21 | 24.56 | 41.50 | 25.02 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 13.13 | - | 3.63 | 15.84 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 7.91 | 11.88 | 47.76 | 36.28 |
| | Savoury sauce and condiments | 5.73 | 12.10 | 27.24 | 27.50 |
| | Gravies And Savoury Sauces | 5.73 | 12.10 | 27.24 | 27.50 |
| | Infant formula & foods | 13.77 | - | - | - |
| | Infant Foods | 13.77 | - | - | - |
| | Miscellaneous | 3.59 | 1.27 | 0.32 | 14.38 |
| | Herbs, spices, seasonings and stock cubes | 3.59 | 1.27 | 0.32 | 14.38 |

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| | | | | | |
|------------|--|--------------|---------------|---------------|---------------|
| All | Vegetables | 88.68 | 100.10 | 140.69 | 154.73 |
| | Potatoes | 32.06 | 65.06 | 65.18 | 77.00 |
| | potatoes | 16.18 | 60.12 | 40.91 | 60.17 |
| | Potato products | 21.12 | 32.91 | 45.65 | 48.24 |
| | Potato dishes | 25.53 | 31.01 | 48.01 | 31.65 |
| | Cabbage, cauliflower & similar brassica veg | 20.71 | 14.48 | 17.42 | 54.22 |
| | Carrot and similar root veg | 25.96 | 27.42 | 16.96 | 33.48 |
| | Leaf and stalk veg | 10.27 | 8.53 | 20.28 | 22.44 |
| | Peas and beans | 13.09 | 9.08 | 16.05 | 20.98 |
| | Tomato | 31.48 | 18.51 | 37.19 | 36.56 |
| | Other fruiting vegetables | 25.80 | 20.18 | 38.32 | 22.69 |
| | Other Vegetables And Vegetable Combinations | 23.86 | 20.58 | 28.38 | 22.85 |
| | Dishes where veg is the major component | 22.44 | 25.54 | 23.22 | 41.41 |
| | Legume and pulse products & dishes | 18.49 | 37.89 | 27.42 | 28.90 |
| | Mature legumes and pulses | 17.76 | 36.74 | 18.44 | 10.22 |
| | Mature legumes and pulse product and dishes | 17.92 | 27.29 | 27.19 | 28.66 |
| | Non alcoholic beverages | 31.44 | 16.49 | 26.42 | 19.74 |
| | Fruit and vegetable juices and drinks | 31.44 | 16.49 | 26.42 | 19.74 |
| | Soup | 39.50 | 39.78 | 56.31 | 66.42 |
| | Soup (prepared, ready to eat) | 39.50 | 39.71 | 56.31 | 66.42 |
| | Canned Condensed Soup (Unprepared) | 2.70 | 25.04 | 4.23 | 6.75 |
| | Cereal-based products & dishes | 40.11 | 33.27 | 41.25 | 68.16 |
| | Pastries | 17.50 | 18.37 | 38.20 | 16.50 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 40.04 | 33.11 | 40.81 | 67.95 |
| | Fish & seafood products and dishes | 10.51 | - | 2.03 | 17.60 |
| | Mixed dishes with fish or seafood as the major component | 10.51 | - | 2.03 | 17.60 |
| | Meat, poultry and game products & dishes | 25.25 | 36.42 | 50.29 | 66.15 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 25.20 | 36.29 | 41.65 | 65.74 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 13.13 | - | 3.63 | 15.83 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 7.92 | 23.80 | 47.85 | 55.60 |
| | Savoury sauce and condiments | 18.15 | 18.12 | 36.21 | 53.98 |
| | Gravies And Savoury Sauces | 18.15 | 18.12 | 36.21 | 53.98 |
| | Infant formula & foods | 27.59 | - | - | - |
| | Infant Foods | 27.59 | - | - | - |
| | Miscellaneous | 3.59 | 1.27 | 1.26 | 14.38 |
| | Herbs, spices, seasonings and stock cubes | 3.59 | 1.27 | 1.26 | 14.38 |

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Table 9 Vegetable Consumers Only - Mean daily consumption (grams) of vegetable food groups in children by age, gender

| | | Age group (years) | | | |
|--------------|--|--------------------------|---------------|---------------|---------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 112.39 | 128.97 | 190.48 | 240.85 |
| | Potatoes | 33.38 | 46.68 | 78.37 | 95.97 |
| | potatoes | 14.37 | 16.89 | 29.30 | 34.48 |
| | Potato products | 11.47 | 22.00 | 37.07 | 45.68 |
| | Potato dishes | 7.54 | 7.79 | 12.00 | 15.81 |
| | Cabbage, cauliflower & similar brassica veg | 8.48 | 10.76 | 12.59 | 14.90 |
| | Carrot and similar root veg | 15.09 | 15.04 | 15.55 | 19.91 |
| | Leaf and stalk veg | 1.69 | 4.74 | 7.50 | 10.67 |
| | Peas and beans | 6.56 | 6.74 | 11.17 | 14.44 |
| | Tomato | 13.85 | 15.84 | 19.29 | 30.42 |
| | Other fruiting vegetables | 13.63 | 13.52 | 18.10 | 13.60 |
| | Other Vegetables And Vegetable Combinations | 15.36 | 11.16 | 16.48 | 22.80 |
| | Dishes where veg is the major component | 4.36 | 4.50 | 11.44 | 18.15 |
| | Legume and pulse products & dishes | 6.99 | 9.10 | 10.86 | 13.87 |
| | Mature legumes and pulses | 0.78 | 2.63 | 2.64 | 1.13 |
| | Mature legumes and pulse product and dishes | 6.21 | 6.47 | 8.22 | 12.74 |
| | Non alcoholic beverages | 2.88 | 2.05 | 2.89 | 1.44 |
| | Fruit and vegetable juices and drinks | 2.88 | 2.05 | 2.89 | 1.44 |
| | Soup | 4.29 | 6.44 | 5.83 | 9.98 |
| | Soup (prepared, ready to eat) | 4.08 | 6.12 | 5.48 | 9.34 |
| | Canned Condensed Soup (Unprepared) | 0.21 | 0.32 | 0.35 | 0.64 |
| | Cereal-based products & dishes | 4.38 | 4.54 | 9.82 | 14.53 |
| | Pastries | 0.74 | 1.56 | 1.15 | 0.45 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 3.64 | 2.98 | 8.67 | 14.08 |
| | Fish & seafood products and dishes | 0.00 | 0.00 | 0.00 | 0.77 |
| | Mixed dishes with fish or seafood as the major component | 0.00 | 0.00 | 0.00 | 0.77 |
| | Meat, poultry and game products & dishes | 12.24 | 12.04 | 20.80 | 32.62 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 11.78 | 10.70 | 16.59 | 26.00 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | 0.00 | 0.00 | 0.00 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.45 | 1.35 | 4.21 | 6.62 |
| | Savoury sauce and condiments | 5.40 | 4.36 | 7.21 | 7.93 |
| | Gravies And Savoury Sauces | 5.40 | 4.36 | 7.21 | 7.93 |
| | Infant formula & foods | 1.16 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 1.16 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 0.17 | 0.15 | 0.09 | 0.49 |
| | Herbs, spices, seasonings and stock cubes | 0.17 | 0.15 | 0.09 | 0.49 |

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| | | | | | |
|----------------|--|---------------|---------------|---------------|---------------|
| Females | Vegetables | 114.25 | 129.56 | 176.61 | 206.02 |
| | Potatoes | 33.40 | 49.09 | 67.61 | 80.12 |
| | potatoes | 13.24 | 18.77 | 25.80 | 29.64 |
| | Potato products | 13.96 | 23.23 | 29.29 | 37.47 |
| | Potato dishes | 6.20 | 7.10 | 12.52 | 13.01 |
| | Cabbage, cauliflower & similar brassica veg | 10.21 | 8.93 | 11.79 | 12.82 |
| | Carrot and similar root veg | 11.64 | 15.44 | 15.85 | 17.24 |
| | Leaf and stalk veg | 3.86 | 3.42 | 8.61 | 9.20 |
| | Peas and beans | 7.03 | 6.65 | 9.93 | 11.06 |
| | Tomato | 13.88 | 14.84 | 21.57 | 20.93 |
| | Other fruiting vegetables | 15.38 | 13.91 | 18.28 | 24.03 |
| | Other Vegetables And Vegetable Combinations | 15.41 | 13.04 | 15.41 | 18.00 |
| | Dishes where veg is the major component | 3.44 | 4.25 | 7.55 | 12.63 |
| | Legume and pulse products & dishes | 8.28 | 7.53 | 4.75 | 8.79 |
| | Mature legumes and pulses | 1.49 | 1.01 | 1.17 | 2.51 |
| | Mature legumes and pulse product and dishes | 6.79 | 6.52 | 3.58 | 6.28 |
| | Non alcoholic beverages | 1.45 | 1.27 | 1.50 | 1.09 |
| | Fruit and vegetable juices and drinks | 1.45 | 1.27 | 1.50 | 1.09 |
| | Soup | 3.77 | 8.30 | 17.53 | 15.15 |
| | Soup (prepared, ready to eat) | 3.77 | 7.21 | 17.39 | 14.82 |
| | Canned Condensed Soup (Unprepared) | 0.00 | 1.10 | 0.14 | 0.32 |
| | Cereal-based products & dishes | 3.34 | 2.75 | 14.49 | 14.54 |
| | Pastries | 0.16 | 0.82 | 3.52 | 1.35 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 3.18 | 1.94 | 10.97 | 13.19 |
| | Fish & seafood products and dishes | 0.43 | 0.00 | 0.04 | 0.09 |
| | Mixed dishes with fish or seafood as the major component | 0.43 | 0.00 | 0.04 | 0.09 |
| | Meat, poultry and game products & dishes | 9.40 | 6.15 | 17.75 | 13.37 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 9.15 | 5.69 | 13.44 | 12.19 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.15 | 0.00 | 0.13 | 0.59 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.09 | 0.46 | 4.18 | 0.60 |
| | Savoury sauce and condiments | 2.54 | 4.25 | 7.43 | 8.11 |
| | Gravies And Savoury Sauces | 2.54 | 4.25 | 7.43 | 8.11 |
| | Infant formula & foods | 0.30 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.30 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 0.31 | 0.14 | 0.04 | 1.13 |
| | Herbs, spices, seasonings and stock cubes | 0.31 | 0.14 | 0.04 | 1.13 |

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| | | | | | |
|------------|--|---------------|---------------|---------------|---------------|
| All | Vegetables | 113.31 | 129.26 | 183.65 | 223.61 |
| | Potatoes | 33.39 | 47.87 | 73.08 | 88.12 |
| | potatoes | 13.81 | 17.82 | 27.58 | 32.09 |
| | Potato products | 12.70 | 22.60 | 33.25 | 41.62 |
| | Potato dishes | 6.87 | 7.45 | 12.25 | 14.42 |
| | Cabbage, cauliflower & similar brassica veg | 9.34 | 9.85 | 12.20 | 13.87 |
| | Carrot and similar root veg | 13.38 | 15.23 | 15.70 | 18.59 |
| | Leaf and stalk veg | 2.76 | 4.08 | 8.05 | 9.94 |
| | Peas and beans | 6.79 | 6.69 | 10.56 | 12.77 |
| | Tomato | 13.86 | 15.35 | 20.41 | 25.72 |
| | Other fruiting vegetables | 14.50 | 13.71 | 18.19 | 18.76 |
| | Other Vegetables And Vegetable Combinations | 15.38 | 12.09 | 15.95 | 20.43 |
| | Dishes where veg is the major component | 3.90 | 4.37 | 9.53 | 15.42 |
| | Legume and pulse products & dishes | 7.63 | 8.33 | 7.85 | 11.36 |
| | Mature legumes and pulses | 1.13 | 1.83 | 1.92 | 1.81 |
| | Mature legumes and pulse product and dishes | 6.50 | 6.50 | 5.94 | 9.54 |
| | Non alcoholic beverages | 2.17 | 1.66 | 2.20 | 1.26 |
| | Fruit and vegetable juices and drinks | 2.17 | 1.66 | 2.20 | 1.26 |
| | Soup | 4.03 | 7.36 | 11.58 | 12.54 |
| | Soup (prepared, ready to eat) | 3.93 | 6.66 | 11.33 | 12.05 |
| | Canned Condensed Soup (Unprepared) | 0.11 | 0.70 | 0.25 | 0.49 |
| | Cereal-based products & dishes | 3.87 | 3.66 | 12.12 | 14.54 |
| | Pastries | 0.45 | 1.19 | 2.31 | 0.90 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 3.41 | 2.47 | 9.80 | 13.64 |
| | Fish & seafood products and dishes | 0.21 | 0.00 | 0.02 | 0.43 |
| | Mixed dishes with fish or seafood as the major component | 0.21 | 0.00 | 0.02 | 0.43 |
| | Meat, poultry and game products & dishes | 10.83 | 9.13 | 19.30 | 23.09 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 10.48 | 8.22 | 15.04 | 19.16 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.08 | 0.00 | 0.06 | 0.29 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.27 | 0.91 | 4.20 | 3.64 |
| | Savoury sauce and condiments | 3.98 | 4.30 | 7.32 | 8.02 |
| | Gravies And Savoury Sauces | 3.98 | 4.30 | 7.32 | 8.02 |
| | Infant formula & foods | 0.74 | 0.00 | 0.00 | 0.00 |
| | Infant Foods | 0.74 | 0.00 | 0.00 | 0.00 |
| | Miscellaneous | 0.24 | 0.14 | 0.06 | 0.81 |
| | Herbs, spices, seasonings and stock cubes | 0.24 | 0.14 | 0.06 | 0.81 |

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Table 10 Vegetable Consumers Only - Median daily consumption (grams) of vegetable food groups in children by age, gender

| | | Age group (years) | | | |
|--------------|--|-------------------|---------------|---------------|---------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 97.44 | 109.40 | 164.65 | 200.49 |
| | Potatoes | 31.85 | 48.53 | 73.45 | 88.79 |
| | potatoes | 14.37 | 16.89 | 29.30 | 34.48 |
| | Potato products | 11.47 | 22.00 | 37.07 | 45.68 |
| | Potato dishes | 7.54 | 7.79 | 12.00 | 15.81 |
| | Cabbage, cauliflower & similar brassica veg | 21.03 | 14.80 | 17.91 | 54.60 |
| | Carrot and similar root veg | 20.99 | 15.05 | 14.75 | 34.26 |
| | Leaf and stalk veg | 5.25 | 8.79 | 12.12 | 22.86 |
| | Peas and beans | 9.50 | 9.33 | 16.59 | 21.84 |
| | Tomato | 13.30 | 17.15 | 37.42 | 39.16 |
| | Other fruiting vegetables | 19.97 | 17.50 | 39.00 | 18.52 |
| | Other Vegetables And Vegetable Combinations | 22.67 | 20.62 | 28.96 | 24.15 |
| | Dishes where veg is the major component | 15.72 | 25.66 | 23.71 | 42.37 |
| | Legume and pulse products & dishes | 17.49 | 37.96 | 27.99 | 29.10 |
| | Mature legumes and pulses | 7.74 | 36.80 | 18.65 | 9.28 |
| | Mature legumes and pulse product and dishes | 17.40 | 27.58 | 27.53 | 29.01 |
| | Non alcoholic beverages | 31.56 | 16.52 | 26.49 | 19.75 |
| | Fruit and vegetable juices and drinks | 31.56 | 16.52 | 26.49 | 19.75 |
| | Soup | 39.53 | 39.80 | 50.39 | 66.19 |
| | Soup (prepared, ready to eat) | 39.53 | 39.77 | 50.39 | 66.19 |
| | Canned Condensed Soup (Unprepared) | 2.71 | 15.37 | 4.24 | 6.77 |
| | Cereal-based products & dishes | 40.30 | 18.77 | 33.90 | 68.32 |
| | Pastries | 17.57 | 18.45 | 11.72 | 11.65 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 40.17 | 17.07 | 33.63 | 68.14 |
| | Fish & seafood products and dishes | - | - | - | 17.63 |
| | Mixed dishes with fish or seafood as the major component | - | - | - | 17.63 |
| | Meat, poultry and game products & dishes | 25.57 | 36.95 | 37.89 | 67.68 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 25.48 | 36.73 | 37.39 | 66.90 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | - | - | - | - |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 7.94 | 23.85 | 32.09 | 55.89 |
| | Savoury sauce and condiments | 18.45 | 18.13 | 36.39 | 53.90 |
| | Gravies And Savoury Sauces | 18.45 | 18.13 | 36.39 | 53.90 |
| | Infant formula & foods | 27.68 | - | - | - |
| | Infant Foods | 27.68 | - | - | - |
| | Miscellaneous | 1.02 | 0.64 | 1.26 | 3.84 |
| | Herbs, spices, seasonings and stock cubes | 1.02 | 0.64 | 1.26 | 3.84 |

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| | | | | | |
|----------------|--|--------------|---------------|---------------|---------------|
| Females | Vegetables | 94.02 | 108.56 | 149.08 | 186.39 |
| | Potatoes | 33.66 | 67.32 | 59.66 | 73.73 |
| | potatoes | 13.24 | 18.77 | 25.80 | 29.64 |
| | Potato products | 13.96 | 23.23 | 29.29 | 37.47 |
| | Potato dishes | 6.20 | 7.10 | 12.52 | 13.01 |
| | Cabbage, cauliflower & similar brassica veg | 12.28 | 14.81 | 17.66 | 15.27 |
| | Carrot and similar root veg | 25.99 | 27.58 | 17.45 | 17.60 |
| | Leaf and stalk veg | 10.57 | 7.63 | 20.41 | 15.44 |
| | Peas and beans | 13.48 | 7.29 | 14.99 | 19.01 |
| | Tomato | 31.61 | 18.78 | 22.67 | 30.68 |
| | Other fruiting vegetables | 26.53 | 20.85 | 33.60 | 24.32 |
| | Other Vegetables And Vegetable Combinations | 24.36 | 12.46 | 28.32 | 18.44 |
| | Dishes where veg is the major component | 22.50 | 16.63 | 20.46 | 26.03 |
| | Legume and pulse products & dishes | 18.94 | 17.86 | 16.51 | 26.58 |
| | Mature legumes and pulses | 17.92 | 7.76 | 16.05 | 10.38 |
| | Mature legumes and pulse product and dishes | 18.21 | 17.61 | 14.18 | 26.14 |
| | Non alcoholic beverages | 26.32 | 16.48 | 17.50 | 13.18 |
| | Fruit and vegetable juices and drinks | 26.32 | 16.48 | 17.50 | 13.18 |
| | Soup | 33.06 | 33.35 | 57.32 | 53.78 |
| | Soup (prepared, ready to eat) | 33.06 | 33.24 | 57.32 | 53.73 |
| | Canned Condensed Soup (Unprepared) | - | 25.08 | 3.37 | 6.75 |
| | Cereal-based products & dishes | 24.09 | 33.15 | 41.98 | 51.89 |
| | Pastries | 10.32 | 15.62 | 38.49 | 16.58 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 24.06 | 33.02 | 41.20 | 51.52 |
| | Fish & seafood products and dishes | 10.53 | - | 2.03 | 1.90 |
| | Mixed dishes with fish or seafood as the major component | 10.53 | - | 2.03 | 1.90 |
| | Meat, poultry and game products & dishes | 25.56 | 24.75 | 50.30 | 38.36 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 25.52 | 24.69 | 41.85 | 25.23 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 13.13 | - | 3.63 | 15.85 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 7.91 | 11.89 | 47.81 | 36.29 |
| | Savoury sauce and condiments | 5.78 | 12.19 | 27.42 | 27.70 |
| | Gravies And Savoury Sauces | 5.78 | 12.19 | 27.42 | 27.70 |
| | Infant formula & foods | 13.77 | - | - | - |
| | Infant Foods | 13.77 | - | - | - |
| | Miscellaneous | 3.59 | 1.27 | 0.32 | 14.39 |
| | Herbs, spices, seasonings and stock cubes | 3.59 | 1.27 | 0.32 | 14.39 |

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| | | | | | |
|------------|--|--------------|---------------|---------------|---------------|
| All | Vegetables | 95.82 | 109.44 | 155.38 | 193.18 |
| | Potatoes | 34.12 | 66.48 | 70.38 | 83.00 |
| | potatoes | 16.66 | 60.57 | 42.11 | 61.53 |
| | Potato products | 21.64 | 33.98 | 47.47 | 50.25 |
| | Potato dishes | 25.78 | 31.20 | 48.39 | 31.98 |
| | Cabbage, cauliflower & similar brassica veg | 21.04 | 14.81 | 17.81 | 54.53 |
| | Carrot and similar root veg | 26.32 | 27.80 | 17.74 | 33.95 |
| | Leaf and stalk veg | 10.35 | 8.63 | 20.47 | 22.72 |
| | Peas and beans | 13.35 | 9.29 | 16.42 | 21.49 |
| | Tomato | 31.99 | 19.01 | 37.78 | 37.52 |
| | Other fruiting vegetables | 26.29 | 20.62 | 38.85 | 23.28 |
| | Other Vegetables And Vegetable Combinations | 24.42 | 20.97 | 28.92 | 23.57 |
| | Dishes where veg is the major component | 22.56 | 25.65 | 23.48 | 41.95 |
| | Legume and pulse products & dishes | 18.68 | 38.11 | 27.58 | 29.15 |
| | Mature legumes and pulses | 17.79 | 36.77 | 18.48 | 10.26 |
| | Mature legumes and pulse product and dishes | 18.06 | 27.47 | 27.30 | 28.87 |
| | Non alcoholic beverages | 31.48 | 16.51 | 26.45 | 19.76 |
| | Fruit and vegetable juices and drinks | 31.48 | 16.51 | 26.45 | 19.76 |
| | Soup | 39.60 | 39.91 | 56.53 | 66.66 |
| | Soup (prepared, ready to eat) | 39.60 | 39.83 | 56.53 | 66.66 |
| | Canned Condensed Soup (Unprepared) | 2.70 | 25.05 | 4.24 | 6.76 |
| | Cereal-based products & dishes | 40.22 | 33.36 | 41.56 | 68.63 |
| | Pastries | 17.51 | 18.40 | 38.27 | 16.51 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 40.14 | 33.16 | 41.05 | 68.38 |
| | Fish & seafood products and dishes | 10.51 | - | 2.03 | 17.60 |
| | Mixed dishes with fish or seafood as the major component | 10.51 | - | 2.03 | 17.60 |
| | Meat, poultry and game products & dishes | 25.57 | 36.67 | 50.83 | 66.77 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 25.50 | 36.51 | 42.04 | 66.27 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 13.13 | - | 3.63 | 15.83 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 7.93 | 23.82 | 47.92 | 55.65 |
| | Savoury sauce and condiments | 18.28 | 18.22 | 36.43 | 54.24 |
| | Gravies And Savoury Sauces | 18.28 | 18.22 | 36.43 | 54.24 |
| | Infant formula & foods | 27.61 | - | - | - |
| | Infant Foods | 27.61 | - | - | - |
| | Miscellaneous | 3.59 | 1.27 | 1.26 | 14.39 |
| | Herbs, spices, seasonings and stock cubes | 3.59 | 1.27 | 1.26 | 14.39 |

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10.1.4 Number of serves of vegetables consumed on the day of the survey

Table 11 Mean number of serves of vegetable food groups in children by age, gender

| | | Age group (years) | | | |
|--------------|--|-------------------|------|------|-------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 1.18 | 1.31 | 1.91 | 2.38 |
| | Potatoes | .31 | .44 | .74 | .90 |
| | potatoes | .13 | .16 | .28 | .32 |
| | Potato products | .11 | .21 | .35 | .43 |
| | Potato dishes | .07 | .07 | .11 | .15 |
| | Cabbage, cauliflower & similar brassica veg | .10 | .12 | .14 | .17 |
| | Carrot and similar root veg | .17 | .17 | .18 | .22 |
| | Leaf and stalk veg | .02 | .04 | .07 | .09 |
| | Peas and beans | .07 | .08 | .13 | .16 |
| | Tomato | .12 | .13 | .16 | .26 |
| | Other fruiting vegetables | .19 | .18 | .25 | .20 |
| | Other Vegetables And Vegetable Combinations | .17 | .13 | .19 | .26 |
| | Dishes where veg is the major component | .03 | .03 | .08 | .11 |
| | Legume and pulse products & dishes | .08 | .11 | .12 | .16 |
| | Mature legumes and pulses | .01 | .03 | .03 | .01 |
| | Mature legumes and pulse product and dishes | .07 | .08 | .09 | .15 |
| | Non alcoholic beverages | .01 | .01 | .01 | .00 |
| | Fruit and vegetable juices and drinks | .01 | .01 | .01 | .00 |
| | Soup | .01 | .02 | .02 | .03 |
| | Soup (prepared, ready to eat) | .01 | .02 | .01 | .03 |
| | Canned Condensed Soup (Unprepared) | .00 | .00 | .00 | .00 |
| | Cereal-based products & dishes | .02 | .02 | .03 | .04 |
| | Pastries | .00 | .01 | .01 | .00 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | .01 | .01 | .02 | .04 |
| | Fish & seafood products and dishes | .00 | .00 | .00 | .00 |
| | Mixed dishes with fish or seafood as the major component | .00 | .00 | .00 | .00 |
| | Meat, poultry and game products & dishes | .05 | .06 | .09 | .14 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | .05 | .05 | .08 | .12 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | .00 | .00 | .00 | .00 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | .00 | .00 | .01 | .02 |
| | Savoury sauce and condiments | .03 | .02 | .04 | .05 |
| | Gravies And Savoury Sauces | .03 | .02 | .04 | .05 |
| | Infant formula & foods | .01 | .00 | .00 | .00 |
| | Infant Foods | .01 | .00 | .00 | .00 |
| | Miscellaneous | .00 | .00 | .00 | .00 |
| | Herbs, spices, seasonings and stock cubes | .00 | .00 | .00 | .00 |
| | TOTAL SERVES CONSUMED | 1.40 | 1.55 | 2.23 | 2.81 |

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| | | | | | |
|----------------|--|------|------|------|------|
| Females | Vegetables | 1.22 | 1.34 | 1.77 | 2.16 |
| | Potatoes | .31 | .48 | .64 | .77 |
| | potatoes | .12 | .18 | .25 | .29 |
| | Potato products | .13 | .23 | .28 | .36 |
| | Potato dishes | .06 | .07 | .12 | .13 |
| | Cabbage, cauliflower & similar brassica veg | .11 | .10 | .13 | .15 |
| | Carrot and similar root veg | .13 | .18 | .18 | .20 |
| | Leaf and stalk veg | .04 | .03 | .07 | .08 |
| | Peas and beans | .08 | .08 | .11 | .13 |
| | Tomato | .13 | .12 | .18 | .20 |
| | Other fruiting vegetables | .23 | .17 | .23 | .34 |
| | Other Vegetables And Vegetable Combinations | .17 | .15 | .18 | .21 |
| | Dishes where veg is the major component | .02 | .03 | .05 | .08 |
| | Legume and pulse products & dishes | .11 | .11 | .06 | .10 |
| | Mature legumes and pulses | .02 | .01 | .01 | .03 |
| | Mature legumes and pulse product and dishes | .10 | .10 | .05 | .08 |
| | Non alcoholic beverages | .00 | .00 | .01 | .00 |
| | Fruit and vegetable juices and drinks | .00 | .00 | .01 | .00 |
| | Soup | .01 | .03 | .05 | .04 |
| | Soup (prepared, ready to eat) | .01 | .02 | .05 | .04 |
| | Canned Condensed Soup (Unprepared) | .00 | .00 | .00 | .00 |
| | Cereal-based products & dishes | .01 | .01 | .06 | .04 |
| | Pastries | .00 | .01 | .02 | .01 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | .01 | .01 | .03 | .04 |
| | Fish & seafood products and dishes | .00 | .00 | .00 | .00 |
| | Mixed dishes with fish or seafood as the major component | .00 | .00 | .00 | .00 |
| | Meat, poultry and game products & dishes | .04 | .03 | .08 | .06 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | .04 | .03 | .06 | .06 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | .00 | .00 | .00 | .00 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | .00 | .00 | .02 | .00 |
| | Savoury sauce and condiments | .02 | .03 | .05 | .05 |
| | Gravies And Savoury Sauces | .02 | .03 | .05 | .05 |
| | Infant formula & foods | .00 | .00 | .00 | .00 |
| | Infant Foods | .00 | .00 | .00 | .00 |
| | Miscellaneous | .00 | .00 | .00 | .01 |
| | Herbs, spices, seasonings and stock cubes | .00 | .00 | .00 | .01 |
| | TOTAL SERVES CONSUMED | 1.42 | 1.55 | 2.07 | 2.48 |

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| | | | | | |
|------------|--|------|------|------|------|
| All | Vegetables | 1.20 | 1.33 | 1.84 | 2.27 |
| | Potatoes | .31 | .46 | .69 | .84 |
| | potatoes | .13 | .17 | .26 | .30 |
| | Potato products | .12 | .22 | .31 | .40 |
| | Potato dishes | .06 | .07 | .12 | .14 |
| | Cabbage, cauliflower & similar brassica veg | .10 | .11 | .14 | .16 |
| | Carrot and similar root veg | .15 | .17 | .18 | .21 |
| | Leaf and stalk veg | .03 | .04 | .07 | .09 |
| | Peas and beans | .08 | .08 | .12 | .15 |
| | Tomato | .12 | .13 | .17 | .23 |
| | Other fruiting vegetables | .21 | .17 | .24 | .27 |
| | Other Vegetables And Vegetable Combinations | .17 | .14 | .18 | .23 |
| | Dishes where veg is the major component | .03 | .03 | .06 | .10 |
| | Legume and pulse products & dishes | .10 | .11 | .09 | .13 |
| | Mature legumes and pulses | .01 | .02 | .02 | .02 |
| | Mature legumes and pulse product and dishes | .08 | .09 | .07 | .11 |
| | Non alcoholic beverages | .00 | .00 | .01 | .00 |
| | Fruit and vegetable juices and drinks | .00 | .00 | .01 | .00 |
| | Soup | .01 | .02 | .03 | .04 |
| | Soup (prepared, ready to eat) | .01 | .02 | .03 | .03 |
| | Canned Condensed Soup (Unprepared) | .00 | .00 | .00 | .00 |
| | Cereal-based products & dishes | .01 | .02 | .04 | .04 |
| | Pastries | .00 | .01 | .01 | .01 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | .01 | .01 | .03 | .04 |
| | Fish & seafood products and dishes | .00 | .00 | .00 | .00 |
| | Mixed dishes with fish or seafood as the major component | .00 | .00 | .00 | .00 |
| | Meat, poultry and game products & dishes | .05 | .04 | .09 | .10 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | .05 | .04 | .07 | .09 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | .00 | .00 | .00 | .00 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | .00 | .00 | .02 | .01 |
| | Savoury sauce and condiments | .02 | .03 | .04 | .05 |
| | Gravies And Savoury Sauces | .02 | .03 | .04 | .05 |
| | Infant formula & foods | .01 | .00 | .00 | .00 |
| | Infant Foods | .01 | .00 | .00 | .00 |
| | Miscellaneous | .00 | .00 | .00 | .01 |
| | Herbs, spices, seasonings and stock cubes | .00 | .00 | .00 | .01 |
| | TOTAL SERVES CONSUMED | 1.41 | 1.55 | 2.15 | 2.65 |

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Table 12 Vegetable Consumers Only - Mean **number of serves** of vegetable food groups in children by age, gender

| | | Age group (years) | | | |
|--------------|--|--------------------------|------------|-------------|--------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Males | Vegetables | 1.53 | 1.70 | 2.48 | 3.05 |
| | Potatoes | .82 | 1.12 | 1.70 | 2.09 |
| | potatoes | .75 | .98 | 1.48 | 1.78 |
| | Potato products | .77 | 1.04 | 1.58 | 1.89 |
| | Potato dishes | .89 | 1.19 | 2.09 | 2.41 |
| | Cabbage, cauliflower & similar brassica veg | .49 | .67 | .78 | 1.16 |
| | Carrot and similar root veg | .45 | .55 | .52 | .78 |
| | Leaf and stalk veg | .19 | .24 | .36 | .36 |
| | Peas and beans | .34 | .42 | .70 | .89 |
| | Tomato | .59 | .64 | .78 | 1.06 |
| | Other fruiting vegetables | .69 | .81 | 1.11 | 1.08 |
| | Other Vegetables And Vegetable Combinations | .45 | .48 | .63 | .77 |
| | Dishes where veg is the major component | .59 | .57 | 1.01 | 1.19 |
| | Legume and pulse products & dishes | 1.33 | 1.71 | 2.08 | 2.53 |
| | Mature legumes and pulses | .60 | 1.82 | 1.12 | .73 |
| | Mature legumes and pulse product and dishes | 1.57 | 1.68 | 2.66 | 3.02 |
| | Non alcoholic beverages | 1.05 | 1.19 | 1.47 | .98 |
| | Fruit and vegetable juices and drinks | 1.05 | 1.19 | 1.47 | .98 |
| | Soup | .65 | .73 | 1.09 | 1.35 |
| | Soup (prepared, ready to eat) | .82 | .80 | 1.40 | 1.71 |
| | Canned Condensed Soup (Unprepared) | .23 | .26 | .44 | .48 |
| | Cereal-based products & dishes | .50 | .77 | .87 | 1.12 |
| | Pastries | .50 | .83 | 1.16 | 1.43 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | .49 | .72 | .80 | 1.10 |
| | Fish & seafood products and dishes | . | . | . | 2.08 |
| | Mixed dishes with fish or seafood as the major component | . | . | . | 2.08 |
| | Meat, poultry and game products & dishes | .72 | 1.19 | 1.34 | 2.15 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | .72 | 1.21 | 1.40 | 2.12 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | . | . | . | . |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | .72 | .98 | 1.06 | 2.19 |
| | Savoury sauce and condiments | .50 | .66 | .94 | 1.14 |
| | Gravies And Savoury Sauces | .50 | .66 | .94 | 1.14 |
| | Infant formula & foods | 1.82 | . | . | . |
| | Infant Foods | 1.82 | . | . | . |
| | Miscellaneous | .03 | .03 | .05 | .09 |
| | Herbs, spices, seasonings and stock cubes | .03 | .03 | .05 | .09 |
| | TOTAL SERVES CONSUMED | 1.65 | 1.83 | 2.64 | 3.34 |

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| | | | | | |
|----------------|--|------|------|------|------|
| Females | Vegetables | 1.57 | 1.68 | 2.25 | 2.67 |
| | Potatoes | .81 | 1.10 | 1.48 | 1.65 |
| | potatoes | .78 | .96 | 1.35 | 1.39 |
| | Potato products | .80 | 1.09 | 1.26 | 1.46 |
| | Potato dishes | .73 | 1.15 | 1.74 | 1.94 |
| | Cabbage, cauliflower & similar brassica veg | .59 | .63 | .83 | .81 |
| | Carrot and similar root veg | .42 | .49 | .54 | .58 |
| | Leaf and stalk veg | .30 | .24 | .32 | .34 |
| | Peas and beans | .40 | .44 | .64 | .67 |
| | Tomato | .65 | .63 | .78 | .85 |
| | Other fruiting vegetables | .86 | .69 | .87 | 1.30 |
| | Other Vegetables And Vegetable Combinations | .47 | .48 | .62 | .64 |
| | Dishes where veg is the major component | .43 | .53 | .63 | .84 |
| | Legume and pulse products & dishes | 1.35 | 1.55 | 1.66 | 1.35 |
| | Mature legumes and pulses | .71 | .79 | 1.31 | .91 |
| | Mature legumes and pulse product and dishes | 1.54 | 1.75 | 1.63 | 1.58 |
| | Non alcoholic beverages | 1.02 | .70 | 1.12 | .66 |
| | Fruit and vegetable juices and drinks | 1.02 | .70 | 1.12 | .66 |
| | Soup | .73 | 1.03 | 1.32 | 1.17 |
| | Soup (prepared, ready to eat) | .73 | .95 | 1.37 | 1.26 |
| | Canned Condensed Soup (Unprepared) | . | 1.41 | .40 | .48 |
| | Cereal-based products & dishes | .79 | .61 | 1.03 | .80 |
| | Pastries | 1.32 | .62 | 1.28 | .93 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | .75 | .61 | .92 | .78 |
| | Fish & seafood products and dishes | 1.24 | . | .24 | .10 |
| | Mixed dishes with fish or seafood as the major component | 1.24 | . | .24 | .10 |
| | Meat, poultry and game products & dishes | .65 | .79 | 1.29 | 1.14 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | .65 | .80 | 1.07 | 1.10 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | .98 | . | .43 | .84 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | .42 | .63 | 1.95 | 4.30 |
| | Savoury sauce and condiments | .32 | .48 | 1.23 | .86 |
| | Gravies And Savoury Sauces | .32 | .48 | 1.23 | .86 |
| | Infant formula & foods | 1.52 | . | . | . |
| | Infant Foods | 1.52 | . | . | . |
| | Miscellaneous | .05 | .04 | .02 | .20 |
| | Herbs, spices, seasonings and stock cubes | .05 | .04 | .02 | .20 |
| | TOTAL SERVES CONSUMED | 1.70 | 1.78 | 2.42 | 2.86 |

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| | | | | | |
|------------|--|------|------|------|------|
| All | Vegetables | 1.55 | 1.69 | 2.37 | 2.86 |
| | Potatoes | .81 | 1.11 | 1.59 | 1.87 |
| | potatoes | .76 | .97 | 1.42 | 1.57 |
| | Potato products | .79 | 1.06 | 1.42 | 1.67 |
| | Potato dishes | .81 | 1.17 | 1.90 | 2.17 |
| | Cabbage, cauliflower & similar brassica veg | .53 | .65 | .80 | .97 |
| | Carrot and similar root veg | .44 | .52 | .53 | .67 |
| | Leaf and stalk veg | .25 | .24 | .34 | .35 |
| | Peas and beans | .37 | .43 | .67 | .78 |
| | Tomato | .62 | .63 | .78 | .96 |
| | Other fruiting vegetables | .78 | .75 | .99 | 1.21 |
| | Other Vegetables And Vegetable Combinations | .46 | .48 | .63 | .71 |
| | Dishes where veg is the major component | .51 | .55 | .82 | 1.02 |
| | Legume and pulse products & dishes | 1.34 | 1.63 | 1.93 | 1.90 |
| | Mature legumes and pulses | .66 | 1.34 | 1.17 | .85 |
| | Mature legumes and pulse product and dishes | 1.55 | 1.71 | 2.21 | 2.33 |
| | Non alcoholic beverages | 1.04 | .98 | 1.33 | .81 |
| | Fruit and vegetable juices and drinks | 1.04 | .98 | 1.33 | .81 |
| | Soup | .68 | .88 | 1.25 | 1.24 |
| | Soup (prepared, ready to eat) | .78 | .87 | 1.38 | 1.40 |
| | Canned Condensed Soup (Unprepared) | .23 | .93 | .43 | .48 |
| | Cereal-based products & dishes | .58 | .71 | .97 | .94 |
| | Pastries | .56 | .75 | 1.25 | 1.03 |
| | Mixed Dishes Where Cereal Is The Major Ingredient | .59 | .68 | .87 | .92 |
| | Fish & seafood products and dishes | 1.24 | . | .24 | 1.08 |
| | Mixed dishes with fish or seafood as the major component | 1.24 | . | .24 | 1.08 |
| | Meat, poultry and game products & dishes | .69 | 1.02 | 1.32 | 1.70 |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | .69 | 1.04 | 1.24 | 1.64 |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | .98 | . | .43 | .84 |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | .68 | .88 | 1.49 | 2.35 |
| | Savoury sauce and condiments | .43 | .56 | 1.06 | .98 |
| | Gravies And Savoury Sauces | .43 | .56 | 1.06 | .98 |
| | Infant formula & foods | 1.77 | . | . | . |
| | Infant Foods | 1.77 | . | . | . |
| | Miscellaneous | .04 | .04 | .04 | .14 |
| | Herbs, spices, seasonings and stock cubes | .04 | .04 | .04 | .14 |
| | TOTAL SERVES CONSUMED | 1.68 | 1.80 | 2.53 | 3.10 |

10.2 Proportion of the sample meeting recommendations for vegetable consumption

For this section, the proportion of the sample meeting dietary recommendations are estimated using different definitions of vegetable intake, as follows:

Vegetables + legumes = food groups 24 + **25** + 31 + 21 + 32

Vegetables – legumes = food groups 24 + 31 + 21 + 32

Vegetables – potato products = food groups 24 + 31 + 21 + 32 - **24102**

Total vegetable intake – all sources = food groups 24+25+31+21+32+15+ 18

Refer to Table 1 for definitions of the food groups.

Table 13 Proportion of children meeting recommendations for **number of serves** of vegetables according to the **Model A** of the Australian Guide to Health Eating

| | | Age group (years) | | | |
|--------------------|---|-------------------|--------------|--------------|--------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Recommended serves | | 2 | 2 | 3 | 4 |
| Males | Vegetables + legumes | 19.0% | 25.8% | 15.6% | 15.6% |
| | Vegetables – legumes | 15.7% | 22.6% | 14.0% | 13.3% |
| | Vegetables –potato products | 13.1% | 18.9% | 10.4% | 9.8% |
| | Total vegetable intake – all sources | 23.4% | 28.6% | 18.0% | 17.9% |
| Females | Vegetables + legumes | 25.7% | 23.7% | 13.3% | 11.0% |
| | Vegetables – legumes | 22.3% | 19.8% | 12.4% | 9.0% |
| | Vegetables –potato products | 19.9% | 16.6% | 10.3% | 7.8% |
| | Total vegetable intake– all sources | 27.4% | 26.1% | 15.2% | 13.8% |
| All | Vegetables + legumes | 22.3% | 24.8% | 14.4% | 13.3% |
| | Vegetables – legumes | 19.0% | 21.2% | 13.2% | 11.2% |
| | Vegetables –potato products | 16.5% | 17.8% | 10.3% | 8.8% |
| | Total vegetable intake– all sources | 25.4% | 27.4% | 16.7% | 15.9% |

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Table 14 Proportion of children meeting recommendations for **number of serves** of vegetables according to the **Model B** of the Australian Guide to Health Eating

| | | Age group (years) | | | |
|--------------------|---|-------------------|-------------|-------------|-------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Recommended serves | | 4 | 4 | 4 | 5 |
| Males | Vegetables + legumes | 2.1% | 5.2% | 7.4% | 8.2% |
| | Vegetables – legumes | 1.6% | 4.7% | 6.5% | 7.2% |
| | Vegetables –potato products | 1.5% | 4.2% | 4.1% | 4.8% |
| | Total vegetable intake – all sources | 2.1% | 5.6% | 8.3% | 9.0% |
| Females | Vegetables + legumes | 5.2% | 3.7% | 6.1% | 5.8% |
| | Vegetables - legumes | 4.2% | 2.8% | 5.4% | 4.4% |
| | Vegetables –potato products | 4.0% | 2.5% | 4.8% | 3.8% |
| | Total vegetable intake– all sources | 5.3% | 4.1% | 6.4% | 6.6% |
| All | Vegetables + legumes | 3.6% | 4.5% | 6.8% | 7.1% |
| | Vegetables - legumes | 2.9% | 3.8% | 6.0% | 5.8% |
| | Vegetables –potato products | 2.7% | 3.4% | 4.5% | 4.3% |
| | Total vegetable intake– all sources | 3.7% | 4.8% | 7.4% | 7.8% |

Table 15 Proportion of sample meeting recommendations for **number of serves** of vegetables according to the **Go for 2 & 5 campaign**

| | | Age group (years) | | | |
|--------------------|---|-------------------|-------------|-------------|-------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Recommended serves | | 5 | 5 | 5 | 5 |
| Males | Vegetables + legumes | .4% | 1.6% | 4.8% | 8.2% |
| | Vegetables - legumes | .3% | 1.2% | 3.6% | 7.2% |
| | Vegetables –potato products | .2% | 1.2% | 2.4% | 4.8% |
| | Total vegetable intake – all sources | .6% | 1.6% | 4.8% | 9.0% |
| Females | Vegetables + legumes | 2.1% | 1.5% | 3.8% | 5.8% |
| | Vegetables - legumes | 2.0% | 1.2% | 3.2% | 4.4% |
| | Vegetables –potato products | 1.7% | 1.0% | 3.0% | 3.8% |
| | Total vegetable intake– all sources | 2.1% | 1.5% | 4.4% | 6.6% |
| All | Vegetables + legumes | 1.2% | 1.6% | 4.3% | 7.1% |
| | Vegetables - legumes | 1.1% | 1.2% | 3.4% | 5.8% |
| | Vegetables –potato products | 1.0% | 1.1% | 2.7% | 4.3% |
| | Total vegetable intake– all sources | 1.3% | 1.6% | 4.6% | 7.8% |

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Table 16 Vegetable Consumers Only - Proportion of children meeting recommendations for number of serves of vegetables according to the **Model A** of the Australian Guide to Health Eating

| | | Age group (years) | | | |
|--------------------|---|-------------------|--------------|--------------|--------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Recommended serves | | 2 | 2 | 3 | 4 |
| Males | Vegetables + legumes | 20.2% | 27.6% | 16.7% | 16.8% |
| | Vegetables – legumes | 16.8% | 24.3% | 15.1% | 14.4% |
| | Vegetables –potato products | 14.9% | 21.6% | 11.9% | 11.5% |
| | Total vegetable intake – all sources | 24.1% | 29.9% | 18.9% | 18.8% |
| Females | Vegetables + legumes | 26.9% | 24.8% | 13.9% | 11.7% |
| | Vegetables – legumes | 23.4% | 20.7% | 13.0% | 9.5% |
| | Vegetables –potato products | 21.6% | 18.2% | 11.6% | 8.7% |
| | Total vegetable intake – all sources | 28.3% | 27.1% | 15.7% | 14.3% |
| All | Vegetables + legumes | 23.5% | 26.3% | 15.3% | 14.3% |
| | Vegetables - legumes | 20.1% | 22.5% | 14.0% | 12.0% |
| | Vegetables –potato products | 18.3% | 19.9% | 11.8% | 10.1% |
| | Total vegetable intake – all sources | 26.2% | 28.5% | 17.3% | 16.6% |

Table 17 Vegetable Consumers Only - Proportion of children meeting recommendations for **number of serves** of vegetables according to the **Model B** of the Australian Guide to Health Eating

| | | Age group (years) | | | |
|--------------------|---|-------------------|-------------|-------------|-------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Recommended serves | | 4 | 4 | 4 | 5 |
| Males | Vegetables + legumes | 2.2% | 5.6% | 8.0% | 8.9% |
| | Vegetables - legumes | 1.7% | 5.1% | 7.0% | 7.8% |
| | Vegetables –potato products | 1.7% | 4.7% | 4.7% | 5.6% |
| | Total vegetable intake – all sources | 2.2% | 5.8% | 8.7% | 9.5% |
| Females | Vegetables + legumes | 5.4% | 3.9% | 6.4% | 6.2% |
| | Vegetables - legumes | 4.4% | 2.9% | 5.7% | 4.6% |
| | Vegetables –potato products | 4.3% | 2.8% | 5.4% | 4.2% |
| | Total vegetable intake – all sources | 5.4% | 4.2% | 6.6% | 6.8% |
| All | Vegetables + legumes | 3.8% | 4.8% | 7.2% | 7.6% |
| | Vegetables - legumes | 3.0% | 4.0% | 6.3% | 6.2% |
| | Vegetables –potato products | 3.0% | 3.8% | 5.1% | 4.9% |
| | Total vegetable intake – all sources | 3.8% | 5.0% | 7.7% | 8.2% |

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Table 18 Vegetable Consumers Only - Proportion of children meeting recommendations for number of serves of vegetables according to **the Go for 2 & 5 campaign**

| | | Age group (years) | | | |
|--------------------|---|-------------------|-------------|-------------|-------------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Recommended serves | | 5 | 5 | 5 | 5 |
| Males | Vegetables + legumes | .4% | 1.7% | 5.1% | 8.9% |
| | Vegetables - legumes | .3% | 1.3% | 3.8% | 7.8% |
| | Vegetables –potato products | .3% | 1.3% | 2.7% | 5.6% |
| | Total vegetable intake – all sources | .6% | 1.7% | 5.0% | 9.5% |
| Females | Vegetables + legumes | 2.1% | 1.6% | 4.0% | 6.2% |
| | Vegetables - legumes | 2.1% | 1.3% | 3.4% | 4.6% |
| | Vegetables –potato products | 1.9% | 1.1% | 3.3% | 4.2% |
| | Total vegetable intake – all sources | 2.1% | 1.6% | 4.5% | 6.8% |
| All | Vegetables + legumes | 1.3% | 1.7% | 4.5% | 7.6% |
| | Vegetables - legumes | 1.2% | 1.3% | 3.6% | 6.2% |
| | Vegetables –potato products | 1.1% | 1.2% | 3.0% | 4.9% |
| | Total vegetable intake – all sources | 1.4% | 1.6% | 4.7% | 8.2% |

10.3 Nutrients derived from vegetables and legumes

10.3.1 Total energy (+ proportion of total energy) from vegetables and legumes

Table 19 Total energy in kilojoules coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|--------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 280.66 | (4.6) | 366.81 | (4.8) | 583.91 | (6.1) | 738.48 | (6.4) |
| | Potatoes | 159.74 | (2.6) | 261.79 | (3.5) | 413.90 | (4.3) | 519.04 | (4.5) |
| | Potatoes | 34.47 | (21.6) | 44.72 | (17.1) | 75.84 | (18.3) | 91.80 | (17.7) |
| | Potato products | 95.12 | (59.6) | 185.71 | (70.9) | 294.75 | (71.2) | 368.89 | (71.1) |
| | Potato dishes | 30.15 | (18.9) | 31.36 | (12.0) | 43.31 | (10.5) | 58.35 | (11.2) |
| | Cabbage, cauliflower & similar brassica veg | 6.62 | (0.1) | 8.82 | (0.1) | 10.06 | (0.1) | 11.73 | (0.1) |
| | Carrot and similar root veg | 17.85 | (0.3) | 15.19 | (0.2) | 17.24 | (0.2) | 27.40 | (0.2) |
| | Leaf and stalk veg | 0.84 | (0.0) | 1.88 | (0.0) | 3.26 | (0.0) | 4.56 | (0.0) |
| | Peas and beans | 9.00 | (0.2) | 8.89 | (0.1) | 14.85 | (0.2) | 17.61 | (0.2) |
| | Tomato | 9.65 | (0.2) | 10.57 | (0.1) | 12.37 | (0.1) | 20.77 | (0.2) |
| | Other fruiting vegetables | 25.26 | (0.4) | 22.70 | (0.3) | 33.68 | (0.4) | 30.36 | (0.3) |
| | Other Vegetables And Vegetable Combinations | 35.22 | (0.6) | 23.81 | (0.3) | 37.04 | (0.4) | 45.97 | (0.4) |
| | Dishes where veg is the major component | 16.48 | (0.3) | 13.15 | (0.2) | 41.52 | (0.4) | 61.04 | (0.5) |
| | Legume and pulse products & dishes | 20.77 | (0.3) | 32.38 | (0.4) | 35.57 | (0.4) | 53.17 | (0.5) |
| | Mature legumes and pulses | 2.15 | (0.0) | 7.97 | (0.1) | 7.28 | (0.1) | 3.08 | (0.0) |
| | Mature legumes and pulse product and dishes | 18.62 | (0.3) | 24.41 | (0.3) | 28.29 | (0.3) | 50.09 | (0.4) |
| | Non alcoholic beverages | 2.92 | (0.1) | 1.76 | (0.0) | 2.48 | (0.0) | 1.49 | (0.0) |
| | Fruit and vegetable juices & drinks | 2.92 | (0.1) | 1.76 | (0.0) | 2.48 | (0.0) | 1.49 | (0.0) |
| | Soup | 5.07 | (0.1) | 8.34 | (0.1) | 7.06 | (0.1) | 22.48 | (0.2) |
| | Soup (prepared, ready to eat) | 4.71 | (0.1) | 7.63 | (0.1) | 6.44 | (0.1) | 21.21 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.36 | (0.0) | 0.71 | (0.0) | 0.62 | (0.0) | 1.27 | (0.0) |
| | Cereal-based products & dishes | 24.46 | (0.4) | 25.88 | (0.3) | 63.13 | (0.7) | 88.91 | (0.8) |
| | Pastries | 4.86 | (0.1) | 10.31 | (0.1) | 8.39 | (0.1) | 3.07 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 19.60 | (0.3) | 15.58 | (0.2) | 54.74 | (0.6) | 85.84 | (0.7) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 3.54 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 3.54 | (0.0) |
| | Meat, poultry and game products & dishes | 59.23 | (1.0) | 50.47 | (0.7) | 85.97 | (0.9) | 145.96 | (1.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 57.11 | (0.9) | 44.48 | (0.6) | 67.19 | (0.7) | 115.25 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 2.11 | (0.0) | 5.99 | (0.1) | 18.78 | (0.2) | 30.71 | (0.3) |
| | Savoury sauce and condiments | 9.83 | (0.2) | 8.63 | (0.1) | 12.81 | (0.1) | 14.03 | (0.1) |
| | Gravies And Savoury Sauces | 9.83 | (0.2) | 8.63 | (0.1) | 12.81 | (0.1) | 14.03 | (0.1) |
| | Infant formula & foods | 2.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 2.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.12 | (0.0) | 0.11 | (0.0) | 0.05 | (0.0) | 0.33 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.12 | (0.0) | 0.11 | (0.0) | 0.05 | (0.0) | 0.33 | (0.0) |

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| | | | | | | | | | |
|----------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| Females | Vegetables | 294.19 | (5.0) | 380.91 | (5.5) | 500.91 | (6.1) | 669.97 | (8.0) |
| | Potatoes | 169.61 | (2.9) | 265.69 | (3.9) | 353.83 | (4.3) | 463.97 | (5.5) |
| | Potatoes | 32.99 | (19.5) | 49.55 | (18.7) | 66.23 | (18.7) | 76.15 | (16.4) |
| | Potato products | 116.61 | (68.8) | 189.00 | (71.1) | 234.02 | (66.1) | 322.59 | (69.5) |
| | Potato dishes | 20.01 | (11.8) | 27.15 | (10.2) | 53.58 | (15.1) | 65.23 | (14.1) |
| | Cabbage, cauliflower & similar brassica veg | 7.94 | (0.1) | 7.38 | (0.1) | 9.45 | (0.1) | 10.34 | (0.1) |
| | Carrot and similar root veg | 15.41 | (0.3) | 15.85 | (0.2) | 19.26 | (0.2) | 20.33 | (0.2) |
| | Leaf and stalk veg | 1.89 | (0.0) | 1.47 | (0.0) | 3.42 | (0.0) | 3.89 | (0.1) |
| | Peas and beans | 9.02 | (0.2) | 8.64 | (0.1) | 12.87 | (0.2) | 13.11 | (0.2) |
| | Tomato | 9.92 | (0.2) | 9.85 | (0.1) | 13.93 | (0.2) | 15.60 | (0.2) |
| | Other fruiting vegetables | 34.65 | (0.6) | 21.32 | (0.3) | 28.60 | (0.4) | 49.75 | (0.6) |
| | Other Vegetables And Vegetable Combinations | 34.92 | (0.6) | 33.42 | (0.5) | 36.48 | (0.5) | 41.29 | (0.5) |
| | Dishes where veg is the major component | 10.83 | (0.2) | 17.30 | (0.3) | 23.07 | (0.3) | 51.68 | (0.6) |
| | Legume and pulse products & dishes | 28.39 | (0.5) | 27.06 | (0.4) | 20.48 | (0.3) | 27.50 | (0.3) |
| | Mature legumes and pulses | 3.89 | (0.1) | 2.96 | (0.0) | 4.02 | (0.1) | 7.72 | (0.1) |
| | Mature legumes and pulse product and dishes | 24.50 | (0.4) | 24.10 | (0.4) | 16.46 | (0.2) | 19.78 | (0.2) |
| | Non alcoholic beverages | 1.44 | (0.0) | 1.29 | (0.0) | 1.24 | (0.0) | 1.12 | (0.0) |
| | Fruit and vegetable juices and drinks | 1.44 | (0.0) | 1.29 | (0.0) | 1.24 | (0.0) | 1.12 | (0.0) |
| | Soup | 5.47 | (0.1) | 14.29 | (0.2) | 31.52 | (0.4) | 28.52 | (0.3) |
| | Soup (prepared, ready to eat) | 5.47 | (0.1) | 12.27 | (0.2) | 31.27 | (0.4) | 27.94 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 2.02 | (0.0) | 0.26 | (0.0) | 0.58 | (0.0) |
| | Cereal-based products & dishes | 18.29 | (0.3) | 15.45 | (0.2) | 82.36 | (1.0) | 83.41 | (1.0) |
| | Pastries | 1.09 | (0.0) | 5.59 | (0.1) | 22.68 | (0.3) | 9.21 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 17.20 | (0.3) | 9.86 | (0.1) | 59.67 | (0.7) | 74.19 | (0.9) |
| | Fish & seafood products and dishes | 1.94 | (0.0) | 0.00 | (0.0) | 0.17 | (0.0) | 0.44 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 1.94 | (0.0) | 0.00 | (0.0) | 0.17 | (0.0) | 0.44 | (0.0) |
| | Meat, poultry and game products & dishes | 39.59 | (0.7) | 29.20 | (0.4) | 84.61 | (1.0) | 61.07 | (0.7) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 38.47 | (0.7) | 26.73 | (0.4) | 65.86 | (0.8) | 55.24 | (0.7) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.64 | (0.0) | 0.00 | (0.0) | 0.53 | (0.0) | 3.25 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.48 | (0.0) | 2.47 | (0.0) | 18.22 | (0.2) | 2.58 | (0.0) |
| | Savoury sauce and condiments | 4.46 | (0.1) | 8.02 | (0.1) | 13.34 | (0.2) | 15.07 | (0.2) |
| | Gravies And Savoury Sauces | 4.46 | (0.1) | 8.02 | (0.1) | 13.34 | (0.2) | 15.07 | (0.2) |
| | Infant formula & foods | 0.68 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.68 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.30 | (0.0) | 0.11 | (0.0) | 0.03 | (0.0) | 0.92 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.30 | (0.0) | 0.11 | (0.0) | 0.03 | (0.0) | 0.92 | (0.0) |

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| | | | | | | | | | |
|------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| All | Vegetables | 287.39 | (4.8) | 373.68 | (5.2) | 543.32 | (6.1) | 705.07 | (7.0) |
| | Potatoes | 164.65 | (2.7) | 263.69 | (3.6) | 384.52 | (4.3) | 492.19 | (4.9) |
| | Potatoes | 33.73 | (20.5) | 47.07 | (17.9) | 71.14 | (18.5) | 84.17 | (17.1) |
| | Potato products | 105.81 | (64.3) | 187.31 | (71.0) | 265.05 | (68.9) | 346.32 | (70.4) |
| | Potato dishes | 25.11 | (15.3) | 29.31 | (11.1) | 48.33 | (12.6) | 61.70 | (12.5) |
| | Cabbage, cauliflower & similar brassica veg | 7.28 | (0.1) | 8.12 | (0.1) | 9.76 | (0.1) | 11.05 | (0.1) |
| | Carrot and similar root veg | 16.63 | (0.3) | 15.51 | (0.2) | 18.23 | (0.2) | 23.95 | (0.2) |
| | Leaf and stalk veg | 1.37 | (0.0) | 1.68 | (0.0) | 3.34 | (0.0) | 4.23 | (0.0) |
| | Peas and beans | 9.01 | (0.2) | 8.77 | (0.1) | 13.88 | (0.2) | 15.42 | (0.2) |
| | Tomato | 9.78 | (0.2) | 10.22 | (0.1) | 13.14 | (0.2) | 18.25 | (0.2) |
| | Other fruiting vegetables | 29.93 | (0.5) | 22.03 | (0.3) | 31.20 | (0.4) | 39.82 | (0.4) |
| | Other Vegetables And Vegetable Combinations | 35.07 | (0.6) | 28.49 | (0.4) | 36.76 | (0.4) | 43.69 | (0.4) |
| | Dishes where veg is the major component | 13.67 | (0.2) | 15.17 | (0.2) | 32.50 | (0.4) | 56.48 | (0.6) |
| | Legume and pulse products & dishes | 24.56 | (0.4) | 29.79 | (0.4) | 28.19 | (0.3) | 40.66 | (0.4) |
| | Mature legumes and pulses | 3.01 | (0.1) | 5.53 | (0.1) | 5.68 | (0.1) | 5.34 | (0.1) |
| | Mature legumes and pulse product and dishes | 21.55 | (0.4) | 24.26 | (0.3) | 22.51 | (0.3) | 35.31 | (0.4) |
| | Non alcoholic beverages | 2.18 | (0.0) | 1.53 | (0.0) | 1.87 | (0.0) | 1.31 | (0.0) |
| | Fruit and vegetable juices and drinks | 2.18 | (0.0) | 1.53 | (0.0) | 1.87 | (0.0) | 1.31 | (0.0) |
| | Soup | 5.27 | (0.1) | 11.24 | (0.2) | 19.02 | (0.2) | 25.42 | (0.3) |
| | Soup (prepared, ready to eat) | 5.09 | (0.1) | 9.89 | (0.1) | 18.58 | (0.2) | 24.49 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.18 | (0.0) | 1.35 | (0.0) | 0.44 | (0.0) | 0.93 | (0.0) |
| | Cereal-based products & dishes | 21.39 | (0.4) | 20.80 | (0.3) | 72.53 | (0.8) | 86.23 | (0.9) |
| | Pastries | 2.98 | (0.1) | 8.01 | (0.1) | 15.38 | (0.2) | 6.06 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 18.41 | (0.3) | 12.79 | (0.2) | 57.15 | (0.6) | 80.16 | (0.8) |
| | Fish & seafood products and dishes | 0.96 | (0.0) | 0.00 | (0.0) | 0.08 | (0.0) | 2.03 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.96 | (0.0) | 0.00 | (0.0) | 0.08 | (0.0) | 2.03 | (0.0) |
| | Meat, poultry and game products & dishes | 49.46 | (0.8) | 40.10 | (0.6) | 85.30 | (1.0) | 104.57 | (1.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 47.84 | (0.8) | 35.83 | (0.5) | 66.54 | (0.8) | 85.99 | (0.9) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.32 | (0.0) | 0.00 | (0.0) | 0.26 | (0.0) | 1.58 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 1.30 | (0.0) | 4.27 | (0.1) | 18.51 | (0.2) | 17.00 | (0.2) |
| | Savoury sauce and condiments | 7.16 | (0.1) | 8.33 | (0.1) | 13.07 | (0.2) | 14.54 | (0.1) |
| | Gravies And Savoury Sauces | 7.16 | (0.1) | 8.33 | (0.1) | 13.07 | (0.2) | 14.54 | (0.1) |
| | Infant formula & foods | 1.35 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 1.35 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.21 | (0.0) | 0.11 | (0.0) | 0.04 | (0.0) | 0.62 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.21 | (0.0) | 0.11 | (0.0) | 0.04 | (0.0) | 0.62 | (0.0) |

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Table 20 Total energy including fibre coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|--------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 302.47 | (4.8) | 390.78 | (5.1) | 619.87 | (6.3) | 782.78 | (6.6) |
| | Potatoes | 164.85 | (2.6) | 269.76 | (3.5) | 427.48 | (4.4) | 536.09 | (4.5) |
| | Potatoes | 36.30 | (22.0) | 47.02 | (17.4) | 79.96 | (18.7) | 96.80 | (18.1) |
| | Potato products | 97.67 | (59.3) | 190.61 | (70.7) | 303.06 | (70.9) | 379.46 | (70.8) |
| | Potato dishes | 30.88 | (18.7) | 32.13 | (11.9) | 44.45 | (10.4) | 59.83 | (11.2) |
| | Cabbage, cauliflower & similar brassica veg | 8.58 | (0.1) | 11.43 | (0.2) | 13.01 | (0.1) | 15.08 | (0.1) |
| | Carrot and similar root veg | 21.78 | (0.4) | 19.29 | (0.3) | 21.36 | (0.2) | 32.47 | (0.3) |
| | Leaf and stalk veg | 1.05 | (0.0) | 2.38 | (0.0) | 4.11 | (0.0) | 5.79 | (0.1) |
| | Peas and beans | 11.01 | (0.2) | 10.87 | (0.1) | 18.18 | (0.2) | 21.62 | (0.2) |
| | Tomato | 10.99 | (0.2) | 12.00 | (0.2) | 14.10 | (0.1) | 23.66 | (0.2) |
| | Other fruiting vegetables | 27.14 | (0.4) | 24.40 | (0.3) | 36.32 | (0.4) | 32.57 | (0.3) |
| | Other Vegetables And Vegetable Combinations | 39.90 | (0.6) | 26.89 | (0.4) | 42.04 | (0.4) | 52.04 | (0.4) |
| | Dishes where veg is the major component | 17.17 | (0.3) | 13.75 | (0.2) | 43.26 | (0.4) | 63.45 | (0.5) |
| | Legume and pulse products & dishes | 23.03 | (0.4) | 35.84 | (0.5) | 38.81 | (0.4) | 58.17 | (0.5) |
| | Mature legumes and pulses | 2.36 | (0.0) | 9.09 | (0.1) | 8.02 | (0.1) | 3.42 | (0.0) |
| | Mature legumes and pulse product and dishes | 20.68 | (0.3) | 26.75 | (0.4) | 30.79 | (0.3) | 54.75 | (0.5) |
| | Non alcoholic beverages | 2.98 | (0.1) | 1.83 | (0.0) | 2.58 | (0.0) | 1.52 | (0.0) |
| | Fruit and vegetable juices and drinks | 2.98 | (0.1) | 1.83 | (0.0) | 2.58 | (0.0) | 1.52 | (0.0) |
| | Soup | 5.77 | (0.1) | 9.08 | (0.1) | 7.89 | (0.1) | 23.51 | (0.2) |
| | Soup (prepared, ready to eat) | 5.37 | (0.1) | 8.33 | (0.1) | 7.23 | (0.1) | 22.16 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.39 | (0.0) | 0.76 | (0.0) | 0.66 | (0.0) | 1.35 | (0.0) |
| | Cereal-based products & dishes | 25.14 | (0.4) | 26.69 | (0.3) | 64.91 | (0.7) | 91.15 | (0.8) |
| | Pastries | 5.02 | (0.1) | 10.68 | (0.1) | 8.69 | (0.1) | 3.18 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 20.12 | (0.3) | 16.01 | (0.2) | 56.22 | (0.6) | 87.97 | (0.7) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 3.61 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 3.61 | (0.0) |
| | Meat, poultry and game products & dishes | 60.27 | (1.0) | 51.51 | (0.7) | 87.80 | (0.9) | 149.03 | (1.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 58.11 | (0.9) | 45.36 | (0.6) | 68.55 | (0.7) | 117.59 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 2.16 | (0.0) | 6.14 | (0.1) | 19.25 | (0.2) | 31.44 | (0.3) |
| | Savoury sauce and condiments | 10.65 | (0.2) | 9.27 | (0.1) | 13.91 | (0.1) | 15.23 | (0.1) |
| | Gravies And Savoury Sauces | 10.65 | (0.2) | 9.27 | (0.1) | 13.91 | (0.1) | 15.23 | (0.1) |
| | Infant formula & foods | 2.14 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 2.14 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.17 | (0.0) | 0.15 | (0.0) | 0.09 | (0.0) | 0.49 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.17 | (0.0) | 0.15 | (0.0) | 0.09 | (0.0) | 0.49 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| Females | Vegetables | 315.98 | (5.2) | 406.34 | (5.8) | 533.15 | (6.4) | 709.49 | (8.3) |
| | Potatoes | 175.16 | (2.9) | 274.30 | (3.9) | 365.25 | (4.4) | 478.54 | (5.6) |
| | Potatoes | 34.71 | (19.8) | 52.12 | (19.0) | 69.77 | (19.1) | 80.49 | (16.8) |
| | Potato products | 119.87 | (68.4) | 194.34 | (70.9) | 240.64 | (65.9) | 331.45 | (69.3) |
| | Potato dishes | 20.57 | (11.8) | 27.83 | (10.2) | 54.83 | (15.0) | 66.60 | (13.9) |
| | Cabbage, cauliflower & similar brassica veg | 10.26 | (0.2) | 9.57 | (0.1) | 12.23 | (0.2) | 13.35 | (0.2) |
| | Carrot and similar root veg | 18.25 | (0.3) | 20.14 | (0.3) | 23.54 | (0.3) | 25.08 | (0.3) |
| | Leaf and stalk veg | 2.34 | (0.0) | 1.87 | (0.0) | 4.36 | (0.1) | 4.94 | (0.1) |
| | Peas and beans | 11.07 | (0.2) | 10.63 | (0.2) | 15.78 | (0.2) | 16.14 | (0.2) |
| | Tomato | 11.22 | (0.2) | 11.21 | (0.2) | 15.85 | (0.2) | 17.72 | (0.2) |
| | Other fruiting vegetables | 36.91 | (0.6) | 23.17 | (0.3) | 31.10 | (0.4) | 53.63 | (0.6) |
| | Other Vegetables And Vegetable Combinations | 39.47 | (0.7) | 37.46 | (0.5) | 40.93 | (0.5) | 46.75 | (0.5) |
| | Dishes where veg is the major component | 11.29 | (0.2) | 18.00 | (0.3) | 24.12 | (0.3) | 53.34 | (0.6) |
| | Legume and pulse products & dishes | 31.18 | (0.5) | 29.84 | (0.4) | 22.34 | (0.3) | 30.47 | (0.4) |
| | Mature legumes and pulses | 4.28 | (0.1) | 3.28 | (0.1) | 4.43 | (0.1) | 8.52 | (0.1) |
| | Mature legumes and pulse product and dishes | 26.90 | (0.5) | 26.56 | (0.4) | 17.90 | (0.2) | 21.95 | (0.3) |
| | Non alcoholic beverages | 1.49 | (0.0) | 1.34 | (0.0) | 1.29 | (0.0) | 1.16 | (0.0) |
| | Fruit and vegetable juices and drinks | 1.49 | (0.0) | 1.34 | (0.0) | 1.29 | (0.0) | 1.16 | (0.0) |
| | Soup | 6.05 | (0.1) | 15.34 | (0.2) | 33.10 | (0.4) | 30.08 | (0.4) |
| | Soup (prepared, ready to eat) | 6.05 | (0.1) | 13.18 | (0.2) | 32.83 | (0.4) | 29.46 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 2.17 | (0.0) | 0.27 | (0.0) | 0.62 | (0.0) |
| | Cereal-based products & dishes | 18.68 | (0.3) | 15.95 | (0.2) | 84.82 | (1.0) | 85.97 | (1.0) |
| | Pastries | 1.13 | (0.0) | 5.80 | (0.1) | 23.51 | (0.3) | 9.55 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 17.55 | (0.3) | 10.15 | (0.1) | 61.31 | (0.7) | 76.42 | (0.9) |
| | Fish & seafood products and dishes | 1.98 | (0.0) | 0.00 | (0.0) | 0.18 | (0.0) | 0.45 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 1.98 | (0.0) | 0.00 | (0.0) | 0.18 | (0.0) | 0.45 | (0.0) |
| | Meat, poultry and game products & dishes | 40.40 | (0.7) | 29.79 | (0.4) | 86.35 | (1.0) | 62.28 | (0.7) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 39.26 | (0.7) | 27.27 | (0.4) | 67.17 | (0.8) | 56.34 | (0.7) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.65 | (0.0) | 0.00 | (0.0) | 0.54 | (0.0) | 3.30 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.49 | (0.0) | 2.52 | (0.0) | 18.64 | (0.2) | 2.65 | (0.0) |
| | Savoury sauce and condiments | 4.85 | (0.1) | 8.68 | (0.1) | 14.48 | (0.2) | 16.34 | (0.2) |
| | Gravies And Savoury Sauces | 4.85 | (0.1) | 8.68 | (0.1) | 14.48 | (0.2) | 16.34 | (0.2) |
| | Infant formula & foods | 0.74 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.74 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.39 | (0.0) | 0.15 | (0.0) | 0.04 | (0.0) | 1.14 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.39 | (0.0) | 0.15 | (0.0) | 0.04 | (0.0) | 1.14 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| All | Vegetables | 309.19 | (5.0) | 398.37 | (5.4) | 577.46 | (6.4) | 747.04 | (7.3) |
| | Potatoes | 169.98 | (2.8) | 271.97 | (3.7) | 397.04 | (4.4) | 508.03 | (5.0) |
| | Potatoes | 35.51 | (20.9) | 49.51 | (18.2) | 74.98 | (18.9) | 88.85 | (17.5) |
| | Potato products | 108.72 | (64.0) | 192.43 | (70.8) | 272.54 | (68.6) | 356.05 | (70.1) |
| | Potato dishes | 25.76 | (15.2) | 30.03 | (11.0) | 49.53 | (12.5) | 63.13 | (12.4) |
| | Cabbage, cauliflower & similar brassica veg | 9.42 | (0.2) | 10.53 | (0.1) | 12.63 | (0.1) | 14.24 | (0.1) |
| | Carrot and similar root veg | 20.02 | (0.3) | 19.71 | (0.3) | 22.43 | (0.3) | 28.87 | (0.3) |
| | Leaf and stalk veg | 1.69 | (0.0) | 2.13 | (0.0) | 4.23 | (0.1) | 5.38 | (0.1) |
| | Peas and beans | 11.04 | (0.2) | 10.75 | (0.2) | 17.00 | (0.2) | 18.95 | (0.2) |
| | Tomato | 11.11 | (0.2) | 11.62 | (0.2) | 14.96 | (0.2) | 20.77 | (0.2) |
| | Other fruiting vegetables | 32.00 | (0.5) | 23.80 | (0.3) | 33.77 | (0.4) | 42.84 | (0.4) |
| | Other Vegetables And Vegetable Combinations | 39.69 | (0.6) | 32.05 | (0.4) | 41.50 | (0.5) | 49.46 | (0.5) |
| | Dishes where veg is the major component | 14.24 | (0.2) | 15.82 | (0.2) | 33.90 | (0.4) | 58.52 | (0.6) |
| | Legume and pulse products & dishes | 27.09 | (0.4) | 32.91 | (0.5) | 30.75 | (0.3) | 44.66 | (0.4) |
| | Mature legumes and pulses | 3.31 | (0.1) | 6.26 | (0.1) | 6.27 | (0.1) | 5.90 | (0.1) |
| | Mature legumes and pulse product and dishes | 23.77 | (0.4) | 26.65 | (0.4) | 24.49 | (0.3) | 38.76 | (0.4) |
| | Non alcoholic beverages | 2.24 | (0.0) | 1.59 | (0.0) | 1.95 | (0.0) | 1.34 | (0.0) |
| | Fruit and vegetable juices and drinks | 2.24 | (0.0) | 1.59 | (0.0) | 1.95 | (0.0) | 1.34 | (0.0) |
| | Soup | 5.91 | (0.1) | 12.14 | (0.2) | 20.22 | (0.2) | 26.72 | (0.3) |
| | Soup (prepared, ready to eat) | 5.71 | (0.1) | 10.69 | (0.1) | 19.75 | (0.2) | 25.72 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.20 | (0.0) | 1.44 | (0.0) | 0.47 | (0.0) | 1.00 | (0.0) |
| | Cereal-based products & dishes | 21.93 | (0.4) | 21.45 | (0.3) | 74.65 | (0.8) | 88.62 | (0.9) |
| | Pastries | 3.09 | (0.1) | 8.30 | (0.1) | 15.94 | (0.2) | 6.29 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 18.84 | (0.3) | 13.15 | (0.2) | 58.71 | (0.7) | 82.34 | (0.8) |
| | Fish & seafood products and dishes | 0.98 | (0.0) | 0.00 | (0.0) | 0.09 | (0.0) | 2.07 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.98 | (0.0) | 0.00 | (0.0) | 0.09 | (0.0) | 2.07 | (0.0) |
| | Meat, poultry and game products & dishes | 50.39 | (0.8) | 40.92 | (0.6) | 87.09 | (1.0) | 106.74 | (1.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 48.73 | (0.8) | 36.54 | (0.5) | 67.87 | (0.8) | 87.73 | (0.9) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.33 | (0.0) | 0.00 | (0.0) | 0.26 | (0.0) | 1.61 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 1.33 | (0.0) | 4.38 | (0.1) | 18.95 | (0.2) | 17.40 | (0.2) |
| | Savoury sauce and condiments | 7.76 | (0.1) | 8.98 | (0.1) | 14.19 | (0.2) | 15.77 | (0.2) |
| | Gravies And Savoury Sauces | 7.76 | (0.1) | 8.98 | (0.1) | 14.19 | (0.2) | 15.77 | (0.2) |
| | Infant formula & foods | 1.44 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 1.44 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.28 | (0.0) | 0.15 | (0.0) | 0.07 | (0.0) | 0.81 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.28 | (0.0) | 0.15 | (0.0) | 0.07 | (0.0) | 0.81 | (0.0) |

10.3.2 Total macronutrient and fibre (+ proportion of total consumed) from
vegetables and legumes

Table 21 Total protein coming vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 2.28 | (3.8) | 2.78 | (3.7) | 4.23 | (4.5) | 5.42 | (4.5) |
| | Potatoes | 0.86 | (1.4) | 1.33 | (1.8) | 2.17 | (2.3) | 2.65 | (2.2) |
| | Potatoes | 0.31 | (36.3) | 0.39 | (29.1) | 0.68 | (31.2) | 0.80 | (30.1) |
| | Potato products | 0.37 | (43.4) | 0.74 | (55.7) | 1.19 | (54.7) | 1.48 | (56.1) |
| | Potato dishes | 0.17 | (20.3) | 0.20 | (15.3) | 0.31 | (14.1) | 0.37 | (13.9) |
| | Cabbage, cauliflower & similar brassica veg | 0.26 | (0.4) | 0.35 | (0.5) | 0.39 | (0.4) | 0.41 | (0.3) |
| | Carrot and similar root veg | 0.14 | (0.2) | 0.12 | (0.2) | 0.14 | (0.2) | 0.20 | (0.2) |
| | Leaf and stalk veg | 0.02 | (0.0) | 0.05 | (0.1) | 0.10 | (0.1) | 0.14 | (0.1) |
| | Peas and beans | 0.21 | (0.4) | 0.21 | (0.3) | 0.34 | (0.4) | 0.41 | (0.3) |
| | Tomato | 0.13 | (0.2) | 0.14 | (0.2) | 0.17 | (0.2) | 0.28 | (0.2) |
| | Other fruiting vegetables | 0.15 | (0.3) | 0.14 | (0.2) | 0.21 | (0.2) | 0.17 | (0.1) |
| | Other Vegetables And Vegetable Combinations | 0.41 | (0.7) | 0.30 | (0.4) | 0.42 | (0.4) | 0.59 | (0.5) |
| | Dishes where veg is the major component | 0.10 | (0.2) | 0.12 | (0.2) | 0.30 | (0.3) | 0.57 | (0.5) |
| | Legume and pulse products & dishes | 0.33 | (0.5) | 0.56 | (0.8) | 0.62 | (0.7) | 0.95 | (0.8) |
| | Mature legumes and pulses | 0.04 | (0.1) | 0.15 | (0.2) | 0.15 | (0.2) | 0.07 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.28 | (0.5) | 0.41 | (0.6) | 0.48 | (0.5) | 0.88 | (0.7) |
| | Non alcoholic beverages | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.07 | (0.1) | 0.09 | (0.1) | 0.10 | (0.1) | 0.18 | (0.2) |
| | Soup (prepared, ready to eat) | 0.07 | (0.1) | 0.09 | (0.1) | 0.09 | (0.1) | 0.17 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.30 | (0.5) | 0.26 | (0.4) | 0.74 | (0.8) | 1.22 | (1.0) |
| | Pastries | 0.03 | (0.1) | 0.06 | (0.1) | 0.05 | (0.1) | 0.02 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.26 | (0.4) | 0.20 | (0.3) | 0.69 | (0.7) | 1.20 | (1.0) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.09 | (0.1) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.09 | (0.1) |
| | Meat, poultry and game products & dishes | 1.42 | (2.3) | 1.32 | (1.8) | 2.34 | (2.5) | 3.71 | (3.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 1.37 | (2.3) | 1.17 | (1.6) | 1.77 | (1.9) | 2.93 | (2.4) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.05 | (0.1) | 0.15 | (0.2) | 0.57 | (0.6) | 0.78 | (0.6) |
| | Savoury sauce and condiments | 0.08 | (0.1) | 0.11 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Gravies And Savoury Sauces | 0.08 | (0.1) | 0.11 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Infant formula & foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |

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Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 2.35 | (4.0) | 2.84 | (4.3) | 3.76 | (4.7) | 4.82 | (5.9) |
| | Potatoes | 0.88 | (1.5) | 1.38 | (2.1) | 1.87 | (2.4) | 2.32 | (2.9) |
| | Potatoes | 0.30 | (33.7) | 0.44 | (31.9) | 0.59 | (31.5) | 0.67 | (28.9) |
| | Potato products | 0.46 | (51.7) | 0.78 | (56.2) | 0.96 | (51.1) | 1.27 | (54.9) |
| | Potato dishes | 0.13 | (14.6) | 0.16 | (11.9) | 0.33 | (17.5) | 0.38 | (16.2) |
| | Cabbage, cauliflower & similar brassica veg | 0.30 | (0.5) | 0.30 | (0.5) | 0.36 | (0.5) | 0.37 | (0.5) |
| | Carrot and similar root veg | 0.12 | (0.2) | 0.13 | (0.2) | 0.15 | (0.2) | 0.16 | (0.2) |
| | Leaf and stalk veg | 0.05 | (0.1) | 0.04 | (0.1) | 0.11 | (0.1) | 0.12 | (0.1) |
| | Peas and beans | 0.21 | (0.4) | 0.20 | (0.3) | 0.30 | (0.4) | 0.31 | (0.4) |
| | Tomato | 0.13 | (0.2) | 0.14 | (0.2) | 0.19 | (0.2) | 0.21 | (0.3) |
| | Other fruiting vegetables | 0.18 | (0.3) | 0.14 | (0.2) | 0.19 | (0.2) | 0.30 | (0.4) |
| | Other Vegetables And Vegetable Combinations | 0.41 | (0.7) | 0.38 | (0.6) | 0.42 | (0.5) | 0.49 | (0.6) |
| | Dishes where veg is the major component | 0.07 | (0.1) | 0.13 | (0.2) | 0.16 | (0.2) | 0.54 | (0.7) |
| | Legume and pulse products & dishes | 0.43 | (0.7) | 0.44 | (0.7) | 0.37 | (0.5) | 0.46 | (0.6) |
| | Mature legumes and pulses | 0.08 | (0.1) | 0.06 | (0.1) | 0.07 | (0.1) | 0.15 | (0.2) |
| | Mature legumes and pulse product and dishes | 0.34 | (0.6) | 0.38 | (0.6) | 0.30 | (0.4) | 0.32 | (0.4) |
| | Non alcoholic beverages | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.06 | (0.1) | 0.13 | (0.2) | 0.26 | (0.3) | 0.29 | (0.4) |
| | Soup (prepared, ready to eat) | 0.06 | (0.1) | 0.12 | (0.2) | 0.26 | (0.3) | 0.28 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.25 | (0.4) | 0.16 | (0.2) | 0.91 | (1.2) | 0.98 | (1.2) |
| | Pastries | 0.01 | (0.0) | 0.03 | (0.1) | 0.13 | (0.2) | 0.05 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.24 | (0.4) | 0.13 | (0.2) | 0.79 | (1.0) | 0.93 | (1.1) |
| | Fish & seafood products and dishes | 0.05 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.05 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.98 | (1.7) | 0.71 | (1.1) | 2.04 | (2.6) | 1.55 | (1.9) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.96 | (1.6) | 0.66 | (1.0) | 1.60 | (2.0) | 1.40 | (1.7) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.08 | (0.1) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.05 | (0.1) | 0.43 | (0.5) | 0.07 | (0.1) |
| | Savoury sauce and condiments | 0.03 | (0.1) | 0.07 | (0.1) | 0.10 | (0.1) | 0.12 | (0.2) |
| | Gravies And Savoury Sauces | 0.03 | (0.1) | 0.07 | (0.1) | 0.10 | (0.1) | 0.12 | (0.2) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
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| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 2.32 | (3.9) | 2.81 | (4.0) | 4.00 | (4.6) | 5.12 | (5.0) |
| | Potatoes | 0.87 | (1.5) | 1.36 | (1.9) | 2.02 | (2.3) | 2.49 | (2.5) |
| | Potatoes | 0.30 | (35.0) | 0.41 | (30.5) | 0.63 | (31.3) | 0.74 | (29.6) |
| | Potato products | 0.41 | (47.6) | 0.76 | (55.9) | 1.07 | (53.1) | 1.38 | (55.5) |
| | Potato dishes | 0.15 | (17.4) | 0.18 | (13.6) | 0.32 | (15.6) | 0.37 | (14.9) |
| | Cabbage, cauliflower & similar brassica veg | 0.28 | (0.5) | 0.33 | (0.5) | 0.37 | (0.4) | 0.39 | (0.4) |
| | Carrot and similar root veg | 0.13 | (0.2) | 0.13 | (0.2) | 0.14 | (0.2) | 0.18 | (0.2) |
| | Leaf and stalk veg | 0.04 | (0.1) | 0.05 | (0.1) | 0.10 | (0.1) | 0.13 | (0.1) |
| | Peas and beans | 0.21 | (0.4) | 0.21 | (0.3) | 0.32 | (0.4) | 0.36 | (0.4) |
| | Tomato | 0.13 | (0.2) | 0.14 | (0.2) | 0.18 | (0.2) | 0.25 | (0.2) |
| | Other fruiting vegetables | 0.16 | (0.3) | 0.14 | (0.2) | 0.20 | (0.2) | 0.23 | (0.2) |
| | Other Vegetables And Vegetable Combinations | 0.41 | (0.7) | 0.34 | (0.5) | 0.42 | (0.5) | 0.54 | (0.5) |
| | Dishes where veg is the major component | 0.09 | (0.1) | 0.13 | (0.2) | 0.23 | (0.3) | 0.55 | (0.5) |
| | Legume and pulse products & dishes | 0.38 | (0.6) | 0.50 | (0.7) | 0.50 | (0.6) | 0.71 | (0.7) |
| | Mature legumes and pulses | 0.06 | (0.1) | 0.11 | (0.2) | 0.11 | (0.1) | 0.11 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.31 | (0.5) | 0.39 | (0.6) | 0.39 | (0.5) | 0.61 | (0.6) |
| | Non alcoholic beverages | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.06 | (0.1) | 0.11 | (0.2) | 0.18 | (0.2) | 0.23 | (0.2) |
| | Soup (prepared, ready to eat) | 0.06 | (0.1) | 0.10 | (0.2) | 0.18 | (0.2) | 0.23 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.27 | (0.5) | 0.21 | (0.3) | 0.82 | (0.9) | 1.10 | (1.1) |
| | Pastries | 0.02 | (0.0) | 0.05 | (0.1) | 0.09 | (0.1) | 0.03 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.25 | (0.4) | 0.16 | (0.2) | 0.74 | (0.8) | 1.07 | (1.1) |
| | Fish & seafood products and dishes | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.05 | (0.1) |
| | Mixed dishes with fish or seafood as the major component | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.05 | (0.1) |
| | Meat, poultry and game products & dishes | 1.20 | (2.0) | 1.02 | (1.5) | 2.19 | (2.5) | 2.66 | (2.6) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 1.17 | (2.0) | 0.92 | (1.3) | 1.68 | (1.9) | 2.19 | (2.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.04 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.03 | (0.1) | 0.10 | (0.1) | 0.50 | (0.6) | 0.43 | (0.4) |
| | Savoury sauce and condiments | 0.06 | (0.1) | 0.09 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Gravies And Savoury Sauces | 0.06 | (0.1) | 0.09 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |

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Table 22 Total fat coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 – 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 2.33 | (4.5) | 3.40 | (5.3) | 5.41 | (6.7) | 7.19 | (7.2) |
| | Potatoes | 1.57 | (3.1) | 2.72 | (4.2) | 4.17 | (5.2) | 5.37 | (5.4) |
| | Potatoes | 0.02 | (1.0) | 0.06 | (2.1) | 0.05 | (1.2) | 0.11 | (2.1) |
| | Potato products | 1.19 | (75.7) | 2.28 | (84.1) | 3.67 | (88.1) | 4.57 | (85.0) |
| | Potato dishes | 0.37 | (23.3) | 0.38 | (13.8) | 0.45 | (10.7) | 0.69 | (12.9) |
| | Cabbage, cauliflower & similar brassica veg | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) | 0.03 | (0.0) |
| | Carrot and similar root veg | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Peas and beans | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) | 0.04 | (0.0) |
| | Tomato | 0.01 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) |
| | Other fruiting vegetables | 0.40 | (0.8) | 0.35 | (0.6) | 0.51 | (0.6) | 0.52 | (0.5) |
| | Other Vegetables And Vegetable Combinations | 0.13 | (0.3) | 0.08 | (0.1) | 0.15 | (0.2) | 0.17 | (0.2) |
| | Dishes where veg is the major component | 0.17 | (0.3) | 0.17 | (0.3) | 0.47 | (0.6) | 0.99 | (1.0) |
| | Legume and pulse products & dishes | 0.10 | (0.2) | 0.18 | (0.3) | 0.17 | (0.2) | 0.45 | (0.5) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.10 | (0.2) | 0.17 | (0.3) | 0.15 | (0.2) | 0.44 | (0.4) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.03 | (0.1) | 0.04 | (0.1) | 0.04 | (0.1) | 0.29 | (0.3) |
| | Soup (prepared, ready to eat) | 0.02 | (0.1) | 0.03 | (0.1) | 0.04 | (0.1) | 0.28 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.22 | (0.4) | 0.24 | (0.4) | 0.62 | (0.8) | 0.87 | (0.9) |
| | Pastries | 0.05 | (0.1) | 0.11 | (0.2) | 0.10 | (0.1) | 0.04 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.17 | (0.3) | 0.13 | (0.2) | 0.52 | (0.7) | 0.83 | (0.8) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Meat, poultry and game products & dishes | 0.81 | (1.6) | 0.62 | (1.0) | 1.01 | (1.2) | 1.65 | (1.7) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.78 | (1.5) | 0.55 | (0.9) | 0.82 | (1.0) | 1.34 | (1.3) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.03 | (0.1) | 0.07 | (0.1) | 0.19 | (0.2) | 0.30 | (0.3) |
| | Savoury sauce and condiments | 0.08 | (0.2) | 0.07 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Gravies And Savoury Sauces | 0.08 | (0.2) | 0.07 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 2.65 | (5.3) | 3.36 | (5.7) | 4.52 | (6.4) | 6.84 | (9.4) |
| | Potatoes | 1.69 | (3.3) | 2.66 | (4.5) | 3.57 | (5.1) | 4.98 | (6.8) |
| | Potatoes | 0.02 | (0.9) | 0.04 | (1.5) | 0.05 | (1.4) | 0.07 | (1.3) |
| | Potato products | 1.46 | (86.5) | 2.30 | (86.3) | 2.86 | (80.1) | 4.04 | (81.2) |
| | Potato dishes | 0.21 | (12.6) | 0.32 | (12.1) | 0.66 | (18.5) | 0.87 | (17.5) |
| | Cabbage, cauliflower & similar brassica veg | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) | 0.03 | (0.0) |
| | Carrot and similar root veg | 0.01 | (0.0) | 0.01 | (0.0) | 0.03 | (0.1) | 0.02 | (0.0) |
| | Leaf and stalk veg | 0.01 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) |
| | Peas and beans | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) | 0.03 | (0.0) |
| | Tomato | 0.01 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) |
| | Other fruiting vegetables | 0.59 | (1.2) | 0.26 | (0.4) | 0.35 | (0.5) | 0.70 | (1.0) |
| | Other Vegetables And Vegetable Combinations | 0.16 | (0.3) | 0.16 | (0.3) | 0.15 | (0.2) | 0.19 | (0.3) |
| | Dishes where veg is the major component | 0.14 | (0.3) | 0.22 | (0.4) | 0.33 | (0.5) | 0.84 | (1.2) |
| | Legume and pulse products & dishes | 0.22 | (0.4) | 0.22 | (0.4) | 0.15 | (0.2) | 0.13 | (0.2) |
| | Mature legumes and pulses | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.21 | (0.4) | 0.22 | (0.4) | 0.14 | (0.2) | 0.11 | (0.2) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.05 | (0.1) | 0.14 | (0.2) | 0.29 | (0.4) | 0.29 | (0.4) |
| | Soup (prepared, ready to eat) | 0.05 | (0.1) | 0.14 | (0.2) | 0.29 | (0.4) | 0.29 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.17 | (0.4) | 0.13 | (0.2) | 0.71 | (1.0) | 0.64 | (0.9) |
| | Pastries | 0.01 | (0.0) | 0.06 | (0.1) | 0.23 | (0.3) | 0.10 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.16 | (0.3) | 0.07 | (0.1) | 0.48 | (0.7) | 0.55 | (0.8) |
| | Fish & seafood products and dishes | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.51 | (1.0) | 0.39 | (0.7) | 1.10 | (1.6) | 0.72 | (1.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.49 | (1.0) | 0.36 | (0.6) | 0.90 | (1.3) | 0.67 | (0.9) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.04 | (0.1) | 0.19 | (0.3) | 0.02 | (0.0) |
| | Savoury sauce and condiments | 0.03 | (0.1) | 0.06 | (0.1) | 0.10 | (0.1) | 0.12 | (0.2) |
| | Gravies And Savoury Sauces | 0.03 | (0.1) | 0.06 | (0.1) | 0.10 | (0.1) | 0.12 | (0.2) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 2.49 | (4.9) | 3.38 | (5.5) | 4.97 | (6.6) | 7.02 | (8.1) |
| | Potatoes | 1.63 | (3.2) | 2.69 | (4.4) | 3.88 | (5.1) | 5.18 | (6.0) |
| | Potatoes | 0.02 | (1.0) | 0.05 | (1.8) | 0.05 | (1.3) | 0.09 | (1.8) |
| | Potato products | 1.32 | (81.3) | 2.29 | (85.2) | 3.28 | (84.5) | 4.31 | (83.2) |
| | Potato dishes | 0.29 | (17.8) | 0.35 | (13.0) | 0.55 | (14.2) | 0.78 | (15.1) |
| | Cabbage, cauliflower & similar brassica veg | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) | 0.03 | (0.0) |
| | Carrot and similar root veg | 0.01 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Peas and beans | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) | 0.03 | (0.0) |
| | Tomato | 0.01 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) |
| | Other fruiting vegetables | 0.49 | (1.0) | 0.31 | (0.5) | 0.43 | (0.6) | 0.61 | (0.7) |
| | Other Vegetables And Vegetable Combinations | 0.15 | (0.3) | 0.12 | (0.2) | 0.15 | (0.2) | 0.18 | (0.2) |
| | Dishes where veg is the major component | 0.16 | (0.3) | 0.19 | (0.3) | 0.40 | (0.5) | 0.92 | (1.1) |
| | Legume and pulse products & dishes | 0.16 | (0.3) | 0.20 | (0.3) | 0.16 | (0.2) | 0.29 | (0.3) |
| | Mature legumes and pulses | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.16 | (0.3) | 0.19 | (0.3) | 0.15 | (0.2) | 0.28 | (0.3) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.04 | (0.1) | 0.09 | (0.2) | 0.16 | (0.2) | 0.29 | (0.3) |
| | Soup (prepared, ready to eat) | 0.04 | (0.1) | 0.08 | (0.1) | 0.16 | (0.2) | 0.28 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.20 | (0.4) | 0.19 | (0.3) | 0.67 | (0.9) | 0.76 | (0.9) |
| | Pastries | 0.03 | (0.1) | 0.09 | (0.1) | 0.16 | (0.2) | 0.07 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.16 | (0.3) | 0.10 | (0.2) | 0.50 | (0.7) | 0.69 | (0.8) |
| | Fish & seafood products and dishes | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Meat, poultry and game products & dishes | 0.66 | (1.3) | 0.51 | (0.8) | 1.05 | (1.4) | 1.19 | (1.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.64 | (1.3) | 0.46 | (0.7) | 0.86 | (1.1) | 1.02 | (1.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.02 | (0.0) | 0.06 | (0.1) | 0.19 | (0.3) | 0.16 | (0.2) |
| | Savoury sauce and condiments | 0.06 | (0.1) | 0.06 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Gravies And Savoury Sauces | 0.06 | (0.1) | 0.06 | (0.1) | 0.10 | (0.1) | 0.11 | (0.1) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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Table 23 Total saturated fat coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 0.64 | (2.6) | 0.87 | (3.0) | 1.46 | (4.0) | 2.03 | (4.6) |
| | Potatoes | 0.47 | (1.9) | 0.71 | (2.4) | 1.17 | (3.2) | 1.54 | (3.5) |
| | Potatoes | 0.00 | (0.3) | 0.01 | (1.9) | 0.01 | (0.7) | 0.03 | (1.7) |
| | Potato products | 0.26 | (55.8) | 0.47 | (67.3) | 0.90 | (77.2) | 1.12 | (72.4) |
| | Potato dishes | 0.21 | (43.9) | 0.22 | (30.8) | 0.26 | (22.1) | 0.40 | (25.9) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.09 | (0.4) | 0.08 | (0.3) | 0.11 | (0.3) | 0.11 | (0.3) |
| | Other Vegetables And Vegetable Combinations | 0.02 | (0.1) | 0.01 | (0.0) | 0.02 | (0.1) | 0.03 | (0.1) |
| | Dishes where veg is the major component | 0.05 | (0.2) | 0.07 | (0.2) | 0.15 | (0.4) | 0.33 | (0.8) |
| | Legume and pulse products & dishes | 0.02 | (0.1) | 0.03 | (0.1) | 0.03 | (0.1) | 0.06 | (0.1) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.02 | (0.1) | 0.02 | (0.1) | 0.03 | (0.1) | 0.06 | (0.1) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.00 | (0.0) | 0.01 | (0.1) | 0.02 | (0.1) | 0.14 | (0.3) |
| | Soup (prepared, ready to eat) | 0.00 | (0.0) | 0.01 | (0.0) | 0.02 | (0.1) | 0.13 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.10 | (0.4) | 0.11 | (0.4) | 0.28 | (0.8) | 0.39 | (0.9) |
| | Pastries | 0.03 | (0.1) | 0.06 | (0.2) | 0.05 | (0.1) | 0.02 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.08 | (0.3) | 0.05 | (0.2) | 0.23 | (0.6) | 0.37 | (0.8) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.32 | (1.3) | 0.22 | (0.7) | 0.37 | (1.0) | 0.52 | (1.2) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.31 | (1.3) | 0.20 | (0.7) | 0.32 | (0.9) | 0.44 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.02 | (0.1) | 0.04 | (0.1) | 0.07 | (0.2) |
| | Savoury sauce and condiments | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Gravies And Savoury Sauces | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 0.69 | (3.0) | 0.89 | (3.4) | 1.26 | (4.0) | 1.99 | (6.3) |
| | Potatoes | 0.48 | (2.1) | 0.73 | (2.8) | 1.06 | (3.4) | 1.46 | (4.6) |
| | Potatoes | 0.00 | (0.3) | 0.01 | (1.0) | 0.01 | (0.8) | 0.01 | (0.9) |
| | Potato products | 0.35 | (72.6) | 0.55 | (75.3) | 0.68 | (64.2) | 0.95 | (64.9) |
| | Potato dishes | 0.13 | (27.0) | 0.17 | (23.7) | 0.37 | (35.0) | 0.50 | (34.2) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.13 | (0.6) | 0.05 | (0.2) | 0.07 | (0.2) | 0.15 | (0.5) |
| | Other Vegetables And Vegetable Combinations | 0.04 | (0.2) | 0.02 | (0.1) | 0.02 | (0.1) | 0.05 | (0.2) |
| | Dishes where veg is the major component | 0.04 | (0.2) | 0.07 | (0.3) | 0.09 | (0.3) | 0.31 | (1.0) |
| | Legume and pulse products & dishes | 0.03 | (0.1) | 0.04 | (0.1) | 0.02 | (0.1) | 0.02 | (0.1) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.03 | (0.1) | 0.04 | (0.1) | 0.02 | (0.1) | 0.02 | (0.1) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.1) | 0.07 | (0.3) | 0.15 | (0.5) | 0.11 | (0.4) |
| | Soup (prepared, ready to eat) | 0.02 | (0.1) | 0.07 | (0.3) | 0.15 | (0.5) | 0.11 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.08 | (0.4) | 0.06 | (0.2) | 0.31 | (1.0) | 0.25 | (0.8) |
| | Pastries | 0.01 | (0.0) | 0.03 | (0.1) | 0.11 | (0.3) | 0.05 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.08 | (0.3) | 0.03 | (0.1) | 0.20 | (0.6) | 0.20 | (0.6) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.19 | (0.8) | 0.13 | (0.5) | 0.35 | (1.1) | 0.27 | (0.9) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.19 | (0.8) | 0.12 | (0.5) | 0.31 | (1.0) | 0.26 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.0) | 0.04 | (0.1) | 0.00 | (0.0) |
| | Savoury sauce and condiments | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Gravies And Savoury Sauces | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 0.66 | (2.8) | 0.88 | (3.2) | 1.36 | (4.0) | 2.01 | (5.3) |
| | Potatoes | 0.48 | (2.0) | 0.72 | (2.6) | 1.11 | (3.3) | 1.50 | (4.0) |
| | Potatoes | 0.00 | (0.3) | 0.01 | (1.5) | 0.01 | (0.8) | 0.02 | (1.3) |
| | Potato products | 0.31 | (64.3) | 0.51 | (71.3) | 0.79 | (71.2) | 1.04 | (68.8) |
| | Potato dishes | 0.17 | (35.4) | 0.20 | (27.3) | 0.31 | (28.1) | 0.45 | (29.9) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.11 | (0.5) | 0.07 | (0.2) | 0.09 | (0.3) | 0.13 | (0.4) |
| | Other Vegetables And Vegetable Combinations | 0.03 | (0.1) | 0.02 | (0.1) | 0.02 | (0.1) | 0.04 | (0.1) |
| | Dishes where veg is the major component | 0.04 | (0.2) | 0.07 | (0.2) | 0.12 | (0.4) | 0.32 | (0.8) |
| | Legume and pulse products & dishes | 0.03 | (0.1) | 0.03 | (0.1) | 0.03 | (0.1) | 0.04 | (0.1) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.03 | (0.1) | 0.03 | (0.1) | 0.02 | (0.1) | 0.04 | (0.1) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.01 | (0.1) | 0.04 | (0.2) | 0.08 | (0.2) | 0.12 | (0.3) |
| | Soup (prepared, ready to eat) | 0.01 | (0.1) | 0.04 | (0.1) | 0.08 | (0.2) | 0.12 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.09 | (0.4) | 0.08 | (0.3) | 0.29 | (0.9) | 0.32 | (0.8) |
| | Pastries | 0.02 | (0.1) | 0.04 | (0.2) | 0.08 | (0.2) | 0.03 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.08 | (0.3) | 0.04 | (0.1) | 0.22 | (0.6) | 0.29 | (0.8) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.26 | (1.1) | 0.18 | (0.6) | 0.36 | (1.1) | 0.40 | (1.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.25 | (1.1) | 0.16 | (0.6) | 0.32 | (0.9) | 0.35 | (0.9) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.1) | 0.04 | (0.1) | 0.04 | (0.1) |
| | Savoury sauce and condiments | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Gravies And Savoury Sauces | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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Table 24 Total polyunsaturated fat coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|-------------------------|--------|--------------|--------|---------------|--------|----------------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 0.52 | (8.3) | 0.76 | (9.3) | 1.31 | (12.7) | 1.61 | (12.6) |
| | Potatoes | 0.32 | (5.1) | 0.58 | (7.2) | 1.00 | (9.7) | 1.23 | (9.6) |
| | Potatoes | 0 | (1.3) | 0.02 | (2.7) | 0.02 | (1.8) | 0.04 | (2.9) |
| | Potato products | 0.29 | (92.9) | 0.54 | (93.6) | 0.96 | (96.1) | 1.14 | (93.0) |
| | Potato dishes | 0.02 | (5.8) | 0.02 | (3.8) | 0.02 | (2.0) | 0.05 | (4.1) |
| | Cabbage, cauliflower & similar brassica veg | 0.01 | (0.2) | 0.02 | (0.2) | 0.02 | (0.2) | 0.02 | (0.2) |
| | Carrot and similar root veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.1) | 0.02 | (0.1) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Peas and beans | 0.01 | (0.2) | 0.01 | (0.1) | 0.02 | (0.2) | 0.02 | (0.1) |
| | Tomato | 0.01 | (0.2) | 0.01 | (0.2) | 0.02 | (0.2) | 0.03 | (0.2) |
| | Other fruiting vegetables | 0.06 | (1.0) | 0.05 | (0.7) | 0.08 | (0.8) | 0.07 | (0.6) |
| | Other Vegetables And Vegetable Combinations | 0.06 | (1.0) | 0.04 | (0.5) | 0.06 | (0.6) | 0.07 | (0.6) |
| | Dishes where veg is the major component | 0.03 | (0.5) | 0.02 | (0.3) | 0.10 | (0.9) | 0.14 | (1.1) |
| | Legume and pulse products & dishes | 0.04 | (0.7) | 0.06 | (0.8) | 0.07 | (0.7) | 0.18 | (1.4) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.01 | (0.1) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.04 | (0.7) | 0.06 | (0.7) | 0.06 | (0.6) | 0.17 | (1.4) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.1) | 0.03 | (0.2) |
| | Soup (prepared, ready to eat) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) | 0.03 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.02 | (0.4) | 0.03 | (0.4) | 0.09 | (0.9) | 0.10 | (0.8) |
| | Pastries | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.3) | 0.02 | (0.3) | 0.08 | (0.8) | 0.10 | (0.8) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.07 | (1.1) | 0.06 | (0.7) | 0.08 | (0.8) | 0.18 | (1.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.06 | (1.0) | 0.04 | (0.5) | 0.05 | (0.5) | 0.13 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.1) | 0.01 | (0.2) | 0.03 | (0.3) | 0.05 | (0.4) |
| | Savoury sauce and condiments | 0.02 | (0.3) | 0.02 | (0.2) | 0.02 | (0.2) | 0.03 | (0.2) |
| | Gravies And Savoury Sauces | 0.02 | (0.3) | 0.02 | (0.2) | 0.02 | (0.2) | 0.03 | (0.2) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 0.58 | (9.4) | 0.78 | (10.2) | 1.01 | (10.9) | 1.39 | (13.9) |
| | Potatoes | 0.37 | (6.0) | 0.59 | (7.7) | 0.75 | (8.1) | 1.04 | (10.4) |
| | Potatoes | 0 | (1.4) | 0.01 | (1.9) | 0.02 | (2.0) | 0.02 | (2.2) |
| | Potato products | 0.35 | (95.5) | 0.55 | (93.7) | 0.7 | (93.2) | 0.98 | (94.6) |
| | Potato dishes | 0.01 | (3.2) | 0.03 | (4.4) | 0.04 | (4.7) | 0.03 | (3.3) |
| | Cabbage, cauliflower & similar brassica veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.02 | (0.2) | 0.02 | (0.2) |
| | Carrot and similar root veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.02 | (0.2) | 0.02 | (0.2) |
| | Leaf and stalk veg | 0.00 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Peas and beans | 0.01 | (0.2) | 0.01 | (0.1) | 0.01 | (0.2) | 0.01 | (0.1) |
| | Tomato | 0.01 | (0.2) | 0.01 | (0.2) | 0.02 | (0.2) | 0.02 | (0.2) |
| | Other fruiting vegetables | 0.08 | (1.4) | 0.04 | (0.6) | 0.06 | (0.6) | 0.10 | (1.0) |
| | Other Vegetables And Vegetable Combinations | 0.06 | (0.9) | 0.06 | (0.8) | 0.06 | (0.6) | 0.07 | (0.7) |
| | Dishes where veg is the major component | 0.03 | (0.4) | 0.03 | (0.4) | 0.07 | (0.7) | 0.10 | (1.0) |
| | Legume and pulse products & dishes | 0.05 | (0.9) | 0.04 | (0.6) | 0.05 | (0.6) | 0.05 | (0.5) |
| | Mature legumes and pulses | 0.00 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.05 | (0.8) | 0.04 | (0.5) | 0.05 | (0.5) | 0.04 | (0.4) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.00 | (0.1) | 0.02 | (0.3) | 0.05 | (0.6) | 0.04 | (0.4) |
| | Soup (prepared, ready to eat) | 0.00 | (0.1) | 0.02 | (0.2) | 0.05 | (0.6) | 0.04 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.02 | (0.3) | 0.01 | (0.2) | 0.11 | (1.2) | 0.13 | (1.3) |
| | Pastries | 0.00 | (0.0) | 0.00 | (0.1) | 0.02 | (0.2) | 0.01 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.01 | (0.2) | 0.01 | (0.1) | 0.09 | (0.9) | 0.12 | (1.2) |
| | Fish & seafood products and dishes | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.04 | (0.7) | 0.04 | (0.5) | 0.12 | (1.3) | 0.07 | (0.7) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.04 | (0.6) | 0.03 | (0.4) | 0.08 | (0.9) | 0.06 | (0.6) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.1) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.1) | 0.03 | (0.4) | 0.00 | (0.0) |
| | Savoury sauce and condiments | 0.01 | (0.1) | 0.01 | (0.2) | 0.03 | (0.3) | 0.03 | (0.3) |
| | Gravies And Savoury Sauces | 0.01 | (0.1) | 0.01 | (0.2) | 0.03 | (0.3) | 0.03 | (0.3) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 0.55 | (8.8) | 0.77 | (9.7) | 1.16 | (11.9) | 1.50 | (13.1) |
| | Potatoes | 0.34 | (5.5) | 0.59 | (7.4) | 0.88 | (9.0) | 1.14 | (10.0) |
| | Potatoes | 0.00 | (1.3) | 0.01 | (2.3) | 0.02 | (1.9) | 0.03 | (2.6) |
| | Potato products | 0.32 | (94.3) | 0.55 | (93.6) | 0.83 | (94.9) | 1.06 | (93.7) |
| | Potato dishes | 0.02 | (4.4) | 0.02 | (4.1) | 0.03 | (3.2) | 0.04 | (3.7) |
| | Cabbage, cauliflower & similar brassica veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.02 | (0.2) | 0.02 | (0.2) |
| | Carrot and similar root veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.2) | 0.02 | (0.1) |
| | Leaf and stalk veg | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Peas and beans | 0.01 | (0.2) | 0.01 | (0.1) | 0.01 | (0.2) | 0.02 | (0.1) |
| | Tomato | 0.01 | (0.2) | 0.01 | (0.2) | 0.02 | (0.2) | 0.03 | (0.2) |
| | Other fruiting vegetables | 0.07 | (1.2) | 0.05 | (0.6) | 0.07 | (0.7) | 0.09 | (0.8) |
| | Other Vegetables And Vegetable Combinations | 0.06 | (1.0) | 0.05 | (0.7) | 0.06 | (0.6) | 0.07 | (0.6) |
| | Dishes where veg is the major component | 0.03 | (0.5) | 0.03 | (0.4) | 0.08 | (0.8) | 0.12 | (1.1) |
| | Legume and pulse products & dishes | 0.05 | (0.8) | 0.05 | (0.7) | 0.06 | (0.6) | 0.11 | (1.0) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.05 | (0.8) | 0.05 | (0.6) | 0.06 | (0.6) | 0.11 | (0.9) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.00 | (0.1) | 0.01 | (0.2) | 0.03 | (0.3) | 0.03 | (0.3) |
| | Soup (prepared, ready to eat) | 0.00 | (0.1) | 0.01 | (0.1) | 0.03 | (0.3) | 0.03 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.02 | (0.3) | 0.02 | (0.3) | 0.10 | (1.0) | 0.11 | (1.0) |
| | Pastries | 0.00 | (0.0) | 0.01 | (0.1) | 0.01 | (0.2) | 0.01 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.3) | 0.02 | (0.2) | 0.08 | (0.9) | 0.11 | (0.9) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.05 | (0.9) | 0.05 | (0.6) | 0.10 | (1.0) | 0.13 | (1.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.05 | (0.8) | 0.04 | (0.5) | 0.07 | (0.7) | 0.10 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.1) | 0.01 | (0.1) | 0.03 | (0.3) | 0.03 | (0.2) |
| | Savoury sauce and condiments | 0.01 | (0.2) | 0.02 | (0.2) | 0.02 | (0.3) | 0.03 | (0.2) |
| | Gravies And Savoury Sauces | 0.01 | (0.2) | 0.02 | (0.2) | 0.02 | (0.3) | 0.03 | (0.2) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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Table 25 Total monounsaturated fat coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|-------------------------|--------|--------------|--------|---------------|--------|----------------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 1.01 | (5.9) | 1.54 | (6.9) | 2.26 | (8.0) | 3.03 | (8.6) |
| | Potatoes | 0.68 | (3.9) | 1.25 | (5.6) | 1.72 | (6.1) | 2.23 | (6.3) |
| | Potatoes | 0.00 | (0.0) | 0.02 | (1.3) | 0.00 | (0.3) | 0.03 | (1.2) |
| | Potato products | 0.56 | (82.9) | 1.12 | (89.7) | 1.58 | (91.9) | 1.99 | (89.6) |
| | Potato dishes | 0.12 | (17.1) | 0.11 | (9.1) | 0.14 | (7.9) | 0.21 | (9.2) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.22 | (1.3) | 0.20 | (0.9) | 0.29 | (1.0) | 0.30 | (0.9) |
| | Other Vegetables And Vegetable Combinations | 0.03 | (0.2) | 0.01 | (0.1) | 0.04 | (0.1) | 0.04 | (0.1) |
| | Dishes where veg is the major component | 0.08 | (0.5) | 0.07 | (0.3) | 0.20 | (0.7) | 0.46 | (1.3) |
| | Legume and pulse products & dishes | 0.02 | (0.1) | 0.07 | (0.3) | 0.05 | (0.2) | 0.17 | (0.5) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.02 | (0.1) | 0.07 | (0.3) | 0.05 | (0.2) | 0.17 | (0.5) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) | 0.10 | (0.3) |
| | Soup (prepared, ready to eat) | 0.02 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) | 0.10 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.08 | (0.5) | 0.08 | (0.4) | 0.22 | (0.8) | 0.33 | (0.9) |
| | Pastries | 0.02 | (0.1) | 0.04 | (0.2) | 0.03 | (0.1) | 0.01 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.06 | (0.4) | 0.04 | (0.2) | 0.18 | (0.7) | 0.32 | (0.9) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.36 | (2.1) | 0.30 | (1.4) | 0.48 | (1.7) | 0.82 | (2.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.35 | (2.0) | 0.26 | (1.2) | 0.38 | (1.3) | 0.66 | (1.9) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.02 | (0.1) | 0.04 | (0.2) | 0.10 | (0.4) | 0.16 | (0.5) |
| | Savoury sauce and condiments | 0.04 | (0.3) | 0.04 | (0.2) | 0.05 | (0.2) | 0.06 | (0.2) |
| | Gravies And Savoury Sauces | 0.04 | (0.3) | 0.04 | (0.2) | 0.05 | (0.2) | 0.06 | (0.2) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 1.18 | (6.9) | 1.44 | (7.0) | 1.92 | (7.7) | 2.97 | (11.4) |
| | Potatoes | 0.73 | (4.2) | 1.16 | (5.6) | 1.51 | (6.1) | 2.13 | (8.2) |
| | Potatoes | 0.00 | (0.1) | 0.01 | (0.7) | 0.01 | (0.5) | 0.01 | (0.4) |
| | Potato products | 0.67 | (91.8) | 1.04 | (90.2) | 1.30 | (85.6) | 1.85 | (86.8) |
| | Potato dishes | 0.06 | (8.1) | 0.10 | (9.1) | 0.21 | (13.8) | 0.27 | (12.8) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.34 | (2.0) | 0.14 | (0.7) | 0.19 | (0.8) | 0.40 | (1.5) |
| | Other Vegetables And Vegetable Combinations | 0.04 | (0.2) | 0.04 | (0.2) | 0.04 | (0.2) | 0.05 | (0.2) |
| | Dishes where veg is the major component | 0.07 | (0.4) | 0.10 | (0.5) | 0.15 | (0.6) | 0.38 | (1.4) |
| | Legume and pulse products & dishes | 0.11 | (0.7) | 0.12 | (0.6) | 0.06 | (0.3) | 0.05 | (0.2) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.11 | (0.6) | 0.12 | (0.6) | 0.06 | (0.2) | 0.05 | (0.2) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.1) | 0.04 | (0.2) | 0.07 | (0.3) | 0.11 | (0.4) |
| | Soup (prepared, ready to eat) | 0.02 | (0.1) | 0.04 | (0.2) | 0.07 | (0.3) | 0.11 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.07 | (0.4) | 0.05 | (0.2) | 0.25 | (1.0) | 0.23 | (0.9) |
| | Pastries | 0.00 | (0.0) | 0.02 | (0.1) | 0.09 | (0.4) | 0.04 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.06 | (0.4) | 0.02 | (0.1) | 0.16 | (0.7) | 0.19 | (0.7) |
| | Fish & seafood products and dishes | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.23 | (1.4) | 0.19 | (0.9) | 0.54 | (2.2) | 0.33 | (1.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.23 | (1.3) | 0.17 | (0.8) | 0.43 | (1.7) | 0.31 | (1.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.1) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.02 | (0.1) | 0.11 | (0.4) | 0.01 | (0.0) |
| | Savoury sauce and condiments | 0.02 | (0.1) | 0.03 | (0.2) | 0.06 | (0.2) | 0.06 | (0.3) |
| | Gravies And Savoury Sauces | 0.02 | (0.1) | 0.03 | (0.2) | 0.06 | (0.2) | 0.06 | (0.3) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 1.09 | (6.4) | 1.49 | (7.0) | 2.09 | (7.9) | 3.00 | (9.7) |
| | Potatoes | 0.70 | (4.1) | 1.21 | (5.6) | 1.62 | (6.1) | 2.18 | (7.1) |
| | Potatoes | 0.00 | (0.1) | 0.01 | (1.0) | 0.01 | (0.4) | 0.02 | (0.8) |
| | Potato products | 0.61 | (87.5) | 1.09 | (89.9) | 1.44 | (89.0) | 1.92 | (88.2) |
| | Potato dishes | 0.09 | (12.5) | 0.11 | (9.1) | 0.17 | (10.6) | 0.24 | (10.9) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.28 | (1.7) | 0.17 | (0.8) | 0.24 | (0.9) | 0.35 | (1.1) |
| | Other Vegetables And Vegetable Combinations | 0.03 | (0.2) | 0.03 | (0.1) | 0.04 | (0.2) | 0.04 | (0.1) |
| | Dishes where veg is the major component | 0.08 | (0.4) | 0.08 | (0.4) | 0.18 | (0.7) | 0.42 | (1.4) |
| | Legume and pulse products & dishes | 0.07 | (0.4) | 0.09 | (0.4) | 0.06 | (0.2) | 0.11 | (0.4) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.07 | (0.4) | 0.09 | (0.4) | 0.05 | (0.2) | 0.11 | (0.4) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.1) | 0.03 | (0.1) | 0.04 | (0.2) | 0.10 | (0.3) |
| | Soup (prepared, ready to eat) | 0.02 | (0.1) | 0.03 | (0.1) | 0.04 | (0.2) | 0.10 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.07 | (0.4) | 0.07 | (0.3) | 0.23 | (0.9) | 0.28 | (0.9) |
| | Pastries | 0.01 | (0.1) | 0.03 | (0.2) | 0.06 | (0.2) | 0.02 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.06 | (0.4) | 0.03 | (0.2) | 0.17 | (0.7) | 0.26 | (0.8) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.30 | (1.7) | 0.25 | (1.2) | 0.51 | (1.9) | 0.58 | (1.9) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.29 | (1.7) | 0.22 | (1.0) | 0.40 | (1.5) | 0.49 | (1.6) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.1) | 0.03 | (0.1) | 0.11 | (0.4) | 0.09 | (0.3) |
| | Savoury sauce and condiments | 0.03 | (0.2) | 0.03 | (0.2) | 0.06 | (0.2) | 0.06 | (0.2) |
| | Gravies And Savoury Sauces | 0.03 | (0.2) | 0.03 | (0.2) | 0.06 | (0.2) | 0.06 | (0.2) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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Table 26 Total carbohydrate coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 9.09 | (4.7) | 11.31 | (4.8) | 18.24 | (6.0) | 22.25 | (6.3) |
| | Potatoes | 5.06 | (2.6) | 8.07 | (3.4) | 12.99 | (4.3) | 16.06 | (4.6) |
| | Potatoes | 1.66 | (32.7) | 2.09 | (25.9) | 3.63 | (27.9) | 4.30 | (26.8) |
| | Potato products | 2.61 | (51.6) | 5.17 | (64.1) | 8.11 | (62.4) | 10.23 | (63.7) |
| | Potato dishes | 0.79 | (15.7) | 0.81 | (10.1) | 1.25 | (9.7) | 1.53 | (9.5) |
| | Cabbage, cauliflower & similar brassica veg | 0.08 | (0.0) | 0.10 | (0.0) | 0.13 | (0.0) | 0.21 | (0.1) |
| | Carrot and similar root veg | 0.90 | (0.5) | 0.76 | (0.3) | 0.86 | (0.3) | 1.39 | (0.4) |
| | Leaf and stalk veg | 0.02 | (0.0) | 0.05 | (0.0) | 0.07 | (0.0) | 0.09 | (0.0) |
| | Peas and beans | 0.29 | (0.2) | 0.28 | (0.1) | 0.47 | (0.2) | 0.56 | (0.2) |
| | Tomato | 0.38 | (0.2) | 0.42 | (0.2) | 0.48 | (0.2) | 0.81 | (0.2) |
| | Other fruiting vegetables | 0.48 | (0.3) | 0.44 | (0.2) | 0.67 | (0.2) | 0.49 | (0.1) |
| | Other Vegetables And Vegetable Combinations | 1.37 | (0.7) | 0.91 | (0.4) | 1.43 | (0.5) | 1.76 | (0.5) |
| | Dishes where veg is the major component | 0.51 | (0.3) | 0.28 | (0.1) | 1.13 | (0.4) | 0.88 | (0.3) |
| | Legume and pulse products & dishes | 0.70 | (0.4) | 1.00 | (0.4) | 1.15 | (0.4) | 1.26 | (0.4) |
| | Mature legumes and pulses | 0.07 | (0.0) | 0.30 | (0.1) | 0.26 | (0.1) | 0.10 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.63 | (0.3) | 0.70 | (0.3) | 0.89 | (0.3) | 1.16 | (0.3) |
| | Non alcoholic beverages | 0.17 | (0.1) | 0.10 | (0.0) | 0.13 | (0.0) | 0.09 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.17 | (0.1) | 0.10 | (0.0) | 0.13 | (0.0) | 0.09 | (0.0) |
| | Soup | 0.17 | (0.1) | 0.32 | (0.1) | 0.23 | (0.1) | 0.52 | (0.2) |
| | Soup (prepared, ready to eat) | 0.15 | (0.1) | 0.30 | (0.1) | 0.20 | (0.1) | 0.47 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) | 0.05 | (0.0) |
| | Cereal-based products & dishes | 0.67 | (0.3) | 0.74 | (0.3) | 1.62 | (0.5) | 2.12 | (0.6) |
| | Pastries | 0.14 | (0.1) | 0.30 | (0.1) | 0.23 | (0.1) | 0.09 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.53 | (0.3) | 0.44 | (0.2) | 1.39 | (0.5) | 2.03 | (0.6) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) |
| | Meat, poultry and game products & dishes | 0.30 | (0.2) | 0.29 | (0.1) | 0.53 | (0.2) | 1.29 | (0.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.28 | (0.2) | 0.25 | (0.1) | 0.40 | (0.1) | 0.93 | (0.3) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.04 | (0.0) | 0.13 | (0.0) | 0.37 | (0.1) |
| | Savoury sauce and condiments | 0.34 | (0.2) | 0.27 | (0.1) | 0.46 | (0.2) | 0.51 | (0.1) |
| | Gravies And Savoury Sauces | 0.34 | (0.2) | 0.27 | (0.1) | 0.46 | (0.2) | 0.51 | (0.1) |
| | Infant formula & foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |

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| | | | | | | | | | |
|----------------|--|------|--------|-------|--------|-------|--------|-------|--------|
| Females | Vegetables | 9.14 | (5.0) | 12.17 | (5.6) | 15.78 | (6.2) | 19.61 | (7.5) |
| | Potatoes | 5.37 | (2.9) | 8.38 | (3.9) | 11.06 | (4.4) | 14.03 | (5.4) |
| | Potatoes | 1.58 | (29.5) | 2.35 | (28.0) | 3.15 | (28.5) | 3.62 | (25.8) |
| | Potato products | 3.21 | (59.8) | 5.31 | (63.4) | 6.54 | (59.1) | 8.85 | (63.1) |
| | Potato dishes | 0.57 | (10.7) | 0.72 | (8.6) | 1.37 | (12.4) | 1.55 | (11.1) |
| | Cabbage, cauliflower & similar brassica veg | 0.11 | (0.1) | 0.08 | (0.0) | 0.13 | (0.1) | 0.16 | (0.1) |
| | Carrot and similar root veg | 0.78 | (0.4) | 0.79 | (0.4) | 0.94 | (0.4) | 1.01 | (0.4) |
| | Leaf and stalk veg | 0.04 | (0.0) | 0.03 | (0.0) | 0.07 | (0.0) | 0.08 | (0.0) |
| | Peas and beans | 0.29 | (0.2) | 0.27 | (0.1) | 0.41 | (0.2) | 0.41 | (0.2) |
| | Tomato | 0.40 | (0.2) | 0.38 | (0.2) | 0.54 | (0.2) | 0.60 | (0.2) |
| | Other fruiting vegetables | 0.59 | (0.3) | 0.56 | (0.3) | 0.74 | (0.3) | 1.12 | (0.4) |
| | Other Vegetables And Vegetable Combinations | 1.31 | (0.7) | 1.25 | (0.6) | 1.41 | (0.6) | 1.53 | (0.6) |
| | Dishes where veg is the major component | 0.26 | (0.1) | 0.42 | (0.2) | 0.49 | (0.2) | 0.66 | (0.3) |
| | Legume and pulse products & dishes | 0.80 | (0.4) | 0.70 | (0.3) | 0.53 | (0.2) | 0.90 | (0.4) |
| | Mature legumes and pulses | 0.13 | (0.1) | 0.10 | (0.1) | 0.15 | (0.1) | 0.27 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.67 | (0.4) | 0.60 | (0.3) | 0.38 | (0.2) | 0.63 | (0.2) |
| | Non alcoholic beverages | 0.08 | (0.0) | 0.07 | (0.0) | 0.07 | (0.0) | 0.06 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.08 | (0.0) | 0.07 | (0.0) | 0.07 | (0.0) | 0.06 | (0.0) |
| | Soup | 0.15 | (0.1) | 0.40 | (0.2) | 0.97 | (0.4) | 0.77 | (0.3) |
| | Soup (prepared, ready to eat) | 0.15 | (0.1) | 0.30 | (0.1) | 0.96 | (0.4) | 0.74 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.10 | (0.1) | 0.01 | (0.0) | 0.03 | (0.0) |
| | Cereal-based products & dishes | 0.45 | (0.3) | 0.47 | (0.2) | 2.37 | (0.9) | 2.53 | (1.0) |
| | Pastries | 0.03 | (0.0) | 0.16 | (0.1) | 0.70 | (0.3) | 0.28 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.42 | (0.2) | 0.31 | (0.1) | 1.68 | (0.7) | 2.25 | (0.9) |
| | Fish & seafood products and dishes | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.24 | (0.1) | 0.15 | (0.1) | 0.55 | (0.2) | 0.48 | (0.2) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.22 | (0.1) | 0.14 | (0.1) | 0.32 | (0.1) | 0.38 | (0.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.02 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.05 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.0) | 0.22 | (0.1) | 0.04 | (0.0) |
| | Savoury sauce and condiments | 0.16 | (0.1) | 0.28 | (0.1) | 0.48 | (0.2) | 0.54 | (0.2) |
| | Gravies And Savoury Sauces | 0.16 | (0.1) | 0.28 | (0.1) | 0.48 | (0.2) | 0.54 | (0.2) |
| | Infant formula & foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |

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| | | | | | | | | | |
|------------|--|------|--------|-------|--------|-------|--------|-------|--------|
| All | Vegetables | 9.12 | (4.9) | 11.73 | (5.2) | 17.04 | (6.1) | 20.96 | (6.8) |
| | Potatoes | 5.22 | (2.8) | 8.22 | (3.6) | 12.05 | (4.3) | 15.07 | (4.9) |
| | Potatoes | 1.62 | (31.1) | 2.21 | (26.9) | 3.39 | (28.2) | 3.97 | (26.4) |
| | Potato products | 2.91 | (55.8) | 5.24 | (63.7) | 7.34 | (60.9) | 9.56 | (63.4) |
| | Potato dishes | 0.68 | (13.1) | 0.77 | (9.3) | 1.31 | (10.9) | 1.54 | (10.2) |
| | Cabbage, cauliflower & similar brassica veg | 0.10 | (0.1) | 0.09 | (0.0) | 0.13 | (0.1) | 0.19 | (0.1) |
| | Carrot and similar root veg | 0.84 | (0.5) | 0.78 | (0.3) | 0.90 | (0.3) | 1.20 | (0.4) |
| | Leaf and stalk veg | 0.03 | (0.0) | 0.04 | (0.0) | 0.07 | (0.0) | 0.09 | (0.0) |
| | Peas and beans | 0.29 | (0.2) | 0.28 | (0.1) | 0.44 | (0.2) | 0.49 | (0.2) |
| | Tomato | 0.39 | (0.2) | 0.40 | (0.2) | 0.51 | (0.2) | 0.71 | (0.2) |
| | Other fruiting vegetables | 0.53 | (0.3) | 0.50 | (0.2) | 0.70 | (0.3) | 0.80 | (0.3) |
| | Other Vegetables And Vegetable Combinations | 1.34 | (0.7) | 1.07 | (0.5) | 1.42 | (0.5) | 1.65 | (0.5) |
| | Dishes where veg is the major component | 0.38 | (0.2) | 0.35 | (0.2) | 0.82 | (0.3) | 0.77 | (0.3) |
| | Legume and pulse products & dishes | 0.75 | (0.4) | 0.86 | (0.4) | 0.84 | (0.3) | 1.08 | (0.4) |
| | Mature legumes and pulses | 0.10 | (0.1) | 0.20 | (0.1) | 0.20 | (0.1) | 0.18 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.65 | (0.3) | 0.65 | (0.3) | 0.64 | (0.2) | 0.90 | (0.3) |
| | Non alcoholic beverages | 0.12 | (0.1) | 0.08 | (0.0) | 0.10 | (0.0) | 0.07 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.12 | (0.1) | 0.08 | (0.0) | 0.10 | (0.0) | 0.07 | (0.0) |
| | Soup | 0.16 | (0.1) | 0.36 | (0.2) | 0.59 | (0.2) | 0.64 | (0.2) |
| | Soup (prepared, ready to eat) | 0.15 | (0.1) | 0.30 | (0.1) | 0.57 | (0.2) | 0.60 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.01 | (0.0) | 0.06 | (0.0) | 0.02 | (0.0) | 0.04 | (0.0) |
| | Cereal-based products & dishes | 0.56 | (0.3) | 0.61 | (0.3) | 1.99 | (0.7) | 2.32 | (0.8) |
| | Pastries | 0.08 | (0.0) | 0.23 | (0.1) | 0.46 | (0.2) | 0.18 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.47 | (0.3) | 0.38 | (0.2) | 1.53 | (0.6) | 2.14 | (0.7) |
| | Fish & seafood products and dishes | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Meat, poultry and game products & dishes | 0.27 | (0.1) | 0.22 | (0.1) | 0.54 | (0.2) | 0.90 | (0.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.25 | (0.1) | 0.20 | (0.1) | 0.36 | (0.1) | 0.66 | (0.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.03 | (0.0) | 0.17 | (0.1) | 0.21 | (0.1) |
| | Savoury sauce and condiments | 0.25 | (0.1) | 0.28 | (0.1) | 0.47 | (0.2) | 0.52 | (0.2) |
| | Gravies And Savoury Sauces | 0.25 | (0.1) | 0.28 | (0.1) | 0.47 | (0.2) | 0.52 | (0.2) |
| | Infant formula & foods | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |

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Table 27 Total starch coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 6.39 | (7.1) | 8.68 | (7.4) | 14.32 | (9.3) | 17.36 | (9.4) |
| | Potatoes | 4.76 | (5.3) | 7.66 | (6.5) | 12.28 | (8.0) | 15.21 | (8.2) |
| | Potatoes | 1.54 | (32.3) | 1.94 | (25.3) | 3.38 | (27.5) | 4.02 | (26.5) |
| | Potato products | 2.54 | (53.3) | 5.03 | (65.6) | 7.84 | (63.8) | 9.91 | (65.1) |
| | Potato dishes | 0.69 | (14.5) | 0.69 | (9.0) | 1.06 | (8.6) | 1.28 | (8.4) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.18 | (0.2) | 0.08 | (0.1) | 0.14 | (0.1) | 0.46 | (0.3) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.15 | (0.2) | 0.14 | (0.1) | 0.24 | (0.2) | 0.28 | (0.2) |
| | Tomato | 0.01 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) |
| | Other fruiting vegetables | 0.03 | (0.0) | 0.03 | (0.0) | 0.04 | (0.0) | 0.03 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 0.88 | (1.0) | 0.56 | (0.5) | 0.86 | (0.6) | 0.95 | (0.5) |
| | Dishes where veg is the major component | 0.38 | (0.4) | 0.19 | (0.2) | 0.74 | (0.5) | 0.39 | (0.2) |
| | Legume and pulse products & dishes | 0.44 | (0.5) | 0.68 | (0.6) | 0.83 | (0.5) | 0.87 | (0.5) |
| | Mature legumes and pulses | 0.07 | (0.1) | 0.24 | (0.2) | 0.23 | (0.2) | 0.09 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.38 | (0.4) | 0.43 | (0.4) | 0.60 | (0.4) | 0.78 | (0.4) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.15 | (0.2) | 0.15 | (0.1) | 0.18 | (0.1) | 0.34 | (0.2) |
| | Soup (prepared, ready to eat) | 0.15 | (0.2) | 0.14 | (0.1) | 0.17 | (0.1) | 0.32 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.58 | (0.7) | 0.64 | (0.5) | 1.41 | (0.9) | 1.80 | (1.0) |
| | Pastries | 0.12 | (0.1) | 0.26 | (0.2) | 0.21 | (0.1) | 0.08 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.46 | (0.5) | 0.38 | (0.3) | 1.20 | (0.8) | 1.72 | (0.9) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) |
| | Meat, poultry and game products & dishes | 0.09 | (0.1) | 0.08 | (0.1) | 0.18 | (0.1) | 0.58 | (0.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.09 | (0.1) | 0.05 | (0.0) | 0.10 | (0.1) | 0.36 | (0.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.02 | (0.0) | 0.08 | (0.1) | 0.22 | (0.1) |
| | Savoury sauce and condiments | 0.06 | (0.1) | 0.05 | (0.0) | 0.09 | (0.1) | 0.09 | (0.1) |
| | Gravies And Savoury Sauces | 0.06 | (0.1) | 0.05 | (0.0) | 0.09 | (0.1) | 0.09 | (0.1) |
| | Infant formula & foods | 0.06 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.06 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|------|--------|------|--------|-------|--------|-------|--------|
| Females | Vegetables | 6.54 | (7.7) | 9.29 | (8.6) | 12.07 | (9.6) | 15.12 | (11.5) |
| | Potatoes | 5.07 | (5.9) | 7.93 | (7.4) | 10.43 | (8.3) | 13.36 | (10.2) |
| | Potatoes | 1.47 | (28.9) | 2.18 | (27.5) | 2.93 | (28.1) | 3.40 | (25.4) |
| | Potato products | 3.12 | (61.5) | 5.14 | (64.8) | 6.32 | (60.6) | 8.58 | (64.3) |
| | Potato dishes | 0.48 | (9.6) | 0.61 | (7.7) | 1.18 | (11.3) | 1.38 | (10.3) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.23 | (0.3) | 0.07 | (0.1) | 0.15 | (0.1) | 0.18 | (0.1) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.15 | (0.2) | 0.14 | (0.1) | 0.21 | (0.2) | 0.20 | (0.2) |
| | Tomato | 0.03 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) |
| | Other fruiting vegetables | 0.04 | (0.1) | 0.04 | (0.0) | 0.05 | (0.0) | 0.09 | (0.1) |
| | Other Vegetables And Vegetable Combinations | 0.85 | (1.0) | 0.80 | (0.7) | 0.89 | (0.7) | 0.86 | (0.7) |
| | Dishes where veg is the major component | 0.17 | (0.2) | 0.30 | (0.3) | 0.33 | (0.3) | 0.40 | (0.3) |
| | Legume and pulse products & dishes | 0.54 | (0.6) | 0.46 | (0.4) | 0.39 | (0.3) | 0.63 | (0.5) |
| | Mature legumes and pulses | 0.12 | (0.1) | 0.09 | (0.1) | 0.13 | (0.1) | 0.24 | (0.2) |
| | Mature legumes and pulse product and dishes | 0.42 | (0.5) | 0.37 | (0.3) | 0.26 | (0.2) | 0.39 | (0.3) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.13 | (0.2) | 0.24 | (0.2) | 0.49 | (0.4) | 0.55 | (0.4) |
| | Soup (prepared, ready to eat) | 0.13 | (0.2) | 0.22 | (0.2) | 0.49 | (0.4) | 0.54 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.02 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.39 | (0.5) | 0.42 | (0.4) | 2.04 | (1.6) | 2.21 | (1.7) |
| | Pastries | 0.03 | (0.0) | 0.14 | (0.1) | 0.61 | (0.5) | 0.25 | (0.2) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.36 | (0.4) | 0.28 | (0.3) | 1.43 | (1.1) | 1.97 | (1.5) |
| | Fish & seafood products and dishes | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.06 | (0.1) | 0.05 | (0.0) | 0.22 | (0.2) | 0.14 | (0.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.05 | (0.1) | 0.04 | (0.0) | 0.11 | (0.1) | 0.12 | (0.1) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.11 | (0.1) | 0.01 | (0.0) |
| | Savoury sauce and condiments | 0.03 | (0.0) | 0.05 | (0.1) | 0.09 | (0.1) | 0.10 | (0.1) |
| | Gravies And Savoury Sauces | 0.03 | (0.0) | 0.05 | (0.1) | 0.09 | (0.1) | 0.10 | (0.1) |
| | Infant formula & foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 6.54 | (7.7) | 9.29 | (8.6) | 12.07 | (9.6) | 15.12 | (11.5) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|------|--------|------|--------|-------|--------|-------|--------|
| All | Vegetables | 6.47 | (7.4) | 8.98 | (7.9) | 13.22 | (9.4) | 16.26 | (10.3) |
| | Potatoes | 4.91 | (5.6) | 7.79 | (6.9) | 11.38 | (8.1) | 14.31 | (9.0) |
| | Potatoes | 1.50 | (30.6) | 2.06 | (26.4) | 3.16 | (27.8) | 3.72 | (26.0) |
| | Potato products | 2.83 | (57.5) | 5.08 | (65.2) | 7.10 | (62.4) | 9.26 | (64.7) |
| | Potato dishes | 0.59 | (11.9) | 0.65 | (8.4) | 1.12 | (9.8) | 1.33 | (9.3) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.21 | (0.2) | 0.07 | (0.1) | 0.14 | (0.1) | 0.33 | (0.2) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.15 | (0.2) | 0.14 | (0.1) | 0.22 | (0.2) | 0.24 | (0.2) |
| | Tomato | 0.02 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) | 0.02 | (0.0) |
| | Other fruiting vegetables | 0.04 | (0.0) | 0.03 | (0.0) | 0.05 | (0.0) | 0.06 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 0.86 | (1.0) | 0.67 | (0.6) | 0.87 | (0.6) | 0.91 | (0.6) |
| | Dishes where veg is the major component | 0.27 | (0.3) | 0.25 | (0.2) | 0.54 | (0.4) | 0.40 | (0.3) |
| | Legume and pulse products & dishes | 0.49 | (0.6) | 0.57 | (0.5) | 0.62 | (0.4) | 0.75 | (0.5) |
| | Mature legumes and pulses | 0.09 | (0.1) | 0.17 | (0.2) | 0.18 | (0.1) | 0.17 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.40 | (0.5) | 0.40 | (0.4) | 0.43 | (0.3) | 0.59 | (0.4) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.14 | (0.2) | 0.19 | (0.2) | 0.33 | (0.2) | 0.44 | (0.3) |
| | Soup (prepared, ready to eat) | 0.14 | (0.2) | 0.18 | (0.2) | 0.33 | (0.2) | 0.43 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.48 | (0.6) | 0.53 | (0.5) | 1.72 | (1.2) | 2.00 | (1.3) |
| | Pastries | 0.07 | (0.1) | 0.21 | (0.2) | 0.40 | (0.3) | 0.16 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.41 | (0.5) | 0.33 | (0.3) | 1.31 | (0.9) | 1.84 | (1.2) |
| | Fish & seafood products and dishes | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Meat, poultry and game products & dishes | 0.08 | (0.1) | 0.06 | (0.1) | 0.20 | (0.1) | 0.36 | (0.2) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.07 | (0.1) | 0.05 | (0.0) | 0.10 | (0.1) | 0.24 | (0.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.0) | 0.09 | (0.1) | 0.11 | (0.1) |
| | Savoury sauce and condiments | 0.05 | (0.1) | 0.05 | (0.0) | 0.09 | (0.1) | 0.10 | (0.1) |
| | Gravies And Savoury Sauces | 0.05 | (0.1) | 0.05 | (0.0) | 0.09 | (0.1) | 0.10 | (0.1) |
| | Infant formula & foods | 0.04 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.04 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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Table 28 Total sugars coming vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 2.61 | (2.6) | 2.54 | (2.2) | 3.79 | (2.6) | 4.79 | (2.9) |
| | Potatoes | 0.29 | (0.3) | 0.40 | (0.3) | 0.69 | (0.5) | 0.84 | (0.5) |
| | Potatoes | 0.11 | (38.0) | 0.14 | (34.3) | 0.23 | (33.6) | 0.26 | (31.4) |
| | Potato products | 0.08 | (26.5) | 0.14 | (36.0) | 0.27 | (38.5) | 0.33 | (38.9) |
| | Potato dishes | 0.10 | (35.5) | 0.12 | (29.6) | 0.19 | (27.9) | 0.25 | (29.7) |
| | Cabbage, cauliflower & similar brassica veg | 0.08 | (0.1) | 0.10 | (0.1) | 0.13 | (0.1) | 0.21 | (0.1) |
| | Carrot and similar root veg | 0.72 | (0.7) | 0.68 | (0.6) | 0.73 | (0.5) | 0.93 | (0.6) |
| | Leaf and stalk veg | 0.02 | (0.0) | 0.04 | (0.0) | 0.06 | (0.0) | 0.08 | (0.1) |
| | Peas and beans | 0.14 | (0.1) | 0.14 | (0.1) | 0.23 | (0.2) | 0.28 | (0.2) |
| | Tomato | 0.37 | (0.4) | 0.39 | (0.3) | 0.46 | (0.3) | 0.78 | (0.5) |
| | Other fruiting vegetables | 0.40 | (0.4) | 0.37 | (0.3) | 0.55 | (0.4) | 0.41 | (0.3) |
| | Other Vegetables And Vegetable Combinations | 0.47 | (0.5) | 0.34 | (0.3) | 0.55 | (0.4) | 0.78 | (0.5) |
| | Dishes where veg is the major component | 0.13 | (0.1) | 0.09 | (0.1) | 0.39 | (0.3) | 0.48 | (0.3) |
| | Legume and pulse products & dishes | 0.23 | (0.2) | 0.29 | (0.3) | 0.27 | (0.2) | 0.34 | (0.2) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.04 | (0.0) | 0.02 | (0.0) | 0.01 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.23 | (0.2) | 0.24 | (0.2) | 0.26 | (0.2) | 0.34 | (0.2) |
| | Non alcoholic beverages | 0.16 | (0.2) | 0.09 | (0.1) | 0.12 | (0.1) | 0.08 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.16 | (0.2) | 0.09 | (0.1) | 0.12 | (0.1) | 0.08 | (0.1) |
| | Soup | 0.02 | (0.0) | 0.17 | (0.2) | 0.04 | (0.0) | 0.18 | (0.1) |
| | Soup (prepared, ready to eat) | 0.01 | (0.0) | 0.16 | (0.1) | 0.02 | (0.0) | 0.14 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.02 | (0.0) | 0.01 | (0.0) | 0.03 | (0.0) | 0.04 | (0.0) |
| | Cereal-based products & dishes | 0.08 | (0.1) | 0.10 | (0.1) | 0.21 | (0.2) | 0.32 | (0.2) |
| | Pastries | 0.02 | (0.0) | 0.04 | (0.0) | 0.03 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.07 | (0.1) | 0.06 | (0.1) | 0.19 | (0.1) | 0.31 | (0.2) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.19 | (0.2) | 0.20 | (0.2) | 0.33 | (0.2) | 0.69 | (0.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.18 | (0.2) | 0.19 | (0.2) | 0.29 | (0.2) | 0.54 | (0.3) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.02 | (0.0) | 0.04 | (0.0) | 0.15 | (0.1) |
| | Savoury sauce and condiments | 0.29 | (0.3) | 0.22 | (0.2) | 0.38 | (0.3) | 0.42 | (0.3) |
| | Gravies And Savoury Sauces | 0.29 | (0.3) | 0.22 | (0.2) | 0.38 | (0.3) | 0.42 | (0.3) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 2.47 | (2.6) | 2.78 | (2.6) | 3.58 | (2.9) | 4.29 | (3.4) |
| | Potatoes | 0.29 | (0.3) | 0.44 | (0.4) | 0.62 | (0.5) | 0.66 | (0.5) |
| | Potatoes | 0.11 | (37.6) | 0.16 | (36.4) | 0.21 | (33.1) | 0.21 | (32.2) |
| | Potato products | 0.09 | (31.3) | 0.17 | (38.9) | 0.22 | (35.4) | 0.27 | (41.4) |
| | Potato dishes | 0.09 | (31.1) | 0.11 | (24.8) | 0.20 | (31.5) | 0.17 | (26.3) |
| | Cabbage, cauliflower & similar brassica veg | 0.11 | (0.1) | 0.08 | (0.1) | 0.13 | (0.1) | 0.16 | (0.1) |
| | Carrot and similar root veg | 0.55 | (0.6) | 0.72 | (0.7) | 0.79 | (0.6) | 0.81 | (0.7) |
| | Leaf and stalk veg | 0.03 | (0.0) | 0.03 | (0.0) | 0.06 | (0.1) | 0.07 | (0.1) |
| | Peas and beans | 0.14 | (0.2) | 0.13 | (0.1) | 0.20 | (0.2) | 0.22 | (0.2) |
| | Tomato | 0.36 | (0.4) | 0.36 | (0.3) | 0.51 | (0.4) | 0.58 | (0.5) |
| | Other fruiting vegetables | 0.47 | (0.5) | 0.46 | (0.4) | 0.60 | (0.5) | 0.89 | (0.7) |
| | Other Vegetables And Vegetable Combinations | 0.43 | (0.5) | 0.43 | (0.4) | 0.50 | (0.4) | 0.64 | (0.5) |
| | Dishes where veg is the major component | 0.09 | (0.1) | 0.12 | (0.1) | 0.16 | (0.1) | 0.26 | (0.2) |
| | Legume and pulse products & dishes | 0.23 | (0.2) | 0.22 | (0.2) | 0.12 | (0.1) | 0.24 | (0.2) |
| | Mature legumes and pulses | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.22 | (0.2) | 0.21 | (0.2) | 0.11 | (0.1) | 0.22 | (0.2) |
| | Non alcoholic beverages | 0.08 | (0.1) | 0.07 | (0.1) | 0.06 | (0.1) | 0.06 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.08 | (0.1) | 0.07 | (0.1) | 0.06 | (0.1) | 0.06 | (0.1) |
| | Soup | 0.02 | (0.0) | 0.16 | (0.2) | 0.49 | (0.4) | 0.21 | (0.2) |
| | Soup (prepared, ready to eat) | 0.02 | (0.0) | 0.08 | (0.1) | 0.47 | (0.4) | 0.19 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.08 | (0.1) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Cereal-based products & dishes | 0.06 | (0.1) | 0.05 | (0.1) | 0.33 | (0.3) | 0.31 | (0.3) |
| | Pastries | 0.00 | (0.0) | 0.02 | (0.0) | 0.09 | (0.1) | 0.04 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.06 | (0.1) | 0.03 | (0.0) | 0.24 | (0.2) | 0.28 | (0.2) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.17 | (0.2) | 0.10 | (0.1) | 0.32 | (0.3) | 0.33 | (0.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.16 | (0.2) | 0.09 | (0.1) | 0.20 | (0.2) | 0.26 | (0.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.04 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.0) | 0.11 | (0.1) | 0.04 | (0.0) |
| | Savoury sauce and condiments | 0.13 | (0.1) | 0.23 | (0.2) | 0.40 | (0.3) | 0.45 | (0.4) |
| | Gravies And Savoury Sauces | 0.13 | (0.1) | 0.23 | (0.2) | 0.40 | (0.3) | 0.45 | (0.4) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 2.54 | (2.6) | 2.66 | (2.4) | 3.69 | (2.7) | 4.54 | (3.1) |
| | Potatoes | 0.29 | (0.3) | 0.42 | (0.4) | 0.66 | (0.5) | 0.75 | (0.5) |
| | Potatoes | 0.11 | (37.8) | 0.15 | (35.4) | 0.22 | (33.4) | 0.24 | (31.8) |
| | Potato products | 0.08 | (28.9) | 0.16 | (37.5) | 0.24 | (37.1) | 0.30 | (40.0) |
| | Potato dishes | 0.10 | (33.3) | 0.11 | (27.2) | 0.19 | (29.6) | 0.21 | (28.3) |
| | Cabbage, cauliflower & similar brassica veg | 0.10 | (0.1) | 0.09 | (0.1) | 0.13 | (0.1) | 0.19 | (0.1) |
| | Carrot and similar root veg | 0.63 | (0.6) | 0.70 | (0.6) | 0.76 | (0.6) | 0.87 | (0.6) |
| | Leaf and stalk veg | 0.02 | (0.0) | 0.03 | (0.0) | 0.06 | (0.0) | 0.07 | (0.1) |
| | Peas and beans | 0.14 | (0.1) | 0.14 | (0.1) | 0.22 | (0.2) | 0.25 | (0.2) |
| | Tomato | 0.37 | (0.4) | 0.38 | (0.3) | 0.49 | (0.4) | 0.69 | (0.5) |
| | Other fruiting vegetables | 0.44 | (0.4) | 0.42 | (0.4) | 0.58 | (0.4) | 0.64 | (0.4) |
| | Other Vegetables And Vegetable Combinations | 0.45 | (0.5) | 0.38 | (0.3) | 0.52 | (0.4) | 0.71 | (0.5) |
| | Dishes where veg is the major component | 0.11 | (0.1) | 0.10 | (0.1) | 0.28 | (0.2) | 0.37 | (0.3) |
| | Legume and pulse products & dishes | 0.23 | (0.2) | 0.25 | (0.2) | 0.20 | (0.2) | 0.29 | (0.2) |
| | Mature legumes and pulses | 0.01 | (0.0) | 0.03 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.22 | (0.2) | 0.23 | (0.2) | 0.19 | (0.1) | 0.28 | (0.2) |
| | Non alcoholic beverages | 0.12 | (0.1) | 0.08 | (0.1) | 0.09 | (0.1) | 0.07 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.12 | (0.1) | 0.08 | (0.1) | 0.09 | (0.1) | 0.07 | (0.1) |
| | Soup | 0.02 | (0.0) | 0.17 | (0.2) | 0.26 | (0.2) | 0.19 | (0.1) |
| | Soup (prepared, ready to eat) | 0.02 | (0.0) | 0.12 | (0.1) | 0.24 | (0.2) | 0.16 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.01 | (0.0) | 0.05 | (0.0) | 0.02 | (0.0) | 0.03 | (0.0) |
| | Cereal-based products & dishes | 0.07 | (0.1) | 0.08 | (0.1) | 0.27 | (0.2) | 0.31 | (0.2) |
| | Pastries | 0.01 | (0.0) | 0.03 | (0.0) | 0.06 | (0.0) | 0.02 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.06 | (0.1) | 0.05 | (0.0) | 0.21 | (0.2) | 0.29 | (0.2) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.18 | (0.2) | 0.15 | (0.1) | 0.33 | (0.2) | 0.52 | (0.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.17 | (0.2) | 0.14 | (0.1) | 0.25 | (0.2) | 0.40 | (0.3) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.01 | (0.0) | 0.08 | (0.1) | 0.09 | (0.1) |
| | Savoury sauce and condiments | 0.21 | (0.2) | 0.23 | (0.2) | 0.39 | (0.3) | 0.43 | (0.3) |
| | Gravies And Savoury Sauces | 0.21 | (0.2) | 0.23 | (0.2) | 0.39 | (0.3) | 0.43 | (0.3) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |

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Table 29 Total fibre coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 2.73 | (16.4) | 3.00 | (15.6) | 4.49 | (18.8) | 5.54 | (20.2) |
| | Potatoes | 0.64 | (3.9) | 1.00 | (5.2) | 1.69 | (7.1) | 2.12 | (7.7) |
| | Potatoes | 0.23 | (36.1) | 0.29 | (29.1) | 0.52 | (30.6) | 0.62 | (29.3) |
| | Potato products | 0.32 | (49.4) | 0.61 | (61.2) | 1.03 | (60.8) | 1.31 | (61.9) |
| | Potato dishes | 0.09 | (14.5) | 0.10 | (9.6) | 0.15 | (8.6) | 0.19 | (8.8) |
| | Cabbage, cauliflower & similar brassica veg | 0.25 | (1.5) | 0.33 | (1.7) | 0.37 | (1.6) | 0.42 | (1.5) |
| | Carrot and similar root veg | 0.49 | (2.9) | 0.51 | (2.6) | 0.51 | (2.1) | 0.63 | (2.3) |
| | Leaf and stalk veg | 0.03 | (0.2) | 0.06 | (0.3) | 0.11 | (0.4) | 0.15 | (0.6) |
| | Peas and beans | 0.25 | (1.5) | 0.25 | (1.3) | 0.42 | (1.8) | 0.50 | (1.8) |
| | Tomato | 0.17 | (1.1) | 0.19 | (1.0) | 0.23 | (0.9) | 0.38 | (1.4) |
| | Other fruiting vegetables | 0.24 | (1.4) | 0.21 | (1.1) | 0.33 | (1.4) | 0.28 | (1.0) |
| | Other Vegetables And Vegetable Combinations | 0.58 | (3.5) | 0.38 | (2.0) | 0.62 | (2.6) | 0.76 | (2.8) |
| | Dishes where veg is the major component | 0.09 | (0.5) | 0.08 | (0.4) | 0.22 | (0.9) | 0.30 | (1.1) |
| | Legume and pulse products & dishes | 0.28 | (1.7) | 0.43 | (2.2) | 0.40 | (1.7) | 0.62 | (2.3) |
| | Mature legumes and pulses | 0.03 | (0.2) | 0.14 | (0.7) | 0.09 | (0.4) | 0.04 | (0.2) |
| | Mature legumes and pulse product and dishes | 0.25 | (1.5) | 0.29 | (1.5) | 0.31 | (1.3) | 0.58 | (2.1) |
| | Non alcoholic beverages | 0.01 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.01 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Soup | 0.09 | (0.5) | 0.09 | (0.5) | 0.10 | (0.4) | 0.13 | (0.5) |
| | Soup (prepared, ready to eat) | 0.08 | (0.5) | 0.09 | (0.5) | 0.10 | (0.4) | 0.12 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.09 | (0.5) | 0.10 | (0.5) | 0.22 | (0.9) | 0.28 | (1.0) |
| | Pastries | 0.02 | (0.1) | 0.05 | (0.2) | 0.04 | (0.2) | 0.01 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.06 | (0.4) | 0.05 | (0.3) | 0.18 | (0.8) | 0.27 | (1.0) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.12 | (0.7) | 0.12 | (0.6) | 0.22 | (0.9) | 0.37 | (1.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.12 | (0.7) | 0.10 | (0.5) | 0.16 | (0.7) | 0.27 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.02 | (0.1) | 0.06 | (0.3) | 0.09 | (0.3) |
| | Savoury sauce and condiments | 0.10 | (0.6) | 0.08 | (0.4) | 0.13 | (0.6) | 0.15 | (0.5) |
| | Gravies And Savoury Sauces | 0.10 | (0.6) | 0.08 | (0.4) | 0.13 | (0.6) | 0.15 | (0.5) |
| | Infant formula & foods | 0.02 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.02 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.02 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.02 | (0.1) |

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| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 2.72 | (17.6) | 3.17 | (17.7) | 4.03 | (19.5) | 4.94 | (23.0) |
| | Potatoes | 0.69 | (4.5) | 1.07 | (6.0) | 1.42 | (6.9) | 1.81 | (8.4) |
| | Potatoes | 0.22 | (31.4) | 0.33 | (30.3) | 0.44 | (31.2) | 0.53 | (29.6) |
| | Potato products | 0.40 | (58.2) | 0.66 | (61.7) | 0.82 | (57.8) | 1.10 | (60.8) |
| | Potato dishes | 0.07 | (10.4) | 0.09 | (8.0) | 0.16 | (11.0) | 0.17 | (9.6) |
| | Cabbage, cauliflower & similar brassica veg | 0.29 | (1.9) | 0.28 | (1.5) | 0.35 | (1.7) | 0.38 | (1.8) |
| | Carrot and similar root veg | 0.35 | (2.3) | 0.53 | (2.9) | 0.53 | (2.6) | 0.59 | (2.7) |
| | Leaf and stalk veg | 0.06 | (0.4) | 0.05 | (0.3) | 0.12 | (0.6) | 0.13 | (0.6) |
| | Peas and beans | 0.26 | (1.7) | 0.25 | (1.4) | 0.36 | (1.8) | 0.38 | (1.8) |
| | Tomato | 0.17 | (1.1) | 0.18 | (1.0) | 0.25 | (1.2) | 0.28 | (1.3) |
| | Other fruiting vegetables | 0.28 | (1.8) | 0.23 | (1.3) | 0.31 | (1.5) | 0.49 | (2.3) |
| | Other Vegetables And Vegetable Combinations | 0.57 | (3.7) | 0.50 | (2.8) | 0.55 | (2.7) | 0.68 | (3.2) |
| | Dishes where veg is the major component | 0.06 | (0.4) | 0.09 | (0.5) | 0.13 | (0.6) | 0.21 | (1.0) |
| | Legume and pulse products & dishes | 0.35 | (2.2) | 0.35 | (1.9) | 0.23 | (1.1) | 0.37 | (1.7) |
| | Mature legumes and pulses | 0.05 | (0.3) | 0.04 | (0.2) | 0.05 | (0.3) | 0.10 | (0.5) |
| | Mature legumes and pulse product and dishes | 0.30 | (1.9) | 0.30 | (1.7) | 0.18 | (0.9) | 0.27 | (1.3) |
| | Non alcoholic beverages | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.01 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.07 | (0.5) | 0.13 | (0.7) | 0.20 | (1.0) | 0.20 | (0.9) |
| | Soup (prepared, ready to eat) | 0.07 | (0.5) | 0.11 | (0.6) | 0.20 | (0.9) | 0.19 | (0.9) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.02 | (0.1) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.05 | (0.3) | 0.06 | (0.3) | 0.31 | (1.5) | 0.32 | (1.5) |
| | Pastries | 0.00 | (0.0) | 0.03 | (0.1) | 0.10 | (0.5) | 0.04 | (0.2) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.04 | (0.3) | 0.04 | (0.2) | 0.20 | (1.0) | 0.28 | (1.3) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.09 | (0.6) | 0.07 | (0.4) | 0.21 | (1.0) | 0.14 | (0.7) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.09 | (0.6) | 0.06 | (0.4) | 0.15 | (0.7) | 0.13 | (0.6) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.0) | 0.05 | (0.3) | 0.01 | (0.0) |
| | Savoury sauce and condiments | 0.05 | (0.3) | 0.08 | (0.5) | 0.14 | (0.7) | 0.16 | (0.7) |
| | Gravies And Savoury Sauces | 0.05 | (0.3) | 0.08 | (0.5) | 0.14 | (0.7) | 0.16 | (0.7) |
| | Infant formula & foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.1) | 0.01 | (0.0) | 0.00 | (0.0) | 0.03 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.1) | 0.01 | (0.0) | 0.00 | (0.0) | 0.03 | (0.1) |

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| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 2.73 | (17.0) | 3.08 | (16.6) | 4.27 | (19.1) | 5.24 | (21.3) |
| | Potatoes | 0.67 | (4.2) | 1.03 | (5.6) | 1.56 | (7.0) | 1.97 | (8.0) |
| | Potatoes | 0.22 | (33.7) | 0.31 | (29.7) | 0.48 | (30.9) | 0.58 | (29.4) |
| | Potato products | 0.36 | (54.0) | 0.64 | (61.5) | 0.93 | (59.5) | 1.21 | (61.4) |
| | Potato dishes | 0.08 | (12.3) | 0.09 | (8.8) | 0.15 | (9.7) | 0.18 | (9.2) |
| | Cabbage, cauliflower & similar brassica veg | 0.27 | (1.7) | 0.30 | (1.6) | 0.36 | (1.6) | 0.40 | (1.6) |
| | Carrot and similar root veg | 0.42 | (2.6) | 0.52 | (2.8) | 0.52 | (2.3) | 0.61 | (2.5) |
| | Leaf and stalk veg | 0.04 | (0.3) | 0.06 | (0.3) | 0.11 | (0.5) | 0.14 | (0.6) |
| | Peas and beans | 0.25 | (1.6) | 0.25 | (1.3) | 0.39 | (1.8) | 0.44 | (1.8) |
| | Tomato | 0.17 | (1.1) | 0.18 | (1.0) | 0.24 | (1.1) | 0.33 | (1.3) |
| | Other fruiting vegetables | 0.26 | (1.6) | 0.22 | (1.2) | 0.32 | (1.4) | 0.38 | (1.6) |
| | Other Vegetables And Vegetable Combinations | 0.57 | (3.6) | 0.44 | (2.4) | 0.59 | (2.6) | 0.72 | (2.9) |
| | Dishes where veg is the major component | 0.07 | (0.5) | 0.08 | (0.4) | 0.18 | (0.8) | 0.26 | (1.1) |
| | Legume and pulse products & dishes | 0.31 | (2.0) | 0.39 | (2.1) | 0.32 | (1.4) | 0.50 | (2.0) |
| | Mature legumes and pulses | 0.04 | (0.2) | 0.09 | (0.5) | 0.07 | (0.3) | 0.07 | (0.3) |
| | Mature legumes and pulse product and dishes | 0.28 | (1.7) | 0.30 | (1.6) | 0.25 | (1.1) | 0.43 | (1.7) |
| | Non alcoholic beverages | 0.01 | (0.1) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.01 | (0.1) | 0.01 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.08 | (0.5) | 0.11 | (0.6) | 0.15 | (0.7) | 0.16 | (0.7) |
| | Soup (prepared, ready to eat) | 0.08 | (0.5) | 0.10 | (0.5) | 0.15 | (0.7) | 0.15 | (0.6) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.07 | (0.4) | 0.08 | (0.4) | 0.26 | (1.2) | 0.30 | (1.2) |
| | Pastries | 0.01 | (0.1) | 0.04 | (0.2) | 0.07 | (0.3) | 0.03 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.05 | (0.3) | 0.05 | (0.3) | 0.19 | (0.9) | 0.27 | (1.1) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.11 | (0.7) | 0.10 | (0.5) | 0.21 | (1.0) | 0.26 | (1.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.10 | (0.7) | 0.08 | (0.4) | 0.16 | (0.7) | 0.20 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.1) | 0.06 | (0.3) | 0.05 | (0.2) |
| | Savory sauce and condiments | 0.07 | (0.5) | 0.08 | (0.4) | 0.14 | (0.6) | 0.15 | (0.6) |
| | Gravies And Savoury Sauces | 0.07 | (0.5) | 0.08 | (0.4) | 0.14 | (0.6) | 0.15 | (0.6) |
| | Infant formula & foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.1) | 0.01 | (0.0) | 0.00 | (0.0) | 0.02 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.1) | 0.01 | (0.0) | 0.00 | (0.0) | 0.02 | (0.1) |

10.3.3 Total micronutrient (+proportion of total consumed) from vegetables and legumes

Table 30 Total folate coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 20.83 | (5.6) | 23.82 | (6.0) | 34.68 | (7.9) | 44.04 | (8.9) |
| | Potatoes | 3.63 | (1.0) | 5.44 | (1.4) | 9.04 | (2.0) | 10.97 | (2.2) |
| | Potatoes | 1.58 | (43.3) | 1.95 | (35.9) | 3.43 | (38.0) | 4.02 | (36.7) |
| | Potato products | 1.40 | (38.5) | 2.72 | (49.9) | 4.42 | (49.0) | 5.49 | (50.0) |
| | Potato dishes | 0.66 | (18.2) | 0.77 | (14.2) | 1.18 | (13.1) | 1.46 | (13.3) |
| | Cabbage, cauliflower & similar brassica veg | 2.63 | (0.7) | 3.26 | (0.8) | 3.70 | (0.8) | 3.95 | (0.8) |
| | Carrot and similar root veg | 1.98 | (0.5) | 1.97 | (0.5) | 2.08 | (0.5) | 2.40 | (0.5) |
| | Leaf and stalk veg | 0.55 | (0.2) | 1.28 | (0.3) | 2.79 | (0.6) | 4.39 | (0.9) |
| | Peas and beans | 2.77 | (0.8) | 2.70 | (0.7) | 4.62 | (1.1) | 5.60 | (1.1) |
| | Tomato | 2.39 | (0.6) | 2.67 | (0.7) | 3.18 | (0.7) | 4.99 | (1.0) |
| | Other fruiting vegetables | 3.21 | (0.9) | 3.01 | (0.8) | 4.18 | (1.0) | 3.47 | (0.7) |
| | Other Vegetables And Vegetable Combinations | 2.97 | (0.8) | 2.58 | (0.7) | 2.92 | (0.7) | 4.59 | (0.9) |
| | Dishes where veg is the major component | 0.69 | (0.2) | 0.90 | (0.2) | 2.18 | (0.5) | 3.68 | (0.7) |
| | Legume and pulse products & dishes | 2.84 | (0.8) | 3.75 | (0.9) | 4.00 | (0.9) | 4.76 | (1.0) |
| | Mature legumes and pulses | 0.21 | (0.1) | 1.06 | (0.3) | 0.84 | (0.2) | 0.39 | (0.1) |
| | Mature legumes and pulse product and dishes | 2.63 | (0.7) | 2.69 | (0.7) | 3.16 | (0.7) | 4.37 | (0.9) |
| | Non alcoholic beverages | 0.73 | (0.2) | 0.37 | (0.1) | 0.48 | (0.1) | 0.39 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.73 | (0.2) | 0.37 | (0.1) | 0.48 | (0.1) | 0.39 | (0.1) |
| | Soup | 0.08 | (0.0) | 0.19 | (0.1) | 0.15 | (0.0) | 0.51 | (0.1) |
| | Soup (prepared, ready to eat) | 0.07 | (0.0) | 0.16 | (0.0) | 0.14 | (0.0) | 0.47 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.01 | (0.0) | 0.03 | (0.0) | 0.01 | (0.0) | 0.04 | (0.0) |
| | Cereal-based products & dishes | 0.82 | (0.2) | 0.78 | (0.2) | 2.05 | (0.5) | 2.80 | (0.6) |
| | Pastries | 0.17 | (0.1) | 0.38 | (0.1) | 0.32 | (0.1) | 0.13 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.65 | (0.2) | 0.40 | (0.1) | 1.73 | (0.4) | 2.67 | (0.5) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) |
| | Meat, poultry and game products & dishes | 1.01 | (0.3) | 1.04 | (0.3) | 1.90 | (0.4) | 2.78 | (0.6) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.96 | (0.3) | 0.91 | (0.2) | 1.61 | (0.4) | 2.23 | (0.5) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.05 | (0.0) | 0.13 | (0.0) | 0.29 | (0.1) | 0.56 | (0.1) |
| | Savoury sauce and condiments | 2.09 | (0.6) | 1.62 | (0.4) | 2.81 | (0.6) | 3.07 | (0.6) |
| | Gravies And Savoury Sauces | 2.09 | (0.6) | 1.62 | (0.4) | 2.81 | (0.6) | 3.07 | (0.6) |
| | Infant formula & foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.08 | (0.0) | 0.07 | (0.0) | 0.04 | (0.0) | 0.24 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.08 | (0.0) | 0.07 | (0.0) | 0.04 | (0.0) | 0.24 | (0.1) |

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Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| Females | Vegetables | 22.24 | (6.3) | 24.12 | (6.6) | 32.51 | (8.6) | 38.01 | (10.0) |
| | Potatoes | 3.69 | (1.1) | 5.78 | (1.6) | 7.88 | (2.1) | 9.37 | (2.5) |
| | Potatoes | 1.51 | (40.8) | 2.22 | (38.4) | 2.98 | (37.8) | 3.41 | (36.3) |
| | Potato products | 1.66 | (45.1) | 2.92 | (50.6) | 3.67 | (46.6) | 4.62 | (49.4) |
| | Potato dishes | 0.52 | (14.2) | 0.64 | (11.0) | 1.23 | (15.6) | 1.34 | (14.3) |
| | Cabbage, cauliflower & similar brassica veg | 3.24 | (0.9) | 2.78 | (0.8) | 3.66 | (1.0) | 3.73 | (1.0) |
| | Carrot and similar root veg | 1.45 | (0.4) | 2.09 | (0.6) | 2.13 | (0.6) | 2.19 | (0.6) |
| | Leaf and stalk veg | 1.41 | (0.4) | 1.42 | (0.4) | 2.99 | (0.8) | 3.48 | (0.9) |
| | Peas and beans | 2.79 | (0.8) | 2.66 | (0.7) | 3.99 | (1.1) | 4.12 | (1.1) |
| | Tomato | 2.23 | (0.6) | 2.58 | (0.7) | 3.57 | (0.9) | 3.51 | (0.9) |
| | Other fruiting vegetables | 3.58 | (1.0) | 3.04 | (0.8) | 3.91 | (1.0) | 5.64 | (1.5) |
| | Other Vegetables And Vegetable Combinations | 3.31 | (0.9) | 2.92 | (0.8) | 2.98 | (0.8) | 3.02 | (0.8) |
| | Dishes where veg is the major component | 0.54 | (0.2) | 0.86 | (0.2) | 1.41 | (0.4) | 2.95 | (0.8) |
| | Legume and pulse products & dishes | 3.15 | (0.9) | 3.13 | (0.9) | 1.87 | (0.5) | 3.31 | (0.9) |
| | Mature legumes and pulses | 0.34 | (0.1) | 0.29 | (0.1) | 0.44 | (0.1) | 0.79 | (0.2) |
| | Mature legumes and pulse product and dishes | 2.81 | (0.8) | 2.84 | (0.8) | 1.42 | (0.4) | 2.52 | (0.7) |
| | Non alcoholic beverages | 0.33 | (0.1) | 0.29 | (0.1) | 0.24 | (0.1) | 0.27 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.33 | (0.1) | 0.29 | (0.1) | 0.24 | (0.1) | 0.27 | (0.1) |
| | Soup | 0.07 | (0.0) | 0.23 | (0.1) | 0.68 | (0.2) | 0.69 | (0.2) |
| | Soup (prepared, ready to eat) | 0.07 | (0.0) | 0.19 | (0.1) | 0.68 | (0.2) | 0.68 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.04 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.47 | (0.1) | 0.45 | (0.1) | 2.57 | (0.7) | 2.61 | (0.7) |
| | Pastries | 0.04 | (0.0) | 0.22 | (0.1) | 0.80 | (0.2) | 0.32 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.43 | (0.1) | 0.23 | (0.1) | 1.78 | (0.5) | 2.29 | (0.6) |
| | Fish & seafood products and dishes | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.85 | (0.2) | 0.57 | (0.2) | 1.55 | (0.4) | 1.11 | (0.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.81 | (0.2) | 0.49 | (0.1) | 1.07 | (0.3) | 1.01 | (0.3) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.03 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) | 0.03 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.07 | (0.0) | 0.45 | (0.1) | 0.07 | (0.0) |
| | Savoury sauce and condiments | 0.98 | (0.3) | 1.68 | (0.5) | 2.92 | (0.8) | 3.20 | (0.8) |
| | Gravies And Savoury Sauces | 0.98 | (0.3) | 1.68 | (0.5) | 2.92 | (0.8) | 3.20 | (0.8) |
| | Infant formula & foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.16 | (0.0) | 0.07 | (0.0) | 0.02 | (0.0) | 0.32 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.16 | (0.0) | 0.07 | (0.0) | 0.02 | (0.0) | 0.32 | (0.1) |

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| | | | | | | | | | |
|------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| All | Vegetables | 21.53 | (6.0) | 23.97 | (6.3) | 33.62 | (8.2) | 41.10 | (9.3) |
| | Potatoes | 3.66 | (1.0) | 5.61 | (1.5) | 8.47 | (2.1) | 10.19 | (2.3) |
| | Potatoes | 1.54 | (42.1) | 2.08 | (37.2) | 3.21 | (37.9) | 3.72 | (36.5) |
| | Potato products | 1.53 | (41.8) | 2.82 | (50.2) | 4.06 | (47.9) | 5.07 | (49.7) |
| | Potato dishes | 0.59 | (16.2) | 0.71 | (12.6) | 1.20 | (14.2) | 1.40 | (13.8) |
| | Cabbage, cauliflower & similar brassica veg | 2.94 | (0.8) | 3.03 | (0.8) | 3.68 | (0.9) | 3.85 | (0.9) |
| | Carrot and similar root veg | 1.71 | (0.5) | 2.03 | (0.5) | 2.10 | (0.5) | 2.30 | (0.5) |
| | Leaf and stalk veg | 0.98 | (0.3) | 1.34 | (0.4) | 2.89 | (0.7) | 3.95 | (0.9) |
| | Peas and beans | 2.78 | (0.8) | 2.68 | (0.7) | 4.31 | (1.1) | 4.88 | (1.1) |
| | Tomato | 2.31 | (0.6) | 2.63 | (0.7) | 3.37 | (0.8) | 4.27 | (1.0) |
| | Other fruiting vegetables | 3.39 | (0.9) | 3.03 | (0.8) | 4.05 | (1.0) | 4.53 | (1.0) |
| | Other Vegetables And Vegetable Combinations | 3.14 | (0.9) | 2.75 | (0.7) | 2.95 | (0.7) | 3.82 | (0.9) |
| | Dishes where veg is the major component | 0.61 | (0.2) | 0.88 | (0.2) | 1.80 | (0.4) | 3.32 | (0.8) |
| | Legume and pulse products & dishes | 3.00 | (0.8) | 3.45 | (0.9) | 2.96 | (0.7) | 4.05 | (0.9) |
| | Mature legumes and pulses | 0.28 | (0.1) | 0.69 | (0.2) | 0.65 | (0.2) | 0.59 | (0.1) |
| | Mature legumes and pulse product and dishes | 2.72 | (0.8) | 2.77 | (0.7) | 2.31 | (0.6) | 3.47 | (0.8) |
| | Non alcoholic beverages | 0.53 | (0.2) | 0.33 | (0.1) | 0.37 | (0.1) | 0.33 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.53 | (0.2) | 0.33 | (0.1) | 0.37 | (0.1) | 0.33 | (0.1) |
| | Soup | 0.07 | (0.0) | 0.21 | (0.1) | 0.41 | (0.1) | 0.60 | (0.1) |
| | Soup (prepared, ready to eat) | 0.07 | (0.0) | 0.17 | (0.1) | 0.40 | (0.1) | 0.57 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) | 0.03 | (0.0) |
| | Cereal-based products & dishes | 0.65 | (0.2) | 0.62 | (0.2) | 2.31 | (0.6) | 2.71 | (0.6) |
| | Pastries | 0.11 | (0.0) | 0.30 | (0.1) | 0.56 | (0.1) | 0.22 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.54 | (0.2) | 0.32 | (0.1) | 1.75 | (0.4) | 2.49 | (0.6) |
| | Fish & seafood products and dishes | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.04 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.04 | (0.0) |
| | Meat, poultry and game products & dishes | 0.93 | (0.3) | 0.81 | (0.2) | 1.73 | (0.4) | 1.97 | (0.5) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.89 | (0.2) | 0.71 | (0.2) | 1.35 | (0.3) | 1.63 | (0.4) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.03 | (0.0) | 0.10 | (0.0) | 0.37 | (0.1) | 0.32 | (0.1) |
| | Savoury sauce and condiments | 1.53 | (0.4) | 1.65 | (0.4) | 2.86 | (0.7) | 3.14 | (0.7) |
| | Gravies And Savoury Sauces | 1.53 | (0.4) | 1.65 | (0.4) | 2.86 | (0.7) | 3.14 | (0.7) |
| | Infant formula & foods | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.12 | (0.0) | 0.07 | (0.0) | 0.03 | (0.0) | 0.28 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.12 | (0.0) | 0.07 | (0.0) | 0.03 | (0.0) | 0.28 | (0.1) |

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Table 31 Folate equivalents coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 20.83 | (4.7) | 23.82 | (5.1) | 34.68 | (6.7) | 44.05 | (7.6) |
| | Potatoes | 3.63 | (0.8) | 5.44 | (1.2) | 9.04 | (1.7) | 10.97 | (1.9) |
| | Potatoes | 1.58 | (43.3) | 1.95 | (35.9) | 3.43 | (38.0) | 4.02 | (36.7) |
| | Potato products | 1.40 | (38.5) | 2.72 | (49.9) | 4.42 | (49.0) | 5.49 | (50.0) |
| | Potato dishes | 0.66 | (18.2) | 0.77 | (14.2) | 1.18 | (13.1) | 1.46 | (13.3) |
| | Cabbage, cauliflower & similar brassica veg | 2.63 | (0.6) | 3.26 | (0.7) | 3.70 | (0.7) | 3.95 | (0.7) |
| | Carrot and similar root veg | 1.98 | (0.5) | 1.97 | (0.4) | 2.08 | (0.4) | 2.40 | (0.4) |
| | Leaf and stalk veg | 0.55 | (0.1) | 1.28 | (0.3) | 2.79 | (0.5) | 4.39 | (0.8) |
| | Peas and beans | 2.77 | (0.6) | 2.70 | (0.6) | 4.62 | (0.9) | 5.60 | (1.0) |
| | Tomato | 2.39 | (0.5) | 2.67 | (0.6) | 3.18 | (0.6) | 4.99 | (0.9) |
| | Other fruiting vegetables | 3.21 | (0.7) | 3.01 | (0.6) | 4.18 | (0.8) | 3.47 | (0.6) |
| | Other Vegetables And Vegetable Combinations | 2.97 | (0.7) | 2.58 | (0.6) | 2.92 | (0.6) | 4.59 | (0.8) |
| | Dishes where veg is the major component | 0.69 | (0.2) | 0.90 | (0.2) | 2.18 | (0.4) | 3.69 | (0.6) |
| | Legume and pulse products & dishes | 2.84 | (0.6) | 3.75 | (0.8) | 4.00 | (0.8) | 4.76 | (0.8) |
| | Mature legumes and pulses | 0.21 | (0.1) | 1.06 | (0.2) | 0.84 | (0.2) | 0.39 | (0.1) |
| | Mature legumes and pulse product and dishes | 2.63 | (0.6) | 2.69 | (0.6) | 3.16 | (0.6) | 4.37 | (0.8) |
| | Non alcoholic beverages | 0.73 | (0.2) | 0.37 | (0.1) | 0.48 | (0.1) | 0.39 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.73 | (0.2) | 0.37 | (0.1) | 0.48 | (0.1) | 0.39 | (0.1) |
| | Soup | 0.08 | (0.0) | 0.19 | (0.0) | 0.15 | (0.0) | 0.51 | (0.1) |
| | Soup (prepared, ready to eat) | 0.07 | (0.0) | 0.16 | (0.0) | 0.14 | (0.0) | 0.47 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.01 | (0.0) | 0.03 | (0.0) | 0.01 | (0.0) | 0.04 | (0.0) |
| | Cereal-based products & dishes | 0.83 | (0.2) | 0.78 | (0.2) | 2.07 | (0.4) | 2.82 | (0.5) |
| | Pastries | 0.17 | (0.0) | 0.38 | (0.1) | 0.32 | (0.1) | 0.13 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.66 | (0.2) | 0.40 | (0.1) | 1.75 | (0.3) | 2.69 | (0.5) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) |
| | Meat, poultry and game products & dishes | 1.01 | (0.2) | 1.04 | (0.2) | 1.90 | (0.4) | 2.78 | (0.5) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.96 | (0.2) | 0.91 | (0.2) | 1.61 | (0.3) | 2.23 | (0.4) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.05 | (0.0) | 0.13 | (0.0) | 0.29 | (0.1) | 0.56 | (0.1) |
| | Savoury sauce and condiments | 2.09 | (0.5) | 1.62 | (0.3) | 2.81 | (0.5) | 3.07 | (0.5) |
| | Gravies And Savoury Sauces | 2.09 | (0.5) | 1.62 | (0.3) | 2.81 | (0.5) | 3.07 | (0.5) |
| | Infant formula & foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.08 | (0.0) | 0.07 | (0.0) | 0.04 | (0.0) | 0.24 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.08 | (0.0) | 0.07 | (0.0) | 0.04 | (0.0) | 0.24 | (0.0) |

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Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| Females | Vegetables | 22.24 | (5.3) | 24.12 | (5.5) | 32.51 | (7.3) | 38.03 | (8.6) |
| | Potatoes | 3.69 | (0.9) | 5.78 | (1.3) | 7.88 | (1.8) | 9.37 | (2.1) |
| | Potatoes | 1.51 | (40.8) | 2.22 | (38.4) | 2.98 | (37.8) | 3.41 | (36.3) |
| | Potato products | 1.66 | (45.1) | 2.92 | (50.6) | 3.67 | (46.6) | 4.62 | (49.4) |
| | Potato dishes | 0.52 | (14.2) | 0.64 | (11.0) | 1.23 | (15.6) | 1.34 | (14.3) |
| | Cabbage, cauliflower & similar brassica veg | 3.24 | (0.8) | 2.78 | (0.6) | 3.66 | (0.8) | 3.73 | (0.9) |
| | Carrot and similar root veg | 1.45 | (0.4) | 2.09 | (0.5) | 2.13 | (0.5) | 2.19 | (0.5) |
| | Leaf and stalk veg | 1.41 | (0.3) | 1.42 | (0.3) | 2.99 | (0.7) | 3.48 | (0.8) |
| | Peas and beans | 2.79 | (0.7) | 2.66 | (0.6) | 3.99 | (0.9) | 4.12 | (0.9) |
| | Tomato | 2.23 | (0.5) | 2.58 | (0.6) | 3.57 | (0.8) | 3.51 | (0.8) |
| | Other fruiting vegetables | 3.58 | (0.9) | 3.04 | (0.7) | 3.91 | (0.9) | 5.64 | (1.3) |
| | Other Vegetables And Vegetable Combinations | 3.31 | (0.8) | 2.92 | (0.7) | 2.98 | (0.7) | 3.02 | (0.7) |
| | Dishes where veg is the major component | 0.54 | (0.1) | 0.86 | (0.2) | 1.41 | (0.3) | 2.96 | (0.7) |
| | Legume and pulse products & dishes | 3.15 | (0.8) | 3.13 | (0.7) | 1.87 | (0.4) | 3.31 | (0.8) |
| | Mature legumes and pulses | 0.34 | (0.1) | 0.29 | (0.1) | 0.44 | (0.1) | 0.79 | (0.2) |
| | Mature legumes and pulse product and dishes | 2.81 | (0.7) | 2.84 | (0.7) | 1.42 | (0.3) | 2.52 | (0.6) |
| | Non alcoholic beverages | 0.33 | (0.1) | 0.29 | (0.1) | 0.24 | (0.1) | 0.27 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.33 | (0.1) | 0.29 | (0.1) | 0.24 | (0.1) | 0.27 | (0.1) |
| | Soup | 0.07 | (0.0) | 0.23 | (0.1) | 0.68 | (0.2) | 0.69 | (0.2) |
| | Soup (prepared, ready to eat) | 0.07 | (0.0) | 0.19 | (0.0) | 0.68 | (0.2) | 0.68 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.04 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.47 | (0.1) | 0.45 | (0.1) | 2.58 | (0.6) | 2.63 | (0.6) |
| | Pastries | 0.04 | (0.0) | 0.22 | (0.1) | 0.80 | (0.2) | 0.32 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.43 | (0.1) | 0.23 | (0.1) | 1.78 | (0.4) | 2.30 | (0.5) |
| | Fish & seafood products and dishes | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.85 | (0.2) | 0.57 | (0.1) | 1.55 | (0.4) | 1.11 | (0.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.81 | (0.2) | 0.49 | (0.1) | 1.07 | (0.2) | 1.01 | (0.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.03 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) | 0.03 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.07 | (0.0) | 0.45 | (0.1) | 0.07 | (0.0) |
| | Savoury sauce and condiments | 0.98 | (0.2) | 1.68 | (0.4) | 2.92 | (0.7) | 3.20 | (0.7) |
| | Gravies And Savoury Sauces | 0.98 | (0.2) | 1.68 | (0.4) | 2.92 | (0.7) | 3.20 | (0.7) |
| | Infant formula & foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.16 | (0.0) | 0.07 | (0.0) | 0.02 | (0.0) | 0.32 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.16 | (0.0) | 0.07 | (0.0) | 0.02 | (0.0) | 0.32 | (0.1) |

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|------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| All | Vegetables | 21.53 | (5.0) | 23.97 | (5.3) | 33.62 | (7.0) | 41.12 | (8.1) |
| | Potatoes | 3.66 | (0.9) | 5.61 | (1.2) | 8.47 | (1.8) | 10.19 | (2.0) |
| | Potatoes | 1.54 | (42.1) | 2.08 | (37.2) | 3.21 | (37.9) | 3.72 | (36.5) |
| | Potato products | 1.53 | (41.8) | 2.82 | (50.2) | 4.06 | (47.9) | 5.07 | (49.7) |
| | Potato dishes | 0.59 | (16.2) | 0.71 | (12.6) | 1.20 | (14.2) | 1.40 | (13.8) |
| | Cabbage, cauliflower & similar brassica veg | 2.94 | (0.7) | 3.03 | (0.7) | 3.68 | (0.8) | 3.85 | (0.8) |
| | Carrot and similar root veg | 1.71 | (0.4) | 2.03 | (0.5) | 2.10 | (0.4) | 2.30 | (0.5) |
| | Leaf and stalk veg | 0.98 | (0.2) | 1.34 | (0.3) | 2.89 | (0.6) | 3.95 | (0.8) |
| | Peas and beans | 2.78 | (0.7) | 2.68 | (0.6) | 4.31 | (0.9) | 4.88 | (1.0) |
| | Tomato | 2.31 | (0.5) | 2.63 | (0.6) | 3.37 | (0.7) | 4.27 | (0.8) |
| | Other fruiting vegetables | 3.39 | (0.8) | 3.03 | (0.7) | 4.05 | (0.8) | 4.53 | (0.9) |
| | Other Vegetables And Vegetable Combinations | 3.14 | (0.7) | 2.75 | (0.6) | 2.95 | (0.6) | 3.82 | (0.8) |
| | Dishes where veg is the major component | 0.61 | (0.1) | 0.88 | (0.2) | 1.80 | (0.4) | 3.34 | (0.7) |
| | Legume and pulse products & dishes | 3.00 | (0.7) | 3.45 | (0.8) | 2.96 | (0.6) | 4.05 | (0.8) |
| | Mature legumes and pulses | 0.28 | (0.1) | 0.69 | (0.2) | 0.65 | (0.1) | 0.59 | (0.1) |
| | Mature legumes and pulse product and dishes | 2.72 | (0.6) | 2.77 | (0.6) | 2.31 | (0.5) | 3.47 | (0.7) |
| | Non alcoholic beverages | 0.53 | (0.1) | 0.33 | (0.1) | 0.37 | (0.1) | 0.33 | (0.1) |
| | Fruit and vegetable juices and drinks | 0.53 | (0.1) | 0.33 | (0.1) | 0.37 | (0.1) | 0.33 | (0.1) |
| | Soup | 0.07 | (0.0) | 0.21 | (0.1) | 0.41 | (0.1) | 0.60 | (0.1) |
| | Soup (prepared, ready to eat) | 0.07 | (0.0) | 0.17 | (0.0) | 0.40 | (0.1) | 0.57 | (0.1) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) | 0.03 | (0.0) |
| | Cereal-based products & dishes | 0.65 | (0.2) | 0.62 | (0.1) | 2.32 | (0.5) | 2.72 | (0.5) |
| | Pastries | 0.11 | (0.0) | 0.30 | (0.1) | 0.56 | (0.1) | 0.22 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.54 | (0.1) | 0.32 | (0.1) | 1.77 | (0.4) | 2.50 | (0.5) |
| | Fish & seafood products and dishes | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.04 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.04 | (0.0) |
| | Meat, poultry and game products & dishes | 0.93 | (0.2) | 0.81 | (0.2) | 1.73 | (0.4) | 1.97 | (0.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.89 | (0.2) | 0.71 | (0.2) | 1.35 | (0.3) | 1.63 | (0.3) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.03 | (0.0) | 0.10 | (0.0) | 0.37 | (0.1) | 0.32 | (0.1) |
| | Savoury sauce and condiments | 1.53 | (0.4) | 1.65 | (0.4) | 2.86 | (0.6) | 3.14 | (0.6) |
| | Gravies And Savoury Sauces | 1.53 | (0.4) | 1.65 | (0.4) | 2.86 | (0.6) | 3.14 | (0.6) |
| | Infant formula & foods | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.12 | (0.0) | 0.07 | (0.0) | 0.03 | (0.0) | 0.28 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.12 | (0.0) | 0.07 | (0.0) | 0.03 | (0.0) | 0.28 | (0.1) |

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Table 32 Vitamin A retinol equivalents coming vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|--------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 199.33 | (28.8) | 199.59 | (28.8) | 221.42 | (28.5) | 285.48 | (30.7) |
| | Potatoes | 3.23 | (0.5) | 3.70 | (0.5) | 3.78 | (0.5) | 8.49 | (0.9) |
| | Potatoes | 0.00 | (0.0) | 0.06 | (1.7) | 0.02 | (0.5) | 0.11 | (1.3) |
| | Potato products | 0.02 | (0.5) | 0.03 | (0.8) | 0.02 | (0.5) | 0.04 | (0.5) |
| | Potato dishes | 3.22 | (99.5) | 3.61 | (97.5) | 3.74 | (99.0) | 8.34 | (98.3) |
| | Cabbage, cauliflower & similar brassica veg | 2.25 | (0.3) | 2.98 | (0.4) | 3.70 | (0.5) | 4.05 | (0.4) |
| | Carrot and similar root veg | 150.54 | (21.8) | 158.37 | (22.9) | 152.27 | (19.6) | 191.33 | (20.6) |
| | Leaf and stalk veg | 1.55 | (0.2) | 2.63 | (0.4) | 7.34 | (0.9) | 10.45 | (1.1) |
| | Peas and beans | 3.87 | (0.6) | 3.97 | (0.6) | 6.58 | (0.9) | 8.29 | (0.9) |
| | Tomato | 9.93 | (1.4) | 10.96 | (1.6) | 13.22 | (1.7) | 22.05 | (2.4) |
| | Other fruiting vegetables | 9.05 | (1.3) | 7.65 | (1.1) | 12.22 | (1.6) | 9.10 | (1.0) |
| | Other Vegetables And Vegetable Combinations | 12.70 | (1.8) | 7.44 | (1.1) | 12.82 | (1.7) | 15.92 | (1.7) |
| | Dishes where veg is the major component | 6.21 | (0.9) | 1.89 | (0.3) | 9.50 | (1.2) | 15.80 | (1.7) |
| | Legume and pulse products & dishes | 0.74 | (0.1) | 0.85 | (0.1) | 1.60 | (0.2) | 1.78 | (0.2) |
| | Mature legumes and pulses | 0.01 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) | 0.01 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.73 | (0.1) | 0.85 | (0.1) | 1.55 | (0.2) | 1.77 | (0.2) |
| | Non alcoholic beverages | 11.27 | (1.6) | 8.79 | (1.3) | 10.40 | (1.3) | 5.03 | (0.5) |
| | Fruit and vegetable juices and drinks | 11.27 | (1.6) | 8.79 | (1.3) | 10.40 | (1.3) | 5.03 | (0.5) |
| | Soup | 2.86 | (0.4) | 3.15 | (0.5) | 3.49 | (0.5) | 4.81 | (0.5) |
| | Soup (prepared, ready to eat) | 2.82 | (0.4) | 2.72 | (0.4) | 3.43 | (0.4) | 4.34 | (0.5) |
| | Canned Condensed Soup (Unprepared) | 0.04 | (0.0) | 0.43 | (0.1) | 0.07 | (0.0) | 0.46 | (0.1) |
| | Cereal-based products & dishes | 4.03 | (0.6) | 6.57 | (1.0) | 9.12 | (1.2) | 13.22 | (1.4) |
| | Pastries | 1.36 | (0.2) | 2.93 | (0.4) | 2.10 | (0.3) | 0.75 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 2.67 | (0.4) | 3.63 | (0.5) | 7.01 | (0.9) | 12.46 | (1.3) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.69 | (0.1) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.69 | (0.1) |
| | Meat, poultry and game products & dishes | 3.75 | (0.5) | 3.32 | (0.5) | 5.81 | (0.8) | 9.15 | (1.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 3.59 | (0.5) | 3.08 | (0.4) | 4.32 | (0.6) | 7.30 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.16 | (0.0) | 0.24 | (0.0) | 1.49 | (0.2) | 1.84 | (0.2) |
| | Savoury sauce and condiments | 2.72 | (0.4) | 2.16 | (0.3) | 3.66 | (0.5) | 4.01 | (0.4) |
| | Gravies And Savoury Sauces | 2.72 | (0.4) | 2.16 | (0.3) | 3.66 | (0.5) | 4.01 | (0.4) |
| | Infant formula & foods | 0.62 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.62 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.80 | (0.1) | 0.64 | (0.1) | 0.59 | (0.1) | 2.25 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.80 | (0.1) | 0.64 | (0.1) | 0.59 | (0.1) | 2.25 | (0.2) |

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|----------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| Females | Vegetables | 169.71 | (27.3) | 209.30 | (30.6) | 217.30 | (30.6) | 262.99 | (35.5) |
| | Potatoes | 2.77 | (0.4) | 3.49 | (0.5) | 5.58 | (0.8) | 6.19 | (0.8) |
| | Potatoes | 0.00 | (0.1) | 0.03 | (0.9) | 0.03 | (0.6) | 0.03 | (0.6) |
| | Potato products | 0.01 | (0.5) | 0.02 | (0.6) | 0.03 | (0.6) | 0.04 | (0.6) |
| | Potato dishes | 2.75 | (99.4) | 3.44 | (98.5) | 5.51 | (98.9) | 6.12 | (98.9) |
| | Cabbage, cauliflower & similar brassica veg | 2.21 | (0.4) | 2.88 | (0.4) | 3.07 | (0.4) | 3.53 | (0.5) |
| | Carrot and similar root veg | 116.24 | (18.7) | 160.60 | (23.4) | 154.38 | (21.7) | 182.24 | (24.6) |
| | Leaf and stalk veg | 4.24 | (0.7) | 2.59 | (0.4) | 6.93 | (1.0) | 8.44 | (1.1) |
| | Peas and beans | 4.05 | (0.7) | 4.01 | (0.6) | 5.88 | (0.8) | 6.45 | (0.9) |
| | Tomato | 10.04 | (1.6) | 10.49 | (1.5) | 15.22 | (2.1) | 16.02 | (2.2) |
| | Other fruiting vegetables | 9.61 | (1.5) | 9.68 | (1.4) | 12.31 | (1.7) | 18.40 | (2.5) |
| | Other Vegetables And Vegetable Combinations | 15.17 | (2.4) | 9.87 | (1.4) | 10.60 | (1.5) | 12.92 | (1.7) |
| | Dishes where veg is the major component | 5.39 | (0.9) | 5.69 | (0.8) | 3.35 | (0.5) | 8.81 | (1.2) |
| | Legume and pulse products & dishes | 0.91 | (0.2) | 0.44 | (0.1) | 0.75 | (0.1) | 0.60 | (0.1) |
| | Mature legumes and pulses | 0.02 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) | 0.04 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.90 | (0.1) | 0.43 | (0.1) | 0.73 | (0.1) | 0.56 | (0.1) |
| | Non alcoholic beverages | 8.62 | (1.4) | 7.54 | (1.1) | 4.98 | (0.7) | 6.69 | (0.9) |
| | Fruit and vegetable juices and drinks | 8.62 | (1.4) | 7.54 | (1.1) | 4.98 | (0.7) | 6.69 | (0.9) |
| | Soup | 2.64 | (0.4) | 4.65 | (0.7) | 6.97 | (1.0) | 6.08 | (0.8) |
| | Soup (prepared, ready to eat) | 2.64 | (0.4) | 4.34 | (0.6) | 6.95 | (1.0) | 6.02 | (0.8) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.31 | (0.1) | 0.03 | (0.0) | 0.06 | (0.0) |
| | Cereal-based products & dishes | 2.43 | (0.4) | 2.95 | (0.4) | 18.30 | (2.6) | 12.63 | (1.7) |
| | Pastries | 0.27 | (0.0) | 1.54 | (0.2) | 7.22 | (1.0) | 2.89 | (0.4) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 2.16 | (0.4) | 1.41 | (0.2) | 11.08 | (1.6) | 9.74 | (1.3) |
| | Fish & seafood products and dishes | 0.38 | (0.1) | 0.00 | (0.0) | 0.03 | (0.0) | 0.02 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.38 | (0.1) | 0.00 | (0.0) | 0.03 | (0.0) | 0.02 | (0.0) |
| | Meat, poultry and game products & dishes | 2.55 | (0.4) | 1.48 | (0.2) | 4.74 | (0.7) | 4.56 | (0.6) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 2.50 | (0.4) | 1.40 | (0.2) | 2.93 | (0.4) | 3.72 | (0.5) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.04 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) | 0.61 | (0.1) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.08 | (0.0) | 1.76 | (0.3) | 0.23 | (0.0) |
| | Savoury sauce and condiments | 1.28 | (0.2) | 2.20 | (0.3) | 3.81 | (0.5) | 4.22 | (0.6) |
| | Gravies And Savoury Sauces | 1.28 | (0.2) | 2.20 | (0.3) | 3.81 | (0.5) | 4.22 | (0.6) |
| | Infant formula & foods | 0.14 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.14 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.64 | (0.1) | 0.65 | (0.1) | 0.14 | (0.0) | 1.32 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.64 | (0.1) | 0.65 | (0.1) | 0.14 | (0.0) | 1.32 | (0.2) |

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|------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| All | Vegetables | 184.60 | (28.1) | 204.33 | (29.7) | 219.40 | (29.5) | 274.52 | (32.8) |
| | Potatoes | 3.00 | (0.5) | 3.60 | (0.5) | 4.66 | (0.6) | 7.36 | (0.9) |
| | Potatoes | 0.00 | (0.1) | 0.05 | (1.3) | 0.02 | (0.5) | 0.07 | (1.0) |
| | Potato products | 0.01 | (0.5) | 0.03 | (0.7) | 0.03 | (0.6) | 0.04 | (0.5) |
| | Potato dishes | 2.99 | (99.5) | 3.53 | (98.0) | 4.61 | (98.9) | 7.25 | (98.5) |
| | Cabbage, cauliflower & similar brassica veg | 2.23 | (0.3) | 2.93 | (0.4) | 3.39 | (0.5) | 3.80 | (0.5) |
| | Carrot and similar root veg | 133.48 | (20.3) | 159.45 | (23.1) | 153.30 | (20.6) | 186.90 | (22.3) |
| | Leaf and stalk veg | 2.89 | (0.4) | 2.61 | (0.4) | 7.14 | (1.0) | 9.47 | (1.1) |
| | Peas and beans | 3.96 | (0.6) | 3.99 | (0.6) | 6.24 | (0.8) | 7.39 | (0.9) |
| | Tomato | 9.98 | (1.5) | 10.73 | (1.6) | 14.19 | (1.9) | 19.11 | (2.3) |
| | Other fruiting vegetables | 9.33 | (1.4) | 8.64 | (1.3) | 12.26 | (1.7) | 13.64 | (1.6) |
| | Other Vegetables And Vegetable Combinations | 13.93 | (2.1) | 8.62 | (1.3) | 11.73 | (1.6) | 14.46 | (1.7) |
| | Dishes where veg is the major component | 5.80 | (0.9) | 3.74 | (0.5) | 6.49 | (0.9) | 12.39 | (1.5) |
| | Legume and pulse products & dishes | 0.83 | (0.1) | 0.65 | (0.1) | 1.18 | (0.2) | 1.20 | (0.1) |
| | Mature legumes and pulses | 0.01 | (0.0) | 0.01 | (0.0) | 0.04 | (0.0) | 0.02 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.81 | (0.1) | 0.64 | (0.1) | 1.15 | (0.2) | 1.18 | (0.1) |
| | Non alcoholic beverages | 9.95 | (1.5) | 8.18 | (1.2) | 7.75 | (1.0) | 5.84 | (0.7) |
| | Fruit and vegetable juices and drinks | 9.95 | (1.5) | 8.18 | (1.2) | 7.75 | (1.0) | 5.84 | (0.7) |
| | Soup | 2.75 | (0.4) | 3.88 | (0.6) | 5.19 | (0.7) | 5.43 | (0.7) |
| | Soup (prepared, ready to eat) | 2.73 | (0.4) | 3.51 | (0.5) | 5.15 | (0.7) | 5.16 | (0.6) |
| | Canned Condensed Soup (Unprepared) | 0.02 | (0.0) | 0.37 | (0.1) | 0.05 | (0.0) | 0.27 | (0.0) |
| | Cereal-based products & dishes | 3.23 | (0.5) | 4.80 | (0.7) | 13.61 | (1.8) | 12.93 | (1.5) |
| | Pastries | 0.82 | (0.1) | 2.25 | (0.3) | 4.61 | (0.6) | 1.80 | (0.2) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 2.42 | (0.4) | 2.55 | (0.4) | 9.00 | (1.2) | 11.13 | (1.3) |
| | Fish & seafood products and dishes | 0.19 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) | 0.36 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.19 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) | 0.36 | (0.0) |
| | Meat, poultry and game products & dishes | 3.16 | (0.5) | 2.42 | (0.4) | 5.29 | (0.7) | 6.91 | (0.8) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 3.05 | (0.5) | 2.26 | (0.3) | 3.64 | (0.5) | 5.56 | (0.7) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.02 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) | 0.30 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.09 | (0.0) | 0.16 | (0.0) | 1.62 | (0.2) | 1.06 | (0.1) |
| | Savoury sauce and condiments | 2.00 | (0.3) | 2.18 | (0.3) | 3.73 | (0.5) | 4.11 | (0.5) |
| | Gravies And Savoury Sauces | 2.00 | (0.3) | 2.18 | (0.3) | 3.73 | (0.5) | 4.11 | (0.5) |
| | Infant formula & foods | 0.38 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.38 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.72 | (0.1) | 0.65 | (0.1) | 0.37 | (0.1) | 1.80 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.72 | (0.1) | 0.65 | (0.1) | 0.37 | (0.1) | 1.80 | (0.2) |

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Table 33 Preformed vitamin A retinol equivalents coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 3.45 | (1.0) | 3.94 | (1.1) | 4.73 | (1.2) | 10.12 | (2.1) |
| | Potatoes | 2.95 | (0.8) | 3.37 | (0.9) | 3.46 | (0.9) | 7.73 | (1.6) |
| | Potatoes | 0.00 | (0.0) | 0.06 | (1.9) | 0.02 | (0.5) | 0.11 | (1.4) |
| | Potato products | 0.01 | (0.3) | 0.00 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) |
| | Potato dishes | 2.94 | (99.8) | 3.30 | (98.0) | 3.44 | (99.5) | 7.61 | (98.5) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.07 | (0.0) |
| | Dishes where veg is the major component | 0.50 | (0.1) | 0.58 | (0.2) | 1.27 | (0.3) | 2.31 | (0.5) |
| | Legume and pulse products & dishes | 0.00 | (0.0) | 0.01 | (0.0) | 0.07 | (0.0) | 0.02 | (0.0) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.00 | (0.0) | 0.01 | (0.0) | 0.07 | (0.0) | 0.02 | (0.0) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.40 | (0.1) | 0.62 | (0.2) | 0.61 | (0.2) | 2.07 | (0.4) |
| | Soup (prepared, ready to eat) | 0.40 | (0.1) | 0.56 | (0.2) | 0.61 | (0.2) | 2.02 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.06 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) |
| | Cereal-based products & dishes | 0.90 | (0.3) | 0.60 | (0.2) | 2.64 | (0.7) | 3.45 | (0.7) |
| | Pastries | 0.03 | (0.0) | 0.07 | (0.0) | 0.10 | (0.0) | 0.02 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.86 | (0.2) | 0.54 | (0.2) | 2.54 | (0.6) | 3.43 | (0.7) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.12 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.12 | (0.0) |
| | Meat, poultry and game products & dishes | 1.16 | (0.3) | 0.11 | (0.0) | 0.42 | (0.1) | 0.38 | (0.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 1.14 | (0.3) | 0.03 | (0.0) | 0.22 | (0.1) | 0.10 | (0.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.02 | (0.0) | 0.09 | (0.0) | 0.20 | (0.1) | 0.28 | (0.1) |
| | Savoury sauce and condiments | 0.01 | (0.0) | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Gravies And Savoury Sauces | 0.01 | (0.0) | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 3.06 | (0.9) | 4.04 | (1.1) | 5.54 | (1.6) | 8.45 | (2.5) |
| | Potatoes | 2.52 | (0.7) | 3.18 | (0.9) | 5.10 | (1.5) | 5.62 | (1.6) |
| | Potatoes | 0.00 | (0.2) | 0.03 | (1.0) | 0.03 | (0.6) | 0.03 | (0.6) |
| | Potato products | 0.00 | (0.0) | 0.00 | (0.1) | 0.02 | (0.3) | 0.01 | (0.2) |
| | Potato dishes | 2.52 | (99.9) | 3.15 | (98.9) | 5.05 | (99.1) | 5.58 | (99.2) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 0.20 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.07 | (0.0) |
| | Dishes where veg is the major component | 0.34 | (0.1) | 0.86 | (0.2) | 0.44 | (0.1) | 2.74 | (0.8) |
| | Legume and pulse products & dishes | 0.00 | (0.0) | 0.06 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.00 | (0.0) | 0.06 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.70 | (0.2) | 1.45 | (0.4) | 1.45 | (0.4) | 1.65 | (0.5) |
| | Soup (prepared, ready to eat) | 0.70 | (0.2) | 1.43 | (0.4) | 1.45 | (0.4) | 1.65 | (0.5) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.62 | (0.2) | 0.24 | (0.1) | 2.20 | (0.6) | 2.00 | (0.6) |
| | Pastries | 0.01 | (0.0) | 0.04 | (0.0) | 0.15 | (0.0) | 0.08 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.61 | (0.2) | 0.20 | (0.1) | 2.05 | (0.6) | 1.91 | (0.6) |
| | Fish & seafood products and dishes | 0.07 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.07 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.27 | (0.1) | 0.06 | (0.0) | 0.34 | (0.1) | 0.58 | (0.2) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.26 | (0.1) | 0.04 | (0.0) | 0.19 | (0.1) | 0.56 | (0.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.02 | (0.0) | 0.15 | (0.0) | 0.02 | (0.0) |
| | Savoury sauce and condiments | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.04 | (0.0) |
| | Gravies And Savoury Sauces | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.04 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 3.26 | (0.9) | 3.99 | (1.1) | 5.12 | (1.4) | 9.30 | (2.2) |
| | Potatoes | 2.74 | (0.8) | 3.28 | (0.9) | 4.26 | (1.1) | 6.70 | (1.6) |
| | Potatoes | 0.00 | (0.1) | 0.05 | (1.5) | 0.02 | (0.6) | 0.07 | (1.1) |
| | Potato products | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.2) | 0.01 | (0.2) |
| | Potato dishes | 2.73 | (99.8) | 3.22 | (98.5) | 4.23 | (99.2) | 6.62 | (98.8) |
| | Cabbage, cauliflower & similar brassica veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Carrot and similar root veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Leaf and stalk veg | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Peas and beans | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Tomato | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other fruiting vegetables | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 0.10 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.07 | (0.0) |
| | Dishes where veg is the major component | 0.42 | (0.1) | 0.71 | (0.2) | 0.86 | (0.2) | 2.52 | (0.6) |
| | Legume and pulse products & dishes | 0.00 | (0.0) | 0.03 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.00 | (0.0) | 0.03 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.55 | (0.2) | 1.02 | (0.3) | 1.02 | (0.3) | 1.86 | (0.5) |
| | Soup (prepared, ready to eat) | 0.55 | (0.2) | 0.98 | (0.3) | 1.02 | (0.3) | 1.84 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.04 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Cereal-based products & dishes | 0.76 | (0.2) | 0.43 | (0.1) | 2.42 | (0.6) | 2.74 | (0.7) |
| | Pastries | 0.02 | (0.0) | 0.05 | (0.0) | 0.12 | (0.0) | 0.05 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.74 | (0.2) | 0.37 | (0.1) | 2.30 | (0.6) | 2.69 | (0.6) |
| | Fish & seafood products and dishes | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.07 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.07 | (0.0) |
| | Meat, poultry and game products & dishes | 0.71 | (0.2) | 0.09 | (0.0) | 0.38 | (0.1) | 0.48 | (0.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.70 | (0.2) | 0.03 | (0.0) | 0.21 | (0.1) | 0.32 | (0.1) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.05 | (0.0) | 0.18 | (0.1) | 0.15 | (0.0) |
| | Savoury sauce and condiments | 0.00 | (0.0) | 0.02 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Gravies And Savoury Sauces | 0.00 | (0.0) | 0.02 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |

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Table 34 Provitamin A coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|---------|--------|---------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 1175.12 | (59.5) | 1173.75 | (60.0) | 1300.19 | (58.6) | 1652.32 | (62.7) |
| | Potatoes | 1.79 | (0.1) | 2.15 | (0.1) | 2.09 | (0.1) | 4.78 | (0.2) |
| | Potatoes | 0.00 | (0.0) | 0.03 | (1.6) | 0.01 | (0.5) | 0.06 | (1.3) |
| | Potato products | 0.05 | (2.6) | 0.15 | (7.1) | 0.11 | (5.4) | 0.16 | (3.4) |
| | Potato dishes | 1.74 | (97.4) | 1.96 | (91.3) | 1.97 | (94.1) | 4.56 | (95.3) |
| | Cabbage, cauliflower & similar brassica veg | 13.59 | (0.7) | 17.96 | (0.9) | 22.31 | (1.0) | 24.43 | (0.9) |
| | Carrot and similar root veg | 903.14 | (45.7) | 950.09 | (48.6) | 913.53 | (41.2) | 1147.92 | (43.6) |
| | Leaf and stalk veg | 9.31 | (0.5) | 15.80 | (0.8) | 44.09 | (2.0) | 62.83 | (2.4) |
| | Peas and beans | 23.23 | (1.2) | 23.84 | (1.2) | 39.47 | (1.8) | 49.74 | (1.9) |
| | Tomato | 59.30 | (3.0) | 65.46 | (3.4) | 78.92 | (3.6) | 131.67 | (5.0) |
| | Other fruiting vegetables | 54.35 | (2.8) | 45.94 | (2.4) | 73.45 | (3.3) | 54.70 | (2.1) |
| | Other Vegetables And Vegetable Combinations | 76.18 | (3.9) | 44.64 | (2.3) | 76.94 | (3.5) | 95.20 | (3.6) |
| | Dishes where veg is the major component | 34.23 | (1.7) | 7.87 | (0.4) | 49.39 | (2.2) | 81.04 | (3.1) |
| | Legume and pulse products & dishes | 4.44 | (0.2) | 5.09 | (0.3) | 9.18 | (0.4) | 10.59 | (0.4) |
| | Mature legumes and pulses | 0.07 | (0.0) | 0.02 | (0.0) | 0.29 | (0.0) | 0.07 | (0.0) |
| | Mature legumes and pulse product and dishes | 4.37 | (0.2) | 5.07 | (0.3) | 8.89 | (0.4) | 10.52 | (0.4) |
| | Non alcoholic beverages | 67.64 | (3.4) | 52.74 | (2.7) | 62.44 | (2.8) | 30.20 | (1.2) |
| | Fruit and vegetable juices and drinks | 67.64 | (3.4) | 52.74 | (2.7) | 62.44 | (2.8) | 30.20 | (1.2) |
| | Soup | 14.75 | (0.8) | 15.23 | (0.8) | 17.27 | (0.8) | 16.49 | (0.6) |
| | Soup (prepared, ready to eat) | 14.52 | (0.7) | 13.00 | (0.7) | 16.88 | (0.8) | 14.04 | (0.5) |
| | Canned Condensed Soup (Unprepared) | 0.23 | (0.0) | 2.23 | (0.1) | 0.39 | (0.0) | 2.45 | (0.1) |
| | Cereal-based products & dishes | 18.87 | (1.0) | 35.81 | (1.8) | 38.95 | (1.8) | 58.75 | (2.2) |
| | Pastries | 7.99 | (0.4) | 17.20 | (0.9) | 12.05 | (0.5) | 4.42 | (0.2) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 10.88 | (0.6) | 18.61 | (1.0) | 26.90 | (1.2) | 54.33 | (2.1) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 3.36 | (0.1) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 3.36 | (0.1) |
| | Meat, poultry and game products & dishes | 15.54 | (0.8) | 19.08 | (1.0) | 32.09 | (1.5) | 52.24 | (2.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 14.68 | (0.7) | 18.16 | (0.9) | 24.36 | (1.1) | 42.89 | (1.6) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.86 | (0.0) | 0.92 | (0.1) | 7.73 | (0.4) | 9.35 | (0.4) |
| | Savoury sauce and condiments | 16.33 | (0.8) | 12.73 | (0.7) | 22.02 | (1.0) | 24.12 | (0.9) |
| | Gravies And Savoury Sauces | 16.33 | (0.8) | 12.73 | (0.7) | 22.02 | (1.0) | 24.12 | (0.9) |
| | Infant formula & foods | 3.71 | (0.2) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 3.71 | (0.2) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 4.79 | (0.2) | 3.85 | (0.2) | 3.54 | (0.2) | 13.52 | (0.5) |
| | Herbs, spices, seasonings and stock cubes | 4.79 | (0.2) | 3.85 | (0.2) | 3.54 | (0.2) | 13.52 | (0.5) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|--------|--------|---------|--------|---------|--------|---------|--------|
| Females | Vegetables | 999.82 | (60.5) | 1231.43 | (62.1) | 1270.56 | (59.2) | 1527.38 | (63.9) |
| | Potatoes | 1.57 | (0.1) | 1.98 | (0.1) | 3.08 | (0.1) | 3.59 | (0.2) |
| | Potatoes | 0.00 | (0.1) | 0.02 | (0.9) | 0.02 | (0.6) | 0.02 | (0.5) |
| | Potato products | 0.08 | (4.9) | 0.11 | (5.7) | 0.09 | (2.8) | 0.16 | (4.4) |
| | Potato dishes | 1.49 | (95.0) | 1.85 | (93.4) | 2.97 | (96.6) | 3.41 | (95.1) |
| | Cabbage, cauliflower & similar brassica veg | 13.32 | (0.8) | 17.39 | (0.9) | 18.52 | (0.9) | 21.31 | (0.9) |
| | Carrot and similar root veg | 697.41 | (42.2) | 963.43 | (48.6) | 926.19 | (43.2) | 1093.23 | (45.7) |
| | Leaf and stalk veg | 25.41 | (1.5) | 15.58 | (0.8) | 41.65 | (1.9) | 50.75 | (2.1) |
| | Peas and beans | 24.31 | (1.5) | 24.06 | (1.2) | 35.29 | (1.6) | 38.67 | (1.6) |
| | Tomato | 59.94 | (3.6) | 62.64 | (3.2) | 90.83 | (4.2) | 95.65 | (4.0) |
| | Other fruiting vegetables | 57.78 | (3.5) | 58.12 | (2.9) | 73.93 | (3.5) | 110.58 | (4.6) |
| | Other Vegetables And Vegetable Combinations | 89.81 | (5.4) | 59.19 | (3.0) | 63.60 | (3.0) | 77.11 | (3.2) |
| | Dishes where veg is the major component | 30.27 | (1.8) | 29.03 | (1.5) | 17.48 | (0.8) | 36.49 | (1.5) |
| | Legume and pulse products & dishes | 5.46 | (0.3) | 2.31 | (0.1) | 4.46 | (0.2) | 3.57 | (0.2) |
| | Mature legumes and pulses | 0.08 | (0.0) | 0.05 | (0.0) | 0.15 | (0.0) | 0.22 | (0.0) |
| | Mature legumes and pulse product and dishes | 5.38 | (0.3) | 2.26 | (0.1) | 4.31 | (0.2) | 3.36 | (0.1) |
| | Non alcoholic beverages | 51.77 | (3.1) | 45.25 | (2.3) | 29.89 | (1.4) | 40.18 | (1.7) |
| | Fruit and vegetable juices and drinks | 51.77 | (3.1) | 45.25 | (2.3) | 29.89 | (1.4) | 40.18 | (1.7) |
| | Soup | 11.63 | (0.7) | 19.24 | (1.0) | 33.28 | (1.6) | 26.75 | (1.1) |
| | Soup (prepared, ready to eat) | 11.63 | (0.7) | 17.47 | (0.9) | 33.12 | (1.5) | 26.39 | (1.1) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 1.77 | (0.1) | 0.16 | (0.0) | 0.37 | (0.0) |
| | Cereal-based products & dishes | 10.88 | (0.7) | 16.29 | (0.8) | 96.76 | (4.5) | 63.82 | (2.7) |
| | Pastries | 1.57 | (0.1) | 9.03 | (0.5) | 42.45 | (2.0) | 16.86 | (0.7) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 9.31 | (0.6) | 7.27 | (0.4) | 54.30 | (2.5) | 46.96 | (2.0) |
| | Fish & seafood products and dishes | 1.84 | (0.1) | 0.00 | (0.0) | 0.17 | (0.0) | 0.06 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 1.84 | (0.1) | 0.00 | (0.0) | 0.17 | (0.0) | 0.06 | (0.0) |
| | Meat, poultry and game products & dishes | 13.60 | (0.8) | 8.44 | (0.4) | 26.32 | (1.2) | 23.73 | (1.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 13.32 | (0.8) | 8.10 | (0.4) | 16.33 | (0.8) | 18.80 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.22 | (0.0) | 0.00 | (0.0) | 0.28 | (0.0) | 3.62 | (0.2) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.06 | (0.0) | 0.33 | (0.0) | 9.70 | (0.5) | 1.32 | (0.1) |
| | Savoury sauce and condiments | 7.67 | (0.5) | 13.19 | (0.7) | 22.93 | (1.1) | 25.12 | (1.1) |
| | Gravies And Savoury Sauces | 7.67 | (0.5) | 13.19 | (0.7) | 22.93 | (1.1) | 25.12 | (1.1) |
| | Infant formula & foods | 0.81 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.81 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 3.82 | (0.2) | 3.89 | (0.2) | 0.82 | (0.0) | 7.90 | (0.3) |
| | Herbs, spices, seasonings and stock cubes | 3.82 | (0.2) | 3.89 | (0.2) | 0.82 | (0.0) | 7.90 | (0.3) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|---------|--------|---------|--------|---------|--------|---------|--------|
| All | Vegetables | 1087.92 | (60.0) | 1201.87 | (61.1) | 1285.70 | (58.9) | 1591.40 | (63.3) |
| | Potatoes | 1.68 | (0.1) | 2.07 | (0.1) | 2.57 | (0.1) | 4.20 | (0.2) |
| | Potatoes | 0.00 | (0.1) | 0.03 | (1.3) | 0.01 | (0.5) | 0.04 | (1.0) |
| | Potato products | 0.06 | (3.7) | 0.13 | (6.4) | 0.10 | (3.9) | 0.16 | (3.8) |
| | Potato dishes | 1.62 | (96.3) | 1.91 | (92.3) | 2.46 | (95.6) | 4.00 | (95.2) |
| | Cabbage, cauliflower & similar brassica veg | 13.45 | (0.7) | 17.68 | (0.9) | 20.46 | (0.9) | 22.91 | (0.9) |
| | Carrot and similar root veg | 800.81 | (44.1) | 956.60 | (48.6) | 919.72 | (42.1) | 1121.25 | (44.6) |
| | Leaf and stalk veg | 17.32 | (1.0) | 15.69 | (0.8) | 42.90 | (2.0) | 56.94 | (2.3) |
| | Peas and beans | 23.77 | (1.3) | 23.95 | (1.2) | 37.42 | (1.7) | 44.34 | (1.8) |
| | Tomato | 59.62 | (3.3) | 64.09 | (3.3) | 84.74 | (3.9) | 114.11 | (4.5) |
| | Other fruiting vegetables | 56.06 | (3.1) | 51.88 | (2.6) | 73.68 | (3.4) | 81.94 | (3.3) |
| | Other Vegetables And Vegetable Combinations | 82.96 | (4.6) | 51.73 | (2.6) | 70.42 | (3.2) | 86.38 | (3.4) |
| | Dishes where veg is the major component | 32.26 | (1.8) | 18.19 | (0.9) | 33.79 | (1.6) | 59.32 | (2.4) |
| | Legume and pulse products & dishes | 4.95 | (0.3) | 3.74 | (0.2) | 6.87 | (0.3) | 7.17 | (0.3) |
| | Mature legumes and pulses | 0.08 | (0.0) | 0.04 | (0.0) | 0.22 | (0.0) | 0.14 | (0.0) |
| | Mature legumes and pulse product and dishes | 4.87 | (0.3) | 3.70 | (0.2) | 6.65 | (0.3) | 7.03 | (0.3) |
| | Non alcoholic beverages | 59.74 | (3.3) | 49.09 | (2.5) | 46.52 | (2.1) | 35.07 | (1.4) |
| | Fruit and vegetable juices and drinks | 59.74 | (3.3) | 49.09 | (2.5) | 46.52 | (2.1) | 35.07 | (1.4) |
| | Soup | 13.20 | (0.7) | 17.18 | (0.9) | 25.10 | (1.2) | 21.49 | (0.9) |
| | Soup (prepared, ready to eat) | 13.09 | (0.7) | 15.18 | (0.8) | 24.82 | (1.1) | 20.06 | (0.8) |
| | Canned Condensed Soup (Unprepared) | 0.11 | (0.0) | 2.01 | (0.1) | 0.28 | (0.0) | 1.43 | (0.1) |
| | Cereal-based products & dishes | 14.90 | (0.8) | 26.30 | (1.3) | 67.22 | (3.1) | 61.22 | (2.4) |
| | Pastries | 4.80 | (0.3) | 13.21 | (0.7) | 26.92 | (1.2) | 10.48 | (0.4) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 10.10 | (0.6) | 13.08 | (0.7) | 40.30 | (1.9) | 50.74 | (2.0) |
| | Fish & seafood products and dishes | 0.92 | (0.1) | 0.00 | (0.0) | 0.08 | (0.0) | 1.75 | (0.1) |
| | Mixed dishes with fish or seafood as the major component | 0.92 | (0.1) | 0.00 | (0.0) | 0.08 | (0.0) | 1.75 | (0.1) |
| | Meat, poultry and game products & dishes | 14.57 | (0.8) | 13.89 | (0.7) | 29.27 | (1.3) | 38.34 | (1.5) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 14.00 | (0.8) | 13.26 | (0.7) | 20.44 | (0.9) | 31.14 | (1.2) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.11 | (0.0) | 0.00 | (0.0) | 0.14 | (0.0) | 1.76 | (0.1) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.47 | (0.0) | 0.64 | (0.0) | 8.69 | (0.4) | 5.43 | (0.2) |
| | Savoury sauce and condiments | 12.02 | (0.7) | 12.96 | (0.7) | 22.47 | (1.0) | 24.60 | (1.0) |
| | Gravies And Savoury Sauces | 12.02 | (0.7) | 12.96 | (0.7) | 22.47 | (1.0) | 24.60 | (1.0) |
| | Infant formula & foods | 2.27 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 2.27 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 4.31 | (0.2) | 3.87 | (0.2) | 2.21 | (0.1) | 10.78 | (0.4) |
| | Herbs, spices, seasonings and stock cubes | 4.31 | (0.2) | 3.87 | (0.2) | 2.21 | (0.1) | 10.78 | (0.4) |

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Table 35 Vitamin E coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 0.44 | (10.5) | 0.47 | (9.1) | 0.67 | (10.0) | 0.86 | (10.5) |
| | Potatoes | 0.07 | (1.6) | 0.13 | (2.4) | 0.16 | (2.4) | 0.16 | (2.0) |
| | Potatoes | 0.00 | (0.0) | 0.00 | (0.8) | 0.00 | (0.2) | 0.00 | (1.1) |
| | Potato products | 0.05 | (80.5) | 0.11 | (88.6) | 0.15 | (91.9) | 0.13 | (81.0) |
| | Potato dishes | 0.01 | (19.5) | 0.01 | (10.6) | 0.01 | (7.9) | 0.03 | (17.9) |
| | Cabbage, cauliflower & similar brassica veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.2) |
| | Carrot and similar root veg | 0.06 | (1.5) | 0.06 | (1.1) | 0.06 | (0.9) | 0.09 | (1.1) |
| | Leaf and stalk veg | 0.01 | (0.1) | 0.01 | (0.1) | 0.02 | (0.4) | 0.03 | (0.4) |
| | Peas and beans | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Tomato | 0.12 | (3.0) | 0.13 | (2.5) | 0.16 | (2.3) | 0.27 | (3.3) |
| | Other fruiting vegetables | 0.12 | (2.9) | 0.10 | (1.9) | 0.16 | (2.3) | 0.10 | (1.3) |
| | Other Vegetables And Vegetable Combinations | 0.02 | (0.5) | 0.02 | (0.3) | 0.02 | (0.4) | 0.05 | (0.6) |
| | Dishes where veg is the major component | 0.03 | (0.7) | 0.02 | (0.4) | 0.07 | (1.0) | 0.13 | (1.6) |
| | Legume and pulse products & dishes | 0.01 | (0.3) | 0.03 | (0.5) | 0.02 | (0.3) | 0.05 | (0.7) |
| | Mature legumes and pulses | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.01 | (0.2) | 0.02 | (0.5) | 0.02 | (0.3) | 0.05 | (0.6) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.4) | 0.03 | (0.6) | 0.01 | (0.2) | 0.03 | (0.4) |
| | Soup (prepared, ready to eat) | 0.01 | (0.3) | 0.03 | (0.6) | 0.01 | (0.1) | 0.03 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Cereal-based products & dishes | 0.02 | (0.6) | 0.02 | (0.5) | 0.05 | (0.8) | 0.09 | (1.0) |
| | Pastries | 0.00 | (0.1) | 0.01 | (0.2) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.5) | 0.02 | (0.3) | 0.05 | (0.7) | 0.08 | (1.0) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.1) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.1) |
| | Meat, poultry and game products & dishes | 0.07 | (1.7) | 0.06 | (1.2) | 0.10 | (1.5) | 0.20 | (2.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.07 | (1.6) | 0.05 | (1.0) | 0.08 | (1.2) | 0.15 | (1.9) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.1) | 0.01 | (0.2) | 0.02 | (0.4) | 0.05 | (0.6) |
| | Savoury sauce and condiments | 0.08 | (1.9) | 0.06 | (1.2) | 0.11 | (1.6) | 0.12 | (1.4) |
| | Gravies And Savoury Sauces | 0.08 | (1.9) | 0.06 | (1.2) | 0.11 | (1.6) | 0.12 | (1.4) |
| | Infant formula & foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.1) |

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Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 0.42 | (9.9) | 0.45 | (8.8) | 0.62 | (10.1) | 0.78 | (11.7) |
| | Potatoes | 0.06 | (1.4) | 0.09 | (1.8) | 0.13 | (2.2) | 0.15 | (2.3) |
| | Potatoes | 0.00 | (0.1) | 0.00 | (0.6) | 0.00 | (0.4) | 0.00 | (0.4) |
| | Potato products | 0.05 | (84.2) | 0.08 | (83.0) | 0.11 | (83.9) | 0.13 | (87.1) |
| | Potato dishes | 0.01 | (15.7) | 0.02 | (16.4) | 0.02 | (15.8) | 0.02 | (12.6) |
| | Cabbage, cauliflower & similar brassica veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.2) |
| | Carrot and similar root veg | 0.05 | (1.3) | 0.06 | (1.1) | 0.06 | (1.1) | 0.07 | (1.1) |
| | Leaf and stalk veg | 0.01 | (0.3) | 0.01 | (0.2) | 0.02 | (0.3) | 0.03 | (0.4) |
| | Peas and beans | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Tomato | 0.13 | (2.9) | 0.12 | (2.4) | 0.18 | (2.9) | 0.20 | (3.0) |
| | Other fruiting vegetables | 0.11 | (2.5) | 0.10 | (2.0) | 0.13 | (2.1) | 0.18 | (2.8) |
| | Other Vegetables And Vegetable Combinations | 0.03 | (0.7) | 0.02 | (0.4) | 0.03 | (0.4) | 0.03 | (0.4) |
| | Dishes where veg is the major component | 0.02 | (0.5) | 0.03 | (0.6) | 0.06 | (0.9) | 0.10 | (1.5) |
| | Legume and pulse products & dishes | 0.04 | (1.0) | 0.05 | (1.0) | 0.03 | (0.5) | 0.03 | (0.4) |
| | Mature legumes and pulses | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.2) |
| | Mature legumes and pulse product and dishes | 0.04 | (1.0) | 0.05 | (1.0) | 0.02 | (0.3) | 0.02 | (0.2) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.01 | (0.2) | 0.04 | (0.8) | 0.09 | (1.6) | 0.05 | (0.7) |
| | Soup (prepared, ready to eat) | 0.01 | (0.2) | 0.02 | (0.4) | 0.09 | (1.5) | 0.04 | (0.6) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.02 | (0.3) | 0.00 | (0.0) | 0.01 | (0.1) |
| | Cereal-based products & dishes | 0.02 | (0.4) | 0.01 | (0.2) | 0.08 | (1.3) | 0.08 | (1.2) |
| | Pastries | 0.00 | (0.0) | 0.00 | (0.1) | 0.02 | (0.3) | 0.01 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.4) | 0.01 | (0.1) | 0.06 | (1.0) | 0.07 | (1.0) |
| | Fish & seafood products and dishes | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.05 | (1.1) | 0.04 | (0.8) | 0.12 | (1.9) | 0.07 | (1.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.04 | (1.0) | 0.03 | (0.7) | 0.08 | (1.3) | 0.06 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.00 | (0.1) | 0.04 | (0.6) | 0.01 | (0.1) |
| | Savoury sauce and condiments | 0.04 | (0.9) | 0.06 | (1.3) | 0.11 | (1.8) | 0.13 | (1.9) |
| | Gravies And Savoury Sauces | 0.04 | (0.9) | 0.06 | (1.3) | 0.11 | (1.8) | 0.13 | (1.9) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.1) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 0.43 | (10.2) | 0.46 | (9.0) | 0.65 | (10.0) | 0.82 | (11.0) |
| | Potatoes | 0.06 | (1.5) | 0.11 | (2.1) | 0.15 | (2.3) | 0.16 | (2.1) |
| | Potatoes | 0.00 | (0.1) | 0.00 | (0.7) | 0.00 | (0.3) | 0.00 | (0.8) |
| | Potato products | 0.05 | (82.3) | 0.09 | (86.3) | 0.13 | (88.4) | 0.13 | (83.9) |
| | Potato dishes | 0.01 | (17.7) | 0.01 | (13.0) | 0.02 | (11.4) | 0.02 | (15.4) |
| | Cabbage, cauliflower & similar brassica veg | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.2) | 0.01 | (0.2) |
| | Carrot and similar root veg | 0.06 | (1.4) | 0.06 | (1.1) | 0.06 | (1.0) | 0.08 | (1.1) |
| | Leaf and stalk veg | 0.01 | (0.2) | 0.01 | (0.1) | 0.02 | (0.3) | 0.03 | (0.4) |
| | Peas and beans | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Tomato | 0.13 | (3.0) | 0.13 | (2.5) | 0.17 | (2.6) | 0.24 | (3.2) |
| | Other fruiting vegetables | 0.11 | (2.7) | 0.10 | (2.0) | 0.14 | (2.2) | 0.14 | (1.9) |
| | Other Vegetables And Vegetable Combinations | 0.03 | (0.6) | 0.02 | (0.4) | 0.03 | (0.4) | 0.04 | (0.5) |
| | Dishes where veg is the major component | 0.03 | (0.6) | 0.02 | (0.5) | 0.06 | (1.0) | 0.11 | (1.5) |
| | Legume and pulse products & dishes | 0.03 | (0.6) | 0.04 | (0.8) | 0.03 | (0.4) | 0.04 | (0.5) |
| | Mature legumes and pulses | 0.00 | (0.1) | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.02 | (0.6) | 0.04 | (0.7) | 0.02 | (0.3) | 0.03 | (0.5) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Soup | 0.01 | (0.3) | 0.03 | (0.7) | 0.05 | (0.8) | 0.04 | (0.5) |
| | Soup (prepared, ready to eat) | 0.01 | (0.3) | 0.03 | (0.5) | 0.05 | (0.8) | 0.03 | (0.5) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.01 | (0.2) | 0.00 | (0.1) | 0.01 | (0.1) |
| | Cereal-based products & dishes | 0.02 | (0.5) | 0.02 | (0.3) | 0.07 | (1.0) | 0.08 | (1.1) |
| | Pastries | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.2) | 0.00 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.5) | 0.01 | (0.2) | 0.05 | (0.8) | 0.08 | (1.0) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.06 | (1.4) | 0.05 | (1.0) | 0.11 | (1.7) | 0.14 | (1.8) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.06 | (1.3) | 0.04 | (0.9) | 0.08 | (1.2) | 0.11 | (1.5) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.1) | 0.01 | (0.1) | 0.03 | (0.5) | 0.03 | (0.3) |
| | Savoury sauce and condiments | 0.06 | (1.4) | 0.06 | (1.3) | 0.11 | (1.7) | 0.12 | (1.6) |
| | Gravies And Savoury Sauces | 0.06 | (1.4) | 0.06 | (1.3) | 0.11 | (1.7) | 0.12 | (1.6) |
| | Infant formula & foods | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.00 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.1) |

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Table 36 Vitamin C coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|-------------------------|--------|--------------|--------|---------------|--------|----------------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 16.12 | (18.4) | 19.34 | (18.8) | 28.12 | (23.2) | 34.59 | (23.1) |
| | Potatoes | 3.82 | (4.4) | 5.36 | (5.2) | 8.88 | (7.3) | 11.13 | (7.4) |
| | Potatoes | 2.14 | (56.0) | 2.52 | (47.0) | 4.37 | (49.2) | 5.71 | (51.3) |
| | Potato products | 1.04 | (27.2) | 2.15 | (40.1) | 3.47 | (39.1) | 4.03 | (36.2) |
| | Potato dishes | 0.64 | (16.8) | 0.69 | (12.9) | 1.04 | (11.7) | 1.39 | (12.5) |
| | Cabbage, cauliflower & similar brassica veg | 4.19 | (4.8) | 5.50 | (5.3) | 5.94 | (4.9) | 6.56 | (4.4) |
| | Carrot and similar root veg | 1.03 | (1.2) | 0.82 | (0.8) | 0.91 | (0.8) | 1.61 | (1.1) |
| | Leaf and stalk veg | 0.13 | (0.2) | 0.30 | (0.3) | 0.61 | (0.5) | 0.99 | (0.7) |
| | Peas and beans | 0.86 | (1.0) | 1.01 | (1.0) | 1.48 | (1.2) | 1.96 | (1.3) |
| | Tomato | 1.65 | (1.9) | 1.97 | (1.9) | 2.41 | (2.0) | 3.81 | (2.6) |
| | Other fruiting vegetables | 3.29 | (3.8) | 2.95 | (2.9) | 4.99 | (4.1) | 3.51 | (2.3) |
| | Other Vegetables And Vegetable Combinations | 0.69 | (0.8) | 0.62 | (0.6) | 0.82 | (0.7) | 1.62 | (1.1) |
| | Dishes where veg is the major component | 0.47 | (0.5) | 0.82 | (0.8) | 2.07 | (1.7) | 3.40 | (2.3) |
| | Legume and pulse products & dishes | 0.02 | (0.0) | 0.01 | (0.0) | 0.13 | (0.1) | 0.08 | (0.1) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.02 | (0.0) | 0.01 | (0.0) | 0.13 | (0.1) | 0.08 | (0.1) |
| | Non alcoholic beverages | 0.62 | (0.7) | 0.62 | (0.6) | 0.79 | (0.7) | 0.26 | (0.2) |
| | Fruit and vegetable juices and drinks | 0.62 | (0.7) | 0.62 | (0.6) | 0.79 | (0.7) | 0.26 | (0.2) |
| | Soup | 0.06 | (0.1) | 0.07 | (0.1) | 0.07 | (0.1) | 0.36 | (0.2) |
| | Soup (prepared, ready to eat) | 0.05 | (0.1) | 0.05 | (0.1) | 0.06 | (0.1) | 0.33 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.01 | (0.0) | 0.02 | (0.0) | 0.01 | (0.0) | 0.03 | (0.0) |
| | Cereal-based products & dishes | 0.19 | (0.2) | 0.29 | (0.3) | 0.52 | (0.4) | 0.60 | (0.4) |
| | Pastries | 0.06 | (0.1) | 0.13 | (0.1) | 0.09 | (0.1) | 0.03 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.13 | (0.2) | 0.16 | (0.2) | 0.43 | (0.4) | 0.58 | (0.4) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) |
| | Meat, poultry and game products & dishes | 0.63 | (0.7) | 0.77 | (0.8) | 1.16 | (1.0) | 2.94 | (2.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.58 | (0.7) | 0.67 | (0.7) | 0.79 | (0.7) | 2.18 | (1.5) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.05 | (0.1) | 0.10 | (0.1) | 0.37 | (0.3) | 0.76 | (0.5) |
| | Savoury sauce and condiments | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Gravies And Savoury Sauces | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.11 | (0.1) | 0.09 | (0.1) | 0.08 | (0.1) | 0.33 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.11 | (0.1) | 0.09 | (0.1) | 0.08 | (0.1) | 0.33 | (0.2) |

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| | | | | | | | | | |
|----------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| Females | Vegetables | 17.02 | (21.3) | 18.88 | (21.1) | 25.68 | (22.7) | 30.17 | (23.4) |
| | Potatoes | 3.79 | (4.8) | 5.80 | (6.5) | 7.87 | (6.9) | 9.67 | (7.5) |
| | Potatoes | 1.95 | (51.4) | 2.98 | (51.4) | 4.11 | (52.2) | 5.21 | (53.9) |
| | Potato products | 1.28 | (33.8) | 2.19 | (37.8) | 2.74 | (34.8) | 3.35 | (34.7) |
| | Potato dishes | 0.56 | (14.8) | 0.63 | (10.8) | 1.02 | (13.0) | 1.11 | (11.5) |
| | Cabbage, cauliflower & similar brassica veg | 5.14 | (6.4) | 4.55 | (5.1) | 5.84 | (5.2) | 5.89 | (4.6) |
| | Carrot and similar root veg | 0.99 | (1.2) | 0.85 | (1.0) | 0.93 | (0.8) | 1.17 | (0.9) |
| | Leaf and stalk veg | 0.34 | (0.4) | 0.29 | (0.3) | 0.65 | (0.6) | 0.76 | (0.6) |
| | Peas and beans | 0.91 | (1.1) | 0.94 | (1.1) | 1.37 | (1.2) | 1.56 | (1.2) |
| | Tomato | 1.74 | (2.2) | 1.97 | (2.2) | 2.88 | (2.5) | 2.76 | (2.1) |
| | Other fruiting vegetables | 2.64 | (3.3) | 3.15 | (3.5) | 3.89 | (3.4) | 4.74 | (3.7) |
| | Other Vegetables And Vegetable Combinations | 0.91 | (1.2) | 0.67 | (0.8) | 0.86 | (0.8) | 1.09 | (0.8) |
| | Dishes where veg is the major component | 0.55 | (0.7) | 0.68 | (0.8) | 1.39 | (1.2) | 2.53 | (2.0) |
| | Legume and pulse products & dishes | 0.03 | (0.0) | 0.07 | (0.1) | 0.02 | (0.0) | 0.03 | (0.0) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.03 | (0.0) | 0.07 | (0.1) | 0.02 | (0.0) | 0.03 | (0.0) |
| | Non alcoholic beverages | 0.48 | (0.6) | 0.43 | (0.5) | 0.39 | (0.4) | 0.38 | (0.3) |
| | Fruit and vegetable juices and drinks | 0.48 | (0.6) | 0.43 | (0.5) | 0.39 | (0.4) | 0.38 | (0.3) |
| | Soup | 0.06 | (0.1) | 0.22 | (0.2) | 0.23 | (0.2) | 0.29 | (0.2) |
| | Soup (prepared, ready to eat) | 0.06 | (0.1) | 0.18 | (0.2) | 0.23 | (0.2) | 0.28 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.04 | (0.1) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Cereal-based products & dishes | 0.05 | (0.1) | 0.16 | (0.2) | 1.05 | (0.9) | 1.27 | (1.0) |
| | Pastries | 0.01 | (0.0) | 0.06 | (0.1) | 0.35 | (0.3) | 0.14 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.04 | (0.1) | 0.10 | (0.1) | 0.70 | (0.6) | 1.13 | (0.9) |
| | Fish & seafood products and dishes | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.03 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.62 | (0.8) | 0.38 | (0.4) | 1.36 | (1.2) | 1.16 | (0.9) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.59 | (0.7) | 0.35 | (0.4) | 0.76 | (0.7) | 0.98 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.03 | (0.0) | 0.00 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.01 | (0.0) | 0.03 | (0.0) | 0.56 | (0.5) | 0.17 | (0.1) |
| | Savoury sauce and condiments | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Gravies And Savoury Sauces | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.16 | (0.2) | 0.09 | (0.1) | 0.03 | (0.0) | 0.28 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.16 | (0.2) | 0.09 | (0.1) | 0.03 | (0.0) | 0.28 | (0.2) |

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| | | | | | | | | | |
|------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| All | Vegetables | 16.57 | (19.8) | 19.12 | (19.8) | 26.93 | (23.0) | 32.43 | (23.2) |
| | Potatoes | 3.81 | (4.6) | 5.57 | (5.8) | 8.38 | (7.2) | 10.42 | (7.5) |
| | Potatoes | 2.05 | (53.8) | 2.74 | (49.2) | 4.24 | (50.6) | 5.46 | (52.4) |
| | Potato products | 1.16 | (30.4) | 2.17 | (39.0) | 3.11 | (37.1) | 3.70 | (35.5) |
| | Potato dishes | 0.60 | (15.8) | 0.66 | (11.8) | 1.03 | (12.3) | 1.25 | (12.1) |
| | Cabbage, cauliflower & similar brassica veg | 4.66 | (5.6) | 5.03 | (5.2) | 5.89 | (5.0) | 6.23 | (4.5) |
| | Carrot and similar root veg | 1.01 | (1.2) | 0.84 | (0.9) | 0.92 | (0.8) | 1.40 | (1.0) |
| | Leaf and stalk veg | 0.23 | (0.3) | 0.29 | (0.3) | 0.63 | (0.5) | 0.88 | (0.6) |
| | Peas and beans | 0.88 | (1.1) | 0.97 | (1.0) | 1.43 | (1.2) | 1.76 | (1.3) |
| | Tomato | 1.69 | (2.0) | 1.97 | (2.0) | 2.64 | (2.3) | 3.30 | (2.4) |
| | Other fruiting vegetables | 2.97 | (3.5) | 3.05 | (3.2) | 4.45 | (3.8) | 4.11 | (2.9) |
| | Other Vegetables And Vegetable Combinations | 0.80 | (1.0) | 0.65 | (0.7) | 0.84 | (0.7) | 1.36 | (1.0) |
| | Dishes where veg is the major component | 0.51 | (0.6) | 0.75 | (0.8) | 1.74 | (1.5) | 2.98 | (2.1) |
| | Legume and pulse products & dishes | 0.02 | (0.0) | 0.04 | (0.0) | 0.08 | (0.1) | 0.05 | (0.0) |
| | Mature legumes and pulses | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mature legumes and pulse product and dishes | 0.02 | (0.0) | 0.04 | (0.0) | 0.08 | (0.1) | 0.05 | (0.0) |
| | Non alcoholic beverages | 0.55 | (0.7) | 0.53 | (0.6) | 0.60 | (0.5) | 0.32 | (0.2) |
| | Fruit and vegetable juices and drinks | 0.55 | (0.7) | 0.53 | (0.6) | 0.60 | (0.5) | 0.32 | (0.2) |
| | Soup | 0.06 | (0.1) | 0.14 | (0.2) | 0.15 | (0.1) | 0.33 | (0.2) |
| | Soup (prepared, ready to eat) | 0.06 | (0.1) | 0.11 | (0.1) | 0.14 | (0.1) | 0.31 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.03 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Cereal-based products & dishes | 0.12 | (0.1) | 0.23 | (0.2) | 0.78 | (0.7) | 0.93 | (0.7) |
| | Pastries | 0.04 | (0.0) | 0.10 | (0.1) | 0.22 | (0.2) | 0.08 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.08 | (0.1) | 0.13 | (0.1) | 0.56 | (0.5) | 0.84 | (0.6) |
| | Fish & seafood products and dishes | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) |
| | Meat, poultry and game products & dishes | 0.62 | (0.7) | 0.58 | (0.6) | 1.26 | (1.1) | 2.07 | (1.5) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.58 | (0.7) | 0.51 | (0.5) | 0.77 | (0.7) | 1.60 | (1.1) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.03 | (0.0) | 0.07 | (0.1) | 0.47 | (0.4) | 0.47 | (0.3) |
| | Savoury sauce and condiments | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Gravies And Savoury Sauces | 0.00 | (0.0) | 0.01 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.13 | (0.2) | 0.09 | (0.1) | 0.05 | (0.1) | 0.31 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.13 | (0.2) | 0.09 | (0.1) | 0.05 | (0.1) | 0.31 | (0.2) |

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Table 37 Sodium coming vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|-------------------------|--------|--------------|--------|---------------|--------|----------------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 52.25 | (3.1) | 60.18 | (2.7) | 102.23 | (3.5) | 148.12 | (4.0) |
| | Potatoes | 19.97 | (1.2) | 32.38 | (1.5) | 55.18 | (1.9) | 77.69 | (2.1) |
| | Potatoes | 0.75 | (3.8) | 1.49 | (4.6) | 2.12 | (3.8) | 3.42 | (4.4) |
| | Potato products | 15.75 | (78.9) | 26.82 | (82.9) | 47.82 | (86.7) | 67.69 | (87.1) |
| | Potato dishes | 3.47 | (17.4) | 4.06 | (12.5) | 5.24 | (9.5) | 6.59 | (8.5) |
| | Cabbage, cauliflower & similar brassica veg | 1.90 | (0.1) | 2.31 | (0.1) | 3.05 | (0.1) | 3.60 | (0.1) |
| | Carrot and similar root veg | 6.10 | (0.4) | 5.50 | (0.3) | 6.57 | (0.2) | 8.06 | (0.2) |
| | Leaf and stalk veg | 0.89 | (0.1) | 2.25 | (0.1) | 2.72 | (0.1) | 3.86 | (0.1) |
| | Peas and beans | 0.22 | (0.0) | 0.17 | (0.0) | 1.31 | (0.1) | 0.25 | (0.0) |
| | Tomato | 7.43 | (0.4) | 6.35 | (0.3) | 7.99 | (0.3) | 16.89 | (0.5) |
| | Other fruiting vegetables | 0.66 | (0.0) | 0.92 | (0.0) | 0.86 | (0.0) | 0.67 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 6.51 | (0.4) | 4.39 | (0.2) | 6.23 | (0.2) | 9.57 | (0.3) |
| | Dishes where veg is the major component | 8.58 | (0.5) | 5.90 | (0.3) | 18.31 | (0.6) | 27.53 | (0.8) |
| | Legume and pulse products & dishes | 20.98 | (1.2) | 27.80 | (1.3) | 29.85 | (1.0) | 39.79 | (1.1) |
| | Mature legumes and pulses | 0.35 | (0.0) | 5.44 | (0.2) | 1.35 | (0.1) | 0.34 | (0.0) |
| | Mature legumes and pulse product and dishes | 20.64 | (1.2) | 22.36 | (1.0) | 28.50 | (1.0) | 39.44 | (1.1) |
| | Non alcoholic beverages | 0.58 | (0.0) | 0.63 | (0.0) | 2.66 | (0.1) | 0.29 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.58 | (0.0) | 0.63 | (0.0) | 2.66 | (0.1) | 0.29 | (0.0) |
| | Soup | 9.71 | (0.6) | 15.70 | (0.7) | 10.25 | (0.4) | 23.88 | (0.7) |
| | Soup (prepared, ready to eat) | 8.58 | (0.5) | 14.11 | (0.6) | 8.34 | (0.3) | 20.54 | (0.6) |
| | Canned Condensed Soup (Unprepared) | 1.13 | (0.1) | 1.58 | (0.1) | 1.91 | (0.1) | 3.34 | (0.1) |
| | Cereal-based products & dishes | 12.39 | (0.7) | 13.49 | (0.6) | 36.32 | (1.3) | 49.91 | (1.4) |
| | Pastries | 3.01 | (0.2) | 6.32 | (0.3) | 4.03 | (0.1) | 1.40 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 9.38 | (0.6) | 7.18 | (0.3) | 32.28 | (1.1) | 48.51 | (1.3) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 1.13 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 1.13 | (0.0) |
| | Meat, poultry and game products & dishes | 14.72 | (0.9) | 17.36 | (0.8) | 24.19 | (0.8) | 51.84 | (1.4) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 14.03 | (0.8) | 14.24 | (0.6) | 17.34 | (0.6) | 37.58 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.69 | (0.0) | 3.12 | (0.1) | 6.85 | (0.2) | 14.26 | (0.4) |
| | Savoury sauce and condiments | 17.17 | (1.0) | 13.73 | (0.6) | 23.06 | (0.8) | 25.25 | (0.7) |
| | Gravies And Savoury Sauces | 17.17 | (1.0) | 13.73 | (0.6) | 23.06 | (0.8) | 25.25 | (0.7) |
| | Infant formula & foods | 0.49 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.49 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.05 | (0.0) | 0.04 | (0.0) | 0.04 | (0.0) | 0.17 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.05 | (0.0) | 0.04 | (0.0) | 0.04 | (0.0) | 0.17 | (0.0) |

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| | | | | | | | | | |
|----------------|--|-------|--------|-------|--------|-------|--------|--------|--------|
| Females | Vegetables | 49.18 | (3.0) | 68.57 | (3.3) | 93.26 | (3.8) | 122.65 | (4.7) |
| | Potatoes | 21.15 | (1.3) | 37.04 | (1.8) | 51.47 | (2.1) | 66.62 | (2.5) |
| | Potatoes | 0.69 | (3.2) | 1.28 | (3.4) | 1.80 | (3.5) | 2.68 | (4.0) |
| | Potato products | 18.70 | (88.5) | 32.81 | (88.6) | 42.17 | (81.9) | 54.96 | (82.5) |
| | Potato dishes | 1.76 | (8.3) | 2.95 | (8.0) | 7.50 | (14.6) | 8.97 | (13.5) |
| | Cabbage, cauliflower & similar brassica veg | 2.26 | (0.1) | 2.53 | (0.1) | 2.75 | (0.1) | 3.24 | (0.1) |
| | Carrot and similar root veg | 3.97 | (0.2) | 6.35 | (0.3) | 8.32 | (0.3) | 6.18 | (0.2) |
| | Leaf and stalk veg | 1.79 | (0.1) | 1.08 | (0.1) | 2.45 | (0.1) | 2.92 | (0.1) |
| | Peas and beans | 0.72 | (0.0) | 0.37 | (0.0) | 0.64 | (0.0) | 0.71 | (0.0) |
| | Tomato | 8.26 | (0.5) | 4.47 | (0.2) | 7.26 | (0.3) | 9.64 | (0.4) |
| | Other fruiting vegetables | 0.74 | (0.0) | 0.95 | (0.1) | 1.13 | (0.1) | 1.03 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 5.44 | (0.3) | 7.98 | (0.4) | 8.42 | (0.3) | 8.06 | (0.3) |
| | Dishes where veg is the major component | 4.86 | (0.3) | 7.82 | (0.4) | 10.83 | (0.4) | 24.24 | (0.9) |
| | Legume and pulse products & dishes | 22.85 | (1.4) | 20.23 | (1.0) | 14.44 | (0.6) | 22.71 | (0.9) |
| | Mature legumes and pulses | 0.54 | (0.0) | 1.04 | (0.1) | 1.90 | (0.1) | 2.70 | (0.1) |
| | Mature legumes and pulse product and dishes | 22.31 | (1.4) | 19.19 | (0.9) | 12.54 | (0.5) | 20.02 | (0.8) |
| | Non alcoholic beverages | 0.27 | (0.0) | 0.34 | (0.0) | 1.47 | (0.1) | 0.21 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.27 | (0.0) | 0.34 | (0.0) | 1.47 | (0.1) | 0.21 | (0.0) |
| | Soup | 7.56 | (0.5) | 18.93 | (0.9) | 45.89 | (1.8) | 37.16 | (1.4) |
| | Soup (prepared, ready to eat) | 7.56 | (0.5) | 12.86 | (0.6) | 45.10 | (1.8) | 35.36 | (1.4) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 6.08 | (0.3) | 0.79 | (0.0) | 1.80 | (0.1) |
| | Cereal-based products & dishes | 6.45 | (0.4) | 8.64 | (0.4) | 48.65 | (2.0) | 48.83 | (1.9) |
| | Pastries | 0.50 | (0.0) | 3.17 | (0.2) | 16.73 | (0.7) | 6.58 | (0.3) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 5.95 | (0.4) | 5.47 | (0.3) | 31.93 | (1.3) | 42.25 | (1.6) |
| | Fish & seafood products and dishes | 0.62 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) | 0.12 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.62 | (0.0) | 0.00 | (0.0) | 0.06 | (0.0) | 0.12 | (0.0) |
| | Meat, poultry and game products & dishes | 10.24 | (0.6) | 7.79 | (0.4) | 25.74 | (1.0) | 15.50 | (0.6) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 9.96 | (0.6) | 7.18 | (0.3) | 19.35 | (0.8) | 13.77 | (0.5) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.16 | (0.0) | 0.00 | (0.0) | 0.21 | (0.0) | 0.77 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.12 | (0.0) | 0.61 | (0.0) | 6.19 | (0.3) | 0.96 | (0.0) |
| | Savoury sauce and condiments | 8.04 | (0.5) | 14.01 | (0.7) | 24.01 | (1.0) | 26.87 | (1.0) |
| | Gravies And Savoury Sauces | 8.04 | (0.5) | 14.01 | (0.7) | 24.01 | (1.0) | 26.87 | (1.0) |
| | Infant formula & foods | 0.13 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.13 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.08 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) | 0.39 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.08 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) | 0.39 | (0.0) |

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| | | | | | | | | | |
|------------|--|-------|--------|-------|--------|-------|--------|--------|--------|
| All | Vegetables | 50.72 | (3.0) | 64.27 | (3.0) | 97.84 | (3.6) | 135.70 | (4.3) |
| | Potatoes | 20.56 | (1.2) | 34.65 | (1.6) | 53.37 | (2.0) | 72.29 | (2.3) |
| | Potatoes | 0.72 | (3.5) | 1.39 | (4.0) | 1.96 | (3.7) | 3.06 | (4.2) |
| | Potato products | 17.22 | (83.8) | 29.74 | (85.8) | 45.06 | (84.4) | 61.48 | (85.1) |
| | Potato dishes | 2.62 | (12.7) | 3.52 | (10.2) | 6.34 | (11.9) | 7.75 | (10.7) |
| | Cabbage, cauliflower & similar brassica veg | 2.08 | (0.1) | 2.42 | (0.1) | 2.90 | (0.1) | 3.42 | (0.1) |
| | Carrot and similar root veg | 5.04 | (0.3) | 5.92 | (0.3) | 7.42 | (0.3) | 7.14 | (0.2) |
| | Leaf and stalk veg | 1.34 | (0.1) | 1.68 | (0.1) | 2.59 | (0.1) | 3.40 | (0.1) |
| | Peas and beans | 0.47 | (0.0) | 0.27 | (0.0) | 0.98 | (0.0) | 0.48 | (0.0) |
| | Tomato | 7.84 | (0.5) | 5.43 | (0.3) | 7.63 | (0.3) | 13.36 | (0.4) |
| | Other fruiting vegetables | 0.70 | (0.0) | 0.93 | (0.0) | 0.99 | (0.0) | 0.85 | (0.0) |
| | Other Vegetables And Vegetable Combinations | 5.98 | (0.4) | 6.14 | (0.3) | 7.30 | (0.3) | 8.84 | (0.3) |
| | Dishes where veg is the major component | 6.73 | (0.4) | 6.83 | (0.3) | 14.65 | (0.5) | 25.92 | (0.8) |
| | Legume and pulse products & dishes | 21.91 | (1.3) | 24.11 | (1.1) | 22.31 | (0.8) | 31.46 | (1.0) |
| | Mature legumes and pulses | 0.44 | (0.0) | 3.30 | (0.2) | 1.62 | (0.1) | 1.49 | (0.1) |
| | Mature legumes and pulse product and dishes | 21.47 | (1.3) | 20.82 | (1.0) | 20.69 | (0.8) | 29.97 | (1.0) |
| | Non alcoholic beverages | 0.42 | (0.0) | 0.49 | (0.0) | 2.08 | (0.1) | 0.25 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.42 | (0.0) | 0.49 | (0.0) | 2.08 | (0.1) | 0.25 | (0.0) |
| | Soup | 8.64 | (0.5) | 17.27 | (0.8) | 27.68 | (1.0) | 30.36 | (1.0) |
| | Soup (prepared, ready to eat) | 8.07 | (0.5) | 13.50 | (0.6) | 26.32 | (1.0) | 27.77 | (0.9) |
| | Canned Condensed Soup (Unprepared) | 0.57 | (0.0) | 3.77 | (0.2) | 1.36 | (0.1) | 2.59 | (0.1) |
| | Cereal-based products & dishes | 9.43 | (0.6) | 11.13 | (0.5) | 42.35 | (1.6) | 49.39 | (1.6) |
| | Pastries | 1.76 | (0.1) | 4.78 | (0.2) | 10.24 | (0.4) | 3.93 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 7.68 | (0.5) | 6.35 | (0.3) | 32.11 | (1.2) | 45.46 | (1.4) |
| | Fish & seafood products and dishes | 0.31 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) | 0.64 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.31 | (0.0) | 0.00 | (0.0) | 0.03 | (0.0) | 0.64 | (0.0) |
| | Meat, poultry and game products & dishes | 12.49 | (0.8) | 12.69 | (0.6) | 24.95 | (0.9) | 34.12 | (1.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 12.01 | (0.7) | 10.80 | (0.5) | 18.32 | (0.7) | 25.97 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.08 | (0.0) | 0.00 | (0.0) | 0.10 | (0.0) | 0.38 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.41 | (0.0) | 1.90 | (0.1) | 6.53 | (0.2) | 7.77 | (0.3) |
| | Savoury sauce and condiments | 12.63 | (0.8) | 13.86 | (0.6) | 23.52 | (0.9) | 26.04 | (0.8) |
| | Gravies And Savoury Sauces | 12.63 | (0.8) | 13.86 | (0.6) | 23.52 | (0.9) | 26.04 | (0.8) |
| | Infant formula & foods | 0.31 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.31 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.06 | (0.0) | 0.04 | (0.0) | 0.03 | (0.0) | 0.28 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.06 | (0.0) | 0.04 | (0.0) | 0.03 | (0.0) | 0.28 | (0.0) |

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Table 38 Magnesium coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 17.65 | (7.7) | 21.18 | (8.1) | 32.21 | (9.7) | 40.99 | (10.7) |
| | Potatoes | 6.48 | (2.8) | 9.91 | (3.8) | 16.21 | (4.9) | 19.70 | (5.1) |
| | Potatoes | 2.62 | (40.4) | 3.24 | (32.7) | 5.70 | (35.1) | 6.67 | (33.9) |
| | Potato products | 2.75 | (42.4) | 5.46 | (55.1) | 8.69 | (53.6) | 10.72 | (54.4) |
| | Potato dishes | 1.11 | (17.2) | 1.20 | (12.1) | 1.82 | (11.2) | 2.31 | (11.7) |
| | Cabbage, cauliflower & similar brassica veg | 1.37 | (0.6) | 1.81 | (0.7) | 2.09 | (0.6) | 2.40 | (0.6) |
| | Carrot and similar root veg | 1.68 | (0.7) | 1.61 | (0.6) | 1.73 | (0.5) | 2.27 | (0.6) |
| | Leaf and stalk veg | 0.40 | (0.2) | 0.66 | (0.3) | 1.75 | (0.5) | 2.50 | (0.7) |
| | Peas and beans | 1.19 | (0.5) | 1.28 | (0.5) | 2.02 | (0.6) | 2.62 | (0.7) |
| | Tomato | 1.29 | (0.6) | 1.28 | (0.5) | 1.49 | (0.5) | 2.64 | (0.7) |
| | Other fruiting vegetables | 1.76 | (0.8) | 1.69 | (0.6) | 2.25 | (0.7) | 2.00 | (0.5) |
| | Other Vegetables And Vegetable Combinations | 3.05 | (1.3) | 2.29 | (0.9) | 3.13 | (0.9) | 4.35 | (1.1) |
| | Dishes where veg is the major component | 0.42 | (0.2) | 0.65 | (0.3) | 1.54 | (0.5) | 2.51 | (0.7) |
| | Legume and pulse products & dishes | 1.81 | (0.8) | 2.42 | (0.9) | 3.03 | (0.9) | 4.45 | (1.2) |
| | Mature legumes and pulses | 0.16 | (0.1) | 0.73 | (0.3) | 0.56 | (0.2) | 0.29 | (0.1) |
| | Mature legumes and pulse product and dishes | 1.65 | (0.7) | 1.69 | (0.6) | 2.47 | (0.8) | 4.16 | (1.1) |
| | Non alcoholic beverages | 0.18 | (0.1) | 0.14 | (0.1) | 0.19 | (0.1) | 0.09 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.18 | (0.1) | 0.14 | (0.1) | 0.19 | (0.1) | 0.09 | (0.0) |
| | Soup | 0.48 | (0.2) | 0.61 | (0.2) | 0.58 | (0.2) | 0.97 | (0.3) |
| | Soup (prepared, ready to eat) | 0.45 | (0.2) | 0.58 | (0.2) | 0.54 | (0.2) | 0.91 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.02 | (0.0) | 0.03 | (0.0) | 0.04 | (0.0) | 0.07 | (0.0) |
| | Cereal-based products & dishes | 0.72 | (0.3) | 0.71 | (0.3) | 1.87 | (0.6) | 2.74 | (0.7) |
| | Pastries | 0.12 | (0.1) | 0.25 | (0.1) | 0.20 | (0.1) | 0.07 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.60 | (0.3) | 0.46 | (0.2) | 1.68 | (0.5) | 2.68 | (0.7) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.16 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.16 | (0.0) |
| | Meat, poultry and game products & dishes | 1.85 | (0.8) | 1.73 | (0.7) | 3.10 | (0.9) | 4.98 | (1.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 1.78 | (0.8) | 1.50 | (0.6) | 2.38 | (0.7) | 3.84 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.08 | (0.0) | 0.22 | (0.1) | 0.71 | (0.2) | 1.14 | (0.3) |
| | Savoury sauce and condiments | 0.60 | (0.3) | 0.52 | (0.2) | 0.79 | (0.2) | 0.87 | (0.2) |
| | Gravies And Savoury Sauces | 0.60 | (0.3) | 0.52 | (0.2) | 0.79 | (0.2) | 0.87 | (0.2) |
| | Infant formula & foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.07 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.05 | (0.0) | 0.04 | (0.0) | 0.03 | (0.0) | 0.13 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.05 | (0.0) | 0.04 | (0.0) | 0.03 | (0.0) | 0.13 | (0.0) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| Females | Vegetables | 18.55 | (8.4) | 21.81 | (9.1) | 28.85 | (10.4) | 35.60 | (12.1) |
| | Potatoes | 6.72 | (3.0) | 10.39 | (4.4) | 13.87 | (5.0) | 17.00 | (5.8) |
| | Potatoes | 2.50 | (37.3) | 3.69 | (35.6) | 4.95 | (35.7) | 5.64 | (33.2) |
| | Potato products | 3.35 | (49.9) | 5.65 | (54.3) | 7.00 | (50.5) | 9.20 | (54.1) |
| | Potato dishes | 0.86 | (12.9) | 1.05 | (10.1) | 1.92 | (13.9) | 2.16 | (12.7) |
| | Cabbage, cauliflower & similar brassica veg | 1.61 | (0.7) | 1.56 | (0.7) | 1.94 | (0.7) | 2.11 | (0.7) |
| | Carrot and similar root veg | 1.30 | (0.6) | 1.70 | (0.7) | 1.82 | (0.7) | 2.00 | (0.7) |
| | Leaf and stalk veg | 1.02 | (0.5) | 0.65 | (0.3) | 1.61 | (0.6) | 1.98 | (0.7) |
| | Peas and beans | 1.26 | (0.6) | 1.25 | (0.5) | 1.85 | (0.7) | 2.11 | (0.7) |
| | Tomato | 1.18 | (0.5) | 1.18 | (0.5) | 1.66 | (0.6) | 2.00 | (0.7) |
| | Other fruiting vegetables | 2.07 | (0.9) | 1.65 | (0.7) | 2.23 | (0.8) | 3.25 | (1.1) |
| | Other Vegetables And Vegetable Combinations | 2.97 | (1.3) | 2.93 | (1.2) | 2.87 | (1.0) | 3.23 | (1.1) |
| | Dishes where veg is the major component | 0.42 | (0.2) | 0.50 | (0.2) | 0.99 | (0.4) | 1.92 | (0.7) |
| | Legume and pulse products & dishes | 1.96 | (0.9) | 1.73 | (0.7) | 1.45 | (0.5) | 2.23 | (0.8) |
| | Mature legumes and pulses | 0.31 | (0.1) | 0.23 | (0.1) | 0.26 | (0.1) | 0.55 | (0.2) |
| | Mature legumes and pulse product and dishes | 1.64 | (0.7) | 1.50 | (0.6) | 1.19 | (0.4) | 1.67 | (0.6) |
| | Non alcoholic beverages | 0.10 | (0.0) | 0.09 | (0.0) | 0.10 | (0.0) | 0.09 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.10 | (0.0) | 0.09 | (0.0) | 0.10 | (0.0) | 0.09 | (0.0) |
| | Soup | 0.41 | (0.2) | 0.82 | (0.4) | 1.67 | (0.6) | 1.43 | (0.5) |
| | Soup (prepared, ready to eat) | 0.41 | (0.2) | 0.70 | (0.3) | 1.65 | (0.6) | 1.40 | (0.5) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.12 | (0.1) | 0.02 | (0.0) | 0.04 | (0.0) |
| | Cereal-based products & dishes | 0.45 | (0.2) | 0.41 | (0.2) | 2.43 | (0.9) | 2.59 | (0.9) |
| | Pastries | 0.02 | (0.0) | 0.13 | (0.1) | 0.59 | (0.2) | 0.24 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.43 | (0.2) | 0.27 | (0.1) | 1.84 | (0.7) | 2.35 | (0.8) |
| | Fish & seafood products and dishes | 0.09 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.09 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.02 | (0.0) |
| | Meat, poultry and game products & dishes | 1.34 | (0.6) | 0.93 | (0.4) | 2.75 | (1.0) | 2.04 | (0.7) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 1.30 | (0.6) | 0.83 | (0.4) | 2.00 | (0.7) | 1.81 | (0.6) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.02 | (0.0) | 0.00 | (0.0) | 0.02 | (0.0) | 0.09 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.02 | (0.0) | 0.09 | (0.0) | 0.72 | (0.3) | 0.14 | (0.1) |
| | Savoury sauce and condiments | 0.28 | (0.1) | 0.49 | (0.2) | 0.83 | (0.3) | 0.92 | (0.3) |
| | Gravies And Savoury Sauces | 0.28 | (0.1) | 0.49 | (0.2) | 0.83 | (0.3) | 0.92 | (0.3) |
| | Infant formula & foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.02 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.06 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) | 0.16 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 0.06 | (0.0) | 0.04 | (0.0) | 0.01 | (0.0) | 0.16 | (0.1) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|-------|--------|-------|--------|-------|--------|-------|--------|
| All | Vegetables | 18.10 | (8.0) | 21.49 | (8.6) | 30.56 | (10.0) | 38.36 | (11.2) |
| | Potatoes | 6.60 | (2.9) | 10.14 | (4.0) | 15.07 | (4.9) | 18.38 | (5.4) |
| | Potatoes | 2.56 | (38.8) | 3.46 | (34.2) | 5.33 | (35.4) | 6.17 | (33.6) |
| | Potato products | 3.05 | (46.2) | 5.55 | (54.7) | 7.87 | (52.2) | 9.98 | (54.3) |
| | Potato dishes | 0.99 | (15.0) | 1.13 | (11.1) | 1.87 | (12.4) | 2.24 | (12.2) |
| | Cabbage, cauliflower & similar brassica veg | 1.49 | (0.7) | 1.69 | (0.7) | 2.01 | (0.7) | 2.26 | (0.7) |
| | Carrot and similar root veg | 1.49 | (0.7) | 1.65 | (0.7) | 1.77 | (0.6) | 2.14 | (0.6) |
| | Leaf and stalk veg | 0.71 | (0.3) | 0.66 | (0.3) | 1.68 | (0.6) | 2.24 | (0.7) |
| | Peas and beans | 1.23 | (0.5) | 1.27 | (0.5) | 1.94 | (0.6) | 2.37 | (0.7) |
| | Tomato | 1.23 | (0.5) | 1.23 | (0.5) | 1.58 | (0.5) | 2.33 | (0.7) |
| | Other fruiting vegetables | 1.92 | (0.9) | 1.67 | (0.7) | 2.24 | (0.7) | 2.61 | (0.8) |
| | Other Vegetables And Vegetable Combinations | 3.01 | (1.3) | 2.60 | (1.0) | 3.00 | (1.0) | 3.81 | (1.1) |
| | Dishes where veg is the major component | 0.42 | (0.2) | 0.58 | (0.2) | 1.27 | (0.4) | 2.22 | (0.7) |
| | Legume and pulse products & dishes | 1.88 | (0.8) | 2.09 | (0.8) | 2.25 | (0.7) | 3.36 | (1.0) |
| | Mature legumes and pulses | 0.24 | (0.1) | 0.49 | (0.2) | 0.41 | (0.1) | 0.42 | (0.1) |
| | Mature legumes and pulse product and dishes | 1.65 | (0.7) | 1.60 | (0.6) | 1.84 | (0.6) | 2.95 | (0.9) |
| | Non alcoholic beverages | 0.14 | (0.1) | 0.11 | (0.1) | 0.14 | (0.1) | 0.09 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.14 | (0.1) | 0.11 | (0.1) | 0.14 | (0.1) | 0.09 | (0.0) |
| | Soup | 0.44 | (0.2) | 0.72 | (0.3) | 1.11 | (0.4) | 1.20 | (0.4) |
| | Soup (prepared, ready to eat) | 0.43 | (0.2) | 0.64 | (0.3) | 1.08 | (0.4) | 1.15 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.01 | (0.0) | 0.08 | (0.0) | 0.03 | (0.0) | 0.05 | (0.0) |
| | Cereal-based products & dishes | 0.59 | (0.3) | 0.56 | (0.2) | 2.15 | (0.7) | 2.67 | (0.8) |
| | Pastries | 0.07 | (0.0) | 0.19 | (0.1) | 0.39 | (0.1) | 0.15 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.52 | (0.2) | 0.37 | (0.2) | 1.76 | (0.6) | 2.52 | (0.7) |
| | Fish & seafood products and dishes | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.09 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.04 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.09 | (0.0) |
| | Meat, poultry and game products & dishes | 1.60 | (0.7) | 1.34 | (0.5) | 2.93 | (1.0) | 3.55 | (1.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 1.54 | (0.7) | 1.18 | (0.5) | 2.20 | (0.7) | 2.85 | (0.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.01 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) | 0.04 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.05 | (0.0) | 0.16 | (0.1) | 0.72 | (0.2) | 0.65 | (0.2) |
| | Savoury sauce and condiments | 0.44 | (0.2) | 0.51 | (0.2) | 0.81 | (0.3) | 0.89 | (0.3) |
| | Gravies And Savoury Sauces | 0.44 | (0.2) | 0.51 | (0.2) | 0.81 | (0.3) | 0.89 | (0.3) |
| | Infant formula & foods | 0.05 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.05 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.05 | (0.0) | 0.04 | (0.0) | 0.02 | (0.0) | 0.15 | (0.0) |
| | Herbs, spices, seasonings and stock cubes | 0.05 | (0.0) | 0.04 | (0.0) | 0.02 | (0.0) | 0.15 | (0.0) |

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Table 39 Potassium coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|--------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 308.36 | (13.5) | 383.34 | (15.4) | 577.62 | (18.5) | 731.38 | (19.8) |
| | Potatoes | 135.65 | (5.9) | 203.25 | (8.2) | 337.51 | (10.8) | 407.17 | (11.0) |
| | Potatoes | 61.24 | (45.2) | 75.49 | (37.1) | 133.81 | (39.7) | 159.88 | (39.3) |
| | Potato products | 52.41 | (38.6) | 103.78 | (51.1) | 167.55 | (49.6) | 199.56 | (49.0) |
| | Potato dishes | 21.99 | (16.2) | 23.99 | (11.8) | 36.15 | (10.7) | 47.73 | (11.7) |
| | Cabbage, cauliflower & similar brassica veg | 21.82 | (1.0) | 29.09 | (1.2) | 33.25 | (1.1) | 38.86 | (1.1) |
| | Carrot and similar root veg | 34.77 | (1.5) | 35.31 | (1.4) | 35.49 | (1.1) | 46.05 | (1.3) |
| | Leaf and stalk veg | 5.05 | (0.2) | 10.20 | (0.4) | 20.67 | (0.7) | 29.72 | (0.8) |
| | Peas and beans | 7.97 | (0.4) | 8.98 | (0.4) | 13.36 | (0.4) | 17.54 | (0.5) |
| | Tomato | 32.28 | (1.4) | 33.51 | (1.3) | 40.22 | (1.3) | 69.54 | (1.9) |
| | Other fruiting vegetables | 31.60 | (1.4) | 28.47 | (1.1) | 41.91 | (1.3) | 34.90 | (0.9) |
| | Other Vegetables And Vegetable Combinations | 31.98 | (1.4) | 25.23 | (1.0) | 32.77 | (1.1) | 51.00 | (1.4) |
| | Dishes where veg is the major component | 7.25 | (0.3) | 9.30 | (0.4) | 22.45 | (0.7) | 36.60 | (1.0) |
| | Legume and pulse products & dishes | 14.88 | (0.7) | 18.58 | (0.7) | 22.89 | (0.7) | 26.84 | (0.7) |
| | Mature legumes and pulses | 1.27 | (0.1) | 5.94 | (0.2) | 4.33 | (0.1) | 2.15 | (0.1) |
| | Mature legumes and pulse product and dishes | 13.61 | (0.6) | 12.64 | (0.5) | 18.56 | (0.6) | 24.69 | (0.7) |
| | Non alcoholic beverages | 3.92 | (0.2) | 3.14 | (0.1) | 4.41 | (0.1) | 1.89 | (0.1) |
| | Fruit and vegetable juices and drinks | 3.92 | (0.2) | 3.14 | (0.1) | 4.41 | (0.1) | 1.89 | (0.1) |
| | Soup | 6.77 | (0.3) | 9.89 | (0.4) | 8.14 | (0.3) | 16.04 | (0.4) |
| | Soup (prepared, ready to eat) | 6.26 | (0.3) | 9.20 | (0.4) | 7.27 | (0.2) | 14.54 | (0.4) |
| | Canned Condensed Soup (Unprepared) | 0.51 | (0.0) | 0.70 | (0.0) | 0.87 | (0.0) | 1.50 | (0.0) |
| | Cereal-based products & dishes | 7.30 | (0.3) | 8.17 | (0.3) | 18.22 | (0.6) | 26.42 | (0.7) |
| | Pastries | 1.62 | (0.1) | 3.37 | (0.1) | 2.80 | (0.1) | 0.96 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 5.68 | (0.3) | 4.80 | (0.2) | 15.42 | (0.5) | 25.47 | (0.7) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 2.25 | (0.1) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 2.25 | (0.1) |
| | Meat, poultry and game products & dishes | 28.29 | (1.2) | 27.40 | (1.1) | 47.19 | (1.5) | 72.11 | (2.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 27.19 | (1.2) | 24.52 | (1.0) | 38.21 | (1.2) | 59.01 | (1.6) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 1.10 | (0.1) | 2.88 | (0.1) | 8.98 | (0.3) | 13.09 | (0.4) |
| | Savoury sauce and condiments | 15.56 | (0.7) | 12.51 | (0.5) | 20.86 | (0.7) | 22.85 | (0.6) |
| | Gravies And Savoury Sauces | 15.56 | (0.7) | 12.51 | (0.5) | 20.86 | (0.7) | 22.85 | (0.6) |
| | Infant formula & foods | 1.10 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 1.10 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 1.04 | (0.1) | 0.85 | (0.0) | 0.76 | (0.0) | 3.04 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 1.04 | (0.1) | 0.85 | (0.0) | 0.76 | (0.0) | 3.04 | (0.1) |

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Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|----------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| Females | Vegetables | 320.01 | (14.6) | 391.45 | (17.1) | 520.97 | (19.6) | 645.02 | (22.9) |
| | Potatoes | 137.93 | (6.3) | 215.12 | (9.4) | 288.02 | (10.8) | 350.30 | (12.4) |
| | Potatoes | 57.82 | (41.9) | 85.85 | (39.9) | 116.56 | (40.5) | 138.18 | (39.5) |
| | Potato products | 62.02 | (45.0) | 107.99 | (50.2) | 134.24 | (46.6) | 171.21 | (48.9) |
| | Potato dishes | 18.09 | (13.1) | 21.28 | (9.9) | 37.22 | (12.9) | 40.91 | (11.7) |
| | Cabbage, cauliflower & similar brassica veg | 26.36 | (1.2) | 24.44 | (1.1) | 31.20 | (1.2) | 33.98 | (1.2) |
| | Carrot and similar root veg | 26.37 | (1.2) | 36.70 | (1.6) | 36.03 | (1.4) | 42.49 | (1.5) |
| | Leaf and stalk veg | 11.30 | (0.5) | 8.84 | (0.4) | 19.90 | (0.8) | 23.74 | (0.8) |
| | Peas and beans | 8.29 | (0.4) | 8.38 | (0.4) | 12.11 | (0.5) | 14.15 | (0.5) |
| | Tomato | 31.33 | (1.4) | 31.68 | (1.4) | 45.42 | (1.7) | 51.27 | (1.8) |
| | Other fruiting vegetables | 38.97 | (1.8) | 30.24 | (1.3) | 41.13 | (1.6) | 63.80 | (2.3) |
| | Other Vegetables And Vegetable Combinations | 32.52 | (1.5) | 28.52 | (1.3) | 31.79 | (1.2) | 38.96 | (1.4) |
| | Dishes where veg is the major component | 6.94 | (0.3) | 7.54 | (0.3) | 15.37 | (0.6) | 26.34 | (0.9) |
| | Legume and pulse products & dishes | 16.79 | (0.8) | 14.43 | (0.6) | 8.72 | (0.3) | 17.71 | (0.6) |
| | Mature legumes and pulses | 2.62 | (0.1) | 1.86 | (0.1) | 1.72 | (0.1) | 4.17 | (0.2) |
| | Mature legumes and pulse product and dishes | 14.18 | (0.7) | 12.58 | (0.6) | 7.00 | (0.3) | 13.54 | (0.5) |
| | Non alcoholic beverages | 2.08 | (0.1) | 1.91 | (0.1) | 2.31 | (0.1) | 1.69 | (0.1) |
| | Fruit and vegetable juices and drinks | 2.08 | (0.1) | 1.91 | (0.1) | 2.31 | (0.1) | 1.69 | (0.1) |
| | Soup | 6.08 | (0.3) | 13.32 | (0.6) | 24.63 | (0.9) | 21.09 | (0.8) |
| | Soup (prepared, ready to eat) | 6.08 | (0.3) | 10.57 | (0.5) | 24.27 | (0.9) | 20.27 | (0.7) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 2.75 | (0.1) | 0.36 | (0.0) | 0.81 | (0.0) |
| | Cereal-based products & dishes | 5.81 | (0.3) | 4.60 | (0.2) | 25.69 | (1.0) | 23.72 | (0.8) |
| | Pastries | 0.34 | (0.0) | 1.79 | (0.1) | 7.64 | (0.3) | 3.14 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 5.47 | (0.3) | 2.80 | (0.1) | 18.05 | (0.7) | 20.58 | (0.7) |
| | Fish & seafood products and dishes | 1.23 | (0.1) | 0.00 | (0.0) | 0.11 | (0.0) | 0.16 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 1.23 | (0.1) | 0.00 | (0.0) | 0.11 | (0.0) | 0.16 | (0.0) |
| | Meat, poultry and game products & dishes | 21.14 | (1.0) | 13.70 | (0.6) | 39.99 | (1.5) | 31.64 | (1.1) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 20.72 | (0.9) | 13.03 | (0.6) | 29.72 | (1.1) | 28.68 | (1.0) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.28 | (0.0) | 0.00 | (0.0) | 0.34 | (0.0) | 1.37 | (0.1) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.13 | (0.0) | 0.67 | (0.0) | 9.93 | (0.4) | 1.59 | (0.1) |
| | Savoury sauce and condiments | 7.27 | (0.3) | 12.63 | (0.6) | 21.72 | (0.8) | 23.95 | (0.9) |
| | Gravies And Savoury Sauces | 7.27 | (0.3) | 12.63 | (0.6) | 21.72 | (0.8) | 23.95 | (0.9) |
| | Infant formula & foods | 0.35 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.35 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 1.56 | (0.1) | 0.81 | (0.0) | 0.24 | (0.0) | 4.21 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 1.56 | (0.1) | 0.81 | (0.0) | 0.24 | (0.0) | 4.21 | (0.2) |

**HAL Project Number: VG07160: Australian Children's Vegetable Intake: Findings of the 2007
Australian Children's National Nutrition and Physical Activity Survey**

| | | | | | | | | | |
|------------|--|--------|--------|--------|--------|--------|--------|--------|--------|
| All | Vegetables | 314.16 | (14.0) | 387.30 | (16.2) | 549.91 | (19.0) | 689.27 | (21.1) |
| | Potatoes | 136.79 | (6.1) | 209.04 | (8.7) | 313.31 | (10.8) | 379.44 | (11.6) |
| | Potatoes | 59.54 | (43.5) | 80.54 | (38.5) | 125.37 | (40.0) | 149.30 | (39.4) |
| | Potato products | 57.19 | (41.8) | 105.84 | (50.6) | 151.26 | (48.3) | 185.74 | (49.0) |
| | Potato dishes | 20.05 | (14.7) | 22.67 | (10.8) | 36.67 | (11.7) | 44.40 | (11.7) |
| | Cabbage, cauliflower & similar brassica veg | 24.08 | (1.1) | 26.82 | (1.1) | 32.24 | (1.1) | 36.48 | (1.1) |
| | Carrot and similar root veg | 30.59 | (1.4) | 35.98 | (1.5) | 35.75 | (1.2) | 44.31 | (1.4) |
| | Leaf and stalk veg | 8.16 | (0.4) | 9.53 | (0.4) | 20.29 | (0.7) | 26.80 | (0.8) |
| | Peas and beans | 8.13 | (0.4) | 8.69 | (0.4) | 12.75 | (0.4) | 15.88 | (0.5) |
| | Tomato | 31.81 | (1.4) | 32.62 | (1.4) | 42.76 | (1.5) | 60.64 | (1.9) |
| | Other fruiting vegetables | 35.27 | (1.6) | 29.33 | (1.2) | 41.53 | (1.4) | 48.99 | (1.5) |
| | Other Vegetables And Vegetable Combinations | 32.25 | (1.4) | 26.83 | (1.1) | 32.29 | (1.1) | 45.13 | (1.4) |
| | Dishes where veg is the major component | 7.10 | (0.3) | 8.45 | (0.4) | 18.99 | (0.7) | 31.60 | (1.0) |
| | Legume and pulse products & dishes | 15.83 | (0.7) | 16.56 | (0.7) | 15.96 | (0.6) | 22.39 | (0.7) |
| | Mature legumes and pulses | 1.94 | (0.1) | 3.95 | (0.2) | 3.06 | (0.1) | 3.13 | (0.1) |
| | Mature legumes and pulse product and dishes | 13.89 | (0.6) | 12.61 | (0.5) | 12.91 | (0.5) | 19.26 | (0.6) |
| | Non alcoholic beverages | 3.00 | (0.1) | 2.54 | (0.1) | 3.38 | (0.1) | 1.79 | (0.1) |
| | Fruit and vegetable juices and drinks | 3.00 | (0.1) | 2.54 | (0.1) | 3.38 | (0.1) | 1.79 | (0.1) |
| | Soup | 6.43 | (0.3) | 11.56 | (0.5) | 16.20 | (0.6) | 18.50 | (0.6) |
| | Soup (prepared, ready to eat) | 6.17 | (0.3) | 9.87 | (0.4) | 15.59 | (0.5) | 17.34 | (0.5) |
| | Canned Condensed Soup (Unprepared) | 0.26 | (0.0) | 1.70 | (0.1) | 0.62 | (0.0) | 1.16 | (0.0) |
| | Cereal-based products & dishes | 6.56 | (0.3) | 6.43 | (0.3) | 21.87 | (0.8) | 25.10 | (0.8) |
| | Pastries | 0.98 | (0.0) | 2.60 | (0.1) | 5.17 | (0.2) | 2.02 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 5.57 | (0.3) | 3.83 | (0.2) | 16.71 | (0.6) | 23.08 | (0.7) |
| | Fish & seafood products and dishes | 0.61 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) | 1.23 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.61 | (0.0) | 0.00 | (0.0) | 0.05 | (0.0) | 1.23 | (0.0) |
| | Meat, poultry and game products & dishes | 24.73 | (1.1) | 20.72 | (0.9) | 43.67 | (1.5) | 52.38 | (1.6) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 23.97 | (1.1) | 18.92 | (0.8) | 34.06 | (1.2) | 44.23 | (1.4) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.14 | (0.0) | 0.00 | (0.0) | 0.17 | (0.0) | 0.67 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.62 | (0.0) | 1.80 | (0.1) | 9.44 | (0.3) | 7.48 | (0.2) |
| | Savoury sauce and condiments | 11.44 | (0.5) | 12.57 | (0.5) | 21.28 | (0.7) | 23.38 | (0.7) |
| | Gravies And Savoury Sauces | 11.44 | (0.5) | 12.57 | (0.5) | 21.28 | (0.7) | 23.38 | (0.7) |
| | Infant formula & foods | 0.73 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.73 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 1.30 | (0.1) | 0.83 | (0.0) | 0.51 | (0.0) | 3.61 | (0.1) |
| | Herbs, spices, seasonings and stock cubes | 1.30 | (0.1) | 0.83 | (0.0) | 0.51 | (0.0) | 3.61 | (0.1) |

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Table 40 Iron coming from vegetable food groups in children

| | | Age group(years) | | | | | | | |
|--------------|--|------------------|--------|-------|--------|--------|--------|---------|--------|
| | | 2 - 3 | | 4 - 8 | | 9 - 13 | | 14 - 16 | |
| Males | Vegetables | 0.59 | (7.1) | 0.71 | (6.8) | 1.15 | (8.4) | 1.53 | (9.4) |
| | Potatoes | 0.20 | (2.4) | 0.31 | (2.9) | 0.54 | (4.0) | 0.68 | (4.2) |
| | Potatoes | 0.07 | (34.0) | 0.09 | (27.7) | 0.16 | (28.7) | 0.19 | (27.8) |
| | Potato products | 0.11 | (53.2) | 0.19 | (63.5) | 0.35 | (63.9) | 0.44 | (64.9) |
| | Potato dishes | 0.03 | (12.8) | 0.03 | (8.7) | 0.04 | (7.4) | 0.05 | (7.4) |
| | Cabbage, cauliflower & similar brassica veg | 0.05 | (0.7) | 0.07 | (0.7) | 0.09 | (0.6) | 0.10 | (0.6) |
| | Carrot and similar root veg | 0.04 | (0.5) | 0.04 | (0.4) | 0.05 | (0.3) | 0.06 | (0.4) |
| | Leaf and stalk veg | 0.02 | (0.2) | 0.03 | (0.3) | 0.08 | (0.6) | 0.12 | (0.8) |
| | Peas and beans | 0.06 | (0.8) | 0.07 | (0.6) | 0.11 | (0.8) | 0.14 | (0.8) |
| | Tomato | 0.06 | (0.7) | 0.06 | (0.6) | 0.07 | (0.5) | 0.12 | (0.7) |
| | Other fruiting vegetables | 0.05 | (0.6) | 0.04 | (0.4) | 0.06 | (0.4) | 0.05 | (0.3) |
| | Other Vegetables And Vegetable Combinations | 0.08 | (1.0) | 0.07 | (0.7) | 0.09 | (0.7) | 0.16 | (1.0) |
| | Dishes where veg is the major component | 0.02 | (0.3) | 0.03 | (0.2) | 0.06 | (0.5) | 0.10 | (0.6) |
| | Legume and pulse products & dishes | 0.09 | (1.1) | 0.16 | (1.5) | 0.14 | (1.0) | 0.24 | (1.5) |
| | Mature legumes and pulses | 0.01 | (0.1) | 0.05 | (0.4) | 0.04 | (0.3) | 0.02 | (0.1) |
| | Mature legumes and pulse product and dishes | 0.08 | (0.9) | 0.11 | (1.1) | 0.10 | (0.7) | 0.22 | (1.3) |
| | Non alcoholic beverages | 0.01 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.01 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.2) | 0.02 | (0.2) | 0.03 | (0.2) | 0.04 | (0.2) |
| | Soup (prepared, ready to eat) | 0.02 | (0.2) | 0.02 | (0.2) | 0.03 | (0.2) | 0.03 | (0.2) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.03 | (0.3) | 0.02 | (0.2) | 0.08 | (0.6) | 0.12 | (0.7) |
| | Pastries | 0.00 | (0.1) | 0.01 | (0.1) | 0.01 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.3) | 0.02 | (0.2) | 0.07 | (0.5) | 0.12 | (0.7) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.0) |
| | Meat, poultry and game products & dishes | 0.15 | (1.8) | 0.14 | (1.3) | 0.21 | (1.6) | 0.38 | (2.3) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.15 | (1.8) | 0.13 | (1.2) | 0.19 | (1.4) | 0.33 | (2.1) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.1) | 0.02 | (0.2) | 0.04 | (0.3) |
| | Savoury sauce and condiments | 0.03 | (0.4) | 0.03 | (0.3) | 0.04 | (0.3) | 0.05 | (0.3) |
| | Gravies And Savoury Sauces | 0.03 | (0.4) | 0.03 | (0.3) | 0.04 | (0.3) | 0.05 | (0.3) |
| | Infant formula & foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) | 0.03 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.1) | 0.01 | (0.1) | 0.01 | (0.1) | 0.03 | (0.2) |

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| | | | | | | | | | |
|----------------|--|------|--------|------|--------|------|--------|------|--------|
| Females | Vegetables | 0.64 | (8.2) | 0.74 | (8.1) | 1.01 | (9.4) | 1.27 | (11.4) |
| | Potatoes | 0.21 | (2.8) | 0.34 | (3.7) | 0.45 | (4.2) | 0.59 | (5.3) |
| | Potatoes | 0.06 | (29.4) | 0.09 | (27.9) | 0.13 | (29.3) | 0.17 | (28.3) |
| | Potato products | 0.13 | (61.9) | 0.22 | (65.3) | 0.27 | (61.0) | 0.37 | (63.1) |
| | Potato dishes | 0.02 | (8.8) | 0.02 | (6.8) | 0.04 | (9.7) | 0.05 | (8.7) |
| | Cabbage, cauliflower & similar brassica veg | 0.06 | (0.8) | 0.07 | (0.7) | 0.08 | (0.7) | 0.09 | (0.8) |
| | Carrot and similar root veg | 0.04 | (0.5) | 0.04 | (0.5) | 0.05 | (0.5) | 0.05 | (0.5) |
| | Leaf and stalk veg | 0.05 | (0.6) | 0.03 | (0.4) | 0.08 | (0.7) | 0.10 | (0.9) |
| | Peas and beans | 0.07 | (0.9) | 0.07 | (0.7) | 0.10 | (0.9) | 0.11 | (1.0) |
| | Tomato | 0.05 | (0.7) | 0.05 | (0.6) | 0.07 | (0.7) | 0.08 | (0.8) |
| | Other fruiting vegetables | 0.05 | (0.7) | 0.04 | (0.5) | 0.06 | (0.5) | 0.08 | (0.7) |
| | Other Vegetables And Vegetable Combinations | 0.09 | (1.2) | 0.08 | (0.9) | 0.08 | (0.8) | 0.10 | (0.9) |
| | Dishes where veg is the major component | 0.02 | (0.2) | 0.03 | (0.3) | 0.04 | (0.4) | 0.07 | (0.7) |
| | Legume and pulse products & dishes | 0.12 | (1.5) | 0.10 | (1.1) | 0.08 | (0.8) | 0.13 | (1.1) |
| | Mature legumes and pulses | 0.02 | (0.3) | 0.02 | (0.2) | 0.02 | (0.2) | 0.04 | (0.4) |
| | Mature legumes and pulse product and dishes | 0.09 | (1.2) | 0.09 | (0.9) | 0.07 | (0.6) | 0.09 | (0.8) |
| | Non alcoholic beverages | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.0) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.2) | 0.03 | (0.4) | 0.06 | (0.5) | 0.06 | (0.6) |
| | Soup (prepared, ready to eat) | 0.02 | (0.2) | 0.03 | (0.3) | 0.06 | (0.5) | 0.06 | (0.5) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.02 | (0.3) | 0.02 | (0.2) | 0.09 | (0.9) | 0.10 | (1.0) |
| | Pastries | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.2) | 0.01 | (0.1) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.3) | 0.01 | (0.1) | 0.07 | (0.7) | 0.10 | (0.9) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.11 | (1.4) | 0.08 | (0.8) | 0.21 | (1.9) | 0.16 | (1.5) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.11 | (1.4) | 0.07 | (0.8) | 0.18 | (1.7) | 0.15 | (1.4) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.02 | (0.2) | 0.00 | (0.0) |
| | Savoury sauce and condiments | 0.01 | (0.2) | 0.03 | (0.3) | 0.04 | (0.4) | 0.05 | (0.4) |
| | Gravies And Savoury Sauces | 0.01 | (0.2) | 0.03 | (0.3) | 0.04 | (0.4) | 0.05 | (0.4) |
| | Infant formula & foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.02 | (0.2) | 0.01 | (0.1) | 0.00 | (0.0) | 0.02 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.02 | (0.2) | 0.01 | (0.1) | 0.00 | (0.0) | 0.02 | (0.2) |

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| | | | | | | | | | |
|------------|--|------|--------|------|--------|------|--------|------|--------|
| All | Vegetables | 0.61 | (7.6) | 0.73 | (7.4) | 1.08 | (8.8) | 1.40 | (10.2) |
| | Potatoes | 0.21 | (2.6) | 0.32 | (3.3) | 0.50 | (4.1) | 0.64 | (4.6) |
| | Potatoes | 0.07 | (31.6) | 0.09 | (27.8) | 0.14 | (29.0) | 0.18 | (28.0) |
| | Potato products | 0.12 | (57.7) | 0.21 | (64.5) | 0.31 | (62.6) | 0.41 | (64.0) |
| | Potato dishes | 0.02 | (10.7) | 0.02 | (7.8) | 0.04 | (8.5) | 0.05 | (8.0) |
| | Cabbage, cauliflower & similar brassica veg | 0.06 | (0.7) | 0.07 | (0.7) | 0.08 | (0.7) | 0.10 | (0.7) |
| | Carrot and similar root veg | 0.04 | (0.5) | 0.04 | (0.4) | 0.05 | (0.4) | 0.06 | (0.4) |
| | Leaf and stalk veg | 0.03 | (0.4) | 0.03 | (0.3) | 0.08 | (0.7) | 0.11 | (0.8) |
| | Peas and beans | 0.07 | (0.8) | 0.07 | (0.7) | 0.11 | (0.9) | 0.12 | (0.9) |
| | Tomato | 0.05 | (0.7) | 0.05 | (0.6) | 0.07 | (0.6) | 0.10 | (0.7) |
| | Other fruiting vegetables | 0.05 | (0.6) | 0.04 | (0.4) | 0.06 | (0.5) | 0.06 | (0.5) |
| | Other Vegetables And Vegetable Combinations | 0.09 | (1.1) | 0.08 | (0.8) | 0.09 | (0.7) | 0.13 | (0.9) |
| | Dishes where veg is the major component | 0.02 | (0.3) | 0.03 | (0.3) | 0.05 | (0.4) | 0.09 | (0.6) |
| | Legume and pulse products & dishes | 0.10 | (1.3) | 0.13 | (1.4) | 0.11 | (0.9) | 0.18 | (1.3) |
| | Mature legumes and pulses | 0.02 | (0.2) | 0.03 | (0.3) | 0.03 | (0.2) | 0.03 | (0.2) |
| | Mature legumes and pulse product and dishes | 0.09 | (1.1) | 0.10 | (1.0) | 0.08 | (0.7) | 0.15 | (1.1) |
| | Non alcoholic beverages | 0.00 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Fruit and vegetable juices and drinks | 0.00 | (0.1) | 0.00 | (0.0) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Soup | 0.02 | (0.2) | 0.03 | (0.3) | 0.04 | (0.3) | 0.05 | (0.4) |
| | Soup (prepared, ready to eat) | 0.02 | (0.2) | 0.03 | (0.3) | 0.04 | (0.3) | 0.05 | (0.3) |
| | Canned Condensed Soup (Unprepared) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Cereal-based products & dishes | 0.03 | (0.3) | 0.02 | (0.2) | 0.08 | (0.7) | 0.11 | (0.8) |
| | Pastries | 0.00 | (0.0) | 0.01 | (0.1) | 0.01 | (0.1) | 0.00 | (0.0) |
| | Mixed Dishes Where Cereal Is The Major Ingredient | 0.02 | (0.3) | 0.01 | (0.1) | 0.07 | (0.6) | 0.11 | (0.8) |
| | Fish & seafood products and dishes | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed dishes with fish or seafood as the major component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Meat, poultry and game products & dishes | 0.13 | (1.6) | 0.11 | (1.1) | 0.21 | (1.7) | 0.27 | (2.0) |
| | Mixed Dishes Where Beef, Veal Or Lamb Is The Major Component | 0.13 | (1.6) | 0.10 | (1.0) | 0.19 | (1.5) | 0.25 | (1.8) |
| | Mixed Dishes Where Pork, Bacon, Ham Is The Major Component | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Mixed Dishes Where Poultry Or Game Is The Major Component | 0.00 | (0.0) | 0.01 | (0.1) | 0.02 | (0.2) | 0.02 | (0.2) |
| | Savoury sauce and condiments | 0.02 | (0.3) | 0.03 | (0.3) | 0.04 | (0.4) | 0.05 | (0.4) |
| | Gravies And Savoury Sauces | 0.02 | (0.3) | 0.03 | (0.3) | 0.04 | (0.4) | 0.05 | (0.4) |
| | Infant formula & foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Infant Foods | 0.01 | (0.1) | 0.00 | (0.0) | 0.00 | (0.0) | 0.00 | (0.0) |
| | Miscellaneous | 0.01 | (0.2) | 0.01 | (0.1) | 0.00 | (0.0) | 0.02 | (0.2) |
| | Herbs, spices, seasonings and stock cubes | 0.01 | (0.2) | 0.01 | (0.1) | 0.00 | (0.0) | 0.02 | (0.2) |

10.4 Time of vegetable and legume consumption, and what foods they were eaten with

Figure 1 Time of consumption of total vegetables products and dishes and legume and pulse products and dishes (food group 24 + 25), presented in 1hour timeslots

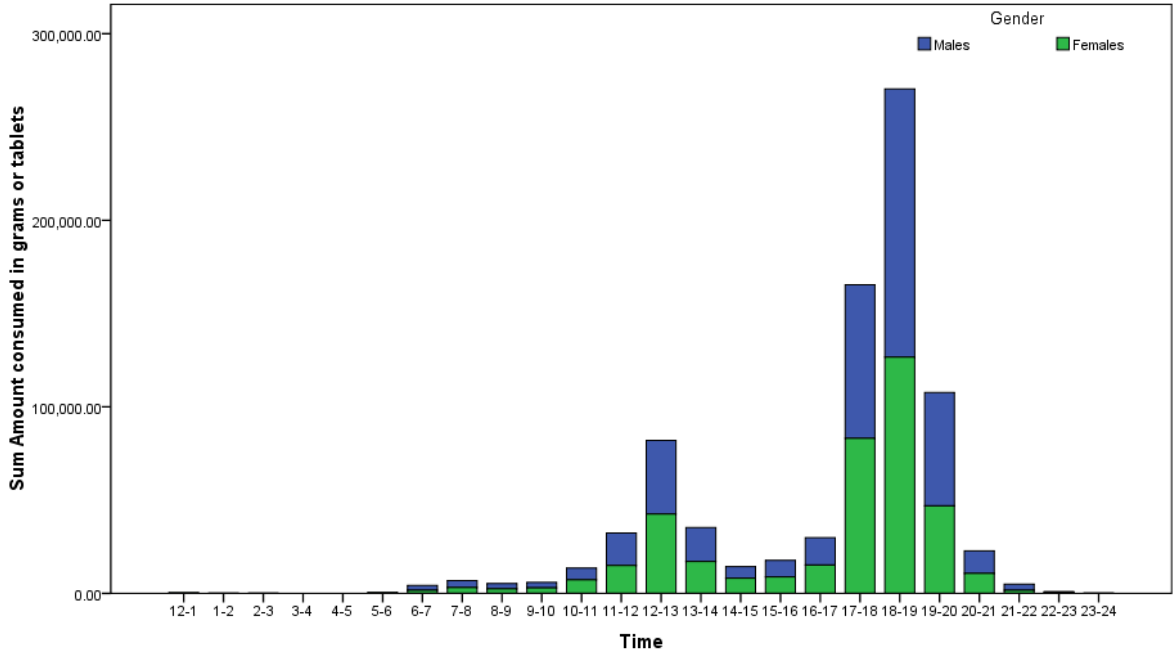


Figure 2 Time of consumption of total vegetables products and dishes (food group 24), presented in 1 hour timeslots

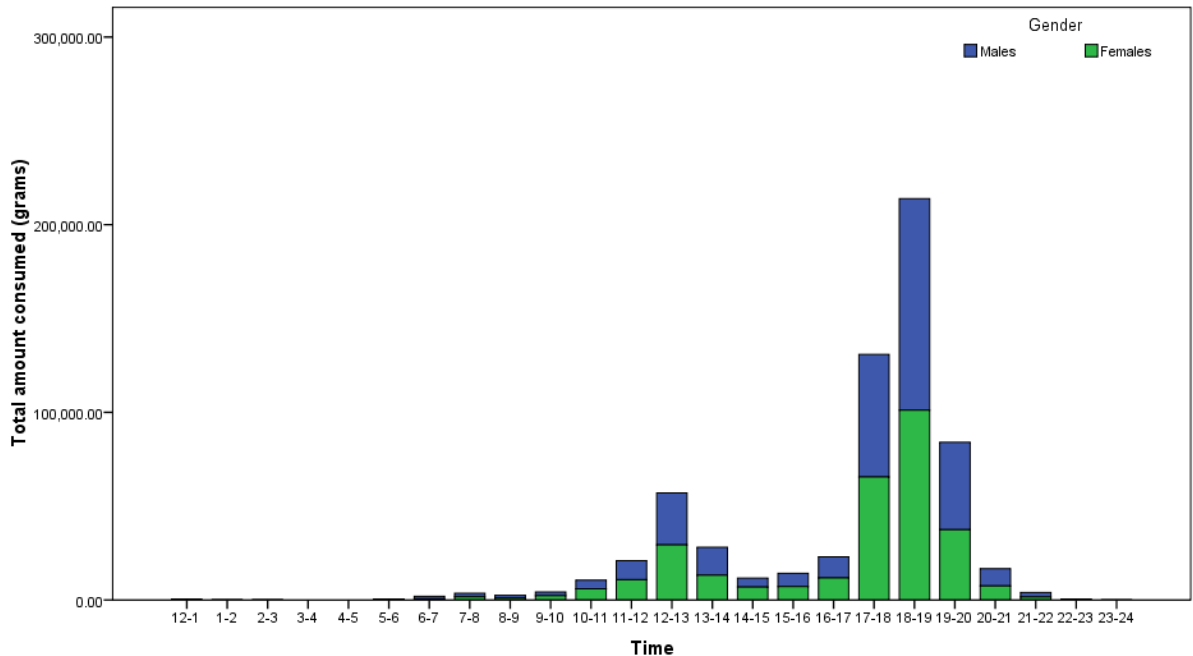


Figure 3 Time of consumption of total legumes (food group 25), presented in 1 hour timeslots

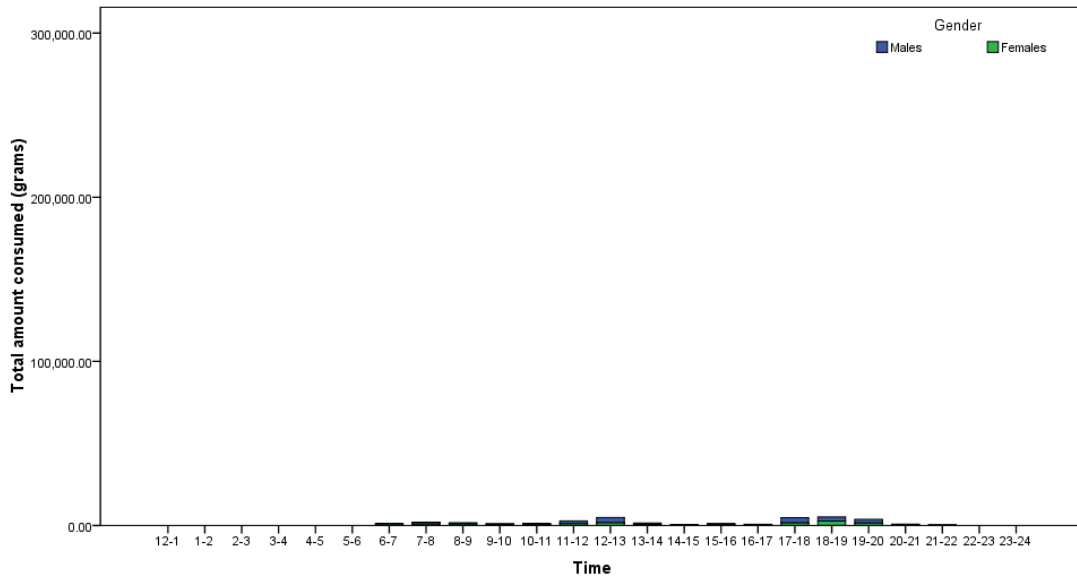


Figure 4 Time of consumption of total potatoes (food group 241), presented in 1 hour timeslots

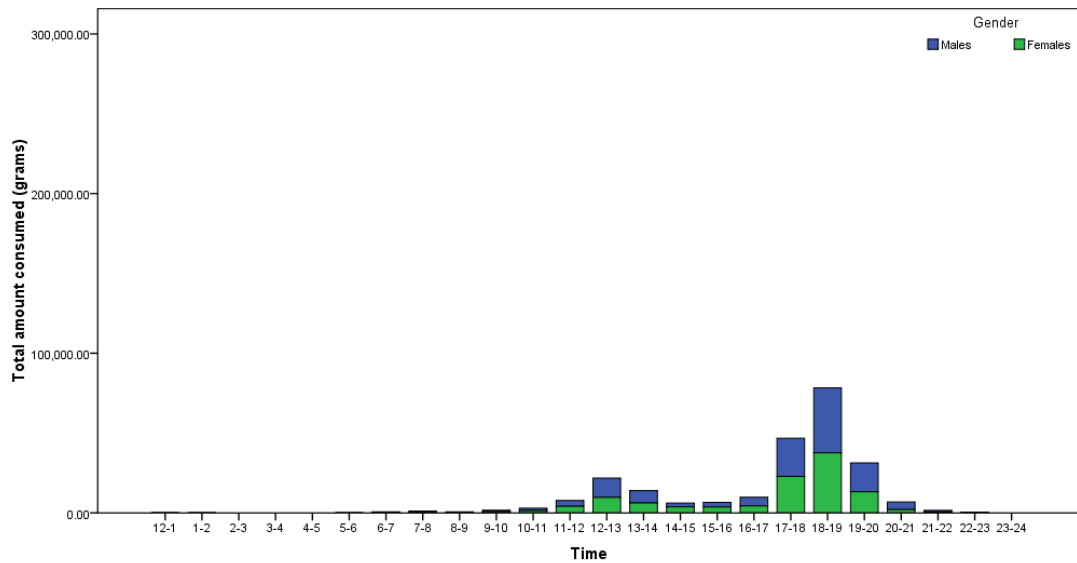


Figure 5 Time of consumption for total vegetables products and dishes (food group 24) by total children, with subcategories of vegetables shown for timeslot.

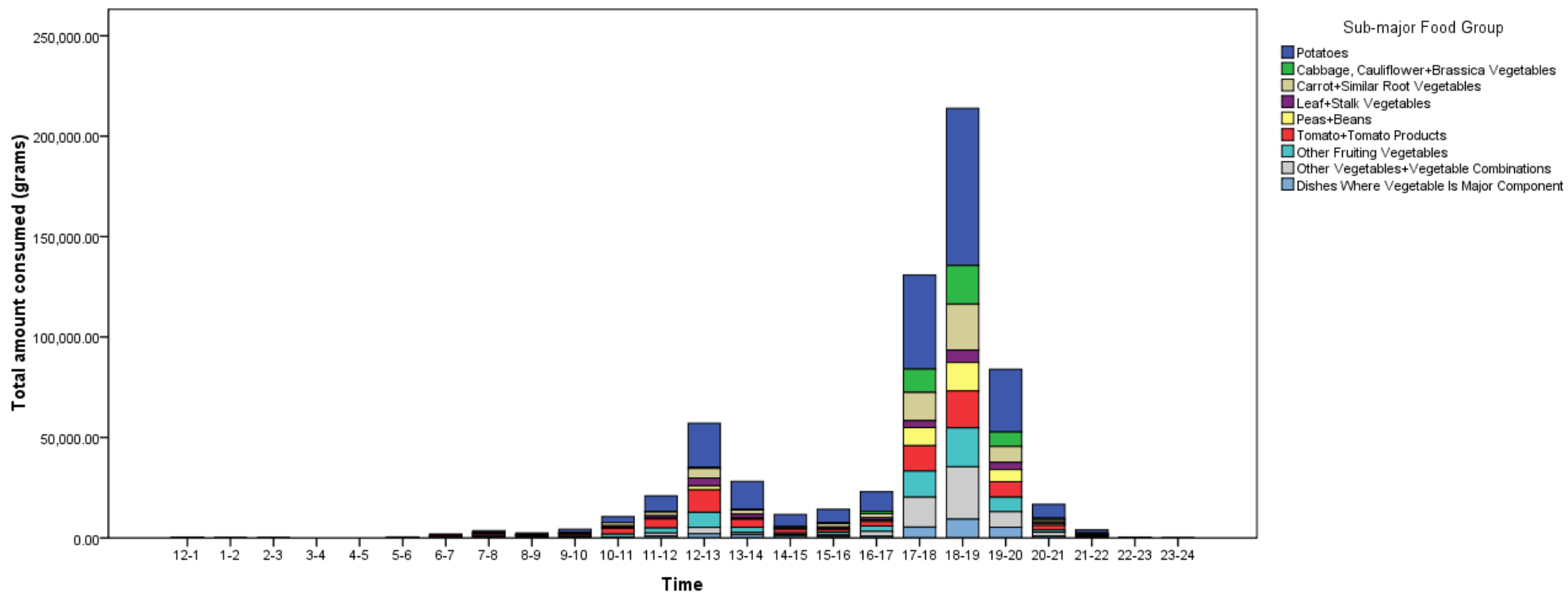


Figure 6 Consumption of other foods at the same time as peak vegetable products and dishes (food group 24) consumption by all children

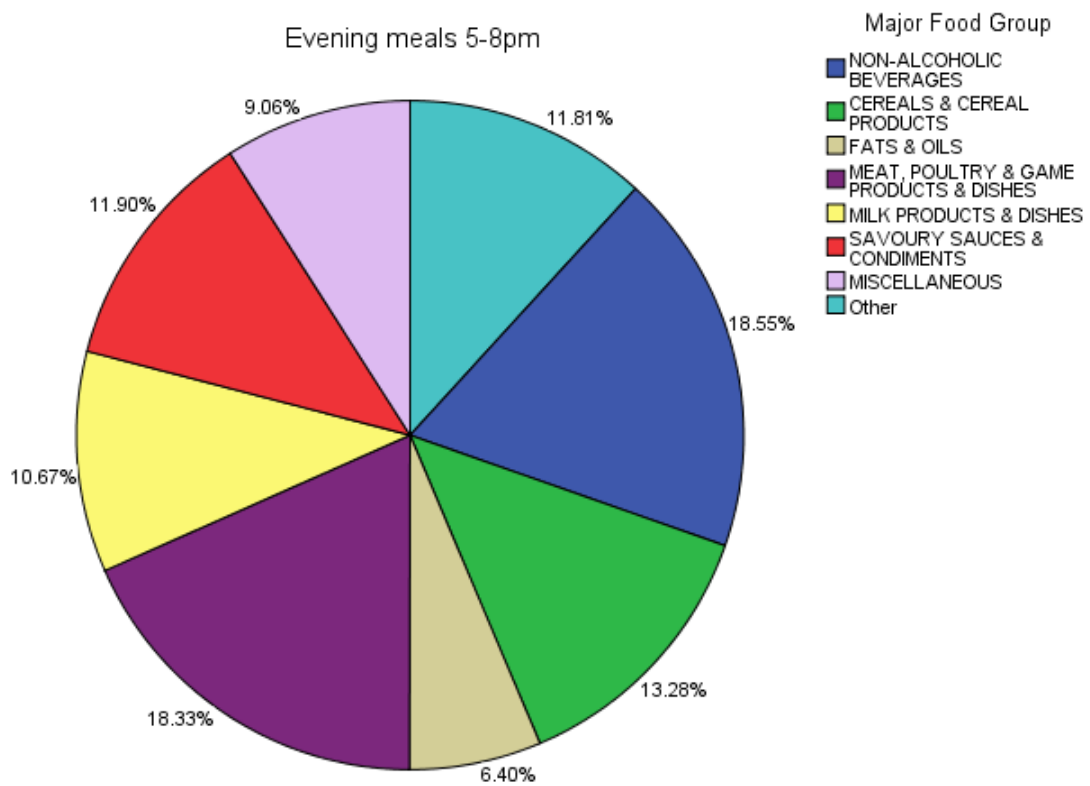
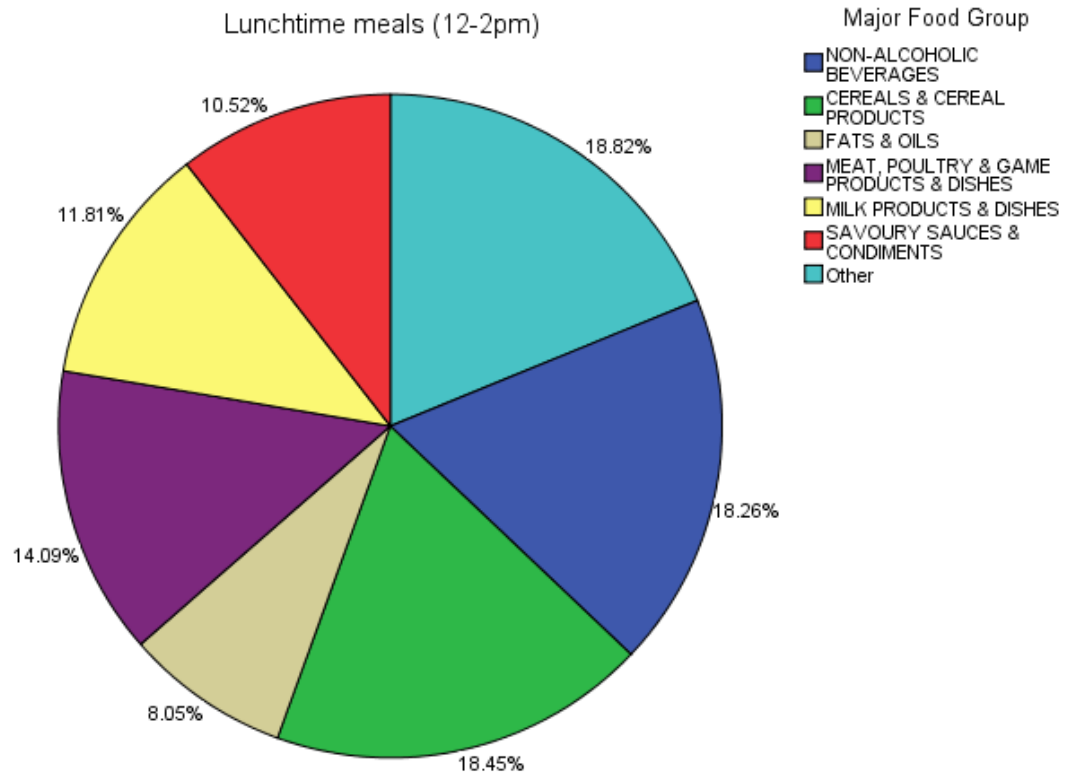
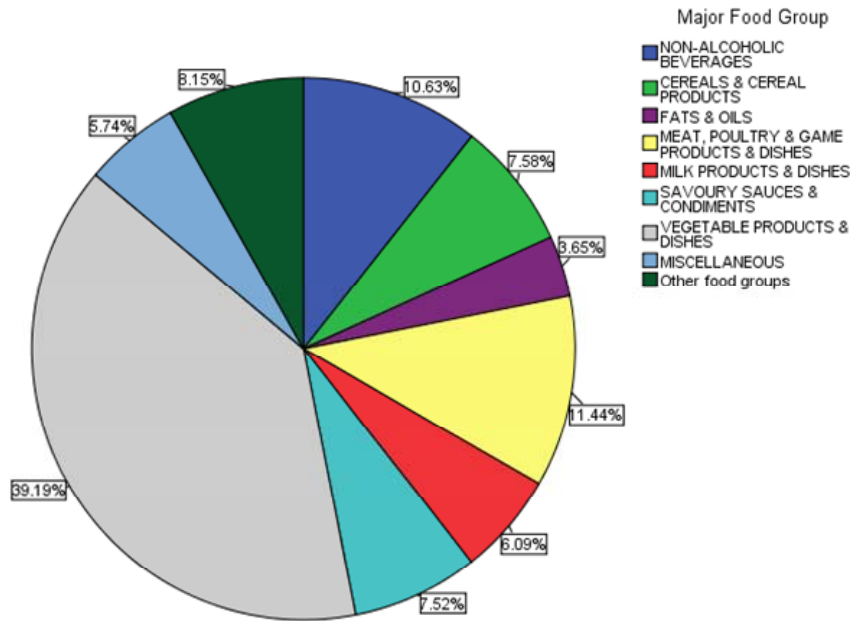
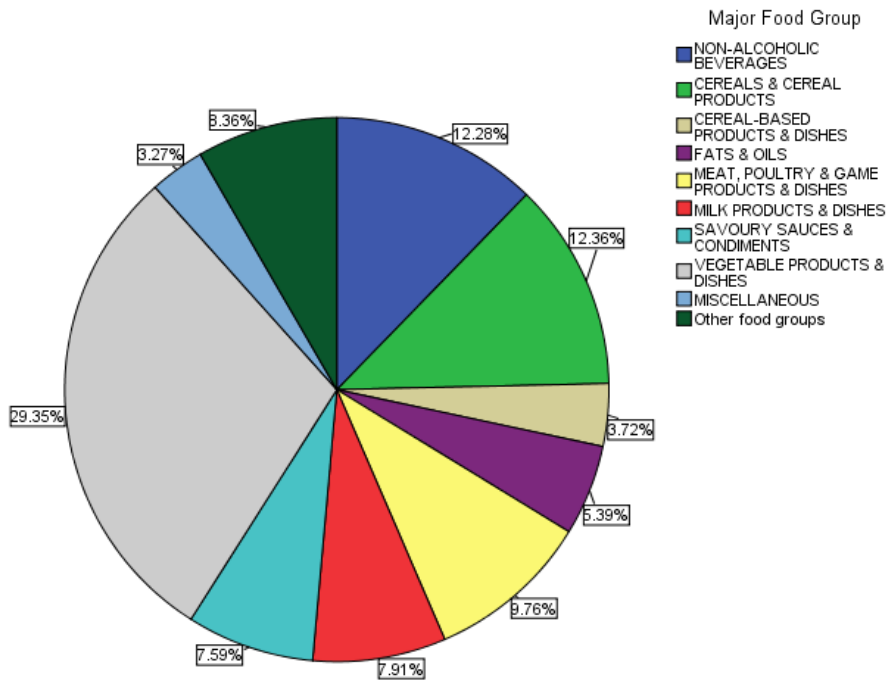


Figure 7 Consumption of other foods at the same time as peak potato (food group 241) consumption for all children

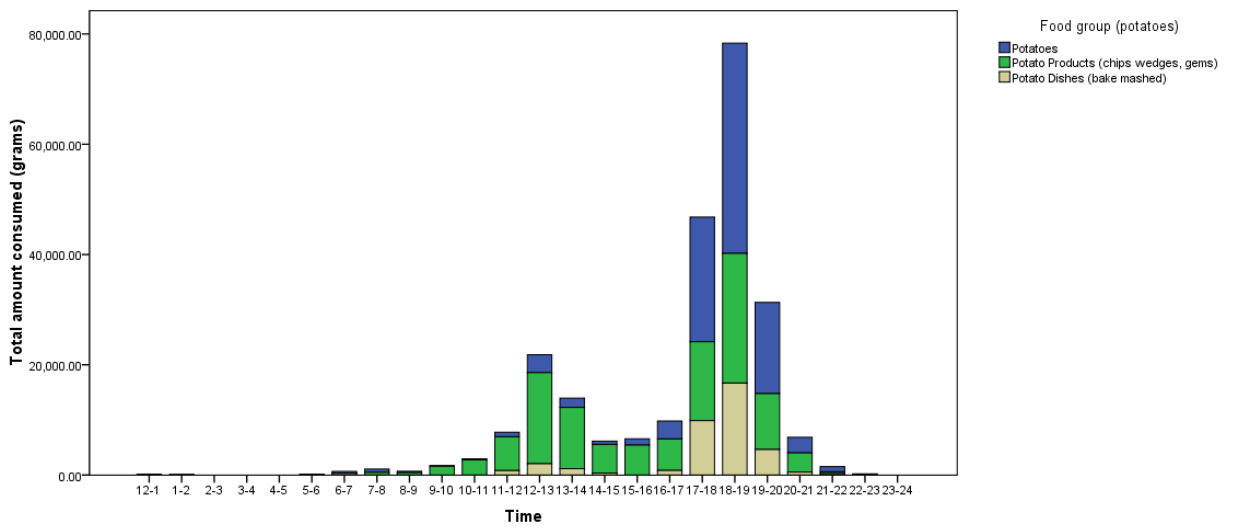
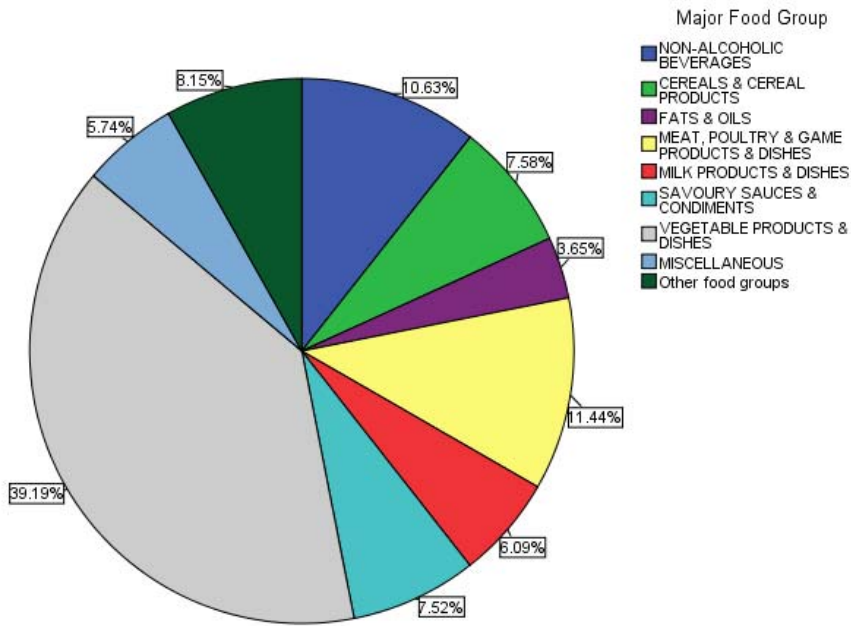
Evening meals containing potato (5-8pm)



Lunchtime meals containing potato (12-2pm)



Evening meals containing potato (5-8pm)



10.5 Dietary characteristics of high, medium and low vegetable consumers

10.5.1 Mean energy and macronutrient (and proportion of total energy) intake for high, medium and low vegetable consumers.

Table 41 Mean energy, protein, total fat, saturated fat, total carbohydrate, starch, sugar and fibre in children for high, medium and low vegetable consumers.

| MALES | | unit | Age group (years) | | | |
|--------|-------------------|------|-------------------|---------|----------|----------|
| | | | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Energy | (kJ) | 6509.12 | 7916.03 | 10122.43 | 12603.94 |
| | Energy incl fibre | (kJ) | 6671.81 | 8102.66 | 10353.11 | 12883.43 |
| | Protein | (g) | 67.55 | 80.11 | 103.45 | 138.54 |
| | Total Fat | (g) | 54.22 | 67.24 | 84.81 | 108.40 |
| | Saturated Fat | (g) | 25.39 | 29.97 | 36.68 | 46.77 |
| | Carbohydrate | (g) | 201.21 | 244.09 | 314.02 | 374.32 |
| | Starch | (g) | 95.71 | 124.18 | 162.15 | 194.12 |
| | Sugars | (g) | 103.52 | 117.48 | 148.76 | 176.42 |
| | Dietary Fibre | (g) | 20.28 | 23.22 | 28.79 | 34.89 |
| Medium | Energy | (kJ) | 5989.23 | 7516.35 | 9169.02 | 11109.01 |
| | Energy incl fibre | (kJ) | 6116.94 | 7664.40 | 9350.84 | 11313.26 |
| | Protein | (g) | 58.99 | 72.22 | 89.31 | 115.01 |
| | Total Fat | (g) | 50.55 | 64.49 | 77.22 | 98.38 |
| | Saturated Fat | (g) | 23.41 | 28.87 | 34.91 | 42.94 |
| | Carbohydrate | (g) | 187.46 | 234.78 | 288.28 | 331.40 |
| | Starch | (g) | 85.23 | 115.53 | 147.47 | 173.88 |
| | Sugars | (g) | 100.46 | 117.14 | 138.19 | 154.62 |
| | Dietary Fibre | (g) | 15.91 | 18.49 | 22.71 | 25.52 |
| Low | Energy | (kJ) | 5980.70 | 7329.18 | 9622.01 | 11094.63 |
| | Energy incl fibre | (kJ) | 6091.27 | 7455.88 | 9783.70 | 11271.64 |
| | Protein | (g) | 55.09 | 70.39 | 92.45 | 109.91 |
| | Total Fat | (g) | 50.22 | 61.54 | 80.69 | 92.42 |
| | Saturated Fat | (g) | 24.30 | 29.15 | 37.26 | 42.82 |
| | Carbohydrate | (g) | 192.07 | 232.11 | 305.22 | 348.89 |
| | Starch | (g) | 87.69 | 114.50 | 151.68 | 186.54 |
| | Sugars | (g) | 102.46 | 115.27 | 149.99 | 158.32 |
| | Dietary Fibre | (g) | 13.80 | 15.82 | 20.18 | 22.09 |

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| | | | Age group (years) | | | |
|---------------|--------------------------|-------------|-------------------|---------|---------|---------|
| FEMALES | | unit | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Energy | (kJ) | 6422.16 | 7325.84 | 8814.96 | 9315.98 |
| | Energy incl fibre | (kJ) | 6582.02 | 7496.02 | 9019.45 | 9529.94 |
| | Protein | (g) | 67.37 | 71.70 | 89.05 | 91.49 |
| | Total Fat | (g) | 54.27 | 63.52 | 76.53 | 82.41 |
| | Saturated Fat | (g) | 24.45 | 28.12 | 33.32 | 35.03 |
| | Carbohydrate | (g) | 196.05 | 225.81 | 268.59 | 282.59 |
| | Starch | (g) | 95.37 | 113.23 | 130.92 | 144.22 |
| | Sugars | (g) | 98.61 | 110.03 | 134.90 | 135.38 |
| | Dietary Fibre | (g) | 19.92 | 21.24 | 25.50 | 26.67 |
| Medium | Energy | (kJ) | 5814.38 | 6411.81 | 8054.15 | 8262.98 |
| | Energy incl fibre | (kJ) | 5929.44 | 6548.56 | 8213.96 | 8428.10 |
| | Protein | (g) | 57.26 | 61.20 | 79.11 | 81.70 |
| | Total Fat | (g) | 50.27 | 53.24 | 68.70 | 71.69 |
| | Saturated Fat | (g) | 23.55 | 22.80 | 30.92 | 30.87 |
| | Carbohydrate | (g) | 179.54 | 204.51 | 250.50 | 253.40 |
| | Starch | (g) | 82.42 | 100.20 | 126.27 | 130.31 |
| | Sugars | (g) | 95.31 | 102.36 | 121.90 | 120.13 |
| | Dietary Fibre | (g) | 14.36 | 17.06 | 19.90 | 20.61 |
| Low | Energy | (kJ) | 5515.36 | 6938.90 | 7637.47 | 7716.03 |
| | Energy incl fibre | (kJ) | 5613.64 | 7064.30 | 7771.48 | 7855.31 |
| | Protein | (g) | 53.07 | 63.74 | 70.44 | 71.30 |
| | Total Fat | (g) | 46.89 | 60.64 | 66.04 | 64.87 |
| | Saturated Fat | (g) | 22.38 | 28.83 | 29.70 | 28.86 |
| | Carbohydrate | (g) | 173.31 | 217.35 | 240.73 | 245.99 |
| | Starch | (g) | 78.85 | 109.73 | 121.47 | 119.51 |
| | Sugars | (g) | 92.96 | 105.51 | 116.54 | 123.31 |
| | Dietary Fibre | (g) | 12.26 | 15.64 | 16.72 | 17.36 |

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| | | | Age group (years) | | | |
|---------------|--------------------------|-------------|-------------------|---------|---------|----------|
| ALL CHILDREN | | unit | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Energy | (kJ) | 6446.66 | 7648.67 | 9484.49 | 11123.79 |
| | Energy incl fibre | (kJ) | 6607.33 | 7827.59 | 9702.45 | 11372.14 |
| | Protein | (g) | 66.83 | 76.20 | 96.15 | 116.40 |
| | Total Fat | (g) | 54.29 | 65.77 | 81.03 | 97.55 |
| | Saturated Fat | (g) | 24.94 | 29.20 | 35.15 | 41.83 |
| | Carbohydrate | (g) | 198.01 | 235.42 | 291.55 | 332.09 |
| | Starch | (g) | 95.72 | 119.14 | 147.19 | 172.15 |
| | Sugars | (g) | 100.28 | 113.79 | 141.42 | 156.71 |
| | Dietary Fibre | (g) | 20.02 | 22.30 | 27.19 | 30.98 |
| Medium | Energy | (kJ) | 5895.90 | 6947.75 | 8604.39 | 9580.11 |
| | Energy incl fibre | (kJ) | 6016.90 | 7089.69 | 8775.63 | 9764.15 |
| | Protein | (g) | 58.64 | 66.66 | 84.37 | 97.82 |
| | Total Fat | (g) | 50.22 | 58.44 | 72.45 | 83.26 |
| | Saturated Fat | (g) | 23.38 | 25.64 | 32.71 | 36.12 |
| | Carbohydrate | (g) | 183.06 | 219.67 | 269.93 | 290.57 |
| | Starch | (g) | 82.98 | 107.95 | 136.71 | 150.04 |
| | Sugars | (g) | 98.28 | 109.74 | 130.73 | 137.43 |
| | Dietary Fibre | (g) | 15.09 | 17.72 | 21.36 | 22.99 |
| Low | Energy | (kJ) | 5791.90 | 7147.09 | 8663.14 | 9460.49 |
| | Energy incl fibre | (kJ) | 5897.60 | 7273.40 | 8811.17 | 9619.15 |
| | Protein | (g) | 54.69 | 67.13 | 81.82 | 91.20 |
| | Total Fat | (g) | 48.88 | 61.30 | 73.81 | 79.24 |
| | Saturated Fat | (g) | 23.51 | 29.13 | 33.68 | 36.15 |
| | Carbohydrate | (g) | 183.98 | 224.99 | 273.62 | 298.84 |
| | Starch | (g) | 84.02 | 111.96 | 136.88 | 154.03 |
| | Sugars | (g) | 98.24 | 110.76 | 133.61 | 141.20 |
| | Dietary Fibre | (g) | 13.19 | 15.76 | 18.47 | 19.79 |

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Table 42 Mean contribution (percent) of protein, total fat and total carbohydrate to energy intake for children for high, medium and low vegetable consumers.

| | | | Age group (years) | | | | |
|---------------------|--------------|-----|-------------------|-------|-------|-------|-------|
| | | | unit | 2-3 | 4-8 | 9-13 | 14-16 |
| MALES | | | | | | | |
| High | protein | (%) | 17.27 | 16.83 | 17.22 | 18.63 | |
| | Total fat | (%) | 29.85 | 30.42 | 29.93 | 30.73 | |
| | carbohydrate | (%) | 48.35 | 48.41 | 48.56 | 46.38 | |
| Medium | protein | (%) | 16.55 | 15.97 | 16.48 | 17.54 | |
| | Total fat | (%) | 30.37 | 30.47 | 30.18 | 31.40 | |
| | carbohydrate | (%) | 49.07 | 49.63 | 49.40 | 47.31 | |
| Low | protein | (%) | 15.48 | 16.24 | 16.10 | 16.53 | |
| | Total fat | (%) | 30.35 | 30.41 | 30.44 | 30.24 | |
| | carbohydrate | (%) | 50.46 | 49.70 | 49.89 | 49.61 | |
| FEMALES | | | | | | | |
| High | protein | (%) | 17.47 | 16.39 | 16.88 | 16.84 | |
| | Total fat | (%) | 30.13 | 30.78 | 30.49 | 30.88 | |
| | carbohydrate | (%) | 47.87 | 48.55 | 48.30 | 47.86 | |
| Medium | protein | (%) | 16.52 | 16.04 | 16.49 | 16.60 | |
| | Total fat | (%) | 31.04 | 29.58 | 30.67 | 31.11 | |
| | carbohydrate | (%) | 48.64 | 50.23 | 48.85 | 48.30 | |
| Low | protein | (%) | 16.09 | 15.41 | 15.41 | 15.77 | |
| | Total fat | (%) | 30.66 | 31.01 | 30.99 | 30.01 | |
| | carbohydrate | (%) | 49.58 | 49.82 | 49.92 | 50.27 | |
| ALL CHILDREN | | | | | | | |
| High | protein | (%) | 17.23 | 16.61 | 17.01 | 17.69 | |
| | Total fat | (%) | 30.07 | 30.68 | 30.29 | 31.10 | |
| | carbohydrate | (%) | 48.16 | 48.40 | 48.39 | 46.90 | |
| Medium | protein | (%) | 16.70 | 16.04 | 16.53 | 17.15 | |
| | Total fat | (%) | 30.67 | 29.86 | 30.27 | 30.92 | |
| | carbohydrate | (%) | 48.74 | 50.05 | 49.23 | 48.03 | |
| Low | protein | (%) | 15.82 | 15.80 | 15.76 | 16.16 | |
| | Total fat | (%) | 30.47 | 30.79 | 30.77 | 30.17 | |
| | carbohydrate | (%) | 50.00 | 49.72 | 49.85 | 49.89 | |

10.5.2 Total micronutrient intake for high, medium and low vegetable consumers

Table 43 Mean micronutrients* for males, females and all children (age groups 2-3, 4-8, 9-13, 14-16 years) for high, medium and low consumers.

| MALES | | units | Age group (years) | | | |
|--------|-------------------------------|-------|-------------------|---------|---------|---------|
| | | | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Vitamin A retinol equivalents | (mcg) | 962.25 | 1071.72 | 1016.75 | 1304.66 |
| | Total Folate | (mcg) | 402.17 | 457.59 | 471.44 | 594.76 |
| | Vitamin C | (mg) | 126.20 | 140.04 | 169.66 | 209.95 |
| | Vitamin E | (mg) | 5.32 | 9.22 | 8.10 | 10.67 |
| | Sodium | (mg) | 1774.99 | 2303.21 | 2968.22 | 4005.92 |
| | Magnesium | (mg) | 257.91 | 297.09 | 374.13 | 461.14 |
| | Potassium | (mg) | 2735.25 | 2949.81 | 3794.57 | 4713.42 |
| | Iron | (mg) | 9.40 | 11.79 | 15.00 | 19.29 |
| Medium | Vitamin A retinol equivalents | (mcg) | 629.60 | 663.89 | 741.36 | 842.56 |
| | Total Folate | (mcg) | 354.91 | 370.10 | 447.53 | 467.21 |
| | Vitamin C | (mg) | 84.97 | 123.05 | 136.88 | 170.01 |
| | Vitamin E | (mg) | 4.44 | 5.89 | 11.06 | 8.69 |
| | Sodium | (mg) | 1641.00 | 2191.96 | 2709.09 | 3494.51 |
| | Magnesium | (mg) | 224.57 | 256.43 | 315.99 | 368.63 |
| | Potassium | (mg) | 2189.66 | 2425.81 | 2922.19 | 3530.58 |
| | Iron | (mg) | 9.17 | 10.30 | 13.25 | 16.04 |
| Low | Vitamin A retinol equivalents | (mcg) | 567.45 | 534.36 | 633.39 | 697.70 |
| | Total Folate | (mcg) | 366.93 | 395.10 | 430.92 | 452.04 |
| | Vitamin C | (mg) | 78.51 | 100.62 | 97.97 | 134.74 |
| | Vitamin E | (mg) | 4.00 | 5.03 | 10.08 | 7.34 |
| | Sodium | (mg) | 1648.82 | 2192.03 | 2992.29 | 3524.67 |
| | Magnesium | (mg) | 210.64 | 236.93 | 306.07 | 331.58 |
| | Potassium | (mg) | 1926.78 | 2108.51 | 2633.10 | 2849.48 |
| | Iron | (mg) | 7.67 | 9.86 | 13.07 | 14.06 |

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| | | | Age group (years) | | | |
|---------------------|-------------------------------|-------|-------------------|---------|---------|---------|
| FEMALES | | | 2-3 | 4-8 | 9-13 | 14-16 |
| | | units | | | | |
| High | Vitamin A retinol equivalents | (mcg) | 840.45 | 987.82 | 957.89 | 1032.89 |
| | Total Folate | (mcg) | 372.52 | 376.87 | 406.61 | 442.21 |
| | Vitamin C | (mg) | 121.59 | 124.39 | 150.68 | 192.77 |
| | Vitamin E | (mg) | 5.80 | 6.20 | 8.07 | 9.62 |
| | Sodium | (mg) | 1809.31 | 2123.65 | 2575.76 | 2932.87 |
| | Magnesium | (mg) | 264.75 | 266.52 | 322.72 | 346.30 |
| | Potassium | (mg) | 2717.36 | 2688.37 | 3270.74 | 3618.90 |
| | Iron | (mg) | 9.08 | 10.45 | 13.12 | 14.73 |
| Medium | Vitamin A retinol equivalents | (mcg) | 625.21 | 599.64 | 723.77 | 729.99 |
| | Total Folate | (mcg) | 350.41 | 390.60 | 382.39 | 374.78 |
| | Vitamin C | (mg) | 82.18 | 108.91 | 188.17 | 145.30 |
| | Vitamin E | (mg) | 4.04 | 5.94 | 7.97 | 10.00 |
| | Sodium | (mg) | 1672.65 | 1956.60 | 2408.63 | 2584.45 |
| | Magnesium | (mg) | 209.63 | 227.43 | 279.06 | 287.95 |
| | Potassium | (mg) | 2068.26 | 2153.34 | 2642.91 | 2611.63 |
| | Iron | (mg) | 7.12 | 9.08 | 11.47 | 10.76 |
| Low | Vitamin A retinol equivalents | (mcg) | 486.03 | 581.80 | 515.18 | 565.92 |
| | Total Folate | (mcg) | 348.06 | 353.53 | 371.93 | 367.99 |
| | Vitamin C | (mg) | 73.46 | 97.97 | 105.86 | 141.61 |
| | Vitamin E | (mg) | 4.21 | 5.37 | 5.47 | 6.46 |
| | Sodium | (mg) | 1485.55 | 2196.72 | 2488.80 | 2356.01 |
| | Magnesium | (mg) | 192.39 | 225.41 | 234.95 | 265.52 |
| | Potassium | (mg) | 1793.18 | 2009.12 | 2053.65 | 2232.53 |
| | Iron | (mg) | 7.42 | 8.62 | 9.68 | 9.91 |
| ALL CHILDREN | | | | | | |
| High | Vitamin A retinol equivalents | (mcg) | 899.99 | 1037.22 | 985.63 | 1178.34 |
| | Total Folate | (mcg) | 386.92 | 420.87 | 438.62 | 517.62 |
| | Vitamin C | (mg) | 122.60 | 133.02 | 160.02 | 208.14 |
| | Vitamin E | (mg) | 5.55 | 7.77 | 8.09 | 10.38 |
| | Sodium | (mg) | 1797.82 | 2230.05 | 2783.14 | 3531.43 |
| | Magnesium | (mg) | 259.35 | 282.04 | 348.46 | 406.86 |
| | Potassium | (mg) | 2703.87 | 2817.09 | 3532.35 | 4200.87 |
| | Iron | (mg) | 9.23 | 11.19 | 14.04 | 17.17 |
| Medium | Vitamin A retinol equivalents | (mcg) | 628.05 | 622.52 | 736.93 | 780.28 |
| | Total Folate | (mcg) | 351.63 | 376.36 | 417.23 | 424.64 |
| | Vitamin C | (mg) | 84.57 | 115.05 | 163.30 | 151.29 |
| | Vitamin E | (mg) | 4.23 | 5.89 | 9.54 | 9.12 |
| | Sodium | (mg) | 1643.08 | 2050.22 | 2547.02 | 2992.93 |
| | Magnesium | (mg) | 218.44 | 242.05 | 298.21 | 327.21 |
| | Potassium | (mg) | 2145.51 | 2296.33 | 2791.91 | 3052.49 |
| | Iron | (mg) | 8.10 | 9.67 | 12.40 | 13.31 |
| Low | Vitamin A retinol equivalents | (mcg) | 528.39 | 560.73 | 575.62 | 632.90 |
| | Total Folate | (mcg) | 360.02 | 376.16 | 401.37 | 410.79 |
| | Vitamin C | (mg) | 76.14 | 99.77 | 101.25 | 137.94 |
| | Vitamin E | (mg) | 4.15 | 5.20 | 7.82 | 6.92 |
| | Sodium | (mg) | 1586.17 | 2206.75 | 2751.88 | 2962.51 |
| | Magnesium | (mg) | 203.06 | 231.63 | 271.54 | 299.41 |
| | Potassium | (mg) | 1876.39 | 2060.94 | 2352.87 | 2551.87 |
| | Iron | (mg) | 7.64 | 9.25 | 11.42 | 12.06 |

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10.5.3 Micronutrient density of high, medium and low vegetable consumers

Table 44 Mean daily intake nutrients*, plus fibre per 1000kJ of energy for high, medium and low vegetable consumers

| MALES | unit | Age group (years) | | | | |
|---------------|--------------------------------------|-------------------|--------|--------|--------|--------|
| | | 2-3 | 4-8 | 9-13 | 14-16 | |
| High | Protein | (g) | 10.16 | 9.90 | 10.13 | 10.96 |
| | Total Fat | (g) | 8.07 | 8.22 | 8.09 | 8.30 |
| | Saturated Fat | (g) | 3.77 | 3.68 | 3.50 | 3.50 |
| | Carbohydrate | (g) | 30.22 | 30.26 | 30.35 | 28.99 |
| | Starch | (g) | 14.34 | 15.32 | 15.85 | 15.25 |
| | Sugars | (g) | 15.58 | 14.65 | 14.21 | 13.48 |
| | Dietary Fibre | (g) | 3.10 | 2.92 | 2.87 | 2.85 |
| | Vitamin A retinol equivalents | (mcg) | 141.39 | 120.59 | 99.70 | 100.93 |
| | Total Folate | (mcg) | 61.75 | 55.24 | 47.16 | 46.21 |
| | Vitamin C | (mg) | 17.69 | 15.94 | 15.49 | 15.26 |
| | Vitamin E | (mg) | .77 | .72 | .72 | .80 |
| | Sodium | (mg) | 270.22 | 287.59 | 291.48 | 312.83 |
| | Magnesium | (mg) | 38.97 | 36.91 | 36.73 | 36.63 |
| | Potassium | (mg) | 416.65 | 370.20 | 377.83 | 376.04 |
| | Iron | (mg) | 1.41 | 1.44 | 1.46 | 1.52 |
| Medium | Protein | (g) | 9.74 | 9.39 | 9.69 | 10.32 |
| | Total Fat | (g) | 8.21 | 8.24 | 8.16 | 8.49 |
| | Saturated Fat | (g) | 3.82 | 3.66 | 3.68 | 3.68 |
| | Carbohydrate | (g) | 30.67 | 31.02 | 30.87 | 29.57 |
| | Starch | (g) | 13.81 | 15.28 | 15.79 | 15.39 |
| | Sugars | (g) | 16.56 | 15.45 | 14.80 | 13.96 |
| | Dietary Fibre | (g) | 2.63 | 2.48 | 2.47 | 2.32 |
| | Vitamin A retinol equivalents | (mcg) | 101.26 | 82.87 | 80.70 | 76.48 |
| | Total Folate | (mcg) | 58.10 | 50.06 | 48.22 | 42.49 |
| | Vitamin C | (mg) | 13.27 | 12.77 | 13.49 | 12.89 |
| | Vitamin E | (mg) | .67 | .66 | .67 | .71 |
| | Sodium | (mg) | 268.41 | 289.68 | 295.09 | 314.20 |
| | Magnesium | (mg) | 37.16 | 33.68 | 33.96 | 33.33 |
| | Potassium | (mg) | 366.19 | 320.84 | 315.96 | 320.44 |
| | Iron | (mg) | 1.33 | 1.32 | 1.41 | 1.42 |
| Low | Protein | (g) | 9.11 | 9.56 | 9.47 | 9.73 |
| | Total Fat | (g) | 8.20 | 8.22 | 8.23 | 8.17 |
| | Saturated Fat | (g) | 3.96 | 3.89 | 3.77 | 3.78 |
| | Carbohydrate | (g) | 31.54 | 31.06 | 31.18 | 31.00 |
| | Starch | (g) | 14.36 | 15.30 | 15.69 | 16.59 |
| | Sugars | (g) | 16.88 | 15.47 | 15.15 | 14.08 |
| | Dietary Fibre | (g) | 2.30 | 2.17 | 2.11 | 2.01 |
| | Vitamin A retinol equivalents | (mcg) | 89.29 | 68.54 | 62.31 | 61.92 |
| | Total Folate | (mcg) | 61.53 | 52.52 | 44.55 | 39.61 |
| | Vitamin C | (mg) | 12.04 | 12.54 | 9.29 | 11.24 |
| | Vitamin E | (mg) | .59 | .61 | .69 | .59 |
| | Sodium | (mg) | 272.83 | 298.98 | 310.47 | 317.94 |
| | Magnesium | (mg) | 34.88 | 31.94 | 31.69 | 29.60 |
| | Potassium | (mg) | 322.68 | 286.18 | 272.17 | 255.28 |
| | Iron | (mg) | 1.24 | 1.29 | 1.32 | 1.26 |

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| FEMALES | | unit | Age group (years) | | | |
|---------------|--------------------------------------|--------------|-------------------|--------|--------|--------|
| | | | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Protein | (g) | 10.27 | 9.64 | 9.93 | 9.91 |
| | Total Fat | (g) | 8.14 | 8.32 | 8.24 | 8.35 |
| | Saturated Fat | (g) | 3.65 | 3.66 | 3.56 | 3.52 |
| | Carbohydrate | (g) | 29.92 | 30.34 | 30.19 | 29.91 |
| | Starch | (g) | 14.49 | 15.19 | 14.83 | 15.33 |
| | Sugars | (g) | 15.15 | 14.83 | 15.04 | 14.24 |
| | Dietary Fibre | (g) | 3.11 | 2.89 | 2.94 | 2.96 |
| | Vitamin A retinol equivalents | (mcg) | 121.64 | 133.79 | 108.63 | 107.97 |
| | Total Folate | (mcg) | 57.89 | 51.02 | 45.41 | 47.03 |
| | Vitamin C | (mg) | 15.57 | 15.59 | 17.12 | 17.61 |
| | Vitamin E | (mg) | .80 | .72 | .82 | .86 |
| | Sodium | (mg) | 283.53 | 283.20 | 295.93 | 312.66 |
| | Magnesium | (mg) | 40.53 | 35.59 | 36.25 | 37.24 |
| | Potassium | (mg) | 418.44 | 364.20 | 374.20 | 395.48 |
| | Iron | (mg) | 1.39 | 1.37 | 1.36 | 1.43 |
| Medium | Protein | (g) | 9.72 | 9.43 | 9.70 | 9.77 |
| | Total Fat | (g) | 8.39 | 8.00 | 8.29 | 8.41 |
| | Saturated Fat | (g) | 3.90 | 3.40 | 3.73 | 3.59 |
| | Carbohydrate | (g) | 30.40 | 31.39 | 30.53 | 30.19 |
| | Starch | (g) | 13.93 | 15.53 | 15.43 | 15.53 |
| | Sugars | (g) | 16.15 | 15.58 | 14.83 | 14.30 |
| | Dietary Fibre | (g) | 2.46 | 2.68 | 2.50 | 2.53 |
| | Vitamin A retinol equivalents | (mcg) | 101.94 | 84.81 | 85.11 | 90.14 |
| | Total Folate | (mcg) | 58.00 | 59.31 | 45.94 | 44.42 |
| | Vitamin C | (mg) | 13.54 | 12.63 | 14.13 | 13.92 |
| | Vitamin E | (mg) | .65 | .75 | .73 | .77 |
| | Sodium | (mg) | 284.86 | 300.38 | 300.35 | 306.78 |
| | Magnesium | (mg) | 35.83 | 35.28 | 34.37 | 34.40 |
| | Potassium | (mg) | 355.32 | 336.04 | 330.16 | 320.36 |
| | Iron | (mg) | 1.21 | 1.36 | 1.30 | 1.27 |
| Low | Protein | (g) | 9.46 | 9.07 | 9.07 | 9.28 |
| | Total Fat | (g) | 8.29 | 8.38 | 8.38 | 8.11 |
| | Saturated Fat | (g) | 3.94 | 3.96 | 3.77 | 3.57 |
| | Carbohydrate | (g) | 30.99 | 31.14 | 31.20 | 31.42 |
| | Starch | (g) | 14.01 | 15.79 | 15.95 | 15.34 |
| | Sugars | (g) | 16.71 | 15.07 | 14.90 | 15.70 |
| | Dietary Fibre | (g) | 2.22 | 2.27 | 2.20 | 2.26 |
| | Vitamin A retinol equivalents | (mcg) | 81.39 | 79.47 | 67.33 | 66.63 |
| | Total Folate | (mcg) | 61.61 | 51.19 | 48.52 | 47.16 |
| | Vitamin C | (mg) | 12.34 | 10.64 | 11.14 | 16.43 |
| | Vitamin E | (mg) | .69 | .66 | .66 | .73 |
| | Sodium | (mg) | 262.78 | 313.97 | 325.44 | 307.14 |
| | Magnesium | (mg) | 34.95 | 32.21 | 30.32 | 33.77 |
| | Potassium | (mg) | 325.61 | 288.42 | 266.57 | 293.40 |
| | Iron | (mg) | 1.29 | 1.22 | 1.24 | 1.23 |

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| ALL CHILDREN | | unit | Age group (years) | | | |
|--------------|-------------------------------|-------|-------------------|--------|--------|--------|
| | | | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Protein | (g) | 10.14 | 9.77 | 10.00 | 10.40 |
| | Total Fat | (g) | 8.13 | 8.29 | 8.19 | 8.41 |
| | Saturated Fat | (g) | 3.72 | 3.68 | 3.54 | 3.55 |
| | Carbohydrate | (g) | 30.10 | 30.25 | 30.24 | 29.31 |
| | Starch | (g) | 14.52 | 15.26 | 15.39 | 15.31 |
| | Sugars | (g) | 15.30 | 14.68 | 14.55 | 13.73 |
| | Dietary Fibre | (g) | 3.10 | 2.90 | 2.90 | 2.87 |
| | Vitamin A retinol equivalents | (mcg) | 131.48 | 126.47 | 103.81 | 103.60 |
| | Total Folate | (mcg) | 59.99 | 53.39 | 46.19 | 45.84 |
| | Vitamin C | (mg) | 16.49 | 15.81 | 16.25 | 16.71 |
| | Vitamin E | (mg) | .78 | .72 | .77 | .83 |
| | Sodium | (mg) | 278.58 | 286.50 | 294.34 | 314.00 |
| | Magnesium | (mg) | 39.53 | 36.13 | 36.44 | 36.63 |
| | Potassium | (mg) | 415.04 | 365.34 | 375.38 | 383.25 |
| Iron | (mg) | 1.40 | 1.41 | 1.41 | 1.46 | |
| Medium | Protein | (g) | 9.82 | 9.44 | 9.72 | 10.09 |
| | Total Fat | (g) | 8.29 | 8.07 | 8.18 | 8.36 |
| | Saturated Fat | (g) | 3.86 | 3.51 | 3.69 | 3.59 |
| | Carbohydrate | (g) | 30.47 | 31.28 | 30.77 | 30.02 |
| | Starch | (g) | 13.71 | 15.45 | 15.59 | 15.45 |
| | Sugars | (g) | 16.45 | 15.55 | 14.90 | 14.26 |
| | Dietary Fibre | (g) | 2.54 | 2.59 | 2.49 | 2.45 |
| | Vitamin A retinol equivalents | (mcg) | 102.05 | 83.90 | 83.48 | 83.95 |
| | Total Folate | (mcg) | 57.80 | 54.38 | 47.35 | 44.25 |
| | Vitamin C | (mg) | 13.55 | 12.61 | 13.92 | 13.08 |
| | Vitamin E | (mg) | .66 | .70 | .70 | .74 |
| | Sodium | (mg) | 274.48 | 292.02 | 296.78 | 309.03 |
| | Magnesium | (mg) | 36.76 | 34.62 | 34.26 | 34.16 |
| | Potassium | (mg) | 363.89 | 330.69 | 324.34 | 322.30 |
| Iron | (mg) | 1.26 | 1.34 | 1.36 | 1.36 | |
| Low | Protein | (g) | 9.31 | 9.29 | 9.27 | 9.51 |
| | Total Fat | (g) | 8.24 | 8.32 | 8.32 | 8.16 |
| | Saturated Fat | (g) | 3.95 | 3.94 | 3.78 | 3.69 |
| | Carbohydrate | (g) | 31.25 | 31.07 | 31.15 | 31.18 |
| | Starch | (g) | 14.22 | 15.49 | 15.80 | 15.98 |
| | Sugars | (g) | 16.76 | 15.30 | 15.01 | 14.85 |
| | Dietary Fibre | (g) | 2.27 | 2.22 | 2.15 | 2.13 |
| | Vitamin A retinol equivalents | (mcg) | 84.82 | 74.28 | 64.68 | 64.11 |
| | Total Folate | (mcg) | 61.64 | 51.89 | 46.35 | 43.22 |
| | Vitamin C | (mg) | 12.15 | 11.67 | 10.14 | 13.74 |
| | Vitamin E | (mg) | .64 | .64 | .68 | .66 |
| | Sodium | (mg) | 269.16 | 308.16 | 317.90 | 312.95 |
| | Magnesium | (mg) | 34.91 | 32.04 | 31.00 | 31.60 |
| | Potassium | (mg) | 324.19 | 286.69 | 269.35 | 273.80 |
| Iron | (mg) | 1.27 | 1.25 | 1.28 | 1.25 | |

10.5.4 Intake of major food groups for high, medium and low vegetable consumers

Table 45 Mean daily intake of major food groups in children for high, medium and low vegetable consumers

| MALES | | Age group (years) | | | |
|-------------------------|--|-------------------|---------|---------|---------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Non-Alcoholic Beverages | 720.01 | 1011.54 | 1515.06 | 1726.87 |
| | Cereals & Cereal Products | 160.64 | 195.95 | 241.53 | 283.82 |
| | Cereal-Based Products & Dishes | 62.44 | 81.97 | 114.07 | 150.7 |
| | Fats & Oils | 6.67 | 8.23 | 6.69 | 9.25 |
| | Fish & Seafood Products & Dishes | 10.57 | 10.3 | 27.59 | 13.88 |
| | Fruit Products & Dishes | 205.77 | 173.61 | 159.63 | 165 |
| | Egg Products & Dishes | 6.63 | 11.89 | 6.35 | 9.87 |
| | Meat, Poultry & Game Products & Dishes | 79.94 | 109.56 | 151.64 | 237.64 |
| | Milk Products & Dishes | 429.33 | 379.75 | 408.65 | 496.43 |
| | Dairy Substitutes | 22.08 | 11.12 | 7.04 | 11.25 |
| | Soup | 14.68 | 22.23 | 22.69 | 31.69 |
| | Seed & Nut Products & Dishes | 2.08 | 3.2 | 2.76 | 5.87 |
| | Savoury Sauces & Condiments | 15.87 | 19.98 | 46.78 | 50.79 |
| | Vegetable Products & Dishes | 190.12 | 208.81 | 309.2 | 382.63 |
| | Legume & Pulse Products & Dishes | 15.63 | 19.65 | 22.15 | 30.17 |
| | Snack Foods | 3.74 | 10.78 | 16.33 | 15.17 |
| | Sugar Products & Dishes | 14.97 | 16.79 | 18.22 | 24.98 |
| | Confectionery & Cereal Bars | 6.82 | 17.86 | 27.8 | 25.64 |
| | Alcoholic Beverages | 0.41 | 0.08 | 0.18 | 0.87 |
| | Special Dietary Foods | 0.23 | 1.41 | 2.88 | 9.77 |
| Miscellaneous | 4.61 | 3.48 | 4.28 | 5.81 | |
| Infant Formulae & Foods | 18.04 | 0.52 | 0.29 | 0 | |
| Medium | Non-Alcoholic Beverages | 705.37 | 1006.41 | 1379.94 | 1670.27 |
| | Cereals & Cereal Products | 140.89 | 182.88 | 250.11 | 257.37 |
| | Cereal-Based Products & Dishes | 56.93 | 94.79 | 129.46 | 185.03 |
| | Fats & Oils | 7.11 | 7.71 | 6.26 | 7.01 |
| | Fish & Seafood Products & Dishes | 11.52 | 12.07 | 14.72 | 15.22 |
| | Fruit Products & Dishes | 188.84 | 181.66 | 171.79 | 127.06 |
| | Egg Products & Dishes | 4.84 | 9.92 | 6.67 | 12.22 |
| | Meat, Poultry & Game Products & Dishes | 58.44 | 92.12 | 115.76 | 167.46 |
| | Milk Products & Dishes | 423.69 | 355.39 | 391.83 | 426.59 |
| | Dairy Substitutes | 22.79 | 4.57 | 9.75 | 14.84 |
| | Soup | 12.97 | 18.63 | 23.6 | 12.52 |
| | Seed & Nut Products & Dishes | 2.01 | 2.51 | 2.87 | 4.25 |
| | Savoury Sauces & Condiments | 12.21 | 16.29 | 21.87 | 36.88 |
| | Vegetable Products & Dishes | 80.8 | 100.82 | 142.07 | 189.75 |
| | Legume & Pulse Products & Dishes | 2.01 | 3.12 | 5.31 | 5.04 |
| | Snack Foods | 4.67 | 12.54 | 13.12 | 17.16 |
| | Sugar Products & Dishes | 10.66 | 23.3 | 16.14 | 14.76 |
| | Confectionery & Cereal Bars | 12.57 | 17.93 | 24.78 | 28.43 |
| | Alcoholic Beverages | 0.42 | 0.06 | 0.12 | 3.9 |
| | Special Dietary Foods | 2.96 | 0 | 0.68 | 5.23 |
| Miscellaneous | 6.96 | 3.03 | 4.78 | 3.06 | |
| Infant Formulae & Foods | 6.59 | 0 | 0 | 0 | |

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| MALES | | Age group (years) | | | |
|------------|--|-------------------|--------|---------|--------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Low | Non-Alcoholic Beverages | 672.8 | 977.23 | 1438.58 | 1600.4 |
| | Cereals & Cereal Products | 157.53 | 191.28 | 239.5 | 263.57 |
| | Cereal-Based Products & Dishes | 68.62 | 111.62 | 173.56 | 262.99 |
| | Fats & Oils | 7.51 | 6.9 | 7.08 | 7.21 |
| | Fish & Seafood Products & Dishes | 7.38 | 17.23 | 8.9 | 10.47 |
| | Fruit Products & Dishes | 162.95 | 168.87 | 136.18 | 108.13 |
| | Egg Products & Dishes | 4.23 | 7.29 | 9.23 | 5.99 |
| | Meat, Poultry & Game Products & Dishes | 44.17 | 76.8 | 120.88 | 142.34 |
| | Milk Products & Dishes | 452.08 | 352.4 | 434.89 | 414.94 |
| | Dairy Substitutes | 19.47 | 5.29 | 5.67 | 5.82 |
| | Soup | 17.57 | 5.85 | 25.16 | 50.77 |
| | Seed & Nut Products & Dishes | 2.01 | 2.73 | 3.16 | 3.22 |
| | Savoury Sauces & Condiments | 7.9 | 11.13 | 26.91 | 17.73 |
| | Vegetable Products & Dishes | 14.34 | 18.91 | 31.15 | 36.52 |
| | Legume & Pulse Products & Dishes | 0.2 | 0.44 | 0.24 | 0 |
| | Snack Foods | 4.81 | 11.91 | 16.23 | 15.21 |
| | Sugar Products & Dishes | 16.72 | 18.95 | 26.75 | 20.78 |
| | Confectionery & Cereal Bars | 13.29 | 21.74 | 29.81 | 30.52 |
| | Alcoholic Beverages | 0 | 0.04 | 0 | 8.77 |
| | Special Dietary Foods | 0.34 | 4.22 | 2.62 | 5.62 |
| | Miscellaneous | 3.66 | 1.95 | 8.67 | 1.9 |
| | Infant Formulae & Foods | 6.1 | 0.11 | 0 | 0.58 |

| FEMALES | | Age group (years) | | | |
|-------------|--|-------------------|--------|---------|---------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Non-Alcoholic Beverages | 758.95 | 897.46 | 1290.76 | 1548.76 |
| | Cereals & Cereal Products | 146.35 | 176.68 | 172.5 | 187.91 |
| | Cereal-Based Products & Dishes | 53.1 | 81.16 | 131.04 | 132.89 |
| | Fats & Oils | 6.06 | 7.72 | 6.15 | 6.37 |
| | Fish & Seafood Products & Dishes | 16.83 | 14.94 | 12.56 | 14.74 |
| | Fruit Products & Dishes | 189.14 | 163.21 | 167.22 | 139.2 |
| | Egg Products & Dishes | 7.33 | 8.39 | 6.49 | 10.31 |
| | Meat, Poultry & Game Products & Dishes | 75.18 | 82.46 | 141.07 | 121.86 |
| | Milk Products & Dishes | 431.81 | 347.26 | 313.3 | 317.08 |
| | Dairy Substitutes | 25.3 | 9.28 | 3.7 | 17.23 |
| | Soup | 17.88 | 34.3 | 57.29 | 49.49 |
| | Seed & Nut Products & Dishes | 4.09 | 2.99 | 3.45 | 4.78 |
| | Savoury Sauces & Condiments | 11.54 | 17.74 | 31.23 | 43.63 |
| | Vegetable Products & Dishes | 201.46 | 215.02 | 280.64 | 327.45 |
| | Legume & Pulse Products & Dishes | 15.56 | 16.16 | 10.36 | 14.75 |
| | Snack Foods | 6.02 | 7.22 | 11.07 | 10.84 |
| | Sugar Products & Dishes | 10.5 | 13.83 | 23.98 | 13.21 |
| | Confectionery & Cereal Bars | 11.88 | 19.22 | 21.79 | 23.85 |
| | Alcoholic Beverages | 0.61 | 0.11 | 0.43 | 0.76 |
| | Special Dietary Foods | 0 | 6.84 | 0.71 | 4.06 |
| | Miscellaneous | 4.57 | 7.79 | 2.91 | 7.99 |
| | Infant Formulae & Foods | 7.12 | 0 | 1.92 | 0.12 |

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| FEMALES | Major Food Group | Age group (years) | | | |
|-------------------------|--|-------------------|--------|---------|---------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Medium | Non-Alcoholic Beverages | 659.13 | 843.71 | 1269.65 | 1418.5 |
| | Cereals & Cereal Products | 147.32 | 159.2 | 189.84 | 209.76 |
| | Cereal-Based Products & Dishes | 57.74 | 66.43 | 118.47 | 112.84 |
| | Fats & Oils | 7.33 | 7.13 | 7.03 | 7.41 |
| | Fish & Seafood Products & Dishes | 11.66 | 14.34 | 17.76 | 15.36 |
| | Fruit Products & Dishes | 172.34 | 181.33 | 154.04 | 126.12 |
| | Egg Products & Dishes | 6.88 | 8.04 | 3.64 | 9.7 |
| | Meat, Poultry & Game Products & Dishes | 62.9 | 75.57 | 103.07 | 112.17 |
| | Milk Products & Dishes | 406.46 | 270.17 | 321.44 | 255.28 |
| | Dairy Substitutes | 19.92 | 13.31 | 5.18 | 2.81 |
| | Soup | 11.41 | 12.51 | 22.38 | 25.4 |
| | Seed & Nut Products & Dishes | 2.07 | 2.25 | 1.99 | 4.85 |
| | Savoury Sauces & Condiments | 10.09 | 17.08 | 25.56 | 25.58 |
| | Vegetable Products & Dishes | 73.54 | 100.15 | 139.4 | 171.36 |
| | Legume & Pulse Products & Dishes | 5.23 | 3.48 | 1.94 | 9.44 |
| | Snack Foods | 3.53 | 9.22 | 13.37 | 12.99 |
| | Sugar Products & Dishes | 10.28 | 22.23 | 20.58 | 19.38 |
| | Confectionery & Cereal Bars | 9.86 | 19.15 | 23.34 | 21.83 |
| | Alcoholic Beverages | 0 | 0.03 | 0.37 | 20.64 |
| | Special Dietary Foods | 1.31 | 1.88 | 0 | 0.65 |
| Miscellaneous | 2.88 | 2.92 | 4.69 | 3.95 | |
| Infant Formulae & Foods | 5.35 | 0.45 | 0.04 | 0 | |
| Low | Non-Alcoholic Beverages | 646.03 | 890.27 | 1142.33 | 1381.13 |
| | Cereals & Cereal Products | 142.87 | 168.93 | 182.55 | 183.34 |
| | Cereal-Based Products & Dishes | 65.12 | 137.91 | 154.19 | 149.07 |
| | Fats & Oils | 6.73 | 7.45 | 6.71 | 7.42 |
| | Fish & Seafood Products & Dishes | 7.45 | 7.04 | 10.07 | 13.6 |
| | Fruit Products & Dishes | 149.82 | 170.01 | 152.54 | 140.14 |
| | Egg Products & Dishes | 6.37 | 6.23 | 10.11 | 8.19 |
| | Meat, Poultry & Game Products & Dishes | 49.53 | 61.98 | 80.73 | 70.04 |
| | Milk Products & Dishes | 405.86 | 342.58 | 301.63 | 290.74 |
| | Dairy Substitutes | 5.69 | 10.27 | 3.77 | 0.37 |
| | Soup | 10.61 | 29.03 | 32.94 | 29.23 |
| | Seed & Nut Products & Dishes | 1.86 | 0.92 | 4.98 | 3.17 |
| | Savoury Sauces & Condiments | 9.98 | 9.96 | 21.27 | 22.92 |
| | Vegetable Products & Dishes | 12.09 | 22.85 | 32.64 | 39.43 |
| | Legume & Pulse Products & Dishes | 0.21 | 0.18 | 0 | 0.51 |
| | Snack Foods | 6.45 | 11.2 | 12.24 | 12.24 |
| | Sugar Products & Dishes | 10.66 | 17.86 | 29.68 | 14.07 |
| | Confectionery & Cereal Bars | 10.85 | 17.74 | 22.73 | 29.56 |
| | Alcoholic Beverages | 0.1 | 0 | 0 | 44.36 |
| | Special Dietary Foods | 0 | 0.62 | 0.54 | 0.45 |
| Miscellaneous | 6.52 | 3.44 | 2.34 | 2.33 | |
| Infant Formulae & Foods | 14.83 | 0 | 0 | 0 | |

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| ALL CHILDREN | Major Food Group | Age group (years) | | | |
|-------------------------|--|-------------------|--------|---------|---------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| High | Non-Alcoholic Beverages | 740.53 | 961.68 | 1400.81 | 1657.02 |
| | Cereals & Cereal Products | 151.76 | 187.43 | 207.52 | 238.56 |
| | Cereal-Based Products & Dishes | 58.31 | 82.4 | 124.01 | 148.03 |
| | Fats & Oils | 6.28 | 8.05 | 6.49 | 7.97 |
| | Fish & Seafood Products & Dishes | 13.71 | 12.56 | 20.21 | 15.38 |
| | Fruit Products & Dishes | 195.79 | 168.75 | 163.07 | 148.15 |
| | Egg Products & Dishes | 6.79 | 10.28 | 6.41 | 11.68 |
| | Meat, Poultry & Game Products & Dishes | 75.74 | 96.73 | 145.34 | 181.65 |
| | Milk Products & Dishes | 425.9 | 361.11 | 359.6 | 411.03 |
| | Dairy Substitutes | 22.31 | 9.36 | 5.4 | 14.04 |
| | Soup | 15.19 | 28.12 | 39.53 | 40.01 |
| | Seed & Nut Products & Dishes | 3.04 | 3.06 | 3.09 | 5.7 |
| | Savoury Sauces & Condiments | 13.64 | 19.02 | 38.89 | 46.85 |
| | Vegetable Products & Dishes | 196.8 | 211.52 | 295.18 | 356.44 |
| | Legume & Pulse Products & Dishes | 15.58 | 17.95 | 16.36 | 21.9 |
| | Snack Foods | 5 | 9.04 | 13.82 | 13.88 |
| | Sugar Products & Dishes | 12.49 | 15.28 | 20.93 | 18.97 |
| | Confectionery & Cereal Bars | 9.49 | 18.67 | 24.7 | 23.76 |
| | Alcoholic Beverages | 0.51 | 0.09 | 0.3 | 0.81 |
| | Special Dietary Foods | 0.11 | 4.06 | 1.82 | 6.95 |
| Miscellaneous | 4.39 | 5.59 | 3.6 | 6.76 | |
| Infant Formulae & Foods | 12.59 | 0.27 | 1.08 | 0.06 | |
| Medium | Non-Alcoholic Beverages | 678.71 | 917.54 | 1328.54 | 1529.75 |
| | Cereals & Cereal Products | 145.11 | 172.21 | 220.92 | 233.29 |
| | Cereal-Based Products & Dishes | 54.23 | 79.77 | 121.72 | 142.82 |
| | Fats & Oils | 7.34 | 7.44 | 6.58 | 7.09 |
| | Fish & Seafood Products & Dishes | 12.64 | 12.79 | 16.3 | 14.13 |
| | Fruit Products & Dishes | 181.95 | 179.48 | 165.31 | 130.93 |
| | Egg Products & Dishes | 6.04 | 8.88 | 5.21 | 9.45 |
| | Meat, Poultry & Game Products & Dishes | 61.67 | 84.01 | 109.78 | 139.8 |
| | Milk Products & Dishes | 420.81 | 315.06 | 358.07 | 340.42 |
| | Dairy Substitutes | 22.75 | 10.38 | 7.54 | 9.03 |
| | Soup | 13.29 | 14.51 | 23.12 | 19.06 |
| | Seed & Nut Products & Dishes | 2.06 | 2.39 | 2.36 | 4.2 |
| | Savoury Sauces & Condiments | 11.23 | 16.85 | 24.04 | 31.64 |
| | Vegetable Products & Dishes | 76 | 100.43 | 141.48 | 179.01 |
| | Legume & Pulse Products & Dishes | 3.69 | 3.29 | 3.67 | 7.91 |
| | Snack Foods | 3.87 | 11.04 | 13.27 | 14.2 |
| | Sugar Products & Dishes | 10.73 | 22.71 | 18.49 | 17.37 |
| | Confectionery & Cereal Bars | 10.98 | 17.93 | 24.29 | 26.29 |
| | Alcoholic Beverages | 0.21 | 0.05 | 0.25 | 12.27 |
| | Special Dietary Foods | 2.15 | 0.92 | 0.35 | 3.01 |
| Miscellaneous | 5.15 | 2.93 | 4.76 | 3.58 | |
| Infant Formulae & Foods | 6.81 | 0.22 | 0.02 | 0 | |

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| ALL CHILDREN | Major Food Group | Age group (years) | | | |
|--------------|--|-------------------|--------|---------|---------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| Low | Non-Alcoholic Beverages | 664.18 | 938.55 | 1294.85 | 1493.68 |
| | Cereals & Cereal Products | 150.42 | 178.62 | 211.33 | 224.04 |
| | Cereal-Based Products & Dishes | 69.39 | 124.73 | 164.23 | 208.23 |
| | Fats & Oils | 7.09 | 7.08 | 6.89 | 7.31 |
| | Fish & Seafood Products & Dishes | 7.44 | 12.7 | 9.41 | 12.09 |
| | Fruit Products & Dishes | 157.42 | 171.26 | 143.18 | 123.5 |
| | Egg Products & Dishes | 5.28 | 6.79 | 9.59 | 7.03 |
| | Meat, Poultry & Game Products & Dishes | 48.44 | 69.21 | 102.21 | 107.37 |
| | Milk Products & Dishes | 430.08 | 349.02 | 371.77 | 354.46 |
| | Dairy Substitutes | 12.55 | 7.01 | 4.71 | 3.15 |
| | Soup | 14.05 | 18.21 | 28.76 | 40.14 |
| | Seed & Nut Products & Dishes | 1.95 | 1.89 | 4.11 | 3.18 |
| | Savoury Sauces & Condiments | 8.93 | 10.25 | 23.99 | 20.33 |
| | Vegetable Products & Dishes | 13.43 | 21.06 | 32.03 | 38.3 |
| | Legume & Pulse Products & Dishes | 0.13 | 0.31 | 0.12 | 0.25 |
| | Snack Foods | 5.75 | 11.44 | 14.18 | 13.9 |
| | Sugar Products & Dishes | 13.65 | 18.55 | 28.05 | 17.45 |
| | Confectionery & Cereal Bars | 12.14 | 20.26 | 26.21 | 29.95 |
| | Alcoholic Beverages | 0.05 | 0.02 | 0 | 25.99 |
| | Special Dietary Foods | 0.17 | 2.48 | 1.6 | 3.09 |
| | Miscellaneous | 5.88 | 2.71 | 5.54 | 2.11 |
| | Infant Formulae & Foods | 9.25 | 0.06 | 0 | 0.3 |

10.5.5 Anthropometric characteristics of high medium and low vegetable consumers

Table 46 Proportion (%) of children that are underweight, normal, overweight and obese according to the International Obesity Task Force (IOTF), for high, medium and low vegetable consumers.

| | | Age group (years) | | | |
|---------------------|--------------------|-------------------|-------|-------|-------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| MALES | | | | | |
| High | underweight | 5.9% | 3.4% | 3.9% | 5.0% |
| | normal | 73.2% | 78.6% | 67.6% | 72.5% |
| | overweight | 17.3% | 12.2% | 20.7% | 20.3% |
| | obese | 3.6% | 5.8% | 7.8% | 2.3% |
| Medium | underweight | 3.5% | 5.2% | 5.4% | 6.2% |
| | normal | 79.2% | 77.5% | 69.1% | 62.9% |
| | overweight | 15.1% | 13.2% | 19.8% | 22.6% |
| | obese | 2.2% | 4.2% | 5.7% | 8.3% |
| Low | underweight | 6.9% | 3.3% | 9.3% | 3.1% |
| | normal | 68.1% | 78.4% | 70.6% | 76.9% |
| | overweight | 19.6% | 13.6% | 14.1% | 14.0% |
| | obese | 5.4% | 4.7% | 6.0% | 6.0% |
| FEMALES | | | | | |
| High | underweight | 3.3% | 3.3% | 5.1% | 3.4% |
| | normal | 75.3% | 77.4% | 65.6% | 76.1% |
| | overweight | 16.3% | 13.0% | 21.5% | 12.0% |
| | obese | 5.1% | 6.4% | 7.7% | 8.5% |
| Medium | underweight | 2.0% | 5.7% | 5.0% | 6.7% |
| | normal | 80.6% | 71.1% | 65.6% | 69.5% |
| | overweight | 14.0% | 16.8% | 23.3% | 15.4% |
| | obese | 3.4% | 6.4% | 6.1% | 8.3% |
| Low | underweight | 5.2% | 3.8% | 5.0% | 4.1% |
| | normal | 77.9% | 77.2% | 64.8% | 71.1% |
| | overweight | 13.0% | 15.2% | 22.9% | 21.4% |
| | obese | 3.8% | 3.7% | 7.3% | 3.4% |
| ALL CHILDREN | | | | | |
| High | underweight | 4.6% | 3.3% | 4.5% | 5.0% |
| | normal | 73.8% | 78.0% | 66.2% | 73.8% |
| | overweight | 17.2% | 12.6% | 21.4% | 16.4% |
| | obese | 4.3% | 6.1% | 7.9% | 4.8% |
| Medium | underweight | 2.9% | 5.6% | 5.2% | 5.6% |
| | normal | 80.6% | 74.5% | 68.4% | 66.4% |
| | overweight | 13.6% | 14.7% | 20.9% | 19.1% |
| | obese | 2.9% | 5.2% | 5.5% | 8.8% |
| Low | underweight | 5.9% | 3.4% | 7.2% | 3.6% |
| | normal | 72.9% | 77.7% | 67.3% | 74.2% |
| | overweight | 16.8% | 14.7% | 18.6% | 17.5% |
| | obese | 4.5% | 4.2% | 6.9% | 4.7% |

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Table 47. Mean Physical Activity Level (measured by MARCA*) in children for low, medium and high vegetable consumers

| | | Age group (years) | | | |
|---------|--------|-------------------|-----|------|-------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| MALES | low | | | 1.73 | 1.63 |
| | medium | | | 1.80 | 1.63 |
| | high | | | 1.74 | 1.67 |
| FEMALES | low | | | 1.64 | 1.57 |
| | medium | | | 1.63 | 1.53 |
| | high | | | 1.66 | 1.56 |

* Note physical activity was not measured in 2-8 year olds by MARCA

Table 48. Mean Moderate to Vigorous Physical Activity Level (measured objectively by pedometer*) in children in low, medium and high vegetable consumers

| | | Age group (years) | | | |
|---------|--------|-------------------|-----|------|-------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| MALES | low | | 50 | 44 | 34 |
| | medium | | 51 | 47 | 35 |
| | high | | 48 | 46 | 37 |
| FEMALES | low | | 42 | 36 | 31 |
| | medium | | 40 | 36 | 29 |
| | high | | 42 | 37 | 30 |

* Note physical activity was not measured in 2-4 year olds by pedometer

Table 49. Mean Moderate to Vigorous Physical Activity Level (measured subjectively by MARCA*) in children in low, medium and high vegetable consumers

| | | Age group (years) | | | |
|---------|--------|-------------------|-----|------|-------|
| | | 2-3 | 4-8 | 9-13 | 14-16 |
| MALES | low | | | 152 | 113 |
| | medium | | | 170 | 108 |
| | high | | | 154 | 127 |
| FEMALES | low | | | 127 | 100 |
| | medium | | | 129 | 95 |
| | high | | | 133 | 105 |

* Note physical activity was not measured in 2-8 year olds by MARCA



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