

**Table 1 - Basic information on the national food survey
Belgium**

	Belgium
Reference period	2004
Name of the dietary survey	Belgian National Food Consumption Survey
Acronym	BNFCS2004
PROVIDER	Scientific Institute of Public Health
Methodology used	24 hours recall
Total number of individuals	1723
Number of days*	2
Age range**	16 to 64
Reference publication	De Vriese S, De Backer G, De Henauw S, Huybrechts I, Kornitzer K, Leveque A, Moreau M, Van Oyen H. (2005) The Belgian Food Consumption survey: aims, design and methods. Arch Pub Health, 63, 1-16.
Remarks	Sampling strategy required the use of weighting factors.

* The duration of the survey is expected to affect the distribution of consumption, particularly at the upper tails. A short survey tends to under-estimate the proportion of individuals who consume particular food types, but at the same time, over-estimates the levels for high consumers (See Guidance document).

** The here reported summary statistics are calculated for adults only, defined as those between 16 and 64 years old

Table 2 - Daily consumption by food categories and subcategories (g/day)
Total population (Number of subjects = 1723)
Belgium

N.	Cat No.	Main Category	Subcat No.	Subcategory	Mean	SD	Median	P5	P10	P95*	P97.5*	P99*
1	01	Cereals & cereal products			245	128	222	78	106	503	553	611
2			01A	Cereal-based mixed dishes	5	19	0	0	0	43	68	90
3			01B	Cereals & cereal products excl. Cereal-based mixed	240	126	219	76	102	490	545	611
4	02	Sugar & sugar products including chocolate			31	35	23	0	0	95	114	153
5	03	Fats (vegetable and animal)			46	45	32	1	5	140	165	211
6	04	Vegetables, nuts, pulses including carrots, tomato			230	173	191	17	41	580	652	766
7			04A	Vegetable soups	82	132	0	0	0	381	459	525
8			04B	Vegetables, nuts, pulses except vegetable soups	146	105	129	1	28	339	410	501
9	05	Starchy roots or potatoes			95	90	71	0	0	256	308	372
10	06	Fruits			113	126	76	0	0	347	418	542
11	07	Fruit and vegetable juices, soft drinks and bottle			945	702	855	1	150	2150	2625	3100
12			07A	Fruit and vegetable juices	71	136	0	0	0	350	450	600
13			07B	Soft drinks with percentage of fruits lower than n	275	426	125	0	0	1040	1410	1880
14			07C	Bottled water	589	619	450	0	0	1750	2115	2625
15	08	Coffee, tea, cocoa (expressed as liquid)			432	446	330	0	0	1225	1563	1916
16	09	Alcoholic beverages			214	414	48	0	0	875	1188	1625
17			09A	Beer and substitutes	136	379	0	0	0	750	938	1500
18			09B	Wine and substitutes	68	132	0	0	0	313	438	575
19			09C	Other alcoholic beverages and substitutes	2	11	0	0	0	1	17	40
20	10	Meat and meat products, offal			123	89	109	6	25	296	323	405
21			10A	Meat and meat products and substitutes	121	89	107	4	25	293	323	405

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22			10B	Edible offal and offal products	2	8	0	0	0	12	23	40
23			10C	Meat based preparations	0	0	0	0	0	0	0	0
24	11	Fish and seafood			25	46	0	0	0	121	164	214
25			11A	Seafood and seafood products	0	3	0	0	0	0	0	8
26			11B	Fish and fish products	19	40	0	0	0	100	140	191
27			11C	Fish based preparations	2	21	0	0	0	0	0	131
28	12	Eggs			10	22	0	0	0	51	75	95
29	13	Milk and dairy based products			203	188	163	8	29	536	685	919
30			13A	Milk and dairy based drinks	100	146	43	0	0	386	505	671
31			13B	Dairy based products	64	104	30	0	0	225	263	325
32			13C	Cheese	33	36	26	0	0	95	116	152
33	14	Miscellaneous / Food for special dietary uses			2	14	0	0	0	6	11	18
34			14A	Miscellaneous	1	3	0	0	0	5	8	12
35			14B	Food for special dietary uses	1	13	0	0	0	0	0	5
36	15	Tap water			100	288	0	0	0	650	978	1375
38	TL	Total liquids			1872	851	1764	870	1026	3288	3797	4587
37	TS	Total solid foods			932	331	892	474	563	1567	1725	1870

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**Table 3 - Daily consumption by food categories and subcategories (g/day)
Consumers only (Number of subjects = 1723)
Belgium**

N.	Cat No.	Main Category	Subcat No.	Subcategory	Consumers	% consumers	Mean	SD	Median	P5	P10	P95*	P97.5*	P99*
1	01	Cereals & cereal products			1717	99.7	247	127	224	81	108	503	553	611
2			01A	Cereal-based mixed dishes	184	10.7	53	30	43	17	21	113	135	149
3			01B	Cereals & cereal products excl. Cereal-based mixed	1717	99.7	241	125	221	80	105	490	545	611
4	02	Sugar & sugar products including chocolate			1383	80.3	38	36	29	5	7	98	122	168
5	03	Fats (vegetable and animal)			1633	94.8	48	46	34	4	8	140	168	216
6	04	Vegetables, nuts, pulses including carrots, tomato			1660	96.3	238	170	199	30	56	581	652	766
7			04A	Vegetable soups	626	36.3	216	132	158	79	118	500	525	604
8			04B	Vegetables, nuts, pulses except vegetable soups	1634	94.8	154	102	133	27	46	342	420	502
9	05	Starchy roots or potatoes			1410	81.8	119	85	101	30	35	279	316	405
10	06	Fruits			1133	65.8	168	121	135	35	51	383	456	567
11	07	Fruit and vegetable juices, soft drinks and bottle			1646	95.5	994	684	875	150	264	2250	2643	3100
12			07A	Fruit and vegetable juices	709	41.1	181	161	125	3	38	500	600	875
13			07B	Soft drinks with percentage of fruits lower than n	1084	62.9	476	448	330	75	100	1340	1820	2400
14			07C	Bottled water	1307	75.9	758	611	625	100	150	1850	2225	2625
15	08	Coffee, tea, cocoa (expressed as liquid)			1185	68.8	515	487	400	75	125	1313	1670	2088
16	09	Alcoholic beverages			762	44.2	403	545	250	41	63	1156	1468	2500
17			09A	Beer and substitutes	395	22.9	488	648	330	83	125	1250	2000	2685
18			09B	Wine and substitutes	440	25.5	202	180	142	51	63	500	610	813

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19			09C	Other alcoholic beverages and substitutes	64	3.7	30	47	17	1	3	71	103	333
20	10	Meat and meat products, offal			1633	94.8	129	87	114	25	39	296	327	406
21			10A	Meat and meat products and substitutes	1632	94.7	127	87	111	25	38	296	325	406
22			10B	Edible offal and offal products	114	6.6	24	22	20	5	7	61	70	125
23			10C	Meat based preparations
24	11	Fish and seafood			654	38.0	60	56	49	6	10	174	208	257
25			11A	Seafood and seafood products	25	1.5	25	17	20	4	4	60	60	60
26			11B	Fish and fish products	552	32.0	55	52	45	5	8	143	199	233
27			11C	Fish based preparations	14	0.8	176	108	131	131	131	394	394	394
28	12	Eggs			668	38.8	26	30	14	1	2	87	95	130
29	13	Milk and dairy based products			1646	95.5	211	187	167	22	41	539	689	919
30			13A	Milk and dairy based drinks	1221	70.9	144	155	93	10	17	438	567	787
31			13B	Dairy based products	945	54.8	112	119	80	11	21	254	300	413
32			13C	Cheese	1269	73.7	43	37	34	7	10	103	128	166
33	14	Miscellaneous / Food for special dietary uses			419	24.3	7	27	2	0	1	17	35	155
34			14A	Miscellaneous	415	24.1	4	5	2	0	1	12	15	26
35			14B	Food for special dietary uses	10	0.6	90	137	53	5	13	338	338	338
36	15	Tap water			410	23.8	467	441	325	68	75	1330	1775	2375

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**Table 4 - Non dietary information
Belgium**

		Adult* males	Adult* females	Total adults*
1	Number of subjects	856	867	1723
2	Mean age (years)	39	40	40
3	Standard Deviation for age (years)	13	13	13
4	Minimum age (years)	16	16	16
5	Maximum age (years)	64	64	64
6	Mean energy intake (Kcal)	2484	1660	2075
7	Standard Deviation for energy intake (Kcal)	900	580	863
8	Mean weight (kg)	78	64	71
9	Standard Deviation for weight (kg)	13	12	15

** Adults are defined as those between 16 and 64 years old*

Acknowledgement:

EFSA wishes to thank the Expert group on food consumption data for their support in the compilation of the Concise Database.