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Table 2 Mean nutrient intake of London school children aged 7-10 years by total numbers of listed foods consumed per day

	EAR for 7-10 year olds	Mean nutrient intake (SE) by numbers of listed foods consumed (food variety score)							
		Overall n=2392	4-10 n=136	11-12 n=234	13-14 n=373	15-16 n=428	17-18 n=403	19-20 n=343	21+ n=475
Energy kcal	1745 (M) ^a 1625 (F) ^a	2019 (27)	1194 (32)	1473 (30)	1647 (20)	1845 (23)	2015 (35)	2203 (33)	2841 (47)
Protein g	28.3 ^b	73.6 (1.1)	45.5 (1.6)	54.3 (1.3)	60.1 (1.2)	67.3 (1.2)	74.2 (1.8)	78.6 (1.5)	103.1 (2.2)
Total fat g	≤67.9 (M) ^c ≤63.2 (F) ^c	81.6 (1.6)	45.8 (2.5)	57.1 (2.0)	66.0 (1.5)	73.0 (1.7)	81.3 (2.6)	87.9 (2.4)	119.7 (3.0)
Carbohydrate g	≤218.1 (M) ^c ≤203.1 (F) ^c	264.2 (3.0)	160.1 (4.2)	198.1 (3.2)	216.2 (2.3)	245.5 (2.6)	263.4 (2.6)	292.7 (3.9)	361.0 (4.8)
Calcium mg	425	854 (13)	(495 (24)	605 (20)	697 (18)	754 (16)	869 (19)	948 (20)	1212 (18)
Folate µg	110	226 (3)	124 (7)	157 (4)	182 (4)	205 (4)	232 (5)	259 (5)	315 (5)
Iron mg	6.7	11.1 (0.2)	6.1 (0.2)	7.8 (0.2)	8.9 (0.2)	10.1 (0.2)	11.2 (0.2)	12.4 (0.2)	15.9 (0.3)
Zinc mg	5.4	8.3 (0.2)	5.0 (0.2)	6.2 (0.2)	6.7 (0.2)	7.8 (0.2)	8.3 (0.2)	9.0 (0.2)	11.5 (0.02)
Vitamin A mg	350	753 (21)	348 (28)	463 (24)	561 (24)	638 (25)	790 (41)	851 (32)	1161 (34)
Vitamin C mg	20	111 (2.8)	55.3 (6.5)	70.5 (3.3)	87.1 (3.1)	101 (3.4)	115 (4.0)	134 (4.1)	156 (3.8)

^aEnergy EAR for 8 year olds; ^bThere is no EAR for Protein, RNI for 7-10 year olds provided; ^cTotal fat and carbohydrates EARs are maximum recommendations based on 35% and 50% respectively of the 2011 Energy EARs for 8 year olds (assuming 9kcal/g and 4kcal/g respectively).