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Table 1: School, child and nutrient characteristics for all children

Child Characteristics N=2392		
Age years (SE)	8.3 (0.02)	
Boys n (%)	1204 (50%)	
Ethnicity n (%)		
White	575(24%)	
Mixed	199 (8%)	
Asian or British Asian	317 (13%)	
Black or British Black	419 (18%)	
Chinese or other ethnic group	72 (3%)	
Prefer not to say	810 (34%)	
School characteristics		
Free school meal eligibility % (SE)	28% (2.1)	
English spoken as an additional language % (SE)	47% (3.2)	
School IMD score (SE)	32 (2.1)	
Diet characteristics	Mean intake (95% CIs)	% Meeting EARs^a (95% CIs)
Energy kcal (EAR=1745(M), 1625(F))	2019 (1965, 2073)	47.6 (45.1, 50.1) +/-20% of EAR
Protein g (RNI=28.3)	73.6 (71.4, 75.8)	98.9 (98.5, 99.4)
Fat g (EAR≤67.9(M), ≤63.2(F))	81.6 (78.5, 84.7)	37.8 (35.8, 39.7)
Carbohydrate g (≤218.1(M), ≤203.1(F))	264.2 (258.0, 270.2)	25.2 (23.4, 26.9)
Calcium mg (EAR=425)	854 (828, 879)	90.5 (89.3, 91.7)
Folic acid µg (EAR=110)	226 (220, 233)	92.9 (91.9, 94.0)
Iron mg (EAR=6.7)	11.1 (10.8, 11.5)	89.0 (87.8, 90.3)
Zinc mg (EAR=5.4)	8.3 (8.0, 8.6)	82.0 (80.4, 83.5)
Vitamin A mg (EAR=350)	753 (710, 794)	81.6 (80.0, 83.1)
Vitamin C mg (EAR=20)	111 (106, 117)	96.2 (95.4, 96.9)

EAR=Estimated Average Requirements for the UK²⁵. Total fat and carbohydrates EARs are maximum recommendations based on 35% and 50% respectively of the 2011 Energy EARs for 8 year olds.

^a Percent at or above EARs (or protein RNI)