

**Table 3. Calculated variables from 24-hour recalls conducted in Lifestyle study (n=200 in 2007)**

<b>Energy</b>	Kilocalories	Kilojoules									
<b>Protein</b>	Total	Plant based									
<b>Carbohydrates</b>	Total	Mono- and disaccharides	Poly-saccharides	fiber							
<b>Fats</b>	Total	Saturated fatty acids	Trans fatty acids	Mono-unsaturated fatty acids	Poly-unsaturated fatty acids	$\omega$ -3 fatty acids	$\omega$ -6 fatty acids	Alpha-linolenic acid (ALA)	Eicosapentae noic acid (EPA)	Docosahexae noic acid (DHA)	cholesterol
<b>Alcohol</b>	Total										
<b>Water</b>	Total										
<b>Minerals</b>	Sodium	Potassium	Magnesium	Iron	Copper	Selenium	Zinc				
<b>Vitamins and other components</b>	Vitamin D	Vitamin E	Vitamin B1	Vitamin B2	Vitamin B6	Folic acid	Folic acid suppl.	Vitamin B12	Niacine (vitamin B3)	Vitamin C	Retinol
	$\beta$ -carotene	$\alpha$ -carotene	luteine	$\beta$ -cryptoxanthin	lycopene	zeaxan					