

S3 Text: Estimated intake of various food groups in the United States and Norway.

United States:

Vegetables: 249 g
Fruits: 184 g
Nuts: 11 g
Legumes: 9 g
Fish: 17 g
Egg: 44 g
Milk/dairy: 434 g
Whole grains (fresh weight): 30 g
Refined grains: 159 g
Meat, red: 95 g
Meat, processed: 53 g
Meat, white 75 g
Sugar sweetened beverages: 621 g
Added oils: 21 g

Norway:

Vegetables: 255 g (typical energy 2 kJ/g [mixed vegetables and potatoes])
Fruits: 244 g (typical energy 1.5 kJ/g [orange, raw])
Nuts: 11 g (typical energy 26 kJ/g [pea nuts, roasted and salted])
Legumes: 6 g (typical energy 5 kJ/g [chick peas, cooked])
Fish: 82 g (typical energy 6 kJ/g [mackerel, simmered])
Egg: 36 g (typical energy 6 kJ/g [boiled egg])
Milk/dairy: 225 g (typical energy 1.7 kJ/g [milk, 1% fat])
Whole grains (fresh weight): 61 g (typical energy 4 kJ/g [oatmeal porridge with water])
Refined grains: 172 g (typical energy 11 kJ/g [loaf bread])
Meat, red: 71 g (typical energy 7 kJ/g [cutlet])
Meat, processed: 58 g (typical energy 19 kJ/g [bacon])
Meat, white 58 g (typical energy 10 kJ/g [chicken leg])
Sugar sweetened beverages: 425 g (typical energy 2 kJ/g [lemonade])
Added oils: 30 g (typical energy 37 kJ/g [rapeseed oil])

Sources:

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