

Subject Index

- Adolescents
 - energy and nutrient intake assessment
 - country comparison 99, 110–112
 - methodology 98, 99, 108
 - region comparison 99, 112, 113
 - mineral intake 116–121
 - obesity/overweight prevalence 157–160
 - physical activity 191–193
 - vitamin intake 107, 114–116
- Adults
 - dyslipidemia 171–173
 - energy and nutrient intake assessment
 - country comparison 120, 121, 124–127
 - methodology 120, 122, 123
 - region comparison 121, 123, 134, 135
 - mineral intake 134–140
 - obesity/overweight prevalence 161, 162, 164–169
 - physical activity 188–191
 - reference values and comparison of recommendations for adults 68–73
 - vitamin intake 123, 130–134
- Alcohol, *see also* Beer, Wine
 - consumption
 - by country 182, 185, 186
 - trends 3, 10, 30–33, 42
 - European Food Safety Authority surveys of consumption 65
- Animal fat
 - European Food Safety Authority surveys of consumption 64
 - supply trends 24, 25, 42
- Ascorbic acid, intake
 - adolescents 115
 - adults 131, 133
 - children
 - 4–6 years 91, 97
 - 7–9 years 93
 - 10–14 years 95
 - elderly 149, 151
- Austria
 - energy and nutrient intake 252, 253
 - health indicators 250–252
 - mineral intake 254, 255
 - nutritional status
 - adolescents 255, 256
 - pregnancy 256–258
 - nutrition trends 255
 - vitamin intake 254
- Baltic Nutrition Survey 278
- Beef, *see* Red meat
- Beer, supply trends 30, 31
- Belgium
 - Flemish Growth Study 261, 262
 - Food Consumption Survey 259–261
 - Health Interview Survey 259, 261
- Breast cancer, incidence by country 179
- Breastfeeding
 - recommendations 196
 - trends 10, 196–201
- Calcium, intake
 - adolescents 118, 121
 - adults 136, 138, 140
 - children
 - 4–6 years 100, 106
 - 7–9 years 102, 106
 - 10–14 years 104, 107
 - elderly 152, 154, 156
 - overview 234, 235
- Cancer
 - epidemiology 9, 184
 - incidence by country 175, 181

- incidence by type 175–181
- mortality by country 176
- Cardiovascular disease
 - epidemiology 9
 - mortality by country 176, 177
- β-Carotene, intake
 - adolescents 114
 - adults 130, 132
 - children
 - 4–6 years 90
 - 7–9 years 92
 - 10–14 years 94, 96
 - elderly 148, 150
- Cereals
 - European Food Safety Authority surveys of consumption 64
 - supply trends 19, 21, 33
- Children
 - energy and nutrient intake assessment
 - 4–6 years 69, 74, 78, 79, 84, 85
 - 7–9 years 69, 75, 80, 81, 85
 - 10–14 years 69, 73, 76, 82–84, 86
 - comparison of regions and countries 77–86
 - mineral intake 88, 89, 98, 100–107
 - obesity/overweight prevalence 157–160
 - physical activity 191–193
 - vitamin intake 76, 86–98
- Cholesterol, intake
 - adolescents 111, 113
 - adults 125, 127, 129
 - children
 - 4–6 years 79, 85
 - 7–9 years 81
 - 10–14 years 83
 - dyslipidemia, *see* Dyslipidemia
 - elderly 143
- Cobalamin, intake
 - adolescents 115, 116
 - adults 131, 133, 134
 - children
 - 4–6 years 91, 96, 97
 - 7–9 years 93
 - 10–14 years 95, 98
 - elderly 149, 151
- Coffee, European Food Safety Authority surveys of consumption 65
- Colorectal cancer, incidence by country 178
- Copper, intake
 - adolescents 119
 - adults 137, 139
- children
 - 4–6 years 101
 - 7–9 years 103
 - 10–14 years 105
- elderly 153, 155
- Countrywide Integrated Non-Communicable Disease
 - Czech Republic 267
 - Lithuania 336
- Czech Republic
 - biological monitoring project 267, 268
 - CINDI Health Monitor 267
 - infant feeding data 264
 - Nationwide Anthropological Survey 263
 - nutritional status
 - children 265
 - homeless 268, 269
 - Post-MONICA Study 266
- Data Food Networking
 - application tool 47
 - database goals 45
 - data collection 45, 46
 - expense conversion to food quantities 46
 - food availability by household income
 - Central and Eastern European countries 49, 52
 - educational attainment effects 53–57
 - mean availability per person per day 48–53
 - North European countries 51, 56, 57
 - overview 3, 4
 - South European countries 48, 54, 55
 - West European countries 50, 56, 57
 - household budget survey data
 - incorporation 46, 47, 231, 232
- Denmark
 - food intake by type 271–274
 - life expectancy 275, 276
 - National Health Interview Survey 269–271
 - National Survey of Dietary Habits and Physical Activity 269, 270
 - obesity/overweight 275
 - physical activity 274, 275
 - sex differences in diet 274
 - smoking behavior 275
 - social inequality 276
- Diabetes, epidemiology 9, 10, 181, 182
- Dietary surveys, food consumption in European adults 5, 6

- Dutch National Food Consumption Surveys 378, 379
- Dyslipidemia
 - adults 171–173
 - elderly 174
 - epidemiology 8, 9
- Eggs
 - European Food Safety Authority surveys of consumption 65, 66
 - supply trends 30, 31
- Elderly
 - dyslipidemia 174
 - energy and nutrient intake assessment
 - country comparison 142–146
 - methodology 135, 140, 141
 - region comparison 146, 147
 - mineral intake 152–156
 - obesity/overweight prevalence 163, 164, 170
 - physical activity 193
 - vitamin intake 147–151, 154
- Energy, intake
 - adolescents 110, 112
 - adults 124, 126, 128
 - children
 - 4–6 years 78, 84
 - 7–9 years 80, 87
 - 10–14 years 82
 - elderly 142, 144, 146
 - intake by region 233, 234
- Estonia
 - Baltic Nutrition Survey 278
 - Health Behavior among the Estonian Adult Population Survey 278, 279
 - morbidity and mortality 277
 - nutritional status
 - adolescents 279
 - adults 280–282
 - elderly 282, 283, 285
 - smoking and drinking behavior 282–284
- European Food Safety Authority, dietary surveys of food consumption
 - adolescents 7
 - adults 5–8
 - children 6, 7
 - elderly 8
 - food categories 60, 61, 64–67
 - highest and lowest countries 63
 - methodology and survey years 60, 62
- European Nutrition and Health Report 2009
 - implementation strategy 14–16
 - objectives 1, 2, 12, 14
 - outlook 12, 13
- Exercise, *see* Physical activity
- Fat, *see* Animal fat
- Fatty acids, intake
 - adolescents 111–113
 - adults 125, 129
 - children
 - 4–6 years 79, 85, 87
 - 7–9 years 81, 88
 - 10–14 years 83, 89
 - elderly 143, 145, 147
- Fiber, intake
 - adolescents 111, 112
 - adults 127, 128
 - children
 - 4–6 years 84, 85
 - 7–9 years 85, 88
 - 10–14 years 8
 - elderly 143, 145, 146
- Finland
 - food supply data 285, 286
 - health indicators and status 293
 - nutritional status
 - adolescents 289, 290
 - adults and elderly 289, 291, 292
 - infants and children 287–289
 - vitamin D fortification 292, 293
- Fish and seafood
 - European Food Safety Authority surveys of consumption 65
 - supply trends 28, 29
- Flemish Growth Study 261, 262
- Folate
 - adolescents 115, 116
 - adults 131, 133, 134
 - children
 - 4–6 years 91, 96, 97
 - 7–9 years 93, 97
 - 10–14 years 95, 98
 - elderly 149, 151
- Food and nutrition policy
 - assessment 203–218
 - diet quality ensuring 224, 225
 - forms and implementation 226, 227
 - global action plan 222, 223, 227–229
 - health issue addressing 221, 222
 - health promotion and chronic disease prevention 225, 226

- implementation actions 219–221
- intersectorial approach 218, 219
- overview 202, 203
- quality assurance 221
- Food balance sheet, food supply data 17–19, 45, 59, 230, 232
- Food supply
 - comparison of selected food groups 32, 35–42
 - proportion in total energy supply
 - animal and vegetable products 32, 34
 - macronutrients 32, 33
 - trends
 - animal fat 24, 25, 42
 - beer 31, 33
 - cereals 19, 21, 33
 - eggs 30, 31
 - fish and seafood 28, 29
 - food balance sheet data 17–19
 - fruits 18, 20
 - milk 30, 42
 - mutton and goat meat 28
 - oil crops 22, 23, 42
 - olive oil 24, 25
 - overview 2, 3, 18, 231–233
 - pork 26, 27
 - potatoes 18, 21, 33
 - poultry 28, 29
 - pulses 22, 23
 - red meat 26
 - sugar and sweeteners 22, 42
 - vegetable oils 24
 - vegetables 18, 20
 - wine 32, 33
- France
 - National Nutrition and Health Program 294, 295, 299
 - nutritional status
 - adults 296–298
 - children 296, 297
 - Nutrition and Health Survey 295
- Fruits
 - European Food Safety Authority surveys of consumption 64, 65
 - supply trends 18, 20
- Germany
 - anthropometric measurements by socioeconomic status 302, 303
 - dietary supplement use 304
 - energy and nutrient intake 303, 304
- Health Interview and Examination Survey
 - for Children and Adolescents 299, 300
 - National Nutrition Survey II 300–304
- Goat, *see* Mutton and goat meat
- Greece
 - nutritional status
 - adolescents 305, 307
 - adults and elderly 307
 - children 305
 - pregnancy and breastfeeding 307, 309
 - smoking behavior 306, 308
- Household budget survey, *see* Data Food Networking
- Hungary
 - alcohol intake 316
 - anthropometric data 314–316
 - databases 316
 - dietary supplement use 314
 - food and nutrition policies 319
 - health indicators 317–319
 - national dietary surveys 309, 310
 - nutritional status
 - adults 310–313
 - biomarkers 313, 314
 - children and adolescents 310
- Income, *see* Data Food Networking
- Iodine
 - adolescents 119, 121
 - adults 137, 139
 - children
 - 4–6 years 101, 106
 - 7–9 years 103, 106
 - 10–14 years 105, 107
 - elderly 153, 155, 156
- Ireland
 - data sources 319, 320
 - dietary habits
 - adolescents 322
 - adults 320, 321
 - children 321, 322
 - elderly 322
- Iron, intake
 - adolescents 119, 121
 - adults 137, 139, 140
 - children
 - 4–6 years 101, 106
 - 7–9 years 103, 106
 - 10–14 years 105, 107
 - elderly 153, 155, 156

- Italy
 - alcohol use 328, 329
 - breastfeeding 328
 - dietary profile 323–327
 - obesity in children 327
 - smoking behavior 329, 330
- Juices, European Food Safety Authority surveys of consumption 65
- Latvia
 - dietary habits 330
 - obesity/overweight 330–333
 - physical activity 333, 334
 - smoking behavior 333
- Lithuania
 - anthropometry 338
 - CINDI program 336
 - dietary guidelines 339
 - health behavior surveys
 - adults 336, 337
 - children 337, 338
 - morbidity and mortality 334
 - national nutrition surveys 335, 336
- Low-density lipoprotein, *see* Dyslipidemia
- Lung cancer, incidence by country 179
- Magnesium, intake
 - adolescents 119
 - adults 137, 139
 - children
 - 4–6 years 101
 - 7–9 years 103
 - 10–14 years 105
 - elderly 153, 155
- Malignant neoplasms, *see* Cancer
- Manganese, intake
 - adolescents 119
 - adults 137, 139
 - children
 - 4–6 years 101
 - 7–9 years 103
 - 10–14 years 105
 - elderly 153, 155
- Meat, *see also* Fish and seafood, Mutton and goat meat, Pork, Poultry, Red meat
 - European Food Safety Authority surveys of consumption 65
- Milk
 - European Food Safety Authority surveys of consumption 66
- supply trends 30, 42
- Minerals, intake
 - adolescents 116–121
 - adults 134–140
 - children 88, 89, 98, 100–107
 - elderly 152–156
- Mortality rates 171, 173, 175–181
- Mutton and goat meat, supply trends 28
- Netherlands
 - dietary supplement use 381
 - Dutch National Food Consumption Surveys 378, 379
 - food intake by type 381–384
- Niacin, intake
 - adolescents 115
 - adults 131, 133
 - children
 - 4–6 years 91, 97
 - 7–9 years 93
 - 10–14 years 95
 - elderly 149, 151
- Norway
 - dietary surveys 339
 - food intake by type 343–345
 - nutritional status
 - adults 341–343
 - children 339–341
- Obesity/overweight
 - body weight classification by country 237, 238, 243–246
 - epidemiology 8
 - prevalence
 - adults 161, 162, 165–169
 - children and adolescents 157–160, 239–241
 - elderly 163, 164, 170, 247–249
 - study design 157
- Oil crops, supply trends 22, 23, 42
- Olive oil, supply trends 24, 25
- Overweight, *see* Obesity/overweight
- Phosphorus, intake
 - adolescents 118, 121
 - adults 136, 138, 140
 - children
 - 4–6 years 100, 106
 - 7–9 years 102, 106
 - 10–14 years 104, 107
 - elderly 152, 154, 156

- Physical activity
 - adults 188–191
 - assessment limitations 187
 - children and adolescents 191–193
 - elderly 193
 - national surveillance systems in Europe 187, 188
 - outlook 201–203
 - recommendations 186, 187, 193–196
- Poland
 - Food Consumption and Anthropometric Survey 346–348
 - health status 350, 351
 - Social Stratification in Food Consumption study 349, 350
- Policy, *see* Food and nutrition policy
- Pork, supply trends 26, 27
- Portugal
 - body mass index 354, 355
 - breastfeeding 354
 - food and nutrient intake 351–354
 - household food and nutrient availability 351
 - nutritional status 352, 354
- Potassium, intake
 - adolescents 118
 - adults 136, 138
 - children
 - 4–6 years 100
 - 7–9 years 102
 - 10–14 years 104
 - elderly 152, 154
- Potatoes
 - European Food Safety Authority surveys of consumption 64
 - supply trends 18, 21, 33
- Poultry, supply trends 28, 29
- Prostate cancer, incidence by country 179
- Protein, intake
 - adolescents 110, 112
 - adults 124, 126, 128
 - children
 - 4–6 years 78, 84
 - 7–9 years 80, 87
 - 10–14 years 82
 - elderly 142, 144, 146
- Pulses
 - European Food Safety Authority surveys of consumption 64
 - supply trends 22, 23
- Red meat, supply trends 26–28
- Reference values, comparison of
 - recommendations for adults 68–73
- Riboflavin, intake
 - adolescents 115
 - adults 131, 133
 - children
 - 4–6 years 91, 97
 - 7–9 years 93
 - 10–14 years 95
 - elderly 149, 151
- Romania
 - cancer 358
 - cardiovascular disease 357
 - demographics 356
 - life expectancy 356
 - mortality 356, 357
 - nutritional status
 - adults and elderly 360, 361
 - children 359, 360
 - infants 358, 359
 - obesity/overweight 357
 - smoking behavior 362
- Seafood, *see* Fish and seafood
- Selenium
 - adolescents 119, 121
 - adults 137, 139, 140
 - children
 - 4–6 years 101, 106
 - 7–9 years 103, 106
 - 10–14 years 105, 107
 - elderly 153, 155, 156
- Slovenia
 - data sources 362, 363
 - dietary habits
 - adolescents 365
 - adults 363–365
 - obesity/overweight 365, 366
- Smoking, behavior in Europe 180, 182
- Sodium
 - adolescents 118
 - adults 136, 138
 - children
 - 4–6 years 100
 - 7–9 years 102
 - 10–14 years 104
 - elderly 152, 154
- Spain
 - Catalan National Survey 366, 367
 - inadequate intake risks 367–369

- Mediterranean diet adherence 369–371
 - obesity/overweight 369, 370
- Stomach cancer, incidence by country 178
- Sugar and sweeteners
 - European Food Safety Authority surveys of consumption 64
 - supply trends 22, 42
- Sweden
 - alcohol use 377
 - dietary habits
 - adults 371–373
 - children 373–375
 - trends 377, 378
 - obesity/overweight 376
 - smoking behavior 376
- Tap water, European Food Safety Authority surveys of consumption 67
- Tea, European Food Safety Authority surveys of consumption 65
- Thiamine, intake
 - adolescents 115
 - adults 131
 - children
 - 4–6 years 91, 97
 - 7–9 years 93
 - 10–14 years 95
 - elderly 149, 151
- United Kingdom
 - health literacy and health improvement 389, 390
 - Health Survey for England 386–388
 - local and regional health profiles 390, 391
 - Low-Income Diet and Nutrition Survey 384–385
 - obesity/overweight 387
 - physical activity 388
- Vegetable oils
 - European Food Safety Authority surveys of consumption 64
 - supply trends 24
- Vegetables
 - European Food Safety Authority surveys of consumption 64
 - supply trends 18, 20
- Vitamin A, intake
 - adolescents 114
 - adults 130, 132
 - children
 - 4–6 years 90
 - 7–9 years 92
 - 10–14 years 94, 96
 - elderly 148, 150
- Vitamin B₆, intake
 - adolescents 115, 116
 - adults 131, 133, 134
 - children
 - 4–6 years 91, 96, 97
 - 7–9 years 93, 97
 - 10–14 years 95, 98
 - elderly 149, 151
- Vitamin C, *see* Ascorbic acid
- Vitamin D, intake
 - adolescents 114, 116
 - adults 130, 132, 134
 - children
 - 4–6 years 90, 96, 97
 - 7–9 years 92
 - 10–14 years 94, 96, 98
 - elderly 148, 150, 151
 - fortification in Finland 292, 293
- Vitamin E, intake
 - adolescents 114
 - adults 130, 132
 - children
 - 4–6 years 90
 - 7–9 years 92
 - 10–14 years 94, 96
 - elderly 148, 150
- Vitamins, *see also* specific vitamins
 - adolescent intake 107, 114–116
 - adult intake 123, 130–134
 - child intake 76, 86–98
 - elderly intake 147–151, 154
 - overview 234
- Wine, supply trends 32, 33
- Zinc, intake
 - adolescents 119, 121
 - adults 137, 139, 140
 - children
 - 4–6 years 101, 106
 - 7–9 years 103
 - 10–14 years 105
 - elderly 153, 155, 156