

<Comparison of energy and nutrients intake among foreign countries>

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		Years	Subject	Energy	Protein	Carbo- hydrate	Total sugars	Dietary fiber*1	Total fat	Saturated fat*1	Mono- unsaturated fat *1	Poly- unsaturated fat*1	Choles- terol	VA*1	VB1	VB2	Niacin	VB6	Food folate*1	Dietary Folate Equivalent*1	VB12	VC	VD	VE*1	VK	Calcium	Phos- phorus	Magne- sium	Iron	Zinc	Copper	Potas- sium	Sodium	Salt	Year	Survey Name	
				kcal	g	g	g	g	g	g	g	g	mg	μg	mg	mg	mg	mg	μg	μg	μg	mg	μg	mg	μg	mg	mg	mg	mg	mg	mg	mg	mg	mg			
All:	Australia	2 and over	—	2,034*2	87.5	228.8	105	22.2	72.8	28.0	27.7	10.9	285.9	815	1.6	1.9	22.8	1.4	278.2	478.9	4.4	100.0	—	10.0	—	805.0	1,422.2	320.2	10.8	10.6	—	2,799.6	2,404.4	6.1*8	2011–2012	Australian Health Survey	
		19 and over	—	2,070*2	91	225.9	102.9	22.9	73.8	27.7	28.4	11.4	300.5	852	1.5	1.9	23.9	1.5	287.8	480.8	4.5	102.3	—	10.5	—	804.6	1,466.9	338.7	11.1	11.0	—	2,912.5	2,430.5	6.2*8			
	Japan	1 and over	5,865	1,903	71.4	248.3	—	18.4	61.3	18.30	22.50	—	335	534	0.95	1.18	30.7*7	1.18	289	—	6.3	94	6.9	6.7	240	505	1,007	247	7.6	8.4	1.12	2,299	3,828	9.7	2019	National Health and Nutrition Survey	
		20 and over	4,927	1,915	72.2	248.7	—	18.8	61.2	17.86	22.53	—	340	547	0.95	1.19	31.3*7	1.20	302	—	6.5	99	7.2	6.9	250	498	1,012	255	7.9	8.4	1.14	2,350	3,958	10.1			
	Korea	1 and over	6,628	2,085.6	73.2	312.1	—	22.7	48.9	—	—	—	—	273.1	720	2.0	1.4	16.6	—	—	—	97.2	—	—	—	—	497.5	1,092.7	—	16.9	—	—	2,973.5	3,889.6	9.9*8	2015	Korean National Health and Nutrition Examination Survey
United Kingdom	19–64	—	1,828	76.0	219	49.7*3	19.7	69.8	25.3	25.9	—	—	888	—	1.56	—	—	—	238	—	—	—	2.9	—	—	813	—	272	10.5	8.6	—	2,834	—	—	2016/17–2018/19	National Diet and Nurition Survey: NDNS	
	2 and over	7,122	2,093	78.3	247	108	16.2	85.0	28.0	28.8	19.9	287	633	1.58	2.04	25.1	2.08	178	198	4.74	75.4	4.3	9.1	114.4	968	1,357	289	14.0	10.7	1.1	2,496	3,389	8.6*8	2017–2018	National Health and Nutrition Examination Survey		
	20 and over	4,742	2,155	81.9	248	107	16.9	88.2	28.7	30.2	20.8	307	648	1.60	2.12	26.2	2.18	171	213	4.84	76.3	4.2	9.5	127.8	966	1,391	306	14.2	11.1	1.2	2,618	3,531	9.0*8				
Males:	Australia	19 and over	—	2376*2	104.6	258.8	115.2	24.8	83.7	31.5	32.3	12.7	347.9	880	1.8	2.1	28	1.7	307.1	684	5.3	110.1	—	11.3	—	865.8	1,653.5	376.5	12.6	12.6	—	3,212.3	2,779.2	7.1*8	2011–2012	Australian Health Survey	
	Canada *4	19–30	—	2,427	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	2015	Canadian Community Health Survey–Nutrition	
		31–50	—	2,236	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—			
		51–70	—	2,081	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—			
		70 and over	—	1,795	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—			
	Finland *4	18–74	780	2,260	98	219	43*5	22	97	38	37	17	299	911	1.4	2.0	39	2.2*6	247	—	6.6	98	13	11.8	115	1,182	1,710	404	11	13	1.3	4,000	—	8.7	2017	FINDIET	
	Germany *4	14–80	7,093	2,571	90.8	289.2	—	—	102.0	—	—	—	—	384	2,100	1.8	2.2	39.8	2.6	—	338	6.5	152	3.8	16.0	—	1,143	—	452	15.2	12.3	—	3,789	3,458	8.8*8	2005–2007	National Nutrition Survey
	Japan	1 and over	2,782	2,118	77.7	274.6	—	19.4	66.4	19.68	24.60	—	361	552	1.03	1.24	33.6*7	1.26	295	—	6.9	91	7.4	7.0	246	517	1,079	261	8.0	9.2	1.20	2,387	4,144	10.5	2019	National Health and Nutrition Survey	
		20 and over	2,297	2,141	78.8	275.3	—	19.9	66.3	19.14	24.70	—	366	564	1.03	1.25	34.5*7	1.30	310	—	7.3	96	7.9	7.2	258	503	1,084	270	8.3	9.2	1.23	2,439	4,309	10.9			
	Korea	1 and over	2,942	2,424.4	86.2	348.5	—	24.5	57.3	—	—	—	—	316.8	801	2.3	1.6	19.2	—	—	—	93.6	—	—	—	—	555.5	1,250.9	—	19.1	—	—	3,268.3	4,619.7	11.7*8	2015	Korean National Health and Nutrition Examination Survey
United Kingdom	19–64	—	2,053	85.2	245	55.5*3	21.2	77.5	28.0	28.9	—	—	901	—	1.72	—	—	—	265	—	—	—	3.2	—	—	885	—	301	11.6	9.5	—	3,109	—	—	2016/17–2018/19	National Diet and Nurition Survey: NDNS	
	2 and over	3,481	2,378	90.1	277	119	17.5	96.2	31.8	32.8	22.3	331	669	1.81	2.34	29.7	2.47	204	215	5.69	79.0	4.9	9.9	112.8	1,078	1,543	320	15.7	12.4	1.2	2,767	3,895	9.9*8	2017–2018	National Health and Nutrition Examination Survey		
	20 and over	2,307	2,485	95.4	281	119	18.4	101.3	33.0	34.9	23.7	358	682	1.85	2.46	3.6	2.67	199	235	5.92	80.4	4.8	10.5	126.9	1,084	1,600	343	16.2	13.0	1.3	2,937	4,121	10.5*8				
Females:	Australia	19 and over	—	1,771*2	77.9	193.8	90.9	21.1	64.2	24	24.5	10.2	254.3	825	1.3	1.7	20.0	1.3	269.0	429.9	3.8	94.7	—	9.8	—	744.9	1,284.9	301.9	9.7	9.4	—	2,620.0	2,090.4	5.3*8	2011–2012	Australian Health Survey	
	Canada *4	19–30	—	1,655	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	2015	Canadian Community Health Survey–Nutrition	
		31–50	—	1,630	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—			
		51–70	—	1,578	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—		
		70 and over	—	1,416	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—	—		
	Finland*4	18–74	875	1,756	73	177	39*5	20	75	28	28	14	231	747	1.1	1.6	29	1.8*6	222	—	4.9	111	10	10.2	110	984	1,357	337	10	10	1.1	3,400	—	6.4	2017	FINDIET	
	Germany*4	14–80	8,278	1,915	66.7	231	—	—	73.8	—	—	—	—	272	1,800	1.3	1.7	28.6	2.0	—	290	4.3	152	2.9	13.4	—	1,019	—	373	12.3	9.5	—	3,243	2,494	6.3*8	2005–2007	National Nutrition Survey
	Japan	1 and over	3,083	1,709	65.7	224.6	—	17.5	56.7	17.05	20.60	—	312	518	0.87	1.12	28.0*7	1.09	283	—	5.7	96	6.4	6.5	235	494	942	235	7.3	7.7	1.04	2,220	3,544	9.0	2019	National Health and Nutrition Survey	
		20 and over	2,630	1,717	66.4	225.5	—	18.0	56.7	16.74	20.63	—	317	532	0.88	1.13	28.6*7	1.12	295	—	5.9	101	6.6	6.6	243	494	948	242	7.5	7.7	1.07	2,273	3,651	9.3			
	Korea	1 and over	3,686	1,747.2	60.2	275.7	—	20.9	40.5	—	—	—	—	229.5	639	1.7	1.2	13.9	—	—	—	—	100.7	—	—	—	—	439.6	934.7	—	14.7	—	—	2,678.9	3,160.2	8.0*8	2015
United Kingdom	19–64	—	1,605	66.8	192	44.0*3	18.1	62.2	22.5	23.0	—	—	876	—	1.41	—	—	—	211	—	—	—	2.6	—	—	740	—	244	9.4	7.6	—	2,561	—	—	2016/17–2018/19	National Diet and Nurition Survey: NDNS	
	2 and over	3,641	1,821	67.0	219	97	15.0	74.3	24.4	25.1	17.6	246	600	1.37	1.76	20.8	1.70	153	182	3.83	72.1	3.8	8.3	115.8	863	1,181	259	12.3	9.1	1.0	2,238	2,908	7.4*8	2017–2018	National Health and Nutrition Examination Survey		
	20 and over	2,435	1,849	69.4	217	96	15.5	76.1	24.7	25.9	18.1	259	616	1.37	1.80	21.2	1.74	145	193	3.85	72.5	3.7	8.6	128.6	857	1,199	271	12.3	9.3	1.1	2,324	2,987	7.6*8				

— : not available

*1 Please refer to each website for more details.

*2 converted KJ to kcal. (1kcal =4.189 KJ)

*3 free sugars

*4 Data for “All” are not available.

*5 Sucrose

*6 Pyridoxine

*7 Niacin equivalents

*8 Salt equivalent was calculated using 2.54*Na/1000, and rounded off to one decimal place.