

Category	Energy (kcal)	Meat (g)	Dairy (g)	Water (g)	Fruits and Vegetables > 5 (%)	n Observations
total	2205.19 (728.13)	91.99 (111.83)	124.81 (145.81)	965.06 (954.96)	6.81	1013
female	2066.8 (638.03)	81.63 (101.98)	116.77 (134.86)	967.76 (1006.26)	7.04	568
male	2390.87 (797.05)	105.9 (122.46)	135.59 (158.71)	961.45 (881.56)	6.52	445
18-34	2226.85 (757.97)	81.21 (113.8)	121.05 (150.4)	1017.16 (910.85)	4.85	412
35-49	2228.07 (709.53)	101.6 (112.6)	120.34 (138.13)	948.41 (796.66)	5.95	370
50-64	2131.81 (706.14)	97.37 (105.85)	133.74 (148.01)	913.28 (1294.08)	9.66	207
65+	2076.04 (612.48)	82.23 (95.8)	186.8 (148.76)	754.72 (541.56)	29.17	24
german	2224.47 (733.05)	86.18 (109.82)	132.64 (150.85)	1079.26 (1087.83)	8.01	549
latin	2183.18 (721.93)	98.63 (113.73)	115.86 (139.32)	834.69 (755.25)	5.39	464
female.18-34	2074.62 (645.9)	70.64 (99.77)	108.97 (127.6)	1003.57 (856.08)	5.93	253
female.35-49	2109.16 (626.29)	91.25 (104.05)	122.13 (136.06)	936.19 (732.74)	5.76	191
female.50-64	1988.94 (639.18)	91.48 (101.86)	121.65 (145.69)	959.38 (1581.11)	9.32	118
female.65+	1801.92 (450.93)	43.71 (67.55)	182.75 (155.41)	624.63 (435.9)	50.0	6
male.18-34	2481.73 (857.1)	98.91 (132.21)	141.26 (180.56)	1039.92 (995.77)	3.14	159
male.35-49	2362.39 (771.58)	113.28 (120.51)	118.32 (140.44)	962.21 (863.23)	6.15	179
male.50-64	2331.43 (746.18)	105.6 (110.75)	150.64 (149.67)	848.86 (718.57)	10.11	89
male.65+	2163.9 (632.34)	94.58 (100.32)	188.1 (147.05)	796.42 (566.23)	22.22	18