

## 5. RESULTS AND DISCUSSION

### 5.1 Food items consumed by South African children and adults

Table 20 provides abbreviation codes and a description of the GEMS/Food main groups and subgroups referred to in the resulting tables. Note that in the tables, which follow, food items have been cooked unless otherwise stated. All tables provide the percentage of consumers, average portion size and per capita portion size of each food item consumed. Per capita consumption is always less than average portion consumed since it is the total amount consumed divided by the total population.

Table 21 provides a comprehensive table of the GEMS/Food main food groups of all South Africans. The percentages of the age groups consuming the GEMS/Food groups were similar throughout. The main three GEMS/Food groups were the same for all age groups, being cereals, sugars and honey and stimulants, respectively. Cereals were consumed by 99% of all groups and sugar and honey by more than 80%. The average consumption of cereals was 503g in 1-5 year-olds, 566g in 6-9 year-olds and 690-879g in 10+ year-olds when taking the group of consumers into consideration. Infant foods, animal oils, spices, alcoholic beverages, supplements and condiments were consumed by less than 3% of 1-9 year-olds. In the 10+ year-old group less than 3% consumed soups, condiments, supplements, human and formula milk, and spices. The meat and offal group were consumed by 48% of 1-9 year-olds and by 57-67% of the older group. Thirteen to 18% of participants consumed an egg product and 11-15 % consumed pulses.

Table 22 presents more detail with regard to the actual foods and beverages consumed by presenting detail on subgroups consumed. In the 1-5 year-old group were: (%consumers/average portion): maize (86%/434g), sugar (79%/21g), wheat products (62%/103g), tea (57%/229g), milk (56%/220g), refined oils (37%/13g), rice (28%/132g) and root vegetables (26%/111g). With respect to older groups the percentages were similar except that the percentage consuming tea increased and the percentage consuming milk decreased. The percentage consumption of refined oil increased from 37% in 1-5 year-olds to 48% in the 10+ group.

Table 23 presents the most commonly consumed food items of the three age groups studied. Items have not been included when they have been consumed by less than 3% of the group. A comprehensive table of 100% of items consumed is given as Appendix C. In descending order for 1-5 year-olds the most commonly consumed food items were (%consumers/average portion): maize porridge (80%/426g), white sugar (76%/21g), tea (44%/224g), full cream liquid milk (39%/186g), brown bread (35%/90g), rice (27%/133g), white bread (24%/83g), brick margarine (24%/12g), potatoes (22%/108g), chicken meat (17%/61g), cabbage (14%/79g). For 6-9 year-olds the most popular items were (%consumers/average portion): white sugar (76%/23g), maize porridge (72%/486g), tea (51%/258g), brown bread (42%/126g), full cream milk (35%/171g), white bread (33%/119g), brick margarine (30%/16.3g), rice (28%/156g), potatoes (20%/143g), chicken meat (19%/80g), cold drink squash (18%/326g), cabbage (14%/91g). The most commonly consumed items by the

10+ group were (for method 1) (%consumers/average portion): maize (78%/848g), white sugar (77%/27g), tea (68%/456g), brown bread (55%/165g): white bread (28%/162g), Non-dairy creamers (25%/6g), brick margarine (21%/19g), chicken meat (19%/111g), full cream liquid milk (19%/204g), wild green leaves (17%/185g) and potatoes (17%/165g). With respect to method 2 adults consumed (%consumers/average portion): sugar (77%/31g), tea (62%/444g), maize porridge (56%/762g), brown bread (52%/152g), white bread (35%/157g), full cream milk (35%/213g), coffee (34%/484g), brick margarine (33%/22g) and potatoes (31%/167g).

The average 10+ group consumption of maize varied from 762-848g, sugar from 27-31g, tea from 444-456g and brown bread from 152-165g, depending on method 1 or method 2. Per capita consumption was generally considerably less than average consumption of food items ie. maize 848g versus 661g (method 1).

**Table 20: Description and abbreviation codes of GEMS/Food<sup>a</sup> main food groups and subgroups**

<b>GEMS/Food Main Group</b>	<b>GEMS/Food Subgroup</b>	<b>Description of subgroup</b>
ALC: Alcoholic beverages	ALC	Alcoholic beverages
CEREALS: Cereals	CER_B	Barley
	CER_I	Millet
	CER_M	Maize
	CER_O	Oats
	CER_R	Rice
	CER_S	Sorghum
	CER_W	Wheat
CER_Y	Rye	
COND: Condiments	COND	Condiments
FISH: Fish and seafood	CRUST	Crustaceans
	FISH	Fish
FRUIT	F_BER	Berry fruit
	F_CIT	Citrus fruit
	F_OTH	Fruit – figs, dates, etc.
	F_POM	Pome fruit
	F_STON	Stone fruit
	F_TROP	Tropical fruit
HM&BMS: Human milk & breast milk substitutes	HM&BMS	Human milk & breast milk substitutes
INFANT: Infant foods	INFANT	Infant foods
MEAT_O: Meat & offal	INSECTS	Insects
	MEATB	Beef

<b>Table 20 (continued)</b>		
<b>GEMS/Food Main Group</b>	<b>GEMS/Food Subgroup</b>	<b>Description of subgroup</b>
	MEATCH	Poultry
	MEATG	Goat
	MEATPIG	Pig
	MEATS	Sheep
	MEATV	Venison
	OFFALB	Beef offal
	OFFALCH	Chicken offal
	OFFALPIG	Pork offal
	OFFALS	Sheep offal
MILK: Milk & milk products	MILK	Milk and milk products
M_AN_FAT: Animal oils & fats	AN_FAT	Animal oils & fat
M_EGGS: Eggs	EGGS	Eggs
NUTS_OS: Nuts & oilseeds	OIL_S	Oilseeds
	OLIVE	Olives
	TREE_NUT	Tree nuts
PULSES: Pulses	PULSES	Pulses (dry legumes)
ROOTS: Roots & Tubers	ROOTS	Roots & Tubers
SOUPS: Soup mixes	SOUPS	Soup mixes
SPICES: Herbs & spices	SPICES	Herbs & spices
STIMUL: Stimulants	COCOA	Cocoa
	COFFEE	Coffee
	GINGER	Ginger
	TEA	Tea
SUG: Sugars & honey	HONEY	Honey
	SUGAR	Refined sugar
	SUG_OTH	Other sugar products
SUPPL: Supplements	SUPPL	Supplements
Vegetables	V_BRAS	Brassica
	V_BULB	Bulb vegetables
	V_CURC	Cucurbits
	V_FRT	Fruity vegetables
	V_GRNL	Green Legumes
	V_STEM	Stem vegetables
	V_LEAF	Leafy vegetables
	V_MIX	Mixed vegetables

<b>Table 20 (continued)</b>		
<b>GEMS/Food Main Group</b>	<b>GEMS/Food Subgroup</b>	<b>Description of subgroup</b>
VEG_OILS: Vegetables fats & oils	OIL_CRUD	Crude oil (e.g. maize oil)
	OIL_REF	Refined oil and products
WATER	WATER	Water

<sup>a</sup> Global Environment Monitoring System/Food Contamination Monitoring and assessment programme (WHO 1998)

**Table 21: A comprehensive table of GEMS/Food main food groups consumed by children<sup>a</sup> and adults<sup>b</sup> in South Africa**

<b>Age Group</b>	<b>GEMS/Food Main Group</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
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**NFCS: AGE 1 - 5 (n = 2048)**

age:1-5	CEREALS	99.37	503.1	499.90
age:1-5	SUG	82.64	79.23	65.48
age:1-5	STIMUL	63.82	230.21	146.93
age:1-5	MILK	56.27	220.21	123.90
age:1-5	MEAT_O	47.93	94.08	45.09
age:1-5	VEGET	43.64	118.07	51.52
age:1-5	VEG_OILS	36.76	12.70	4.67
age:1-5	ROOTS	26.38	110.64	29.18
age:1-5	FRUIT	21.60	222.58	48.07
age:1-5	M_EGGS	13.21	71.92	9.50
age:1-5	PULSES	10.73	154.07	16.53
age:1-5	NUTS_OS	7.70	14.66	1.13
age:1-5	FISH	7.56	89.66	6.78
age:1-5	HM&BMS	6.92	366.96	25.41
age:1-5	SOUPS	3.95	147.12	5.81
age:1-5	INFANT	1.85	105.29	1.95
age:1-5	COND	1.41	11.62	0.16
age:1-5	M_AN_FAT	0.73	15.67	0.11
age:1-5	SPICES	0.20	1.25	0.00
age:1-5	SUPPL	0.20	74.25	0.14
age:1-5	ALC	0.05	250.00	0.12

**NFCS: AGE 6 - 9 (n = 817)**

age:6-9	CEREALS	99.88	565.59	564.90
age:6-9	SUG	85.07	120.19	102.24
age:6-9	STIMUL	69.89	254.94	178.18
age:6-9	MEAT_O	52.02	122.29	63.61
age:6-9	MILK	48.84	207.39	101.28
age:6-9	VEG_OILS	45.29	17.78	8.05
age:6-9	VEGET	44.55	130.93	58.34

<b>Age Group</b>	<b>GEMS/Food Main Group</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	ROOTS	25.46	137.86	35.10
age:6-9	FRUIT	20.93	286.81	60.03
age:6-9	PULSES	12.73	186.07	23.69
age:6-9	M_EGGS	12.48	79.99	9.99
age:6-9	NUTS_OS	11.51	17.04	1.96
age:6-9	FISH	8.69	84.23	7.32
age:6-9	SOUPS	5.02	152.37	7.65
age:6-9	COND	1.35	34.27	0.46
age:6-9	M_AN_FAT	1.10	23.33	0.26
age:6-9	SPICES	0.98	2.19	0.02
age:6-9	SUPPL	0.61	30.40	0.19
age:6-9	INFANT	0.37	23.33	0.09

**METHOD 1: AGE 10+**

M1: 10 +	CEREALS	98.95	878.74	869.48
M1: 10 +	SUG	80.47	94.98	76.44
M1: 10 +	STIMUL	78.35	487.71	382.10
M1: 10 +	MEAT_O	57.39	149.38	85.72
M1: 10 +	VEGET	55.75	165.99	92.53
M1: 10 +	VEG_OILS	47.91	16.46	7.88
M1: 10 +	MILK	30.64	239.13	73.27
M1: 10 +	FRUIT	21.39	286.72	61.32
M1: 10 +	ROOTS	21.03	191.31	40.24
M1: 10 +	M_EGGS	15.04	100.86	15.17
M1: 10 +	PULSES	14.00	248.77	34.82
M1: 10 +	FISH	10.51	113.46	11.93
M1: 10 +	NUTS_OS	6.66	27.91	1.86
M1: 10 +	M_AN_FAT	6.60	15.57	1.03
M1: 10 +	ALC	5.99	898.11	53.80
M1: 10 +	SOUPS	1.72	148.50	2.56
M1: 10 +	COND	1.53	31.38	0.48
M1: 10 +	SUPPL	0.18	28.48	0.05
M1: 10 +	HM&BMS	0.12	6.00	0.01
M1: 10 +	INFANT	0.01	69.00	0.01
M1: 10 +	SPICES	0.01	3.50	0.00

**METHOD 2: AGE 10+**

M2: 10 +	CEREALS	98.62	689.93	680.44
M2: 10 +	SUG	83.62	156.56	130.91
M2: 10 +	STIMUL	80.42	547.93	440.63
M2: 10 +	MEAT_O	67.32	169.61	114.17
M2: 10 +	VEG_OILS	58.22	21.35	12.43

<b>Age Group</b>	<b>GEMS/Food Main Group</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M2: 10 +	VEGET	56.96	159.77	91.01
M2: 10 +	MILK	48.18	267.84	129.05
M2: 10 +	ROOTS	36.43	191.08	69.62
M2: 10 +	FRUIT	31.64	325.22	102.91
M2: 10 +	M_EGGS	17.79	93.66	16.66
M2: 10 +	PULSES	15.23	234.05	35.66
M2: 10 +	FISH	12.23	125.44	15.35
M2: 10 +	M_AN_FAT	10.84	12.87	1.39
M2: 10 +	ALC	9.71	709.04	68.83
M2: 10 +	NUTS_OS	6.22	31.01	1.93
M2: 10 +	COND	3.91	19.77	0.77
M2: 10 +	SOUPS	2.28	204.13	4.66
M2: 10 +	SUPPL	0.25	53.23	0.13
M2: 10 +	HM&BMS	0.07	6.00	0.00
M2: 10 +	INFANT	0.04	69.00	0.03
M2: 10 +	SPICES	0.02	2.57	0.00

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

**Table 22: A comprehensive table of GEMS/Food subgroups consumed by children<sup>a</sup> and adults<sup>b</sup> in South Africa**

<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
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**NFCS: AGE 1 - 5 (n = 2048)**

age:1-5	CER_MAIZE	86.4	434.1	375.0
age:1-5	SUGAR	79.3	20.5	16.2
age:1-5	CER_WHEAT	62.4	103.4	64.5
age:1-5	TEA	56.8	228.8	129.9
age:1-5	MILK	56.3	220.2	123.9
age:1-5	OIL_REF	36.7	12.7	4.7
age:1-5	CER_RICE	27.8	131.7	36.6
age:1-5	ROOTS	26.4	110.6	29.2
age:1-5	SUG_OTH	22.9	215.3	49.2
age:1-5	MEATCH	22.2	74.9	16.6
age:1-5	MEATB	20.0	87.9	17.6
age:1-5	V_BRAS	14.7	78.2	11.5
age:1-5	EGGS	13.2	71.9	9.5

<b>Table 22 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:1-5	V_LEAF	13.1	137.0	17.9
age:1-5	V_FRT	13.0	80.9	10.5
age:1-5	F_POM	11.1	174.3	19.3
age:1-5	PULSES	10.7	154.1	16.5
age:1-5	V_CURC	9.6	91.7	8.8
age:1-5	F_TROP	8.9	99.8	8.9
age:1-5	OIL_S	7.7	14.7	1.1
age:1-5	FISH	7.5	89.8	6.7
age:1-5	COFFEE	7.2	230.9	16.5
age:1-5	HM&BMS	6.9	367.0	25.4
age:1-5	CER_SORGHUM	5.9	276.3	16.2
age:1-5	F_CIT	5.0	240.0	12.1
age:1-5	MEATS	4.0	103.2	4.2
age:1-5	SOUPS	3.9	147.1	5.8
age:1-5	CER_OATS	3.4	224.6	7.7
age:1-5	F_STON	3.0	157.6	4.8
age:1-5	OFFALB	2.6	105.7	2.8
age:1-5	MEATPIG	2.5	64.2	1.6
age:1-5	OFFALCH	2.3	56.7	1.3
age:1-5	V_BULB	2.0	22.2	0.4
age:1-5	V_GRNL	2.0	80.8	1.6
age:1-5	INFANT	1.9	105.3	2.0
age:1-5	F_BER	1.7	170.9	2.9
age:1-5	COND	1.4	11.6	0.2
age:1-5	COCOA	1.3	33.5	0.4
age:1-5	V_MIX	0.9	93.9	0.9
age:1-5	AN_FAT	0.7	15.7	0.1
age:1-5	INSECTS	0.7	54.6	0.4
age:1-5	MEATG	0.5	40.0	0.2
age:1-5	OFFALS	0.3	126.4	0.4
age:1-5	SPICES	0.2	1.3	0.0
age:1-5	SUPPL	0.2	74.3	0.1
age:1-5	F_OTH	0.1	93.3	0.1
age:1-5	HONEY	0.1	12.0	0.0
age:1-5	ALC	0.0	250.0	0.1
age:1-5	CRUST	0.0	70.0	0.0
age:1-5	OIL_CRUD	0.0	2.0	0.0
<b>NFCS: AGE 6 - 9 (n = 817)</b>				
age:6-9	CER_MAIZE	81.5	489.77	399.25
age:6-9	SUGAR	79.6	22.8	18.2
age:6-9	CER_WHEAT	76.9	142.1	109.2

<b>Table 22 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	TEA	60.6	255.1	154.5
age:6-9	MILK	48.8	207.4	101.3
age:6-9	OIL_REF	45.3	17.8	8.1
age:6-9	SUG_OTH	31.2	269.3	84.0
age:6-9	CER_RICE	28.8	153.5	44.2
age:6-9	ROOTS	25.5	137.9	35.1
age:6-9	MEATCH	25.3	94.2	23.9
age:6-9	MEATB	22.3	102.6	22.9
age:6-9	V_BRAS	14.6	90.8	13.2
age:6-9	V_FRT	14.0	107.3	15.0
age:6-9	PULSES	12.7	186.1	23.7
age:6-9	V_LEAF	12.7	135.7	17.3
age:6-9	EGGS	12.5	80.0	10.0
age:6-9	OIL_S	11.5	17.0	2.0
age:6-9	F_POM	10.5	206.1	21.7
age:6-9	COFFEE	9.4	243.2	22.9
age:6-9	V_CURC	9.1	109.7	9.9
age:6-9	FISH	8.4	85.1	7.2
age:6-9	F_CIT	6.6	284.4	18.8
age:6-9	F_TROP	6.0	145.9	8.8
age:6-9	SOUPS	5.0	152.4	7.6
age:6-9	MEATS	4.7	126.4	5.9
age:6-9	MEATPIG	4.0	60.1	2.4
age:6-9	OFFALB	3.7	127.6	4.7
age:6-9	F_STON	3.1	187.2	5.7
age:6-9	OFFALCH	2.8	84.0	2.4
age:6-9	V_GRNL	2.8	65.5	1.8
age:6-9	F_BER	2.6	189.1	4.9
age:6-9	V_BULB	2.4	17.7	0.4
age:6-9	CER_OATS	2.3	216.3	5.0
age:6-9	CER_SORGHUM	2.1	347.1	7.2
age:6-9	COCOA	1.6	45.5	0.7
age:6-9	COND	1.3	34.3	0.5
age:6-9	INSECTS	1.1	70.8	0.8
age:6-9	AN_FAT	1.1	23.3	0.3
age:6-9	SPICES	1.0	2.2	0.0
age:6-9	V_MIX	1.0	66.3	0.6
age:6-9	SUPPL	0.6	30.4	0.2
age:6-9	OFFALS	0.5	65.0	0.3
age:6-9	INFANT	0.4	23.3	0.1
age:6-9	CRUST	0.2	52.5	0.1
age:6-9	MEATG	0.2	175.0	0.4

<b>Table 22 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	F_OTH	0.1	160.0	0.2
age:6-9	HONEY	0.1	20.0	0.0

**METHOD 1: AGE 10+**

M1: 10 +	CER_MAIZE	83.32	828.20	690.06
M1: 10 +	CER_WHEAT	77.30	197.67	152.80
M1: 10 +	SUGAR	76.96	26.56	20.44
M1: 10 +	TEA	68.18	455.87	310.81
M1: 10 +	OIL_REF	47.91	16.25	7.78
M1: 10 +	MILK	30.64	239.13	73.27
M1: 10 +	MEATB	26.77	119.00	31.86
M1: 10 +	MEATCH	23.41	117.92	27.61
M1: 10 +	V_FRT	22.05	115.18	25.40
M1: 10 +	ROOTS	21.03	191.31	40.24
M1: 10 +	SUG_OTH	20.52	272.17	55.85
M1: 10 +	V_LEAF	19.97	173.76	34.70
M1: 10 +	COFFEE	16.24	436.68	70.93
M1: 10 +	EGGS	15.04	100.86	15.17
M1: 10 +	V_BRAS	14.35	114.13	16.38
M1: 10 +	PULSES	14.00	248.77	34.82
M1: 10 +	CER_RICE	13.61	162.44	22.12
M1: 10 +	F_TROP	10.50	145.77	15.30
M1: 10 +	FISH	10.34	113.80	11.77
M1: 10 +	OFFALCH	8.54	81.82	6.99
M1: 10 +	F_POM	8.37	248.41	20.79
M1: 10 +	AN_FAT	6.60	15.57	1.03
M1: 10 +	OIL_S	6.50	27.41	1.78
M1: 10 +	ALC	5.99	898.11	53.80
M1: 10 +	MEATS	5.86	167.17	9.80
M1: 10 +	V_MIX	5.40	29.62	1.60
M1: 10 +	V_CURC	5.37	201.74	10.83
M1: 10 +	F_CIT	3.91	297.80	11.63
M1: 10 +	OFFALB	3.85	156.61	6.03
M1: 10 +	V_GRNL	3.48	86.12	2.99
M1: 10 +	F_STON	3.37	198.94	6.70
M1: 10 +	V_BULB	2.77	20.99	0.58
M1: 10 +	MEATPIG	2.56	99.92	2.56
M1: 10 +	F_BER	2.08	318.54	6.64
M1: 10 +	SOUPS	1.72	148.50	2.56
M1: 10 +	COND	1.53	31.38	0.48
M1: 10 +	CER_OATS	1.03	271.70	2.81
M1: 10 +	COCOA	0.86	42.95	0.37
M1: 10 +	HONEY	0.55	25.45	0.14

<b>Table 22 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M1: 10 +	CER_SORGHUM	0.43	390.08	1.67
M1: 10 +	OFFALS	0.40	143.33	0.58
M1: 10 +	MEATV	0.30	81.73	0.24
M1: 10 +	TREE_NUT	0.26	25.27	0.07
M1: 10 +	CRUST	0.21	77.88	0.16
M1: 10 +	SUPPL	0.18	28.48	0.05
M1: 10 +	F_OTH	0.15	176.14	0.26
M1: 10 +	OIL_CRUD	0.13	78.17	0.10
M1: 10 +	HM&BMS	0.12	6.00	0.01
M1: 10 +	V_STEM	0.09	51.15	0.04
M1: 10 +	CER_Y	0.06	34.80	0.02
M1: 10 +	OFFALPIG	0.03	197.50	0.06
M1: 10 +	OLIVE	0.03	33.86	0.01
M1: 10 +	INFANT	0.01	69.00	0.01
M1: 10 +	SPICES	0.01	3.50	0.00
M1: 10 +	CER_BARLEY	0.00	25.00	0.00
M1: 10 +	CER_I	.	.	.
M1: 10 +	GINGER	.	.	.
M1: 10 +	INSECTS	.	.	.
M1: 10 +	MEATG	.	.	.

**METHOD 2: AGE 10+**

M2: 10 +	CER_WHEAT	81.30	197.57	160.63
M2: 10 +	SUGAR	77.13	31.45	24.26
M2: 10 +	CER_MAIZE	66.79	712.02	475.57
M2: 10 +	TEA	61.88	444.40	275.01
M2: 10 +	OIL_REF	58.20	21.25	12.37
M2: 10 +	MILK	48.18	267.84	129.05
M2: 10 +	MEATB	36.60	116.34	42.58
M2: 10 +	ROOTS	36.43	191.08	69.62
M2: 10 +	COFFEE	33.96	484.31	164.46
M2: 10 +	SUG_OTH	32.13	330.71	106.25
M2: 10 +	CER_RICE	25.69	143.87	36.97
M2: 10 +	MEATCH	25.19	117.01	29.47
M2: 10 +	V_FRT	24.86	112.68	28.01
M2: 10 +	EGGS	17.79	93.66	16.66
M2: 10 +	F_POM	15.85	271.01	42.95
M2: 10 +	V_LEAF	15.33	147.77	22.66
M2: 10 +	PULSES	15.23	234.05	35.66
M2: 10 +	MEATS	14.48	161.88	23.44
M2: 10 +	V_BRAS	14.24	105.06	14.96
M2: 10 +	FISH	12.08	125.28	15.13
M2: 10 +	F_TROP	11.73	124.70	14.63

<b>Table 22 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person /day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M2: 10 +	AN_FAT	10.84	12.87	1.39
M2: 10 +	ALC	9.71	709.04	68.83
M2: 10 +	V_CURC	9.55	146.56	14.00
M2: 10 +	V_GRNL	8.74	91.19	7.97
M2: 10 +	F_STON	7.04	186.11	13.10
M2: 10 +	MEATPIG	5.88	86.08	5.06
M2: 10 +	OIL_S	5.82	31.06	1.81
M2: 10 +	V_BULB	5.70	22.91	1.31
M2: 10 +	F_CIT	5.54	274.81	15.23
M2: 10 +	OFFALCH	5.46	81.69	4.46
M2: 10 +	F_BER	4.92	332.77	16.37
M2: 10 +	OFFALB	4.60	160.82	7.40
M2: 10 +	V_MIX	4.33	45.62	1.97
M2: 10 +	COND	3.91	19.77	0.77
M2: 10 +	COCOA	2.74	42.46	1.16
M2: 10 +	SOUPS	2.28	204.13	4.66
M2: 10 +	CER_OATS	2.27	254.70	5.79
M2: 10 +	HONEY	1.45	27.59	0.40
M2: 10 +	OFFALS	0.79	138.24	1.10
M2: 10 +	MEATV	0.50	110.81	0.55
M2: 10 +	TREE_NUT	0.42	19.37	0.08
M2: 10 +	CER_SORGHUM	0.41	348.22	1.42
M2: 10 +	F_OTH	0.36	176.59	0.63
M2: 10 +	SUPPL	0.25	53.23	0.13
M2: 10 +	CRUST	0.24	87.56	0.21
M2: 10 +	CER_Y	0.20	27.02	0.05
M2: 10 +	V_STEM	0.20	70.91	0.14
M2: 10 +	OLIVE	0.11	35.55	0.04
M2: 10 +	OIL_CRUD	0.09	69.20	0.06
M2: 10 +	HM&BMS	0.07	6.00	0.00
M2: 10 +	OFFALPIG	0.05	197.50	0.11
M2: 10 +	INFANT	0.04	69.00	0.03
M2: 10 +	SPICES	0.02	2.57	0.00
M2: 10 +	CER_BARLEY	0.02	25.00	0.00
M2: 10 +	CER_I	.	.	.
M2: 10 +	GINGER	.	.	.
M2: 10 +	INSECTS	.	.	.
M2: 10 +	MEATG	.	.	.

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

**Table 23: A table of food items consumed by more than 3% of children<sup>a</sup> and adults<sup>b</sup> in South Africa**

Age Group	Description of food item	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
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**NFCS: AGE 1 - 5 (n = 2048)**

age:1-5	MAIZE PORRIDGE & DISHES	79.8	425.8	339.6
age:1-5	SUGAR, WHITE	76.2	20.6	15.7
age:1-5	TEA	44.4	224.4	99.7
age:1-5	FULL CREAM LIQUID MILKS	38.7	185.8	71.8
age:1-5	BROWN BREAD / ROLLS	35.2	89.6	31.5
age:1-5	RICE WHITE/BROWN, COOKED	27.4	132.9	36.4
age:1-5	WHITE BREAD /ROLLS	24.4	83.4	20.3
age:1-5	BRICK MARGARINE	24.3	11.9	2.9
age:1-5	POTATO, COOKED	22.3	107.8	24.0
age:1-5	CHICKEN MEAT	16.6	60.8	10.1
age:1-5	CABBAGE, COOKED	14.0	79.1	11.1
age:1-5	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	12.4	306.4	38.1
age:1-5	ROOIBOS TEA	12.4	243.3	30.2
age:1-5	COLD DRINK, SQUASH TYPE	12.4	281.7	34.9
age:1-5	CHICKEN EGGS	11.3	69.7	7.8
age:1-5	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)- COOKED	10.1	150.6	15.2
age:1-5	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	9.6	7.4	0.7
age:1-5	APPLE, AVERAGE, RAW	8.1	131.9	10.7
age:1-5	BANANA, RAW (PEELED)	7.9	84.8	6.7
age:1-5	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	7.8	90.0	7.1
age:1-5	MAIZE SAMP/RICE & DISHES	7.7	257.4	19.8
age:1-5	PEANUT BUTTER; SMOOTH STYLE	7.5	13.4	1.0
age:1-5	MAIZE BASED SNACKS - NIKNAKS, CHIPNIKS	7.3	26.9	2.0
age:1-5	COFFEE	7.2	230.9	16.5
age:1-5	TOMATO & ONION STEW, COOKED FRESH	6.3	84.5	5.3
age:1-5	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	6.2	167.4	10.4
age:1-5	MALTABELLA/ MABELLA	5.9	276.3	16.2
age:1-5	CHICKEN STEWS, DISHES, PIES	5.8	111.4	6.5
age:1-5	JAM /MARMELADE	5.5	21.3	1.2
age:1-5	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS -COOKED FRESH	5.4	60.6	3.3

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
age:1-5	COOKIES, LOAVES, PANCAKES, TARTS,CAKES,PUDDING	5.3	55.8	2.9
age:1-5	FULL CREAM PROCESSED MILK, (POWDERS, RECONSTITUTED)	5.2	23.1	1.2
age:1-5	SWEETS, HARD BOILED, SOFT JELLY	5.2	18.6	1.0
age:1-5	MEDIUM /LOW FAT SPREAD	5.0	10.4	0.5
age:1-5	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	4.7	79.5	3.8
age:1-5	FISH - SEA, CANNED	4.6	99.1	4.6
age:1-5	COLD DRINK, CARBONAT ED, AVERAGE	4.4	256.1	11.2
age:1-5	WHEAT BASED CEREALS - ALL BRAN, WEETBIX, PUFFED WHEAT	4.0	37.5	1.5
age:1-5	BEEF STEW	3.8	145.5	5.5
age:1-5	CARROT, FLESH AND SKIN, COOKED	3.8	75.8	2.8
age:1-5	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	3.7	253.8	9.4
age:1-5	HUMAN MILK	3.7	631.2	23.1
age:1-5	SUGAR, BROWN	3.4	15.6	0.5
age:1-5	OATS	3.4	227.2	7.6
age:1-5	SOUP MIX - AVERAGE	3.2	136.2	4.4

**NFCS: AGE 6 - 9 (n = 817)**

age:6-9	SUGAR, WHITE	76.4	23.2	17.7
age:6-9	MAIZE PORRIDGE & DISHES	72.3	486.1	351.7
age:6-9	TEA	50.9	257.8	131.3
age:6-9	BROWN BREAD / ROLLS	42.2	126.1	53.2
age:6-9	FULL CREAM LIQUID MILKS	34.6	170.7	59.1
age:6-9	WHITE BREAD /ROLLS	33.0	119.1	39.4
age:6-9	BRICK MARGARINE	30.0	16.3	4.9
age:6-9	RICE WHITE/BROWN, COOKED	27.7	156.1	43.2
age:6-9	POTATO, COOKED	20.2	143.4	29.0
age:6-9	CHICKEN MEAT	19.0	80.4	15.3
age:6-9	COLD DRINK, SQUASH TYPE	18.1	325.6	59.0
age:6-9	CABBAGE, COOKED	14.2	91.3	13.0
age:6-9	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	12.6	7.3	0.9
age:6-9	PEANUT BUTTER; SMOOTH STYLE	11.1	16.3	1.8
age:6-9	CHICKEN EGGS	10.9	79.6	8.7
age:6-9	ROOIBOS TEA	9.9	234.6	23.3
age:6-9	COFFEE	9.4	243.2	22.9

<b>Table 23 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	MAIZE SAMP/RICE & DISHES	9.3	399.9	37.2
age:6-9	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)- COOKED	9.1	150.4	13.6
age:6-9	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	8.8	322.1	28.4
age:6-9	MEAT PRODUCTS & DISHES - BOBOTIE, COTTAGE PIE, PIES, BALLS - COOKED FRESH	8.4	47.8	4.0
age:6-9	JAM /MARMELADE	8.4	22.2	1.9
age:6-9	MEDIUM /LOW FAT SPREAD	7.8	13.7	1.1
age:6-9	BEANS, SUGAR, KIDNEY, HARRICOT, DRIED	7.6	213.1	16.2
age:6-9	APPLE, AVERAGE, RAW	7.2	160.0	11.6
age:6-9	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	7.1	103.3	7.3
age:6-9	COOKIES, LOAVES, PANCAKES, TARTS, CAKES, PUDDING	6.9	59.8	4.1
age:6-9	CHICKEN STEWS, DISHES, PIES	6.7	128.0	8.6
age:6-9	MAIZE BASED SNACKS - NIKNAKS, CHIPNIKS	6.6	29.5	2.0
age:6-9	COLD DRINK, CARBONAT ED, AVERAGE	5.9	338.5	19.9
age:6-9	SWEETS, HARD BOILED, SOFT JELLY	5.8	35.7	2.1
age:6-9	TOMATO & ONION STEW, COOKED FRESH	5.5	123.5	6.8
age:6-9	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	5.1	287.0	14.8
age:6-9	BEEF STEW	5.1	168.6	8.7
age:6-9	BANANA, RAW (PEELED)	4.5	125.8	5.7
age:6-9	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	4.5	88.6	4.0
age:6-9	SAMOOSA, VETKOEK, CHILI BITES, SAVOURY TARTS	4.4	154.7	6.8
age:6-9	FISH - SEA, CANNED	4.4	87.0	3.8
age:6-9	WHEAT BASED CEREALS - ALL BRAN, WEETBIX, PUFFED WHEAT	4.3	42.0	1.8
age:6-9	SOUP MIX - AVERAGE	4.3	138.1	5.9
age:6-9	HIGH FAT CHEESE (CHEDDAR, GOUDA, MOZARELLA)	4.0	25.2	1.0
age:6-9	BREAKFAST CEREAL, MAIZE BASED, CORN FLAKES, PUFFED CORN, ETC.	3.5	39.1	1.4
age:6-9	SUGAR, BROWN	3.2	15.2	0.5
age:6-9	MUTTON	3.1	112.6	3.4

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	CARROT, FLESH AND SKIN, COOKED	3.1	77.4	2.4

**METHOD 1: AGE 10+**

M1: 10 +	MAIZE PORRIDGE & DISHES	77.9	848.3	660.7
M1: 10 +	SUGAR, WHITE	76.9	26.6	20.4
M1: 10 +	TEA	68.2	455.9	310.8
M1: 10 +	BROWN BREAD / ROLLS	55.1	164.7	90.8
M1: 10 +	WHITE BREAD /ROLLS	28.1	161.6	45.5
M1: 10 +	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	25.3	6.2	1.6
M1: 10 +	BRICK MARGARINE	21.2	19.0	4.0
M1: 10 +	CHICKEN MEAT	18.9	111.1	21.0
M1: 10 +	FULL CREAM LIQUID MILKS	18.5	204.3	37.8
M1: 10 +	POTATO, COOKED	17.1	165.1	28.2
M1: 10 +	TOMATO & ONION STEW, COOKED FRESH	17.0	119.0	20.2
M1: 10 +	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	16.6	184.7	30.6
M1: 10 +	COFFEE	16.2	436.7	70.9
M1: 10 +	CHICKEN EGGS	14.7	98.8	14.6
M1: 10 +	CABBAGE, COOKED	13.6	114.4	15.5
M1: 10 +	RICE WHITE/BROWN, COOKED	13.5	163.3	22.1
M1: 10 +	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	11.9	140.0	16.6
M1: 10 +	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	11.7	255.1	29.8
M1: 10 +	COLD DRINK, CARBONAT ED, AVERAGE	10.4	426.8	44.2
M1: 10 +	MEDIUM /LOW FAT SPREAD	8.2	15.0	1.2
M1: 10 +	BANANA, RAW (PEELED)	6.8	166.8	11.3
M1: 10 +	MAIZE SAMP/RICE & DISHES	6.7	406.7	27.4
M1: 10 +	FISH - SEA, COOKED, FRESH	6.2	120.2	7.5
M1: 10 +	CHICKEN HEADS & FEET	6.1	80.0	4.9
M1: 10 +	JAM /MARMELADE	6.1	33.9	2.1
M1: 10 +	BEEF GRAVY AND EXTRACTS, COOKED FRESH	6.0	33.3	2.0
M1: 10 +	PEANUT BUTTER; SMOOTH STYLE	6.0	25.3	1.5
M1: 10 +	MUTTON	5.8	164.8	9.5
M1: 10 +	APPLE, AVERAGE, RAW	5.7	208.9	11.9
M1: 10 +	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	5.6	155.2	8.8
M1: 10 +	SUNFLOWER OIL	5.5	8.4	0.5
M1: 10 +	CHICKEN STEWS, DISHES, PIES	4.6	139.5	6.4

<b>Table 23 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M1: 10 +	MIXED VEGETABLES, PICKLED	4.6	18.8	0.9
M1: 10 +	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS -COOKED FRESH	4.1	103.8	4.3
M1: 10 +	COOKIES, LOAVES, PANCAKES, TARTS,CAKES,PUDDING	4.1	105.7	4.3
M1: 10 +	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	4.0	37.5	1.5
M1: 10 +	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	4.0	203.2	8.0
M1: 10 +	FISH - SEA, CANNED	3.9	98.7	3.8
M1: 10 +	TOMATO, RAW FRESH	3.6	103.1	3.7
M1: 10 +	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	3.5	448.7	15.6
M1: 10 +	LOW FAT PROCESSED MILK, (BUTTERMILK, CURED)	3.4	284.5	9.7
M1: 10 +	WHITE COOKING FAT	3.4	12.5	0.4
M1: 10 +	BEEF SAUSAGE - WORS	3.1	76.4	2.4
M1: 10 +	CHICKEN GIBLETS	3.1	67.4	2.1
M1: 10 +	CARROT, FLESH AND SKIN, COOKED	3.0	56.4	1.7
M1: 10 +	SWEETS, HARD BOILED, SOFT JELLY	3.0	30.0	0.9
M1: 10 +	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIBE)	3.0	154.0	4.5

**METHOD 2: AGE 10+**

M2: 10 +	SUGAR, WHITE	77.0	31.4	24.2
M2: 10 +	TEA	61.9	444.4	275.0
M2: 10 +	MAIZE PORRIDGE & DISHES	56.4	761.5	429.3
M2: 10 +	BROWN BREAD / ROLLS	51.5	152.0	78.2
M2: 10 +	WHITE BREAD /ROLLS	35.3	157.0	55.4
M2: 10 +	FULL CREAM LIQUID MILKS	34.9	212.7	74.2
M2: 10 +	COFFEE	34.0	484.3	164.5
M2: 10 +	BRICK MARGARINE	33.1	21.5	7.1
M2: 10 +	POTATO, COOKED	31.0	167.3	51.9
M2: 10 +	RICE WHITE/BROWN, COOKED	25.4	144.8	36.8
M2: 10 +	CHICKEN MEAT	21.7	111.6	24.3
M2: 10 +	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	19.8	7.5	1.5
M2: 10 +	COLD DRINK, CARBONAT ED, AVERAGE	18.6	443.6	82.5
M2: 10 +	CHICKEN EGGS	16.9	91.4	15.4
M2: 10 +	MUTTON	14.2	158.9	22.5
M2: 10 +	TOMATO & ONION STEW, COOKED FRESH	12.9	118.2	15.3
M2: 10 +	CABBAGE, COOKED	12.5	105.3	13.1

<b>Table 23 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
M2: 10 +	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	11.6	228.4	26.5
M2: 10 +	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	11.5	153.9	17.7
M2: 10 +	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	11.1	39.7	4.4
M2: 10 +	MEDIUM /LOW FAT SPREAD	10.6	18.1	1.9
M2: 10 +	APPLE, AVERAGE, RAW	10.4	226.5	23.6
M2: 10 +	BEEF GRAVY AND EXTRACTS, COOKED FRESH	10.1	32.9	3.3
M2: 10 +	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	10.0	184.5	18.4
M2: 10 +	MAIZE SAMP/RICE & DISHES	10.0	423.2	42.3
M2: 10 +	TOMATO, RAW FRESH	9.7	102.1	9.9
M2: 10 +	JAM /MARMELADE	9.3	37.2	3.5
M2: 10 +	SUNFLOWER OIL	9.0	8.2	0.7
M2: 10 +	FISH - SEA, COOKED, FRESH	8.0	140.0	11.2
M2: 10 +	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS -COOKED FRESH	7.9	101.1	8.0
M2: 10 +	COOKIES, LOAVES, PANCAKES, TARTS,CAKES,PUDDING	7.9	122.0	9.6
M2: 10 +	BANANA, RAW (PEELED)	7.2	142.3	10.2
M2: 10 +	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	6.4	138.4	8.8
M2: 10 +	CARROT, FLESH AND SKIN, COOKED	6.2	59.1	3.7
M2: 10 +	BEEF SAUSAGE - WORS	6.2	74.5	4.6
M2: 10 +	WHITE COOKING FAT	5.6	12.5	0.7
M2: 10 +	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	5.6	457.0	25.6
M2: 10 +	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	5.5	146.6	8.1
M2: 10 +	RUSKS	5.3	61.2	3.2
M2: 10 +	PEANUT BUTTER; SMOOTH STYLE	5.1	27.2	1.4
M2: 10 +	COLD DRINK, SQUASH TYPE	4.6	367.1	16.9
M2: 10 +	GRAPE, RAW FRESH	4.3	350.7	15.1
M2: 10 +	SWEET POTATO COOKED WITHOUT SKIN	4.3	208.4	8.9
M2: 10 +	GREEN BEANS, COOKED	4.1	117.0	4.7
M2: 10 +	PEAS, COOKED	3.9	63.6	2.5
M2: 10 +	ONION, COOKED	3.8	22.4	0.9
M2: 10 +	CHICKEN HEADS & FEET	3.8	79.4	3.0
M2: 10 +	SPIRIT, BRANDY/ GIN, WHISKY/	3.8	109.4	4.1

<b>Table 23 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
	CANE/			
M2: 10 +	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIBE)	3.8	166.6	6.3
M2: 10 +	SWEETS, HARD BOILED, SOFT JELLY	3.6	33.3	1.2
M2: 10 +	CHICKEN STEWS, DISHES, PIES	3.4	142.7	4.8
M2: 10 +	WHEAT BASED CEREALS - ALL BRAN, WEETBIX, PUFFED WHEAT	3.3	46.2	1.5
M2: 10 +	FISH - SEA, CANNED	3.2	103.3	3.4
M2: 10 +	PEACH,RAW	3.2	257.7	8.1
M2: 10 +	BEEF GRAVY AND EXTRACTS - FLOUR TYPE	3.1	33.3	1.0
M2: 10 +	CUSTARD POWDER, MAIZENA	3.0	96.6	2.9
M2: 10 +	PROCESSED SKIM MILK (POWDER, RECONSTITUTED)	3.0	218.8	6.7
M2: 10 +	BEER	3.0	1048.0	31.7
M2: 10 +	CHICKEN FAT	3.0	10.7	0.3

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

## **5.2 Food items consumed by rural children and adults in South Africa**

Table 24 provides a comprehensive table of the GEMS/Food main food groups and average portions consumed by rural South Africans. The percentages of the age groups consuming the GEMS/Food groups were similar throughout. The main three GEMS/Food groups were the same for all age groups, being: cereals, sugars and honey and stimulants, respectively. Cereals were consumed by 99% of all groups and sugar and honey group by 77-80%. The average consumption of cereals was 566g in 1-5 year-olds, 641g in 6-9 year-olds and 1002-1032g in 10+ year-olds when taking the group of consumers into consideration. Infant foods, animal oils, spices, alcoholic beverages, supplements and condiments were consumed by less than 3% of 1-9 year-olds. In 10+ year-old group less than 3% of participants consumed soups, condiments, supplements, human and formula milk, and spices. Milk and milk products was consumed by 45% of 1-5 year-olds and by less than 21% in the 10+ age group. Less than 50% of 1-5 year-olds consumed items from the vegetable group compared with 57-58% in the 10+ groups. The meat and offal group were consumed by 36-38% of 1-5 and 6-9 year-olds respectively, and by 50-51% of the older group. Eight to 14% of participants consumed an egg product and 12-18 % consumed fruit.

Table 25 presents more detail with regard to the actual foods and beverages consumed by presenting detail on subgroups consumed. It is now shown that in the 1-5 year-old group (%consumers/average portion) were: maize (92%/497g), sugar (77%/21g), tea (59%/228g), wheat products (54%/105g), milk (45%/227g),

refined oils (27g/12g), root vegetables (22%/123g) and rice (21%/154g). With respect to older groups the percentages were similar except that the percentage consuming tea increased and the percentage consuming milk decreased. The percentage consumption of refined oil increased from 27% in 1-5 year-olds to 41-42% in the 10+ group. Consumption of chicken varied little (18-21%) between different age groups.

Table 26 presents the most commonly consumed food items and portion sizes of the three age groups studied. Items have not been included when less than 3% of the population have consumed them. In descending order for 1-5 year-olds the most commonly consumed food items were (%consumers/average portion): maize porridge (89%/466g), white sugar (74%/22g), tea (47%/225g), full cream liquid milk (26%/180g), brown bread (34%/97g), rice (21%/154g), potatoes (20%/122g), white bread (18%/81g), wild leaves (17%/149g), brick margarine (15%/11g), chicken meat (14%/61g), buttermilk/maas (14%/351g) and cabbage (13%/87g). For 6-9 year-olds the most popular items were (%consumers/average portion): maize porridge (84%/520g), white sugar (72%/24g), tea (54%/265g), brown bread (40%/125g), white bread (25%/117g), brick margarine (21%/14g), rice (21%/186g), potatoes (20%/170g), full cream milk (20%/162g), non-dairy creamer (16%/8g), cabbage (15%/98g), wild leaves (15%/150g), chicken meat (14%/74g), samp (13%/426g) and cold drink squash (12%/279g). The most commonly consumed items by the 10+ group (for method 1) were (%consumers/average portion): maize (95%/907g), white sugar (77%/23g), tea (76%/469g), brown bread (60%/173g), non-dairy creamers (30%/6g), wild green leaves (23%/184g), white bread (22%/157g), tomato and onion stew (20%/118g), chicken meat (16%/109g), cabbage (14%/124g), eggs (13%/104g), beef (13%/129g) and brick margarine (12%/15g). By method 2 average consumption was (%consumers/average portion): maize (91%/905g), white sugar (77%/24g), tea (75%/469g), brown bread (60%/170g), non-dairy creamer (29%/6g), white bread (23%/154g), wild leaves (22%/183g), tomato and onion stew (20%/118g) and chicken meat (16%/110g). Average portion sizes for the 10+ group were: maize porridge (905-907g), sugar (23-24g), tea 469g and brown bread 170-173g.

**Table 24: A comprehensive table of GEMS/Food main food groups consumed by children<sup>a</sup> and adults<sup>b</sup> in rural areas of South Africa**

Age Group	GEMS/Food Main Group	% of group consuming the item	Average g/person/day of those consuming the item	Average per capita g/person/day
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**NFCS: AGE 1-5 (n=1033)**

age: 1-5	CEREALS	99.6	566.2	564.0
age: 1-5	SUG	79.4	48.7	38.7
age: 1-5	STIMUL	65.6	230.0	150.9
age: 1-5	MILK	44.9	226.9	101.9
age: 1-5	VEGET	44.0	132.3	58.3
age: 1-5	MEAT_O	38.2	89.4	34.2
age: 1-5	VEG_OILS	27.1	11.7	3.2

<b>Age Group</b>	<b>GEMS/Food Main Group</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 1-5	ROOTS	21.9	122.5	26.8
age: 1-5	FRUIT	12.3	217.9	26.8
age: 1-5	PULSES	10.5	173.5	18.1
age: 1-5	M_EGGS	9.5	79.2	7.5
age: 1-5	HM&BMS	5.7	391.1	22.3
age: 1-5	FISH	5.6	103.1	5.8
age: 1-5	SOUPS	5.4	159.1	8.6
age: 1-5	NUTS_OS	4.1	15.2	0.6
age: 1-5	M_AN_FAT	1.2	14.2	0.2
age: 1-5	COND	1.0	11.1	0.1
age: 1-5	INFANT	0.8	66.9	0.5
age: 1-5	SPICES	0.2	1.5	0.0
age: 1-5	ALC	0.1	250.0	0.2
age: 1-5	SUPPL	0.1	105.0	0.1

**NFCS: AGE 6-9 (n = 417)**

age: 6-9	CEREALS	99.8	641.1	639.6
age: 6-9	SUG	79.9	72.9	58.2
age: 6-9	STIMUL	70.7	264.2	186.9
age: 6-9	VEGET	46.8	140.3	65.6
age: 6-9	MEAT_O	36.0	109.3	39.3
age: 6-9	VEG_OILS	34.8	14.1	4.9
age: 6-9	MILK	32.1	232.0	74.6
age: 6-9	ROOTS	22.3	167.4	37.3
age: 6-9	PULSES	16.1	194.9	31.3
age: 6-9	FRUIT	13.2	291.2	38.4
age: 6-9	NUTS_OS	10.3	16.2	1.7
age: 6-9	M_EGGS	7.7	79.3	6.1
age: 6-9	FISH	7.2	86.6	6.2
age: 6-9	SOUPS	6.2	157.2	9.8
age: 6-9	M_AN_FAT	1.7	15.0	0.3
age: 6-9	SPICES	1.7	2.4	0.0
age: 6-9	SUPPL	0.7	32.0	0.2
age: 6-9	COND	0.2	14.0	0.0
age: 6-9	INFANT	0.2	4.0	0.0

**METHOD 1: AGE 10+**

M1: 10 +	CEREALS	99.1	1031.9	1022.9
M1: 10 +	STIMUL	78.3	473.8	371.0
M1: 10 +	SUG	77.4	34.9	27.0
M1: 10 +	VEGET	57.4	175.4	100.6
M1: 10 +	MEAT_O	49.8	134.3	66.9

<b>Age Group</b>	<b>GEMS/Food Main Group</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M1: 10 +	VEG_OILS	40.8	12.0	4.9
M1: 10 +	MILK	17.3	181.8	31.4
M1: 10 +	FRUIT	15.2	239.3	36.4
M1: 10 +	M_EGGS	13.4	106.1	14.2
M1: 10 +	PULSES	12.9	276.1	35.6
M1: 10 +	FISH	9.5	104.9	10.0
M1: 10 +	ROOTS	8.9	207.2	18.5
M1: 10 +	NUTS_OS	7.3	26.5	1.9
M1: 10 +	ALC	3.8	995.1	38.2
M1: 10 +	SOUPS	1.3	48.4	0.6
M1: 10 +	COND	0.4	60.0	0.3
M1: 10 +	M_AN_FAT	0.4	111.0	0.4
M1: 10 +	SUPPL	0.2	12.7	0.0
M1: 10 +	HM&BMS	0.2	6.0	0.0
M1: 10 +	INFANT	0.0	69.0	0.0
M1: 10 +	SPICES	0.0	3.5	0.0

**METHOD 2: AGE 10+**

M2: 10 +	CEREALS	98.8	1001.7	989.3
M2: 10 +	STIMUL	78.8	496.8	391.7
M2: 10 +	SUG	77.6	43.3	33.6
M2: 10 +	VEGET	58.1	176.7	102.6
M2: 10 +	MEAT_O	51.4	144.1	74.0
M2: 10 +	VEG_OILS	42.4	13.2	5.6
M2: 10 +	MILK	20.4	218.7	44.6
M2: 10 +	FRUIT	17.5	257.3	45.0
M2: 10 +	M_EGGS	14.2	104.6	14.8
M2: 10 +	PULSES	12.9	278.2	35.9
M2: 10 +	ROOTS	11.4	205.2	23.5
M2: 10 +	FISH	10.2	109.6	11.2
M2: 10 +	NUTS_OS	7.2	26.3	1.9
M2: 10 +	ALC	5.1	814.6	41.8
M2: 10 +	SOUPS	1.4	62.0	0.8
M2: 10 +	COND	0.9	33.2	0.3
M2: 10 +	M_AN_FAT	0.3	140.8	0.4
M2: 10 +	SUPPL	0.2	10.8	0.0
M2: 10 +	HM&BMS	0.2	6.0	0.0
M2: 10 +	SPICES	0.0	5.0	0.0
M2: 10 +	INFANT	0.0	0.0	0.0

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

**Table 25: A comprehensive table of GEMS/Food subgroups consumed by children<sup>a</sup> and adults<sup>b</sup> in rural areas of South Africa**

Age Group	GEMS/Food Subgroup	% of group consuming the item	Average g/person/day of those consuming the item	Average per capita g/person/day
<b>NFCS: AGE 1-5 (n = 1033)</b>				
age: 1-5	CER_MAIZE	92.0	497.2	457.2
age: 1-5	SUGAR	77.2	21.3	16.4
age: 1-5	TEA	58.8	228.3	134.2
age: 1-5	CER_WHEAT	53.7	104.5	56.1
age: 1-5	MILK	44.9	226.9	101.9
age: 1-5	OIL_REF	27.1	11.7	3.2
age: 1-5	ROOTS	21.9	122.5	26.8
age: 1-5	CER_RICE	20.8	154.0	32.1
age: 1-5	V_LEAF	19.0	144.5	27.4
age: 1-5	MEATCH	17.5	73.1	12.8
age: 1-5	V_BRAS	13.5	87.5	11.8
age: 1-5	MEATB	12.9	100.7	13.0
age: 1-5	SUG_OTH	12.6	176.8	22.3
age: 1-5	V_FRT	10.7	100.7	10.8
age: 1-5	PULSES	10.5	173.5	18.1
age: 1-5	EGGS	9.5	79.2	7.5
age: 1-5	COFFEE	6.9	242.4	16.7
age: 1-5	HM&BMS	5.7	391.1	22.3
age: 1-5	V_CURC	5.7	99.1	5.7
age: 1-5	FISH	5.6	103.1	5.8
age: 1-5	F_POM	5.6	168.8	9.5
age: 1-5	SOUPS	5.4	159.1	8.6
age: 1-5	CER_SORGHUM	5.3	281.6	15.0
age: 1-5	F_TROP	5.1	94.7	4.9
age: 1-5	OIL_S	4.1	15.2	0.6
age: 1-5	OFFALCH	3.3	62.4	2.1
age: 1-5	V_BULB	2.5	23.2	0.6
age: 1-5	F_CIT	2.2	275.4	6.1
age: 1-5	MEATS	2.0	100.2	2.0
age: 1-5	F_STON	1.9	195.5	3.8
age: 1-5	CER_OATS	1.6	220.6	3.6
age: 1-5	MEATPIG	1.6	82.2	1.4
age: 1-5	OFFALB	1.5	100.0	1.5
age: 1-5	INSECTS	1.3	54.2	0.7
age: 1-5	AN_FAT	1.2	14.2	0.2
age: 1-5	COND	1.0	11.1	0.1
age: 1-5	V_GRNL	0.9	160.0	1.4

<b>Table 25 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 1-5	F_BER	0.8	292.5	2.3
age: 1-5	INFANT	0.8	66.9	0.5
age: 1-5	MEATG	0.8	38.1	0.3
age: 1-5	V_MIX	0.5	130.0	0.6
age: 1-5	OFFALS	0.4	136.3	0.5
age: 1-5	COCOA	0.4	23.0	0.1
age: 1-5	F_OTH	0.3	93.3	0.3
age: 1-5	SPICES	0.2	1.5	0.0
age: 1-5	HONEY	0.1	10.0	0.0
age: 1-5	ALC	0.1	250.0	0.2
age: 1-5	SUPPL	0.1	105.0	0.1

**NFCS: AGE 6-9 (n = 417)**

age: 6-9	CER_MAIZE	88.7	564.5	500.9
age: 6-9	SUGAR	75.5	23.1	17.5
age: 6-9	CER_WHEAT	67.1	136.2	91.4
age: 6-9	TEA	62.4	261.3	162.9
age: 6-9	OIL_REF	34.8	14.1	4.9
age: 6-9	MILK	32.1	232.0	74.6
age: 6-9	ROOTS	22.3	167.4	37.3
age: 6-9	CER_RICE	21.1	184.2	38.9
age: 6-9	SUG_OTH	19.4	209.8	40.8
age: 6-9	MEATCH	18.5	82.2	15.2
age: 6-9	V_LEAF	17.3	148.1	25.6
age: 6-9	PULSES	16.1	194.9	31.3
age: 6-9	V_BRAS	15.6	98.6	15.4
age: 6-9	MEATB	14.6	105.5	15.4
age: 6-9	V_FRT	12.0	131.0	15.7
age: 6-9	OIL_S	10.3	16.2	1.7
age: 6-9	COFFEE	9.1	262.2	23.9
age: 6-9	EGGS	7.7	79.3	6.1
age: 6-9	FISH	7.2	86.6	6.2
age: 6-9	SOUPS	6.2	157.2	9.8
age: 6-9	F_POM	5.5	264.9	14.6
age: 6-9	V_CURC	5.5	135.0	7.4
age: 6-9	F_TROP	5.0	168.1	8.5
age: 6-9	F_CIT	3.6	265.0	9.5
age: 6-9	OFFALCH	3.6	75.1	2.7
age: 6-9	V_BULB	3.1	21.0	0.7
age: 6-9	F_BER	2.2	228.9	4.9
age: 6-9	INSECTS	2.2	70.8	1.5
age: 6-9	OFFALB	1.7	134.3	2.3
age: 6-9	AN_FAT	1.7	15.0	0.3

<b>Table 25 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 6-9	SPICES	1.7	2.4	0.0
age: 6-9	CER_SORGHUM	1.4	458.3	6.6
age: 6-9	MEATS	1.0	167.5	1.6
age: 6-9	V_GRNL	1.0	69.3	0.7
age: 6-9	CER_OATS	0.7	248.3	1.8
age: 6-9	MEATPIG	0.7	35.0	0.3
age: 6-9	SUPPL	0.7	32.0	0.2
age: 6-9	F_STON	0.5	100.0	0.5
age: 6-9	OFFALS	0.5	57.5	0.3
age: 6-9	COCOA	0.5	20.0	0.1
age: 6-9	V_MIX	0.5	37.5	0.2
age: 6-9	COND	0.2	14.0	0.0
age: 6-9	F_OTH	0.2	160.0	0.4
age: 6-9	INFANT	0.2	4.0	0.0
age: 6-9	MEATG	0.2	35.0	0.1

**METHOD 1: AGE 10+**

M1: 10 +	CER_MAIZE	95.1	907.3	863.2
M1: 10 +	SUGAR	77.0	23.2	17.8
M1: 10 +	TEA	76.2	468.8	357.2
M1: 10 +	CER_WHEAT	74.8	200.4	149.8
M1: 10 +	OIL_REF	40.8	11.6	4.8
M1: 10 +	V_LEAF	25.1	182.8	45.9
M1: 10 +	V_FRT	21.9	115.7	25.4
M1: 10 +	MEATCH	21.1	118.1	24.9
M1: 10 +	MEATB	18.5	136.4	25.3
M1: 10 +	MILK	17.3	181.8	31.4
M1: 10 +	V_BRAS	13.9	123.7	17.2
M1: 10 +	EGGS	13.4	106.1	14.2
M1: 10 +	PULSES	12.9	276.1	35.6
M1: 10 +	OFFALCH	11.2	81.9	9.2
M1: 10 +	F_TROP	10.6	159.9	16.9
M1: 10 +	SUG_OTH	10.6	86.3	9.1
M1: 10 +	FISH	9.3	105.7	9.9
M1: 10 +	ROOTS	8.9	207.2	18.5
M1: 10 +	OIL_S	7.2	25.8	1.9
M1: 10 +	V_MIX	6.7	23.3	1.6
M1: 10 +	ALC	3.8	995.1	38.2
M1: 10 +	F_POM	3.8	187.2	7.0
M1: 10 +	COFFEE	3.3	414.0	13.8
M1: 10 +	F_CIT	3.1	323.5	10.0
M1: 10 +	CER_RICE	3.1	229.0	7.0
M1: 10 +	V_CURC	2.8	348.4	9.9

<b>Table 25 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M1: 10 +	OFFALB	2.6	148.5	3.9
M1: 10 +	SOUPS	1.3	48.4	0.6
M1: 10 +	MEATS	1.2	184.2	2.2
M1: 10 +	MEATPIG	0.9	143.6	1.3
M1: 10 +	F_STON	0.6	199.4	1.3
M1: 10 +	V_BULB	0.5	29.8	0.1
M1: 10 +	CER_SORGHUM	0.5	422.9	2.0
M1: 10 +	V_GRNL	0.5	102.6	0.5
M1: 10 +	COND	0.4	60.0	0.3
M1: 10 +	F_BER	0.4	260.3	1.1
M1: 10 +	AN_FAT	0.4	111.0	0.4
M1: 10 +	CER_OATS	0.3	305.2	0.9
M1: 10 +	MEATV	0.3	42.5	0.1
M1: 10 +	TREE_NUT	0.2	29.1	0.1
M1: 10 +	CRUST	0.2	64.1	0.1
M1: 10 +	SUPPL	0.2	12.7	0.0
M1: 10 +	OIL_CRUD	0.2	79.7	0.1
M1: 10 +	HM&BMS	0.2	6.0	0.0
M1: 10 +	COCOA	0.2	43.1	0.1
M1: 10 +	HONEY	0.1	25.5	0.0
M1: 10 +	OFFALS	0.0	129.9	0.0
M1: 10 +	F_OTH	0.0	187.2	0.0
M1: 10 +	V_STEM	0.0	51.2	0.0
M1: 10 +	CER_Y	0.0	34.8	0.0
M1: 10 +	OLIVE	0.0	33.9	0.0
M1: 10 +	INFANT	0.0	69.0	0.0
M1: 10 +	SPICES	0.0	3.5	0.0
M1: 10 +	CER_BARLEY	0.0	25.0	0.0
M1: 10 +	OFFALPIG	0.0	197.5	0.0
M1: 10 +	CER_I	.	.	.
M1: 10 +	GINGER	.	.	.
M1: 10 +	INSECTS	.	.	.
M1: 10 +	MEATG	.	.	.
<b>METHOD 2: AGE 10+</b>				
M2: 10 +	CER_MAIZE	91.7	900.3	826.0
M2: 10 +	SUGAR	76.8	24.1	18.5
M2: 10 +	TEA	75.4	469.3	354.0
M2: 10 +	CER_WHEAT	75.4	200.5	151.3
M2: 10 +	OIL_REF	42.4	12.9	5.5
M2: 10 +	V_LEAF	24.8	179.2	44.5
M2: 10 +	V_FRT	22.9	117.0	26.8
M2: 10 +	MEATCH	21.0	119.7	25.1

<b>Table 25 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M2: 10 +	MILK	20.4	218.7	44.6
M2: 10 +	MEATB	20.1	136.4	27.5
M2: 10 +	EGGS	14.2	104.6	14.8
M2: 10 +	V_BRAS	13.8	122.8	17.0
M2: 10 +	PULSES	12.9	278.2	35.9
M2: 10 +	SUG_OTH	12.2	123.0	15.0
M2: 10 +	ROOTS	11.4	205.2	23.5
M2: 10 +	F_TROP	11.1	154.0	17.0
M2: 10 +	OFFALCH	10.7	81.9	8.8
M2: 10 +	FISH	10.0	110.1	11.0
M2: 10 +	OIL_S	7.1	25.8	1.8
M2: 10 +	COFFEE	6.8	552.6	37.4
M2: 10 +	V_MIX	6.7	26.2	1.7
M2: 10 +	F_POM	5.3	218.5	11.7
M2: 10 +	ALC	5.1	814.6	41.8
M2: 10 +	CER_RICE	4.9	178.2	8.7
M2: 10 +	V_CURC	3.6	288.8	10.5
M2: 10 +	MEATS	3.4	185.3	6.3
M2: 10 +	F_CIT	3.4	304.6	10.4
M2: 10 +	OFFALB	2.6	148.1	3.8
M2: 10 +	MEATPIG	1.7	121.1	2.0
M2: 10 +	V_GRNL	1.5	111.5	1.7
M2: 10 +	F_STON	1.4	157.7	2.2
M2: 10 +	SOUPS	1.4	62.0	0.8
M2: 10 +	F_BER	1.2	304.3	3.6
M2: 10 +	V_BULB	1.0	33.2	0.3
M2: 10 +	COND	0.9	33.2	0.3
M2: 10 +	CER_OATS	0.5	272.0	1.4
M2: 10 +	COCOA	0.5	45.1	0.2
M2: 10 +	HONEY	0.5	21.5	0.1
M2: 10 +	CER_SORGHUM	0.5	421.1	1.9
M2: 10 +	MEATV	0.3	83.1	0.3
M2: 10 +	CRUST	0.3	81.4	0.2
M2: 10 +	TREE_NUT	0.3	25.2	0.1
M2: 10 +	AN_FAT	0.3	140.8	0.4
M2: 10 +	OFFALS	0.2	130.8	0.2
M2: 10 +	SUPPL	0.2	10.8	0.0
M2: 10 +	HM&BMS	0.2	6.0	0.0
M2: 10 +	OIL_CRUD	0.2	80.0	0.1
M2: 10 +	V_STEM	0.1	27.8	0.0
M2: 10 +	F_OTH	0.1	221.4	0.1
M2: 10 +	CER_Y	0.0	57.6	0.0

<b>Table 25 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M2: 10 +	OLIVE	0.0	20.0	0.0
M2: 10 +	SPICES	0.0	5.0	0.0
M2: 10 +	CER_BARLEY	0.0	0.0	0.0
M2: 10 +	INFANT	0.0	0.0	0.0
M2: 10 +	OFFALPIG	0.0	0.0	0.0
M2: 10 +	CER_I	.	.	.
M2: 10 +	GINGER	.	.	.
M2: 10 +	INSECTS	.	.	.
M2: 10 +	MEATG	.	.	.

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

**Table 26: A table of food items consumed by more than 3% of children<sup>a</sup> and adults<sup>b</sup> in rural areas of South Africa**

Age Group	Description of food item	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
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**NFCS: AGE 1-5 (n = 1033)**

age: 1-5	MAIZE PORRIDGE & DISHES	89.1	466.1	415.1
age: 1-5	SUGAR, WHITE	73.6	21.6	15.9
age: 1-5	TEA	47.3	224.7	106.4
age: 1-5	BROWN BREAD / ROLLS	33.7	96.9	32.6
age: 1-5	FULL CREAM LIQUID MILKS	26.0	180.4	47.0
age: 1-5	RICE WHITE/BROWN, COOKED	20.8	153.9	32.0
age: 1-5	POTATO, COOKED	19.6	122.1	23.9
age: 1-5	WHITE BREAD /ROLLS	17.6	80.6	14.2
age: 1-5	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)- COOKED	16.9	149.0	25.2
age: 1-5	BRICK MARGARINE	14.9	11.2	1.7
age: 1-5	CHICKEN MEAT	14.2	61.0	8.7
age: 1-5	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	13.6	351.0	47.9
age: 1-5	CABBAGE, COOKED	13.2	87.4	11.5
age: 1-5	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	12.1	6.9	0.8
age: 1-5	ROOIBOS TEA	11.5	241.5	27.8
age: 1-5	CHICKEN EGGS	8.7	76.4	6.7
age: 1-5	MAIZE SAMP/RICE & DISHES	7.5	283.0	21.1
age: 1-5	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	7.0	180.8	12.6
age: 1-5	COFFEE	6.9	242.4	16.7
age: 1-5	COLD DRINK, SQUASH TYPE	5.7	271.4	15.5
age: 1-5	TOMATO & ONION STEW, COOKED FRESH	5.6	88.2	5.0
age: 1-5	MALTABELLA/ MABELLA	5.3	281.6	15.0
age: 1-5	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	5.0	94.6	4.8
age: 1-5	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	4.8	25.5	1.2
age: 1-5	FISH - SEA, CANNED	4.7	105.3	5.0
age: 1-5	BANANA, RAW (PEELED)	4.5	86.5	3.9
age: 1-5	SOUP MIX - AVERAGE	4.5	151.4	6.7
age: 1-5	APPLE, AVERAGE, RAW	4.4	140.6	6.1
age: 1-5	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	4.4	83.8	3.6
age: 1-5	MAGEU	4.3	434.5	18.5
age: 1-5	FULL CREAM PROCESSED MILK, (POWDERS, RECONSTITUTED)	4.2	12.9	0.5

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 1-5	PEANUT BUTTER; SMOOTH STYLE	4.0	12.5	0.5
age: 1-5	SUGAR, BROWN	3.6	15.0	0.5
age: 1-5	CHICKEN STEWS, DISHES, PIES	3.4	119.2	4.0
age: 1-5	HUMAN MILK	3.2	638.3	20.4
age: 1-5	BEEF STEW	3.1	169.3	5.2
age: 1-5	SWEETS, HARD BOILED, SOFT JELLY	3.1	16.1	0.5
age: 1-5	CHICKEN HEADS & FEET	3.0	62.6	1.9
age: 1-5	JAM /MARMELADE	3.0	17.1	0.5

**NFCS: AGE 6-9 (n = 417)**

age: 6-9	MAIZE PORRIDGE & DISHES	83.5	519.6	433.6
age: 6-9	SUGAR, WHITE	71.7	23.6	16.9
age: 6-9	TEA	53.7	264.5	142.1
age: 6-9	BROWN BREAD / ROLLS	40.3	124.8	50.3
age: 6-9	WHITE BREAD /ROLLS	25.4	116.6	29.6
age: 6-9	RICE WHITE/BROWN, COOKED	20.9	185.8	38.8
age: 6-9	BRICK MARGARINE	20.6	13.6	2.8
age: 6-9	FULL CREAM LIQUID MILKS	19.9	162.2	32.3
age: 6-9	POTATO, COOKED	18.9	169.9	32.2
age: 6-9	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	15.6	7.5	1.2
age: 6-9	CABBAGE, COOKED	15.3	98.3	15.1
age: 6-9	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)- COOKED	14.6	149.5	21.9
age: 6-9	CHICKEN MEAT	13.9	74.2	10.3
age: 6-9	MAIZE SAMP/RICE & DISHES	12.9	425.6	55.1
age: 6-9	COLD DRINK, SQUASH TYPE	12.0	279.2	33.5
age: 6-9	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	11.0	348.4	38.4
age: 6-9	PEANUT BUTTER; SMOOTH STYLE	10.3	16.2	1.7
age: 6-9	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	9.8	219.3	21.6
age: 6-9	COFFEE	9.1	262.2	23.9
age: 6-9	ROOIBOS TEA	8.9	234.5	20.8
age: 6-9	CHICKEN EGGS	6.7	77.4	5.2
age: 6-9	SOUP MIX - AVERAGE	5.8	138.6	8.0
age: 6-9	JAM /MARMELADE	5.5	25.3	1.4
age: 6-9	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	5.3	141.4	7.5
age: 6-9	FISH - SEA, CANNED	4.8	80.8	3.9
age: 6-9	TOMATO & ONION STEW, COOKED	4.8	127.2	6.1

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
	FRESH			
age: 6-9	MEDIUM /LOW FAT SPREAD	4.8	10.5	0.5
age: 6-9	BEEF STEW	4.6	185.1	8.4
age: 6-9	CHICKEN STEWS, DISHES, PIES	4.6	106.8	4.9
age: 6-9	BANANA, RAW (PEELED)	4.3	152.2	6.6
age: 6-9	SOYBEANS DISHES -IMANA, TOPPERS, MEAL-IN-ONE	4.3	120.8	5.2
age: 6-9	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	4.3	110.6	4.8
age: 6-9	SUGAR, BROWN	3.8	14.1	0.5
age: 6-9	APPLE, AVERAGE, RAW	3.4	180.7	6.1
age: 6-9	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	3.4	81.4	2.7
age: 6-9	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	3.4	39.7	1.3
age: 6-9	CHICKEN HEADS & FEET	3.4	74.4	2.5
age: 6-9	MAGEU	3.1	358.1	11.2
age: 6-9	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	3.1	278.1	8.7
age: 6-9	MEALIES/SWEETCORN, COOKED FRESH	3.1	224.6	7.0
age: 6-9	SUNFLOWER OIL	3.1	6.3	0.2

**METHOD 1: AGE 10+**

M1: 10 +	MAIZE PORRIDGE & DISHES	94.7	906.5	858.0
M1: 10 +	SUGAR, WHITE	77.0	23.2	17.8
M1: 10 +	TEA	76.2	468.8	357.2
M1: 10 +	BROWN BREAD / ROLLS	59.6	172.5	102.9
M1: 10 +	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	30.4	5.6	1.7
M1: 10 +	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	22.5	184.8	41.6
M1: 10 +	WHITE BREAD /ROLLS	21.8	156.7	34.2
M1: 10 +	TOMATO & ONION STEW, COOKED FRESH	20.3	118.3	24.0
M1: 10 +	CHICKEN MEAT	15.5	109.0	16.9
M1: 10 +	CABBAGE, COOKED	13.8	123.9	17.2
M1: 10 +	CHICKEN EGGS	13.4	104.2	13.9
M1: 10 +	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	12.7	129.0	16.4
M1: 10 +	BRICK MARGARINE	12.2	14.6	1.8
M1: 10 +	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	11.2	288.7	32.2
M1: 10 +	MEDIUM /LOW FAT SPREAD	8.2	12.7	1.0

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M1: 10 +	CHICKEN HEADS & FEET	8.1	80.3	6.5
M1: 10 +	PEANUT BUTTER; SMOOTH STYLE	6.8	24.2	1.7
M1: 10 +	BANANA, RAW (PEELED)	6.8	187.0	12.7
M1: 10 +	MIXED VEGETABLES, PICKLED	6.2	18.7	1.2
M1: 10 +	CHICKEN STEWS, DISHES, PIES	5.8	137.5	8.0
M1: 10 +	FULL CREAM LIQUID MILKS	5.8	222.3	12.9
M1: 10 +	SAMOOSA, VETKOEK, CHILI BITES, SAVOURY TARTS	5.8	164.6	9.5
M1: 10 +	POTATO, COOKED	5.5	152.0	8.4
M1: 10 +	JAM /MARMELADE	5.1	29.6	1.5
M1: 10 +	FISH - SEA, COOKED, FRESH	5.1	105.8	5.4
M1: 10 +	LOW FAT PROCESSED MILK, (BUTTERMILK, CURED)	4.5	282.1	12.8
M1: 10 +	FISH - SEA, CANNED	4.4	94.2	4.1
M1: 10 +	CHICKEN GIBLETS	4.0	66.8	2.7
M1: 10 +	COFFEE	3.3	414.0	13.8
M1: 10 +	APPLE, AVERAGE, RAW	3.1	171.9	5.4
M1: 10 +	RICE WHITE/BROWN, COOKED	3.0	229.7	7.0

**METHOD 2: AGE 10+**

M2: 10 +	MAIZE PORRIDGE & DISHES	90.7	904.8	820.9
M2: 10 +	SUGAR, WHITE	76.7	24.1	18.5
M2: 10 +	TEA	75.4	469.3	354.0
M2: 10 +	BROWN BREAD / ROLLS	59.6	170.2	101.4
M2: 10 +	NON DAIRY CREAMER, ND CONDENSED MILK, ORLEY WHIP	29.3	5.7	1.7
M2: 10 +	WHITE BREAD /ROLLS	22.5	153.8	34.7
M2: 10 +	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	21.5	184.8	39.8
M2: 10 +	TOMATO & ONION STEW, COOKED FRESH	19.6	117.9	23.1
M2: 10 +	CHICKEN MEAT	15.5	110.1	17.0
M2: 10 +	CHICKEN EGGS	14.1	101.8	14.3
M2: 10 +	BRICK MARGARINE	14.1	15.8	2.2
M2: 10 +	CABBAGE, COOKED	13.4	123.7	16.6
M2: 10 +	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	12.7	132.0	16.8
M2: 10 +	BEANS, SUGAR, KIDNEY, HARRICOT, DRIED	10.9	286.7	31.2
M2: 10 +	MEDIUM /LOW FAT SPREAD	9.1	13.7	1.2
M2: 10 +	FULL CREAM LIQUID MILKS	8.8	271.5	23.8
M2: 10 +	CHICKEN HEADS & FEET	7.7	80.3	6.2
M2: 10 +	POTATO, COOKED	7.6	156.0	11.9

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M2: 10 +	BANANA, RAW (PEELED)	6.8	183.5	12.5
M2: 10 +	COFFEE	6.8	552.6	37.4
M2: 10 +	PEANUT BUTTER; SMOOTH STYLE	6.6	24.2	1.6
M2: 10 +	JAM /MARMELADE	6.0	31.6	1.9
M2: 10 +	MIXED VEGETABLES, PICKLED	5.9	18.6	1.1
M2: 10 +	CHICKEN STEWS, DISHES, PIES	5.7	139.6	8.0
M2: 10 +	SAMOOSA, VETKOEK, CHILI BITES, SAVOURY TARTS	5.7	163.1	9.2
M2: 10 +	FISH - SEA, COOKED, FRESH	5.6	115.6	6.4
M2: 10 +	RICE WHITE/BROWN, COOKED	4.8	178.9	8.6
M2: 10 +	LOW FAT PROCESSED MILK, (BUTTERMILK, CURED)	4.4	282.3	12.3
M2: 10 +	FISH - SEA, CANNED	4.3	93.6	4.1
M2: 10 +	APPLE, AVERAGE, RAW	4.3	193.4	8.2
M2: 10 +	CHICKEN GIBLETS	3.9	66.7	2.6
M2: 10 +	COOKIES, LOAVES, PANCAKES, TARTS, CAKES, PUDDING	3.5	104.3	3.6
M2: 10 +	MUTTON	3.4	181.9	6.1
M2: 10 +	SWEETS, HARD BOILED, SOFT JELLY	3.1	30.0	0.9
M2: 10 +	SWEET POTATO COOKED WITHOUT SKIN	3.0	315.1	9.6

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

### **5.3 Food items consumed by urban children and adults in South Africa**

Table 27 provides a comprehensive table of the GEMS/Food main food groups and average portions consumed by urban South Africans. The percentages of the age groups consuming the GEMS/Food groups were similar throughout. The main three GEMS/Food groups were the same for all age groups, being cereals, sugars and honey and stimulants, respectively. Cereals were consumed by 98-100% of all groups and sugar and honey by 83-91%. The average consumption of cereals was 436g in 1-5 year-olds, 486g in 6-9 year-olds and 421-745g in 10+ year-olds when taking the group of consumers into consideration. Infant foods, animal oils, spices, alcoholic beverages, supplements, soups and condiments were consumed by less than 3% of 1-9 year-olds. In the 10+ year-old group less than 3% consumed soups, condiments, supplements, human and formula milk, and spices. Milk and milk products was consumed by 68% of 1-5 year-olds and by 42-72% in the 10+ age group. Less than 50% of 1-5 year-olds consumed items from the vegetable group compared with 54-56% in the 10+ groups. The meat and offal group were consumed by 58-69% of 1-5 and 6-9 year-olds respectively, and by 64-81% of the older group. Sixteen to 21% of participants consumed an egg product and 27-44 % consumed fruit.

Table 28 presents more detail with regard to the actual foods and beverages consumed by presenting detail on subgroups consumed. In the 1-5 year-old group (%consumers/average portion): sugar (82%/20g), maize (81%/358g), wheat products (71%/103g), milk products (68%/216g); tea (55%/229g), refined oils (47%/13g), rice(35%/118g), other sugar products (33%/230g); root vegetables (31%/102g), beef (27%/82g) and chicken (27%/76g). With respect to older groups the percentages were similar except that the percentage consuming tea and coffee increased and the percentage consuming milk decreased. The percentage consumption of refined oil increased from 47% in 1-5 year-olds to 54% in the 10+ group. Consumption of chicken varied little between the different age groups. Coffee was consumed by 27-57% of the 10+ group compared with less than 10% of the 1-9 year-olds.

Table 29 presents the most commonly consumed food items and portion sizes of the urban age groups studied. Items have not been included when less than 3% of the population have consumed them. In descending order for 1-5 year-olds the most commonly consumed food items were (%consumers/average portion): white sugar (79%/20g), maize porridge (71%/374g), full cream liquid milk (52%/189g), tea (42%/224g), brown bread (37%/83g), rice (34%/120g), brick margarine (34%/12g), white bread (31%/85g), potatoes (25%/97g), cod drink squash (19%/285g), chicken meat (19%/61g) and cabbage (15%/72g). For 6-9 year-olds the most popular items were (%consumers/average portion): white sugar (81%/23g), maize porridge (61%/438g), full cream milk (50%/174g), tea (48%/250g), brown bread (44%/127g), white bread (41%/121g), brick margarine (40%/18g), rice (35%/138g), cold drink squash (25%/349g), chicken meat (24%/84g), potatoes (22%/119g). The most commonly consumed items by the 10+ group (for method 1) were (%consumers/average portion): white sugar (77%/30g), maize (63%/772g), tea (61%/441g), brown bread (51%/157g), white bread (34%/165g), full cream liquid milk (30%/200g), brick margarine (29%/21g), coffee (27%/437g), potatoes (27%/167g), rice (23%/156g), chicken meat (22%/112g), non-dairy creamer (21%/7g) and carbonated beverages (18%/436g).

According to method 2 average consumption was (%consumers/average portion): white sugar (77%/38g), full cream liquid milk (57%/205g), coffee (57%/478g), potatoes (51%/169g), tea (50%/412g), brick margarine (49%/23g), white bread (46%/158g), brown bread (45%/131g), rice (43%/142g), carbonated beverages (33%/449g), chicken (27%/112g) and maize porridge (27%/343g).

There were some consistent urban/rural differences in food items consumed. Nearly all (98%) of consumers in the rural areas consumed maize porridge whereas this decreased to between 27 and 71% in urban areas. Portion sizes of maize were substantially higher in rural areas. In urban areas there were more consumers of coffee, carbonated beverages, sugar, meat and offal and potatoes. In rural areas there were more consumers of maize, wild leaves and non-dairy creamers.

**Table 27: A comprehensive table of GEMS/Food main food groups consumed by children<sup>a</sup> and adults<sup>b</sup> in urban areas of South Africa**

Age Group	GEMS/Food Main Group	% of group consuming the item	Average g/person/day of those consuming the item	Average per capita g/person/ day
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**NFCS: AGE 1-5 (n = 1015)**

age: 1-5	CEREALS	99.4	438.7	436.1
age: 1-5	SUG	86.2	107.8	92.9
age: 1-5	MILK	68.0	215.7	146.6
age: 1-5	STIMUL	62.2	230.5	143.3
age: 1-5	MEAT_O	57.9	97.2	56.3
age: 1-5	VEG_OILS	46.7	13.3	6.2
age: 1-5	VEGET	43.3	103.3	44.8
age: 1-5	FRUIT	31.1	224.4	69.9
age: 1-5	ROOTS	31.0	102.2	31.7
age: 1-5	M_EGGS	17.0	67.8	11.6
age: 1-5	NUTS_OS	11.4	14.5	1.7
age: 1-5	PULSES	11.0	135.4	14.9
age: 1-5	FISH	9.6	81.6	7.8
age: 1-5	HM&BMS	8.2	349.8	28.6
age: 1-5	INFANT	3.0	115.5	3.4
age: 1-5	SOUPS	2.5	120.3	3.0
age: 1-5	COND	1.9	11.9	0.2
age: 1-5	M_AN_FAT	0.3	21.7	0.1
age: 1-5	SUPPL	0.3	64.0	0.2
age: 1-5	SPICES	0.2	1.0	0.0

**NFCS: AGE 6-9 (n = 400)**

age: 6-9	CEREALS	100.0	487.1	487.1
age: 6-9	SUG	90.5	163.7	148.2
age: 6-9	STIMUL	69.0	245.1	169.1
age: 6-9	MEAT_O	68.8	129.4	88.9
age: 6-9	MILK	66.3	194.9	129.1
age: 6-9	VEG_OILS	56.3	20.2	11.3
age: 6-9	VEGET	42.3	120.2	50.8
age: 6-9	FRUIT	29.0	284.7	82.6
age: 6-9	ROOTS	28.8	113.9	32.8
age: 6-9	M_EGGS	17.5	80.3	14.1
age: 6-9	NUTS_OS	12.8	17.8	2.3
age: 6-9	FISH	10.3	82.5	8.5
age: 6-9	PULSES	9.3	170.2	15.7
age: 6-9	SOUPS	3.8	144.0	5.4
age: 6-9	COND	2.5	36.3	0.9

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 6-9	INFANT	0.5	33.0	0.2
age: 6-9	M_AN_FAT	0.5	52.5	0.3
age: 6-9	SUPPL	0.5	28.0	0.1
age: 6-9	SPICES	0.3	1.0	0.0

**METHOD 1: AGE 10+**

M1: 10 +	CEREALS	98.8	745.2	736.2
M1: 10 +	SUG	83.1	144.0	119.7
M1: 10 +	STIMUL	78.3	497.9	389.9
M1: 10 +	MEAT_O	64.0	159.2	101.8
M1: 10 +	VEGET	54.2	157.1	85.2
M1: 10 +	VEG_OILS	54.1	19.4	10.5
M1: 10 +	MILK	42.2	259.0	109.3
M1: 10 +	ROOTS	31.6	187.2	59.1
M1: 10 +	FRUIT	26.6	309.8	82.6
M1: 10 +	M_EGGS	16.4	97.2	16.0
M1: 10 +	PULSES	15.0	227.7	34.1
M1: 10 +	M_AN_FAT	12.1	12.9	1.6
M1: 10 +	FISH	11.3	119.5	13.6
M1: 10 +	ALC	7.8	864.2	67.4
M1: 10 +	NUTS_OS	6.1	29.4	1.8
M1: 10 +	COND	2.4	27.3	0.7
M1: 10 +	SOUPS	2.1	200.1	4.3
M1: 10 +	SUPPL	0.2	41.8	0.1
M1: 10 +	HM&BMS	0.1	6.0	0.0
M1: 10 +	INFANT	0.0	69.0	0.0
M1: 10 +	SPICES	0.0	3.5	0.0

**METHOD 2: AGE 10+**

M2: 10 +	CEREALS	98.4	420.5	413.8
M2: 10 +	SUG	88.7	241.8	214.5
M2: 10 +	STIMUL	81.7	590.8	482.8
M2: 10 +	MEAT_O	81.0	183.6	148.7
M2: 10 +	MILK	72.1	279.9	201.7
M2: 10 +	VEG_OILS	71.8	25.5	18.3
M2: 10 +	ROOTS	57.9	188.7	109.3
M2: 10 +	VEGET	56.0	144.8	81.0
M2: 10 +	FRUIT	43.8	348.6	152.8
M2: 10 +	M_EGGS	20.9	87.3	18.2
M2: 10 +	M_AN_FAT	19.9	11.3	2.2
M2: 10 +	PULSES	17.2	205.6	35.4
M2: 10 +	FISH	14.0	135.4	18.9

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
M2: 10 +	ALC	13.7	674.1	92.1
M2: 10 +	COND	6.5	18.1	1.2
M2: 10 +	NUTS_OS	5.4	36.4	2.0
M2: 10 +	SOUPS	3.1	258.1	7.9
M2: 10 +	SUPPL	0.3	72.6	0.2
M2: 10 +	INFANT	0.1	69.0	0.0
M2: 10 +	SPICES	0.0	2.0	0.0
M2: 10 +	HM&BMS	0.0	0.0	0.0

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

**Table 28: A comprehensive table of GEMS/Food subgroups consumed by children<sup>a</sup> and adults<sup>b</sup> in urban areas of South Africa**

<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
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**NFCS: AGE 1-5 (n = 1015)**

age: 1-5	SUGAR	81.7	19.7	16.1
age: 1-5	CER_MAIZE	81.0	361.1	292.4
age: 1-5	CER_WHEAT	71.3	102.5	73.1
age: 1-5	MILK	68.0	215.7	146.6
age: 1-5	TEA	55.0	229.2	126.0
age: 1-5	OIL_REF	46.6	13.3	6.2
age: 1-5	CER_RICE	35.0	118.2	41.3
age: 1-5	SUG_OTH	33.4	230.0	76.8
age: 1-5	ROOTS	31.0	102.2	31.7
age: 1-5	MEATB	27.3	81.7	22.3
age: 1-5	MEATCH	27.0	76.1	20.5
age: 1-5	EGGS	17.0	67.8	11.6
age: 1-5	F_POM	16.7	176.2	29.3
age: 1-5	V_BRAS	16.0	70.2	11.2
age: 1-5	V_FRT	15.3	66.7	10.2
age: 1-5	V_CURC	13.5	88.5	11.9
age: 1-5	F_TROP	12.8	101.9	13.1
age: 1-5	OIL_S	11.4	14.5	1.7
age: 1-5	PULSES	11.0	135.4	14.9
age: 1-5	FISH	9.5	81.8	7.7

<b>Table 28 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
age: 1-5	HM&BMS	8.2	349.8	28.6
age: 1-5	F_CIT	7.9	229.8	18.1
age: 1-5	COFFEE	7.5	220.1	16.5
age: 1-5	V_LEAF	7.1	116.5	8.3
age: 1-5	CER_SORGHUM	6.4	271.8	17.4
age: 1-5	MEATS	6.1	104.1	6.4
age: 1-5	CER_OATS	5.2	225.9	11.8
age: 1-5	F_STON	4.1	139.5	5.8
age: 1-5	OFFALB	3.8	107.9	4.1
age: 1-5	MEATPIG	3.4	55.5	1.9
age: 1-5	V_GRNL	3.1	57.7	1.8
age: 1-5	INFANT	3.0	115.5	3.4
age: 1-5	F_BER	2.7	134.9	3.6
age: 1-5	SOUPS	2.5	120.3	3.0
age: 1-5	COCOA	2.3	35.3	0.8
age: 1-5	COND	1.9	11.9	0.2
age: 1-5	V_BULB	1.5	20.5	0.3
age: 1-5	OFFALCH	1.4	42.9	0.6
age: 1-5	V_MIX	1.4	81.1	1.1
age: 1-5	OFFALS	0.3	113.3	0.3
age: 1-5	AN_FAT	0.3	21.7	0.1
age: 1-5	SUPPL	0.3	64.0	0.2
age: 1-5	MEATG	0.2	47.5	0.1
age: 1-5	SPICES	0.2	1.0	0.0
age: 1-5	HONEY	0.2	13.0	0.0
age: 1-5	CRUST	0.1	70.0	0.1
age: 1-5	INSECTS	0.1	60.0	0.1
age: 1-5	OIL_CRUD	0.1	2.0	0.0

**NFCS: AGE 6-9 (n = 400)**

age: 6-9	CER_WHEAT	87.0	147.0	127.8
age: 6-9	SUGAR	83.8	22.6	18.9
age: 6-9	CER_MAIZE	74.0	396.3	293.3
age: 6-9	MILK	66.3	194.9	129.1
age: 6-9	TEA	58.8	248.2	145.8
age: 6-9	OIL_REF	56.3	20.2	11.3
age: 6-9	SUG_OTH	43.5	296.9	129.2
age: 6-9	CER_RICE	36.8	135.2	49.7
age: 6-9	MEATCH	32.5	101.3	32.9
age: 6-9	MEATB	30.3	101.2	30.6
age: 6-9	ROOTS	28.8	113.9	32.8
age: 6-9	EGGS	17.5	80.3	14.1

<b>Table 28 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
age: 6-9	V_FRT	16.0	88.8	14.2
age: 6-9	F_POM	15.8	184.7	29.1
age: 6-9	V_BRAS	13.5	81.4	11.0
age: 6-9	OIL_S	12.8	17.8	2.3
age: 6-9	V_CURC	12.8	98.3	12.5
age: 6-9	FISH	9.8	84.0	8.2
age: 6-9	F_CIT	9.8	291.8	28.5
age: 6-9	COFFEE	9.8	224.6	21.9
age: 6-9	PULSES	9.3	170.2	15.7
age: 6-9	MEATS	8.5	121.5	10.3
age: 6-9	V_LEAF	8.0	107.9	8.6
age: 6-9	MEATPIG	7.5	62.6	4.7
age: 6-9	F_TROP	7.0	129.3	9.1
age: 6-9	F_STON	5.8	194.7	11.2
age: 6-9	OFFALB	5.8	125.5	7.2
age: 6-9	V_GRNL	4.8	64.7	3.1
age: 6-9	CER_OATS	4.0	210.3	8.4
age: 6-9	SOUPS	3.8	144.0	5.4
age: 6-9	F_BER	3.0	159.3	4.8
age: 6-9	CER_SORGHUM	2.8	286.4	7.9
age: 6-9	COCOA	2.8	50.2	1.4
age: 6-9	COND	2.5	36.3	0.9
age: 6-9	OFFALCH	2.0	100.6	2.0
age: 6-9	V_BULB	1.8	11.4	0.2
age: 6-9	V_MIX	1.5	75.8	1.1
age: 6-9	CRUST	0.5	52.5	0.3
age: 6-9	INFANT	0.5	33.0	0.2
age: 6-9	OFFALS	0.5	72.5	0.4
age: 6-9	AN_FAT	0.5	52.5	0.3
age: 6-9	SUPPL	0.5	28.0	0.1
age: 6-9	MEATG	0.3	315.0	0.8
age: 6-9	SPICES	0.3	1.0	0.0
age: 6-9	HONEY	0.3	20.0	0.1

**METHOD 1: AGE 10+**

M1: 10 +	CER_WHEAT	79.5	195.3	155.2
M1: 10 +	SUGAR	76.9	29.5	22.7
M1: 10 +	CER_MAIZE	73.1	738.0	539.6
M1: 10 +	TEA	61.1	441.4	269.7
M1: 10 +	OIL_REF	54.0	19.2	10.4
M1: 10 +	MILK	42.2	259.0	109.3
M1: 10 +	MEATB	33.9	110.5	37.5

<b>Table 28 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
M1: 10 +	ROOTS	31.6	187.2	59.1
M1: 10 +	SUG_OTH	29.2	331.5	96.7
M1: 10 +	COFFEE	27.4	436.5	119.5
M1: 10 +	MEATCH	25.5	117.8	30.0
M1: 10 +	CER_RICE	22.8	155.0	35.4
M1: 10 +	V_FRT	22.1	114.7	25.3
M1: 10 +	EGGS	16.4	97.2	16.0
M1: 10 +	V_LEAF	15.4	161.3	24.9
M1: 10 +	PULSES	15.0	227.7	34.1
M1: 10 +	V_BRAS	14.7	106.2	15.6
M1: 10 +	F_POM	12.3	264.4	32.5
M1: 10 +	AN_FAT	12.1	12.9	1.6
M1: 10 +	FISH	11.2	119.5	13.4
M1: 10 +	F_TROP	10.4	133.5	13.8
M1: 10 +	MEATS	9.8	165.2	16.2
M1: 10 +	ALC	7.8	864.2	67.4
M1: 10 +	V_CURC	7.5	153.9	11.6
M1: 10 +	OFFALCH	6.2	81.6	5.1
M1: 10 +	V_GRNL	6.0	84.6	5.1
M1: 10 +	OIL_S	5.9	29.2	1.7
M1: 10 +	F_STON	5.7	199.6	11.4
M1: 10 +	OFFALB	5.0	160.4	7.9
M1: 10 +	V_BULB	4.8	20.1	1.0
M1: 10 +	F_CIT	4.6	283.3	13.0
M1: 10 +	V_MIX	4.2	38.3	1.6
M1: 10 +	MEATPIG	4.0	91.5	3.6
M1: 10 +	F_BER	3.5	324.3	11.3
M1: 10 +	COND	2.4	27.3	0.7
M1: 10 +	SOUPS	2.1	200.1	4.3
M1: 10 +	CER_OATS	1.7	267.4	4.5
M1: 10 +	COCOA	1.4	42.9	0.6
M1: 10 +	HONEY	0.9	25.5	0.2
M1: 10 +	OFFALS	0.7	144.2	1.0
M1: 10 +	CER_SORGHUM	0.4	357.0	1.4
M1: 10 +	MEATV	0.3	106.8	0.4
M1: 10 +	TREE_NUT	0.3	23.2	0.1
M1: 10 +	F_OTH	0.3	175.2	0.5
M1: 10 +	CRUST	0.2	87.3	0.2
M1: 10 +	SUPPL	0.2	41.8	0.1
M1: 10 +	V_STEM	0.1	51.2	0.1
M1: 10 +	CER_Y	0.1	34.8	0.0

<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
M1: 10 +	OIL_CRUD	0.1	75.8	0.1
M1: 10 +	HM&BMS	0.1	6.0	0.0
M1: 10 +	OFFALPIG	0.1	197.5	0.1
M1: 10 +	OLIVE	0.0	33.9	0.0
M1: 10 +	INFANT	0.0	69.0	0.0
M1: 10 +	SPICES	0.0	3.5	0.0
M1: 10 +	CER_BARLEY	0.0	25.0	0.0
M1: 10 +	CER_I	.	.	.
M1: 10 +	GINGER	.	.	.
M1: 10 +	INSECTS	.	.	.
M1: 10 +	MEATG	.	.	.

**METHOD 2: AGE 10+**

M2: 10 +	CER_WHEAT	86.3	195.4	168.6
M2: 10 +	SUGAR	77.4	37.7	29.2
M2: 10 +	MILK	72.1	279.9	201.7
M2: 10 +	OIL_REF	71.7	25.5	18.3
M2: 10 +	ROOTS	57.9	188.7	109.3
M2: 10 +	COFFEE	57.4	477.6	273.9
M2: 10 +	MEATB	50.8	109.5	55.6
M2: 10 +	TEA	50.2	412.2	206.8
M2: 10 +	SUG_OTH	49.3	374.9	184.7
M2: 10 +	CER_MAIZE	45.2	383.3	173.4
M2: 10 +	CER_RICE	43.6	140.5	61.3
M2: 10 +	MEATCH	28.8	115.4	33.2
M2: 10 +	V_FRT	26.5	109.5	29.0
M2: 10 +	F_POM	24.9	280.7	69.9
M2: 10 +	MEATS	24.0	159.1	38.2
M2: 10 +	EGGS	20.9	87.3	18.2
M2: 10 +	AN_FAT	19.9	11.3	2.2
M2: 10 +	PULSES	17.2	205.6	35.4
M2: 10 +	V_GRNL	15.0	89.5	13.4
M2: 10 +	V_CURC	14.6	116.2	17.0
M2: 10 +	V_BRAS	14.6	90.5	13.2
M2: 10 +	FISH	13.9	134.7	18.7
M2: 10 +	ALC	13.7	674.1	92.1
M2: 10 +	F_TROP	12.3	102.0	12.6
M2: 10 +	F_STON	11.9	188.9	22.5
M2: 10 +	V_BULB	9.7	22.0	2.1
M2: 10 +	MEATPIG	9.5	80.7	7.7
M2: 10 +	F_BER	8.1	336.4	27.4
M2: 10 +	F_CIT	7.4	262.9	19.4

<b>Table 28 (continued)</b>				
<b>Age Group</b>	<b>GEMS/Food Subgroup</b>	<b>% of group consuming the item</b>	<b>Average g/person/day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
M2: 10 +	V_LEAF	7.2	54.0	3.9
M2: 10 +	COND	6.5	18.1	1.2
M2: 10 +	OFFALB	6.3	165.3	10.5
M2: 10 +	OIL_S	4.7	37.8	1.8
M2: 10 +	COCOA	4.7	42.2	2.0
M2: 10 +	CER_OATS	3.8	252.6	9.5
M2: 10 +	SOUPS	3.1	258.1	7.9
M2: 10 +	V_MIX	2.3	94.0	2.2
M2: 10 +	HONEY	2.3	28.8	0.7
M2: 10 +	OFFALS	1.3	139.1	1.8
M2: 10 +	OFFALCH	0.9	79.4	0.7
M2: 10 +	MEATV	0.6	123.2	0.8
M2: 10 +	F_OTH	0.6	172.4	1.0
M2: 10 +	TREE_NUT	0.5	16.5	0.1
M2: 10 +	CER_SORGHUM	0.4	271.1	1.0
M2: 10 +	CER_Y	0.3	23.4	0.1
M2: 10 +	SUPPL	0.3	72.6	0.2
M2: 10 +	V_STEM	0.3	86.3	0.2
M2: 10 +	CRUST	0.2	95.3	0.2
M2: 10 +	OLIVE	0.2	36.2	0.1
M2: 10 +	OFFALPIG	0.1	197.5	0.2
M2: 10 +	INFANT	0.1	69.0	0.0
M2: 10 +	CER_BARLEY	0.0	25.0	0.0
M2: 10 +	OIL_CRUD	0.0	25.0	0.0
M2: 10 +	SPICES	0.0	2.0	0.0
M2: 10 +	HM&BMS	0.0	0.0	0.0
M2: 10 +	CER_I	.	.	.
M2: 10 +	GINGER	.	.	.
M2: 10 +	INSECTS	.	.	.
M2: 10 +	MEATG	.	.	.

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

**Table 29: A table of food items consumed by more than 3% of children<sup>a</sup> and adults<sup>b</sup> in urban areas of South Africa**

Age Group	Description of food item	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
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**NFCS: AGE 1-5 (n = 1015)**

age: 1-5	SUGAR, WHITE	79.1	19.7	15.6
age: 1-5	MAIZE PORRIDGE & DISHES	70.5	374.0	263.8
age: 1-5	FULL CREAM LIQUID MILKS	51.6	188.5	97.3
age: 1-5	TEA	41.6	224.2	93.2
age: 1-5	BROWN BREAD / ROLLS	36.7	82.9	30.5
age: 1-5	RICE WHITE/BROWN, COOKED	34.2	119.9	41.0
age: 1-5	BRICK MARGARINE	33.9	12.2	4.1
age: 1-5	WHITE BREAD /ROLLS	31.3	85.1	26.6
age: 1-5	POTATO, COOKED	25.1	96.5	24.2
age: 1-5	COLD DRINK, SQUASH TYPE	19.2	284.8	54.7
age: 1-5	CHICKEN MEAT	19.1	60.7	11.6
age: 1-5	CABBAGE, COOKED	14.9	71.6	10.7
age: 1-5	CHICKEN EGGS	13.9	65.4	9.1
age: 1-5	ROOIBOS TEA	13.4	244.8	32.8
age: 1-5	APPLE, AVERAGE, RAW	11.9	128.7	15.3
age: 1-5	BANANA, RAW (PEELED)	11.4	84.1	9.6
age: 1-5	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	11.2	251.2	28.2
age: 1-5	PEANUT BUTTER; SMOOTH STYLE	11.1	13.7	1.5
age: 1-5	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	10.7	87.7	9.4
age: 1-5	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	9.9	27.7	2.7
age: 1-5	MEAT PRODUCTS & DISHES - BOBOTIE, COTTAGE PIE, PIES, BALLS - COOKED FRESH	8.8	61.1	5.4
age: 1-5	CHICKEN STEWS, DISHES, PIES	8.3	108.1	8.9
age: 1-5	JAM /MARMELADE	8.1	22.9	1.8
age: 1-5	MAIZE SAMP/RICE & DISHES	8.0	233.1	18.6
age: 1-5	COOKIES, LOAVES, PANCAKES, TARTS, CAKES, PUDDING	7.9	45.4	3.6
age: 1-5	COFFEE	7.5	220.1	16.5
age: 1-5	WHEAT BASED CEREALS - ALL BRAN, WEETBIX, PUFFED WHEAT	7.3	36.9	2.7
age: 1-5	SWEETS, HARD BOILED, SOFT JELLY	7.3	19.7	1.4
age: 1-5	MEDIUM /LOW FAT SPREAD	7.2	11.1	0.8
age: 1-5	CARROT, FLESH AND SKIN, COOKED	7.1	74.1	5.3
age: 1-5	TOMATO & ONION STEW, COOKED FRESH	7.0	81.4	5.7

<b>Table 29 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 1-5	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	7.0	8.2	0.6
age: 1-5	COLD DRINK, CARBONATED, AVERAGE	6.5	266.0	17.3
age: 1-5	MALTABELLA/ MABELLA	6.4	271.8	17.4
age: 1-5	FULL CREAM PROCESSED MILK, (POWDERS, RECONSTITUTED)	6.3	29.9	1.9
age: 1-5	ORANGE JUICE (LIQUID/CERES, CANNED/BOTTLED)	6.0	234.3	14.1
age: 1-5	BREAKFAST CEREAL, MAIZE BASED, CORN FLAKES, PUFFED CORN,ETC.	5.6	40.0	2.2
age: 1-5	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	5.5	150.2	8.3
age: 1-5	OATS	5.1	229.4	11.8
age: 1-5	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	5.1	75.8	3.9
age: 1-5	FISH - SEA, CANNED	4.5	92.5	4.2
age: 1-5	BEEF STEW	4.5	129.0	5.8
age: 1-5	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	4.5	19.6	0.9
age: 1-5	HUMAN MILK	4.1	625.7	25.9
age: 1-5	BEEF SAUSAGE - WORS	4.0	50.6	2.0
age: 1-5	MUTTON	3.9	69.6	2.7
age: 1-5	PASTA & NOODLE DISHES	3.8	121.0	4.6
age: 1-5	BEEF MINCE	3.5	89.3	3.2
age: 1-5	SUGAR, BROWN	3.3	16.3	0.5
age: 1-5	CHICKEN EGGS DISHES (SCRAMBLE, OMELETTE, SOUFFLE)	3.2	78.3	2.5
age: 1-5	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)- COOKED	3.2	159.5	5.0
age: 1-5	FISH - SEA, COOKED, FRESH	3.1	74.2	2.3
age: 1-5	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIPE)	3.1	114.4	3.5

**NFCS: AGE 6-9 (n = 400)**

age: 6-9	SUGAR, WHITE	81.3	22.8	18.5
age: 6-9	MAIZE PORRIDGE & DISHES	60.8	438.2	266.2
age: 6-9	FULL CREAM LIQUID MILKS	50.0	174.2	87.1
age: 6-9	TEA	48.0	250.0	120.0
age: 6-9	BROWN BREAD / ROLLS	44.3	127.3	56.3
age: 6-9	WHITE BREAD /ROLLS	41.0	120.7	49.5
age: 6-9	BRICK MARGARINE	39.8	17.8	7.1
age: 6-9	RICE WHITE/BROWN, COOKED	34.8	137.5	47.8

<b>Table 29 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 6-9	COLD DRINK, SQUASH TYPE	24.5	349.3	85.6
age: 6-9	CHICKEN MEAT	24.3	84.1	20.4
age: 6-9	POTATO, COOKED	21.5	119.1	25.6
age: 6-9	CHICKEN EGGS	15.3	80.6	12.3
age: 6-9	MEAT PRODUCTS & DISHES - BOBOTIE, COTTAGE PIE, PIES, BALLS - COOKED FRESH	13.8	49.8	6.8
age: 6-9	CABBAGE, COOKED	13.0	82.6	10.7
age: 6-9	PEANUT BUTTER; SMOOTH STYLE	12.0	16.4	2.0
age: 6-9	JAM /MARMELADE	11.5	20.6	2.4
age: 6-9	COOKIES, LOAVES, PANCAKES, TARTS, CAKES, PUDDING	11.3	58.0	6.5
age: 6-9	APPLE, AVERAGE, RAW	11.3	153.6	17.3
age: 6-9	ROOIBOS TEA	11.0	234.7	25.8
age: 6-9	MEDIUM /LOW FAT SPREAD	11.0	15.1	1.7
age: 6-9	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	10.8	29.2	3.1
age: 6-9	COLD DRINK, CARBONATED, AVERAGE	10.5	348.1	36.6
age: 6-9	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	10.0	100.0	10.0
age: 6-9	COFFEE	9.8	224.6	21.9
age: 6-9	NON DAIRY CREAMER, ND CONDENSED MILK, ORLEY WHIP	9.5	7.0	0.7
age: 6-9	CHICKEN STEWS, DISHES, PIES	9.0	139.2	12.5
age: 6-9	SWEETS, HARD BOILED, SOFT JELLY	8.8	34.5	3.0
age: 6-9	WHEAT BASED CEREALS - ALL BRAN, WEETBIX, PUFFED WHEAT	8.0	42.5	3.4
age: 6-9	HIGH FAT CHEESE (CHEDDAR, GOUDA, MOZARELLA)	8.0	25.0	2.0
age: 6-9	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	7.3	291.0	21.1
age: 6-9	BREAKFAST CEREAL, MAIZE BASED, CORN FLAKES, PUFFED CORN, ETC.	7.0	39.0	2.7
age: 6-9	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	6.5	275.6	17.9
age: 6-9	TOMATO & ONION STEW, COOKED FRESH	6.3	120.6	7.5
age: 6-9	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	5.8	93.0	5.4
age: 6-9	BEEF STEW	5.8	155.0	8.9
age: 6-9	MAIZE SAMP/RICE & DISHES	5.5	336.7	18.5
age: 6-9	MUTTON	5.5	108.9	6.0
age: 6-9	PORK PRODUCTS - HAM, BACON,	5.3	56.2	3.0

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/ day</b>
	VIENNA,SALAMI,RUSSIAN - CANNED			
age: 6-9	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	5.3	201.0	10.6
age: 6-9	BANANA, RAW (PEELED)	4.8	100.8	4.8
age: 6-9	CARROT, FLESH AND SKIN, COOKED	4.8	66.8	3.2
age: 6-9	PASTA & NOODLE DISHES	4.0	138.3	5.5
age: 6-9	FISH - SEA, CANNED	4.0	94.7	3.8
age: 6-9	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	3.5	175.7	6.2
age: 6-9	PEAR, RAW	3.5	160.4	5.6
age: 6-9	POTATO CRISPS	3.5	38.6	1.4
age: 6-9	OATS	3.3	246.2	8.0
age: 6-9	FISH - SEA, COOKED, FRESH	3.3	101.2	3.3
age: 6-9	BEEF SAUSAGE - WORS	3.3	63.9	2.1
age: 6-9	MUTTON DISHES - STEWS	3.3	133.6	4.3
age: 6-9	TOMATO SAUCE	3.3	30.8	1.0
age: 6-9	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)- COOKED	3.3	154.4	5.0
age: 6-9	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIBE)	3.0	171.7	5.2
age: 6-9	FULL CREAM ICE CREAM	3.0	92.5	2.8
age: 6-9	BUTTER	3.0	15.8	0.5
age: 6-9	TOMATO, RAW FRESH	3.0	67.1	2.0

**METHOD 1: AGE 10+**

M1: 10 +	SUGAR, WHITE	76.8	29.5	22.6
M1: 10 +	MAIZE PORRIDGE & DISHES	63.4	771.5	488.8
M1: 10 +	TEA	61.1	441.4	269.7
M1: 10 +	BROWN BREAD / ROLLS	51.1	156.9	80.2
M1: 10 +	WHITE BREAD /ROLLS	33.7	164.6	55.4
M1: 10 +	FULL CREAM LIQUID MILKS	29.6	200.2	59.2
M1: 10 +	BRICK MARGARINE	29.1	20.6	6.0
M1: 10 +	COFFEE	27.4	436.5	119.5
M1: 10 +	POTATO, COOKED	27.1	167.4	45.4
M1: 10 +	RICE WHITE/BROWN, COOKED	22.6	155.9	35.3
M1: 10 +	CHICKEN MEAT	21.9	112.4	24.6
M1: 10 +	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	20.8	6.9	1.4
M1: 10 +	COLD DRINK, CARBONAT ED, AVERAGE	18.0	435.8	78.5
M1: 10 +	CHICKEN EGGS	15.9	95.1	15.1
M1: 10 +	TOMATO & ONION STEW, COOKED	14.2	119.8	17.0

<b>Table 29 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
	FRESH			
M1: 10 +	CABBAGE, COOKED	13.3	105.7	14.1
M1: 10 +	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	12.1	227.9	27.7
M1: 10 +	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	11.4	184.5	21.0
M1: 10 +	MAIZE SAMP/RICE & DISHES	11.3	424.2	48.1
M1: 10 +	BEEF GRAVY AND EXTRACTS, COOKED FRESH	11.3	33.3	3.7
M1: 10 +	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	11.1	150.8	16.8
M1: 10 +	SUNFLOWER OIL	10.2	8.2	0.8
M1: 10 +	MUTTON	9.6	162.9	15.7
M1: 10 +	MEDIUM /LOW FAT SPREAD	8.1	16.9	1.4
M1: 10 +	APPLE, AVERAGE, RAW	7.9	221.3	17.4
M1: 10 +	FISH - SEA, COOKED, FRESH	7.2	128.5	9.3
M1: 10 +	JAM /MARMELADE	6.8	36.7	2.5
M1: 10 +	BANANA, RAW (PEELED)	6.8	149.3	10.2
M1: 10 +	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	6.6	37.9	2.5
M1: 10 +	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	6.4	96.9	6.2
M1: 10 +	WHITE COOKING FAT	6.4	12.5	0.8
M1: 10 +	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	6.4	457.0	29.2
M1: 10 +	TOMATO, RAW FRESH	5.9	103.2	6.1
M1: 10 +	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	5.5	146.5	8.1
M1: 10 +	CARROT, FLESH AND SKIN, COOKED	5.5	56.0	3.1
M1: 10 +	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	5.5	150.1	8.2
M1: 10 +	COOKIES, LOAVES, PANCAKES, TARTS,CAKES,PUDDING	5.4	112.2	6.1
M1: 10 +	PEANUT BUTTER; SMOOTH STYLE	5.3	26.4	1.4
M1: 10 +	BEEF SAUSAGE - WORS	4.8	72.0	3.4
M1: 10 +	CHICKEN HEADS & FEET	4.4	79.4	3.5
M1: 10 +	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIBE)	4.1	163.9	6.7
M1: 10 +	COLD DRINK, SQUASH TYPE	3.8	353.4	13.4
M1: 10 +	ONION, COOKED	3.7	18.8	0.7
M1: 10 +	CHICKEN STEWS, DISHES, PIES	3.5	142.2	5.0
M1: 10 +	FISH - SEA, CANNED	3.4	103.8	3.6
M1: 10 +	CHICKEN FAT	3.4	10.7	0.4

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M1: 10 +	PEAS, COOKED	3.4	62.5	2.1
M1: 10 +	PEACH,RAW	3.3	251.6	8.2
M1: 10 +	MIXED VEGETABLES, PICKLED	3.2	19.0	0.6
M1: 10 +	GRAPE, RAW FRESH	3.1	345.8	10.6
M1: 10 +	SWEET POTATO COOKED WITHOUT SKIN	3.0	244.8	7.5

**METHOD 2: AGE 10+**

M2: 10 +	SUGAR, WHITE	77.1	37.8	29.1
M2: 10 +	FULL CREAM LIQUID MILKS	57.4	205.1	117.7
M2: 10 +	COFFEE	57.4	477.6	273.9
M2: 10 +	POTATO, COOKED	51.1	168.7	86.3
M2: 10 +	TEA	50.2	412.2	206.8
M2: 10 +	BRICK MARGARINE	49.4	22.9	11.3
M2: 10 +	WHITE BREAD /ROLLS	46.2	158.3	73.1
M2: 10 +	BROWN BREAD / ROLLS	44.5	130.8	58.2
M2: 10 +	RICE WHITE/BROWN, COOKED	43.1	141.5	61.0
M2: 10 +	COLD DRINK, CARBONAT ED, AVERAGE	32.6	448.7	146.2
M2: 10 +	CHICKEN MEAT	27.1	112.3	30.4
M2: 10 +	MAIZE PORRIDGE & DISHES	26.7	343.2	91.8
M2: 10 +	MUTTON	23.5	156.1	36.7
M2: 10 +	CHICKEN EGGS	19.3	84.9	16.4
M2: 10 +	BEEF GRAVY AND EXTRACTS, COOKED FRESH	18.6	33.0	6.1
M2: 10 +	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	18.4	39.9	7.3
M2: 10 +	MAIZE SAMP/RICE & DISHES	17.4	435.7	75.7
M2: 10 +	SUNFLOWER OIL	16.6	8.1	1.3
M2: 10 +	TOMATO, RAW FRESH	16.1	100.0	16.1
M2: 10 +	APPLE, AVERAGE, RAW	15.7	234.3	36.8
M2: 10 +	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	12.9	97.0	12.5
M2: 10 +	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	12.2	183.9	22.5
M2: 10 +	JAM /MARMELADE	12.1	39.6	4.8
M2: 10 +	MEDIUM /LOW FAT SPREAD	12.0	20.9	2.5
M2: 10 +	COOKIES, LOAVES, PANCAKES, TARTS,CAKES,PUDDING	11.7	126.6	14.8
M2: 10 +	CABBAGE, COOKED	11.6	87.1	10.1
M2: 10 +	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	11.6	11.4	1.3
M2: 10 +	CARROT, FLESH AND SKIN,	11.1	58.8	6.6

<b>Table 29 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
	COOKED			
M2: 10 +	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	10.5	176.8	18.5
M2: 10 +	WHITE COOKING FAT	10.4	12.5	1.3
M2: 10 +	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	10.3	462.0	47.4
M2: 10 +	FISH - SEA, COOKED, FRESH	10.0	151.8	15.2
M2: 10 +	BEEF SAUSAGE - WORS	9.7	73.0	7.1
M2: 10 +	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	9.7	99.1	9.6
M2: 10 +	RUSKS	8.8	61.6	5.4
M2: 10 +	COLD DRINK, SQUASH TYPE	7.8	368.6	28.6
M2: 10 +	BANANA, RAW (PEELED)	7.5	110.0	8.3
M2: 10 +	GRAPE, RAW FRESH	7.2	349.7	25.1
M2: 10 +	TOMATO & ONION STEW, COOKED FRESH	7.1	118.7	8.5
M2: 10 +	GREEN BEANS, COOKED	6.8	115.4	7.9
M2: 10 +	PEAS, COOKED	6.7	62.4	4.2
M2: 10 +	ONION, COOKED	6.6	21.2	1.4
M2: 10 +	SPIRIT, BRANDY/ GIN, WHISKY/ CANE/	6.1	110.8	6.8
M2: 10 +	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIPE)	5.6	175.8	9.8
M2: 10 +	WHEAT BASED CEREALS - ALL BRAN, WEETBIX, PUFFED WHEAT	5.5	46.8	2.6
M2: 10 +	CHICKEN FAT	5.5	10.7	0.6
M2: 10 +	PEACH,RAW	5.5	258.6	14.3
M2: 10 +	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	5.4	131.7	7.1
M2: 10 +	SWEET POTATO COOKED WITHOUT SKIN	5.3	155.9	8.3
M2: 10 +	PROCESSED SKIM MILK (POWDER, RECONSTITUTED)	5.1	225.1	11.5
M2: 10 +	CUSTARD POWDER, MAIZENA	5.0	96.2	4.8
M2: 10 +	BEER	4.8	1112.8	53.2
M2: 10 +	BEEF GRAVY AND EXTRACTS - FLOUR TYPE	4.7	29.8	1.4
M2: 10 +	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	4.6	333.3	15.3
M2: 10 +	MARMITE	4.5	5.6	0.3
M2: 10 +	CARROT, RAW (FLESH AND SKIN)	4.5	73.4	3.3
M2: 10 +	CHOCOLATE SWEETS	4.4	44.1	1.9
M2: 10 +	SALAD: BEETROOT	4.4	70.5	3.1
M2: 10 +	PEAR, RAW	4.3	234.8	10.2

<b>Table 29 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
M2: 10 +	BEEF MINCE	4.3	122.7	5.3
M2: 10 +	LETTUCE, RAW	4.3	18.8	0.8
M2: 10 +	WINES	4.3	367.4	15.7
M2: 10 +	PORK PRODUCTS - HAM, BACON, VIENNA,SALAMI,RUSSIAN - CANNED	4.3	49.9	2.1
M2: 10 +	SWEETS, HARD BOILED, SOFT JELLY	4.1	35.3	1.5
M2: 10 +	LOQUAT,LITCHI,GUAVA,WILD FRUIT,JUICE (LIQ FRT/CERES)	4.1	329.3	13.6
M2: 10 +	SALAD DRESSING / MAYONNAISE	4.0	21.7	0.9
M2: 10 +	PEANUT BUTTER; SMOOTH STYLE	3.8	31.6	1.2
M2: 10 +	PORK PRODUCTS - HAM, BACON, VIENNA,SALAMI,RUSSIAN - COOKED FRESH	3.4	53.0	1.8
M2: 10 +	MARROW,GEM (SUMMER) ETC COOKED	3.3	78.4	2.6
M2: 10 +	OATS	3.2	282.7	9.2
M2: 10 +	PASTA & NOODLE DISHES	3.2	187.8	6.0
M2: 10 +	ONION RAW	3.2	22.8	0.7
M2: 10 +	POTATO CRISPS	3.1	37.2	1.2

<sup>a</sup> Adapted from the National Food Consumption Survey, 24 Hour Recall (Labadarios et al. 2000)

<sup>b</sup> Methods 1 and 2, as described in paragraph 4.5.3 and 4.5.4

#### 5.4 Food items consumed by children and adults in the Lebowa Study

A summary of commonly consumed food items eaten by children and adults in the Northern Province has been shown in Table 30. The food items most commonly consumed by participants 1-5 years were (%consumers/average portion): maize porridge (98%/578g), white sugar (88%/16g), tea (83%/218g), brown bread (73%/124g), non-dairy creamer (53%/6g), wild green leaves (47%/105g), chicken eggs (35%/81g) and white bread (21%/103g).

The food items most commonly consumed by 6-9 year-olds were (%consumers/average portion): maize porridge (100%/793g), sugar (96%/22g), tea (93%/292g), brown bread (75%/180g), non-dairy creamer (48%/4g), tomato and onion sauce (41%/114g), cabbage (25%/121g), wild leaves (23%/211g), white bread (23%/135g) and chicken eggs (21%/131g).

The food items most commonly consumed by 10+ year-olds were (%consumers/average portion): maize (99%/870g), sugar (89%/20g), tea (84%/278g), brown bread (65%/870g), non-dairy creamer (42%/5g), white bread (32%/136g), tomato and onion stew (28%/121g), cabbage (22%/134g), chicken meat (22%/118g), eggs (19%/102g) and wild leaves (18%/133g).

The data from this study compares favourably with that of children and adults for rural South Africa as a whole. The main differences lie in the fact that participants in the Lebowa Study consumed larger portions of maize porridge. Additionally there were more consumers of wild green leaves, tomato and onion stew and non-dairy creamers in the Lebowa Study than in the national data.

**Table 30: A table of food items consumed by more than 3% of children and adults in the Lebowa Study<sup>a</sup>**

Age Group	Description of food items	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
<b>LEBOWA STUDY: AGE 1-5 (n = 118)</b>				
age:1-5	MAIZE PORRIDGE & DISHES	98.3	578.0	568.2
age:1-5	BROWN BREAD / ROLLS	72.9	124.4	90.6
age:1-5	WHITE BREAD /ROLLS	21.2	102.8	21.8
<b>age:1-5</b>	<b>TOTAL CEREALS (99.5%)</b>	<b>99.2</b>	<b>690.1</b>	<b>684.2</b>
age:1-5	FISH - SEA, COOKED, FRESH	7.6	61.1	4.7
age:1-5	FISH - SEA, CANNED	3.4	82.5	2.8
<b>age:1-5</b>	<b>TOTAL FISH AND SEAFOOD (96.5%)</b>	<b>11.9</b>	<b>65.1</b>	<b>7.7</b>
age:1-5	BANANA, RAW (PEELED)	7.6	127.8	9.7
age:1-5	ORANGE/MINEOLA FRESH (PEELED)	4.2	186.0	7.9
age:1-5	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	4.2	258.0	10.9
<b>age:1-5</b>	<b>TOTAL FRUIT (64.5%)</b>	<b>19.5</b>	<b>227.1</b>	<b>44.3</b>

<b>Table 30 (continued)</b>				
<b>Age Group</b>	<b>Description of food items</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:1-5	CHICKEN MEAT	14.4	139.6	20.1
age:1-5	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	6.8	104.9	7.1
age:1-5	CHICKEN STEWS, DISHES, PIES	6.8	76.9	5.2
age:1-5	CHICKEN HEADS & FEET	4.2	74.0	3.1
<b>age:1-5</b>	<b>MEAT AND OFFALS (87.8%)</b>	<b>33.1</b>	<b>122.6</b>	<b>40.5</b>
age:1-5	LOW FAT PROCESSED MILK, (BUTTERMILK, CURED)	10.2	177.5	18.1
age:1-5	FULL CREAM LIQUID MILKS	7.6	182.6	13.9
age:1-5	FULL CREAM PROCESSED MILK, (POWDERS, RECONSTITUTED)	4.2	21.6	0.9
<b>age:1-5</b>	<b>MILK AND MILK PRODUCTS (93.2%)</b>	<b>22.0</b>	<b>160.2</b>	<b>35.3</b>
age:1-5	CHICKEN EGGS	34.7	81.3	28.3
<b>age:1-5</b>	<b>EGGS AND EGG PRODUCTS (100%)</b>	<b>34.7</b>	<b>81.3</b>	<b>28.3</b>
age:1-5	PEANUT BUTTER; SMOOTH STYLE	4.2	11.4	0.5
<b>age:1-5</b>	<b>NUTS AND OILSEEDS (100%)</b>	<b>4.2</b>	<b>11.4</b>	<b>0.5</b>
age:1-5	POTATO, COOKED	5.9	144.3	8.6
<b>age:1-5</b>	<b>ROOTS AND TUBERS (100%)</b>	<b>5.9</b>	<b>144.3</b>	<b>8.6</b>
age:1-5	TEA	83.1	217.8	180.9
<b>age:1-5</b>	<b>STIMULANTS (100%)</b>	<b>83.1</b>	<b>217.8</b>	<b>180.9</b>
age:1-5	SUGAR, WHITE	88.1	15.5	13.6
age:1-5	JAM /MARMELADE	11.0	19.2	2.1
<b>age:1-5</b>	<b>SUGAR AND SUGAR PRODUCTS (93.0%)</b>	<b>88.1</b>	<b>19.2</b>	<b>16.9</b>
age:1-5	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	46.6	104.7	48.8
age:1-5	TOMATO & ONION STEW, COOKED FRESH	27.1	102.5	27.8
age:1-5	CABBAGE, COOKED	16.9	85.5	14.5
<b>age:1-5</b>	<b>VEGETABLES (98.2%)</b>	<b>76.3</b>	<b>121.6</b>	<b>92.7</b>
age:1-5	NON DAIRY CREAMER, ND	53.4	6.2	3.3
age:1-5	CONDENSED MILK,ORLEY WHIP	14.4	8.2	1.2
age:1-5	MEDIUM /LOW FAT SPREAD	12.7	12.1	1.5
<b>age:1-5</b>	<b>BRICK MARGARINE</b>	<b>12.7</b>	<b>12.1</b>	<b>1.5</b>
<b>age:1-5</b>	<b>VEGETABLE OILS AND FATS (98.2%)</b>	<b>58.5</b>	<b>10.5</b>	<b>6.2</b>

**LEBOWA STUDY: AGE 6-9 (n = 73)**

age:6-9	MAIZE PORRIDGE & DISHES	100.0	792.5	792.5
age:6-9	BROWN BREAD / ROLLS	75.3	180.2	135.8
age:6-9	WHITE BREAD /ROLLS	23.3	134.7	31.4
age:6-9	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	9.6	101.4	9.7
age:6-9	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	4.1	21.3	0.9

<b>Table 30 (continued)</b>				
<b>Age Group</b>	<b>Description of food items</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	OATS	4.1	350.0	14.4
<b>age:6-9</b>	<b>CEREALS (99.2%)</b>	<b>100.0</b>	<b>992.9</b>	<b>992.9</b>
age:6-9	FISH - SEA, CANNED	6.8	93.0	6.4
<b>age:6-9</b>	<b>FISH AND SEAFOOD (85.7%)</b>	<b>8.2</b>	<b>90.8</b>	<b>7.5</b>
age:6-9	BANANA, RAW (PEELED)	13.7	134.0	18.4
<b>age:6-9</b>	<b>FRUIT (44.9%)</b>	<b>20.5</b>	<b>199.3</b>	<b>41.0</b>
age:6-9	CHICKEN MEAT	21.9	108.3	23.7
age:6-9	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	20.5	128.6	26.4
age:6-9	CHICKEN HEADS & FEET	5.5	57.5	3.2
age:6-9	BEEF STEW	4.1	73.3	3.0
age:6-9	CHICKEN STEWS, DISHES, PIES	4.1	87.7	3.6
<b>age:6-9</b>	<b>MEAT AND OFFALS (87.9%)</b>	<b>47.9</b>	<b>142.3</b>	<b>68.2</b>
age:6-9	FULL CREAM LIQUID MILKS	11.0	147.5	16.2
age:6-9	FULL CREAM PROCESSED MILK, (POWDERS, RECONSTITUTED)	5.5	26.3	1.4
age:6-9	LOW FAT PROCESSED MILK, (BUTTERMILK, CURED)	5.5	212.5	11.6
age:6-9	FULL CREAM PROCESSED MILK, (CONDENSED MILK)	4.1	17.0	0.7
<b>age:6-9</b>	<b>MILK AND MILK PRODUCTS (98.3%)</b>	<b>24.7</b>	<b>123.5</b>	<b>30.5</b>
age:6-9	CHICKEN EGGS	20.5	131.2	27.0
<b>age:6-9</b>	<b>EGGS AND EGG PRODUCTS (100%)</b>	<b>20.5</b>	<b>131.2</b>	<b>27.0</b>
age:6-9	PEANUT BUTTER; SMOOTH STYLE	5.5	18.0	1.0
<b>age:6-9</b>	<b>NUTS AND OILSEEDS (30.2%)</b>	<b>8.2</b>	<b>40.3</b>	<b>3.3</b>
age:6-9	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	2.7	150.0	4.1
<b>age:6-9</b>	<b>PULSES (85.5%)</b>	<b>4.1</b>	<b>116.7</b>	<b>4.8</b>
age:6-9	POTATO, COOKED	11.0	116.9	12.8
<b>age:6-9</b>	<b>ROOTS AND TUBERS (94.5%)</b>	<b>12.3</b>	<b>109.9</b>	<b>13.5</b>
age:6-9	TEA	93.2	292.0	272.0
<b>age:6-9</b>	<b>STIMULANTS (100%)</b>	<b>93.2</b>	<b>292.1</b>	<b>272.1</b>
age:6-9	SUGAR, WHITE	95.9	21.8	20.9
age:6-9	JAM /MARMELADE	17.8	34.2	6.1
age:6-9	SWEETS, HARD BOILED, SOFT JELLY	4.1	10.3	0.4
<b>age:6-9</b>	<b>SUGAR AND SUGAR PRODUCTS (91.6%)</b>	<b>95.9</b>	<b>31.3</b>	<b>30.0</b>
age:6-9	TOMATO & ONION STEW, COOKED FRESH	41.1	113.5	46.6
age:6-9	CABBAGE, COOKED	24.7	121.4	29.9
age:6-9	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	23.3	211.2	49.2
age:6-9	SPINACH, COOKED	5.5	132.5	7.3
age:6-9	MIXED VEGETABLES, PICKLED	5.5	15.3	0.8

<b>Age Group</b>	<b>Description of food items</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
<b>age:6-9</b>	<b>VEGETABLES (99.5%)</b>	<b>74.0</b>	<b>181.9</b>	<b>134.5</b>
age:6-9	NON DAIRY CREAMER, ND	47.9	4.3	2.1
age:6-9	CONDENSED MILK,ORLEY WHIP	15.1	17.0	2.6
age:6-9	BRICK MARGARINE	6.8	24.8	1.7
age:6-9	MEDIUM /LOW FAT SPREAD			
<b>age:6-9</b>	<b>VEGETABLE OILS AND FATS (96.7%)</b>	<b>57.5</b>	<b>11.4</b>	<b>6.6</b>

**LEBOWA STUDY: AGE 10+ (n = 292)**

age:10+	MAIZE PORRIDGE & DISHES	98.6	870.1	858.2
age:10+	BROWN BREAD / ROLLS	65.4	169.7	111.0
age:10+	WHITE BREAD /ROLLS	31.5	135.8	42.8
age:10+	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	10.6	162.6	17.3
age:10+	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	3.8	42.0	1.6
<b>age:10+</b>	<b>CEREALS (99.2%)</b>	<b>99.7</b>	<b>1043.0</b>	<b>1039.5</b>
age:10+	FISH - SEA, COOKED, FRESH	8.9	101.5	9.0
age:10+	FISH - SEA, CANNED	6.5	92.6	6.0
<b>age:10+</b>	<b>FISH AND SEAFOOD (94.3%)</b>	<b>15.4</b>	<b>103.7</b>	<b>16.0</b>
age:10+	BANANA, RAW (PEELED)	11.6	204.1	23.8
<b>age:10+</b>	<b>FRUIT (62.2%)</b>	<b>16.1</b>	<b>237.8</b>	<b>38.3</b>
age:10+	CHICKEN MEAT	21.9	117.7	25.8
age:10+	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	17.1	106.4	18.2
age:10+	CHICKEN HEADS & FEET	4.5	80.0	3.6
age:10+	CHICKEN STEWS, DISHES, PIES	3.4	159.5	5.5
<b>age:10+</b>	<b>MEAT AND OFFALS (82.4%)</b>	<b>51.7</b>	<b>124.5</b>	<b>64.4</b>
age:10+	LOW FAT PROCESSED MILK, (BUTTERMILK, CURED)	9.2	282.0	26.1
age:10+	FULL CREAM PROCESSED MILK, (CONDENSED MILK)	5.5	8.4	0.5
age:10+	FULL CREAM LIQUID MILKS	4.8	204.5	9.8
<b>age:10+</b>	<b>MILK AND MILK PRODUCTS (89.5%)</b>	<b>21.6</b>	<b>188.2</b>	<b>40.6</b>
age:10+	CHICKEN EGGS	18.8	102.1	19.2
<b>age:10+</b>	<b>EGGS AND EGG PRODUCTS (100%)</b>	<b>18.8</b>	<b>102.1</b>	<b>19.2</b>
age:10+	PEANUT BUTTER; SMOOTH STYLE	8.2	22.8	1.9
<b>age:10+</b>	<b>NUTS AND OILSEEDS (90.7%)</b>	<b>8.6</b>	<b>24.5</b>	<b>2.1</b>
age:10+	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	2.1	206.7	4.2
<b>age:10+</b>	<b>PULSES (70.9%)</b>	<b>3.4</b>	<b>173.0</b>	<b>5.9</b>
age:10+	POTATO, COOKED	3.4	178.0	6.1
<b>age:10+</b>	<b>ROOTS AND TUBERS (89.7%)</b>	<b>4.8</b>	<b>141.8</b>	<b>6.8</b>
age:10+	TEA	83.6	277.9	232.2
age:10+	COFFEE	3.8	268.2	10.1

<b>Table 30 (continued)</b>				
<b>Age Group</b>	<b>Description of food items</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
<b>age:10+</b>	<b>STIMULANTS (100%)</b>	<b>86.6</b>	<b>279.6</b>	<b>242.3</b>
age:10+	SUGAR, WHITE	88.7	19.7	17.5
age:10+	JAM /MARMELADE	7.2	32.1	2.3
age:10+	SWEETS, HARD BOILED, SOFT JELLY	4.8	33.0	1.6
<b>age:10+</b>	<b>SUGAR AND SUGAR PRODUCTS (93.6%)</b>	<b>88.7</b>	<b>25.7</b>	<b>22.8</b>
age:10+	TOMATO & ONION STEW, COOKED FRESH	27.7	121.1	33.6
age:10+	CABBAGE, COOKED	21.9	134.2	29.4
age:10+	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	18.2	132.7	24.1
age:10+	MIXED VEGETABLES, PICKLED	12.7	18.6	2.4
<b>age:10+</b>	<b>VEGETABLES (95.7%)</b>	<b>66.1</b>	<b>141.4</b>	<b>93.5</b>
age:10+	NON DAIRY CREAMER, ND			
age:10+	CONDENSED MILK,ORLEY WHIP	41.8	5.2	2.2
age:10+	BRICK MARGARINE	16.1	14.3	2.3
age:10+	MEDIUM /LOW FAT SPREAD	12.7	12.9	1.6
<b>age:10+</b>	<b>VEGETABLE OILS AND FATS (91.4%)</b>	<b>54.5</b>	<b>12.3</b>	<b>6.7</b>

<sup>a</sup> Adapted from the Lebowa Study, 24 Hour Recall (Steyn et al. 1992; Badenhorst et al. 1993)

### 5.5 Food items consumed by adults in the Dikgale Study

A summary of commonly consumed food items eaten by adults in Dikgale, Northern Province has been shown in Table 31.

The food items most commonly consumed by 10+ year-olds were (% consumers/ average portion): maize porridge (94%/949g), tea (69%/699g), sugar (65%/27g), brown bread (54%/178g), non-dairy creamer (20%/6g), dried beans (20%/ 299), tomato and onion stew (13%/113g) and wild leaves (28%/219g). The diet only comprised a total of 28 different food items, indicating little variety in the diet.

The data from this study compares favourably with that of adults for rural South Africa as a whole. The main differences lie in the fact that participants in the Dikgale Study consumed larger portions of maize porridge. Additionally there were more consumers of wild green leaves, tomato and onion stew and non-dairy creamers in the Dikgale Study than in the national data. The Dikgale Study had very similar findings to the Lebowa Study, probably due to their close geographic location and ethnic similarities.

**Table 31: A table of food items consumed by more than 3% of adults in the Dikgale Study<sup>a</sup>**

Age Group	Description of food item	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
<b>DIKGALE: AGE 10+ (n = 209)</b>				
age: 10+	BEER, SORGHUM	3.2	1985.7	64.4
<b>age: 10+</b>	<b>ALCOHOLIC BEVERAGES (64.4%)</b>	<b>4.2</b>	<b>1711.1</b>	<b>71.3</b>
age: 10+	MAIZE PORRIDGE & DISHES	94.0	948.5	891.4
age: 10+	BROWN BREAD / ROLLS	54.2	177.9	96.3
age: 10+	WHITE BREAD /ROLLS	11.1	219.6	24.4
<b>age: 10+</b>	<b>CEREALS (97.8%)</b>	<b>98.6</b>	<b>1049.1</b>	<b>1034.5</b>
age: 10+	FISH - SEA, CANNED**	2.31	98.40	2.28
<b>age: 10+</b>	<b>FISH AND SEAFOOD (69.6%)</b>	<b>3.2</b>	<b>101.0</b>	<b>3.3</b>
age: 10+	AVOCADO, RAW (PEELED)	4.2	73.7	3.1
age: 10+	APPLE, AVERAGE, RAW	3.7	169.6	6.3
age: 10+	ORANGE/MINEOLA FRESH (PEELED)	3.2	324.3	10.5
<b>age: 10+</b>	<b>FRUIT (73.1%)</b>	<b>12.5</b>	<b>217.2</b>	<b>27.2</b>
age: 10+	CHICKEN HEADS & FEET	12.0	80.4	9.7
age: 10+	CHICKEN MEAT	8.8	86.6	7.6
age: 10+	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	8.3	172.4	14.4
age: 10+	CHICKEN STEWS, DISHES, PIES	8.3	128.0	10.7
age: 10+	CHICKEN GIBLETS	7.9	65.3	5.1
<b>age: 10+</b>	<b>MEAT AND OFFALS (74.0%)</b>	<b>46.3</b>	<b>138.6</b>	<b>64.2</b>
age: 10+	FULL CREAM LIQUID MILKS	4.2	210.1	8.8
<b>age: 10+</b>	<b>MILK AND MILK PRODUCTS (70.8%)</b>	<b>10.2</b>	<b>121.4</b>	<b>12.4</b>
age: 10+	CHICKEN EGGS	7.4	112.8	8.4
<b>age: 10+</b>	<b>EGGS AND EGG PRODUCTS (94.5%)</b>	<b>7.4</b>	<b>119.3</b>	<b>8.8</b>
age: 10+	PEANUT BUTTER; SMOOTH STYLE	5.6	26.3	1.5
<b>age: 10+</b>	<b>NUTS AND OILSEEDS (84.0%)</b>	<b>6.0</b>	<b>28.8</b>	<b>1.7</b>
age: 10+	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	20.4	298.5	60.8
<b>age: 10+</b>	<b>LEGUMES (93.6%)</b>	<b>22.2</b>	<b>292.5</b>	<b>65.0</b>
age: 10+	POTATO, COOKED	5.6	128.8	7.2
age: 10+	SWEET POTATO COOKED WITHOUT SKIN	4.6	384.0	17.8
<b>age: 10+</b>	<b>ROOTS AND TUBERS (98.3%)</b>	<b>10.6</b>	<b>238.3</b>	<b>25.4</b>
age: 10+	TEA	69.4	699.0	485.4
<b>age: 10+</b>	<b>STIMULANTS (100%)</b>	<b>69.4</b>	<b>699.0</b>	<b>485.4</b>
age: 10+	SUGAR, WHITE	65.3	26.8	17.5
<b>age: 10+</b>	<b>SUGAR AND SUGAR PRODUCTS (74.1%)</b>	<b>65.7</b>	<b>36.0</b>	<b>23.7</b>

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 10+	WILD LEAVES (MAROG, AMARANT, BEETROOT, PUMPKIN)-RAW	27.8	218.8	60.8
age: 10+	TOMATO & ONION STEW, COOKED FRESH	13.4	113.0	15.2
age: 10+	CABBAGE, COOKED	6.0	88.1	5.3
age: 10+	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	3.7	410.0	15.2
<b>age: 10+</b>	<b>VEGETABLES (90.1%)</b>	<b>48.1</b>	<b>222.2</b>	<b>107.0</b>
age: 10+	NON DAIRY CREAMER, ND	19.9	6.2	1.2
age: 10+	CONDENSED MILK,ORLEY WHIP	6.5	12.3	0.8
age: 10+	BRICK MARGARINE	3.2	9.3	0.3
age: 10+	MEDIUM /LOW FAT SPREAD			
<b>age: 10+</b>	<b>VEGETABLE OILS AND FATS (100%)</b>	<b>25.5</b>	<b>9.1</b>	<b>2.3</b>

<sup>a</sup> Adapted from the Dikgale Study, 24 Hour Recall (Steyn et al. 2001)

## **5.6 Food items consumed by children and adults in the Black Risk Factor Study**

A summary of commonly consumed food items eaten by children and adults in Cape Town has been shown in Table 32. The food items most commonly consumed by participants 1-5 years were (%consumers/average portion): maize porridge (82%/237g), sugar (87%/24g), brick margarine (63%/15g), rice (54%/86g), milk (56%/129g), potatoes (54%/92g), tea (50%/215g), brown bread (52%/85g), white bread (47%/88g), carbonated drinks (35%/213g), processed full milk (35%/244g), beef gravy (35%/25g), chicken meat (34%/51g), chicken eggs (29%/47g), sunflower oil (28%/5g), haricot beans (25%/57g), cabbage (24%/41g), apple (23%/101g) and white cooking fat (21%/6g).

The food items most commonly consumed by 6-9 year-olds were (%consumers/average portion): sugar (77%/25g), brick margarine (58%/23g), maize porridge (52%/312g), white bread (50%/151g), potatoes (50%/113g), brown bread (48%/117g), full cream milk (45%/99g), tea (42%/193g), samp (42%/130g), beef gravy (30%/21g), chicken meat (26%/56g), full cream processed milk (26%/323g), carbonated cold drinks (24%/248g) and squash cold drink (20%/248g).

The food items most commonly consumed by 10+ year-olds were (%consumers/average portion): white sugar (76%/32g), full cream liquid milk (47%/151g), white bread (46%/183g), brick margarine (42%/22g), rice (41%/166g), potatoes (46%/169g), coffee (42%/ 318g), tea (39%/353g), carbonated cold drinks (39%/435g), maize porridge (39%/371), brown bread (38%/142), chicken meat (31%/114g), meat gravy (29%/ 34g) and samp (28%/438g).

There are some specific differences between the rural databases (Dikgale and Lebowa) compared with the urban database (BRISK). In the urban areas a lower percentage of children and adults consumed maize porridge. Maize was also consumed in smaller amounts. Additionally more urban subjects consumed brick margarine, white bread, rice, potatoes, carbonated and squash cold drinks, meat gravy, full cream milk and coffee, than rural ones.

**Table 32: A table of food items consumed by more than 3% of children and adults in the BRISK Study<sup>a</sup>**

Age Group	Description of food item	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
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**BRISK: AGE 1-5 (n = 127)**

age:1-5	MAIZE PORRIDGE & DISHES	81.9	237.4	194.4
age:1-5	RICE WHITE/BROWN, COOKED	53.5	85.7	45.9
age:1-5	BROWN BREAD / ROLLS	52.8	84.9	44.8
age:1-5	WHITE BREAD /ROLLS	46.5	88.4	41.1
age:1-5	MAIZE SAMP/RICE & DISHES	31.5	163.7	51.5
age:1-5	OATS	15.7	98.8	15.6
age:1-5	CUSTARD POWDER, MAIZENA	13.4	8.2	1.1
age:1-5	MALTABELLA/ MABELLA	8.7	57.3	5.0
age:1-5	PASTA & NOODLE DISHES	8.7	17.7	1.5
age:1-5	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	7.1	30.0	2.1
age:1-5	BREAKFAST CEREAL, RICE BASED, RICE CRISPIES, PUFFED RICE, ETC	3.9	17.0	0.7
<b>age:1-5</b>	<b>CEREALS (98.4%)</b>	<b>100.0</b>	<b>410.3</b>	<b>410.3</b>
age:1-5	FISH - SEA, CANNED	15.7	21.3	3.3
age:1-5	FISH - SEA, COOKED, FRESH	3.1	86.3	2.7
<b>age:1-5</b>	<b>FISH (92.2%)</b>	<b>19.7</b>	<b>33.4</b>	<b>6.6</b>
age:1-5	APPLE, AVERAGE, RAW	22.8	100.7	23.0
age:1-5	BANANA, RAW (PEELED)	11.0	80.4	8.9
age:1-5	ORANGE/MINEOLA FRESH (PEELED)	7.9	54.0	4.3
age:1-5	PEAR, RAW	4.7	143.3	6.8
age:1-5	LOQUAT,LITCHI,GUAVA,WILD FRUIT,JUICE (LIQ FRT/CERES)	4.7	329.2	15.6
age:1-5	PEACH,RAW	4.7	175.0	8.3
<b>age:1-5</b>	<b>FRUIT (89.3%)</b>	<b>42.5</b>	<b>175.7</b>	<b>74.7</b>
age:1-5	BEEF GRAVY AND EXTRACTS, COOKED FRESH	35.4	25.1	8.9
age:1-5	CHICKEN MEAT	33.9	51.3	17.4
age:1-5	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	11.0	22.9	2.5
age:1-5	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIBE)	7.1	121.1	8.6

<b>Table 32 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:1-5	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	6.3	86.3	5.4
age:1-5	BEEF SAUSAGE - WORS	6.3	35.5	2.2
age:1-5	BEEF MINCE	4.7	80.0	3.8
age:1-5	MUTTON	4.7	75.0	3.5
age:1-5	BEEF STEW	3.9	10.0	0.4
age:1-5	CHICKEN STEWS, DISHES, PIES	3.9	7.0	0.3
<b>age:1-5</b>	<b>MEATS AND OFFALS (94.6%)</b>	<b>80.3</b>	<b>69.8</b>	<b>56.1</b>
age:1-5	FULL CREAM LIQUID MILKS	55.9	129.2	72.2
age:1-5	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	34.6	244.3	84.6
age:1-5	LOW FAT LIQUID MILK	15.7	85.0	13.4
age:1-5	PUDDING, REFINED CEREAL, EG BREAD PUDDING	7.9	10.0	0.8
<b>age:1-5</b>	<b>MILK &amp; MILK PRODUCTS (97.7%)</b>	<b>78.0</b>	<b>224.5</b>	<b>175.0</b>
age:1-5	WHITE COOKING FAT	21.3	6.4	1.4
age:1-5	CHICKEN FAT	7.9	9.0	0.7
age:1-5	BEEF TALLOW	7.1	5.0	0.4
age:1-5	LARD	3.1	10.3	0.3
<b>age:1-5</b>	<b>ANIMAL FAT (100%)</b>	<b>37.0</b>	<b>7.4</b>	<b>2.7</b>
age:1-5	CHICKEN EGGS	29.1	47.3	13.8
<b>age:1-5</b>	<b>EGGS AND EGG PRODUCTS (100%)</b>	<b>29.1</b>	<b>47.3</b>	<b>13.8</b>
age:1-5	PEANUT BUTTER; SMOOTH STYLE	22.0	12.4	2.7
<b>age:1-5</b>	<b>NUTS AND OILSEEDS (97.7%)</b>	<b>22.8</b>	<b>12.2</b>	<b>2.8</b>
age:1-5	BEANS, SUGAR, KIDNEY, HARRICOT, DRIED	25.2	56.9	14.3
age:1-5	SOYBEANS DISHES -IMANA, TOPPERS, MEAL-IN-ONE	3.9	7.0	0.3
age:1-5	BEANS CANNED IN TOMATO SAUCE	3.9	46.0	1.8
age:1-5	BEAN SOUP	3.9	20.0	0.8
<b>age:1-5</b>	<b>PULSES (100%)</b>	<b>28.3</b>	<b>60.7</b>	<b>17.2</b>
age:1-5	POTATO, COOKED	54.3	92.2	50.1
age:1-5	CARROT, FLESH AND SKIN, COOKED	12.6	33.2	4.2
<b>age:1-5</b>	<b>ROOTS (98.7%)</b>	<b>56.7</b>	<b>97.0</b>	<b>55.0</b>
age:1-5	SOUP MIX - VEGETABLE	15.7	75.0	11.8
<b>age:1-5</b>	<b>SOUPS (81.5%)</b>	<b>18.1</b>	<b>80.0</b>	<b>14.5</b>
age:1-5	TEA	44.9	214.8	96.4
age:1-5	COFFEE	15.7	200.0	31.5
<b>age:1-5</b>	<b>STIMULANTS (99.8%)</b>	<b>60.6</b>	<b>211.5</b>	<b>128.2</b>

<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:1-5	SUGAR, WHITE	86.6	23.9	20.7
age:1-5	COLD DRINK, CARBONATED, AVERAGE	35.4	213.0	75.5
age:1-5	JAM /MARMELADE	21.3	20.8	4.4
age:1-5	COLD DRINK, SQUASH TYPE	15.7	174.9	27.5
age:1-5	INSTANT PUDDING POWDER, JELLY	12.6	13.4	1.7
age:1-5	SWEETS, HARD BOILED, SOFT JELLY	7.1	17.1	1.2
<b>age:1-5</b>	<b>SUGAR AND SUGAR PRODUCTS (100%)</b>	<b>96.1</b>	<b>136.4</b>	<b>131.0</b>
age:1-5	CABBAGE, COOKED	24.4	41.3	10.1
age:1-5	TOMATO & ONION STEW, COOKED FRESH	10.2	68.1	7.0
age:1-5	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	7.1	71.1	5.0
age:1-5	ONION, COOKED	5.5	11.9	0.7
age:1-5	PEAS, COOKED	4.7	35.0	1.7
<b>age:1-5</b>	<b>VEGETABLES (87.3%)</b>	<b>47.2</b>	<b>59.2</b>	<b>28.0</b>
age:1-5	BRICK MARGARINE	63.0	15.2	9.6
age:1-5	SUNFLOWER OIL	27.6	4.6	1.3
age:1-5	NON DAIRY CREAMER, ND	8.7	8.6	0.7
age:1-5	CONDENSED MILK, ORLEY WHIP	3.1	65.0	2.0
age:1-5	SORBET ICE CREAM	3.1	12.5	0.4
<b>age:1-5</b>	<b>VEGETABLE OILS (98.9%)</b>	<b>78.7</b>	<b>18.0</b>	<b>14.2</b>
age:1-5	WATER	63.0	277.1	174.6
<b>age:1-5</b>	<b>WATER (100%)</b>	<b>63.0</b>	<b>277.1</b>	<b>174.6</b>

**BRISK: AGE 6-9 (n = 279)**

age:6-9	MAIZE PORRIDGE & DISHES	51.8	312.4	161.9
age:6-9	WHITE BREAD /ROLLS	49.6	151.1	75.0
age:6-9	BROWN BREAD / ROLLS	48.2	116.7	56.2
age:6-9	RICE WHITE/BROWN, COOKED	42.3	129.8	54.9
age:6-9	MAIZE SAMP/RICE & DISHES	32.1	298.7	95.9
age:6-9	SAMOOSA, VETKOEK, CHILI BITES, SAVOURY TARTS	10.2	102.5	10.5
age:6-9	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	9.5	25.5	2.4
age:6-9	CUSTARD POWDER, MAIZENA	4.4	46.8	2.1
<b>age:6-9</b>	<b>CEREALS (97.0%)</b>	<b>100.0</b>	<b>473.0</b>	<b>473.0</b>
age:6-9	FISH - SEA, COOKED, FRESH	8.8	77.8	6.8
<b>age:6-9</b>	<b>FISH AND SEAFOOD (77.2%)</b>	<b>11.7</b>	<b>75.5</b>	<b>8.8</b>
age:6-9	LOQUAT, LITCHI, GUAVA, WILD FRUIT, JUICE (LIQ FRT/CERES)	12.4	264.4	32.8

<b>Table 32 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	APPLE, AVERAGE, RAW	11.7	144.1	16.8
age:6-9	BANANA, RAW (PEELED)	8.8	117.9	10.3
age:6-9	PEACH,RAW	5.8	132.5	7.7
age:6-9	GRAPE, RAW FRESH	3.6	216.0	7.9
age:6-9	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	3.6	240.0	8.8
<b>age:6-9</b>	<b>FRUIT (90.8%)</b>	<b>38.0</b>	<b>244.6</b>	<b>92.8</b>
age:6-9	BEEF GRAVY AND EXTRACTS, COOKED FRESH	29.9	21.4	6.4
age:6-9	CHICKEN MEAT	26.3	55.8	14.6
age:6-9	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	13.9	88.4	12.3
age:6-9	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	10.9	70.3	7.7
age:6-9	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIPE)	8.0	133.2	10.7
age:6-9	MUTTON	5.8	88.8	5.2
age:6-9	BEEF MINCE	5.1	145.7	7.4
age:6-9	BEEF SAUSAGE - WORS	4.4	69.8	3.1
age:6-9	CHICKEN HEADS & FEET	4.4	65.0	2.8
<b>age:6-9</b>	<b>MEAT AND OFFALS (93.0%)</b>	<b>74.5</b>	<b>101.5</b>	<b>75.6</b>
age:6-9	FULL CREAM LIQUID MILKS	45.3	99.4	45.0
age:6-9	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	26.3	322.5	84.7
age:6-9	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	5.1	20.6	1.1
<b>age:6-9</b>	<b>MILK AND MILK PRODUCTS (98.7%)</b>	<b>62.8</b>	<b>211.1</b>	<b>132.5</b>
age:6-9	WHITE COOKING FAT	20.4	7.0	1.4
age:6-9	CHICKEN FAT	8.0	6.8	0.5
age:6-9	BEEF TALLOW	4.4	2.5	0.1
age:6-9	LARD	3.6	21.0	0.8
<b>age:6-9</b>	<b>MEAT AND OFFALS (100%)</b>	<b>35.0</b>	<b>8.2</b>	<b>2.9</b>
age:6-9	CHICKEN EGGS	13.9	67.9	9.4
<b>age:6-9</b>	<b>EGGS AND EGG PRODUCTS (96.3%)</b>	<b>14.6</b>	<b>67.0</b>	<b>9.8</b>
age:6-9	PEANUT BUTTER; SMOOTH STYLE	5.8	20.6	1.2
<b>age:6-9</b>	<b>NUTS AND OILSEEDS (80.5%)</b>	<b>6.6</b>	<b>22.8</b>	<b>1.5</b>
age:6-9	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	20.4	100.2	20.5
age:6-9	BEANS CANNED IN TOMATO SAUCE	3.6	39.2	1.4
<b>age:6-9</b>	<b>LEGUMES (100%)</b>	<b>24.1</b>	<b>90.9</b>	<b>21.9</b>
age:6-9	POTATO, COOKED	50.4	113.2	57.0

<b>Table 32 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:6-9	CARROT, FLESH AND SKIN, COOKED	9.5	39.2	3.7
age:6-9	POTATO CRISPS	4.4	30.0	1.3
<b>age:6-9</b>	<b>ROOTS AND TUBERS (96.6%)</b>	<b>53.3</b>	<b>120.5</b>	<b>64.2</b>
age:6-9	SOUP MIX - AVERAGE**	2.9	135.0	3.9
<b>age:6-9</b>	<b>SOUPS (46.2%)</b>	<b>5.1</b>	<b>167.1</b>	<b>8.5</b>
age:6-9	TEA	42.3	192.8	81.6
age:6-9	COFFEE	23.4	246.3	57.5
age:6-9	CHOCOLATE SWEETS	4.4	25.0	1.1
<b>age:6-9</b>	<b>STIMULANTS (100%)</b>	<b>66.4</b>	<b>211.1</b>	<b>140.2</b>
age:6-9	SUGAR, WHITE	76.6	25.1	19.2
age:6-9	COLD DRINK, CARBONATED, AVERAGE	24.1	247.6	59.6
age:6-9	COLD DRINK, SQUASH TYPE	20.4	248.2	50.7
age:6-9	JAM /MARMELADE	10.2	38.6	3.9
age:6-9	SWEETS, HARD BOILED, SOFT JELLY	6.6	12.4	0.8
<b>age:6-9</b>	<b>SUGAR AND SUGAR PRODUCTS (98.2%)</b>	<b>89.8</b>	<b>152.4</b>	<b>136.8</b>
age:6-9	CABBAGE, COOKED	9.5	74.5	7.1
age:6-9	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	7.3	82.7	6.0
age:6-9	TOMATO & ONION STEW, COOKED FRESH	7.3	95.7	7.0
age:6-9	ONION, COOKED	3.6	11.0	0.4
<b>age:6-9</b>	<b>VEGETABLES (75.2%)</b>	<b>32.1</b>	<b>84.8</b>	<b>27.2</b>
age:6-9	BRICK MARGARINE	58.4	22.5	13.1
age:6-9	SUNFLOWER OIL	23.4	5.3	1.2
age:6-9	NON DAIRY CREAMER, ND CONDENSED MILK,ORLEY WHIP	10.9	5.5	0.6
<b>age:6-9</b>	<b>VEGETABLE FATS AND OILS (88.9%)</b>	<b>73.0</b>	<b>23.1</b>	<b>16.8</b>
age:6-9	WATER	73.7	284.0	209.3
<b>age:6-9</b>	<b>WATER (100%)</b>	<b>73.7</b>	<b>284.0</b>	<b>209.3</b>

**BRISK: AGE 10+ (n = 1243)**

age:10+	BEER	4.5	1450.6	65.4
<b>age:10+</b>	<b>ALCOHOLIC BEVERAGES (67.4%)</b>	<b>7.0</b>	<b>1385.4</b>	<b>97.0</b>
age:10+	WHITE BREAD /ROLLS	45.7	182.9	83.6
age:10+	RICE WHITE/BROWN, COOKED	41.4	165.9	68.7
age:10+	MAIZE PORRIDGE & DISHES	39.1	370.8	145.0
age:10+	BROWN BREAD / ROLLS	38.2	141.7	54.2
age:10+	MAIZE SAMP/RICE & DISHES	27.8	438.0	121.9
age:10+	SAMOOSA, VETKOEK,CHILI BITES,	5.5	124.2	6.8

<b>Table 32 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
	SAVOURY TARTS			
<b>age:10+</b>	<b>CEREALS (97.5%)</b>	<b>98.5</b>	<b>500.3</b>	<b>492.7</b>
age:10+	FISH - SEA, COOKED, FRESH	7.6	115.7	8.8
<b>age:10+</b>	<b>FISH AND SEAFOOD (71.0%)</b>	<b>10.6</b>	<b>117.4</b>	<b>12.5</b>
age:10+	APPLE, AVERAGE, RAW	7.7	218.7	16.9
age:10+	PEACH,RAW	7.6	248.2	18.8
age:10+	BANANA, RAW (PEELED)	6.0	111.1	6.6
age:10+	PEAR, RAW	4.3	218.6	9.3
age:10+	LOQUAT,LITCHI,GUAVA,WILD FRUIT,JUICE (LIQ FRT/CERES)	3.5	340.3	12.0
age:10+	GRAPE, RAW FRESH	3.5	292.0	10.1
age:10+	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	3.1	394.7	12.1
<b>age:10+</b>	<b>FRUIT (93.5%)</b>	<b>28.9</b>	<b>317.9</b>	<b>91.8</b>
age:10+	CHICKEN MEAT	31.0	114.3	35.4
age:10+	BEEF GRAVY AND EXTRACTS, COOKED FRESH	29.1	33.8	9.8
age:10+	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	9.4	78.5	7.4
age:10+	MUTTON	8.8	154.2	13.6
age:10+	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	8.2	181.2	14.9
age:10+	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIPE)	8.1	170.8	13.9
age:10+	BEEF SAUSAGE - WORS	5.6	63.1	3.5
age:10+	BEEF MINCE	3.5	140.1	4.8
<b>age:10+</b>	<b>MEAT AND OFFAL (92.1%)</b>	<b>74.0</b>	<b>151.6</b>	<b>112.2</b>
age:10+	FULL CREAM LIQUID MILKS	47.0	151.1	71.0
age:10+	FULL CREAM PROCESSED MILK, (BUTTERMILK, MAAS)	16.6	462.0	76.6
<b>age:10+</b>	<b>MILK AND MILK PRODUCTS (96.8%)</b>	<b>59.9</b>	<b>254.6</b>	<b>152.4</b>
age:10+	WHITE COOKING FAT	16.8	12.5	2.1
age:10+	CHICKEN FAT	8.9	10.7	1.0
age:10+	BEEF TALLOW	4.5	5.1	0.2
<b>age:10+</b>	<b>ANIMAL FAT (93.3%)</b>	<b>31.2</b>	<b>11.3</b>	<b>3.5</b>
age:10+	CHICKEN EGGS	15.8	94.6	14.9
<b>age:10+</b>	<b>EGGS AND EGG PRODUCTS (96.7%)</b>	<b>16.2</b>	<b>95.4</b>	<b>15.4</b>
age:10+	PEANUT BUTTER; SMOOTH STYLE	3.9	30.3	1.2
<b>age:10+</b>	<b>NUTS AND OILSEEDS (81.6%)</b>	<b>4.4</b>	<b>32.4</b>	<b>1.4</b>
age:10+	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	15.0	167.8	25.1

<b>Table 32 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
<b>age:10+</b>	<b>PULSES (90.4%)</b>	<b>17.2</b>	<b>161.4</b>	<b>27.8</b>
age:10+	POTATO, COOKED	45.9	169.2	77.7
age:10+	CARROT, FLESH AND SKIN, COOKED	10.9	51.2	5.6
<b>age:10+</b>	<b>ROOTS AND TUBERS (97.3%)</b>	<b>49.2</b>	<b>173.9</b>	<b>85.6</b>
age:10+	COFFEE	42.2	317.8	134.2
age:10+	TEA	39.3	352.7	138.5
<b>age:10+</b>	<b>STIMULANTS (100%)</b>	<b>72.6</b>	<b>375.5</b>	<b>272.8</b>
age:10+	SUGAR, WHITE	75.9	32.4	24.6
age:10+	COLD DRINK, CARBONATED, AVERAGE	38.6	434.8	167.9
age:10+	COLD DRINK, SQUASH TYPE	6.1	330.8	20.2
<b>age:10+</b>	<b>SUGAR AND SUGAR PRODUCTS (98.6%)</b>	<b>89.1</b>	<b>242.2</b>	<b>215.7</b>
age:10+	CABBAGE, COOKED	15.0	84.0	12.6
age:10+	TOMATO & ONION STEW, COOKED FRESH	9.1	130.0	11.8
age:10+	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	7.8	95.6	7.5
age:10+	ONION, COOKED	7.7	12.9	1.0
age:10+	PEAS, COOKED	6.2	55.7	3.5
<b>age:10+</b>	<b>VEGETABLES (76.5%)</b>	<b>42.8</b>	<b>111.0</b>	<b>47.5</b>
age:10+	BRICK MARGARINE	41.7	21.7	9.1
age:10+	SUNFLOWER OIL	26.6	8.1	2.2
age:10+	NON DAIRY CREAMER, ND CONDENSED MILK, ORLEY WHIP	11.4	9.0	1.0
<b>age:10+</b>	<b>VEGETABLE FATS AND OILS (91.8%)</b>	<b>61.5</b>	<b>21.7</b>	<b>13.3</b>
age:10+	WATER	61.6	493.3	304.0
<b>age:10+</b>	<b>WATER (100%)</b>	<b>61.6</b>	<b>493.3</b>	<b>304.0</b>

<sup>a</sup> Adapted from the BRISK Study, 24 Hour Recall (Bourne et al. 1993)

### **5.7 Food items consumed by adults in the Transition, Health and Urbanisation in South Africa Study**

The results of the THUSA Study are presented in Table 33. Since the food frequency method was used to collect data of consumption over a longer period of time the results reflect a large variety of food items consumed. Items commonly consumed by more than 60% of the group were: alcoholic beverages, maize porridge, rice, white and brown bread, samp, fat cakes, fish, apples, bananas, chicken meat, beef stews, beef sausage, beef offal, full cream milk, eggs, dry beans, potatoes, beetroot salad, tea, white sugar, onions, tomatoes cooked, pumpkin/butternut, cabbage, spinach, mealies, sunflower oil, and brick margarine.

**Table 33: A table of food items consumed by more than 3% of the adults in the THUSA Study<sup>a</sup>**

Age Group	Description of food item	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
<b>THUSA: AGE 10+ (n = 890)</b>				
age: 10+	BEER	22.8	407.0	92.8
age: 10+	BEER, SORGHUM	14.6	664.1	97.0
age: 10+	WINES	5.2	52.9	2.7
<b>age: 10+</b>	<b>ALCOHOLIC BEVERAGES (99.5%)</b>	<b>36.6</b>	<b>528.7</b>	<b>193.6</b>
age: 10+	MAIZE PORRIDGE & DISHES	96.6	406.1	392.4
age: 10+	MAGEU	37.2	73.2	27.2
age: 10+	RICE WHITE/BROWN, COOKED	94.3	41.0	38.7
age: 10+	WHITE BREAD /ROLLS	88.0	33.6	29.6
age: 10+	MAIZE SAMP/RICE & DISHES	82.4	34.3	28.2
age: 10+	SAMOOSA, VETKOEK, CHILI BITES, SAVOURY TARTS	69.6	21.5	14.9
age: 10+	BROWN BREAD / ROLLS	68.5	72.4	49.6
age: 10+	COOKIES, LOAVES, PANCAKES, TARTS, CAKES, PUDDING	55.1	8.4	4.6
age: 10+	CUSTARD POWDER, MAIZENA	47.5	4.8	2.3
age: 10+	MALTABELLA/ MABELLA	45.8	126.6	58.0
age: 10+	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	34.0	7.3	2.5
age: 10+	OATS	22.4	58.7	13.1
age: 10+	PASTA & NOODLE DISHES	22.2	17.5	3.9
age: 10+	BREAKFAST CEREAL, MAIZE BASED, CORN FLAKES, PUFFED CORN, ETC.	11.3	8.9	1.0
age: 10+	RUSKS	3.6	9.1	0.3
<b>age: 10+</b>	<b>CEREALS (99.9%)</b>	<b>100.0</b>	<b>667.2</b>	<b>667.2</b>
age: 10+	CHUTNEY, CHAKALAKA, ATCHAR	40.6	14.1	5.7
age: 10+	SALT	11.6	1.2	0.1
<b>age: 10+</b>	<b>CONDIMENTS (100%)</b>	<b>47.2</b>	<b>12.4</b>	<b>5.9</b>
age: 10+	FISH - SEA, CANNED	70.0	11.6	8.1
age: 10+	FISH - SEA, COOKED, FRESH	61.2	9.2	5.6
<b>age: 10+</b>	<b>FISH AND SEAFOOD (99.9%)</b>	<b>85.4</b>	<b>16.1</b>	<b>13.8</b>
age: 10+	APPLE, AVERAGE, RAW	84.4	56.6	47.8
age: 10+	BANANA, RAW (PEELED)	76.4	28.6	21.8
age: 10+	ORANGE/MINEOLA FRESH (PEELED)	55.3	51.8	28.6
age: 10+	PEACH, CANNED	37.1	7.5	2.8
age: 10+	GRAPE, RAW FRESH	29.2	18.3	5.4
age: 10+	PEACH, RAW	22.8	22.7	5.2

<b>Table 33 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 10+	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	21.0	64.3	13.5
age: 10+	PEAR, RAW	14.2	44.7	6.3
age: 10+	LOQUAT,LITCHI,GUAVA,WILD FRUIT,CANNED	8.2	7.9	0.7
age: 10+	APRICOT, CANNED	7.2	6.6	0.5
age: 10+	APRICOT, RAW	6.0	7.0	0.4
age: 10+	RAISINS, CURRANTS, DRIED	5.6	6.6	0.4
age: 10+	FRUIT SALAD, DRIED, PEACH BASED	5.4	14.2	0.8
age: 10+	LOQUAT,LITCHI,GUAVA,WILD FRUIT, RAW	4.2	8.3	0.3
<b>age: 10+</b>	<b>FRUIT (97.8%)</b>	<b>97.9</b>	<b>140.5</b>	<b>137.5</b>
age: 10+	CHICKEN MEAT	90.8	20.3	18.4
age: 10+	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	88.7	23.1	20.5
age: 10+	BEEF SAUSAGE - WORS	77.5	12.4	9.7
age: 10+	BEEF OFFAL , OTHER (TONGUE, HEART,BRAIN,LUNG,TRIPE)	68.0	9.2	6.3
age: 10+	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	65.8	23.7	15.6
age: 10+	MUTTON	49.3	10.6	5.2
age: 10+	BEEF LIVER	42.9	5.7	2.4
age: 10+	CHICKEN HEADS & FEET	39.9	8.2	3.3
age: 10+	CHICKEN GIBLETS	32.6	10.7	3.5
age: 10+	PRESERVED MEATS - CORNED MEAT, CANNED	26.7	9.3	2.5
age: 10+	PORK PRODUCTS - HAM, BACON, VIENNA,SALAMI,RUSSIAN - CANNED	26.4	9.7	2.6
age: 10+	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - FROZEN COOKED	16.5	11.2	1.9
age: 10+	PORK	16.0	7.7	1.2
age: 10+	MUTTON DISHES - STEWS	9.6	15.7	1.5
age: 10+	CHICKEN STEWS, DISHES, PIES	6.2	14.7	0.9
age: 10+	PORK PRODUCTS - HAM, BACON, VIENNA,SALAMI,RUSSIAN - COOKED FRESH	4.9	6.1	0.3
<b>age: 10+</b>	<b>MEAT AND OFFALS (99.5%)</b>	<b>99.9</b>	<b>96.3</b>	<b>96.2</b>
age: 10+	FULL CREAM LIQUID MILKS	87.9	208.8	183.5
age: 10+	LOW FAT YOGHURT	43.7	20.2	8.8
age: 10+	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	18.2	5.6	1.0

<b>Table 33 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 10+	FULL CREAM ICE CREAM	12.7	19.3	2.4
age: 10+	FULL CREAM MILK PRODUCTS AND DISHES (MELKKOS, MILK SHAKE, OVALTINE, INS	6.4	35.7	2.3
age: 10+	FULL CREAM PROCESSED MILK, (POWDERS, RECONSTITUTED)	4.7	26.2	1.2
<b>age: 10+</b>	<b>MILK AND MILK PRODUCTS (98.5%)</b>	<b>94.8</b>	<b>213.4</b>	<b>202.4</b>
age: 10+	CHICKEN EGGS	74.2	40.9	30.4
age: 10+	CHICKEN EGGS DISHES (SCRAMBLE, OMELETTE, SOUFFLE)	11.8	41.7	4.9
<b>age: 10+</b>	<b>EGGS AND EGG PRODUCTS (100%)</b>	<b>84.9</b>	<b>41.5</b>	<b>35.3</b>
age: 10+	PEANUTS	59.1	10.2	6.0
age: 10+	PEANUT BUTTER; SMOOTH STYLE	32.7	4.9	1.6
<b>age: 10+</b>	<b>NUTS AND OILSEEDS (100%)</b>	<b>70.2</b>	<b>10.9</b>	<b>7.6</b>
age: 10+	BEANS, SUGAR,KIDNEY,HARRICOT, DRIED	72.9	15.5	11.3
age: 10+	SOYBEANS DISHES -IMANA, TOPPERS, MEALIN-ONE	29.4	21.1	6.2
age: 10+	BEAN SOUP	26.6	33.4	8.9
age: 10+	BEANS CANNED IN TOMATO SAUCE	3.3	4.7	0.2
<b>age: 10+</b>	<b>LEGUMES (99.4%)</b>	<b>85.4</b>	<b>31.3</b>	<b>26.7</b>
age: 10+	POTATO, COOKED	97.1	36.0	35.0
age: 10+	SALAD: BEETROOT	78.8	8.6	6.8
age: 10+	POTATO CRISPS	45.7	6.6	3.0
age: 10+	CARROT, FLESH AND SKIN, COOKED	44.0	6.3	2.8
age: 10+	CARROT, RAW (FLESH AND SKIN)	32.1	11.4	3.7
age: 10+	SWEET POTATO COOKED WITHOUT SKIN	26.9	11.1	3.0
<b>age: 10+</b>	<b>ROOTS AND TUBERS (100%)</b>	<b>99.1</b>	<b>54.7</b>	<b>54.2</b>
age: 10+	SOUP MIX - AVERAGE	27.8	8.4	2.3
<b>age: 10+</b>	<b>SOUP (98.2%)</b>	<b>28.1</b>	<b>8.4</b>	<b>2.4</b>
age: 10+	TEA	77.6	435.1	337.8
age: 10+	CHOCOLATE SWEETS	25.3	9.4	2.4
age: 10+	COFFEE	20.4	325.5	66.6
<b>age: 10+</b>	<b>STIMULANTS (98.7%)</b>	<b>92.0</b>	<b>448.0</b>	<b>412.3</b>
age: 10+	SUGAR, WHITE	96.4	33.5	32.3
age: 10+	COLD DRINK, CARBONATED, AVERAGE	50.9	120.3	61.2
age: 10+	COLD DRINK, SQUASH TYPE	49.7	129.3	64.2
age: 10+	JAM /MARMELADE	27.2	5.0	1.3
age: 10+	SWEETS, HARD BOILED, SOFT JELLY	26.5	6.9	1.8

<b>Table 33 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age: 10+	INSTANT PUDDING POWDER, JELLY	22.9	5.5	1.3
<b>age: 10+</b>	<b>SUGAR AND SUGAR PRODUCTS (100%)</b>	<b>99.3</b>	<b>163.3</b>	<b>162.2</b>
age: 10+	ONION, COOKED	94.3	10.0	9.4
age: 10+	TOMATO, COOKED FRESH	87.3	11.6	10.1
age: 10+	CABBAGE, COOKED	86.1	8.9	7.7
age: 10+	PUMKIN/BUTTERNUT, HUBBARD SQUASH, COOKED	78.9	8.5	6.7
age: 10+	SPINACH, COOKED	73.9	12.8	9.5
age: 10+	MEALIES/SWEETCORN, COOKED FRESH	68.3	36.5	25.0
age: 10+	TOMATO SAUCE	38.9	8.6	3.3
age: 10+	TOMATO, RAW FRESH	24.2	7.3	1.8
age: 10+	SALAD: GREEN (FRENCH, GREEK)	19.2	13.2	2.5
age: 10+	LETTUCE, RAW	8.9	3.6	0.3
age: 10+	GREEN BEANS, COOKED	3.7	13.0	0.5
<b>age: 10+</b>	<b>VEGETABLES (98.5%)</b>	<b>99.9</b>	<b>78.1</b>	<b>78.0</b>
age: 10+	SUNFLOWER OIL	89.3	3.8	3.4
age: 10+	BRICK MARGARINE	81.0	6.6	5.4
age: 10+	NON DAIRY CREAMER, ND CONDENSED MILK, ORLEY WHIP	10.6	16.9	1.8
age: 10+	MEDIUM /LOW FAT SPREAD	5.4	13.8	0.7
age: 10+	SORBET ICE CREAM	3.9	28.3	1.1
<b>age: 10+</b>	<b>VEGETABLE FATS AND OILS (99.7%)</b>	<b>97.1</b>	<b>12.8</b>	<b>12.5</b>

<sup>a</sup> Adapted from the THUSA Study, Food Frequency (MacIntyre et al. 2000a; 2000b; 2000c; 2002; Venter et al. 2000; Vorster et al. 2000)

### **5.8 Food items consumed by the 10+ year-old group in the Transition, Health and Urbanisation in South Africa Bana Study**

Since this study made use of the 24-hour recall method to collect data from participants there was a smaller variety of food items consumed (Table 34). These items reflect a similar trend to those eaten in the THUSA Study. Commonly consumed food items were (%consumers/average consumed): maize porridge (82%/648g), white sugar (64%/21g), brown bread (46%/136g), full cream milk (39%/186g), white bread (36%/151g), brick margarine (34%/14g), chicken meat (31%/57g), tea (30%/262g), potatoes (24%/81g), sunflower oil (24%/6g) and beef products (22%/32g).

Both the THUSA and THUSA Bana studies showed a similar eating pattern to rural participants in the Lebowa, Dikgale and the NFCS. Some differences noted were that there was a higher consumption of milk and processed milk, beef and

beef products, brick margarine and sunflower oil in the THUSA studies compared with the Lebowa and Dikgale Studies.

**Table 34: A table of food items consumed by more than 3% of the 10+ year children in the THUSA Bana Study<sup>a</sup>**

Age Group	Description of food item	% of group consuming the item	Average g/person / day of those consuming the item	Average per capita g/person/day
<b>THUSA BANA: AGE 10+ (n = 687)</b>				
age:10+	MAIZE PORRIDGE & DISHES	82.1	648.1	532.1
age:10+	BROWN BREAD / ROLLS	45.7	135.7	62.0
age:10+	WHITE BREAD /ROLLS	35.8	150.6	53.9
age:10+	RICE WHITE/BROWN, COOKED	18.2	153.6	27.9
age:10+	MAIZE BASED SNACKS -NIKNAKS, CHIPNIKS	15.6	36.1	5.6
age:10+	COOKIES, LOAVES, PANCAKES, TARTS,CAKES,PUDDING	9.5	45.0	4.3
age:10+	MALTABELLA/ MABELLA	8.4	448.0	37.8
age:10+	SAMOOSA, VETKOEK,CHILI BITES, SAVOURY TARTS	7.3	180.1	13.1
age:10+	MAIZE SAMP/RICE & DISHES	4.1	243.1	9.9
age:10+	BREAKFAST CEREAL, MAIZE BASED, CORN FLAKES, PUFFED CORN,ETC.	3.8	66.2	2.5
<b>age:10+</b>	<b>CEREALS (98.2%)</b>	<b>98.3</b>	<b>776.4</b>	<b>762.8</b>
age:10+	CHUTNEY, CHAKALAKA, ATCHAR	15.3	36.8	5.6
<b>age:10+</b>	<b>CONDIMENTS (96.5%)</b>	<b>16.7</b>	<b>34.8</b>	<b>5.8</b>
age:10+	FISH - SEA, CANNED	4.4	71.8	3.1
<b>age:10+</b>	<b>FISH AND SEAFOOD (95.1%)</b>	<b>4.8</b>	<b>68.6</b>	<b>3.3</b>
age:10+	ORANGE JUICE (LIQUI FRT/CERES, CANNED/BOTTLED)	14.1	195.6	27.6
age:10+	BANANA, RAW (PEELED)	12.2	87.0	10.6
age:10+	ORANGE/MINEOLA FRESH (PEELED)	9.6	153.9	14.8
age:10+	APPLE, AVERAGE, RAW	4.9	146.6	7.3
<b>age:10+</b>	<b>FRUIT (90.5%)</b>	<b>30.3</b>	<b>220.0</b>	<b>66.6</b>
age:10+	BMS, WHEY PREDOMINANT	7.0	39.0	2.7
<b>age:10+</b>	<b>HUMAN MILK AND BREAST MILK SUBSTITUTES (70.3%)</b>	<b>10.0</b>	<b>38.6</b>	<b>3.9</b>
age:10+	BABY CEREAL	3.3	66.3	2.2
<b>age:10+</b>	<b>INFANT FOODS (42.4%)</b>	<b>4.7</b>	<b>112.4</b>	<b>5.2</b>
age:10+	CHICKEN MEAT	30.7	56.9	17.5
age:10+	MEAT PRODUCTS & DISHES - BOBOTIE,COTTAGE PIE,PIES,BALLS - COOKED FRESH	22.3	32.1	7.1
age:10+	BEEF STEW	10.8	120.3	13.0

<b>Table 34 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:10+	BEEF (STEAKS, FILLET, SIRLOIN, ETC)	8.6	101.8	8.7
age:10+	BEEF MINCE	3.8	60.3	2.3
age:10+	BEEF SAUSAGE - WORS	3.6	74.2	2.7
age:10+	CHICKEN HEADS & FEET	3.6	51.0	1.9
age:10+	PORK PRODUCTS - HAM, BACON, VIENNA,SALAMI,RUSSIAN - CANNED	3.3	37.6	1.3
age:10+	BEEF GRAVY AND EXTRACTS, COOKED FRESH	3.2	40.5	1.3
<b>age:10+</b>	<b>MEAT AND OFFALS (82.2%)</b>	<b>66.1</b>	<b>102.5</b>	<b>67.7</b>
age:10+	FULL CREAM LIQUID MILKS	39.0	185.7	72.4
age:10+	FULL CREAM PROCESSED MILK, (POWDERS, RECONSTITUTED)	7.3	47.8	3.5
age:10+	HIGH FAT CHEESE (CHEDDAR, GOUDA,MOZARELLA)	4.7	15.3	0.7
<b>age:10+</b>	<b>MILK AND MILK PRODUCTS (91.0%)</b>	<b>52.8</b>	<b>159.4</b>	<b>84.2</b>
age:10+	CHICKEN EGGS	11.5	94.3	10.8
<b>age:10+</b>	<b>EGGS AND EGG PRODUCTS (100%)</b>	<b>11.5</b>	<b>94.3</b>	<b>10.8</b>
age:10+	PEANUT BUTTER; SMOOTH STYLE	6.6	21.3	1.4
<b>age:10+</b>	<b>NUTS AND OILSEEDS (76.5%)</b>	<b>8.3</b>	<b>22.0</b>	<b>1.8</b>
age:10+	SOYBEANS, DRIED	8.9	129.9	11.5
<b>age:10+</b>	<b>LEGUMES (56.7%)</b>	<b>14.1</b>	<b>144.2</b>	<b>20.4</b>
age:10+	POTATO, COOKED	24.2	80.9	19.6
age:10+	POTATO CRISPS	5.5	31.0	1.7
age:10+	SALAD: BEETROOT	4.2	54.7	2.3
<b>age:10+</b>	<b>ROOTS AND TUBERS (92.1%)</b>	<b>31.9</b>	<b>80.3</b>	<b>25.6</b>
age:10+	TEA	29.7	262.4	77.9
age:10+	COFFEE	16.6	254.6	42.2
age:10+	ROOIBOS TEA	6.6	219.7	14.4
<b>age:10+</b>	<b>STIMULANTS (99.8%)</b>	<b>52.7</b>	<b>255.8</b>	<b>134.8</b>
age:10+	SUGAR, WHITE	64.2	20.5	13.1
age:10+	COLD DRINK, CARBONATED, AVERAGE	9.0	293.5	26.5
age:10+	COLD DRINK, SQUASH TYPE	8.3	237.5	19.7
age:10+	SWEETS, HARD BOILED, SOFT	7.6	18.5	1.4
age:10+	JELLY	7.6	18.5	1.4
age:10+	JAM /MARMELADE	5.2	18.6	1.0
<b>age:10+</b>	<b>SUGAR AND SUGAR PRODUCTS (96.3%)</b>	<b>71.5</b>	<b>89.7</b>	<b>64.1</b>
age:10+	TOMATO & ONION STEW, COOKED FRESH	13.1	52.2	6.8

<b>Table 34 (continued)</b>				
<b>Age Group</b>	<b>Description of food item</b>	<b>% of group consuming the item</b>	<b>Average g/person / day of those consuming the item</b>	<b>Average per capita g/person/day</b>
age:10+	CABBAGE, COOKED	10.2	67.1	6.8
age:10+	ONION RAW	5.4	32.9	1.8
age:10+	PUMKIN/BUTTERNUT, HUBBARD			
age:10+	SQUASH, COOKED	3.5	87.9	3.1
age:10+	GREEN BEANS, COOKED	3.5	91.7	3.2
<b>age:10+</b>	<b>VEGETABLES (75.0%)</b>	<b>36.5</b>	<b>79.2</b>	<b>28.9</b>
age:10+	BRICK MARGARINE	33.9	14.2	4.8
age:10+	SUNFLOWER OIL	23.9	6.3	1.5
age:10+	NON DAIRY CREAMER, ND			
age:10+	CONDENSED MILK,ORLEY WHIP	7.0	9.1	0.6
<b>age:10+</b>	<b>VEGETABLE OILS AND FATS (83.2%)</b>	<b>51.8</b>	<b>16.2</b>	<b>8.4</b>

<sup>a</sup> Adapted from the THUSA Bana Study, 24 Hour Recall (Underhay et al. 2001; Kruger et al. 2002)