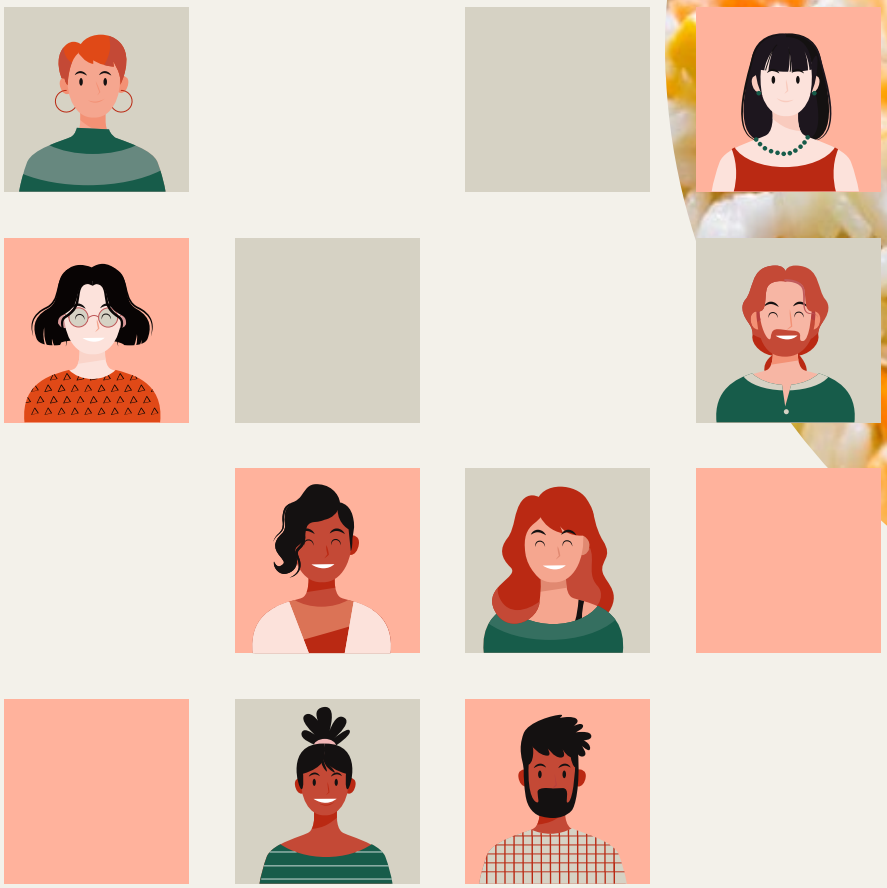
Report of the Second Hong Kong Population-Based Food Consumption Survey



食物環境衞生署
Food and Environmental Hygiene Department

食物安全中心
Centre for Food Safety

Report of
The Second Hong Kong Population-based Food Consumption Survey

June 2021
Centre for Food Safety
Food and Environmental Hygiene Department
The Government of the Hong Kong Special Administrative Region

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List of Abbreviations

1stFCS	First Hong Kong Population-based Food Consumption Survey
2ndFCS	Second Hong Kong Population-based Food Consumption Survey
24HDR	24-hour dietary recall
BMI	Body Mass Index
C&SD	Census and Statistics Department
CFS	Centre for Food Safety
cm	centimeter
FAO	Food and Agricultural Organization
FEHD	Food and Environmental Hygiene Department
FFQ	Food frequency questionnaire
g	gram
GHS	General Household Survey
HKDiet System	Hong Kong Diet System
kg	kilogram
LQ	Living Quarters
ml	milliliter
Policy 21	Policy 21 Limited
RQ	Register of Quarters
RS	Register of Segments
SD	Standard deviation
WHO	World Health Organization

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Executive Summary

This report presents the findings of the second territory-wide food consumption survey (Survey) conducted in Hong Kong in 2018-2020 to investigate the food consumption of Hong Kong adults aged 18 or above. Policy 21 Limited was commissioned by the Food and Environmental Hygiene Department (FEHD) to provide the service for conducting the Survey for the Centre for Food Safety (CFS) to obtain up-to-date food consumption information and facilitate its risk assessment work on food safety.

The main objective of the Survey was to obtain food consumption information, especially, the types and the amount of food consumed by the Hong Kong population. In addition, some basic anthropometric and demographic information of the respondents enumerated in the Survey were also obtained for facilitating the interpretation of the food consumption information collected.

For each respondent, two 24-hour dietary recall (24HDR) interviews were conducted on two non-consecutive days by asking each respondent to recall all foods and beverages consumed in the previous 24 hours. Such data were entered into the HKDiet System running on laptop computers operated by the interviewers using the multiple pass interviewing process. In addition, food consumption information of some selected food items was also collected under the "Food frequency questionnaire" (FFQ).

A two-stage sampling design was adopted in the Survey. A representative sample list containing replicates of quarters was drawn from the database "Frame of Quarters" maintained by the Census and Statistics Department (C&SD). One target respondent from each household of the living quarters was randomly selected for the interview through the Kish grid method. In order to estimate and analyse the food consumption pattern of the population, a statistical grossing up process was adopted before analysing the data.

The potential target respondents of this Survey were the land-based non-institutional population of Hong Kong aged 18 or above who speak Cantonese, Mandarin or English. Foreign domestic helpers and visitors were excluded from the Survey. A total of 3 752 respondents completed the Survey, representing 53.4% of eligible respondents sampled in the Survey.

Food Consumption Information

Based on the information collected from the 24HDR interviews, the Survey has obtained an updated set of food consumption data comprising the average daily intake amounts of 30 food groups and 160 food subgroups consumed by the Hong Kong population. Hong Kong adults, on average, consumed a total of 1.15 kg of solid food and 1 741 ml of liquid food (including water) per day. Based on the average daily food intake amount consumed by the population, the findings on some major food groups are presented as follows.

Cereals and grains products were consumed in the amount of 395.31 g/day, 61.2% (242.12 g/day) of which was from the rice subgroup. Pasta/noodle from all origins (including rice, wheat, etc.) made up another 36.4% (143.72 g/day) of the cereals and grains products group.

Bakery wares and Chinese pastry is a food group closely related to cereals and grains products because the foods in the former food group contain a significant proportion of cereals and grains ingredients. Bakery wares and Chinese pastry were consumed in the amount of 45.56 g/day, around 70% of which was from bread/roll (31.51 g/day).

Vegetables and fruits were consumed in the amount of 202.65 g/day and 120.31 g/day respectively. Leafy vegetables and brassica vegetables contributed over half (112.04 g) of the daily vegetables consumption. Another 16.8% was from fruiting vegetables and squashes/gourds (34.05 g). Slightly less than 10% (19.83 g) was from root vegetables/tubers. Citrus fruits contributed to around one-third (41.10 g/day or 34.2%) of the daily fruit consumption. Another 26.0% was from pome fruits (31.29 g/day).

Meat and poultry were consumed in the amount of 78.36 g/day and 32.12 g/day respectively. For the meat group, around 70% of the amount consumed was from pig other than offal (54.77 g/day). Another 24% was from cattle/calf other than offal (18.63 g/day). As for the poultry group, over 95% of the amount consumed was from chicken other than offal (30.63 g/day). **Fish** was consumed in the amount of 43.54 g/day.

The consumption of **egg and egg products** was 26.44 g/day, more than 95% of which was from chicken eggs. **Milk and dairy products** were consumed in the amount of 24.86 g/day, of which over three-quarters (19.56 g or 78.7%) was from milk, milk beverage and dried milk.

Regarding local favourites, **dim sum** (a large range of small Chinese dishes that contain various ingredients or fillings) was consumed in the amount of 48.05 g/day, whereas **siu-mei and lo-mei** (a group of mainly meat and poultry products which have been barbequed, roasted or marinated) was consumed at 15.34 g/day. The detailed average daily intake amounts of the 30 food groups and 160 food subgroups are presented in Table A.1 and Table A.2 respectively.

Through the use of FFQ, the Survey has also obtained food consumption data of some selected seasonal foods (e.g. longans and lychees) and festive foods (e.g. Chinese New Year pudding and baked mooncake) which might be less likely to be captured from the 24HDR interviews, as well as some other foods which were of special interest for food safety/risk assessment (e.g. raw oysters and swordfish sashimi). The amounts of food intake per day of these 36 selected food items over the past 12 months prior to the interview are presented in Table A.5.

I. Survey Background and Design

1.1 Background

1.1.1 The Food and Environmental Hygiene Department (FEHD) adopts a food safety control paradigm based on the risk analysis model. In line with the best international practices and recommendations of the Food and Agricultural Organization (FAO) and the World Health Organization (WHO), the risk analysis model provides the basis for effective utilisation of resources and priority setting.

1.1.2 The risk analysis model is well-defined to be based on the intertwining processes of risk assessment, risk management, and risk communication. One well-defined characteristic of risk assessment is the incorporation of a quantitative evaluation of the population's exposure to hazards via consumption of food. In other words, quantitative evaluation of risks has to be conducted with the availability of information on food consumption.

1.1.3 The overall dietary pattern of the population may change over time, as the composition of the population, in terms of say sex and age, changes over time. Furthermore, the dietary habits of consumers in individual sex and age subgroups may also change. Hence, food consumption data of the population have to be collected from time to time. In addition, to enhance FEHD's capacity in risk assessment, a scientific evaluation of known or potential adverse health effects resulting from human exposure to food borne hazards has to be estimated from the food consumption data. The first population-based food consumption survey (1stFCS) was conducted in 2005-07. The present Survey is the second one launched by FEHD to obtain the most up-to-date food consumption information among the Hong Kong population. Policy 21 Limited (Policy 21) was commissioned by FEHD to conduct the Survey. Apart from updating the dietary patterns since the 1stFCS, additional information on new aspects relating to food consumption, such as cooking method, was also collected in the present Survey.

1.1.4 Policy 21 was commissioned by FEHD to conduct the Survey, and was responsible for the following tasks:

(a) Training and deploying of interviewers to collect data from respondents using the Hong Kong Diet (HKDiet) System developed by FEHD;
(b) Developing the Fieldwork Management Computer Module to monitor the fieldwork progress;
(c) Carrying out data quality control;
(d) Preparing clean datasets and statistical tabulation; and
(e) Analysing the data collected and compiling the survey report.

1.2 Survey objective

1.2.1 The main objective of the Survey was to obtain food consumption information, especially, the types and the amount of food consumed by the Hong Kong population. In addition, some basic anthropometric and demographic information of the respondents enumerated in the Survey were also obtained for facilitating the interpretation of the food consumption information collected.

1.3 Data collection period

1.3.1 The main data collection was scheduled to be conducted throughout the four quarters of the year in order to collect representative dietary intake data and capture seasonal variation in food intake in the population.

1.4 Survey respondents

1.4.1 The potential target respondents of this Survey were the land-based non-institutional population of Hong Kong aged 18 or above who speak Cantonese, Mandarin or English. Foreign domestic helpers and visitors were excluded from the Survey. A total of 3 752 respondents had been successfully enumerated in the fieldwork period.

1.5 Sampling method

1.5.1 A representative sample list containing replicates of quarters was drawn from the database "Frame of Quarters" maintained by Census and Statistics Department (C&SD). The Frame of Quarters was composed of two different types of quarters, namely the Register of Quarters (RQ) and the Register of Segments (RS).

1.5.2 Records of quarters in the RQ were firstly sorted by geographical areas (i.e. Constituency Areas) and quarters types. After the sorting, systematic replicated sampling was applied to the sample selection of quarters from the RQ. Sampling units were drawn with a fixed interval after selecting a random start to form sample replicates. The sampling method for the RS was similar to the sampling method for RQ, except that the area of segments was sorted by geographical areas (i.e. Constituency Areas) only.

1.5.3 All households in a selected living quarters were subject to sample selection. One target respondent from each household in the selected living quarters was randomly selected for the interview through the Kish grid method. Under such method, each living quarters was assigned a Kish grid table code, from A to F, during the sampling process. When a household with eligible members was identified, these eligible members were ordered by sex by age, with the eldest first. Then, the appropriate member was selected based on the Kish grid table code for the households and the number of eligible members for the Survey. (For living quarters with more than one households, all the households would adopt the same Kish grid table.) The relevant Kish grid table is given in Table 1.1.

Table 1.1 Kish Grid

Proportion on the assigned table	Table code	If the number of eligible household members is:					
		1	2	3	4	5	6 or more
		Select respondent numbered					
1/6	A	1	1	1	1	1	1
1/12	B1	1	1	1	1	2	2
1/12	B2	1	1	1	2	2	2
1/6	C	1	1	2	2	3	3
1/6	D	1	2	2	3	4	4
1/12	E1	1	2	3	3	3	5
1/12	E2	1	2	3	4	5	5
1/6	F	1	2	3	4	5	6

1.6 Estimation method

1.6.1 A two-stage sampling design was adopted in the Survey, in which households within living quarters were selected from the "Frame of Quarters" maintained by the C&SD and one respondent was selected from the household according to the Kish grid table. In order to estimate and analyse the pattern of the population, instead of the sample count, a statistical grossing up process was carried out and a grossing up factor/weighting was compiled and assigned to individual data.

1.6.2 Basically the grossing up factor was the inverse of the probability of selection. Given that this was a two-stage sampling design, the probabilities of selection in both stages had been considered. Furthermore, the responding pattern of individual respondents might not be uniform across different sex and age groups. In order to present a complete picture for the target population, the statistical grossing up process included a benchmark process by making reference to the distribution of population by sex and age as found in the General Household Survey (GHS) of the C&SD of the relevant period. The uneven non-response pattern was then handled during the benchmark weighting process.

1.6.3 This report covers data collected from April 2018 to February 2020. The middle period was around the beginning of 2019. Hence, the GHS population distribution as at 1st quarter 2019 was used as the benchmark.

1.6.4 Unless otherwise stated, statistics presented in this report refer to the grossing up or weighted respondents and consumers.

1.6.5 As this report covers a random sample of 3 752 completed cases, the findings are subject to sampling variation. Furthermore, as the pattern of responding is not uniform across different age-sex subgroups, caution should be taken in interpreting these findings.

1.7 Data collection method and research instruments

1.7.1 In the Survey, two major computer programs installed in the notebook computers

were used to collect information from the target respondents, namely (a) the HKDiet System; and (b) the Fieldwork Management Computer Module.

Fieldwork Management Computer Module

1.7.2 A special computer program, the Fieldwork Management Computer Module, has been developed for the purpose of facilitating fieldwork management. It was installed in every notebook computer designated for the fieldwork of this Survey and was able to link up with the data collected by the HKDiet System using the Living Quarters (LQ) codes which were based on the pre-designed respondent code for each sampled LQ.

1.7.3 During data collection, the interviewer would find out the total number of households during the first visit and enter this piece of information into the Fieldwork Management Computer Module for generating the respondent codes (RCs) which corresponded to the number of households in a sampled LQ, so as to ensure the uniqueness of the respondent code.

1.7.4 The HKDiet System serial number was automatically generated by the system. To facilitate linkage between the HKDiet System and the Fieldwork Management Computer Module, the HKDiet System serial number was required to be inputted to the Fieldwork Management Computer Module.

1.7.5 To protect personal information collected from members of the sampled households by using the Fieldwork Management Computer Module, all personal data (i.e. name and phone number) stored and displayed in the Module were encoded.

1.7.6 The following information was recorded or collected through the Fieldwork Management Computer Module:

- Respondent call name (in form of codes);
- Contact phone number (in form of codes);
- Date and time of visits;
- Sex and age of all household members aged 18 or above (except foreign domestic helpers);
- Contact results: enumerated, partially enumerated, non-contact, vacant, demolished, unidentified address, no eligible household members because of language problem or all household members below 18 years old, and so forth;
- Interview day sequence (i.e. the first interview (Day-1) or the second interview (Day-2)); and
- Questionnaires completed (i.e. Day-1 24HDR, Day-2 24HDR and FFQ)

Hong Kong Diet (HKDiet) System

1.7.7 The HKDiet System is a computer program developed by FEHD with pre-installed supporting databases (including food coding database, recipe database, food composition database, portion size measurement database) to record dietary information, height and weight data, and demographic information in electronic means during fieldwork. The system was operated by well-trained interviewers.

1.7.8 The HKDiet system has built-in validation functions to enhance within record consistency and accuracy of the collected data. For example, any missing information and unusual intakes which might be due to errors in data input or reporting errors on the part of the respondents were highlighted by the system, such that further probing or checking with the respondents could be undertaken by the interviewers during the interview. In addition, specific details had been pre-installed in the HKDiet System for automatic computation of the consumption amounts of oils and seasonings with reference to the food preparation methods reported by the respondents. The system also comes with built-in guides and prompt messages to assist the interviewers in obtaining details of food intake throughout the interview process.

1.7.9 Upon identifying a need to include new food items and recipes as reported by the respondents during fieldwork, all supporting databases installed in the HKDiet System would be updated.

1.7.10 The HKDiet System also comes with export functions to enable the collected data to be exported in Microsoft Excel format for further data processing.

Demographic information

1.7.11 Demographic information was the data related to the socio-demographic characteristics of respondents which included sex, age, number of years living in Hong Kong, ethnicity, educational level and occupation. All demographic information was collected in the first interview.

Height and weight

1.7.12 Height and weight data were recorded in the format of centimetre and kilogram respectively. Both data items were collected in the first interview. The interviewers followed the standard procedures to measure the weight of the respondents (to the nearest one decimal place) twice by a portable electronic weighing scale in the first interview. Respondents were allowed to self-report their weight. For height, the respondents were asked to report their height. Measurement would only be taken by the interviewers with tape measure if the respondents failed to provide the required information.

1.7.13 To ensure the accuracy of the weight measurement data, the electronic weighing scale was calibrated once every two weeks. The body weight measurement procedure was also part of the food consumption interviewer training, in which the interviewers learned the correct use, including calibration, of the digital weight scale (Tanita HD-

395 and Accumed WB104).

Dietary information

1.7.14 Dietary information refers to data collected from the "24-hour dietary recall" (24HDR) and the "Food frequency questionnaire" (FFQ) interviews. For 24HDR interviews, the multiple pass interview method was adopted. For each respondent, two 24HDR interviews were conducted on two non-consecutive days by asking each respondent to recall all foods and beverages consumed in the previous 24 hours starting at 06:00 in the morning of the day before the interview to 06:00 in the morning on the day of the interview. The interviewers would show the food portion measurement aids (such as food photo booklet, household utensils, etc.) to the respondents to help them estimate the food intake amount to be recorded in the HKDiet System by the interviewers. The Day-1 24HDR interview was required to be a face-to-face interview and the Day-2 24HDR interview could be either a face-to-face or a telephone interview. The two 24HDR interviews were separated by at least three days but subject to the availability of the respondents not more than eleven days apart. Furthermore, the two interviews should not fall on the same weekdays of the week, whereas no more than one interview could fall on weekend/public holiday.

1.7.15 Food and beverages consumed were grouped under 30 food groups. These were further subdivided into 167 food subgroups and 1 871 food items at the start of the Survey. During the course of data collection, some food items which did not fall into or match with the predefined 1 871 food items were identified. 17 new food items were then added so as to cater for these newly identified food, as pointed out in para. 1.7.9 above, making up a total of 1 888 food items in the food item list. The number of food groups and food subgroups remained unchanged. An example of food group, food subgroup and food items is given in Table 1.2.

Table 1.2 Examples of food group, food subgroups and food items

Food Group	Food Subgroup		Food Item
2F06 Meat			
	2F0601	Cattle/Calf other than offal	
		2F0601001	Beef
		2F0601002	Beef ball
		2F0601003	Beef bologna
		2F0601004	Beef flank
		2F0601005	Beef pastrami
		2F0601006	Beef salami
		2F0601007	Beef sausage
		2F0601008	Beef steak
		2F0601009	Beef, dried/ Beef jerky
		2F0601010	Beef, minced (ground)
		2F0601011	Cattle bone marrow
		2F0601012	Corned beef
		2F0601013	Hamburger steak
		2F0601014	Ox tail
		2F0601015	Veal ribs
		2F0601999	Cattle/Calf other than offal(item not specified)
	2F0602	Cattle/Calf offal	
		2F0602001	Cattle blood
		2F0602002	Cattle brain
		…….	…….
	2F0603	Pig other than offal	
	…….	…….	
	2F0699	Meat, not specified	

1.7.16 Intake of cooked food by consumers was from two channels, viz self-cooking or prepared by food premises. For the self-cooked food, the HKDiet System would guide the interviewer to collect information on the food and amount consumed, item by item. Information on cooking method was also collected.

1.7.17 As for the food prepared according to recipes, a recipe database covering over 1 000 representative or 'standard' as well as less typical recipes was prepared prior to the

start of the Survey. Once an appropriate recipe was identified and the amount consumed inputted, the HKDiet System would generate the relevant food items/ingredients and their corresponding consumption amount. Slight modification of the composition of the recipe, such as swapping or excluding some ingredients, could be entertained during the interview. In the event that more complicated adjustment to the recipe was required, it would be dealt with during the subsequent data verification stage. However, as the aim of the Survey is to obtain consumption amounts of individual food ingredients, the consumption amount of recipes consumed was not retained in the dataset after calculations. An example of a recipe is given in Table 1.3.

Table 1.3 Example of recipe

Sauteed beef (Chinese-style)	2R0303E022
Portion unit	Bowl (250ml)
Edible Amount per Portion Unit	180g
Cooking method	Stewed/braised

Ingredients	Proportion (%)
Beef	49.081
Onion	24.541
Water (for recipe use)	10.634
Chicken egg yolk	2.945
Tomato paste or Catsup/Ketchup	2.618
Fats and oils (item not specified)	2.413
Brown sugar	1.963
Soya sauce	1.609
Cornstarch	1.145
Condiments/Savoury Sauces (item not specified)	0.872
Worcestershire sauce	0.804
Chicken powder/cube	0.654
Granulated sugar	0.327
Sesame seed oil	0.327
Food colouring	0.065

1.7.18 In addition to 24HDR, each respondent was required to complete the FFQ in the first interview. However, if there was an acceptable reason, such as insufficient time, the FFQ could be completed in the second interview. This questionnaire consisted of a series of pre-structured semi-quantitative food frequency questions for 25 selected foods of special interest for food safety/risk assessment and 11 seasonal/festive food consumed over the past 12 months prior to the interview. The list of seasonal/festive foods with the duration of season/festive period is given in Table 1.4.

Table 1.4 Duration of season/festive period for seasonal/festive foods

FFQ item no.	FFQ item name	Duration of peak consumption period (days)	Whether available all year round/ only in season
2FFQ026	Chinese New Year pudding	30	only in season
2FFQ027	Chinese New Year sweetened fruit and vegetables	30	only in season
2FFQ028	Crispy triangle	30	only in season
2FFQ029	Sesame ball	30	all year round
2FFQ030	Melon seeds	30	all year round
2FFQ031	Glutinous rice dumplings	30	all year round
2FFQ032	Longans	90	all year round#
2FFQ033	Lychees	90	all year round#
2FFQ034	Baked mooncake	45	only in season
2FFQ035	Snowy mooncake	45	only in season
2FFQ036	Freshwater hairy crab/mitten crab	150	only in season

including processed forms, such as canned products

1.8 Training of interviewers and pilot testing

1.8.1 Survey interviewers were given 5 days' training (including comprehensive fieldwork training by the Fieldwork Manager and training on the techniques for collecting dietary information and taking height and weight measurements by the Research Manager (Nutrition)) and were assessed at the end of the training period. Only interviewers who had passed the assessment were deployed to carry out data collection. In order to field test the research instruments and methodologies for the survey, a pilot test was conducted. Taking into account the experience gained from the pilot test, the research instruments had been amended and the fieldwork arrangements had been fine-tuned.

II. Fieldwork and Data Management

2.1 Fieldwork statistics

2.1.1 All households in the sampled LQ had been visited during the fieldwork period from April 2018 to February 2020. A total of 3 752 respondents were successfully enumerated in the fieldwork period, and the response rate was 53.4%.

2.1.2 The distribution of completed cases over the four quarters of the Survey is presented in Table 2.1.

Table 2.1 Distribution of respondents by sex and age group in the four Survey quarters

	Quarter 1 (2019 & 2020)		Quarter 2 (2018 & 2019)		Quarter 3 (2018 & 2019)		Quarter 4 (2018 & 2019)		Total	
Age Group	M	F	M	F	M	F	M	F	M	F
18-29	66	58	69	53	53	35	50	40	238	186
30-49	124	171	164	215	106	168	73	141	467	695
50-64	105	143	177	199	86	146	115	145	483	633
65+	97	155	130	179	113	132	116	128	456	594
Sub-total	392	527	540	646	358	481	354	454	1 644	2 108
Quarter Total (%)	919 (24.49%)		1 186 (31.61%)		839 (22.36%)		808 (21.54%)		3 752 (100.00%)	

2.1.3 Among the two non-consecutive days of 24HDR interviews, around 86.5% were conducted on weekdays and 13.5% were on weekends, and 92.3% of these two 24HDR interviews were conducted within 3 to 11 days (inclusive). Regarding the interview duration, the mode duration for the Day-1 24HDR, which was conducted by face-to-face interview, was 21 minutes. The mode duration for the Day-2 24HDR, which was mostly conducted via telephone interview, was 14 minutes. As for the FFQ, the mode duration was 10 minutes. It should be noted that the time spent on explaining the Survey objectives and the operational arrangement to the householders, the identification of the respondents with Kish grid selection and the collection of demographic, height and weight data from the respondents was not included in the interview duration mentioned above.

2.2 Data editing and quality control

2.2.1 The data verification and editing were performed by the supervisors when the data were synchronized with the central database on the computer server. During the synchronization process, the supervisors verified the record and the whole interviewing process with the corresponding interviewers such as the correctness of the sampling procedures and the proper record of food consumption information provided by the respondents. In case of unusual or doubtful situations, the respondents were contacted for follow-up verification by phone call when necessary.

2.2.2 The quality of the dietary data was also monitored by a nutrition team consisting of dietitians and nutritionists. In case of difficulties in matching the foods reported by the respondents with the appropriate food code in the HKDiet System, the interviewers would enter some remarks in the System, based on information provided by the respondents, and the nutrition team would subsequently provide support in coding these food items. Moreover, when food coding was found not accurately reflecting the food consumption information reported, the food item was recoded by the nutrition team.

2.2.3 Apart from the data editing and verification processes, a random sample of the completed cases was checked by an independent team of quality checkers. It was conducted by contacting the respondents for verifying the data provided.

2.2.4 The above mentioned quality control measures were continuously put in place during the entire data collection period to monitor the performance of the interviewers. Only interviewers with satisfactory performance could work in the field to collect data.

2.2.5 To minimise the occurrence of missing values in the dataset, the HKDiet System has built-in validation functions to provide pop-up reminders and highlight the missing data for further probing and checking with the respondents. The interviewers were trained with adequate interviewing techniques to minimise missing information as reasonably practicable. For the demographic information, the interviewers were trained to reassure the confidentiality of all information collected to minimise the risk of intentionally mis-reporting their demographic information by the respondents. During the interview of FFQ, the HKDiet System would remind the interviewers the food items with missing values and the fields that had to be filled with valid data before the interview could continue. In case the respondents reported “don’t know/not sure”, the interviewers were trained to use the Food Photo Booklet, probes and prompts skillfully to facilitate the recall process.

2.2.6 For each food item in both 24HDR and FFQ, the distribution of the consumption amount was examined. Unusually large amounts were identified and the original interview records were checked with the interviewers and respondents, if possible, to examine whether the large amount was a result of a large consumption reported by the respondent or data entry error made by the interviewer.

2.2.7 It was noted that some food intake values would likely represent unusual food intake patterns without error. These unusual value cases will be important in risk assessment work and may be important in the identification of any high-risk groups. Hence, all these cases had been reviewed case by case, in which decisions were made

with extreme caution as to whether these values were plausible, and only those values that were clearly impossible were imputed.

III. Demographic and Anthropometric Characteristics

3.1 Sex and age

3.1.1 Among the 3 752 respondents completing the survey, 1 644 (43.8%) of them were male and 2 108 (56.2%) of them were female. The breakdown of these respondents by age and sex is given in Table 3.1 below.

Table 3.1 Number of respondents by sex and age (sample count)

	Male		Female		Total	
Age	Number	%	Number	%	Number	%
18-29	238	14.5	186	8.8	424	11.3
30-49	467	28.4	695	33.0	1 162	31.0
50-64	483	29.4	633	30.0	1 116	29.7
65+	456	27.7	594	28.2	1 050	28.0
Total	1 644	100.0	2 108	100.0	3 752	100.0

Note

(1) Percentages may not add up to total due to rounding.

3.1.2 Based on the statistics from the GHS of C&SD, the weighted distribution of respondents by sex and age as at 1st quarter 2019 was compiled and is given in Table 3.2.

Table 3.2 Weighted number of respondents by sex and age

	Male		Female		Total	
Age	Number	%	Number	%	Number	%
18-29	494 000	17.3	492 200	15.3	986 300	16.3
30-49	928 800	32.6	1 129 900	35.2	2 058 700	34.0
50-64	841 800	29.5	927 000	28.9	1 768 800	29.2
65+	588 600	20.6	660 400	20.6	1 249 000	20.6
Total	2 853 200	100.0	3 209 600	100.0	6 062 800	100.0

Notes

(1) Numbers are rounded to the nearest hundred.

(2) Numbers and percentages may not add up to total due to rounding.

3.1.3 Around 50% of the (weighted) respondents was aged 50 or over. As for the 1stFCS conducted in 2005-2007, only 36% of the weighted respondents fell into such age group. It should be borne in mind that such difference in the age composition might affect the comparison of various statistics covering all respondents as compiled in

this Survey and the 1stFCS. (Direct comparison by individual age groups is not carried out as the two surveys adopted slightly different age grouping.)

3.1.4 The percentage shares for the younger population in the sample count (Table 3.1) are smaller than the weighted respondents (Table 3.2), for both male and female. Given such smaller shares, care should be taken when analysing the statistics of the age group 18-29, particularly for further breakdown within this age group by other characteristics. It may be required to combine the findings for the age groups 18-29 and 30-49 for some statistics. For example, if analysis by sex and age is required, the findings for the groups of female aged 18-29, or male aged 18-29 alone would be subjected to large estimation error. It is advisable to combine the findings to the groups of female aged 18-49, or male aged 18-49. Another way is to look at the age group 18-29 only (i.e. without sex breakdown).

3.2 Height and weight

3.2.1 The overall average height of (weighted) respondents was 169.97 cm and 157.61 cm for male and female respectively. (Table 3.3)

Table 3.3 Average height of (weighted) respondents by sex and age (cm)

	Male			***Female***			***Total***		
Age	Number	Mean	SD	Number	Mean	SD	Number	Mean	SD
18-29	494 000	172.98	6.09	492 200	159.77	5.78	986 300	166.39	8.88
30-49	928 800	172.38	6.44	1 127 000	159.10	5.69	2 055 700	165.10	8.96
50-64	839 500	168.54	6.35	920 900	157.14	5.35	1 760 400	162.58	8.16
65+	582 200	165.65	6.27	656 900	154.11	6.26	1 239 100	159.54	8.51
Total	2 844 500	169.97	6.91	3 197 100	157.61	6.08	6 041 500	163.43	8.95
Refusal	8 700	-	-	12 500	-	-	21 200	-	-

Notes

(1) 95.9% of the height data were self-reported by respondents
(2) Numbers are rounded to the nearest hundred.
(3) Numbers may not add up to total due to rounding.
(4) SD denotes Standard Deviation.

3.2.2 The average weight of respondents by sex and age is given in Table 3.4. For the male respondents, the average weight was 69.58 kg. As for the female, the average weight was 57.12 kg. (Table 3.4)

Table 3.4 Average weight of (weighted) respondents by sex and age (kg)

	Male			*Female*			*Total*		
Age	Number	Mean	SD	Number	Mean	SD	Number	Mean	SD
18-29	494 000	67.42	12.32	484 900	55.27	10.23	979 000	61.40	12.86
30-49	925 900	73.16	12.87	1 125 400	56.95	9.56	2 051 400	64.27	13.78
50-64	839 500	70.17	11.64	921 800	58.66	9.31	1 761 300	64.15	11.96
65+	581 500	64.88	10.46	651 200	56.61	10.10	1 232 800	60.51	11.07
Total	2 841 000	69.58	12.35	3 183 400	57.12	9.77	6 024 400	63.00	12.69
Refusal	12 200	-	-	26 200	-	-	38 300	-	-

Notes

(1) 20.5% of the weight data were self-reported by respondents
(2) Numbers are rounded to the nearest hundred.
(3) Numbers may not add up to total due to rounding.
(4) SD denotes Standard Deviation.

3.3 BMI (Body Mass Index)

3.3.1 The average BMI by sex and age is given in Table 3.5.

Table 3.5 Average calculated BMI of (weighted) respondents by sex and age

	Male			*Female*			*Total*		
Age	Number	Mean	SD	Number	Mean	SD	Number	Mean	SD
18-29	494 000	22.51	3.79	484 900	21.63	3.66	979 000	22.07	3.75
30-49	925 900	24.62	4.10	1 124 000	22.51	3.65	2 050 000	23.46	4.00
50-64	839 500	24.67	3.63	918 000	23.78	3.80	1 757 500	24.21	3.75
65+	580 200	23.65	3.67	649 500	23.83	3.94	1 229 700	23.75	3.82
Total	2 839 700	24.07	3.91	3 176 500	23.01	3.85	6 016 200	23.51	3.91
Missing#	13 500	-	-	33 100	-	-	46 600	-	-

Notes

(1) BMI (kg/m^2) = weight (kg) / height ^{2} (m)
(2) Numbers are rounded to the nearest hundred.
(3) Numbers may not add up to total due to rounding.
(4) SD denotes Standard Deviation.
BMI cannot be computed for those respondents refused to provide information on height or weight.

3.3.2 The overall average BMI for the male and female respondents was 24.07 and 23.01 respectively. This was higher than the corresponding overall average in the 1stFCS (with the overall average BMI of male and female being 23.7 and 22.7 respectively).

3.3.3 According to the recommendation of WHO, the Individual BMI for Asian adults can be classified into 4 groups, viz. underweight (under 18.5), normal (from 18.5 to less

than 23), overweight (from 23 to less than 25) and obese (25 and over). Table 3.6 shows the distribution of the respondents in these 4 groups by sex and age.

Table 3.6 Number and percentage distribution of (weighted) respondents by BMI group by sex and age

BMI Group		Age 18-29	30-49	50-64	65+	Total
Male						
Underweight (<18.5)	Number	64 400	49 800	20 700	40 000	174 900
	%	13.0	5.4	2.5	6.8	6.1
Normal (18.5 - < 23.0)	Number	232 000	283 300	270 200	210 200	995 700
	%	47.0	30.5	32.1	35.7	34.9
Overweight (23.0 - < 25.0)	Number	86 800	198 700	203 300	131 000	619 800
	%	17.6	21.4	24.1	22.3	21.7
Obese (25.0+)	Number	110 900	394 000	345 300	199 100	1 049 300
	%	22.5	42.4	41.0	33.8	36.8
Refusal / missing	Number	0	2 800	2 300	8 300	13 500
	%	0.0	0.3	0.3	1.4	0.5
Total	Number	494 000	928 800	841 800	588 600	2 853 200
	%	100.0	100.0	100.0	100.0	100.0
Female						
Underweight (<18.5)	Number	78 100	90 800	47 300	49 800	266 100
	%	15.9	8.0	5.1	7.5	8.3
Normal (18.5 - < 23.0)	Number	278 500	633 200	376 400	233 000	1 521 100
	%	56.6	56.0	40.6	35.3	47.4
Overweight (23.0 - < 25.0)	Number	67 300	176 700	190 500	133 300	567 900
	%	13.7	15.6	20.6	20.2	17.7
Obese (25.0+)	Number	61 000	223 300	303 800	233 400	821 500
	%	12.4	19.8	32.8	35.3	25.6
Refusal / missing	Number	7 300	5 900	9 000	11 000	33 100
	%	1.5	0.5	1.0	1.7	1.0
Total	Number	492 200	1 129 900	927 000	660 400	3 209 600
	%	100.0	100.0	100.0	100.0	100.0
Both sexes						
Underweight (<18.5)	Number	142 500	140 700	68 100	89 800	441 000
	%	14.4	6.8	3.8	7.2	7.3
Normal (18.5 - < 23.0)	Number	510 500	916 600	646 600	443 200	2 516 800
	%	51.8	44.5	36.6	35.5	41.5
Overweight (23.0 - < 25.0)	Number	154 100	375 400	393 800	264 300	1 187 700
	%	15.6	18.2	22.3	21.2	19.6
Obese (25.0+)	Number	171 900	617 300	649 100	432 400	1 870 700
	%	17.4	30.0	36.7	34.6	30.9
Refusal / missing	Number	7 300	8 700	11 300	19 300	46 600
	%	0.7	0.4	0.6	1.5	0.8
Total	Number	986 300	2 058 700	1 768 800	1 249 000	6 062 800
	%	100.0	100.0	100.0	100.0	100.0

Notes

(1) Numbers are rounded to the nearest hundred.

(2) Numbers and percentages may not add up to total due to rounding.

IV. Food Consumption Information from 24-hour Dietary Recall Interviews

4.1 Food consumption

4.1.1 Around 85% of the respondents indicated that the reported food intakes in the 24HDR of the interview days were similar to their usual intakes, and the proportions of respondents claiming to have eaten less than usual or eaten more than usual were rather similar. The most common reasons given for eating more on the interview days were at a social function, special meal, or on a special day, while the most common reasons for eating less were not hungry and too busy. Over 90% of the respondents reported that they were not under a special diet, 3.8% reported that they were under a dietary management regime (such as for weight control), and 0.5% reported they were vegetarians.

4.1.2 Food items are grouped under 30 food groups. They are then classified into 167 food subgroups and 1 871 food items. During the Survey, 17 additional food items were included, making up a total of 1 888 food items in the food item list. Among them, food classified under all the 30 food groups, 160 food subgroups and 1 539 food items were consumed by the respondents. Unless otherwise specified, the consumption amounts presented in this section represent the average daily food intake of all respondents collected from Day-1 and Day-2 24HDR interviews after weighting.

4.1.3 The average total daily solid food consumption and liquid food intake were 1.15 kg and 1 741 ml respectively. There were variations by sex and age (Tables 4.1 and 4.2).

Table 4.1 Average solid food consumed per day of (weighted) respondents by sex and age (g)

	Age				
Sex	18-29	30-49	50-64	65+	Total
Male	1 195.5	1 299.9	1 273.3	1 153.5	1 243.8
Female	983.0	1 075.0	1 103.6	1 041.3	1 062.2
Total	1 089.5	1 176.5	1 184.3	1 094.2	1 147.7

Table 4.2 Average fluid consumed per day of (weighted) respondents by sex and age (ml)

	Age				
Sex	18-29	30-49	50-64	65+	Total
Male	1 939.2	1 953.5	1 860.2	1 570.9	1 844.6
Female	1 668.1	1 767.7	1 668.7	1 401.9	1 648.5
Total	1 803.9	1 851.5	1 759.8	1 481.5	1 740.8

4.2 Food consumption by food group

4.2.1 Cereals and grains products were consumed in the amount of 395.31 g/day, 61.2% (242.12 g/day) of which was from the rice subgroup. Pasta/noodle from all origins (including rice, wheat, etc.) made up another 36.4% (143.72 g/day) of the cereals and grains products group. Bakery wares and Chinese pastry is a food group closely related to cereals and grains products because the foods in the former food group contain a significant proportion of cereals and grains ingredients. Bakery wares and Chinese pastry were consumed in the amount of 45.56 g/day, around 70% of which was from bread/roll (31.51 g/day).

4.2.2 Vegetables and fruits were consumed in the amount of 202.65 g/day and 120.31 g/day respectively. Leafy vegetables and brassica vegetables contributed to more than half (112.04 g/day or 55.3%) of the daily vegetables consumption. Another 16.8% was from fruiting vegetables and squashes/gourds (34.05 g/day). Slightly less than 10% (19.83 g/day) was from root vegetables/tubers. Only 6.5% (13.21 g/day) was from legume vegetables, pulses and their products. Citrus fruits contributed to around one-third (41.10 g/day or 34.2%) of the daily fruit consumption. Another 26.0% was from pome fruits (31.29 g/day).

4.2.3 The daily consumption of meat, poultry and game was 110.54 g in total, whereas the intake from the meat group and poultry group were 78.36 g/day and 32.12 g/day respectively. For the meat group, around 70% of the amount consumed was from pig other than offal (54.77 g/day). Another 24% was from cattle/calf other than offal (18.63 g/day). As for the poultry group, chicken other than offal was consumed in the amount of 30.63 g/day (over 95%). It should be noted that siu-mei and lo-mei were other sources of consumption of meat and poultry. If these sources were included, the daily meat and poultry consumption would be 85.06 g/day and 40.49 g/day respectively.

4.2.4 Fish and other aquatic animals (i.e. crustaceans and molluscs) consumption was found to be 55.59 g/day in total. The average daily fish consumption was 43.54 g, while the daily average for crustaceans (such as shrimp/prawn and crab) and molluscs (such as oyster and cuttlefish) were 6.28 g and 5.77 g respectively.

4.2.5 The consumption of egg and egg products was 26.44 g/day, more than 95% of which was from chicken eggs (25.52 g/day). Milk and dairy products were consumed in the amount of 24.86 g/day, of which over three-quarters (19.56 g/day or 78.7%) was from milk, milk beverage and dried milk.

4.2.6 Regarding local favourites, dim sum (a large range of small Chinese dishes that contain various ingredients or fillings) was consumed in the amount 48.05 g/day, whereas siu-mei and lo-mei (a group of mainly meat and poultry products which have been barbequed, roasted or marinated) was consumed at 15.34 g/day. Additionally, the average daily consumption amounts for the sashimi and sushi group (5.57 g/day) and the burgers group (4.79 g/day) were only around one-tenth of the consumption of the dim sum group. The daily consumption of pizza was even less (2.08 g/day).

4.2.7 With regard to fluid consumption, non-alcoholic beverages were consumed in a total volume of 1 609.97 ml/day. Among all fluids, water (1 179.38 ml/day), tea drink (273.13 ml/day), and soups (143.62 ml/day) made up by far the bulk of the total fluid

consumption. These were followed by coffee/coffee substitute (47.84 ml/day), carbonated drink (33.58 ml/day), soy, cereal, grain, seed and chocolate drink (24.85 ml/day), and fruit and vegetable juice drink (18.77 ml/day). As for alcoholic beverages, 25.26 ml were consumed per day, of which three quarters (18.97 ml or 75.1%) was from beer/ales.

4.2.8 The Survey also collected consumption amount of fats and oils (13.36 g/day), sugars and confectionery (4.34 g/day), desserts (7.96 g/day) as well as salts, soya sauce, condiments and sauces (16.68 g/day). However, given that these food items sometime appear as minor ingredients in other food items, such as fats and oils in sausages and spring rolls, sugar in tea and coffee, it is understood that their total consumption amounts were not exhaustively accounted for.

4.2.9 Tables A.1 and A.2 in the Annex present the distribution of food intake per day by respondents for individual food groups and food subgroups respectively. Readers should be cautioned that all the consumption amounts reported in this Chapter and the relevant tables are for individual food items consumed with corresponding consumption data available in the database. However, some food items are made up of multiple ingredients, but their consumption amounts were only captured in the form of "mixed food" items instead of being broken down into their ingredients. Some examples are milk tea, dim sum and burger. As a result, the milk in milk tea, fats and oils in dim sum and burger, were not included in the respective consumption amount figures for milk, fats and oils. This means that the results inevitably underestimate the actual consumption amount stated for the relevant food groups and food subgroups.

4.3 Comparison of food consumption in different sex and age groups

4.3.1 Tables A.3 and A.4 in Annex present the comparison of food consumption by food group in different sex and age groups respectively. Some of the key differences observed are highlighted in the following paragraphs.

4.3.2 For Cereals and grains products, male respondents consumed around 460 g/day, which was 36% more than their female counterparts, at around 338 g/day. Considering age, the average daily consumption was maintained at around 400 g/day for those aged below 65. It then dropped slightly to around 368 g/day for those aged 65 or above.

4.3.3 The average daily consumption of vegetables was similar between male and female respondents (slightly over 200 g), with lower consumption among the respondents aged 18-29 (around 180 g/day).

4.3.4 Both male and female consumers consumed around 150 g of fruit per day. However, only around 76% of the male respondents were consumers, whereas around 86% of the females were. Hence, on average more fruits were consumed by females than males, when considering all respondents. Looking at age variation, those aged 50-64 and those aged 65 or above consumed more fruits than the two youngest age groups.

4.3.5 Around 92% of the male respondents consumed meat, as compared with 87% of the females. On average male consumers (around 104 g/day) also consumed more meat than female (around 72 g/day). Hence, the average daily consumption by all male respondents (around 96 g) was greater than that for the female respondents (around 62 g) by over 50%. When analysed by age group, the oldest respondents (aged 65 or above) consumed the least (around 55 g/day). The daily consumption levels for the other age groups were around 80 g to 90 g.

4.3.6 Poultry was consumed more by the male respondents (around 35 g/day) than the female respondents (around 30 g/day). When analysed by age, respondents in the youngest age group (18-29) consumed the most (around 51 g/day). The amount dropped gradually with increasing age, down to only 15 g/day for those aged 65 or above.

4.3.7 Fish was consumed slightly more by the male respondents (around 45 g/day) than the female respondents (around 42 g/day). There was an increasing trend with age, both in terms of the percentage of respondents consuming fish and the average amount consumed by consumers. As a result, the daily consumption by all respondents increased from around 35 g for those aged 18-29 to around 55 g for those aged 65 or above.

4.3.8 Male respondents (around 32 g/day) consumed more egg and egg products than female respondents (around 22 g/day). When analysed by age group, those aged 65 or above consumed the least (around 19 g/day).

4.3.9 The daily consumption of milk and dairy products was nearly the same for male and female consumers (around 82 g). However around one-third (34%) of female respondents consumed this food, whereas only around one-quarter (26%) of male respondents did so. Hence, the average daily consumption for all respondents was much greater for the female (around 28 g) than the male respondents (around 21 g). Consider age difference, those respondents aged 50-64 consumed the least (around 20 g/day). Respondents in the other three age groups consumed around 27 g/day.

4.3.10 For bakery wares and Chinese pastry, both male and female respondents consumed the same average amount, at around 45 g/day. However, only around 69% of the male respondents consumed this food, as compared to around 75% for the female respondents. On the other hand, the average daily consumption amount of the male consumers (around 67 g) was higher than that of the female consumers (around 60 g). Considering age variation, those respondents within the 30-49 and 50-64 age groups consumed around 48 g/day. Those in the other two groups (18-29 and 65 or above) only consumed around 41 g/day.

4.3.11 For non-alcoholic beverages, male respondents consumed (around 1 700 ml/day) more than female respondents (around 1 500 ml/day), with the respondents aged 65 or above consumed the least (around 1 400 ml/day). For alcoholic beverages, male respondents (around 42 ml/day) consumed much more than female respondents (around 10 ml/day). Considering age, those respondents aged 50-64 consumed the most (around 34 ml/day).

4.3.12 Among the 1 514 female respondents aged 18-64 covered in this Report, 36 women were either pregnant or breast-feeding, accounting for around 2% of all female

respondents. Due to the small number of pregnant and lactating women in this survey, their food consumption pattern might not be representative of all pregnant or lactating women in Hong Kong and thus will not be presented in this report.

4.4 Changes in food consumption over time

4.4.1 A comparison of the daily food intake of selected food group/subgroup in this Survey and the 1stFCS is given in Table 4.3. However, as mentioned in Para 3.1.3, around 50% of the respondents in this Survey were aged 50 or above. As for the 1stFCS, only 36% were of such age. Given that both the amount and type of food intakes may be different among the younger and older persons, care should be taken in interpreting the comparison given in Table 4.3 and the following paragraphs. In addition, it is relevant to note that the grouping and classification of food items in the two surveys are not identical. For examples, some new food groups (including "Siu-mei and lo-mei", "Pizza", "Desserts" and "Bakery wares and Chinese pastry") have been created for this Survey by separating these new food groups from their respective original food groups in the 1stFCS (e.g. the new food group "Bakery wares and Chinese pastry" in this Survey was separated from the original food group "Cereals and grains products" in the 1stFCS). Thus the following comparison has to be interpreted with care.

4.4.2 The daily consumption of cereals and grains products decreased from 430.56 g to 395.31 g. The daily consumption of bakery ware and Chinese pastry also decreased from 58.19 g to 45.56 g.

4.4.3 The daily vegetables (including legumes) consumption increased from 191.08 g to 202.65 g during the period between the two surveys. On the other hand, fruits consumption dropped from 146.81 g to 120.31 g. Combining vegetables and fruits together, the total consumption was similar in these two surveys.

4.4.4 The daily meat consumption (including meats from Siu-mei and Lo-mei) increased from 74.23 g in the 1stFCS to 85.06 g in this Survey. Poultry consumption (including those from Siu-mei and Lo-mei) also increased from 37.38 g to 40.49 g. Taking the daily consumption of meat and poultry together, it increased 12.5% (from 111.61 g to 125.55 g) during the period between the two surveys. There was a considerable drop in the consumption of aquatic animals mainly from fish, from 57.48 g to 43.54 g.

4.4.5 The consumption of egg and egg products increased from 15.18 g to 26.44 g. There was a drop in the daily consumption of milk and dairy products, from 34.23 g to 24.86 g.

4.4.6 The daily non-alcoholic beverages consumption was maintained at around 1 600 ml in the two surveys. Within this group, water consumption increased by around 110 ml (from 1 065.62 ml to 1 179.38 ml). This was largely compensated by the drop in tea drink consumption (from 376.36 ml to 273.13 ml). As for carbonated drink, the consumption also dropped from 41.02 ml to 33.58 ml. On the other hand, the coffee/coffee substitute consumption increased from 37.00 g to 47.84 g.

Table 4.3 Comparison of average daily food intake by (weighted) respondents in 1stFCS and 2ndFCS

	Food Group / Subgroup / Item	Unit	This Survey (2018-20)	1st Survey (2005-07)
2F01	**Cereals and Grains Products**	**g**	**395.31**	**430.56**
	Rice	g	242.12	297.16
	Pasta / Noodles, all based	g	143.72	119.79
2F03	**Vegetables**	**g**	**202.65**	**191.08**
	Root vegetables / Tubers	g	19.83	14.82
	Leafy vegetables, Brassica vegetables	g	112.04	121.03
	Squashes / Gourds	g	15.96	17.34
	Legume vegetables, pulses & their products	g	13.21	14.13
2F04	**Fruits**	**g**	**120.31**	**146.81**
2F06	**Meat**	**g**	**78.36**	**74.23#**
	Cattle / Calf other than offal	g	18.63	15.06##
	Pig other than offal	g	54.77	53.81##
2F07	**Poultry**	**g**	**32.12**	**37.38#**
	Chicken other than offal	g	30.63	32.90##
2F08	**Game**	**g**	**0.06**	**0.89#**
2F12	**Fish**	**g**	**43.54**	**57.48**
2F13	**Crustaceans**	**g**	**6.28**	**7.35**
2F14	**Molluscs**	**g**	**5.77**	**5.95**
2F09	**Egg and Egg Products**	**g**	**26.44**	**15.18**
	Chicken egg	g	25.52	14.02
2F10	**Milk and Dairy Products**	**g**	**24.86**	**34.23**
	Milk###	ml	17.78	25. 60
2F60	**Bakery Wares and Chinese Pastry**	**g**	**45.56**	**58.19**
	Bread / Roll	g	31.51	44.04

Table 4.3 (cont'd) Comparison of average daily food intake by (weighted) respondents in 1stFCS and 2ndFCS

	Food Group / Subgroup / Item	Unit	This Survey (2018-20)	1st Survey (2005-07)
2F16	**Non-alcoholic Beverages**	**ml**	**1 609.97**	**1 616.97**
	Coffee / Coffee substitute	g	47.84	37.00
	Tea drink	ml	273.13	376.36
	Carbonated drink	ml	33.58	41.02
	Water	ml	1 179.38	1 065.62
2F17	**Alcoholic Beverages**	**ml**	**25.26**	**33.04**
	Beer / Ales	ml	18.97	28.40
2F41	**Dim Sum**	**g**	**48.05**	**44.75**
2F42	**Sashimi and Sushi**	**g**	**5.57**	**4.68**
2F58	**Burgers**	**g**	**4.79**	**4.74**
2F43	**Siu-mei and Lo-mei**	**g**	**15.34**	**####**
	Siu-mei and lo-mei meat items	g	6.70	####
	Siu-mei and lo-mei poultry items	g	8.37	####
	Siu-mei and lo-mei game items	g	0.20	####
2F59	**Desserts**	**g**	**7.96**	**13.28**

Notes:

(1) Given that the grouping and classification of food items in the 2 surveys are not identical, the above comparison have to be interpreted with care.

\# The daily intake of the respective food group included contribution from siu-mei and lo-mei items.

The daily intake of the respective food subgroup included contribution from offal items.

The daily intake of milk included milk from cow, buffalo and goat.

The daily intake of Sui-mei and Lo-mei has been included in the respective food groups.

4.5 Cooking method

4.5.1 Healthy eating is not just choosing the right foods, but also using healthy cooking methods. Some cooking methods affect the nutritional value or the level of undesirable substances (such as processing contaminants like acrylamide, certain polycyclic aromatic hydrocarbons) in food.

4.5.2 In the Survey, data were collected on the cooking methods of food items consumed by the respondents (Table 4.4).

Table 4.4 List of cooking methods pre-defined in the HKDiet System

No.	Cooking method
1	Ready-to-eat / consumed as raw
2	Cooked in water
3	Steamed / double-boiled
4	Stewed / braised
5	Stir-fried
6	Pan-fried
7	Deep-fried
8	Baked / roasted
9	Toasted
10	Barbecued / grilled
11	Microwave-cooked
12	Others

4.5.3 It may be noted that out of the total daily consumption amount of the relevant food groups, vegetables were mostly cooked in water (44.5%), followed by stir-frying (34.9%); meat was mostly cooked in water (29.3%), followed by steaming/double boiling (21.5%); poultry was mostly stewed/braised (22.8%), followed by pan-frying (17.8%); fish was mostly steamed/double boiled (47.2%); egg and egg products were mostly stir-fried (31.4%), followed by pan-frying (24.7%) and cooked in water (22.7%).

V. Food Consumption Information from Food Frequency Questionnaire

5.1 Coverage of food items

5.1.1 Apart from the food items consumed in 24HDR, the respondents' consumption of the following categories of selected food items over the past 12 months prior to the interview was collected via the FFQ:

- 25 selected food items of special interest for food safety/risk assessment
- 5 seasonal/festive food items available all year round
- 6 seasonal/festive food items only available when in season or during festive period

5.1.2 The purpose of the FFQ assessment is to provide weighted estimates of reported consumption quantities of 36 selected food items, some of which are of special interest for food safety/risk assessment whilst some are seasonal or festive foods which may be less likely to be captured from the 24HDR interviews.

5.1.3 It should be noted that some respondents were unable to recall whether the selected food items had been consumed and/or to estimate the frequency and the amount consumed over the past 12 months prior to the interview. These responses were treated as missing values. As for those consumers who were able to report the amounts consumed, the accuracy of the information provided would likely be cruder than those amounts reported in the 24HDR interviews. Hence, readers should be very careful in using the statistics compiled from the FFQ.

5.2 Food consumption data from FFQ

5.2.1 Table A.5 in Annex presents the distribution of daily food intake of the 36 selected food items by all respondents and consumers, over the past 12 months prior to the interview. The daily food intake of individual consumers was computed by dividing the total intake by the relevant number of days. For seasonal/festive foods, the relevant number of days was the number of days in the peak/non-peak seasons.

5.2.2 Among all food items, some of them were consumed by more than half of the respondents over the past 12 months prior to the interview. These include seaweeds, seaweed (pre-packed, snack type), Chinese New Year pudding, glutinous rice dumplings, longans, lychees and baked mooncake.

VI. Discussion and Conclusion

6.1 Overall achievement and outcomes of the Survey

6.1.1 This is the second population-based Food Consumption Survey in Hong Kong, and the updated food consumption data and relevant information such as the anthropometric data and demographic information of 3 752 respondents were collected. A specifically designed computer program, the HKDiet System, was developed and used by the interviewers to collect data in the field through electronic means. The HKDiet System incorporated necessary research tools such as the 24HDR, FFQ and the relevant interview questions, as well as built-in quality assurance checking at different points aiming to minimise errors during data collection.

6.1.2 The food consumption data from the respondents were collected and analysed, and the main findings are presented in this report. It provides the updated information on the food consumption of the Hong Kong population, which is crucial in conducting risk assessment to evaluate food safety risks scientifically and to provide substantiation of any new regulatory measures to control the existing or emerging food safety risks in the local context. In addition, the information collected on the sex and age of the respondents will facilitate the conduct of analysis of food consumption among different population subgroups, while the information collected on the body weight of the respondents will facilitate the conduct of quantitative evaluation of the population's exposure to hazards via consumption of food.

6.2 Key findings

Food Consumption Information

6.2.1 Based on the information collected from the 24HDR interviews, the Survey has obtained an updated set of food consumption data comprising the average daily intake amounts of 30 food groups and 160 food subgroups consumed by the Hong Kong population. Hong Kong adults, on average, consumed a total of 1.15 kg of solid food and 1 741 ml of liquid food (including water) per day. Based on the average daily food intake amount consumed by the population, the findings on some major food groups are presented as follows.

6.2.2 **Cereals and grains products** were consumed in the amount of 395.31 g/day, 61.2% (242.12 g/day) of which was from the rice subgroup. Pasta/noodle from all origins (including rice, wheat, etc.) made up another 36.4% (143.72 g/day) of the cereals and grains products group. **Bakery wares and Chinese pastry** is a food group closely related to cereals and grains products because the foods in the former food group contain a significant proportion of cereals and grains ingredients. Bakery wares and

Chinese pastry were consumed in the amount of 45.56 g/day, around 70% of which was from bread/roll (31.51 g/day).

6.2.3 **Vegetables and fruits** were consumed in the amount of 202.65 g/day and 120.31 g/day respectively. Leafy vegetables and brassica vegetables contributed over half (112.04 g) of the daily vegetables consumption. Another 16.8% was from fruiting vegetables and squashes/gourds (34.05 g). Slightly less than 10% (19.83 g) was from root vegetables/tubers. Citrus fruits contributed to around one-third (41.10 g/day or 34.2%) of the daily fruit consumption. Another 26.0% was from pome fruits (31.29 g/day).

6.2.4 **Meat and poultry** were consumed in the amount of 78.36 g/day and 32.12 g/day respectively. For the meat group, around 70% of the amount consumed was from pig other than offal (54.77 g/day). Another 24% was from cattle/calf other than offal (18.63 g/day). As for the poultry group, over 95% of the amount consumed was from chicken other than offal (30.63 g/day). **Fish** was consumed in the amount of 43.54 g/day.

6.2.5 The consumption of **egg and egg products** was 26.44 g/day, more than 95% of which was from chicken eggs. **Milk and dairy products** were consumed in the amount of 24.86 g/day, of which over three-quarters (19.56 g or 78.7%) was from milk, milk beverage and dried milk.

6.2.6 Regarding local favourites, **dim sum** (a large range of small Chinese dishes that contain various ingredients or fillings) was consumed in the amount of 48.05 g/ day, whereas **siu-mei and lo-mei** (a group of mainly meat and poultry products which have been barbequed, roasted or marinated) was consumed at 15.34 g/day.

6.2.7 Through the use of FFQ, the Survey has also obtained food consumption data of some selected seasonal foods (e.g. longans and lychees) and festive foods (e.g. Chinese New Year pudding and baked mooncake) which might be less likely to be captured from the 24HDR interviews, as well as some other foods which were of special interest for food safety/risk assessment (e.g. raw oysters and swordfish sashimi).

6.3 Strengths of the Survey

6.3.1 A two-stage sampling design was adopted in the Survey. The first stage of sampling ensured that all living quarters would have an equal chance of being selected. All households within the sampled living quarters were then covered in the Survey and one respondent was selected from the each household according to the Kish grid table during the second stage of sampling. By adopting such scientific sampling method, there was no sampling bias and the probability of selecting any respondents can be computed. Subsequent weighting could then be applied to produce reliable estimates of the survey results. A pilot study was conducted to refine the research tools and the workflow of recruitment and interviews. The interviewers were systematically trained and supervised to ensure that they were competent to collect the required information with sufficient probing.

6.3.2 By adopting the two-stage sampling design, only one household member was selected from each household within the sampled living quarters, instead of all

members, despite putting an extra burden to the fieldwork operation. This can avoid the collection of similar food consumption data from all members of the same household who might share some of the meals together and in turn consume similar types of food, and such sampling design might increase the covariance of the food consumption data collected and would adversely affect the precision level of the estimates. Moreover, randomly sampling only one household member of the households enumerated rather than all household members would reduce respondent burden, while not affecting the representativeness of the sample. This approach would in most cases reduce the total interviewing time required for each household sampled, thereby increasing the likelihood of accepting the interview on the part of the households concerned.

6.3.3 The HKDiet System running on a notebook was used to collect the food consumption data. During the interview, data reported by the respondents were input into the System simultaneously, which could save time and effort for data input and processing after the interviews were completed. As the System covered a set of over 1 000 recipes, the respondents did not have to provide information on the ingredients if these recipes were consumed and details of the food ingredients were unknown to the respondents, especially in cases where the food was consumed in a restaurant or prepared by someone else. Some built-in checking/ caution rules were also included in the System to remind the interviewers of the need to immediately check for possible data reporting errors.

6.4 Limitations of the Survey

6.4.1 The use of the data in this Survey, however, is subject to several limitations: (i) response rate; (ii) seasonal variations of food intake; and (iii) accuracy of the reported food consumption.

Response rate

6.4.2 As commonly found in any voluntary survey, not all target respondents will agree to participate in a particular survey. Non-response produces bias only to the extent that there are differences between those who have responded and those who have not responded with regard to the topics under investigation. There is a number of factors affecting a person's willingness to respond. Those who are interested in the topics under investigation are more likely to respond. The responding behaviour of those who trust or value the study concerned and those who do not will inevitably be different. Demographic and life-style characteristics of the potential respondents will also affect their willingness to respond.[1]

6.4.3 It is believed that non-response may be randomly distributed if the reasons for refusal are say "not free to respond". There are also other reasons for refusal like the respondents are not interested in the subjects surveyed or do not like to participate in surveys undertaken by specific institutions or specific groups of institutions. For

[1] Rindfuss, R. et al. (2015). Do low survey response rates bias results? Evidence from Japan. *Demographic Research*, 32(26), 797-828.

such incidents, it is difficult to ascertain if the information not collected from such non-response is missing at random.

6.4.4 It was noted by researchers that non-response is inevitable. In order to ensure that the survey findings represent the whole population covered in the survey, it is necessary to estimate the non-response cases based on the data collected. The most common non-response estimation technique is the use of weight adjustment. This is to assign adjustment weights to respondents or groups of respondents that are likely to be over- or under-represented in the survey.[2] The weight adjustment procedure adopted in the Survey is discussed in para. 1.6.2 above.

6.4.5 It is believed that the non-response bias, if any, arising from such incidents of non-response in this Survey can largely be adjusted by the weighting procedure discussed in para. 1.6 above. It may nevertheless be noted that by comparing say the district of residence of those participating in the survey with those who had refused to participate, there are slight variations when analysed by different regions of Hong Kong (namely Hong Kong Island, Kowloon East, Kowloon West, New Territories East and New Territories West). However, in the absence of information on the demographic characteristics of those who had refused to participate in the survey other than information on the district of residence and housing type, there is no basis for assessing the possible non-response bias. Thus, the weighting procedure discussed above should suffice, in the light of information available.

6.4.6 The response rate of the Survey may also be affected by a number of reasons. The duration of the interviews and the interviews being conducted on two non-consecutive days might be factors considered by the target respondents. It is noted that not all target respondents could spare time off their busy schedule for the interviews. There was a number of respondents who had completed the Day-1 interview but refused to take part in the Day-2 interview. In order to encourage participation, $150 supermarket coupons were given as an incentive to respondents who had completed both Day-1 and Day-2 interviews.

Seasonal variations of food intake

6.4.7 Ideally the interviews of this Survey should be evenly distributed throughout the four quarters of the year in order to collect the representative dietary data and capture the seasonal variations in food intake in the population by 24HDR. In this Survey the distribution of cases in four quarters ranged from 31.6% (April to June) to 21.5% (October to December). Although there was some degree of over- or under-sampling among these four quarters of the year, it would be considered acceptable and should not have considerable impact on the general data quality collected in each of the quarters. Such difference in the number of cases across the four quarters of the year, however, might have some impact on capturing the consumption of the seasonal and/or festive foods. Nevertheless, the intake of selected seasonal food and festive foods has been captured by FFQ separately to provide supplementary information on these food items.

[2] Bethlehem, J. and Bakker, B. (2013). The impact of nonresponse on survey quality. *Proceedings of the 59th World Statistics Congress of the International Statistical Institute, 2013*, 1774-1779. International Statistical Institute, The Hague, The Netherlands.

Accuracy of the reported food consumption

6.4.8 Similar to other dietary and food consumption surveys, the accuracy of the food quantification by the respondents is affected by their ability to estimate the quantity and their memory, as well as any possible self-reporting bias. Studies have also showed that under-reporting is not rare in dietary surveys.[3,4,5,6]

6.4.9 The local food culture of having composite dishes with multiple ingredients and sharing foods with a group of people during mealtimes would be one of the issues affecting the accuracy of the reported food consumption. Respondents were usually not expected to and probably not able to provide the recipes of the composite dishes and the quantity of the ingredients they consumed in a particular eating occasion. The consumption of some items was based on small number of respondents who consumed those items during the interview period, which as a result might be subject to greater sampling errors.

6.4.10 To minimise the imprecision of the dietary data collection process, the training on collecting dietary data and subsequent assessment was mandatory for all interviewers prior to being allowed to work in the field. The adaptation of the multiple-pass approach in the 24HDR and the built-in prompting and checking in the HKDiet System were also in place to reduce possible self-reporting errors, to ensure subsequent probing and to remind interviewers for checking against unusual values.

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[3] Jonnalagadda, S. et al. (2000). Accuracy of energy intake data estimated by a multiple-pass, 24-hour dietary recall technique. *Journal of the American Dietetic Association*, 100(3), 303-308, 311.

[4] Garriguet, D. (2008). Under-reporting of energy intake in the Canadian Community Health Survey. *Health Reports*, 19(4), 37-45.

[5] Poslusna, K. et al. (2009). Misreporting of energy and micronutrient intake estimated by food records and 24 hour recalls, control and adjustment methods in practice. *British Journal of Nutrition*, 101(S2), S73-S85.

[6] Kye, S. et. al. (2014). Under-reporting of energy intake from 24-hour dietary recalls in the Korean National Health and Nutrition Examination Survey. *Osong Public Health and Research Perspectives*, 5(2), 85-91.

Annex. Tables

Table A.1 Distribution of food intake per day by (weighted) respondents and consumers by food group from 24HDR

Food Group		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Cereals and Grains Products	All respondents	g	6 062 800	395.31	374.84	132.08	708.26	782.49
2F01	Consumers		6 050 400	396.12	375.17	134.54	708.26	782.49
Vegetables	All respondents	g	6 062 800	202.65	183.38	48.91	416.87	485.09
2F03	Consumers		6 044 600	203.26	183.71	50.63	416.92	485.09
Fruits	All respondents	g	6 062 800	120.31	100.00	0.00	322.50	370.00
2F04	Consumers		4 915 600	148.39	130.50	20.50	338.00	387.50
Nuts and Seeds	All respondents	g	6 062 800	2.75	0.00	0.00	16.15	26.72
2F05	Consumers		1 441 100	11.58	8.00	0.85	36.17	45.22
Meat	All respondents	g	6 062 800	78.36	65.85	0.00	207.60	240.93
2F06	Consumers		5 417 700	87.69	74.00	13.89	211.42	251.35
Poultry	All respondents	g	6 062 800	32.12	13.57	0.00	125.00	157.12
2F07	Consumers		3 212 100	60.63	45.93	12.50	156.50	185.38
Game	All respondents	g	6 062 800	0.06	0.00	0.00	0.00	0.00
2F08	Consumers		15 200	21.97	22.00	7.50	32.50	61.22
Egg and Egg Products	All respondents	g	6 062 800	26.44	18.73	0.00	89.16	109.26
2F09#	Consumers		4 019 400	39.89	32.34	3.41	99.62	119.17
Milk and Dairy Products	All respondents	g	6 062 800	24.86	0.00	0.00	146.52	225.00
2F10#	Consumers		1 833 200	82.21	56.47	4.00	237.50	281.25
Frozen Confection	All respondents	g	6 062 800	2.32	0.00	0.00	0.00	40.50
2F11	Consumers		251 100	56.12	45.50	10.90	145.50	186.13
Fish	All respondents	g	6 062 800	43.54	31.13	0.00	138.67	170.90
2F12	Consumers		4 336 700	60.87	46.78	8.41	155.65	184.98
Crustaceans	All respondents	g	6 062 800	6.28	0.00	0.00	40.00	52.60
2F13	Consumers		1 409 300	27.03	18.17	1.85	81.50	116.92
Molluscs	All respondents	g	6 062 800	5.77	0.00	0.00	35.30	58.03
2F14	Consumers		1 320 800	26.47	17.78	3.00	89.52	106.33
Fats and Oils	All respondents	g	6 062 800	13.36	11.43	1.80	30.94	36.28
2F15	Consumers		5 955 000	13.61	11.63	2.50	31.07	36.44

Food group composed of solid and liquid items. When calculating the amount of food group consumption, the weight of liquid food was assumed to be 1g per 1ml.

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

Table A.1 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food group from 24HDR

Food Group		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Non-alcoholic Beverages	All respondents	g	6 062 800	1 609.97	1 512.50	736.35	2 747.37	3 219.26
2F16#	Consumers		6 062 800	1 609.97	1 512.50	736.35	2 747.37	3 219.26
Alcoholic Beverages	All respondents	ml	6 062 800	25.26	0.01	0.00	157.51	330.09
2F17	Consumers		3 716 400	41.21	0.02	0.00	275.00	495.03
Sugars and Confectionery	All respondents	g	6 062 800	4.34	1.94	0.00	14.85	23.41
2F18	Consumers		5 749 800	4.58	2.07	0.30	15.11	23.94
Herbs and Spices	All respondents	g	6 062 800	1.52	0.89	0.00	4.87	6.55
2F19	Consumers		5 625 800	1.64	1.00	0.09	5.03	6.82
Salts, Soya Sauce, Condiments and Sauces	All respondents	g	6 062 800	16.68	12.77	2.46	42.26	52.04
2F20	Consumers		6 043 500	16.73	12.80	2.52	42.32	52.04
Savoury Snacks	All respondents	g	6 062 800	1.09	0.00	0.00	7.80	15.00
2F26	Consumers		479 800	13.79	12.50	0.55	37.50	44.00
Traditional Chinese Herbs	All respondents	g	6 062 800	0.47	0.00	0.00	0.88	1.36
2F27	Consumers		495 200	5.78	1.13	0.13	40.00	62.50
Miscellaneous	All respondents	g	6 062 800	0.17	0.00	0.00	0.66	0.74
2F30	Consumers		664 600	1.54	0.66	0.06	1.40	2.05
Dim Sum	All respondents	g	6 062 800	48.05	0.00	0.00	214.00	274.50
2F41	Consumers		2 431 700	119.80	101.00	22.80	297.10	362.50
Sashimi and Sushi	All respondents	g	6 062 800	5.57	0.00	0.00	0.00	93.65
2F42	Consumers		283 300	119.25	100.00	24.12	269.75	289.50
Siu-mei and Lo-mei	All respondents	g	6 062 800	15.34	0.00	0.00	75.00	105.50
2F43	Consumers		2 000 100	46.49	37.50	8.50	132.60	150.00
Pizza	All respondents	g	6 062 800	2.08	0.00	0.00	0.00	14.50
2F55	Consumers		164 800	76.40	67.50	5.00	166.75	234.00
Soups	All respondents	ml	6 062 800	143.62	112.50	0.00	450.00	525.75
2F56	Consumers		4 841 600	179.85	139.28	17.69	469.45	562.50
Burgers	All respondents	g	6 062 800	4.79	0.00	0.00	54.50	78.50
2F58	Consumers		383 000	75.81	75.00	32.00	128.00	171.00
Desserts	All respondents	g	6 062 800	7.96	0.00	0.00	75.00	112.50
2F59	Consumers		512 700	94.08	99.75	14.88	225.00	225.00
Bakery Wares and Chinese Pastry	All respondents	g	6 062 800	45.56	36.48	0.00	131.90	156.70
2F60	Consumers		4 357 300	63.40	53.45	12.58	144.00	167.79

Food group composed of solid and liquid items. When calculating the amount of food group consumption, the weight of liquid food was assumed to be 1g per 1ml.

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

Table A.2 Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Rice	All respondents	g	6 062 800	242.12	216.00	24.00	543.86	622.89
2F0101	Consumers		5 779 100	254.01	226.76	53.33	552.98	630.00
Wheat	All respondents	g	6 062 800	0.24	0.00	0.00	0.00	0.00
2F0102	Consumers		36 300	39.95	6.40	1.59	120.00	235.00
Pasta / Noodles, wheat-based	All respondents	g	6 062 800	90.95	72.67	0.00	308.59	359.41
2F0103	Consumers		3 362 100	164.00	141.50	49.33	355.63	401.24
Pasta / Noodles, rice-based	All respondents	g	6 062 800	49.88	0.00	0.00	233.92	297.41
2F0104	Consumers		2 094 000	144.42	125.34	42.49	313.58	360.14
Pasta / Noodles other than wheat and rice-based	All respondents	g	6 062 800	2.90	0.00	0.00	15.16	39.31
2F0105	Consumers		380 200	46.17	29.99	6.06	152.93	180.00
Flour	All respondents	g	6 062 800	0.97	0.00	0.00	5.01	16.55
2F0106	Consumers		674 000	8.71	3.49	0.62	22.07	35.75
Starch / Substitute flour	All respondents	g	6 062 800	2.84	1.92	0.00	9.04	11.31
2F0107	Consumers		5 478 300	3.15	2.15	0.39	9.48	11.59
Breakfast cereals	All respondents	g	6 062 800	2.36	0.00	0.00	0.00	22.50
2F0108	Consumers		281 900	50.79	25.00	7.00	152.50	225.00
Cereal products, not specified	All respondents	g	6 062 800	0.21	0.00	0.00	0.00	0.00
2F0198	Consumers		95 700	13.09	6.17	2.59	50.00	59.40
Cereals, not specified	All respondents	g	6 062 800	2.84	0.00	0.00	15.00	21.41
2F0199	Consumers		1 162 500	14.84	10.66	4.74	30.11	46.00
Root vegetables / Tubers	All respondents	g	6 062 800	19.83	0.00	0.00	97.09	149.75
2F0301	Consumers		2 674 100	44.97	27.50	2.55	151.00	181.25
Leafy vegetables (including Brassica leafy vegetables)	All respondents	g	6 062 800	99.47	80.61	0.00	262.21	311.65
2F0302	Consumers		5 309 500	113.58	95.33	18.34	272.32	326.73
Stalk and stem vegetables	All respondents	g	6 062 800	3.69	0.00	0.00	25.78	48.34
2F0303	Consumers		852 600	26.23	18.22	1.77	75.00	100.00
Brassica (cole or cabbage) vegetables, head cabbage, flowerhead Brassicas	All respondents	g	6 062 800	12.58	0.00	0.00	75.77	100.00
2F0304	Consumers		1 456 600	52.34	40.54	6.01	139.61	174.04

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Squashes / Gourds	All respondents	g	6 062 800	15.96	0.00	0.00	88.50	115.83
2F0305	Consumers		1 790 000	54.06	41.25	8.91	149.16	185.00
Fruiting vegetables, other than squashes / gourds	All respondents	g	6 062 800	18.09	1.31	0.00	79.73	113.98
2F0306	Consumers		3 527 700	31.09	19.86	0.47	106.67	129.59
Bulb vegetables	All respondents	g	6 062 800	10.28	5.65	0.00	36.36	49.84
2F0307	Consumers		5 528 600	11.28	6.47	0.84	37.39	50.78
Legume vegetables	All respondents	g	6 062 800	4.39	0.00	0.00	28.08	45.19
2F0308	Consumers		1 264 000	21.05	9.26	2.55	70.01	95.00
Pulses	All respondents	g	6 062 800	0.56	0.00	0.00	0.00	0.00
2F0309	Consumers		126 700	27.01	17.42	1.83	87.51	139.00
Legume vegetable and pulse products	All respondents	g	6 062 800	8.26	0.00	0.00	50.52	73.12
2F0310	Consumers		2 193 700	22.82	9.00	0.40	81.50	133.00
Mushroom and fungus	All respondents	g	6 062 800	5.89	0.00	0.00	32.50	44.92
2F0311	Consumers		1 850 300	19.30	12.34	1.47	55.48	75.50
Seaweeds	All respondents	g	6 062 800	0.42	0.00	0.00	0.00	5.00
2F0312	Consumers		224 100	11.46	9.67	1.25	42.50	42.50
Preserved vegetables / Dried vegetables	All respondents	g	6 062 800	2.39	0.00	0.00	14.08	20.45
2F0313	Consumers		1 825 600	7.94	2.91	0.36	28.87	43.00
Vegetables and vegetable products, not specified	All respondents	g	6 062 800	0.84	0.00	0.00	0.00	0.00
2F0399	Consumers		86 300	58.64	48.00	7.92	144.00	150.00
Pome fruits	All respondents	g	6 062 800	31.29	0.00	0.00	161.00	182.00
2F0401	Consumers		1 962 200	96.67	80.50	28.00	192.50	227.00
Stone fruits	All respondents	g	6 062 800	4.48	0.00	0.00	35.50	66.00
2F0402	Consumers		436 200	62.33	49.20	15.00	151.70	196.50
Citrus fruits	All respondents	g	6 062 800	41.10	0.00	0.00	160.00	192.50
2F0403	Consumers		2 461 500	101.22	80.00	25.50	210.00	240.00
Berries and other small fruits	All respondents	g	6 062 800	2.85	0.00	0.00	19.40	36.00
2F0404	Consumers		694 100	24.90	15.00	4.56	75.00	97.00

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Assorted tropical and sub-tropical fruits - edible peel	All respondents	g	6 062 800	1.03	0.00	0.00	0.00	9.17
2F0405	Consumers		233 300	26.84	27.50	0.09	82.50	100.00
Assorted tropical and sub-tropical fruits - inedible peel	All respondents	g	6 062 800	28.99	0.00	0.00	128.50	172.75
2F0406	Consumers		2 178 600	80.68	60.00	9.00	201.00	244.38
Preserved fruits and dried fruits	All respondents	g	6 062 800	0.55	0.00	0.00	0.49	5.48
2F0407	Consumers		327 500	10.10	5.00	0.49	45.00	45.00
Fruits, not specified	All respondents	g	6 062 800	10.03	0.00	0.00	80.00	140.00
2F0499	Consumers		568 500	106.91	84.50	0.13	322.50	376.25
Tree nuts	All respondents	g	6 062 800	0.84	0.00	0.00	4.40	11.25
2F0501	Consumers		395 400	12.95	8.10	1.80	36.97	44.50
Oilseed	All respondents	g	6 062 800	0.89	0.00	0.00	5.18	11.00
2F0502	Consumers		645 700	8.40	4.84	0.34	30.32	40.00
Nuts / Seeds products	All respondents	g	6 062 800	0.96	0.00	0.00	8.00	10.50
2F0503	Consumers		591 000	9.87	8.00	2.00	24.00	32.00
Nuts / Seeds, not specified	All respondents	g	6 062 800	0.05	0.00	0.00	0.00	0.00
2F0599	Consumers		49 100	6.40	3.00	0.03	31.25	31.25
Cattle / Calf other than offal	All respondents	g	6 062 800	18.63	0.00	0.00	96.04	118.14
2F0601	Consumers		2 267 900	49.82	36.68	9.31	126.62	149.68
Cattle / Calf offal	All respondents	g	6 062 800	2.21	0.00	0.00	14.21	35.50
2F0602	Consumers		328 100	40.79	34.01	11.34	95.01	103.87
Pig other than offal	All respondents	g	6 062 800	54.77	42.32	0.00	151.58	183.71
2F0603	Consumers		5 004 400	66.36	54.50	9.60	161.16	190.30
Pig offal	All respondents	g	6 062 800	1.12	0.00	0.00	0.00	15.00
2F0604	Consumers		212 800	31.85	24.67	3.33	84.00	93.19
Sheep other than offal	All respondents	g	6 062 800	0.54	0.00	0.00	0.00	0.00
2F0605	Consumers		87 500	37.32	27.00	10.06	120.48	125.00
Meat, not specified	All respondents	g	6 062 800	1.09	0.00	0.00	0.00	17.50
2F0699	Consumers		269 800	24.54	18.70	5.00	67.50	100.00

Notes:

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(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Chicken other than offal	All respondents	g	6 062 800	30.63	8.00	0.00	120.26	157.00
2F0701	Consumers		3 106 400	59.78	44.80	12.46	156.50	185.38
Chicken offal	All respondents	g	6 062 800	0.07	0.00	0.00	0.00	0.00
2F0702	Consumers		15 300	29.68	22.50	4.17	57.99	57.99
Duck other than offal	All respondents	g	6 062 800	0.98	0.00	0.00	0.00	6.11
2F0703	Consumers		152 600	39.01	30.83	15.00	74.00	114.00
Duck offal	All respondents	g	6 062 800	0.06	0.00	0.00	0.00	0.00
2F0704	Consumers		20 500	18.63	14.70	2.00	49.00	58.80
Goose other than offal	All respondents	g	6 062 800	0.17	0.00	0.00	0.00	0.00
2F0705	Consumers		24 000	43.23	30.59	13.08	76.49	76.49
Goose offal	All respondents	g	6 062 800	0.15	0.00	0.00	0.00	0.00
2F0706	Consumers		25 400	35.67	13.00	9.75	117.00	117.00
Turkey other than offal	All respondents	g	6 062 800	0.05	0.00	0.00	0.00	0.00
2F0707	Consumers		16 100	20.18	17.75	3.50	50.00	50.00
Game other than offal	All respondents	g	6 062 800	0.06	0.00	0.00	0.00	0.00
2F0801	Consumers		15 200	21.97	22.00	7.50	32.50	61.22
Chicken egg	All respondents	g	6 062 800	25.52	17.61	0.00	87.42	106.73
2F0901	Consumers		3 816 500	40.54	33.38	4.09	99.09	119.17
Duck egg	All respondents	g	6 062 800	0.75	0.00	0.00	4.83	9.92
2F0902	Consumers		489 400	9.30	5.22	1.57	29.50	32.34
Egg products and egg substitute products	All respondents	g	6 062 800	0.08	0.00	0.00	0.00	0.00
2F0903#	Consumers		18 100	27.96	25.21	7.50	68.98	68.98
Egg, not specified	All respondents	g	6 062 800	0.09	0.00	0.00	0.00	0.00
2F0999	Consumers		11 400	47.41	50.00	5.00	144.00	144.00
Milk	All respondents	ml	6 062 800	17.78	0.00	0.00	118.00	168.75
2F1001	Consumers		1 030 100	104.65	112.50	6.59	236.89	281.25
Milk beverage	All respondents	ml	6 062 800	1.28	0.00	0.00	0.00	0.00
2F1002	Consumers		66 000	117.58	112.50	13.57	230.50	230.50

Food group composed of solid and liquid items. When calculating the amount of food group consumption, the weight of liquid food was assumed to be 1g per 1ml.

Notes:

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(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Dried milk	All respondents	g	6 062 800	0.50	0.00	0.00	0.00	7.50
2F1003	Consumers		219 900	13.66	10.00	2.50	37.50	47.57
Cream	All respondents	g	6 062 800	0.43	0.00	0.00	0.00	3.52
2F1004	Consumers		206 800	12.72	6.66	1.60	31.31	31.31
Cheese	All respondents	g	6 062 800	0.72	0.00	0.00	4.84	10.51
2F1005	Consumers		364 100	11.97	10.00	2.14	22.43	33.64
Filled milk products	All respondents	g	6 062 800	0.03	0.00	0.00	0.00	0.00
2F1006#	Consumers		19 100	8.05	7.50	0.75	28.48	28.48
Milk and dairy products, not specified	All respondents	g	6 062 800	4.12	0.00	0.00	9.80	50.00
2F1099#	Consumers		699 300	35.75	9.51	2.50	135.00	225.00
Frozen confection, dairy-based	All respondents	g	6 062 800	1.96	0.00	0.00	0.00	40.50
2F1101	Consumers		206 500	57.49	46.00	10.90	145.50	172.50
Frozen confection, water-based	All respondents	g	6 062 800	0.37	0.00	0.00	0.00	0.00
2F1102	Consumers		44 600	49.79	37.50	18.75	204.00	204.00
Freshwater fish	All respondents	g	6 062 800	9.72	0.00	0.00	57.30	80.74
2F1201	Consumers		1 346 600	43.78	36.00	8.07	110.91	152.74
Seawater fish other than coral fish	All respondents	g	6 062 800	12.91	0.00	0.00	70.80	98.37
2F1202	Consumers		1 695 400	46.17	36.00	8.88	126.41	155.25
Freshwater / Seawater fish	All respondents	g	6 062 800	5.53	0.00	0.00	40.56	63.66
2F1203	Consumers		823 200	40.76	33.55	8.19	95.25	123.29
Coral fish	All respondents	g	6 062 800	1.82	0.00	0.00	8.22	28.40
2F1204	Consumers		322 300	34.28	26.93	8.22	82.22	101.54
Canned fish	All respondents	g	6 062 800	0.67	0.00	0.00	0.00	0.00
2F1205	Consumers		150 900	26.88	18.33	5.00	70.00	87.50
Dried fish and smoked fish	All respondents	g	6 062 800	0.79	0.00	0.00	1.74	8.71
2F1206	Consumers		327 700	14.56	8.00	1.69	45.00	63.75
Fish products (fish meat)	All respondents	g	6 062 800	8.94	0.00	0.00	57.47	95.75
2F1207	Consumers		1 259 000	43.03	29.70	6.25	132.39	133.74

Food group composed of solid and liquid items. When calculating the amount of food group consumption, the weight of liquid food was assumed to be 1g per 1ml.

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(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Fish products (other than fish meat)	All respondents	g	6 062 800	0.53	0.00	0.00	0.00	6.00
2F1208	Consumers		183 200	17.48	12.00	3.00	52.75	62.50
Fish, not specified	All respondents	g	6 062 800	2.63	0.00	0.00	21.25	42.50
2F1299	Consumers		393 800	40.50	36.00	8.32	85.00	113.17
Shrimp / Prawn	All respondents	g	6 062 800	4.79	0.00	0.00	30.10	44.76
2F1301	Consumers		1 289 300	22.51	17.00	1.85	66.91	79.64
Crab	All respondents	g	6 062 800	0.84	0.00	0.00	0.00	2.19
2F1302	Consumers		168 600	30.35	16.83	1.56	80.00	125.87
Lobster	All respondents	g	6 062 800	0.65	0.00	0.00	0.00	0.00
2F1303	Consumers		100 700	39.32	40.71	10.18	81.50	81.50
Univalve	All respondents	g	6 062 800	0.35	0.00	0.00	0.00	0.00
2F1401	Consumers		123 500	17.33	10.00	4.69	46.67	60.00
Bivalves	All respondents	g	6 062 800	2.35	0.00	0.00	15.38	27.88
2F1402	Consumers		781 500	18.20	12.00	2.14	51.17	75.00
Cephalopods	All respondents	g	6 062 800	2.86	0.00	0.00	21.00	37.87
2F1403	Consumers		597 900	29.04	21.00	2.54	106.33	106.33
Molluscs, not specified	All respondents	g	6 062 800	0.20	0.00	0.00	0.00	0.00
2F1499	Consumers		51 400	24.15	20.00	5.00	60.00	80.00
Animal fats and oils	All respondents	g	6 062 800	1.46	0.00	0.00	8.03	10.37
2F1501	Consumers		1 649 400	5.38	4.84	1.03	12.37	15.00
Vegetables fats and oils	All respondents	g	6 062 800	8.02	6.55	0.00	20.95	24.94
2F1502	Consumers		5 572 600	8.72	7.09	1.02	21.41	25.74
Salad dressing	All respondents	g	6 062 800	0.50	0.00	0.00	3.75	6.80
2F1503	Consumers		428 700	7.10	5.11	1.55	16.95	22.50
Fats and oils, not specified	All respondents	g	6 062 800	3.38	1.13	0.00	13.34	18.88
2F1599	Consumers		3 596 200	5.70	3.78	0.48	17.50	22.50
Coffee / Coffee substitute	All respondents	g	6 062 800	47.84	0.00	0.00	237.50	337.50
2F1601#	Consumers		1 516 800	191.22	175.00	56.25	450.00	468.00

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Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Tea drink	All respondents	ml	6 062 800	273.13	168.75	0.00	956.25	1 161.00
2F1602	Consumers		3 956 800	418.49	337.50	112.50	1 125.00	1 350.00
Tea leaves	All respondents	g	6 062 800	0.00	0.00	0.00	0.00	0.00
2F1603	Consumers		15 600	0.40	0.02	0.00	1.00	1.00
Soy, cereal, grain, seed and chocolate drink	All respondents	g	6 062 800	24.85	0.00	0.00	168.75	247.50
2F1604#	Consumers		983 700	153.14	125.00	14.08	337.50	400.00
Carbonated drink	All respondents	ml	6 062 800	33.58	0.00	0.00	204.00	330.00
2F1605	Consumers		941 900	216.17	165.00	56.25	495.00	580.00
"Icy" Drinks	All respondents	ml	6 062 800	2.48	0.00	0.00	0.00	0.00
2F1606	Consumers		99 200	151.55	135.00	28.13	270.00	281.25
Fresh fruit and vegetable juice	All respondents	ml	6 062 800	5.24	0.00	0.00	0.61	112.50
2F1607	Consumers		372 000	85.47	67.50	0.14	270.00	375.00
Fruit and vegetable juice drink	All respondents	g	6 062 800	18.77	0.00	0.00	125.00	225.00
2F1608#	Consumers		705 400	161.33	112.50	67.50	337.50	441.00
Chinese herb tea	All respondents	ml	6 062 800	7.25	0.00	0.00	0.00	112.50
2F1609	Consumers		206 600	212.74	168.75	82.50	500.00	587.50
Sport / "Healthy" drink	All respondents	g	6 062 800	4.55	0.00	0.00	0.00	0.00
2F1610#	Consumers		128 700	214.40	175.00	37.50	500.00	562.50
Water	All respondents	ml	6 062 800	1 179.38	1 109.72	356.25	2 242.94	2 566.33
2F1611	Consumers		6 048 200	1 182.21	1 111.61	364.51	2 242.94	2 566.33
Non-alcoholic beverages, not specified	All respondents	g	6 062 800	12.90	0.00	0.00	112.50	165.00
2F1699#	Consumers		467 300	167.37	112.50	67.50	375.00	500.00
Beer / Ales	All respondents	ml	6 062 800	18.97	0.00	0.00	0.00	277.50
2F1701	Consumers		279 800	411.10	320.00	112.50	1 000.00	1 710.00
Wines made from grapes	All respondents	ml	6 062 800	3.51	0.00	0.00	0.00	0.01
2F1702	Consumers		197 700	107.75	37.50	0.01	450.00	624.75
Wines made from ingredients other than grapes	All respondents	ml	6 062 800	1.52	0.01	0.00	0.84	2.67
2F1703	Consumers		3 521 900	2.61	0.02	0.00	2.37	6.20

Food group composed of solid and liquid items. When calculating the amount of food group consumption, the weight of liquid food was assumed to be 1g per 1ml.

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Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Distilled spirits	All respondents	ml	6 062 800	0.39	0.00	0.00	0.00	0.00
2F1704	Consumers		59 800	39.33	22.50	0.00	100.00	625.00
Alcoholic beverages, not specified	All respondents	ml	6 062 800	0.87	0.00	0.00	0.00	0.00
2F1799	Consumers		18 800	281.49	247.50	125.00	500.00	500.00
Sugar	All respondents	g	6 062 800	2.36	1.61	0.00	6.75	8.77
2F1801	Consumers		5 715 100	2.50	1.73	0.27	6.90	8.86
Sweetener	All respondents	g	6 062 800	0.00	0.00	0.00	0.00	0.00
2F1802	Consumers		13 400	0.90	1.00	0.17	1.50	2.17
Honey / Molasses / Syrups	All respondents	g	6 062 800	0.19	0.00	0.00	0.00	0.78
2F1803	Consumers		196 500	6.01	3.50	0.10	20.00	44.00
Jams / Preserves	All respondents	g	6 062 800	0.24	0.00	0.00	0.00	0.00
2F1804	Consumers		149 100	9.67	7.50	2.50	22.50	25.00
Jellies	All respondents	g	6 062 800	0.47	0.00	0.00	0.00	0.00
2F1805	Consumers		32 000	88.78	84.00	35.00	140.00	140.00
Candy	All respondents	g	6 062 800	0.48	0.00	0.00	0.00	5.50
2F1806	Consumers		253 700	11.59	6.30	1.50	36.00	51.00
Chocolate	All respondents	g	6 062 800	0.56	0.00	0.00	0.00	7.00
2F1808	Consumers		292 100	11.54	7.00	1.30	25.00	50.00
Sugars and confectionery, not specified	All respondents	g	6 062 800	*	*	*	*	*
2F1899	Consumers		*	*	*	*	*	*
Herbs	All respondents	g	6 062 800	0.08	0.00	0.00	0.32	1.20
2F1901	Consumers		408 100	1.22	0.83	0.11	4.00	6.03
Spices	All respondents	g	6 062 800	1.44	0.84	0.00	4.63	6.12
2F1902	Consumers		5 610 100	1.55	0.95	0.09	4.75	6.30
Salt and salt substitute	All respondents	g	6 062 800	1.63	1.37	0.23	3.84	4.62
2F2001	Consumers		5 949 600	1.66	1.39	0.30	3.85	4.62
Soya Sauce / Siu-mei sauce / Lo-mei sauce	All respondents	g	6 062 800	6.86	4.44	0.24	22.00	27.24
2F2002	Consumers		5 830 600	7.13	4.61	0.61	22.25	27.34

Notes:

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Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Oyster sauce	All respondents	g	6 062 800	0.52	0.00	0.00	3.29	5.14
2F2003	Consumers		1 450 900	2.19	1.40	0.25	6.38	8.01
Vinegar	All respondents	g	6 062 800	0.42	0.00	0.00	1.82	3.15
2F2004	Consumers		606 700	4.16	1.81	0.23	10.01	26.40
Gravy	All respondents	g	6 062 800	0.02	0.00	0.00	0.00	0.00
2F2005	Consumers		10 100	9.22	4.00	0.56	41.67	41.67
Condiments, not specified	All respondents	g	6 062 800	1.97	0.94	0.00	7.38	9.04
2F2098	Consumers		5 302 000	2.26	1.21	0.11	7.78	9.22
Savoury sauces, not specified	All respondents	g	6 062 800	5.27	2.24	0.00	19.17	28.31
2F2099	Consumers		4 706 900	6.78	3.59	0.27	22.88	30.36
Savoury snacks, potato, cereal, flour or starch-based	All respondents	g	6 062 800	0.94	0.00	0.00	4.75	13.00
2F2601	Consumers		365 400	15.54	12.50	2.85	39.00	47.50
Savoury snacks, not specified	All respondents	g	6 062 800	0.15	0.00	0.00	0.00	0.00
2F2699	Consumers		125 700	7.47	3.80	0.28	20.00	25.00
Traditional Chinese herbs	All respondents	g	6 062 800	0.32	0.00	0.00	0.75	1.36
2F2701	Consumers		484 000	3.97	1.03	0.11	21.63	40.50
Traditional Chinese herb products	All respondents	g	6 062 800	0.16	0.00	0.00	0.00	0.00
2F2702	Consumers		12 300	76.74	62.50	0.50	150.00	150.00
Miscellaneous (animal and its products)	All respondents	g	6 062 800	0.09	0.00	0.00	0.00	0.00
2F3001	Consumers		10 700	52.80	58.93	7.50	105.00	105.00
Miscellaneous (other than animal and its products)	All respondents	g	6 062 800	0.08	0.00	0.00	0.66	0.74
2F3002	Consumers		653 800	0.70	0.66	0.06	1.31	1.48
Dumpling dim sum (steamed or in soup)	All respondents	g	6 062 800	19.31	0.00	0.00	118.38	177.50
2F4101	Consumers		1 274 500	91.86	68.75	15.50	238.50	310.05
Steamed bun	All respondents	g	6 062 800	6.31	0.00	0.00	47.00	71.50
2F4102	Consumers		843 400	45.39	39.50	13.75	110.00	153.00
Rice-roll	All respondents	g	6 062 800	9.99	0.00	0.00	82.67	120.00
2F4103	Consumers		739 900	81.85	74.00	14.25	184.00	228.00

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Glutinous rice wrapped in leaves dim sum	All respondents	g	6 062 800	3.54	0.00	0.00	0.00	48.00
2F4104	Consumers		193 400	110.94	124.50	20.24	189.75	253.00
Fried dim sum	All respondents	g	6 062 800	5.30	0.00	0.00	39.00	61.50
2F4105	Consumers		548 400	58.54	42.00	11.40	168.00	235.50
Steamed dim sum, not specified	All respondents	g	6 062 800	3.60	0.00	0.00	24.50	49.00
2F4199	Consumers		383 300	56.99	43.00	13.80	150.00	174.00
Sashimi, fish	All respondents	g	6 062 800	0.90	0.00	0.00	0.00	0.00
2F4201	Consumers		96 200	56.55	42.00	10.50	157.50	210.00
Sashimi, seafood other than fish	All respondents	g	6 062 800	0.31	0.00	0.00	0.00	0.00
2F4202	Consumers		44 100	42.11	27.00	4.00	149.00	149.00
Sushi, fish	All respondents	g	6 062 800	2.21	0.00	0.00	0.00	37.00
2F4203	Consumers		179 300	74.84	67.10	18.50	185.00	190.00
Sushi, seafood other than fish	All respondents	g	6 062 800	1.30	0.00	0.00	0.00	0.00
2F4204	Consumers		138 100	57.18	50.20	15.00	124.65	175.00
Sushi, not specified	All respondents	g	6 062 800	0.85	0.00	0.00	0.00	0.00
2F4299	Consumers		86 300	60.02	39.30	18.50	185.00	196.50
Siu-mei	All respondents	g	6 062 800	9.01	0.00	0.00	56.00	74.50
2F4301	Consumers		1 442 600	37.89	30.00	6.50	98.59	134.32
Lo-mei	All respondents	g	6 062 800	6.32	0.00	0.00	42.15	57.15
2F4302	Consumers		908 000	42.22	37.50	15.00	95.00	123.33
Pizza with meat / poultry / sausage	All respondents	g	6 062 800	1.11	0.00	0.00	0.00	0.00
2F5501	Consumers		99 100	67.86	58.50	5.00	146.00	234.00
Pizza with seafood	All respondents	g	6 062 800	0.67	0.00	0.00	0.00	0.00
2F5502	Consumers		35 700	114.37	106.00	45.00	242.50	242.50
Pizza with cheese only	All respondents	g	6 062 800	0.08	0.00	0.00	0.00	0.00
2F5503	Consumers		11 000	43.17	52.50	14.50	75.00	75.00
Pizza, vegetarian	All respondents	g	6 062 800	*	*	*	*	*
2F5504	Consumers		*	*	*	*	*	*

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Pizza, not specified	All respondents	g	6 062 800	0.12	0.00	0.00	0.00	0.00
2F5599	Consumers		12 400	57.87	45.00	45.00	90.00	90.00
Soups, clear, Chinese-style	All respondents	ml	6 062 800	105.25	0.00	0.00	393.75	450.00
2F5601	Consumers		2 917 900	218.68	225.00	56.25	450.00	562.50
Soups, thick, Chinese-style	All respondents	ml	6 062 800	2.01	0.00	0.00	0.00	0.00
2F5602	Consumers		99 200	122.65	112.50	37.50	225.00	236.25
Soups, Asian-style	All respondents	ml	6 062 800	1.39	0.00	0.00	0.00	0.00
2F5603	Consumers		89 200	94.38	112.50	25.00	157.50	168.75
Soups, Western-style	All respondents	ml	6 062 800	5.42	0.00	0.00	0.00	112.50
2F5604	Consumers		253 700	129.58	112.50	37.50	281.25	281.25
Soups, not specified	All respondents	ml	6 062 800	29.56	15.48	0.00	103.38	145.59
2F5699	Consumers		3 516 000	50.97	41.18	7.08	133.05	173.90
Burgers	All respondents	g	6 062 800	4.79	0.00	0.00	54.50	78.50
2F5801	Consumers		383 000	75.81	75.00	32.00	128.00	171.00
Sweet soup	All respondents	g	6 062 800	5.80	0.00	0.00	0.00	112.50
2F5901	Consumers		301 900	116.39	112.50	22.50	225.00	281.25
Desserts other than sweet soup	All respondents	g	6 062 800	2.16	0.00	0.00	0.00	29.88
2F5902	Consumers		232 700	56.27	45.00	8.50	132.00	167.00
Bread / Roll, plain	All respondents	g	6 062 800	17.90	0.00	0.00	72.00	89.00
2F6001	Consumers		2 689 200	40.36	30.00	12.00	91.05	111.31
Bread / Roll with meat/poultry/fish/seafood	All respondents	g	6 062 800	4.33	0.00	0.00	51.30	55.00
2F6002	Consumers		432 800	60.59	51.50	44.70	110.00	112.00
Bread / Roll with inclusion or filling other than meat/poultry/fish/seafood	All respondents	g	6 062 800	9.28	0.00	0.00	57.20	86.40
2F6003	Consumers		1 040 100	54.11	43.20	22.67	105.00	129.60
Pancakes / Waffles	All respondents	g	6 062 800	0.70	0.00	0.00	0.00	0.00
2F6004	Consumers		91 200	46.56	50.00	15.65	104.00	114.00
Crackers	All respondents	g	6 062 800	3.39	0.00	0.00	22.50	32.50
2F6005	Consumers		1 015 800	20.23	15.00	3.25	52.00	67.50

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

(c) * Data not available due to too small number of respondents.

Table A.2 (cont'd) Distribution of food intake per day by (weighted) respondents and consumers by food subgroup from 24HDR

Food Subgroup		Unit	Number	Mean	Median	5th percentile	95th percentile	97.5th percentile
Cake	All respondents	g	6 062 800	4.37	0.00	0.00	35.50	54.00
2F6006	Consumers		546 600	48.42	44.00	17.50	106.50	132.00
Cookies / Pastry / Pie	All respondents	g	6 062 800	2.33	0.00	0.00	16.67	37.15
2F6007	Consumers		362 200	39.04	33.00	11.00	92.50	104.00
Muffin /Scones	All respondents	g	6 062 800	0.36	0.00	0.00	0.00	0.00
2F6008	Consumers		43 600	49.58	45.50	45.50	91.00	91.00
Chinese pastry, cake or pudding	All respondents	g	6 062 800	1.00	0.00	0.00	0.00	0.00
2F6009	Consumers		140 900	43.13	35.13	10.00	100.00	118.00
Chinese pastry other than cake or pudding	All respondents	g	6 062 800	1.84	0.00	0.00	13.00	28.30
2F6010	Consumers		422 800	26.39	22.00	5.50	64.00	71.00
Bakery wares, not specified	All respondents	g	6 062 800	*	*	*	*	*
2F6099	Consumers		*	*	*	*	*	*

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) Values of 0.00 denote an amount less than 0.005.

(c) * Data not available due to too small number of respondents.

Table A.3 Average amount of food intake per day by (weighted) respondents and consumers by food group by sex from 24HDR

			Male		Female		Both sexes	
Food Group		Unit	Number	Amount	Number	Amount	Number	Amount
Cereals and Grains Products	All respondents	g	2 853 200	460.20	3 209 600	337.62	6 062 800	395.31
2F01	Consumers		2 845 500	461.45	3 204 900	338.11	6 050 400	396.12
Vegetables	All respondents	g	2 853 200	201.57	3 209 600	203.61	6 062 800	202.65
2F03	Consumers		2 844 700	202.18	3 199 900	204.23	6 044 600	203.26
Fruits	All respondents	g	2 853 200	113.06	3 209 600	126.76	6 062 800	120.31
2F04	Consumers		2 166 900	148.87	2 748 700	148.01	4 915 600	148.39
Nuts and Seeds	All respondents	g	2 853 200	2.88	3 209 600	2.64	6 062 800	2.75
2F05	Consumers		687 500	11.94	753 600	11.26	1 441 100	11.58
Meat	All respondents	g	2 853 200	96.45	3 209 600	62.28	6 062 800	78.36
2F06	Consumers		2 634 900	104.44	2 782 800	71.83	5 417 700	87.69
Poultry	All respondents	g	2 853 200	35.02	3 209 600	29.55	6 062 800	32.12
2F07	Consumers		1 540 300	64.87	1 671 800	56.72	3 212 100	60.63
Game	All respondents	g	2 853 200	*	3 209 600	*	6 062 800	0.06
2F08	Consumers		*	*	*	*	15 200	21.97
Egg and Egg Products	All respondents	g	2 853 200	31.51	3 209 600	21.94	6 062 800	26.44
2F09#	Consumers		1 968 700	45.67	2 050 700	34.34	4 019 400	39.89
Milk and Dairy Products	All respondents	g	2 853 200	20.94	3 209 600	28.34	6 062 800	24.86
2F10#	Consumers		733 200	81.49	1 100 000	82.69	1 833 200	82.21
Frozen Confection	All respondents	g	2 853 200	2.10	3 209 600	2.53	6 062 800	2.32
2F11	Consumers		83 300	71.87	167 800	48.31	251 100	56.12
Fish	All respondents	g	2 853 200	45.05	3 209 600	42.20	6 062 800	43.54
2F12	Consumers		1 956 100	65.71	2 380 600	56.90	4 336 700	60.87
Crustaceans	All respondents	g	2 853 200	7.47	3 209 600	5.23	6 062 800	6.28
2F13	Consumers		680 200	31.35	729 100	23.01	1 409 300	27.03
Molluscs	All respondents	g	2 853 200	5.83	3 209 600	5.71	6 062 800	5.77
2F14	Consumers		573 000	29.04	747 800	24.51	1 320 800	26.47
Fats and Oils	All respondents	g	2 853 200	15.27	3 209 600	11.67	6 062 800	13.36
2F15	Consumers		2 813 800	15.49	3 141 200	11.92	5 955 000	13.61
Non-alcoholic Beverages	All respondents	g	2 853 200	1 702.38	3 209 600	1 527.83	6 062 800	1 609.97
2F16#	Consumers		2 853 200	1 702.38	3 209 600	1 527.83	6 062 800	1 609.97

Food group composed of solid and liquid items. When calculating the amount of food group consumption, the weight of liquid food was assumed to be 1g per 1ml.

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) * Data not available due to too small number of respondents.

Table A.3 (cont'd) Average amount of food intake per day by (weighted) respondents and consumers by food group by sex from 24HDR

			Male		Female		Both sexes	
Food Group		Unit	Number	Amount	Number	Amount	Number	Amount
Alcoholic Beverages	All respondents	ml	2 853 200	42.41	3 209 600	10.02	6 062 800	25.26
2F17	Consumers		1 850 600	65.39	1 865 800	17.24	3 716 400	41.21
Sugars and Confectionery	All respondents	g	2 853 200	4.56	3 209 600	4.15	6 062 800	4.34
2F18	Consumers		2 729 300	4.76	3 020 500	4.41	5 749 800	4.58
Herbs and Spices	All respondents	g	2 853 200	1.70	3 209 600	1.36	6 062 800	1.52
2F19	Consumers		2 656 500	1.83	2 969 300	1.47	5 625 800	1.64
Salts, Soya Sauce, Condiments and Sauces	All respondents	g	2 853 200	19.77	3 209 600	13.93	6 062 800	16.68
2F20	Consumers		2 846 000	19.82	3 197 500	13.99	6 043 500	16.73
Savoury Snacks	All respondents	g	2 853 200	1.01	3 209 600	1.16	6 062 800	1.09
2F26	Consumers		194 300	14.85	285 500	13.06	479 800	13.79
Traditional Chinese Herbs	All respondents	g	2 853 200	0.38	3 209 600	0.56	6 062 800	0.47
2F27	Consumers		252 600	4.24	242 500	7.38	495 200	5.78
Miscellaneous	All respondents	g	2 853 200	0.16	3 209 600	0.18	6 062 800	0.17
2F30	Consumers		359 700	1.25	304 900	1.89	664 600	1.54
Dim Sum	All respondents	g	2 853 200	46.14	3 209 600	49.75	6 062 800	48.05
2F41	Consumers		987 800	133.28	1 443 900	110.58	2 431 700	119.80
Sashimi and Sushi	All respondents	g	2 853 200	5.50	3 209 600	5.64	6 062 800	5.57
2F42	Consumers		120 200	130.55	163 100	110.92	283 300	119.25
Siu-mei and Lo-mei	All respondents	g	2 853 200	20.04	3 209 600	11.16	6 062 800	15.34
2F43	Consumers		1 072 900	53.31	927 300	38.61	2 000 100	46.49
Pizza	All respondents	g	2 853 200	2.28	3 209 600	1.90	6 062 800	2.08
2F55	Consumers		66 100	98.45	98 700	61.64	164 800	76.40
Soups	All respondents	ml	2 853 200	143.76	3 209 600	143.50	6 062 800	143.62
2F56	Consumers		2 235 800	183.45	2 605 700	176.75	4 841 600	179.85
Burgers	All respondents	g	2 853 200	5.99	3 209 600	3.72	6 062 800	4.79
2F58	Consumers		210 800	81.04	172 200	69.41	383 000	75.81
Desserts	All respondents	g	2 853 200	6.90	3 209 600	8.90	6 062 800	7.96
2F59	Consumers		173 900	113.13	338 800	84.30	512 700	94.08
Bakery Wares and Chinese Pastry	All respondents	g	2 853 200	46.14	3 209 600	45.05	6 062 800	45.56
2F60	Consumers		1 958 300	67.22	2 399 000	60.27	4 357 300	63.40

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) * Data not available due to too small number of respondents.

Table A.4 Average amount of food intake per day by (weighted) respondents and consumers by food group by age from 24HDR

			18-29		30-49		50-64		65+	
Food Group		Unit	Number	Amount	Number	Amount	Number	Amount	Number	Amount
Cereals and Grains Products	All respondents	g	986 300	390.71	2 058 700	409.02	1 768 800	401.26	1 249 000	367.89
2F01	Consumers		985 600	390.97	2 055 600	409.64	1 766 800	401.71	1 242 300	369.87
Vegetables	All respondents	g	986 300	179.03	2 058 700	203.54	1 768 800	209.98	1 249 000	209.47
2F03	Consumers		979 000	180.36	2 053 500	204.06	1 765 400	210.39	1 246 700	209.86
Fruits	All respondents	g	986 300	86.30	2 058 700	106.67	1 768 800	140.30	1 249 000	141.34
2F04	Consumers		679 100	125.34	1 594 400	137.73	1 537 200	161.44	1 105 000	159.77
Nuts and Seeds	All respondents	g	986 300	1.52	2 058 700	3.03	1 768 800	3.24	1 249 000	2.59
2F05	Consumers		202 200	7.42	500 800	12.44	462 300	12.39	275 800	11.73
Meat	All respondents	g	986 300	80.47	2 058 700	90.50	1 768 800	79.25	1 249 000	55.43
2F06	Consumers		898 600	88.33	1 889 600	98.60	1 590 800	88.12	1 038 700	66.66
Poultry	All respondents	g	986 300	51.20	2 058 700	36.23	1 768 800	28.72	1 249 000	15.11
2F07	Consumers		635 600	79.45	1 199 500	62.19	904 900	56.13	472 100	39.97
Game	All respondents	g	986 300	*	2 058 700	*	1 768 800	*	1 249 000	*
2F08	Consumers		*	*	*	*	*	*	*	*
Egg and Egg Products	All respondents	g	986 300	26.89	2 058 700	30.98	1 768 800	26.27	1 249 000	18.86
2F09#	Consumers		663 900	39.95	1 494 300	42.68	1 185 100	39.21	676 100	34.85
Milk and Dairy Products	All respondents	g	986 300	27.73	2 058 700	26.24	1 768 800	20.46	1 249 000	26.55
2F10#	Consumers		312 000	87.64	671 900	80.39	464 600	77.88	384 700	86.20
Frozen Confection	All respondents	g	986 300	3.58	2 058 700	3.23	1 768 800	1.32	1 249 000	1.26
2F11	Consumers		55 500	63.54	115 400	57.67	48 600	48.04	31 600	49.87
Fish	All respondents	g	986 300	34.86	2 058 700	39.21	1 768 800	45.51	1 249 000	54.76
2F12	Consumers		611 700	56.21	1 429 200	56.48	1 283 300	62.72	1 012 600	67.55
Crustaceans	All respondents	g	986 300	7.08	2 058 700	8.86	1 768 800	5.60	1 249 000	2.37
2F13	Consumers		261 700	26.69	584 100	31.25	383 100	25.84	180 500	16.42
Molluscs	All respondents	g	986 300	7.00	2 058 700	7.95	1 768 800	4.74	1 249 000	2.66
2F14	Consumers		231 600	29.80	543 300	30.11	380 000	22.06	166 000	20.04
Fats and Oils	All respondents	g	986 300	13.50	2 058 700	14.19	1 768 800	13.50	1 249 000	11.70
2F15	Consumers		953 200	13.97	2 025 800	14.42	1 750 800	13.64	1 225 100	11.93
Non-alcoholic Beverages	All respondents	g	986 300	1 666.46	2 058 700	1 707.01	1 768 800	1 621.92	1 249 000	1 388.51
2F16#	Consumers		986 300	1 666.46	2 058 700	1 707.01	1 768 800	1 621.92	1 249 000	1 388.51

Food group composed of solid and liquid items. When calculating the amount of food group consumption, the weight of liquid food was assumed to be 1g per 1ml.

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) * Data not available due to too small number of respondents.

Table A.4 (cont'd) Average amount of food intake per day by (weighted) respondents and consumers by food group by age from 24HDR

			18-29		30-49		50-64		65+	
Food Group		Unit	Number	Amount	Number	Amount	Number	Amount	Number	Amount
Alcoholic Beverages	All respondents	ml	986 300	19.74	2 058 700	26.54	1 768 800	33.51	1 249 000	15.84
2F17	Consumers		533 500	36.50	1 310 300	41.69	1 155 700	51.29	716 900	27.59
Sugars and Confectionery	All respondents	g	986 300	5.21	2 058 700	5.02	1 768 800	4.23	1 249 000	2.69
2F18	Consumers		926 000	5.54	1 960 100	5.27	1 704 700	4.39	1 159 000	2.90
Herbs and Spices	All respondents	g	986 300	1.33	2 058 700	1.66	1 768 800	1.60	1 249 000	1.33
2F19	Consumers		897 600	1.46	1 894 400	1.81	1 667 500	1.69	1 166 300	1.42
Salts, Soya Sauce, Condiments and Sauces	All respondents	g	986 300	19.80	2 058 700	19.72	1 768 800	15.75	1 249 000	10.54
2F20	Consumers		985 600	19.81	2 054 000	19.76	1 767 500	15.76	1 236 300	10.65
Savoury Snacks	All respondents	g	986 300	1.92	2 058 700	1.78	1 768 800	0.40	1 249 000	0.27
2F26	Consumers		148 800	12.72	223 200	16.44	72 400	9.84	35 300	9.64
Traditional Chinese Herbs	All respondents	g	986 300	0.04	2 058 700	0.45	1 768 800	0.83	1 249 000	0.34
2F27	Consumers		43 300	1.00	174 700	5.33	183 700	7.95	93 500	4.58
Miscellaneous	All respondents	g	986 300	0.28	2 058 700	0.08	1 768 800	0.22	1 249 000	0.16
2F30	Consumers		77 400	3.60	196 700	0.85	247 200	1.54	143 300	1.38
Dim Sum	All respondents	g	986 300	44.59	2 058 700	44.65	1 768 800	51.97	1 249 000	50.85
2F41	Consumers		385 800	113.99	779 700	117.88	729 400	126.04	536 900	118.30
Sashimi and Sushi	All respondents	g	986 300	13.09	2 058 700	8.64	1 768 800	1.01	1 249 000	1.04
2F42	Consumers		102 600	125.87	148 600	119.72	21 600	82.76	10 600	122.77
Siu-mei and Lo-mei	All respondents	g	986 300	13.82	2 058 700	15.90	1 768 800	17.62	1 249 000	12.39
2F43	Consumers		287 700	47.39	697 400	46.92	659 800	47.23	355 200	43.55
Pizza	All respondents	g	986 300	3.83	2 058 700	2.99	1 768 800	1.10	1 249 000	0.57
2F55	Consumers		54 400	69.39	72 600	84.70	23 300	83.74	14 500	49.23
Soups	All respondents	ml	986 300	133.57	2 058 700	146.91	1 768 800	154.66	1 249 000	130.49
2F56	Consumers		753 200	174.92	1 687 200	179.26	1 473 400	185.67	927 700	175.69
Burgers	All respondents	g	986 300	8.74	2 058 700	5.97	1 768 800	3.38	1 249 000	1.72
2F58	Consumers		122 900	70.16	154 400	79.62	72 800	82.09	32 900	65.20
Desserts	All respondents	g	986 300	9.86	2 058 700	9.07	1 768 800	6.84	1 249 000	6.20
2F59	Consumers		116 600	83.43	184 000	101.44	137 600	87.84	74 400	104.09
Bakery Wares and Chinese Pastry	All respondents	g	986 300	40.98	2 058 700	48.74	1 768 800	47.94	1 249 000	40.58
2F60	Consumers		675 700	59.82	1 456 700	68.88	1 346 800	62.96	878 200	57.72

Notes:

(a) Number of individuals are rounded to the nearest hundred.

(b) * Data not available due to too small number of respondents.

Table A.5 Distribution of amount of food intake per day over the past 12 months prior to the interview by (weighted) respondents and consumers by FFQ item

FFQ item no.	FFQ item name		Unit	Number of persons who do not know amount	Number of persons who know amount	Mean	Median	5th percentile	95th percentile	97.5th percentile
2FFQ001	Cooked swordfish	All respondents	g	65 100	5 997 700	0.01	0.00	0.00	0.00	0.03
		Consumers		65 100	152 700	0.43	0.23	0.04	0.92	1.92
2FFQ002	Swordfish sashimi	All respondents	g	74 300	5 988 500	0.08	0.00	0.00	0.27	0.72
		Consumers		74 300	610 700	0.74	0.24	0.08	2.78	4.77
2FFQ003	Swordfish sushi	All respondents	g	70 600	5 992 200	0.16	0.00	0.00	0.47	1.25
		Consumers		70 600	506 000	1.85	0.62	0.21	7.50	10.83
2FFQ004	Canned tuna	All respondents	g	22 600	6 040 100	0.38	0.00	0.00	1.32	2.53
		Consumers		22 600	1 842 700	1.25	0.16	0.03	4.08	6.08
2FFQ005	Cooked tuna	All respondents	g	23 300	6 039 500	0.09	0.00	0.00	0.18	0.53
		Consumers		23 300	525 200	0.99	0.22	0.07	3.85	7.69
2FFQ006	Tuna sashimi	All respondents	g	20 800	6 042 000	0.25	0.00	0.00	1.20	1.92
		Consumers		20 800	1 887 000	0.80	0.38	0.08	2.76	4.15
2FFQ007	Tuna sushi	All respondents	g	26 000	6 036 800	0.46	0.00	0.00	2.37	3.95
		Consumers		26 000	1 612 500	1.73	0.79	0.20	5.92	7.89
2FFQ008	Smoked fish	All respondents	g	20 700	6 042 100	0.31	0.00	0.00	0.82	1.36
		Consumers		20 700	1 773 000	1.07	0.25	0.05	1.97	3.95
2FFQ009	Cooked oysters	All respondents	g	17 700	6 045 100	0.69	0.00	0.00	2.86	4.77
		Consumers		17 700	2 833 600	1.47	0.72	0.10	5.46	7.15
2FFQ010	Raw oysters	All respondents	g	12 100	6 050 700	0.84	0.00	0.00	4.21	7.01
		Consumers		12 100	1 645 200	3.10	1.40	0.35	11.05	14.03
2FFQ011	Dried oysters	All respondents	g	21 900	6 040 900	0.12	0.00	0.00	0.59	0.94
		Consumers		21 900	2 373 500	0.31	0.13	0.03	1.15	1.58
2FFQ012	Shark's fin	All respondents	g	19 800	6 042 900	0.05	0.00	0.00	0.21	0.33
		Consumers		19 800	1 722 500	0.18	0.07	0.03	0.55	0.68
2FFQ013	Shark's fin edges	All respondents	g	43 700	6 019 100	0.03	0.00	0.00	0.14	0.29
		Consumers		43 700	564 000	0.30	0.19	0.03	1.15	1.44
2FFQ014	Jelly fish	All respondents	g	13 500	6 049 300	0.08	0.00	0.00	0.33	0.55
		Consumers		13 500	2 476 200	0.18	0.11	0.03	0.66	0.82
2FFQ015	Mantis shrimp	All respondents	g	11 700	6 051 000	0.22	0.00	0.00	0.82	1.40
		Consumers		11 700	1 701 500	0.79	0.29	0.06	2.40	4.91
2FFQ016	Coral clams	All respondents	g	31 600	6 031 100	0.05	0.00	0.00	0.27	0.44
		Consumers		31 600	1 539 900	0.21	0.11	0.03	0.66	1.04

Notes:

(a) Food items without indication of peak / non-peak seasons are available all year round.

(b) Intake per day refers to the relevant peak / non-peak / annual / all year round period.

(c) Number of individuals are rounded to the nearest hundred.

(d) Values 0.00 denote an amount less than 0.005.

Table A.5 (cont'd) Distribution of amount of food intake per day over the past 12 months prior to the interview by (weighted) respondents and consumers by FFQ item

FFQ item no.	FFQ item name		Unit	Number of persons who do not know amount	Number of persons who know amount	Mean	Median	5th percentile	95th percentile	97.5th percentile
2FFQ017	Seaweeds	All respondents	g	29 400	6 033 300	0.38	0.05	0.00	1.73	2.85
		Consumers		29 400	3 551 300	0.64	0.22	0.03	2.30	4.27
2FFQ018	Seaweed (pre-packed, snack type)	All respondents	g	28 400	6 034 300	0.04	0.00	0.00	0.16	0.33
		Consumers		28 400	3 036 400	0.09	0.02	0.00	0.33	0.60
2FFQ019	Dried apricot	All respondents	g	49 400	6 013 400	0.15	0.00	0.00	0.55	1.10
		Consumers		49 400	1 198 700	0.75	0.22	0.04	2.63	5.26
2FFQ020	Pickled / dried olive	All respondents	g	9 500	6 053 300	0.03	0.00	0.00	0.06	0.15
		Consumers		9 500	565 700	0.29	0.06	0.01	0.72	2.30
2FFQ021	Corn flakes	All respondents	g	6 200	6 056 600	0.53	0.00	0.00	2.14	4.27
		Consumers		6 200	1 482 000	2.17	0.49	0.03	10.68	17.10
2FFQ022	Microwave popcorn	All respondents	g	2 200	6 060 600	0.00	0.00	0.00	0.00	0.00
		Consumers		2 200	120 800	0.16	0.05	0.01	0.62	0.99
2FFQ023	Diet soft drinks / Drinks sweetened with artificial/intense sweeteners	All respondents	ml	16 400	6 046 400	12.33	0.00	0.00	53.42	141.04
		Consumers		16 400	1 242 900	59.99	12.33	0.90	267.12	330.00
2FFQ024	Energy drink	All respondents	ml	11 900	6 050 900	3.34	0.00	0.00	5.18	15.55
		Consumers		11 900	586 200	34.50	6.16	0.62	155.51	369.86
2FFQ025	Prune juice	All respondents	ml	12 900	6 049 800	0.27	0.00	0.00	0.68	1.37
		Consumers		12 900	380 200	4.32	1.37	0.41	16.44	32.88
2FFQ026	Chinese New Year pudding	All respondents	g	23 700	6 039 100	5.77	2.48	0.00	22.50	33.00
	(peak season)	Consumers		23 700	3 420 200	10.18	5.00	1.65	30.00	50.00
2FFQ026	Chinese New Year pudding	All respondents	g	23 700	6 039 100	0.47	0.20	0.00	1.85	2.71
	(annual)	Consumers		23 700	3 420 200	0.84	0.41	0.14	2.47	4.11
2FFQ027	Chinese New Year sweetened fruit and vegetables	All respondents	g	21 900	6 040 900	0.48	0.00	0.00	2.67	4.67
	(peak season)	Consumers		21 900	1 142 500	2.53	1.33	0.44	6.67	12.00
2FFQ027	Chinese New Year sweetened fruit and vegetables	All respondents	g	21 900	6 040 900	0.04	0.00	0.00	0.22	0.38
	(annual)	Consumers		21 900	1 142 500	0.21	0.11	0.04	0.55	0.99
2FFQ028	Crispy triangle	All respondents	g	25 200	6 037 600	0.92	0.00	0.00	5.20	6.93
	(peak season)	Consumers		25 200	1 772 900	3.12	1.73	0.43	8.67	13.87
2FFQ028	Crispy triangle	All respondents	g	25 200	6 037 600	0.08	0.00	0.00	0.43	0.57
	(annual)	Consumers		25 200	1 772 900	0.26	0.14	0.04	0.71	1.14

Notes:

(a) Food items without indication of peak / non-peak seasons are available all year round.

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(c) Number of individuals are rounded to the nearest hundred.

(d) Values 0.00 denote an amount less than 0.005.

Table A.5 (cont'd) Distribution of amount of food intake per day over the past 12 months prior to the interview by (weighted) respondents and consumers by FFQ item

FFQ item no.	FFQ item name		Unit	Number of persons who do not know amount	Number of persons who know amount	Mean	Median	5th percentile	95th percentile	97.5th percentile
2FFQ029	Sesame ball	All respondents	g	13 000	6 049 800	0.95	0.00	0.00	6.40	10.00
	(peak season)	Consumers		13 000	877 500	6.55	3.33	1.67	19.40	32.00
2FFQ029	Sesame ball	All respondents	g	18 700	6 044 000	0.18	0.00	0.00	0.90	1.49
	(non-peak season)	Consumers		18 700	1 313 200	0.82	0.38	0.15	2.29	3.58
2FFQ029	Sesame ball	All respondents	g	22 800	6 040 000	0.24	0.00	0.00	1.10	1.75
	(annual)	Consumers		22 800	1 872 100	0.78	0.41	0.14	2.29	3.29
2FFQ030	Melon seeds	All respondents	g	64 700	5 998 100	0.29	0.00	0.00	1.50	3.00
	(peak season)	Consumers		64 700	1 775 800	0.98	0.45	0.15	3.00	4.50
2FFQ030	Melon seeds	All respondents	g	42 000	6 020 700	0.02	0.00	0.00	0.00	0.08
	(non-peak season)	Consumers		42 000	256 900	0.38	0.11	0.01	1.50	2.94
2FFQ030	Melon seeds	All respondents	g	73 500	5 989 300	0.04	0.00	0.00	0.17	0.25
	(annual)	Consumers		73 500	1 855 300	0.12	0.04	0.01	0.37	0.74
2FFQ031	Glutinous rice dumplings	All respondents	g	22 100	6 040 700	17.42	10.00	0.00	55.00	80.00
	(peak season)	Consumers		22 100	4 531 800	23.22	20.00	5.00	60.00	100.00
2FFQ031	Glutinous rice dumplings	All respondents	g	37 600	6 025 200	0.50	0.00	0.00	2.69	4.48
	(non-peak season)	Consumers		37 600	1 349 500	2.21	1.34	0.45	6.27	8.96
2FFQ031	Glutinous rice dumplings	All respondents	g	48 200	6 014 600	1.88	1.23	0.00	6.58	8.22
	(annual)	Consumers		48 200	4 794 800	2.36	1.64	0.41	7.40	8.63
2FFQ032	Longans	All respondents	g	51 700	6 011 000	2.84	0.94	0.00	11.33	18.89
	(peak season)	Consumers		51 700	3 410 400	5.00	2.83	0.47	15.58	22.70
2FFQ032	Longans	All respondents	g	53 100	6 009 700	0.10	0.00	0.00	0.15	0.92
	(non-peak season)	Consumers		53 100	338 500	1.71	0.77	0.12	4.76	6.18
2FFQ032	Longans	All respondents	g	69 200	5 993 500	0.77	0.23	0.00	3.26	4.66
	(annual)	Consumers		69 200	3 475 700	1.33	0.70	0.12	4.66	6.52
2FFQ033	Lychees	All respondents	g	46 000	6 016 700	5.89	1.10	0.00	26.42	39.31
	(peak season)	Consumers		46 000	3 277 000	10.81	4.95	1.10	35.38	55.03
2FFQ033	Lychees	All respondents	g	45 500	6 017 300	0.05	0.00	0.00	0.00	0.00
	(non-peak season)	Consumers		45 500	92 400	3.46	1.44	0.18	13.51	21.61
2FFQ033	Lychees	All respondents	g	61 000	6 001 800	1.49	0.27	0.00	6.65	9.77
	(annual)	Consumers		61 000	3 272 000	2.74	1.36	0.27	8.96	13.57

Notes:

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(c) Number of individuals are rounded to the nearest hundred.

(d) Values 0.00 denote an amount less than 0.005.

Table A.5 (cont'd) Distribution of amount of food intake per day over the past 12 months prior to the interview by (weighted) respondents and consumers by FFQ item

FFQ item no.	FFQ item name		Unit	Number of persons who do not know amount	Number of persons who know amount	Mean	Median	5th percentile	95th percentile	97.5th percentile
2FFQ034	Baked mooncake	All respondents	g	28 000	6 034 700	3.34	1.33	0.00	13.33	16.44
	(peak season)	Consumers		28 000	4 434 600	4.55	2.67	0.33	16.44	20.56
2FFQ034	Baked mooncake	All respondents	g	28 000	6 034 700	0.41	0.16	0.00	1.64	2.03
	(annual)	Consumers		28 000	4 434 600	0.56	0.33	0.04	2.03	2.53
2FFQ035	Snowy mooncake	All respondents	g	26 300	6 036 500	1.24	0.00	0.00	5.50	7.78
	(peak season)	Consumers		26 300	2 339 200	3.19	2.44	0.31	9.78	13.61
2FFQ035	Snowy mooncake	All respondents	g	26 300	6 036 500	0.15	0.00	0.00	0.68	0.96
	(annual)	Consumers		26 300	2 339 200	0.39	0.30	0.04	1.21	1.68
2FFQ036	Freshwater hairy crab/mitten crab	All respondents	g	11 100	6 051 700	0.26	0.00	0.00	1.63	2.79
	(peak season)	Consumers		11 100	992 700	1.57	0.93	0.46	4.65	5.58
2FFQ036	Freshwater hairy crab/mitten crab	All respondents	g	11 100	6 051 700	0.11	0.00	0.00	0.67	1.15
	(annual)	Consumers		11 100	992 700	0.64	0.38	0.19	1.91	2.29

Notes:

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