

Online resource IX Diet composition (grams per capita per day) for a population of 15 million people, for diets varying from 0 to 80% PA in the reference situation

% PA	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80
<i>gr/cap/day</i>																	
Wheat germ	6.08	5.81	5.59	5.46	0	0	0	0	0	0	0	0	0	0	0	0	0
Wheat bran	39.3	37.5	36.1	35.3	35.1	24.4	11.7	22.8	0	0	0	0	0	0	0	0	0
Wheat flour	239	228	220	215	213	213	222	208	212	202	191	169	144	68.0	45.0	0	0
Potato	591	581	569	564	576	591	614	601	618	613	608	627	653	823	842	913	824
Sugar	62.5	71.5	76.0	72.2	68.4	64.5	61.8	56.4	52.5	46.5	39.9	34.0	27.8	29.9	23.1	21.8	8.49
Rapeseed oil	17.3	14.9	13.3	12.2	10.6	8.96	9.54	6.28	5.80	3.08	0.06	0	0	15.2	14.3	23.1	16.1
Beans	87.1	75.0	67.0	61.3	53.1	45.2	0	0	0	0	0	0	0	0	0	0	0
Pork	0	0	0	0	0	0	0	0.55	0.51	0.27	0.01	0	0	0	0	0	0
Beef	0	0.62	1.26	1.94	2.63	3.34	3.90	4.85	5.55	6.61	7.78	8.85	9.98	9.80	11.0	11.4	13.7
Milk	0	80.7	163	252	341	433	506	630	721	858	1010	1149	1296	1272	1431	1474	1774