

Appendix B: Differences in daily intake of macro- and micro-nutrients classified by HeartDiet

| Inter99 | HeartDiet | Not heart healthy mean \pm SD | Heart healthy mean \pm SD | p-value |
|--|------------------|---|---------------------------------------|----------------|
| Total energy (kJ) | | 8952.5 \pm 2323.4 | 10403.4 \pm 2200.5 | < 0.01 |
| Carbohydrate (E%) | | 50.0 \pm 7.3 | 52.9 \pm 6.6 | 0.04 |
| Fat (E%) | | 33.4 \pm 6.4 | 30.4 \pm 6.0 | 0.01 |
| SFA (E%) | | 11.8 \pm 3.1 | 9.1 \pm 1.9 | < 0.01 |
| SFA (g) | | 27.9 \pm 11.1 | 24.7 \pm 7.0 | 0.11 |
| Fibre (g) | | 28.7 \pm 9.4 | 40.1 \pm 11.3 | < 0.01 |
| β -carotene (mg) | | 2573.4 \pm 1558.7 | 3885.6 \pm 2024.0 | < 0.01 |
| Vitamin C (mg) | | 100.0 \pm 41.0 | 148.1 \pm 38.5 | < 0.01 |
| Vitamin D (mg) | | 5.1 \pm 4.2 | 7.2 \pm 5.3 | 0.01 |
| Vitamin E (mg) | | 9.9 \pm 4.8 | 15.9 \pm 10.5 | < 0.01 |
| Vitamin K (mg) | | 143.4 \pm 84.7 | 209.1 \pm 100.7 | < 0.01 |
| Calcium (mg) | | 878.8 \pm 396.0 | 1113.1 \pm 357.7 | < 0.01 |
| Magnesium (mg) | | 338.9 \pm 97.2 | 471.6 \pm 139.7 | < 0.01 |
| Iron (mg) | | 11.7 \pm 3.2 | 14.5 \pm 3.7 | < 0.01 |
| n-3 PUFA (g) | | 0.71 \pm 0.62 | 1.10 \pm 0.80 | < 0.01 |
| β -carotene, biomarker (μ mol/L) | | 0.65 \pm 0.50 | 1.2 \pm 0.42 | 0.01 |
| n-3 PUFA, biomarker (weight% of total fatty acids) | | 8.0 \pm 2.1 | 9.1 \pm 4.4 | 0.28 |

Energy, carbohydrate and fat are measured without alcohol.

SFA: Saturated fatty acids, n-3 PUFA: n-3 polyunsaturated fatty acids.