



Supplement to:

Intake of various food groups among girls and boys with different utilisation of school meals

Results from EsKiMo II

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Age group	6–11 years (n = 1,094)			12–17 years (n = 1,299)		
	n	% unweighted	% weighted	n	% unweighted	% weighted
sex						
girls	542	49.5	49.0	694	53.4	48.0
boys	552	50.5	51.1	605	46.6	52.0
socioeconomic status of the family^a						
low	89	8.2	17.2	116	9.1	17.9
medium	645	59.5	61.7	825	64.4	63.7
high	351	32.4	21.1	340	26.5	18.4
region of residence						
former West Germany	731	66.8	82.2	854	65.7	83.8
former East Germany	363	33.2	17.8	445	34.3	16.2
school meals						
≥ 3 times per week	463	42.3	36.0	224	17.2	12.9
< 3 times per week	631	57.7	64.0	1,075	82.8	87.1

Tab. 1: Selected characteristics of the study population

^a The variable “socioeconomic status of the family” contains some missing values (n = 9 for 6- to 11-year-olds; n = 18 for 12- to 17-year-olds).



Girls	School meals ≥ 3 times per week n = 238				School meals < 3 times per week n = 304				Significance level
	Food intake			OMD achieved	Food intake			OMD achieved	Difference OMD achieved
	Median	1st quartile	3rd quartile	%	Median	1st quartile	3rd quartile	%	p-value
beverages (g/day)	816.0	617.5	1,086.1	45.8	904.0	703.0	1,221.3	55.1	0.1287
fruit (g/day)	111.8	50.1	165.5	11.8	89.3	42.5	175.9	9.2	0.5064
vegetables (g/day)	94.4	54.4	124.9	1.8	68.8	40.1	128.0	0.7	0.1311
carbohydrate-rich foods (g/day)	216.4	181.4	265.0	13.2	208.1	163.5	268.2	15.9	0.5531
meat (g/day)	59.0	33.7	83.9	66.9	58.8	34.2	86.0	65.8	0.8578
fish (g/day)	0.0	0.0	14.5	25.3	0.0	0.0	14.3	24.2	0.8126
eggs (g/day)	5.9	0.9	18.7	21.8	3.8	0.0	15.0	18.5	0.5129
fat ^a (g/day)	11.8	8.1	17.8	9.2	11.5	6.6	16.5	6.6	0.4297
dairy products ^b (g/day)	223.8	150.0	366.6	10.2	229.0	129.1	322.2	7.1	0.3064
tolerated foods ^c (kcal/day)	343.8	246.3	487.1	10.3	410.9	266.4	569.4	5.8	0.1337
Boys	School meals ≥ 3 times per week n = 225				School meals < 3 times per week n = 327				Significance level
	Food intake			OMD achieved	Food intake			OMD achieved	Difference OMD achieved
	Median	1st quartile	3rd quartile	%	Median	1st quartile	3rd quartile	%	p-value
beverages (g/day)	983.0	767.8	1,294.0	60.4	1,025.3	829.4	1,282.9	68.6	0.1375
fruit (g/day)	105.3	61.0	171.3	11.6	87.3	35.5	156.3	4.2	0.0147*
vegetables (g/day)	76.5	46.1	126.0	2.4	75.4	45.5	117.0	1.5	0.4297
carbohydrate-rich foods (g/day)	244.7	199.6	300.5	23.5	234.0	193.6	285.2	17.2	0.2059
meat (g/day)	64.9	46.2	105.8	78.7	72.1	47.3	102.4	80.2	0.7679
fish (g/day)	0.0	0.0	21.0	31.5	0.0	0.0	18.2	30.6	0.8627
eggs (g/day)	4.9	0.9	18.0	23.3	3.9	0.0	17.4	21.4	0.6930
fat ^a (g/day)	13.1	7.0	20.1	11.7	11.1	6.7	17.2	7.8	0.2091
dairy products ^b (g/day)	304.9	210.6	429.5	12.9	241.3	141.9	376.8	11.9	0.7925
tolerated foods ^c (kcal/day)	482.0	331.1	628.8	5.9	438.1	289.7	613.7	9.1	0.3952

Tab. 2: Distribution of intake of food groups (in g or kcal/day) and percentage of participants who achieved the recommended intakes according to the Optimised Mixed Diet (OMD) (in %) by frequency of utilisation of school meals in 6- to 11-year-olds in the EsKiMo II study (n = 1,094)

^a fats/oils used for cooking or spreads

^b quantity calculated as milk equivalent

^c OMD achieved if intake is under the maximum value

* statistically significant differences in the percentage of people who achieved the OMD recommendation (a statistically significant difference is assumed for $p < 0.05$)

Girls	School meals ≥ 3 times per week n = 109				School meals < 3 times per week n = 585				Significance level
	Food intake			OMD achieved	Food intake			OMD achieved	Difference OMD achieved
	Median	1st quartile	3rd quartile	%	Median	1st quartile	3rd quartile	%	p-value
beverages (g/day)	1,393.6	997.6	1,845.3	73.2	1,546.4	1,128.4	2,144.2	80.1	0.2002
fruit (g/day)	135.5	82.3	214.8	13.2	124.3	63.4	239.8	16.1	0.6353
vegetables (g/day)	172.7	110.5	314.5	21.0	170.8	107.3	275.6	17.9	0.6144
carbohydrate-rich foods (g/day)	310.5	231.1	399.2	29.5	270.1	209.6	345.8	20.6	0.1734
meat (g/day)	78.8	37.8	128.4	62.4	71.8	40.2	111.5	65.4	0.6629
fish (g/day)	6.3	0.0	13.9	23.2	3.5	0.0	11.9	20.0	0.6177
eggs (g/day)	16.1	5.0	25.8	36.3	9.9	4.3	19.8	19.4	0.0081*
fat ^a (g/day)	28.4	17.4	36.0	45.1	20.2	13.5	30.5	26.3	0.0042*
dairy products ^b (g/day)	302.0	202.7	443.2	15.0	235.5	125.7	386.1	16.7	0.7485
tolerated foods ^c (kcal/day)	351.9	213.6	579.1	17.6	314.5	174.1	538.1	27.4	0.1175
Boys	School meals ≥ 3 times per week n = 115				School meals < 3 times per week n = 490				Significance level
	Food intake			OMD achieved	Food intake			OMD achieved	Difference OMD achieved
	Median	1st quartile	3rd quartile	%	Median	1st quartile	3rd quartile	%	p-value
beverages (g/day)	1,602.9	1,206.2	2,267.9	77.3	1,887.1	1,359.8	2,540.8	83.9	0.2069
fruit (g/day)	118.2	72.9	180.9	6.1	90.7	39.9	169.3	6.7	0.8121
vegetables (g/day)	159.0	79.2	268.9	13.6	141.4	78.5	251.6	6.7	0.0563
carbohydrate-rich foods (g/day)	350.3	265.6	412.9	23.4	336.7	250.3	417.9	19.4	0.4607
meat (g/day)	127.4	77.9	165.8	86.8	113.8	72.2	158.6	82.3	0.3812
fish (g/day)	9.9	2.2	21.2	41.0	5.9	0.0	15.7	27.9	0.0257*
eggs (g/day)	14.2	6.1	27.0	25.4	14.3	7.5	27.2	25.0	0.9582
fat ^a (g/day)	28.8	16.4	45.9	35.1	23.3	13.3	40.4	25.3	0.0780
dairy products ^b (g/day)	342.1	183.8	563.4	18.7	329.6	205.0	519.5	18.5	0.9698
tolerated foods ^c (kcal/day)	537.3	266.4	843.5	18.9	461.4	262.2	723.4	20.8	0.7504

Tab. 4: Distribution of intake of food groups (in g or kcal/day) and percentage of participants who achieved the recommended intakes according to the Optimised Mixed Diet (OMD) (in %) by frequency of utilisation of school meals in 12- to 17-year-olds in the EsKiMo II study (n = 1,299)

^a fats/oils used for cooking or spreads

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