

| Nutrients | Austria | Belgium | Denmark | France | Ireland | Netherlands | | Norway | UK |
|---------------|-------------|------------|------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | 18-65 years | 3-64 years | Total population | 18-79 years | 18-90 years | 31-50 years | 51-69 years | 18-70 years | 19-64 years |
| Protein | - | 19 | 24 | 16 | 13 | 23 | 24 | 22 | 14 |
| Calcium | 53 | 49 | 59 | 40 | 39 | 58 | 62 | 67 | 37 |
| Phosphorus | - | - | 33 | 23 | - | 32 | 34 | - | 22 |
| Potassium | - | - | 17 | 10 | - | 16 | 15 | 17 | 11 |
| Iodine | - | 16 | 30 | 21 | 44 | 16 | 16 | 60 | 35 |
| Zinc | - | - | 22 | 16 | 13 | 24 | 25 | - | 16 |
| Selenium | - | - | 16 | 7 | - | 14 | 14 | - | 6 |
| Magnesium | - | - | 14 | 9 | 11 | 14 | 15 | 14 | 10 |
| Vitamin A | - | - | 11 | 24 | 37 | 21 | 20 | 30 | 16 |
| Vitamin B2 | - | 32 | 41 | 26 | 29 | 42 | 42 | 37 | 29 |
| Vitamin B6 | - | 8 | 12 | 7 | | 12 | 12 | 11 | 8 |
| Vitamin B12 | - | 31 | 30 | 17 | 35 | 40 | 40 | 25 | 33 |
| Folate | - | 10 | 14 | 12 | 11 | 12 | 12 | 12 | 8 |
| Niacin | - | - | 17 | 2 | - | - | - | - | 7 |
| Vitamin D | - | 20 | 9 | 27 | 11 | 6 | 6 | 16 | 6 |
| Total fat | 14 | 18 | 17 | 17 | 13 | 18 | 20 | 26 | 14 |
| Saturated fat | 23 | 29 | 28 | 26 | 20 | 31 | 33 | 42 | 22 |
| Calories | - | 13 | 13 | 11 | 9 | 14 | 16 | 18 | 9 |