# Contribution of food groups to nutrient intake in adults 16+ years living in Scotland 2021

The following figures were generated using data from Scottish Health Survey (2021). Food groups contributing less than 1% not shown.

***Energy***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Protein***

A group of graphs showing different sizes of data

Description automatically generated with medium confidence

***Fat***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Carbohydrates*** A group of graphs with different colored bars

Description automatically generated with medium confidence

***Sodium***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Potassium*** A group of graphs showing different sizes of data

Description automatically generated with medium confidence

***Calcium***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Magnesium*** A group of graphs with different colors

Description automatically generated with medium confidence

***Phosphorus*** A group of graphs with different colored bars

Description automatically generated with medium confidence

***Iron***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Thiamine*** A group of graphs showing different sizes and colors

Description automatically generated

***Riboflavin B2*** A collage of graphs

Description automatically generated

***Niacin***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Vitamin E*** A group of graphs with different colors

Description automatically generated with medium confidence

***Chloride*** A group of graphs showing different sizes and colors

Description automatically generated

***Vitamin A*** A group of graphs showing different sizes and colors

Description automatically generated

***Zinc***

A group of graphs showing different sizes of data

Description automatically generated with medium confidence

***Copper***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Vitamin B6*** A group of graphs showing different sizes and colors

Description automatically generated

***Vitamin B12*** A collage of different colored graphs

Description automatically generated

***Folate***

A group of graphs showing different sizes and colors

Description automatically generated

***Vitamin C*** A collage of different colored bars

Description automatically generated

***Free Sugars*** A group of graphs with different colored bars

Description automatically generated with medium confidence

***Fibre***

A group of graphs with different colored bars

Description automatically generated with medium confidence

***Manganese*** A group of graphs with different colored bars

Description automatically generated with medium confidence

***Selenium*** A group of graphs with different colors

Description automatically generated with medium confidence

***Iodine***

A collage of graphs

Description automatically generated