



Appendix 5

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

Appendix to: Brimblecombe JK, Ferguson MM, Liberato SC, O'Dea K. Characteristics of the community-level diet of Aboriginal people in remote northern Australia. *Med J Aust* 2013; 198: 380-384. doi: 10.5694/mja12.11407.

Appendix 5. Food items in order of importance contributing $\geq 10\%$ to selected nutrients, by community

Micronutrient	Community A % Nutrient availability	Community B % Nutrient availability	Community C % Nutrient availability	Communities Combined % Nutrient availability
Energy	Breads, rolls 17%, sugars 13%, fruit drinks, cordials, flavoured drink bases, soft drinks 11%	Breads, rolls 16%, fruit drinks, cordials, flavoured drink bases, soft drinks 10%	Breads, rolls 13%, fresh meat 10% ¹	Breads, rolls 17%, sugar 12%, fruit drinks, cordials, flavoured drink bases, soft drinks 10%
Protein	Breads, rolls 19%, fresh meat 19%, milk 11%	Fresh meat 26%, breads, rolls 17%,	Fresh meat 25%, breads, rolls 13%	Breads, rolls 19%, fresh meat 20%, milk 11%
Fat	Margarines 16%, milk 12%, fresh meat 11%	Margarines 17%, fresh meat 12%	Fresh meat 20%, margarine 15%	Margarines 16%, fresh meat 11%, milk 11%
Sugars	Sugars 40%, fruit drinks, cordials, flavoured drink bases, soft drinks 32%	Fruit drinks, cordials, flavoured drink bases, soft drinks 37%, sugars 28%	Sugars 33%, fruit drinks, cordials, flavoured drink bases, soft drinks 33%	Sugars 39%, fruit drinks, cordials, flavoured drink bases, soft drinks 32%
Saturated fat	Milk 21%, fresh meat 11%, margarines 10%	Milk 14%, margarines 11%	Milk 15%, fresh meat 11%, savoury pastry products 10%	Milk 20%, fresh meat 11%, margarines 10%
Vitamin A equivalents	Margarines 22%, milk 21%, vegetables 19%	Margarines 25%, vegetables 22%, milk 14%	Vegetables 28%, margarines 23% milk 14%	Margarines 23%, milk 20%, vegetables 20%
Dietary Folate Equivalents	Breads, rolls 58%, teas/coffee 15%	Breads, rolls 54%, teas/coffees 11%	Breads, rolls 47%, teas/coffees 12%, flours 10%	Breads, Rolls 57%, teas/coffees 14%
Calcium	Milk 42%, breads, rolls 18%	Milk 37%, breads, rolls 19%	Milk 37%, breads, rolls 12%	Milk 42%, bread, rolls 18%
Iron	Breads, rolls 44%	Breads, rolls 37%, read-to-eat breakfast cereals 10%	Breads, rolls 31%, flours 16%	Breads, rolls 43%
Zinc	Fresh meat 20%, breads, rolls	Fresh meat 19%, breads, rolls	Fresh meat 23%	Fresh meat 20%, breads, rolls

	16%, milk 10%	14%, other processed meats 13%		15%
Vitamin C	Fruit & vegetable juices & juice drinks 43%, vegetables 20%, fruit drinks, cordials, flavoured drink bases, soft drinks 13%, fruit 10%	Fruit & vegetable juices & juice drinks 42%, fruit 20%, vegetables 18%, fruit drinks, cordials, flavoured drink bases, soft drinks 10%	Vegetables 30%, fruit & vegetable juices & juice drinks 27%, fruit 25%	Fruit & vegetable juices & juice drinks 41%, vegetables 21%, fruit 13%, fruit drinks, cordials, flavoured drink bases, soft drinks 12%
Thiamine	Breads, rolls 42%, flours 15%, ready-to-eat breakfast cereals 13%	Breads, rolls 39%, ready-to-eat breakfast cereals 17%	Breads, rolls 29%, flours 20%, ready-to-eat breakfast cereals 14%	Breads, Rolls 41%, flours 15%, ready-to-eat breakfast cereals 14%
Riboflavin	Milk 30%, ready-to-eat breakfast cereals 11%	Milk 24%, ready-to-eat breakfast cereals 12%, fresh meat 11%	Milk 26%, ready-to-eat breakfast cereals 10%	Milk 31%, ready-to-eat breakfast cereals 11%
Niacin	Breads, rolls 35%, fresh meat 19%	Breads, rolls 28%, fresh meat 21%	Breads, rolls 26%, fresh meat 20%	Breads, rolls 34%, fresh meat 18%
Magnesium	Breads, rolls 26%, milk 11%	Breads, rolls 22%	Breads, rolls 19%	Breads, rolls 25%, milk 10%
Sodium	Breads, rolls 24%, others ² 14%, cooking additives ³ 11%	Breads, rolls 19%, others ² 16%, other processed meats 13%	Others ² 18%, cooking additives 15%, breads, rolls 14%, other processed meats 10%	Breads, rolls 23%, others ² 15%, cooking additives 10%
β-carotene	Vegetables 55%	Vegetables 53%, fruit 12%	Vegetables 64%, fruit 15%	Vegetables 56%
Potassium	Breads, rolls 15%, milk 16%, vegetables 11%	Milk 13%, breads, rolls 12%, vegetables 12%, fresh meat 11%	Vegetables 17%, milk 14%, breads, rolls 10%	Milk 16%, breads, rolls 14%, vegetables 11%, fresh meat 10%
Iodine	Others ¹ 33%, milk 15%, fruit drinks, cordials, flavoured	Others ¹ 19%, milk 17%, eggs 10%, fruit drinks, cordials,	Milk 15%, others ¹ 14%, fruit drinks, cordials, flavoured	Others ¹ 31%, milk 16%, fruit drinks, cordials, flavoured

	drink bases, soft drinks 11%	flavoured drink bases, soft Drinks 11%	drink bases, soft drinks 13%, teas/ coffees 10%	drink bases, soft drinks 11%,
Linoleic acid	Margarines 31%, breads, rolls 16%	Margarines 28%, Breads, rolls 14%, Other margarines 13%, vegetable oils 11%	Vegetable oils 25%, margarines 22%	Margarines 31%, breads, rolls 16%
Linolenic acid	Margarines 33%, teas/coffees 16%, breads, rolls 12%	Margarine 46%	Margarine 43%, vegetable oils 13%	Margarines 36%, teas/coffees 15%, breads, rolls 11%
Fibre	Breads ,roll 45%, vegetables 10%	Breads, rolls 36%, vegetables 11%, fruit 11%	Breads, rolls 31%, vegetables 14%, flours 11%, fruit 11%	Breads, rolls 43%, vegetables 11%

¹Fresh meat includes beef, lamb, pork, veal, game & other carcass meats, poultry, feathered game, offal & offal products

² Others: salts and seasonings

³ Predominantly baking powder