

Table S 1: Mean (SD) intake and population proportion of energy and nutrients on weekdays among 3- to 4-year-old children who eat three meals at preschool. Results for days when the child ate the meal.

	Breakfast, outside preschool n=94	Breakfast, preschool n=324	Lunch, preschool n=324	Afternoon snack, preschool n=324	Dinner, outside preschool n=317	Evening snack, outside preschool n=306	Other snack, outside preschool n=204
Energy, MJ	0.50 (0.33)	0.77 (0.29)	1.37 (0.51)	0.90 (0.36)	1.21 (0.47)	0.98 (0.45)	0.76 (0.61)
Protein, g	4 (3)	7 (3)	15 (7)	8 (3)	16 (7)	8 (5)	4 (4)
Carbohydrate, g	17 (10)	24 (10)	35 (13)	29 (13)	27 (12)	31 (14)	26 (21)
Sucrose, g	4 (4)	2 (3)	2 (2)	7 (6)	3 (4)	8 (6)	11 (11)
Added sugar, g	3 (5)	1 (3)	1 (2)	6 (6)	2 (4)	6 (7)	10 (12)
Fiber, g	1.6 (1.3)	2.8 (1.5)	3.7 (1.5)	2.6 (1.5)	2.2 (1.4)	3 (1.9)	1.8 (1.8)
Fat, g	3 (4)	6 (4)	13 (6)	7 (4)	12 (6)	8 (6)	6 (7)
SAFA, g	1.5 (1.7)	1.8 (1.2)	4.1 (2.3)	2.5 (1.7)	4.5 (2.9)	3.2 (2.5)	2.7 (3.2)
MUFA, g	1 (1.3)	2.0 (1.5)	4.8 (2.6)	2.3 (1.4)	4.3 (2.4)	2.3 (2.1)	1.9 (2.3)
PUFA, g	0.5 (0.7)	1.2 (0.9)	2.5 (1.4)	1.3 (0.9)	1.7 (1.3)	1.1 (1.1)	0.7 (1.0)
Vitamin A, μg RAE	49 (102)	71 (56)	144 (126)	96 (104)	198 (522)	79 (106)	52 (109)
Vitamin D, μg	0.8 (0.9)	2.4 (1.2)	2.8 (1.5)	2.2 (1.1)	1.7 (1.5)	1.5 (1.3)	0.6 (1.0)
Vitamin E, mg	0.5 (0.7)	1.0 (0.6)	1.8 (1.0)	1.1 (0.7)	1.4 (0.9)	0.9 (0.9)	0.7 (0.7)
Thiamine, mg	0.06 (0.06)	0.10 (0.05)	0.27 (0.14)	0.11 (0.05)	0.21 (0.11)	0.13 (0.08)	0.06 (0.07)
Riboflavin, mg	0.16 (0.15)	0.29 (0.13)	0.39 (0.15)	0.3 (0.14)	0.38 (0.21)	0.3 (0.19)	0.14 (0.16)
Niacin equivalents, mg	1.4 (1.2)	2.5 (1.1)	5.5 (2.8)	2.4 (1.0)	5.8 (2.8)	2.7 (1.6)	1.3 (1.4)
Vitamin B6, mg	0.1 (0.1)	0.1 (0.1)	0.3 (0.2)	0.2 (0.1)	0.3 (0.1)	0.2 (0.2)	0.1 (0.2)
Folate, μg	14 (13)	21 (11)	42 (19)	24 (11)	35 (37)	25 (17)	14 (15)
Vitamin B12, μg	0.3 (0.3)	0.6 (0.3)	1.1 (0.7)	0.6 (0.3)	1.5 (2.6)	0.6 (0.9)	0.2 (0.4)
Vitamin C, mg	9 (11)	8 (9)	14 (9)	12 (18)	15 (15)	13 (14)	10 (16)
Salt, g	0.3 (0.3)	1.0 (0.5)	1.6 (0.7)	0.6 (0.3)	1.3 (0.6)	0.7 (0.4)	0.3 (0.4)
Potassium, mg	241 (152)	338 (126)	813 (332)	371 (152)	609 (287)	409 (200)	227 (199)
Phosphorous, g	98 (87)	198 (79)	291 (103)	194 (84)	261 (117)	198 (108)	89 (96)
Calcium, mg	100 (99)	178 (80)	206 (90)	190 (94)	193 (115)	195 (126)	84 (109)
Magnesium, mg	24 (18)	42 (17)	65 (22)	39 (17)	49 (21)	42 (21)	23 (21)
Iron, mg	0.6 (0.7)	1.2 (0.6)	1.9 (0.8)	0.9 (0.5)	1.7 (1.1)	1.2 (0.8)	0.6 (0.6)
Zinc, mg	0.7 (0.7)	1.2 (0.6)	2.1 (0.9)	1.2 (0.6)	2.0 (1.0)	1.3 (0.7)	0.6 (0.7)
Iodine, μg	13 (15)	40 (19)	47 (27)	27 (14)	48 (24)	29 (18)	12 (16)

Table S 2: Mean (SD) intake and population proportion of energy and nutrients on weekdays among 5- to 6-year-old children who eat three meals at preschool. Results for days when the child ate the meal.

	Breakfast, outside preschool n=76	Breakfast, preschool n=233	Lunch, preschool n=233	Afternoon snack, preschool n=233	Dinner, outside preschool n=224	Evening snack, outside preschool n=222	Other snack, outside preschool n=148
Energy, MJ	0.57 (0.40)	0.85 (0.28)	1.58 (0.61)	1.03 (0.42)	1.42 (0.59)	1.05 (0.49)	0.92 (0.67)
Protein, g	4 (4)	8 (3)	18 (8)	9 (4)	18 (8)	9 (5)	4 (5)
Carbohydrate, g	19 (11)	27 (10)	40 (14)	33 (15)	33 (16)	33 (17)	33 (26)
Sucrose, g	5 (6)	2 (3)	3 (3)	8 (7)	4 (6)	8 (6)	14 (14)
Added sugar, g	4 (6)	1 (3)	2 (3)	7 (7)	3 (6)	6 (6)	14 (17)
Fiber, g	1.6 (1.1)	3.2 (1.7)	4.2 (1.7)	2.7 (1.4)	2.4 (1.4)	3.2 (2.2)	1.9 (1.9)
Fat, g	4 (6)	6 (3)	15 (7)	8 (4)	14 (8)	8 (6)	7 (7)
SAFA, g	1.8 (2.6)	1.9 (1.3)	4.8 (2.5)	3.0 (2.0)	5.1 (3.3)	3.3 (2.7)	2.8 (3.1)
MUFA, g	1.3 (1.9)	2.1 (1.3)	5.6 (2.9)	2.8 (1.7)	5.1 (3)	2.3 (1.9)	2.2 (2.6)
PUFA, g	0.6 (0.9)	1.2 (0.8)	3 (1.8)	1.5 (0.9)	2.1 (1.6)	1.1 (1.2)	1.0 (1.3)
Vitamin A, μ g RAE	31 (39)	73 (54)	212 (289)	105 (87)	176 (594)	82 (129)	41 (65)
Vitamin D, μ g	0.8 (1.1)	2.5 (1.2)	3.1 (2.4)	2.6 (1.3)	2 (1.9)	1.7 (1.3)	0.6 (1.0)
Vitamin E, mg	0.6 (0.7)	1.0 (0.6)	2.2 (1.4)	1.3 (0.6)	1.7 (1.3)	1.0 (1.0)	0.8 (0.8)
Thiamine, mg	0.08 (0.09)	0.11 (0.06)	0.3 (0.17)	0.12 (0.05)	0.24 (0.13)	0.15 (0.11)	0.07 (0.07)
Riboflavin, mg	0.16 (0.16)	0.31 (0.14)	0.45 (0.19)	0.34 (0.15)	0.43 (0.26)	0.35 (0.22)	0.15 (0.17)
Niacin equivalents, mg	1.6 (1.9)	2.8 (1.1)	6.2 (3.5)	2.7 (1.2)	6.6 (3)	3.2 (1.9)	1.6 (1.6)
Vitamin B6, mg	0.1 (0.1)	0.2 (0.1)	0.4 (0.2)	0.2 (0.1)	0.3 (0.1)	0.2 (0.2)	0.2 (0.2)
Folate, μ g	16 (15)	24 (14)	51 (39)	25 (11)	37 (43)	30 (19)	16 (15)
Vitamin B12, μ g	0.3 (0.6)	0.6 (0.4)	1.3 (1.1)	0.7 (0.3)	1.6 (3.0)	0.6 (0.4)	0.2 (0.4)
Vitamin C, mg	12 (17)	9 (11)	16 (9)	11 (9)	15 (13)	17 (23)	12 (21)
Salt, g	0.4 (0.6)	1.2 (0.5)	1.8 (0.8)	0.7 (0.3)	1.5 (0.7)	0.8 (0.5)	0.4 (0.4)
Potassium, mg	245 (191)	381 (148)	935 (399)	410 (167)	704 (315)	456 (253)	266 (227)
Phosphorous, g	108 (110)	217 (80)	333 (135)	217 (95)	298 (136)	222 (125)	100 (102)
Calcium, mg	97 (108)	189 (89)	232 (100)	211 (114)	224 (138)	219 (144)	98 (115)
Magnesium, mg	24 (17)	47 (17)	74 (28)	43 (18)	55 (23)	46 (26)	28 (22)
Iron, mg	0.7 (0.6)	1.3 (0.7)	2.2 (1.1)	1.0 (0.5)	2.0 (1.5)	1.2 (0.8)	0.8 (0.7)
Zinc, mg	0.7 (0.7)	1.4 (0.6)	2.4 (1.2)	1.3 (0.6)	2.4 (1.2)	1.4 (0.8)	0.7 (0.7)
Iodine, μ g	15 (19)	45 (19)	53 (34)	31 (14)	56 (30)	32 (21)	13 (16)

Table S 3: Sources of energy (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	kJ/day	%	kJ/day	%	kJ/day	%
Vegetables, vegetable dishes	102	4.0	106	3.5	208	3.7
Potatoes, potato dishes	80	3.2	133	4.4	213	3.8
Fruit, berries, fruit and berry products	213	8.4	203	6.7	416	7.4
fresh fruit	151	5.9	62	2.0	213	3.8
fruit and berry soups	8	0.3	73	2.4	80	1.4
100% juice	15	0.6	13	0.4	29	0.5
Cereals, bakery products	672	26.4	887	29.2	1559	27.9
rye bread	66	2.6	112	3.7	178	3.2
rye crispbread	19	0.7	125	4.1	143	2.6
multi-grain bread	99	3.9	220	7.2	319	5.7
white bread	33	1.3	30	1.0	62	1.1
porridge	84	3.3	247	8.1	331	5.9
rice, pasta, etc.	95	3.7	44	1.4	139	2.5
buns, sweet bakery	65	2.6	8	0.3	74	1.3
biscuits and muesli bars	61	2.4	12	0.4	72	1.3
savoury bakery products, hamburgers, pizza	73	2.9	23	0.8	96	1.7
pancakes, crêpes	22	0.9	37	1.2	59	1.0
Fats, oils, gravy	134	5.2	382	12.6	516	9.2
margarine and fat spread	50	2.0	363	11.9	414	7.4
blended spread	63	2.5	0	0.0	63	1.1
Fish, fish dishes	74	2.9	154	5.1	228	4.1
Eggs, egg dishes	17	0.7	14	0.5	31	0.5
Meat, meat dishes	458	18.0	474	15.6	932	16.7
cold cuts	17	0.7	14	0.5	31	0.6
red meat dishes	293	11.5	257	8.4	550	9.8
poultry dishes	101	4.0	112	3.7	213	3.8
sausage dishes	45	1.8	88	2.9	133	2.4
Milk, dairy products	587	23.1	628	20.7	1215	21.7
skimmed milk	111	4.4	373	12.3	484	8.7
milk with 1-1.5% fat content	157	6.2	90	2.9	246	4.4
yoghurt and Finnish cultured milk	125	4.9	32	1.1	157	2.8
cheese	81	3.2	43	1.4	124	2.2
dairy-based desserts	35	1.4	67	2.2	102	1.8
ice-cream	29	1.1	6	0.2	35	0.6
Sugar, sweets	70	2.7	13	0.4	83	1.5
Drinks	76	3.0	32	1.0	108	1.9
sugar-sweetened juice	43	1.7	9	0.3	53	0.9
sugar-sweetened soda	6	0.2	0	0.0	6	0.1
non-dairy milk substitutes	18	0.7	22	0.7	40	0.7
Miscellaneous	62	2.5	16	0.5	79	1.4
Total	2546	100.0	3041	100.0	5587	100.0

Table S 4: Sources of energy (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	kJ/day	%	kJ/day	%	kJ/day	%
Vegetables, vegetable dishes	97	3.3	130	3.7	227	3.6
Potatoes, potato dishes	110	3.8	160	4.6	270	4.2
Fruit, berries, fruit and berry products	250	8.6	205	5.9	455	7.1
fresh fruit	146	5.0	67	1.9	212	3.3
fruit and berry soups	18	0.6	61	1.8	79	1.2
100% juice	23	0.8	16	0.5	40	0.6
Cereals, bakery products	727	25.0	1022	29.5	1749	27.5
rye bread	77	2.6	99	2.9	176	2.8
rye crispbread	13	0.5	137	3.9	150	2.4
multi-grain bread	121	4.2	230	6.6	351	5.5
white bread	41	1.4	56	1.6	98	1.5
porridge	83	2.9	299	8.6	383	6.0
rice, pasta, etc.	103	3.5	52	1.5	155	2.4
buns, sweet bakery	52	1.8	12	0.4	64	1.0
biscuits and muesli bars	50	1.7	22	0.6	72	1.1
savoury bakery products, hamburgers, pizza	100	3.4	40	1.2	140	2.2
pancakes, crêpes	15	0.5	41	1.2	56	0.9
Fats, oils, gravy	137	4.7	435	12.6	572	9.0
margarine and fat spread	49	1.7	412	11.9	461	7.2
blended spread	59	2.0	1	0.0	60	0.9
Fish, fish dishes	88	3.0	163	4.7	251	3.9
Eggs, egg dishes	17	0.6	11	0.3	28	0.4
Meat, meat dishes	531	18.3	563	16.3	1095	17.2
cold cuts	20	0.7	19	0.5	39	0.6
red meat dishes	343	11.8	309	8.9	652	10.2
poultry dishes	108	3.7	153	4.4	261	4.1
sausage dishes	57	2.0	72	2.1	130	2.0
Milk, dairy products	650	22.4	700	20.2	1350	21.2
skimmed milk	140	4.8	400	11.5	539	8.5
milk with 1-1.5% fat content	126	4.3	113	3.3	238	3.7
yoghurt and Finnish cultured milk	149	5.1	26	0.8	175	2.7
cheese	90	3.1	46	1.3	135	2.1
dairy-based desserts	46	1.6	81	2.3	127	2.0
ice-cream	37	1.3	12	0.3	49	0.8
Sugar, sweets	137	4.7	25	0.7	162	2.5
Drinks	83	2.8	27	0.8	110	1.7
sugar-sweetened juice	55	1.9	17	0.5	72	1.1
sugar-sweetened soda	14	0.5	0	0.0	14	0.2
non-dairy milk substitutes	13	0.4	10	0.3	23	0.4
Miscellaneous	80	2.7	22	0.6	102	1.6
Total	2907	100.0	3464	100.0	6371	100.0

Table S 5: Sources of protein (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.8	3.3	0.8	2.7	1.7	3.0
Potatoes, potato dishes	0.4	1.7	0.7	2.4	1.1	2.0
Fruit, berries, fruit and berry products	0.6	2.2	0.5	1.7	1.1	1.9
Cereals, bakery products	4.6	17.9	6.9	22.4	11.4	20.4
rye bread	0.5	2.1	0.9	3.1	1.5	2.6
rye crispbread	0.1	0.6	1.0	3.3	1.2	2.1
multi-grain bread	0.8	2.9	1.7	5.7	2.5	4.4
white bread	0.2	0.9	0.2	0.7	0.4	0.8
porridge	0.8	3.0	2.0	6.4	2.7	4.8
rice, pasta, etc.	0.7	2.6	0.3	1.1	1.0	1.8
Fats, oils, gravy	0.1	0.3	0.0	0.1	0.1	0.2
Fish, fish dishes	1.4	5.6	2.5	8.2	3.9	7.0
Eggs, egg dishes	0.3	1.3	0.3	0.9	0.6	1.1
Meat, meat dishes	7.9	30.8	6.6	21.7	14.5	25.8
cold cuts	0.5	1.8	0.5	1.8	1.0	1.8
red meat dishes	4.6	18.1	3.5	11.3	8.1	14.4
poultry dishes	2.3	8.8	1.7	5.5	3.9	7.0
sausage dishes	0.5	1.9	0.9	3.0	1.4	2.5
Milk, dairy products	8.8	34.3	12.0	39.1	20.8	37.0
skimmed milk	2.5	9.6	8.2	26.9	10.7	19.0
milk with 1-1.5% fat content	2.6	10.1	1.7	5.5	4.3	7.6
yoghurt and Finnish cultured milk	1.2	4.7	0.4	1.1	1.6	2.8
cheese	1.5	5.9	0.9	2.8	2.4	4.2
dairy-based desserts	0.4	1.4	0.6	1.8	0.9	1.6
Sugar, sweets	0.2	0.6	0.0	0.1	0.2	0.3
Drinks	0.2	0.8	0.1	0.4	0.3	0.6
Miscellaneous	0.3	1.4	0.1	0.3	0.4	0.8
Total	25.6	100.0	30.6	100.0	56.2	100.0

Table S 6: Sources of protein (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.8	2.9	1.0	3.0	1.9	2.9
Potatoes, potato dishes	0.5	1.8	0.8	2.4	1.4	2.2
Fruit, berries, fruit and berry products	0.7	2.3	0.5	1.5	1.2	1.9
Cereals, bakery products	5.2	18.0	7.6	21.9	12.8	20.1
rye bread	0.6	2.2	0.8	2.4	1.5	2.3
rye crispbread	0.1	0.3	1.1	3.2	1.2	1.9
multi-grain bread	0.9	3.2	1.8	5.3	2.8	4.3
white bread	0.3	1.0	0.4	1.1	0.7	1.0
porridge	0.8	2.7	2.2	6.3	3.0	4.7
rice, pasta, etc.	0.7	2.6	0.4	1.1	1.1	1.8
Fats, oils, gravy	0.1	0.4	0.1	0.1	0.2	0.3
Fish, fish dishes	1.6	5.7	2.7	7.9	4.4	6.9
Eggs, egg dishes	0.3	1.1	0.2	0.7	0.6	0.9
Meat, meat dishes	9.0	31.3	8.1	23.3	17.1	26.9
cold cuts	0.6	2.0	0.7	2.0	1.3	2.0
red meat dishes	5.5	19.1	4.4	12.5	9.8	15.5
poultry dishes	2.3	7.9	2.2	6.3	4.5	7.0
sausage dishes	0.6	2.2	0.7	2.0	1.3	2.1
Milk, dairy products	9.7	33.8	13.4	38.5	23.2	36.4
skimmed milk	3.2	11.0	8.9	25.4	12.0	18.9
milk with 1-1.5% fat content	2.1	7.1	2.1	6.0	4.1	6.5
yoghurt and Finnish cultured milk	1.4	4.9	0.3	0.8	1.7	2.7
cheese	1.7	5.9	1.0	2.8	2.7	4.2
dairy-based desserts	0.5	1.8	0.8	2.2	1.3	2.0
Sugar, sweets	0.3	0.9	0.0	0.1	0.3	0.5
Drinks	0.1	0.5	0.1	0.2	0.2	0.3
Miscellaneous	0.4	1.3	0.1	0.3	0.5	0.8
Total	28.8	100.0	34.9	100.0	63.7	100.0

Table S 7: Sources of carbohydrates (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	2.8	4.0	3.3	3.7	6.1	3.9
Potatoes, potato dishes	3.2	4.5	6.1	6.9	9.3	5.8
Fruit, berries, fruit and berry products	10.3	14.4	10.1	11.6	20.5	12.9
fresh fruit	7.3	10.3	3.0	3.4	10.3	6.5
fruit and berry soups	0.4	0.6	4.0	4.6	4.4	2.8
100% juice	0.8	1.2	0.7	0.8	1.6	1.0
Cereals, bakery products	26.2	36.7	36.1	41.1	62.2	39.1
rye bread	2.8	4.0	4.8	5.5	7.7	4.8
rye crispbread	0.7	1.0	4.8	5.5	5.6	3.5
multi-grain bread	4.1	5.7	9.0	10.3	13.1	8.2
white bread	1.3	1.9	1.4	1.6	2.7	1.7
porridge	3.2	4.5	9.8	11.2	13.0	8.2
rice, pasta, etc.	4.6	6.4	2.0	2.3	6.6	4.1
Fats, oils, gravy	0.1	0.2	0.5	0.6	0.6	0.4
Fish, fish dishes	0.8	1.1	2.7	3.0	3.5	2.2
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	4.8	6.8	8.1	9.3	13.0	8.2
Milk, dairy products	14.8	20.7	18.5	21.1	33.3	20.9
skimmed milk	3.8	5.3	12.8	14.6	16.6	10.4
milk with 1-1.5% fat content	3.8	5.3	2.4	2.7	6.2	3.9
yoghurt and Finnish cultured milk	4.1	5.7	1.0	1.2	5.1	3.2
Sugar, sweets	2.7	3.8	0.4	0.4	3.1	1.9
Drinks	3.8	5.3	1.4	1.6	5.2	3.3
Miscellaneous	1.8	2.5	0.6	0.7	2.3	1.5
Total	71.4	100.0	87.7	100.0	159.1	100.0

Table S 8: Sources of carbohydrates (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	3.0	3.6	4.0	4.1	7.0	3.8
Potatoes, potato dishes	4.2	5.1	7.2	7.3	11.4	6.3
Fruit, berries, fruit and berry products	11.9	14.3	10.3	10.4	22.2	12.2
fresh fruit	7.0	8.5	3.2	3.2	10.3	5.6
fruit and berry soups	0.9	1.1	3.4	3.4	4.3	2.4
100% juice	1.2	1.5	0.9	0.9	2.1	1.2
Cereals, bakery products	28.5	34.3	41.2	41.5	69.7	38.2
rye bread	3.3	4.0	4.3	4.3	7.6	4.2
rye crispbread	0.5	0.7	5.3	5.3	5.8	3.2
multi-grain bread	4.9	5.9	9.3	9.4	14.2	7.8
white bread	1.7	2.1	2.6	2.6	4.3	2.3
porridge	3.3	3.9	11.8	11.9	15.1	8.3
rice, pasta, etc.	4.8	5.8	2.4	2.4	7.3	4.0
Fats, oils, gravy	0.2	0.2	0.6	0.6	0.8	0.4
Fish, fish dishes	1.1	1.3	2.6	2.6	3.7	2.0
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	5.5	6.6	9.5	9.6	15.0	8.2
Milk, dairy products	16.4	19.8	20.7	20.8	37.1	20.3
skimmed milk	4.7	5.7	13.7	13.8	18.4	10.1
milk with 1-1.5% fat content	3.1	3.7	3.0	3.0	6.0	3.3
yoghurt and Finnish cultured milk	4.8	5.7	0.8	0.8	5.6	3.1
Sugar, sweets	5.9	7.1	1.0	1.0	6.9	3.8
Drinks	4.4	5.3	1.4	1.4	5.8	3.2
Miscellaneous	2.1	2.5	0.7	0.7	2.8	1.5
Total	83.2	100.0	99.3	100.0	182.4	100.0

Table S 9: Sources of sucrose (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.4	2.6	0.6	5.9	1.1	3.9
Potatoes, potato dishes	0.0	0.0	0.0	0.1	0.0	0.1
Fruit, berries, fruit and berry products	3.5	21.9	5.0	45.7	8.5	31.6
fresh fruit	2.2	13.8	0.9	8.6	3.1	11.7
berries	0.1	0.8	0.0	0.1	0.1	0.5
fruit and berry soups	0.2	1.3	2.5	23.2	2.8	10.3
berry and fruit pies	0.0	0.3	0.0	0.0	0.0	0.2
jams, marmalades	0.4	2.7	0.8	7.3	1.2	4.6
100% juice	0.2	1.4	0.2	1.6	0.4	1.5
smoothies	0.1	0.8	0.3	2.5	0.4	1.5
Cereals, bakery products	2.8	17.7	1.7	15.1	4.5	16.6
breakfast cereals	0.5	3.4	0.2	1.4	0.7	2.6
buns, sweet bakery	0.8	4.8	0.1	1.0	0.9	3.2
biscuits and mslibars	0.8	5.1	0.2	1.4	1.0	3.6
pancakes, crpes	0.1	0.4	0.1	0.7	0.1	0.6
Fats, oils, gravy	0.0	0.1	0.1	0.6	0.1	0.3
Fish, fish dishes	0.0	0.1	0.0	0.3	0.1	0.2
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	0.2	1.3	0.3	3.0	0.5	2.0
Milk, dairy products	3.9	24.4	1.7	16.0	5.6	21.0
sweetened milk drinks (cocoa etc.)	0.4	2.5	0.1	0.8	0.5	1.8
yoghurt and Finnish cultured milk	2.4	15.2	0.6	5.2	3.0	11.1
dairy-based desserts	0.5	3.0	1.0	8.9	1.5	5.4
ice-cream	0.6	3.5	0.1	0.9	0.7	2.5
Sugar, sweets	1.5	9.4	0.3	2.6	1.8	6.6
sugar, honey	0.2	1.1	0.2	1.7	0.4	1.4
sweets	0.6	3.9	0.1	0.6	0.7	2.6
chocolate	0.7	4.4	0.0	0.3	0.7	2.7
Drinks	3.1	19.4	1.0	8.8	4.0	15.1
sugar-sweetened juice	2.1	13.5	0.5	4.6	2.6	9.9
sugar-sweetened soda	0.3	2.1		0.0	0.3	1.2
non-dairy milk substitutes	0.4	2.2	0.4	4.1	0.8	3.0
Miscellaneous	0.5	3.1	0.2	2.0	0.7	2.7
Total	15.9	100.0	10.9	100.0	26.8	100.0

Table S 10: Sources of sucrose (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.4	2.3	0.8	6.5	1.3	3.9
Potatoes, potato dishes	0.0	0.0	0.0	0.1	0.0	0.1
Fruit, berries, fruit and berry products	4.3	22.0	5.2	40.7	9.4	29.3
fresh fruit	2.2	11.5	1.0	7.9	3.2	10.1
berries	0.1	0.5	0.0	0.1	0.1	0.4
fruit and berry soups	0.5	2.4	2.2	17.1	2.6	8.2
berry and fruit pies	0.2	0.9	0.0	0.1	0.2	0.6
jams, marmalades	0.5	2.6	1.2	9.6	1.7	5.3
100% juice	0.3	1.8	0.2	1.9	0.6	1.8
smoothies	0.2	1.1	0.2	1.4	0.4	1.2
Cereals, bakery products	2.6	13.6	2.2	17.2	4.8	15.0
breakfast cereals	0.8	3.9	0.2	1.3	0.9	2.9
buns, sweet bakery	0.5	2.8	0.2	1.5	0.7	2.3
biscuits and mslibars	0.7	3.6	0.3	2.7	1.0	3.2
pancakes, crpes	0.0	0.2	0.1	0.8	0.1	0.4
Fats, oils, gravy	0.0	0.1	0.1	0.6	0.1	0.3
Fish, fish dishes	0.0	0.2	0.0	0.3	0.1	0.2
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	0.2	1.1	0.4	3.0	0.6	1.8
Milk, dairy products	4.5	23.2	2.0	16.1	6.6	20.4
sweetened milk drinks (cocoa etc.)	0.3	1.8	0.2	1.2	0.5	1.6
yoghurt and Finnish cultured milk	2.8	14.2	0.4	2.8	3.1	9.7
dairy-based desserts	0.7	3.8	1.3	10.3	2.0	6.4
ice-cream	0.6	3.3	0.2	1.6	0.9	2.6
Sugar, sweets	3.1	15.8	0.7	5.6	3.8	11.8
sugar, honey	0.2	1.2	0.4	2.9	0.6	1.9
sweets	1.9	9.8	0.2	1.6	2.1	6.6
chocolate	0.9	4.7	0.1	1.1	1.1	3.3
Drinks	3.8	19.7	1.1	8.5	4.9	15.3
sugar-sweetened juice	2.8	14.3	0.9	7.1	3.7	11.5
sugar-sweetened soda	0.8	4.0		0.0	0.8	2.5
non-dairy milk substitutes	0.2	1.3	0.2	1.4	0.4	1.3
Miscellaneous	0.4	2.2	0.2	1.5	0.6	1.9
Total	19.5	100.0	12.7	100.0	32.1	100.0

Table S 11: Sources of added sugar (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.0	0.0	0.0	0.0	0.0	0.0
Potatoes, potato dishes	0.0	0.0	0.0	0.0	0.0	0.0
Fruit, berries, fruit and berry products	0.8	6.4	3.9	47.7	4.7	22.5
fruit and berry soups	0.2	1.8	2.8	34.4	3.0	14.5
berry and fruit pies	0.0	0.4	0.0	0.0	0.1	0.2
jams, marmalades	0.4	3.3	0.9	10.5	1.3	6.1
Cereals, bakery products	2.7	21.6	1.4	17.5	4.2	20.0
breakfast cereals	0.6	4.5	0.1	1.4	0.7	3.3
buns, sweet bakery	0.8	6.0	0.1	1.3	0.9	4.2
biscuits and mslibars	0.8	6.4	0.2	1.9	1.0	4.6
pancakes, crpes	0.1	0.5	0.1	1.0	0.1	0.7
Fats, oils, gravy	0.0	0.1	0.1	0.8	0.1	0.3
Fish, fish dishes	0.0	0.0	0.0	0.0	0.0	0.0
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	0.0	0.0	0.0	0.0	0.0	0.0
Milk, dairy products	3.9	30.6	1.7	20.9	5.6	26.8
sweetened milk drinks (cocoa etc.)	0.4	3.1	0.1	1.1	0.5	2.3
yoghurt and Finnish cultured milk	2.4	19.0	0.5	5.8	2.9	13.9
dairy-based desserts	0.5	4.0	1.0	12.8	1.5	7.4
ice-cream	0.6	4.4	0.1	1.2	0.7	3.2
Sugar, sweets	2.1	16.4	0.3	4.0	2.4	11.5
sugar, honey	0.4	3.5	0.2	2.5	0.6	3.1
sweets	0.9	7.0	0.1	1.2	1.0	4.7
chocolate	0.7	5.9	0.0	0.3	0.8	3.7
Drinks	2.7	21.4	0.5	6.4	3.2	15.6
sugar-sweetened juice	2.2	17.5	0.5	6.0	2.7	13.0
sugar-sweetened soda	0.4	2.8	0.0	0.0	0.4	1.7
non-dairy milk substitutes	0.0	0.2	0.0	0.4	0.1	0.3
Miscellaneous	0.5	3.6	0.2	2.7	0.7	3.2
Total	12.7	100.0	8.1	100.0	20.8	100.0

Table S 12: Sources of added sugar (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.0	0.0	0.0	0.0	0.0	0.0
Potatoes, potato dishes	0.0	0.0	0.0	0.0	0.0	0.0
Fruit, berries, fruit and berry products	1.3	8.0	3.8	39.2	5.2	19.5
fruit and berry soups	0.5	3.1	2.3	23.8	2.9	10.7
berry and fruit pies	0.2	1.1	0.0	0.2	0.2	0.7
jams, marmalades	0.5	3.0	1.2	12.6	1.7	6.6
Cereals, bakery products	2.5	14.8	1.9	19.6	4.4	16.6
breakfast cereals	0.7	4.4	0.1	1.2	0.9	3.3
buns, sweet bakery	0.5	3.3	0.2	2.0	0.7	2.8
biscuits and mslibars	0.7	4.2	0.3	3.4	1.0	3.9
pancakes, crpes	0.0	0.2	0.1	1.1	0.1	0.5
Fats, oils, gravy	0.0	0.1	0.1	0.7	0.1	0.3
Fish, fish dishes	0.0	0.0	0.0	0.0	0.0	0.0
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	0.0	0.0	0.0	0.0	0.0	0.0
Milk, dairy products	4.5	27.1	2.1	21.3	6.6	24.9
sweetened milk drinks (cocoa etc.)	0.3	2.1	0.2	1.6	0.5	1.9
yoghurt and Finnish cultured milk	2.8	16.5	0.4	3.6	3.1	11.8
dairy-based desserts	0.8	4.6	1.4	13.9	2.1	8.1
ice-cream	0.7	3.9	0.2	2.1	0.9	3.2
Sugar, sweets	4.3	25.8	0.8	8.4	5.2	19.4
sugar, honey	0.5	3.1	0.4	3.9	0.9	3.4
sweets	2.8	16.8	0.3	3.0	3.1	11.7
chocolate	1.0	5.9	0.1	1.5	1.1	4.3
Drinks	3.7	21.9	0.9	9.0	4.6	17.2
sugar-sweetened juice	2.8	17.0	0.9	8.9	3.7	14.0
sugar-sweetened soda	0.8	4.9	0.0	0.0	0.8	3.1
non-dairy milk substitutes	0.0	0.1	0.0	0.1	0.0	0.1
Miscellaneous	0.4	2.2	0.2	1.8	0.6	2.1
Total	16.8	100.0	9.8	100.0	26.6	100.0

Table S 13: Sources of fiber (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.8	13.2	0.8	8.6	1.6	10.5
Potatoes, potato dishes	0.2	3.0	0.4	4.6	0.6	4.0
Fruit, berries, fruit and berry products	1.5	24.7	0.9	10.0	2.4	15.9
fresh fruit	1.2	20.3	0.5	5.8	1.8	11.6
fruit and berry soups	0.0	0.4	0.2	1.9	0.2	1.3
Cereals, bakery products	2.6	42.7	5.9	64.5	8.5	55.8
rye bread	0.6	10.1	1.0	11.1	1.6	10.7
rye crispbread	0.2	3.9	1.9	20.9	2.2	14.1
multi-grain bread	0.5	7.8	1.0	11.4	1.5	9.9
white bread	0.1	1.3	0.1	0.8	0.2	1.0
porridge	0.4	5.8	1.5	16.0	1.8	11.9
rice, pasta, etc.	0.2	4.1	0.2	1.8	0.4	2.7
Fats, oils, gravy	0.0	0.0	0.0	0.1	0.0	0.1
Fish, fish dishes	0.1	1.0	0.2	2.1	0.3	1.7
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	0.4	6.9	0.7	7.4	1.1	7.2
Milk, dairy products	0.1	1.8	0.1	1.2	0.2	1.4
Sugar, sweets	0.0	0.6	0.0	0.0	0.0	0.2
Drinks	0.1	2.1	0.1	0.8	0.2	1.3
Miscellaneous	0.2	3.9	0.1	0.6	0.3	1.9
Total	6.1	100.0	9.1	100.0	15.3	100.0

Table S 14: Sources of fiber (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.8	11.6	1.0	9.6	1.7	10.4
Potatoes, potato dishes	0.2	3.1	0.5	5.0	0.7	4.3
Fruit, berries, fruit and berry products	1.7	25.7	0.9	9.2	2.6	15.7
fresh fruit	1.2	18.0	0.5	5.4	1.7	10.4
fruit and berry soups	0.1	1.0	0.1	1.3	0.2	1.2
Cereals, bakery products	2.8	42.8	6.4	63.4	9.2	55.3
rye bread	0.7	10.4	0.9	9.1	1.6	9.6
rye crispbread	0.2	2.4	2.1	20.9	2.3	13.6
multi-grain bread	0.6	8.7	1.1	10.7	1.7	9.9
white bread	0.1	1.7	0.1	1.3	0.2	1.5
porridge	0.4	5.8	1.6	16.2	2.0	12.1
rice, pasta, etc.	0.3	4.6	0.2	2.1	0.5	3.1
Fats, oils, gravy	0.0	0.1	0.0	0.1	0.0	0.1
Fish, fish dishes	0.1	1.2	0.2	1.9	0.3	1.6
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	0.5	7.3	0.8	8.4	1.3	7.9
Milk, dairy products	0.1	2.1	0.1	1.2	0.3	1.6
Sugar, sweets	0.0	0.5	0.0	0.0	0.0	0.2
Drinks	0.1	1.3	0.0	0.5	0.1	0.8
Miscellaneous	0.3	4.2	0.1	0.6	0.3	2.0
Total	6.6	100.0	10.1	100.0	16.7	100.0

Table S 15: Sources of fat (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.9	3.8	0.8	3.0	1.6	3.4
Potatoes, potato dishes	0.4	1.9	0.3	1.2	0.7	1.5
Fruit, berries, fruit and berry products	0.3	1.3	0.3	1.0	0.5	1.1
Cereals, bakery products	3.5	15.5	2.9	11.7	6.4	13.5
Fats, oils, gravy	3.5	15.8	10.1	40.2	13.6	28.7
margarine and fat spread	1.4	6.1	9.8	39.1	11.2	23.6
blended spread	1.7	7.6	0.0	0.0	1.7	3.6
butter	0.2	0.8	0.0	0.0	0.2	0.4
Fish, fish dishes	1.0	4.3	1.7	6.9	2.7	5.7
Eggs, egg dishes	0.3	1.4	0.2	1.0	0.5	1.1
Meat, meat dishes	6.4	28.8	5.8	23.1	12.2	25.8
cold cuts	0.2	1.0	0.1	0.5	0.4	0.7
red meat dishes	4.0	17.7	2.8	11.2	6.8	14.3
poultry dishes	1.3	6.0	1.3	5.1	2.6	5.5
sausage dishes	0.8	3.8	1.6	6.2	2.4	5.0
Milk, dairy products	4.8	21.4	2.7	10.6	7.4	15.7
milk with 1-1.5% fat content	1.3	5.6	0.5	2.1	1.8	3.7
whole milk	0.2	0.8	0.0	0.0	0.2	0.4
yoghurt and Finnish cultured milk	0.9	3.9	0.2	0.8	1.1	2.2
cheese	1.4	6.5	0.7	2.9	2.2	4.6
dairy-based desserts	0.3	1.3	0.7	2.9	1.0	2.2
Sugar, sweets	0.5	2.2	0.0	0.1	0.5	1.1
Drinks	0.2	0.8	0.1	0.6	0.3	0.7
Miscellaneous	0.6	2.9	0.1	0.5	0.8	1.6
Total	22.3	100.0	25.1	100.0	47.4	100.0

Table S 16: Sources of fat (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.7	2.7	0.9	3.2	1.6	3.0
Potatoes, potato dishes	0.7	2.8	0.4	1.5	1.1	2.1
Fruit, berries, fruit and berry products	0.4	1.7	0.2	0.8	0.7	1.2
Cereals, bakery products	3.6	14.3	3.8	12.9	7.3	13.6
Fats, oils, gravy	3.6	14.3	11.5	39.5	15.0	27.9
margarine and fat spread	1.3	5.3	11.1	38.4	12.5	23.1
blended spread	1.6	6.4	0.0	0.1	1.6	3.0
butter	0.2	0.8	0.0	0.0	0.2	0.4
Fish, fish dishes	1.1	4.4	1.9	6.5	3.0	5.5
Eggs, egg dishes	0.3	1.2	0.2	0.7	0.5	0.9
Meat, meat dishes	7.6	30.4	6.9	23.6	14.4	26.7
cold cuts	0.3	1.1	0.2	0.6	0.4	0.8
red meat dishes	4.7	18.9	3.5	12.2	8.3	15.3
poultry dishes	1.4	5.6	1.8	6.1	3.2	5.9
sausage dishes	1.2	4.6	1.3	4.3	2.4	4.5
Milk, dairy products	5.2	20.8	2.9	10.0	8.1	15.0
milk with 1-1.5% fat content	1.0	4.0	0.7	2.3	1.7	3.1
whole milk	0.2	0.8	0.0	0.0	0.2	0.4
yoghurt and Finnish cultured milk	1.0	4.1	0.2	0.6	1.2	2.2
cheese	1.6	6.4	0.7	2.6	2.3	4.3
dairy-based desserts	0.3	1.3	0.8	2.7	1.1	2.1
Sugar, sweets	0.8	3.1	0.1	0.3	0.9	1.6
Drinks	0.1	0.4	0.1	0.3	0.2	0.3
Miscellaneous	0.9	3.8	0.2	0.7	1.1	2.1
Total	25.0	100.0	29.0	100.0	54.0	100.0

Table S 17: Sources of saturated fatty acids (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.2	2.5	0.2	2.5	0.4	2.5
Potatoes, potato dishes	0.2	1.9	0.1	1.5	0.3	1.7
Fruit, berries, fruit and berry products	0.1	0.6	0.1	1.1	0.1	0.8
Cereals, bakery products	1.1	12.8	0.7	8.6	1.9	10.8
Fats, oils, gravy	1.3	14.6	2.9	35.0	4.2	24.5
margarine and fat spread	0.4	4.5	2.9	34.4	3.3	19.1
blended spread	0.7	7.9	0.0	0.0	0.7	4.0
butter	0.1	1.4	0.0	0.0	0.1	0.7
Fish, fish dishes	0.2	2.3	0.4	5.0	0.6	3.6
Eggs, egg dishes	0.1	0.8	0.0	0.6	0.1	0.7
Meat, meat dishes	2.2	24.4	2.0	24.0	4.2	24.2
cold cuts	0.1	0.9	0.0	0.5	0.1	0.7
red meat dishes	1.4	16.1	1.0	12.0	2.4	14.1
poultry dishes	0.3	3.7	0.4	4.5	0.7	4.0
sausage dishes	0.3	3.6	0.6	6.9	0.9	5.2
Milk, dairy products	3.1	35.2	1.8	20.9	4.9	28.3
milk with 1-1.5% fat content	0.9	9.9	0.4	4.3	1.2	7.2
whole milk	0.1	1.3	0.0	0.0	0.1	0.7
yoghurt and Finnish cultured milk	0.6	6.3	0.1	1.4	0.7	3.9
cheese	0.9	10.5	0.5	5.6	1.4	8.1
dairy-based desserts	0.2	2.1	0.5	5.7	0.7	3.8
Sugar, sweets	0.3	3.1	0.0	0.2	0.3	1.7
Drinks	0.0	0.3	0.0	0.3	0.0	0.3
Miscellaneous	0.2	1.7	0.0	0.3	0.2	1.0
Total	8.9	100.0	8.4	100.0	17.3	100.0

Table S 18: Sources of saturated fatty acids (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.2	2.2	0.3	2.9	0.5	2.6
Potatoes, potato dishes	0.2	2.4	0.2	1.9	0.4	2.2
Fruit, berries, fruit and berry products	0.1	1.0	0.1	0.8	0.2	0.9
Cereals, bakery products	1.1	11.6	1.1	10.8	2.2	11.2
Fats, oils, gravy	1.2	12.8	3.4	34.4	4.6	23.6
margarine and fat spread	0.4	3.8	3.3	33.7	3.7	18.7
blended spread	0.7	6.7	0.0	0.1	0.7	3.4
butter	0.1	1.3	0.0	0.0	0.1	0.7
Fish, fish dishes	0.3	2.7	0.4	4.4	0.7	3.5
Eggs, egg dishes	0.1	0.6	0.0	0.4	0.1	0.5
Meat, meat dishes	2.5	25.9	2.3	23.9	4.9	24.9
cold cuts	0.1	1.0	0.1	0.6	0.2	0.8
red meat dishes	1.7	17.0	1.3	13.0	2.9	15.0
poultry dishes	0.3	3.3	0.5	5.2	0.8	4.2
sausage dishes	0.4	4.4	0.5	4.7	0.9	4.6
Milk, dairy products	3.4	34.7	1.9	19.6	5.3	27.1
milk with 1-1.5% fat content	0.7	7.2	0.5	4.8	1.2	6.0
whole milk	0.1	1.4	0.0	0.0	0.1	0.7
yoghurt and Finnish cultured milk	0.7	6.9	0.1	1.1	0.8	4.0
cheese	1.0	10.7	0.5	4.8	1.5	7.7
dairy-based desserts	0.2	1.8	0.5	5.2	0.7	3.5
Sugar, sweets	0.4	4.5	0.1	0.5	0.5	2.5
Drinks	0.0	0.1	0.0	0.1	0.0	0.1
Miscellaneous	0.2	1.6	0.0	0.4	0.2	1.0
Total	9.8	100.0	9.8	100.0	19.5	100.0

Table S 19: Sources of monounsaturated fatty acids (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.3	4.6	0.3	3.0	0.6	3.7
Potatoes, potato dishes	0.2	2.0	0.1	0.7	0.2	1.3
Fruit, berries, fruit and berry products	0.0	0.7	0.0	0.5	0.1	0.5
Cereals, bakery products	1.1	15.2	0.8	8.7	1.9	11.6
Fats, oils, gravy	1.3	17.3	4.2	46.3	5.5	33.3
margarine and fat spread	0.6	7.4	4.1	44.7	4.6	27.9
blended spread	0.5	7.4	0.0	0.0	0.6	3.3
butter	0.0	0.6	0.0	0.0	0.0	0.3
Fish, fish dishes	0.4	4.8	0.7	7.3	1.0	6.2
Eggs, egg dishes	0.1	1.4	0.1	0.8	0.2	1.1
Meat, meat dishes	2.5	33.3	2.3	24.8	4.7	28.6
cold cuts	0.1	1.1	0.1	0.6	0.1	0.8
red meat dishes	1.5	19.8	1.1	11.9	2.6	15.5
poultry dishes	0.5	7.3	0.5	5.3	1.0	6.2
sausage dishes	0.3	4.7	0.6	7.0	1.0	6.0
Milk, dairy products	1.1	14.9	0.6	6.7	1.7	10.4
milk with 1-1.5% fat content	0.3	4.1	0.1	1.3	0.4	2.6
whole milk	0.0	0.5	0.0	0.0	0.0	0.2
yoghurt and Finnish cultured milk	0.2	2.5	0.0	0.4	0.2	1.4
cheese	0.3	4.5	0.2	1.8	0.5	3.1
dairy-based desserts	0.1	1.0	0.2	1.8	0.2	1.5
Sugar, sweets	0.1	1.9	0.0	0.1	0.2	0.9
Drinks	0.1	0.8	0.1	0.7	0.1	0.7
Miscellaneous	0.2	3.2	0.0	0.5	0.3	1.7
Total	7.4	100.0	9.1	100.0	16.5	100.0

Table S 20: Sources of monounsaturated fatty acids (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.2	2.4	0.3	2.9	0.5	2.7
Potatoes, potato dishes	0.3	3.3	0.1	1.0	0.4	2.0
Fruit, berries, fruit and berry products	0.1	1.0	0.0	0.3	0.1	0.6
Cereals, bakery products	1.2	13.8	1.0	10.0	2.2	11.7
Fats, oils, gravy	1.3	15.7	4.8	45.7	6.1	32.4
margarine and fat spread	0.5	6.3	4.6	44.1	5.2	27.3
blended spread	0.5	6.2	0.0	0.1	0.5	2.8
butter	0.0	0.6	0.0	0.0	0.0	0.2
Fish, fish dishes	0.4	5.0	0.7	6.7	1.1	5.9
Eggs, egg dishes	0.1	1.3	0.1	0.6	0.2	0.9
Meat, meat dishes	3.0	35.5	2.6	25.1	5.6	29.7
cold cuts	0.1	1.3	0.1	0.7	0.2	1.0
red meat dishes	1.8	21.4	1.3	12.9	3.1	16.6
poultry dishes	0.6	6.9	0.6	6.2	1.2	6.5
sausage dishes	0.5	5.7	0.5	5.0	1.0	5.3
Milk, dairy products	1.2	14.5	0.7	6.4	1.9	10.0
milk with 1-1.5% fat content	0.2	2.9	0.2	1.5	0.4	2.1
whole milk	0.0	0.5	0.0	0.0	0.0	0.2
yoghurt and Finnish cultured milk	0.2	2.7	0.0	0.3	0.3	1.4
cheese	0.4	4.5	0.2	1.7	0.6	2.9
dairy-based desserts	0.1	1.0	0.2	1.7	0.3	1.4
Sugar, sweets	0.2	2.7	0.0	0.2	0.2	1.3
Drinks	0.0	0.5	0.0	0.2	0.1	0.3
Miscellaneous	0.4	4.4	0.1	0.8	0.5	2.4
Total	8.4	100.0	10.5	100.0	18.8	100.0

Table S 21: Sources of polyunsaturated fatty acids (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.2	5.6	0.2	3.6	0.4	4.4
Potatoes, potato dishes	0.1	1.9	0.0	0.7	0.1	1.2
Fruit, berries, fruit and berry products	0.1	1.8	0.0	0.7	0.1	1.1
Cereals, bakery products	0.7	21.6	0.7	14.1	1.4	17.0
Fats, oils, gravy	0.6	19.6	2.5	50.7	3.1	38.7
margarine and fat spread	0.4	11.3	2.4	49.3	2.8	34.6
blended spread	0.2	6.4	0.0	0.0	0.2	2.5
butter	0.0	0.2	0.0	0.0	0.0	0.1
Fish, fish dishes	0.3	8.7	0.5	9.4	0.7	9.1
Eggs, egg dishes	0.0	1.3	0.0	0.6	0.1	0.8
Meat, meat dishes	0.9	27.7	0.9	17.4	1.7	21.4
cold cuts	0.0	0.9	0.0	0.4	0.0	0.6
red meat dishes	0.4	13.3	0.4	7.5	0.8	9.7
poultry dishes	0.3	9.4	0.2	5.0	0.5	6.7
sausage dishes	0.1	3.9	0.2	4.5	0.3	4.2
Milk, dairy products	0.1	4.1	0.1	1.2	0.2	2.3
milk with 1-1.5% fat content	0.0	0.8	0.0	0.2	0.0	0.4
whole milk	0.0	0.1	0.0	0.0	0.0	0.0
yoghurt and Finnish cultured milk	0.0	0.7	0.0	0.1	0.0	0.3
cheese	0.0	1.3	0.0	0.4	0.1	0.7
dairy-based desserts	0.0	0.5	0.0	0.4	0.0	0.4
Sugar, sweets	0.0	0.5	0.0	0.0	0.0	0.2
Drinks	0.1	2.0	0.1	1.1	0.1	1.4
Miscellaneous	0.2	5.3	0.0	0.5	0.2	2.4
Total	3.1	100.0	4.9	100.0	8.0	100.0

Table S 22: Sources of polyunsaturated fatty acids (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.2	4.4	0.2	3.5	0.4	3.9
Potatoes, potato dishes	0.1	3.3	0.1	0.9	0.2	1.8
Fruit, berries, fruit and berry products	0.1	2.3	0.0	0.6	0.1	1.2
Cereals, bakery products	0.7	20.3	0.8	14.4	1.6	16.7
Fats, oils, gravy	0.7	18.8	2.8	49.1	3.5	37.4
margarine and fat spread	0.4	10.1	2.7	47.7	3.1	33.2
blended spread	0.2	5.2	0.0	0.0	0.2	2.0
butter	0.0	0.2	0.0	0.0	0.0	0.1
Fish, fish dishes	0.3	8.0	0.6	10.1	0.9	9.3
Eggs, egg dishes	0.0	1.2	0.0	0.4	0.1	0.7
Meat, meat dishes	1.0	28.5	1.1	18.5	2.1	22.4
cold cuts	0.0	1.0	0.0	0.4	0.1	0.7
red meat dishes	0.5	13.6	0.5	8.2	1.0	10.3
poultry dishes	0.3	9.2	0.4	6.2	0.7	7.4
sausage dishes	0.2	4.5	0.2	3.3	0.4	3.8
Milk, dairy products	0.1	3.9	0.1	1.1	0.2	2.2
milk with 1-1.5% fat content	0.0	0.5	0.0	0.2	0.0	0.4
whole milk	0.0	0.1	0.0	0.0	0.0	0.0
yoghurt and Finnish cultured milk	0.0	0.7	0.0	0.1	0.0	0.3
cheese	0.0	1.2	0.0	0.3	0.1	0.7
dairy-based desserts	0.0	0.6	0.0	0.4	0.0	0.5
Sugar, sweets	0.0	0.6	0.0	0.0	0.0	0.3
Drinks	0.0	1.0	0.0	0.4	0.1	0.7
Miscellaneous	0.3	7.6	0.1	0.9	0.3	3.5
Total	3.6	100.0	5.7	100.0	9.4	100.0

Table S 23: Sources of vitamin A (retinol activity equivalents) (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	84	28	94	30	178	29
fresh vegetables and vegetable salads	66	22	64	21	130	21
vegetarian dishes	8	3	24	8	32	5
side dish vegetables	9	3	6	2	15	2
Potatoes, potato dishes	3	1	3	1	6	1
Fruit, berries, fruit and berry products	7	2	9	3	16	3
Cereals, bakery products	13	4	8	2	21	3
Fats, oils, gravy	34	11	128	41	162	26
margarine and fat spread	18	6	127	41	145	24
blended spread	13	4	0	0	13	2
Fish, fish dishes	3	1	6	2	9	1
Eggs, egg dishes	5	2	5	2	10	2
Meat, meat dishes	98	33	27	9	125	20
red meat dishes	86	29	8	3	94	15
poultry dishes	5	2	8	2	13	2
liver and blood foods	6	2	10	3	16	3
Milk, dairy products	40	13	22	7	62	10
milk with 1-1.5% fat content	12	4	4	1	16	3
yoghurt and Finnish cultured milk	8	3	2	1	10	2
cheese	11	4	6	2	17	3
Sugar, sweets	1	0	0	0	2	0
Drinks	2	1	2	1	4	1
Miscellaneous	12	4	8	3	19	3
Total	302	100	311	100	613	100

Table S 24: Sources of vitamin A (retinol activity equivalents) (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g}/\text{day}$	%	$\mu\text{g}/\text{day}$	%	$\mu\text{g}/\text{day}$	%
Vegetables, vegetable dishes	85	32	118	30	203	31
fresh vegetables and vegetable salads	65	24	77	20	142	22
vegetarian dishes	12	4	31	8	43	6
side dish vegetables	8	3	10	2	18	3
Potatoes, potato dishes	3	1	4	1	7	1
Fruit, berries, fruit and berry products	7	3	5	1	12	2
Cereals, bakery products	12	4	11	3	23	3
Fats, oils, gravy	34	12	144	37	178	27
margarine and fat spread	18	7	144	37	162	25
blended spread	12	4	0	0	12	2
Fish, fish dishes	5	2	6	2	11	2
Eggs, egg dishes	5	2	4	1	9	1
Meat, meat dishes	66	24	63	16	129	20
red meat dishes	56	21	11	3	68	10
poultry dishes	5	2	11	3	16	2
liver and blood foods	3	1	40	10	43	7
Milk, dairy products	42	16	24	6	66	10
milk with 1-1.5% fat content	9	3	6	2	15	2
yoghurt and Finnish cultured milk	9	3	2	0	11	2
cheese	12	4	6	1	17	3
Sugar, sweets	2	1	0	0	2	0
Drinks	0	0	2	1	3	0
Miscellaneous	9	3	7	2	16	2
Total	270	100	389	100	659	100

Table S 25: Sources of vitamin D (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	0.0	1.0	0.0	0.4	0.1	0.6
Potatoes, potato dishes	0.0	0.8	0.0	0.1	0.0	0.4
Fruit, berries, fruit and berry products	0.0	0.1	0.0	0.5	0.0	0.4
Cereals, bakery products	0.2	5.2	0.2	2.4	0.4	3.3
Fats, oils, gravy	0.8	22.2	3.2	42.9	4.0	36.3
margarine and fat spread	0.4	12.2	3.2	42.9	3.6	33.0
blended spread	0.3	9.6	0.0	0.0	0.3	3.1
Fish, fish dishes	0.3	9.5	0.5	6.6	0.8	7.5
Eggs, egg dishes	0.1	1.6	0.1	0.7	0.1	1.0
Meat, meat dishes	0.2	5.1	0.1	1.6	0.3	2.7
Milk, dairy products	1.8	51.7	3.2	43.6	5.1	46.2
skimmed milk	0.8	21.3	2.6	34.8	3.3	30.4
milk with 1-1.5% fat content	0.8	21.8	0.5	6.7	1.3	11.6
yoghurt and Finnish cultured milk	0.1	3.8	0.0	0.5	0.2	1.6
cheese	0.0	0.4	0.0	0.1	0.0	0.2
dairy-based desserts	0.0	0.4	0.0	0.4	0.0	0.4
Sugar, sweets	0.0	0.0	0.0	0.0	0.0	0.0
Drinks	0.1	2.4	0.1	1.1	0.2	1.5
non-dairy milk substitutes	0.1	1.7	0.1	1.0	0.1	1.3
Miscellaneous	0.0	0.3	0.0	0.0	0.0	0.1
Total	3.5	100.0	7.4	100.0	10.9	100.0

Table S 26: Sources of vitamin D (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	0.1	1.5	0.0	0.5	0.1	0.8
Potatoes, potato dishes	0.0	0.8	0.0	0.2	0.0	0.4
Fruit, berries, fruit and berry products	0.0	1.2	0.0	0.5	0.1	0.7
Cereals, bakery products	0.2	5.0	0.2	2.6	0.4	3.4
Fats, oils, gravy	0.8	19.8	3.6	44.2	4.4	36.3
margarine and fat spread	0.4	11.1	3.6	44.2	4.0	33.5
blended spread	0.3	8.0	0.0	0.0	0.3	2.6
Fish, fish dishes	0.4	10.9	0.5	6.4	0.9	7.8
Eggs, egg dishes	0.1	1.5	0.0	0.5	0.1	0.8
Meat, meat dishes	0.2	4.9	0.2	2.0	0.4	2.9
Milk, dairy products	2.0	52.1	3.5	42.7	5.5	45.7
skimmed milk	1.0	25.8	2.7	33.3	3.7	30.9
milk with 1-1.5% fat content	0.6	16.2	0.6	6.9	1.2	9.9
yoghurt and Finnish cultured milk	0.1	3.0	0.0	0.5	0.2	1.3
cheese	0.0	0.5	0.0	0.1	0.0	0.2
dairy-based desserts	0.0	0.7	0.0	0.3	0.1	0.5
Sugar, sweets	0.0	0.0	0.0	0.0	0.0	0.0
Drinks	0.1	2.0	0.0	0.6	0.1	1.0
non-dairy milk substitutes	0.1	2.0	0.0	0.5	0.1	1.0
Miscellaneous	0.0	0.2	0.0	0.0	0.0	0.0
Total	3.9	100.0	8.2	100.0	12.1	100.0

Table S 27: Sources of vitamin E (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.29	11.2	0.25	6.3	0.54	8.2
fresh vegetables and vegetable salads	0.17	6.4	0.12	3.0	0.29	4.4
Potatoes, potato dishes	0.06	2.2	0.03	0.7	0.09	1.3
Fruit, berries, fruit and berry products	0.27	10.4	0.19	4.8	0.46	7.0
Cereals, bakery products	0.52	19.7	0.60	15.3	1.11	17.0
Fats, oils, gravy	0.39	15.1	1.78	45.5	2.18	33.3
margarine and fat spread	0.24	9.2	1.73	44.2	1.97	30.2
blended spread	0.11	4.4	0.00	0.0	0.11	1.7
Fish, fish dishes	0.17	6.4	0.36	9.2	0.53	8.1
Eggs, egg dishes	0.04	1.6	0.03	0.8	0.07	1.1
Meat, meat dishes	0.49	18.9	0.47	12.0	0.96	14.7
red meat dishes	0.26	9.8	0.21	5.4	0.47	7.2
poultry dishes	0.21	7.9	0.20	5.0	0.40	6.2
Milk, dairy products	0.14	5.5	0.09	2.3	0.23	3.6
Sugar, sweets	0.02	0.6	0.00	0.0	0.02	0.2
Drinks	0.07	2.8	0.08	1.9	0.15	2.3
Miscellaneous	0.15	5.6	0.05	1.3	0.20	3.0
Total	2.61	100.0	3.91	100.0	6.52	100.0

Table S 28: Sources of vitamin E (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.28	9.1	0.29	6.4	0.56	7.5
fresh vegetables and vegetable salads	0.16	5.4	0.14	3.2	0.31	4.1
Potatoes, potato dishes	0.13	4.4	0.04	0.9	0.17	2.3
Fruit, berries, fruit and berry products	0.38	12.7	0.18	4.1	0.57	7.6
Cereals, bakery products	0.57	18.8	0.70	15.5	1.26	16.8
Fats, oils, gravy	0.45	14.8	2.00	44.6	2.45	32.6
margarine and fat spread	0.25	8.3	1.94	43.2	2.19	29.2
blended spread	0.11	3.6	0.00	0.0	0.11	1.5
Fish, fish dishes	0.20	6.6	0.43	9.6	0.63	8.4
Eggs, egg dishes	0.04	1.4	0.03	0.6	0.07	0.9
Meat, meat dishes	0.57	18.9	0.60	13.4	1.17	15.6
red meat dishes	0.31	10.1	0.27	5.9	0.57	7.6
poultry dishes	0.23	7.7	0.27	6.1	0.51	6.7
Milk, dairy products	0.16	5.3	0.11	2.5	0.27	3.6
Sugar, sweets	0.01	0.4	0.00	0.0	0.01	0.2
Drinks	0.04	1.2	0.05	1.1	0.09	1.1
Miscellaneous	0.19	6.3	0.06	1.2	0.25	3.3
Total	3.01	100.0	4.49	100.0	7.51	100.0

Table S 29: Sources of thiamine (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.03	8.2	0.03	6.3	0.06	7.1
Potatoes, potato dishes	0.03	7.9	0.06	12.1	0.09	10.2
Fruit, berries, fruit and berry products	0.03	7.9	0.02	4.4	0.05	5.8
fresh fruit	0.02	5.4	0.01	1.7	0.03	3.3
Cereals, bakery products	0.07	19.6	0.12	24.9	0.19	22.5
rye bread	0.01	2.5	0.02	3.4	0.03	3.0
rye crispbread	0.00	1.1	0.02	5.1	0.03	3.3
multi-grain bread	0.01	3.8	0.04	7.6	0.05	6.0
white bread	0.00	0.5	0.00	0.4	0.00	0.5
porridge	0.01	2.5	0.02	5.1	0.03	4.0
Fats, oils, gravy	0.00	0.3	0.00	0.0	0.00	0.1
Fish, fish dishes	0.01	2.7	0.03	5.5	0.04	4.4
Eggs, egg dishes	0.00	0.8	0.00	0.6	0.01	0.7
Meat, meat dishes	0.09	25.1	0.10	21.1	0.19	22.9
cold cuts	0.01	3.5	0.01	2.3	0.02	2.9
red meat dishes	0.06	15.3	0.05	11.0	0.11	12.7
poultry dishes	0.01	3.0	0.02	3.6	0.03	3.5
sausage dishes	0.01	3.0	0.02	4.0	0.03	3.6
Milk, dairy products	0.08	21.5	0.11	22.8	0.19	22.3
skimmed milk	0.02	6.3	0.08	16.1	0.10	11.8
milk with 1-1.5% fat content	0.03	9.3	0.02	4.2	0.05	6.4
Sugar, sweets	0.00	0.3	0.00	0.0	0.00	0.1
Drinks	0.01	2.2	0.00	0.8	0.01	1.4
Miscellaneous	0.02	4.1	0.01	1.1	0.02	2.4
Total	0.37	100.0	0.47	100.0	0.84	100.0

Table S 30: Sources of thiamine (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.03	7.7	0.04	7.4	0.07	7.4
Potatoes, potato dishes	0.03	8.1	0.06	12.1	0.10	10.4
Fruit, berries, fruit and berry products	0.04	8.6	0.02	4.2	0.06	6.1
fresh fruit	0.02	5.3	0.01	1.7	0.03	3.3
Cereals, bakery products	0.08	20.1	0.13	24.1	0.21	22.3
rye bread	0.01	2.6	0.01	2.7	0.03	2.6
rye crispbread	0.00	0.7	0.03	5.1	0.03	3.2
multi-grain bread	0.02	4.1	0.04	7.0	0.05	5.7
white bread	0.00	1.0	0.00	0.6	0.01	0.6
porridge	0.01	2.4	0.03	5.1	0.04	3.9
Fats, oils, gravy	0.00	0.2	0.00	0.0	0.00	0.1
Fish, fish dishes	0.02	3.6	0.03	5.1	0.04	4.4
Eggs, egg dishes	0.00	0.7	0.00	0.4	0.01	0.5
Meat, meat dishes	0.11	25.1	0.12	22.2	0.22	23.5
cold cuts	0.01	3.3	0.02	3.0	0.03	3.2
red meat dishes	0.06	15.3	0.06	11.9	0.13	13.4
poultry dishes	0.01	2.6	0.02	4.0	0.03	3.5
sausage dishes	0.02	3.6	0.02	2.8	0.03	3.2
Milk, dairy products	0.08	20.1	0.12	22.9	0.21	21.7
skimmed milk	0.03	6.9	0.08	15.5	0.11	11.6
milk with 1-1.5% fat content	0.03	6.5	0.03	4.7	0.05	5.5
Sugar, sweets	0.00	0.2	0.00	0.0	0.00	0.1
Drinks	0.01	1.2	0.00	0.6	0.01	0.8
Miscellaneous	0.02	3.8	0.01	1.1	0.02	2.3
Total	0.42	100.0	0.53	100.0	0.95	100.0

Table S 31: Sources of riboflavin (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.04	5.4	0.04	3.6	0.08	4.4
Potatoes, potato dishes	0.01	1.2	0.01	1.3	0.02	1.3
Fruit, berries, fruit and berry products	0.03	4.3	0.03	3.1	0.06	3.6
Cereals, bakery products	0.08	10.1	0.11	11.1	0.19	10.7
Fats, oils, gravy	0.00	0.3	0.00	0.2	0.00	0.2
Fish, fish dishes	0.01	1.2	0.02	1.9	0.03	1.6
Eggs, egg dishes	0.01	1.2	0.01	0.9	0.02	1.0
Meat, meat dishes	0.11	13.8	0.08	8.4	0.19	10.8
red meat dishes	0.07	9.6	0.04	4.3	0.12	6.6
poultry dishes	0.02	2.8	0.02	2.3	0.04	2.5
Milk, dairy products	0.45	58.5	0.66	67.9	1.11	63.8
skimmed milk	0.15	19.8	0.51	51.8	0.66	37.8
milk with 1-1.5% fat content	0.16	21.0	0.09	9.2	0.25	14.4
Sugar, sweets	0.01	0.7	0.00	0.0	0.01	0.3
Drinks	0.02	2.2	0.01	1.1	0.03	1.6
Miscellaneous	0.01	1.3	0.00	0.4	0.01	0.7
Total	0.76	100.0	0.98	100.0	1.74	100.0

Table S 32: Sources of riboflavin (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.04	5.2	0.04	4.0	0.09	4.5
Potatoes, potato dishes	0.01	1.1	0.02	1.5	0.03	1.3
Fruit, berries, fruit and berry products	0.04	4.9	0.03	2.6	0.07	3.6
Cereals, bakery products	0.09	10.9	0.12	10.8	0.21	10.8
Fats, oils, gravy	0.00	0.5	0.00	0.2	0.01	0.3
Fish, fish dishes	0.01	1.6	0.02	1.9	0.03	1.8
Eggs, egg dishes	0.01	1.2	0.01	0.6	0.02	0.8
Meat, meat dishes	0.11	12.7	0.11	10.0	0.22	11.2
red meat dishes	0.07	8.7	0.06	5.2	0.13	6.6
poultry dishes	0.02	2.5	0.03	2.6	0.05	2.5
Milk, dairy products	0.49	58.4	0.74	67.3	1.22	63.4
skimmed milk	0.19	23.0	0.54	49.4	0.73	38.0
milk with 1-1.5% fat content	0.13	15.4	0.11	10.4	0.24	12.5
Sugar, sweets	0.01	1.0	0.00	0.1	0.01	0.5
Drinks	0.01	1.7	0.01	0.7	0.02	1.1
Miscellaneous	0.01	1.0	0.00	0.4	0.01	0.6
Total	0.83	100.0	1.10	100.0	1.93	100.0

Table S 33: Sources of niacin equivalents (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.5	5.2	0.4	4.1	0.9	4.6
Potatoes, potato dishes	0.1	1.2	0.2	1.8	0.3	1.5
Fruit, berries, fruit and berry products	0.4	4.2	0.3	2.8	0.7	3.5
Cereals, bakery products	1.6	17.7	2.3	21.9	3.9	19.9
rye bread	0.1	1.3	0.2	2.1	0.3	1.7
rye crispbread	0.0	0.3	0.2	1.9	0.2	1.2
multi-grain bread	0.3	3.3	0.7	6.7	1.0	5.1
white bread	0.1	0.8	0.1	0.6	0.1	0.7
porridge	0.2	2.3	0.7	7.0	0.9	4.8
rice, pasta, etc.	0.2	2.6	0.1	1.0	0.3	1.7
Fats, oils, gravy	0.0	0.2	0.0	0.1	0.0	0.1
Fish, fish dishes	0.7	7.5	1.1	10.4	1.8	9.0
Eggs, egg dishes	0.1	0.9	0.1	0.7	0.2	0.8
Meat, meat dishes	3.2	34.9	2.6	24.5	5.7	29.4
cold cuts	0.2	2.4	0.2	2.3	0.5	2.3
red meat dishes	1.8	19.7	1.3	12.0	3.0	15.6
poultry dishes	1.0	10.5	0.7	6.5	1.6	8.4
sausage dishes	0.2	2.1	0.4	3.4	0.6	2.8
Milk, dairy products	2.3	25.3	3.4	32.5	5.7	29.1
skimmed milk	0.7	7.8	2.4	22.9	3.1	15.8
milk with 1-1.5% fat content	0.7	7.4	0.4	4.3	1.1	5.7
Sugar, sweets	0.0	0.4	0.0	0.0	0.0	0.2
Drinks	0.1	1.0	0.1	0.7	0.2	0.8
Miscellaneous	0.1	1.6	0.0	0.3	0.2	0.9
Total	9.1	100.0	10.4	100.0	19.5	100.0

Table S 34: Sources of niacin equivalents (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.5	4.7	0.5	4.5	1.0	4.6
Potatoes, potato dishes	0.1	1.4	0.2	1.9	0.4	1.7
Fruit, berries, fruit and berry products	0.5	4.4	0.3	2.5	0.8	3.4
Cereals, bakery products	1.9	18.4	2.5	21.8	4.5	20.2
rye bread	0.2	1.5	0.2	1.6	0.3	1.6
rye crispbread	0.0	0.2	0.2	1.9	0.2	1.1
multi-grain bread	0.4	3.5	0.7	6.0	1.1	4.8
white bread	0.1	1.0	0.1	1.0	0.2	1.0
porridge	0.2	2.0	0.8	7.2	1.0	4.7
rice, pasta, etc.	0.3	2.5	0.1	1.1	0.4	1.7
Fats, oils, gravy	0.0	0.3	0.0	0.1	0.0	0.2
Fish, fish dishes	0.7	7.1	1.1	9.8	1.9	8.5
Eggs, egg dishes	0.1	0.8	0.1	0.5	0.1	0.7
Meat, meat dishes	3.7	35.4	3.0	25.5	6.6	30.2
cold cuts	0.3	2.6	0.3	2.5	0.6	2.5
red meat dishes	2.1	20.7	1.4	12.0	3.5	16.1
poultry dishes	1.0	9.4	0.9	7.7	1.9	8.5
sausage dishes	0.3	2.6	0.3	2.4	0.5	2.5
Milk, dairy products	2.5	24.5	3.8	32.4	6.3	28.7
skimmed milk	0.9	8.7	2.6	21.9	3.5	15.7
milk with 1-1.5% fat content	0.5	5.2	0.6	4.7	1.1	5.0
Sugar, sweets	0.0	0.5	0.0	0.1	0.1	0.2
Drinks	0.1	0.6	0.0	0.4	0.1	0.5
Miscellaneous	0.2	1.8	0.0	0.4	0.2	1.1
Total	10.3	100.0	11.7	100.0	22.0	100.0

Table S 35: Sources of vitamin B6 (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.04	7.8	0.04	5.6	0.08	6.7
Potatoes, potato dishes	0.02	3.4	0.04	6.3	0.06	4.9
Fruit, berries, fruit and berry products	0.12	21.2	0.07	10.8	0.19	15.8
Cereals, bakery products	0.07	11.5	0.11	17.0	0.17	14.4
Fats, oils, gravy	0.00	0.2	0.00	0.0	0.00	0.1
Fish, fish dishes	0.03	5.8	0.06	9.2	0.09	7.6
Eggs, egg dishes	0.00	0.7	0.00	0.5	0.01	0.6
Meat, meat dishes	0.12	21.8	0.12	19.3	0.24	20.5
Milk, dairy products	0.12	21.1	0.18	28.8	0.30	25.2
skimmed milk	0.04	7.1	0.14	21.9	0.18	14.8
milk with 1-1.5% fat content	0.04	7.6	0.03	4.2	0.07	5.8
Sugar, sweets	0.00	0.2	0.00	0.0	0.00	0.1
Drinks	0.02	3.7	0.01	1.6	0.03	2.6
Miscellaneous	0.01	2.5	0.00	0.6	0.02	1.6
Total	0.57	100.0	0.62	100.0	1.19	100.0

Table S 36: Sources of vitamin B6 (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.04	6.9	0.04	6.1	0.09	6.5
Potatoes, potato dishes	0.02	3.4	0.05	6.6	0.07	5.1
Fruit, berries, fruit and berry products	0.13	20.5	0.07	10.5	0.20	15.2
Cereals, bakery products	0.08	12.0	0.12	16.5	0.19	14.3
Fats, oils, gravy	0.00	0.2	0.00	0.1	0.00	0.2
Fish, fish dishes	0.04	5.6	0.06	8.8	0.10	7.3
Eggs, egg dishes	0.00	0.6	0.00	0.4	0.01	0.5
Meat, meat dishes	0.14	22.8	0.15	20.8	0.29	21.7
Milk, dairy products	0.13	20.8	0.20	28.1	0.33	24.7
skimmed milk	0.05	8.2	0.15	20.6	0.20	14.8
milk with 1-1.5% fat content	0.04	5.6	0.03	4.5	0.07	5.0
Sugar, sweets	0.00	0.3	0.00	0.0	0.00	0.2
Drinks	0.03	4.0	0.01	1.3	0.03	2.6
Miscellaneous	0.02	2.9	0.01	0.8	0.02	1.8
Total	0.62	100.0	0.71	100.0	1.33	100.0

Table S 37: Sources of total folate including folic acid (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	10	14.3	11	12.8	21	13.5
fresh vegetables and vegetable salads	6	8.8	7	8.6	13	8.7
vegetarian dishes	2	3.1	3	3.4	5	3.3
warm side dish vegetables	1	2.1	1	0.9	2	1.4
Potatoes, potato dishes	3	3.9	5	5.7	8	4.9
Fruit, berries, fruit and berry products	8	11.9	7	7.8	15	9.6
fresh fruit	5	7.5	2	2.4	7	4.6
100% juice	1	1.6	1	1.0	2	1.2
Cereals, bakery products	17	24.9	30	34.6	47	30.3
rye bread	4	5.4	7	7.5	10	6.6
rye crispbread	1	1.4	7	7.6	8	4.9
multi-grain bread	4	5.2	9	10.0	12	7.9
white bread	1	1.1	1	0.8	1	0.9
porridge	2	2.5	5	5.9	7	4.4
rice, pasta, etc.	1	2.1	1	0.7	2	1.3
Fats, oils, gravy	0	0.3	0	0.1	0	0.2
Fish, fish dishes	1	1.8	4	4.7	5	3.4
Eggs, egg dishes	1	2.2	1	1.6	3	1.8
Meat, meat dishes	12	17.4	10	11.4	22	14.0
red meat dishes	9	13.1	6	6.7	15	9.5
poultry dishes	2	2.9	2	2.7	4	2.8
Milk, dairy products	12	18.0	17	19.4	29	18.8
skimmed milk	3	4.9	11	12.8	14	9.4
milk with 1-1.5% fat content	4	5.2	2	2.4	6	3.6
yoghurt and Finnish cultured milk	2	3.0	1	0.6	3	1.7
cheese	1	2.1	1	0.7	2	1.3
Sugar, sweets	0	0.2	0	0.0	0	0.1
Drinks	2	2.8	1	1.6	3	2.1
non-dairy milk substitutes	1	1.9	1	1.5	3	1.7
Miscellaneous	2	2.3	0	0.3	2	1.2
Total	68	100.0	87	100.0	154	100.0

Table S 38: Sources of total folate including folic acid (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	10	13.5	14	14.2	24	13.9
fresh vegetables and vegetable salads	7	8.9	10	9.8	16	9.4
vegetarian dishes	2	2.4	3	3.4	5	3.0
warm side dish vegetables	1	2.0	1	1.0	2	1.4
Potatoes, potato dishes	3	4.1	5	5.4	8	4.9
Fruit, berries, fruit and berry products	11	14.7	7	6.7	18	10.1
fresh fruit	6	7.6	2	1.9	8	4.3
100% juice	2	2.4	1	1.3	3	1.8
Cereals, bakery products	19	26.2	33	32.6	52	29.9
rye bread	4	5.9	6	5.8	10	5.9
rye crispbread	1	0.9	7	7.3	8	4.6
multi-grain bread	4	5.7	9	9.2	14	7.8
white bread	1	1.3	1	1.2	2	1.2
porridge	2	2.4	6	6.1	8	4.5
rice, pasta, etc.	1	2.0	1	0.7	2	1.2
Fats, oils, gravy	0	0.5	0	0.1	1	0.3
Fish, fish dishes	2	2.4	5	4.8	7	3.8
Eggs, egg dishes	1	2.0	1	1.1	3	1.5
Meat, meat dishes	10	13.3	15	15.1	25	14.3
red meat dishes	7	10.1	7	6.5	14	8.0
poultry dishes	2	2.4	3	3.1	5	2.8
Milk, dairy products	14	19.5	19	18.4	33	18.9
skimmed milk	5	6.5	12	11.9	17	9.6
milk with 1-1.5% fat content	3	4.0	3	2.6	6	3.2
yoghurt and Finnish cultured milk	2	3.2	0	0.5	3	1.6
cheese	1	1.9	1	0.7	2	1.2
Sugar, sweets	0	0.2	0	0.0	0	0.1
Drinks	1	1.6	1	1.2	2	1.4
non-dairy milk substitutes	1	0.9	1	1.1	2	1.0
Miscellaneous	2	2.0	0	0.3	2	1.1
Total	74	100.0	100	100.0	174	100.0

Table S 39: Sources of vitamin B12 (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	0.02	0.9	0.02	1.0	0.04	1.0
Potatoes, potato dishes	0.01	0.4	0.00	0.1	0.01	0.2
Fruit, berries, fruit and berry products	0.01	0.3	0.02	0.9	0.03	0.6
Cereals, bakery products	0.10	4.5	0.09	3.8	0.19	4.1
Fats, oils, gravy	0.01	0.3	0.00	0.1	0.01	0.2
Fish, fish dishes	0.28	12.5	0.31	13.9	0.59	13.2
Eggs, egg dishes	0.06	2.7	0.06	2.5	0.12	2.6
Meat, meat dishes	0.77	34.7	0.29	12.8	1.06	23.7
cold cuts	0.02	0.7	0.02	0.7	0.03	0.7
red meat dishes	0.63	28.3	0.15	6.7	0.78	17.4
poultry dishes	0.09	4.2	0.07	3.0	0.16	3.6
sausage dishes	0.02	0.8	0.03	1.5	0.05	1.2
Milk, dairy products	0.93	41.9	1.42	63.1	2.35	52.6
skimmed milk	0.32	14.2	1.06	47.0	1.38	30.7
milk with 1-1.5% fat content	0.34	15.2	0.20	8.9	0.54	12.0
yoghurt and Finnish cultured milk	0.10	4.5	0.03	1.1	0.12	2.8
cheese	0.07	3.3	0.06	2.6	0.13	3.0
dairy-based desserts	0.02	1.1	0.04	1.9	0.07	1.5
ice-cream	0.01	0.5	0.00	0.1	0.02	0.3
Sugar, sweets	0.00	0.0	0.00	0.0	0.00	0.0
Drinks	0.04	1.6	0.04	1.8	0.08	1.7
Miscellaneous	0.00	0.1	0.00	0.0	0.00	0.1
Total	2.22	100.0	2.25	100.0	4.48	100.0

Table S 40: Sources of vitamin B12 (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	0.03	1.4	0.03	1.1	0.06	1.3
Potatoes, potato dishes	0.01	0.4	0.00	0.1	0.01	0.2
Fruit, berries, fruit and berry products	0.01	0.5	0.02	0.7	0.03	0.6
Cereals, bakery products	0.12	5.2	0.10	3.8	0.21	4.5
Fats, oils, gravy	0.02	0.7	0.00	0.1	0.02	0.4
Fish, fish dishes	0.29	13.0	0.32	12.5	0.61	12.7
Eggs, egg dishes	0.06	2.6	0.05	1.8	0.10	2.2
Meat, meat dishes	0.70	30.8	0.40	15.7	1.10	22.8
cold cuts	0.02	0.8	0.02	0.7	0.04	0.8
red meat dishes	0.56	24.5	0.18	7.1	0.73	15.3
poultry dishes	0.09	3.9	0.09	3.4	0.18	3.7
sausage dishes	0.03	1.1	0.03	1.0	0.05	1.1
Milk, dairy products	1.00	44.2	1.58	62.5	2.59	53.9
skimmed milk	0.41	17.9	1.14	44.8	1.54	32.1
milk with 1-1.5% fat content	0.27	11.9	0.25	9.9	0.52	10.8
yoghurt and Finnish cultured milk	0.11	4.9	0.02	0.8	0.13	2.7
cheese	0.07	2.9	0.07	2.6	0.13	2.7
dairy-based desserts	0.04	1.7	0.05	2.1	0.09	1.9
ice-cream	0.02	0.7	0.01	0.2	0.02	0.5
Sugar, sweets	0.00	0.0	0.00	0.0	0.00	0.0
Drinks	0.03	1.4	0.04	1.5	0.07	1.5
Miscellaneous	0.00	0.0	0.00	0.0	0.00	0.0
Total	2.27	100.0	2.53	100.0	4.80	100.0

Table S 41: Sources of vitamin C (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	9.0	27.7	7.1	21.6	16.1	24.6
fresh vegetables and vegetable salads	6.9	21.3	5.8	17.6	12.7	19.5
vegetarian dishes	0.9	2.7	1.0	2.9	1.8	2.8
warm side dish vegetables	1.2	3.5	0.3	1.0	1.5	2.3
Potatoes, potato dishes	1.3	3.9	2.6	7.8	3.8	5.8
Fruit, berries, fruit and berry products	14.3	44.1	13.4	40.6	27.7	42.3
fresh fruit	8.4	25.7	3.5	10.6	11.8	18.1
berries	1.8	5.6	0.1	0.4	2.0	3.0
fruit and berry soups	0.4	1.1	3.9	11.9	4.3	6.6
100% juice	2.6	7.9	2.3	6.8	4.8	7.4
smoothies	0.3	0.9	1.1	3.3	1.4	2.1
Cereals, bakery products	0.4	1.4	0.6	1.9	1.1	1.6
Fats, oils, gravy	0.0	0.0	0.0	0.1	0.0	0.1
Fish, fish dishes	0.2	0.5	0.9	2.7	1.0	1.6
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	2.6	7.9	2.9	8.8	5.5	8.4
Milk, dairy products	3.3	10.0	5.0	15.3	8.3	12.7
Sugar, sweets	0.0	0.1	0.0	0.0	0.0	0.0
Drinks	0.9	2.7	0.2	0.7	1.1	1.7
Miscellaneous	0.5	1.7	0.2	0.5	0.7	1.1
Total	32.5	100.0	32.9	100.0	65.4	100.0

Table S 42: Sources of vitamin C (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	8.8	22.7	8.4	23.9	17.2	23.3
fresh vegetables and vegetable salads	6.8	17.6	6.7	19.1	13.6	18.3
vegetarian dishes	1.1	2.7	1.1	3.2	2.2	2.9
warm side dish vegetables	0.9	2.3	0.6	1.6	1.5	2.0
Potatoes, potato dishes	1.4	3.6	2.9	8.1	4.3	5.7
Fruit, berries, fruit and berry products	20.1	51.8	12.4	35.1	32.5	43.9
fresh fruit	9.5	24.4	3.5	10.0	13.0	17.5
berries	3.3	8.6	0.1	0.3	3.5	4.7
fruit and berry soups	1.4	3.6	2.0	5.8	3.4	4.6
100% juice	4.2	10.8	2.9	8.1	7.0	9.5
smoothies	0.5	1.4	1.0	2.8	1.5	2.1
Cereals, bakery products	0.7	1.7	1.1	3.0	1.7	2.3
Fats, oils, gravy	0.0	0.1	0.1	0.1	0.1	0.1
Fish, fish dishes	0.4	1.0	0.9	2.4	1.2	1.7
Eggs, egg dishes	0.0	0.0	0.0	0.0	0.0	0.0
Meat, meat dishes	2.1	5.5	3.6	10.2	5.7	7.7
Milk, dairy products	3.4	8.9	5.6	15.7	9.0	12.2
Sugar, sweets	0.3	0.9	0.0	0.0	0.3	0.5
Drinks	1.2	3.0	0.4	1.0	1.5	2.0
Miscellaneous	0.3	0.8	0.1	0.4	0.5	0.6
Total	38.7	100.0	35.3	100.0	74.0	100.0

Table S 43: Sources of salt (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.1	4.6	0.1	3.7	0.2	4.1
Potatoes, potato dishes	0.1	3.6	0.0	1.1	0.1	2.1
Fruit, berries, fruit and berry products	0.0	0.3	0.0	0.5	0.0	0.4
Cereals, bakery products	0.6	26.5	1.3	41.0	1.9	35.2
rye bread	0.1	3.6	0.1	4.0	0.2	3.8
rye crispbread	0.0	1.0	0.2	5.0	0.2	3.5
multi-grain bread	0.1	4.7	0.2	6.8	0.3	6.0
white bread	0.0	1.1	0.0	0.9	0.1	1.0
porridge	0.1	5.2	0.7	21.1	0.8	14.8
rice, pasta, etc.	0.1	3.0	0.0	0.3	0.1	1.4
savoury bakery products, hamburgers, pizza	0.1	3.0	0.0	0.8	0.1	1.7
pancakes, crpes	0.0	0.7	0.0	1.0	0.0	0.9
Fats, oils, gravy	0.1	3.3	0.2	6.0	0.3	4.9
Fish, fish dishes	0.1	5.6	0.2	7.6	0.4	6.8
Eggs, egg dishes	0.0	0.6	0.0	0.2	0.0	0.3
Meat, meat dishes	0.7	32.2	0.8	23.7	1.4	27.1
cold cuts	0.1	2.6	0.0	1.4	0.1	1.9
red meat dishes	0.4	19.1	0.4	11.1	0.8	14.3
poultry dishes	0.1	6.7	0.2	6.2	0.3	6.4
sausage dishes	0.1	3.6	0.2	4.8	0.2	4.3
Milk, dairy products	0.4	17.2	0.4	14.0	0.8	15.3
skimmed milk	0.1	4.2	0.3	9.3	0.4	7.3
milk with 1-1.5% fat content	0.1	4.2	0.1	1.6	0.1	2.6
yoghurt and Finnish cultured milk	0.0	2.0	0.0	0.4	0.1	1.0
cheese	0.1	4.4	0.1	1.7	0.1	2.8
Sugar, sweets	0.0	0.4	0.0	0.0	0.0	0.2
Drinks	0.0	0.9	0.0	0.4	0.0	0.6
Miscellaneous	0.1	4.9	0.1	1.7	0.2	3.0
Total	2.1	100.0	3.2	100.0	5.3	100.0

Table S 44: Sources of salt (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	g/day	%	g/day	%	g/day	%
Vegetables, vegetable dishes	0.1	4.4	0.2	4.2	0.3	4.3
Potatoes, potato dishes	0.1	3.5	0.1	1.5	0.1	2.3
Fruit, berries, fruit and berry products	0.0	0.5	0.0	0.4	0.0	0.5
Cereals, bakery products	0.6	26.7	1.5	40.6	2.1	35.1
rye bread	0.1	3.7	0.1	3.1	0.2	3.3
rye crispbread	0.0	0.7	0.2	4.9	0.2	3.2
multi-grain bread	0.1	5.3	0.2	6.2	0.4	5.9
white bread	0.0	1.3	0.0	1.4	0.1	1.3
porridge	0.1	5.0	0.8	21.5	0.9	14.9
rice, pasta, etc.	0.1	2.7	0.0	0.3	0.1	1.3
savoury bakery products, hamburgers, pizza	0.1	2.7	0.0	1.2	0.1	1.8
pancakes, crpes	0.0	0.5	0.0	1.0	0.0	0.8
Fats, oils, gravy	0.1	3.0	0.2	6.2	0.3	4.9
Fish, fish dishes	0.2	7.3	0.2	6.7	0.4	6.9
Eggs, egg dishes	0.0	0.6	0.0	0.1	0.0	0.3
Meat, meat dishes	0.7	31.4	0.9	24.8	1.6	27.4
cold cuts	0.1	2.6	0.1	1.6	0.1	2.0
red meat dishes	0.5	19.0	0.4	11.9	0.9	14.8
poultry dishes	0.1	5.5	0.3	7.4	0.4	6.6
sausage dishes	0.1	4.0	0.1	3.5	0.2	3.7
Milk, dairy products	0.4	16.7	0.5	13.8	0.9	14.9
skimmed milk	0.1	4.7	0.3	8.8	0.4	7.1
milk with 1-1.5% fat content	0.1	2.9	0.1	1.8	0.1	2.3
yoghurt and Finnish cultured milk	0.0	2.1	0.0	0.3	0.1	1.0
cheese	0.1	4.4	0.1	1.4	0.2	2.6
Sugar, sweets	0.0	1.0	0.0	0.1	0.0	0.4
Drinks	0.0	0.5	0.0	0.2	0.0	0.3
Miscellaneous	0.1	4.5	0.1	1.5	0.2	2.7
Total	2.4	100.0	3.6	100.0	6.0	100.0

Table S 45: Sources of potassium (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	139	12	136	9	275	10
Potatoes, potato dishes	77	7	154	10	231	9
Fruit, berries, fruit and berry products	159	14	108	7	267	10
Cereals, bakery products	127	11	240	16	367	14
Fats, oils, gravy	2	0	2	0	4	0
Fish, fish dishes	34	3	91	6	125	5
Eggs, egg dishes	3	0	3	0	6	0
Meat, meat dishes	171	15	209	14	380	14
Milk, dairy products	371	33	558	37	929	35
skimmed milk	127	11	424	28	550	21
milk with 1-1.5% fat content	126	11	75	5	201	8
Sugar, sweets	9	1	2	0	11	0
Drinks	15	1	8	1	23	1
Miscellaneous	27	2	10	1	37	1
Total	1135	100	1521	100	2656	100

Table S 46: Sources of potassium (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	146	11	168	10	315	10
Potatoes, potato dishes	89	7	179	10	268	9
Fruit, berries, fruit and berry products	181	14	110	6	291	10
Cereals, bakery products	141	11	266	15	407	14
Fats, oils, gravy	3	0	2	0	5	0
Fish, fish dishes	48	4	98	6	146	5
Eggs, egg dishes	4	0	2	0	6	0
Meat, meat dishes	190	15	259	15	449	15
Milk, dairy products	411	32	622	36	1034	34
skimmed milk	159	13	454	26	614	20
milk with 1-1.5% fat content	101	8	94	5	195	6
Sugar, sweets	15	1	3	0	18	1
Drinks	11	1	5	0	16	1
Miscellaneous	34	3	11	1	44	1
Total	1274	100	1726	100	2999	100

Table S 47: Sources of phosphorous (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	23	5	23	3	46	4
Potatoes, potato dishes	9	2	17	3	27	2
Fruit, berries, fruit and berry products	16	3	16	2	32	3
Cereals, bakery products	97	19	176	26	273	23
Fats, oils, gravy	2	0	1	0	3	0
Fish, fish dishes	17	3	32	5	49	4
Eggs, egg dishes	5	1	5	1	10	1
Meat, meat dishes	81	16	71	10	152	13
Milk, dairy products	235	47	335	49	570	48
skimmed milk	71	14	238	35	309	26
milk with 1-1.5% fat content	76	15	43	6	119	10
Sugar, sweets	4	1	0	0	4	0
Drinks	6	1	5	1	11	1
Miscellaneous	8	2	2	0	10	1
Total	503	100	684	100	1187	100

Table S 48: Sources of phosphorous (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	24	4	29	4	53	4
Potatoes, potato dishes	10	2	20	3	30	2
Fruit, berries, fruit and berry products	20	4	16	2	35	3
Cereals, bakery products	106	19	194	25	299	23
Fats, oils, gravy	3	0	1	0	4	0
Fish, fish dishes	21	4	35	5	56	4
Eggs, egg dishes	5	1	4	1	9	1
Meat, meat dishes	90	16	89	12	179	14
Milk, dairy products	261	47	374	49	635	48
skimmed milk	90	16	256	33	345	26
milk with 1-1.5% fat content	60	11	54	7	115	9
Sugar, sweets	6	1	1	0	7	1
Drinks	4	1	2	0	6	0
Miscellaneous	9	2	2	0	12	1
Total	559	100	767	100	1326	100

Table S 49: Sources of calcium (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	15	3.4	15	2.6	30	3.0
Potatoes, potato dishes	3	0.8	4	0.7	8	0.8
Fruit, berries, fruit and berry products	12	2.8	18	3.1	30	3.0
Cereals, bakery products	31	7.1	39	6.9	70	7.0
Fats, oils, gravy	2	0.3	2	0.3	3	0.3
Fish, fish dishes	4	1.0	9	1.5	13	1.3
Eggs, egg dishes	2	0.4	1	0.2	3	0.3
Meat, meat dishes	21	4.8	20	3.5	41	4.1
Milk, dairy products	318	73.4	448	78.2	767	76.1
skimmed milk	96	22.0	320	55.9	416	41.3
milk with 1-1.5% fat content	101	23.3	60	10.5	161	16.0
yoghurt and Finnish cultured milk	44	10.1	13	2.2	57	5.6
cheese	45	10.3	32	5.6	77	7.6
milk-based desserts	7	1.7	11	1.8	18	1.8
Sugar, sweets	6	1.4	2	0.3	8	0.8
Drinks	16	3.7	14	2.4	30	3.0
Miscellaneous	4	0.8	1	0.2	4	0.4
Total	434	100.0	573	100.0	1007	100.0

Table S 50: Sources of calcium (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	16	3.3	19	3.1	35	3.2
Potatoes, potato dishes	3	0.7	5	0.9	9	0.8
Fruit, berries, fruit and berry products	17	3.6	15	2.4	33	2.9
Cereals, bakery products	39	8.0	44	6.9	82	7.4
Fats, oils, gravy	2	0.4	2	0.3	4	0.4
Fish, fish dishes	6	1.3	9	1.5	16	1.4
Eggs, egg dishes	1	0.3	1	0.2	3	0.2
Meat, meat dishes	22	4.7	26	4.1	48	4.3
Milk, dairy products	350	72.7	498	78.8	848	76.2
skimmed milk	122	25.3	343	54.4	465	41.8
milk with 1-1.5% fat content	81	16.8	75	11.9	156	14.0
yoghurt and Finnish cultured milk	52	10.9	12	1.8	64	5.7
cheese	48	9.9	36	5.7	84	7.5
milk-based desserts	11	2.2	13	2.1	24	2.2
Sugar, sweets	10	2.0	2	0.3	12	1.0
Drinks	12	2.4	9	1.4	20	1.8
Miscellaneous	2	0.5	1	0.1	3	0.3
Total	481	100.0	632	100.0	1113	100.0

Table S 51: Sources of magnesium (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	8.5	8.3	8.2	5.6	16.8	6.7
Potatoes, potato dishes	4.2	4.0	8.4	5.7	12.5	5.0
Fruit, berries, fruit and berry products	11.0	10.7	7.7	5.2	18.7	7.5
Cereals, bakery products	27.2	26.5	55.9	37.9	83.1	33.2
rye bread	4.5	4.4	7.3	5.0	11.8	4.7
rye crispbread	1.8	1.8	15.2	10.3	17.0	6.8
multi-grain bread	4.7	4.6	10.7	7.2	15.3	6.1
white bread	0.6	0.5	0.5	0.3	1.0	0.4
porridge	5.2	5.1	17.4	11.8	22.7	9.1
rice, pasta, etc.	3.9	3.8	1.9	1.3	5.9	2.3
Fats, oils, gravy	0.2	0.2	0.4	0.3	0.6	0.3
Fish, fish dishes	2.3	2.2	5.3	3.6	7.6	3.0
Eggs, egg dishes	0.3	0.3	0.3	0.2	0.6	0.3
Meat, meat dishes	12.9	12.5	15.3	10.4	28.2	11.3
Milk, dairy products	28.5	27.7	42.7	28.9	71.2	28.4
skimmed milk	9.5	9.2	31.8	21.6	41.3	16.5
milk with 1-1.5% fat content	9.3	9.0	5.5	3.7	14.8	5.9
Sugar, sweets	1.8	1.8	0.6	0.4	2.5	1.0
Drinks	2.6	2.6	1.9	1.3	4.5	1.8
Miscellaneous	3.3	3.2	0.7	0.5	4.0	1.6
Total	102.9	100.0	147.4	100.0	250.3	100.0

Table S 52: Sources of magnesium (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	8.7	7.7	10.2	6.2	18.9	6.8
Potatoes, potato dishes	4.7	4.2	9.7	5.9	14.4	5.2
Fruit, berries, fruit and berry products	12.8	11.3	7.6	4.7	20.5	7.4
Cereals, bakery products	28.8	25.4	61.5	37.5	90.3	32.5
rye bread	5.2	4.5	6.6	4.0	11.8	4.2
rye crispbread	1.3	1.1	16.9	10.3	18.2	6.5
multi-grain bread	5.7	5.0	11.1	6.7	16.8	6.0
white bread	0.8	0.7	0.9	0.5	1.6	0.6
porridge	5.4	4.8	19.5	11.9	24.9	9.0
rice, pasta, etc.	3.9	3.4	2.6	1.6	6.5	2.3
Fats, oils, gravy	0.3	0.3	0.5	0.3	0.8	0.3
Fish, fish dishes	2.9	2.6	5.4	3.3	8.4	3.0
Eggs, egg dishes	0.3	0.3	0.2	0.1	0.6	0.2
Meat, meat dishes	14.6	12.8	19.1	11.6	33.7	12.1
Milk, dairy products	31.4	27.6	47.4	28.9	78.7	28.3
skimmed milk	12.0	10.5	34.1	20.8	46.0	16.6
milk with 1-1.5% fat content	7.4	6.5	6.9	4.2	14.3	5.1
Sugar, sweets	3.1	2.8	0.7	0.4	3.8	1.4
Drinks	1.7	1.5	1.0	0.6	2.7	1.0
Miscellaneous	4.1	3.6	0.9	0.6	5.0	1.8
Total	113.5	100.0	164.2	100.0	277.7	100.0

Table S 53: Sources of iron (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.25	7.7	0.27	6.6	0.51	7.1
Potatoes, potato dishes	0.12	3.7	0.25	6.1	0.37	5.0
Fruit, berries, fruit and berry products	0.22	6.8	0.16	3.9	0.38	5.2
Cereals, bakery products	1.16	36.4	2.19	54.0	3.36	46.2
rye bread	0.18	5.6	0.28	7.0	0.46	6.4
rye crispbread	0.07	2.3	0.57	14.1	0.65	8.9
multi-grain bread	0.20	6.3	0.46	11.2	0.66	9.0
white bread	0.03	0.9	0.03	0.6	0.06	0.8
porridge	0.19	6.0	0.61	15.1	0.80	11.1
rice, pasta, etc.	0.15	4.7	0.08	1.9	0.23	3.1
Fats, oils, gravy	0.01	0.4	0.03	0.7	0.04	0.6
Fish, fish dishes	0.08	2.4	0.15	3.6	0.22	3.1
Eggs, egg dishes	0.06	2.0	0.06	1.4	0.12	1.7
Meat, meat dishes	0.84	26.1	0.68	16.7	1.51	20.8
cold cuts	0.02	0.7	0.02	0.4	0.04	0.5
red meat dishes	0.63	19.7	0.45	11.0	1.08	14.9
poultry dishes	0.11	3.5	0.13	3.2	0.24	3.3
sausage dishes	0.06	1.9	0.07	1.8	0.13	1.8
liver and blood foods	0.01	0.4	0.01	0.3	0.03	0.4
Milk, dairy products	0.18	5.5	0.17	4.1	0.34	4.7
Sugar, sweets	0.07	2.0	0.01	0.3	0.08	1.1
Drinks	0.10	3.1	0.07	1.8	0.17	2.4
Miscellaneous	0.12	3.8	0.03	0.7	0.15	2.1
Total	3.20	100.0	4.06	100.0	7.26	100.0

Table S 54: Sources of iron (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.25	7.0	0.33	7.2	0.58	7.1
Potatoes, potato dishes	0.13	3.7	0.29	6.3	0.42	5.2
Fruit, berries, fruit and berry products	0.29	7.9	0.18	3.9	0.46	5.6
Cereals, bakery products	1.30	36.0	2.42	53.1	3.72	45.6
rye bread	0.20	5.6	0.26	5.7	0.46	5.6
rye crispbread	0.05	1.4	0.64	14.0	0.69	8.4
multi-grain bread	0.25	6.9	0.48	10.4	0.73	8.9
white bread	0.04	1.1	0.05	1.0	0.09	1.1
porridge	0.19	5.2	0.69	15.0	0.87	10.7
rice, pasta, etc.	0.19	5.2	0.10	2.3	0.29	3.6
Fats, oils, gravy	0.02	0.6	0.03	0.7	0.05	0.6
Fish, fish dishes	0.09	2.5	0.14	3.0	0.23	2.8
Eggs, egg dishes	0.06	1.7	0.05	1.0	0.11	1.3
Meat, meat dishes	0.97	26.8	0.85	18.6	1.82	22.2
cold cuts	0.03	0.7	0.02	0.4	0.05	0.6
red meat dishes	0.70	19.5	0.55	12.1	1.26	15.4
poultry dishes	0.12	3.3	0.17	3.8	0.29	3.6
sausage dishes	0.05	1.3	0.06	1.3	0.11	1.3
liver and blood foods	0.07	2.0	0.05	1.0	0.12	1.5
Milk, dairy products	0.19	5.3	0.19	4.1	0.38	4.6
Sugar, sweets	0.13	3.5	0.02	0.5	0.15	1.8
Drinks	0.06	1.7	0.04	0.8	0.10	1.2
Miscellaneous	0.12	3.4	0.04	0.8	0.16	1.9
Total	3.61	100.0	4.56	100.0	8.17	100.0

Table S 55: Sources of zinc (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.17	4.7	0.18	4.1	0.35	4.4
Potatoes, potato dishes	0.06	1.6	0.11	2.4	0.17	2.1
Fruit, berries, fruit and berry products	0.09	2.6	0.09	1.9	0.18	2.2
Cereals, bakery products	0.88	24.4	1.66	36.8	2.54	31.3
rye bread	0.14	3.8	0.22	4.8	0.35	4.3
rye crispbread	0.05	1.4	0.42	9.4	0.48	5.9
multi-grain bread	0.15	4.1	0.33	7.3	0.48	5.9
white bread	0.02	0.6	0.02	0.4	0.04	0.5
porridge	0.17	4.7	0.51	11.2	0.68	8.3
rice, pasta, etc.	0.12	3.3	0.07	1.5	0.19	2.3
Fats, oils, gravy	0.01	0.2	0.01	0.1	0.01	0.2
Fish, fish dishes	0.06	1.7	0.11	2.5	0.18	2.2
Eggs, egg dishes	0.04	1.0	0.03	0.7	0.07	0.9
Meat, meat dishes	1.02	28.3	0.89	19.7	1.91	23.5
cold cuts	0.04	1.2	0.04	0.9	0.08	1.0
red meat dishes	0.76	21.0	0.57	12.6	1.33	16.4
poultry dishes	0.14	4.0	0.14	3.1	0.29	3.5
sausage dishes	0.07	1.9	0.13	2.9	0.20	2.4
Milk, dairy products	1.13	31.4	1.38	30.6	2.51	31.0
skimmed milk	0.32	8.8	1.06	23.5	1.38	16.9
milk with 1-1.5% fat content	0.33	9.1	0.02	0.4	0.35	4.3
Sugar, sweets	0.03	0.8	0.00	0.0	0.03	0.4
Drinks	0.05	1.5	0.04	0.9	0.09	1.1
Miscellaneous	0.06	1.8	0.01	0.2	0.08	0.9
Total	3.61	100.0	4.51	100.0	8.12	100.0

Table S 56: Sources of zinc (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	mg/day	%	mg/day	%	mg/day	%
Vegetables, vegetable dishes	0.19	4.6	0.23	4.6	0.42	4.6
Potatoes, potato dishes	0.06	1.6	0.13	2.5	0.19	2.1
Fruit, berries, fruit and berry products	0.11	2.7	0.09	1.7	0.20	2.2
Cereals, bakery products	0.97	23.9	1.82	36.2	2.79	30.7
rye bread	0.16	3.9	0.20	3.9	0.36	3.9
rye crispbread	0.04	0.9	0.47	9.3	0.51	5.6
multi-grain bread	0.18	4.5	0.34	6.8	0.53	5.8
white bread	0.03	0.7	0.03	0.7	0.06	0.7
porridge	0.17	4.2	0.56	11.1	0.73	8.0
rice, pasta, etc.	0.13	3.3	0.08	1.6	0.21	2.4
Fats, oils, gravy	0.02	0.4	0.01	0.1	0.02	0.2
Fish, fish dishes	0.08	1.9	0.12	2.3	0.20	2.1
Eggs, egg dishes	0.04	0.9	0.03	0.5	0.06	0.7
Meat, meat dishes	1.21	29.9	1.07	21.3	2.28	25.1
cold cuts	0.05	1.2	0.05	1.0	0.10	1.1
red meat dishes	0.91	22.5	0.71	14.2	1.62	17.9
poultry dishes	0.16	3.8	0.18	3.6	0.34	3.7
sausage dishes	0.09	2.3	0.10	2.0	0.19	2.1
Milk, dairy products	1.24	30.5	1.51	30.0	2.75	30.2
skimmed milk	0.40	9.8	1.14	22.5	1.53	16.9
milk with 1-1.5% fat content	0.26	6.5	0.04	0.8	0.30	3.3
Sugar, sweets	0.05	1.1	0.01	0.1	0.05	0.6
Drinks	0.03	0.7	0.02	0.3	0.05	0.5
Miscellaneous	0.07	1.8	0.02	0.3	0.09	1.0
Total	4.05	100.0	5.04	100.0	9.09	100.0

Table S 57: Sources of iodine (mean and population proportion) in the diet on weekdays among Finnish 3- to 4-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	2.3	2.8	2.4	2.1	4.6	2.4
Potatoes, potato dishes	2.3	2.8	1.0	0.8	3.2	1.7
Fruit, berries, fruit and berry products	1.2	1.4	1.9	1.7	3.1	1.6
Cereals, bakery products	13.2	16.2	27.4	24.0	40.6	20.8
porridge	4.5	5.5	20.9	18.4	25.4	13.0
Fats, oils, gravy	0.8	1.0	0.6	0.6	1.4	0.7
Fish, fish dishes	5.8	7.1	12.3	10.8	18.2	9.3
Eggs, egg dishes	1.3	1.6	1.0	0.9	2.3	1.2
Meat, meat dishes	12.8	15.8	9.5	8.3	22.3	11.4
Milk, dairy products	38.9	47.8	56.7	49.8	95.6	49.0
skimmed milk	12.7	15.5	42.4	37.2	55.0	28.2
milk with 1-1.5% fat content	13.5	16.5	8.0	7.0	21.5	11.0
Sugar, sweets	0.7	0.8	0.1	0.0	0.7	0.4
Drinks	0.4	0.5	0.2	0.2	0.6	0.3
Miscellaneous	1.7	2.1	0.9	0.8	2.6	1.3
Total	81.4	100.0	113.9	100.0	195.3	100.0

Table S 58: Sources of iodine (mean and population proportion) in the diet on weekdays among Finnish 5- to 6-year-old preschool children who eat three meals at preschool. Main food groups and selected food groups are presented.

	Outside preschool		Preschool		Total	
	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%	$\mu\text{g/day}$	%
Vegetables, vegetable dishes	2.6	2.8	3.0	2.3	5.5	2.5
Potatoes, potato dishes	2.6	2.8	1.2	1.0	3.8	1.7
Fruit, berries, fruit and berry products	1.5	1.6	1.8	1.4	3.3	1.5
Cereals, bakery products	15.3	16.6	31.8	24.8	47.1	21.4
porridge	4.8	5.3	24.1	18.8	29.0	13.1
Fats, oils, gravy	0.9	1.0	0.8	0.7	1.8	0.8
Fish, fish dishes	8.3	9.0	13.6	10.6	21.8	9.9
Eggs, egg dishes	1.2	1.3	0.8	0.6	2.1	0.9
Meat, meat dishes	14.1	15.3	11.3	8.8	25.4	11.5
Milk, dairy products	42.5	46.1	62.9	49.0	105.4	47.8
skimmed milk	15.9	17.3	45.4	35.4	61.4	27.9
milk with 1-1.5% fat content	10.8	11.7	10.0	7.8	20.8	9.4
Sugar, sweets	1.3	1.5	0.2	0.1	1.5	0.7
Drinks	0.3	0.4	0.1	0.1	0.5	0.2
Miscellaneous	1.4	1.5	0.8	0.6	2.2	1.0
Total	92.0	100.0	128.4	100.0	220.4	100.0