

## Number of days of dietary information

The table shows the number of days of dietary information needed to classify 80% of individuals into the correct third of distribution.

<b>Nutrient</b>	<b>British Civil Servants</b>	<b>Random Sample of British men</b>	<b>Random sample of Swedish men</b>
Energy	7	5	7
Protein	6	5	7
Fat	9	9	7
Carbohydrate	4	3	3
Sugar	2	2	-
Dietary Fibre	6	10	-
P: S ratio	11	-	-
Cholesterol	18	-	-
Alcohol	4	-	14
Vitamin C	-	6	14
Thiamin	-	6	15
Riboflavin	-	10	-
Calcium	-	4	5
Iron	-	12	9