

Stát	Červené maso	Bílé maso	Vejce	Mléko	Ryby	Cereálie	Škrob	Ořechy
Albania	10.1	1.4	0.5	8.9	0.2	42.3	0.6	5.5
Austria	8.9	14	4.3	19.9	2.1	28	3.6	1.3
Belgium	13.5	9.3	4.1	17.5	4.5	26.6	5.7	2.1
Bulgaria	7.8	6	1.6	8.3	1.2	56.7	1.1	3.7
Czechoslovakia	9.7	11.4	2.8	12.5	2	34.3	5	1.1
Denmark	10.6	10.8	3.7	25	9.9	21.9	4.8	0.7
E Germany	8.4	11.6	3.7	11.1	5.4	24.6	6.5	0.8
Finland	9.5	4.9	2.7	33.7	5.8	26.3	5.1	1
France	18	9.9	3.3	19.5	5.7	28.1	4.8	2.4
Greece	10.2	3	2.8	17.6	5.9	41.7	2.2	7.8
Hungary	5.3	12.4	2.9	9.7	0.3	40.1	4	5.4
Ireland	13.9	10	4.7	25.8	2.2	24	6.2	1.6
Italy	9	5.1	2.9	13.7	3.4	36.8	2.1	4.3
Netherlands	9.5	13.6	3.6	23.4	2.5	22.4	4.2	1.8
Norway	9.4	4.7	2.7	23.3	9.7	23	4.6	1.6
Poland	6.9	10.2	2.7	19.3	3	36.1	5.9	2
Portugal	6.2	3.7	1.1	4.9	14.2	27	5.9	4.7
Romania	6.2	6.3	1.5	11.1	1	49.6	3.1	5.3
Spain	7.1	3.4	3.1	8.6	7	29.2	5.7	5.9
Sweden	9.9	7.8	3.5	24.7	7.5	19.5	3.7	1.4
Switzerland	13.1	10.1	3.1	23.8	2.3	25.6	2.8	2.4
UK	17.4	5.7	4.7	20.6	4.3	24.3	4.7	3.4
USSR	9.3	4.6	2.1	16.6	3	43.6	6.4	3.4
W Germany	11.4	12.5	4.1	18.8	3.4	18.6	5.2	1.5
Yugoslavia	4.4	5	1.2	9.5	0.6	55.9	3	5.7

Ovoce a zelenina

1.7

4.3

4

4.2

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7.2

2

4.9

3.3

2.9

3.8

3.2