### Table 10-5. Daily intake (mg/day/person) of food additives by food category for older adults (over-64 year olds).

<table>
<thead>
<tr>
<th>Compound</th>
<th>Group A/B*</th>
<th>I. Seasonings and beverages</th>
<th>II. Cereals</th>
<th>III. Potatoes, legumes and nuts</th>
<th>IV. Fish/shellfish and meat</th>
<th>V. Fats/oils and milk/milk products</th>
<th>VI. Sugar and confections/seavories</th>
<th>VII. Fruits, vegetables, and seaweeds</th>
<th>Total Intake</th>
</tr>
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<tbody>
<tr>
<td>Food Intake (g)</td>
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<td>Compound</td>
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<td>II. Cereals</td>
<td>III. Potatoes, legumes and nute</td>
<td>IV. Fish/shellfish and meat</td>
<td>V. Fats/oils and milk/milk products</td>
<td>VI. Sugar and confections/ savories</td>
<td>VII. Fruits, vegetables, and seaweeds</td>
<td>Total Intake</td>
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<td>-----------</td>
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<td>II. Cereals</td>
<td>III. Potatoes, legumes and nuts</td>
<td>IV. Fish/shellfish and meat</td>
<td>V. Fats/oils and milk/milk products</td>
<td>VI. Sugar and confections/savouries</td>
<td>VII. Fruits, vegetables, and seaweeds</td>
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* Group A/B: Food additives in Group A do not from naturally occur and those in Group B do.