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13.9% Total Energy In Women Aged 65 Years And Over) And Free Sugars (for Example 12.0% Total Energy In Children Aged 11 To 18 Years) Exceeded Maximum Recommendations In All Age Groups While Mean Fibre Intake Was Below Recommendations In All Age And Sex Groups (4% Of Children Aged 11 To 18 Years And 6 To 8% Of Adults Met The Recommendation). Jan 5th, 2024

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