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13th, 2024National Diet And Nutrition Survey: Diet,  
Nutrition And ...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  
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