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Quantities of Purchases of Food and Drink and derived Energy and Nutrient Intakes in the UK in 2003-04

This is the first release of detailed estimates based on food and drink purchases recorded in the Expenditure and Food Survey for the twelve month period from 1st April 2003 to 31st March 2004.

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Table 1 shows estimates of quantities of purchases of food and drink in the UK in 2003-04. Compared with the previous year:

- quantity of whole milk purchased for the household is 5.8 per cent higher
- quantity of soft drinks purchased for the household is 10 per cent higher
- quantity of fruit and vegetables (excluding potatoes) for the household is 1.6 per cent lower
- quantity of alcoholic drinks purchased for the household is 9.0 per cent higher
- quantity of alcoholic drinks purchased on-license is 5.5 per cent lower
- there is an increase in quantity of purchases of alcoholic drinks (on and off-license) of 1.9 per cent

Table 2 shows estimates of energy and nutrient intakes in the UK in 2003-04 derived from food and drink purchases including alcoholic drinks. Compared with the previous year:

- in 2003-04 estimated average energy intake is estimated to fall slightly by 1.2 per cent supporting the longer term trend of gradually decreasing energy intake
- energy intake from food and drink eaten out is estimated to be 2.7 per cent lower

Tables 3 and 4 show components of energy intake in 2003-04. Compared with the previous year:

- percentage of energy derived from fat is slightly higher at 37.8 per cent
- percentage of energy derived from saturated fatty acids is slightly higher at 14.8 per cent
- percentage of energy derived from non-milk extrinsic sugars is slightly higher at 15.6 per cent

Table 1 Quantities of purchases of food and drink

Quantities of purchases of food and drink in the UK						
		2001-02	2002-03	2003-04	Reliability	%change
Number of households in sample		7473	6927	7048	of 2003-04	into
Number of persons in sample		18122	16586	16965	estimate [b]	2003-04
Household Purchases		*grams per person per week unless otherwise stated*				
Milk and cream	(ml)	2023	1990	2024	√√√	+1.7
Pasteurised / homogenised whole milk	(ml)	564	529	559	√√√	+5.8
Cheese		112	112	113	√√√	+1.1
Carcase meat		229	230	225	√√√	-2.3
Other meat and meat products		803	820	836	√√√	+2.0
Fish		157	155	156	√√√	+0.8
Eggs	(no.)	1.65	1.66	1.62	√√√	-2.6
Fats		196	190	186	√√√	-1.9
Butter		41	37	35	√√	-6.5
Sugar and preserves		147	146	135	√√√	-7.3
Potatoes		907	873	864	√√√	-1.0
Fruit and vegetables excluding potatoes		2248	2307	2269	√√√	-1.6
Vegetables excluding potatoes		1092	1101	1079	√√√	-1.9
Fruit		1156	1206	1190	√√√	-1.3
Pure fruit juices	(ml)	327	333	322	√√√	-3.2
Fresh apples		175	172	171	√√√	-1.1
Cereals		1655	1671	1614	√√√	-3.4
Bread		769	757	728	√√√	-3.8
Beverages		60	58	55	√√√	-4.5
Soft drinks [a]	(ml)	1744	1757	1933	√√√	+10.0
Confectionery		128	127	129	√√√	+1.7
Alcoholic drinks [c]	(ml)	735	726	792	√√√	+9.0
Beers	(ml)	108	112	105	√	-6.5
Lagers and continental beers	(ml)	278	268	311	√√	+15.9
Eating Out Purchases						
Indian, Chinese and Thai meals or dishes		22	22	20	√	-12.4
Meat and meat products		94	95	97	√√	+2.1
Fish and fish products		15	14	14	√	-1.3
Cheese and egg dishes and pizza		25	26	26	√	+0.5
Potatoes		88	85	83	√√	-2.3
Vegetables		34	34	34	√√	-2.3
Sandwiches		80	80	76	√√	-4.7
Ice cream, desserts and cakes		31	32	29	√√	-7.1
Beverages	(ml)	154	147	142	√√	-3.2
Soft drinks inc. milk drinks	(ml)	373	376	384	√√	+2.1
Confectionery		23	22	22	√	-3.7
Alcoholic drinks	(ml)	732	702	664	√√	-5.5

(a) Converted to unconcentrated equivalent by applying a factor of 5 to concentrated and low calorie concentrated soft drinks

(b) Relative standard error. 3 ticks <2.5%, 2 ticks <5%, 1 tick < 10%, no ticks <20%

(c) Assuming consumption is only by persons aged >13, average consumption of alcoholic drinks in 2003-04 would be 974 ml per person aged >13 per week, compared with 879 ml. per person aged >13 in 2002-03

Table 2 Energy and nutrient intakes

Estimated energy and nutrient intakes in the UK
derived from food and drink purchases including alcoholic drinks

		from household		from eating out		combined		
		2002-03	2003-04	2002-03	2003-04	2002-03	2003-04	
Number of households in sample		6927	7048	6927	7048	6927	7048	%
Number of persons in sample		16586	16965	16586	16965	16586	16965	change
		average intake per person per day [a]						
Energy	kcal	2099	2077	210	205	2309	2281	-1.2
Energy	MJ	8.8	8.7	0.9	0.9	9.7	9.6	-1.2
Vegetable protein	g	28.4	27.4					
Animal protein	g	43.3	43.6					
Total Protein	g	71.7	71.0	6.2	6.1	77.9	77.1	-1.0
Fat	g	85.4	84.8	7.9	7.7	93.3	92.6	-0.8
Fatty acids:								
Saturates	g	33.7	33.6	2.8	2.7	36.5	36.3	-0.5
Mono-unsaturates	g	30.8	30.6	3.1	3.0	33.8	33.6	-0.6
Poly-unsaturates	g	15.0	14.8	1.5	1.5	16.6	16.3	-1.5
Cholesterol	mg	236	237	24	25	260	261	+0.4
Carbohydrate [b]	g	266	261	23	22	288	283	-1.9
Total sugars	g	124	124	12	12	136	136	+0.2
Non-milk extrinsic sugars	g	82	82	10	10	92	92	-0.8
Starch	g	142	136	11	10	152	147	-3.7
Fibre [c]	g	13.5	13.1	0.9	0.9	14.4	14.1	-2.5
Alcohol	g	6.9	7.4	4.1	3.9	11.0	11.3	+2.9
Calcium	mg	933	927	62	60	995	986	-0.9
Iron	mg	11.1	11.2	0.8	0.8	11.9	12.0	+0.9
Zinc	mg	8.5	8.4	0.7	0.7	9.3	9.0	-2.3
Magnesium	mg	259	254	24	23	283	278	-1.9
Sodium [d]	g	2.81	2.75	0.23	0.23	3.04	2.97	-2.2
Potassium	g	2.88	2.86	0.26	0.26	3.15	3.11	-1.1
Thiamin	mg	1.51	1.56	0.12	0.12	1.63	1.67	+2.7
Riboflavin	mg	1.84	1.85	0.12	0.12	1.97	1.97	-0.0
Niacin equivalent	mg	30.5	30.8	3.5	3.4	34.0	34.2	+0.5
Vitamin B6	mg	2.2	2.2	0.3	0.2	2.4	2.4	+0.3
Vitamin B12	µg	5.8	6.1	0.4	0.4	6.2	6.5	+4.6
Folate	µg	259	258	29	29	288	286	-0.8
Vitamin C	mg	69	67	5	5	74	72	-2.1
Vitamin A:								
Retinol	µg	501	513	33	33	534	546	+2.3
β-carotene	µg	1759	1801	141	139	1900	1940	+2.1
Retinol equivalent	µg	801	817	57	56	858	873	+1.8
Vitamin D [e]	µg	3.27	2.92	0.24	0.24	3.51	3.16	-10.1
Vitamin E	mg	11.21	11.15	1.19	1.15	12.40	12.30	-0.8

(a) contributions from pharmaceutical sources are not recorded by the survey
(b) available carbohydrate, calculated as monosaccharide
(c) as non starch poly-saccharides
(d) excludes sodium from table salt
(e) the apparent large decrease in vitamin D in 2003/04 is due to revisions to the nutrient composition data for breakfast cereals as new analytical data became available

Table 3 Percentage contributions to energy intake

Percentage contributions of macronutrients to energy intake (excluding energy from alcohol)							
	from household		from eating out		combined		%
Percentage contribution from	2002-03	2003-04	2002-03	2003-04	2002-03	2003-04	change
Fat %	37.5	37.7	39.3	39.4	37.6	37.8	+0.6
Fatty acids:							
Saturates %	14.8	14.9	13.8	13.8	14.7	14.8	+0.9
Mono-unsaturates %	13.5	13.6	15.2	15.2	13.6	13.7	+0.8
Poly-unsaturates %	6.6	6.6	7.6	7.6	6.7	6.7	-0.1
Carbohydrate %	48.6	48.3	47.1	46.9	48.4	48.2	-0.6
Non-milk extrinsic sugars %	15.0	15.1	21.6	21.6	15.5	15.6	+0.5

Table 4 Components of energy intake

Components of energy intake in the UK (derived from food and drink purchases)							
Average intake per person per day	from household		from eating out		combined		%
in Kcal	2002-03	2003-04	2002-03	2003-04	2002-03	2003-04	change
Total energy intake	2099	2077	210	205	2309	2281	-1.2
Excluding energy from alcohol	2051	2025	182	177	2232	2202	-1.4
Excluding energy from items below:	1907	1872	143	140	2050	2011	-1.9
Soft drinks	60	67	14	14	73	81	+10.0
Confectionery	78	80	13	13	92	93	+1.1
Alcoholic drinks	54	58	40	38	94	96	+1.9

Further Information

1) The statistics in this Statistics Notice are supported by comprehensive Excel datasets available on the Family Food page of the Defra website at: http://statistics.defra.gov.uk/esg/publications/efs/datasets/default.asp
2) Family Food in 2003-04 will be published on 28th July 2005. It is a report produced by Defra on the food and drink component of the Expenditure and Food Survey and will include analyses by region and by demographic characteristics.
3) Family Spending will be published on 8th June 2005. It is a report produced by the ONS (Office for National Statistics) covering all household expenditure as collected in the Expenditure and Food Survey for the period 2003-04.
4) ONS publications based on the Expenditure and Food Survey can be found at http://www.statistics.gov.uk/StatBase/Product.asp?vlnk=361&Pos=1&ColRank=1&Rank=272

Notes For Editors

1) Since 2001-02 the estimates are derived from the Expenditure and Food Survey run in Great Britain by the Office for National Statistics and Defra and in Northern Ireland by the Department of Agriculture and Rural Development in Northern Ireland.
2) Historical estimates are derived from the National Food Survey run by Defra which terminated in 2000.
3) Energy and nutrient intakes are derived from purchases of food and drink assuming no waste. Nutrient profiles are established by the Food Standards Agency for each of about 500 categories of food and drink based on the edible content.
4) Misreporting, usually under-reporting, is a problem in all dietary surveys. Due to its focus on expenditure rather than diet the Expenditure and Food Survey is thought to suffer less from misreporting than other dietary surveys.
5) Household food covers all food and drink purchases brought into the home. Items are recorded in the form they are purchased, for example, eggs purchased and later used to make a cake will be recorded under eggs and not under cakes. However, if a ready-made cake is purchased, it is recorded under cakes.
6) Free food such as school meals and work-provided meals and snacks are not included in these estimates. Occurrences of free food occasions are recorded in the survey and estimates of consumption will be made for future reports.
7) From time to time modifications are made to the coding framework and the nutrient profiles for food and drink items and to procedures used in assigning foods and drinks to codes. These changes are not backdated and can appear as anomalous changes in purchases or intakes. For example the nutrient profiles for breakfast cereals have been updated in 2003-04 resulting in a 9.9 per cent fall in vitamin D intake. It does not indicate a sudden drop in intake in 2003-04.
8) Minor revisions have been made to 2002-03 estimates to incorporate small amounts of takeaway items brought home that were previously omitted in error.